

[PALEO & AIP DUMP-AND-GO FREEZER SESSION]

## SESSION 11

ITALIAN CHICKEN BAKE  
BUN CHA  
MEATBALLS  
MAPLE CRANBERRY  
CHICKEN  
BEEF AND VEGETABLE SOUP  
SPICED PORK MEATBALLS WITH  
BUTTERNUT SQUASH  
"SMOKED" BRISKET  
CHICKEN WITH LEMON THYME GRAVY



# WHAT'S IN THIS GUIDE?

## WHAT IS THIS PLAN?

This plan is for prepping 7 Paleo & AIP-friendly meals at one time (typically in less than an hour) that you can store in your freezer and take out when needed.

You simply add the ingredients to a freezer bag or container without having to cook anything and then place the bags in your freezer for up to 3 months. When you need the meals, you thaw the bags and then cook.

## HOW MANY PEOPLE DOES THIS SERVE?

Each meal serves 4-6 people - however, if you don't want to freeze meals for that many (like if you are making this just for yourself), you can always split these up into multiple meals and then have 14 or even 21 meals from one freezer cooking session!

Just increase the number of bags you'll use and divide the ingredients between each bag accordingly.

## HOW DO YOU COOK THESE MEALS?

Many of these recipes have multiple ways of cooking - stove, oven, slow cooker, Instant Pot, grill, etc.

This gives you a variety of options depending on what you have available to you.

That's it - simply dump stuff into a bag, freeze, thaw, and then cook! (Some of the recipes in this particular plan don't even require thawing!)

Note: To thaw it's best to remove from the freezer and thaw in the fridge overnight or a few days ahead of time (up to 4 days ahead). You can quick-thaw these if you need them immediately by placing in a bowl of hot water.



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# RECIPES IN THIS GUIDE

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6. "Smoked" Brisket
7. Chicken with Lemon Thyme Gravy

# SHOPPING LIST (BY RECIPE)

## (1) ITALIAN CHICKEN SHEET PAN SUPPER

- 1.5 lb boneless, skinless Chicken Thighs or Breasts, cut into bitesized pieces
- 1 bunch Asparagus, tough ends removed and chopped into 1-inch pieces
- 1 medium Onion, sliced
- 8 oz Baby Bella or other white mushrooms, sliced
- 1 cup Kalamata olives, pitted and sliced
- 2 cloves Garlic, minced
- 2 tbsp Avocado Oil
- 1 tsp Sea Salt
- 2 tsp Italian Seasoning
- 1 tsp dried Basil

## (2) BUN CHA MEATBALLS

- 2 lb ground Pork or Turkey
- 3 tbsp Fish Sauce, divided
- 2 Limes, juice and zest
- 1 small Shallot (or 1/2 small Yellow Onion), minced
- 1/2 tsp Baking Soda
- 1 tbsp Coconut Sugar
- 2 cloves Garlic, minced

# SHOPPING LIST (BY RECIPE) CONT.

## (3) MAPLE CRANBERRY CHICKEN

- 2 lb boneless, skinless Chicken Thighs \*you can also use 3 lbs of Turkey Legs
- 2 cups fresh or frozen Cranberries
- 2 Apples, cored and diced
- zest and juice of 1 Orange
- 2 tbsp Apple Cider Vinegar
- 1/4 cup Maple Syrup
- 1/2 tsp Sea Salt
- 1 tsp dried or fresh Sage
- 1 tsp dried or fresh Thyme

## (4) MAPLE PULLED PORK

- 2 lb Beef Stew Meat (or Beef Chuck Roast cut into 1-inch cubes)
- 1 medium Yellow Onion, diced
- 2 cloves Garlic, minced
- 2 stalks Celery, sliced into 1/4 inch slices
- 1 small Butternut Squash, peeled and cut into 1-inch chunks
- 2 medium Carrots, cut into 1/2- inch coins
- 1 small head Cauliflower, cut into small florets (or 4 cups florets)
- 1 tsp dried or fresh Thyme
- 1 tsp dried or fresh Rosemary, minced
- 1 Bay Leaf
- 1 tsp Sea Salt
- 1/2 tsp dried Ginger
- 2 tbsp Red Wine Vinegar or Apple Cider Vinegar
- 6 cups Beef Broth (you can wait to add this at time of cooking if desired)

# SHOPPING LIST (BY RECIPE) CONT.

## (5) SPICED MEATBALLS WITH BUTTERNUT SQUASH

- 2 lb ground Pork, Chicken, or Turkey
- 1 tsp Cinnamon
- 1/2 tsp Mace
- 1/2 tsp ground Ginger
- 1/2 tsp dried Sage
- 1/2 tsp Sea Salt
- 1/4 cup Applesauce
- 1 medium Butternut Squash, peeled and diced into 1-inch cubes
- 2 tbsp Avocado Oil
- 1/2 tsp Sea Salt
- 1 tsp dried Sage

