

10 PALEO & AIP CHICKEN MARINADES

This is a versatile list. You can either:

** Pick one and cook it for dinner tonight*

** Pick and choose a few (or all 10) and freeze for later*

I tried to keep the ingredients as easy as possible, using dried spices and things you should easily be able to find. Prepping a bag of all 10 marinades should take less than an hour and then you've got 10 meals to grill or roast later!

How to use this plan:

Each bag gets 1-2 lb of boneless, skinless Chicken Thighs or Breasts (your choice, I like to do some of each)

I use plastic Ziploc freezer bags because the chicken sits in the marinades so much better. You can use glass freezer containers but you may have to double to marinate so that all the chicken is in contact with the marinade.

I typically just get out 10 bags, divide the chicken amongst the bags, and then starting with the first recipe, complete that recipe and bag of chicken, seal it, and then move onto the next. I do NOT close the containers of spices, oils, etc just to make it easier to access later if I need them.

The Marinades:

Thai Curry

1 tsp Garlic Powder
1 tsp dried Ginger
1 tbsp Lime Juice
2 tsp Fish Sauce
1/4 tsp Sea Salt
1/4 cup Olive or Avocado Oil

Garlic Sage

1 tsp Garlic Powder
3/4 cup Chicken Broth
1 tbsp White Wine Vinegar (or Apple Cider Vinegar)
1 tbsp dried Sage
1/4 tsp Sea Salt

Lemon Ginger

1 tbs Lemon Juice
1 tsp dried Ginger
1/4 tsp Sea Salt
1/4 cup Olive or Avocado Oil

Italian

1 tbsp Italian Seasoning
1/4 cup Olive or Avocado Oil

Cilantro Lime

2 tbsp Lime Juice
2 tbsp Honey
1 bunch Cilantro, chopped finely
1/2 tsp Garlic Powder
1/2 tsp Sea Salt
1/4 cup Olive or Avocado Oil

Lemon Dill

1 tbsp Lemon Juice
2 tsp dried Dill
1/4 tsp Sea Salt
1/4 cup Olive or Avocado Oil

Greek

1 tsp dried Oregano
1 tsp dried Basil
1/2 tsp dried Dill
1 tsp Onion Powder
1 tsp Garlic Powder
1/2 tsp Sea Salt
1 tbsp Lemon Juice
1/4 cup Olive or Avocado Oil

Adobo

1 tsp dried Oregano
1 tsp Onion Powder
1 tsp Garlic Powder
1 tsp dried Turmeric
1/2 tsp Sea Salt
1/4 cup Olive or Avocado Oil

Honey Garlic

1/4 cup Coconut Aminos
1/4 cup Honey
1/2 tsp Garlic Powder
1/4 tsp Sea Salt
1/4 cup Olive or Avocado Oil

Ranch

1 tbsp dried Dill
1 tbsp dried Parsley
1 tbsp Onion Powder
1 tbsp Garlic Powder
1/2 tsp Sea Salt
1/4 cup Olive or Avocado Oil

Instructions:

1. Combine all of the ingredients into a freezer bag.
2. If making for tonight, marinate for 2-12 hours. If freezing, put into the freezer and then thaw in the fridge overnight or putting the bag into a bowl of cold water for a few hours.

TO COOK:

OVEN: Bake in a 425 F oven for 20-25 min, or until the internal temp is 165 F.

GRILL: Preheat the grill to med-high. Grill chicken for 6-8 min a side or until internal temp is 165 F.