## (6) "SMOKED" BRISKET

- 3 lb Beef Brisket
- 1 medium Yellow Onion, sliced
- 4 cloves Garlic, minced
- 2 tbsp Blackstrap Molasses
- 1 tbsp Coconut Aminos
- 2 tbsp Apple Cider Vinegar
- 2 Bay Leaves
- 1 tsp Sea Salt
- 1 tsp Smoked Sea Salt -if you don't have this, use an additional teaspoon of Sea Salt

# SHOPPING LIST (BY RECIPE) CONT.

## (7) CHICKEN WITH LEMON THYME GRAVY

- 2 lb boneless, skinless Chicken Thighs
- 2 cups Chicken Broth
- 2 tsp fresh or dried Thyme
- Juice of 1 Lemon
- 1 clove Garlic, minced
- 1 tbs Arrowroot Powder (or Tapioca Starch)
- 1/2 tsp Sea Salt



# SHOPPING LIST FOR ALL 7 MEALS:

The number in parenthesis "(")" represents the recipe number that it's for.

## Meats and Seafoods:

- 3.5 lb boneless, skinless Chicken Thighs or Breasts (1, 7)
- 2 lb boneless, skinless Chicken Thighs or 3 lbs Turkey Legs(3)
- 2 lb Ground Pork or Turkey (2)
- 2 lb Ground Pork, Chicken, or Turkey (5)
- 2 lb Beef Stew Meat or Beef Chuck Roast (4)
- 3 lb Beef Brisket (6)

## Fresh Produce:

- 1 bunch Asparagus (1)
- 3 medium Yellow Onions (1, 4, 6)
- 1 small Shallot (or 1/2 small Yellow Onion) (2)
- 8 oz sliced Baby Bella mushrooms (1)
- 11 cloves Garlic (1, 2, 4, 6, 7)
- 2 Limes (2)
- 2 cups fresh (or frozen) Cranberries (3)
- 2 Apples (3)
- 1 Orange (3)
- 2 stalks Celery (4)
- 1 small Butternut Squash (4)
- 1 medium Butternut Squash (5)
- 2 medium Carrots (4)
- 1 small head Cauliflower (or 4 cups florets) (4)
- 1 Lemon (7)

## Oils and Vinegars:

- 4 tbsp Avocado Oil (1, 5)
- 4 tbsp Apple Cider Vinegar (3, 6)
- 2 tbsp Red Wine Vinegar or Apple Cider Vinegar (4)

## Herbs and Spices:

- Sea Salt
- 2 tsp Italian Seasoning (1)
- 1 tsp dried Basil (1)
- 1 tbsp dried or fresh Sage (3, 5)
- 4 tsp dried or fresh Thyme (3, 4, 7)
- 1 tsp dried or fresh Rosemary (4)
- 3 Bay Leaves (4, 6)
- 1 tsp dried Ginger (4, 5)
- 1 tsp Cinnamon (5)
- 1/2 tsp Mace (5)
- 1 tsp Smoked Sea Salt (6) *\*use regular if you don't have this*

## Baking:

- 1/2 tsp Baking Soda (2)
- 1 tbsp Coconut Sugar (2)
- 2 tbsp Blackstrap Molasses (6)
- 1 tbsp Arrowroot Powder (7)

## Canned and Jarred Goods:

- 1 cup sliced Kalamata Olives (1)
- 3 tbsp Fish Sauce (2)
- 1/4 cup Maple Syrup (3)
- 6 cups Beef Broth (4)
- 1/4 cup Applesauce (5)
- 1 tbsp Coconut Aminos (6)
- 2 cups Chicken Broth (7)

## Materials:

- 9 Gallon-sized Freezer Bags
- 1 Quart-sized Freezer Bag

# ORDER OF OPERATIONS

## 1: SET THE STAGE: GATHER PANTRY INGREDIENTS AND FRESH PRODUCE

First, gather all of your pantry ingredients and set them in a place that will be easily accessible to you during your session. Then gather the fresh and frozen produce you'll need.

## 2: PREP THE PRODUCE

Wash and slice 8 ounces Baby Bella or White Mushrooms.

Wash, remove tough ends 1 bunch Asparagus and chop into 1-inch pieces.

Wash, core and dice 2 apples.

Wash and slice 2 stalks Celery into 1/4 inch slices.

Wash, peel, and cut 1 small Butternut Squash and 1 medium Butternut Squash into 1-inch chunks.

Slice 2 medium Carrots into 1/2-inch coins.

Wash and cut 1 small head Cauliflower into small florets.

Slice 1 cup pitted Kalamata olives.

Peel all 11 cloves of garlic. Mince all of the garlic with a knife, Microplane, or garlic press.

Slice 2 yellow onion.

Dice 1 yellow onion.

Mince 1 small Shallot or 1/2 small yellow onion.

Zest and juice 2 limes.

Zest and juice 1 orange.

Juice 1 lemon.

Do a quick clean up of your work area (if desired), so your work area isn't covered in veggie scraps. Set aside the prepped veggies for now.

# ORDER OF OPERATIONS

## 3. GATHER YOUR PROTEINS AND CONTAINERS

Gather your proteins and set aside.

Also, gather your freezer bags and handy bag stand (if using) or any freezer-safe containers you'll be using.

## 4. START ASSEMBLING AND LABELING

Follow the recipes on the following pages to assemble each of your bags.

Each recipe will give the specific ingredients and instructions as well as any substitution ideas.

The printable labels can be found starting on page 18 of this guide.

Simply just go one by one through the recipes and add the ingredients indicated!

NOTE: If you have frozen proteins, keep them frozen. No need to thaw them before this process!

# THE RECIPES

# (1) ITALIAN CHICKEN SHEET PAN SUPPER



**YIELDS**

4-6  
servings



**PREP TIME**

10 minutes



**COOK TIME**

35 minutes

## INGREDIENTS

- 1.5 lb boneless, skinless Chicken Thighs or Breasts, cut into bite-sized pieces
- 1 bunch Asparagus, tough ends removed and chopped into 1-inch pieces
- 1 medium Onion, sliced
- 8 oz Baby Bella or other white mushrooms, sliced
- 1 cup Kalamata olives, pitted and sliced
- 2 cloves Garlic, minced
- 2 tbsp Avocado Oil
- 1 tsp Sea Salt
- 2 tsp Italian Seasoning
- 1 tsp dried Basil

## DIRECTIONS

### TO FREEZE:

Put all of the ingredients into a gallon-sized freezer bag and massage a bit to mix.

Label the bag and lay flat to freeze.

### TO COOK:

Thaw ingredients overnight in the fridge.

Preheat the oven to 375 F. Pour the contents of the bag onto a parchment-lined sheet pan and bake for 30 minutes or until the chicken is done.

### **T** *Additional Tips:*

This is great served over a bed of fresh baby spinach and sprinkled with a bit of nutritional yeast. Additionally, you could also serve over cassava flour pasta or sweet potato noodles.

# (2) BUN CHA MEATBALLS



**YIELDS**

**PREP TIME**

**COOK TIME**

4-6servings

10 minutes

15-25 min

## INGREDIENTS

- 2 lb ground Pork or Turkey
- 3 tbsp Fish Sauce, divided
- 2 Limes, juice and zest
- 1 small Shallot (or 1/2 small Yellow Onion), minced
- 1/2 tsp Baking Soda
- 1 tbsp Coconut Sugar
- 2 cloves Garlic, minced

### **T** *Additional Tips:*

Serve with sliced cucumbers, carrots, fresh mint. Also great with raw or cooked zucchini noodles, raw carrot noodles, or roasted sweet potato noodles.

\*This one is super easy to serve to a family by giving them white rice or rice noodles if they need a more "normal" side.

### **T** *Additional Tips:*

You CAN make these into meatballs or patties before freezing, but I find they tend to get smushed in the freezer. If that's not an issue for you, feel free to make them into meatballs during prep!

## DIRECTIONS

### **TO FREEZE:**

Put the ground pork, 1 tbsp fish sauce, zest of the 2 limes, minced shallot, and baking soda into a gallon-sized freezer bag and massage a bit to mix. Don't seal the bag yet.

Into a quart-sized bag, add 2 tbsp fish sauce, the juice of the 2 limes, the coconut sugar, and garlic.

Let the air out of the smaller bag, seal, and tuck into the larger gallon bag with the meat.

Let the air out of the larger bag and seal. Label the gallon bag and lay flat to freeze.

### **TO COOK:**

Thaw the meat overnight in the fridge and then do one of the following:

**STOVE:** Remove the smaller bag and set aside. Form the meat into patties or meatballs. Heat about 1 tbsp of cooking oil in a pan over medium-high heat until just smoking. Cook the meatballs until well browned, about 2-4 minutes a side (meat should be 160 F).

Meanwhile, pour the contents of the small bag into a small saucepan and heat until the sugar dissolves. Toss the meatballs with the sauce.

**OVEN:** Preheat the oven to 375 F. Remove the smaller bag and set aside. Form the meat into meatballs and place into a glass baking dish. Pour the contents of the smaller bag over the meatballs. Bake for 20-25 minutes or until the meatballs register 160 F with an instant read thermometer. Toss with the sauce again before serving.

# (3) MAPLE CRANBERRY CHICKEN



## **YIELDS**

4-6 servings



## **PREP TIME**

10 minutes



## **COOK TIME**

depends on method,  
at least 30 minutes

## INGREDIENTS

- 2 lb boneless, skinless Chicken Thighs *\*you can also use 3 lbs of Turkey Legs for this if you can find them to make it a bit more traditional*
- 2 cups fresh or frozen Cranberries
- 2 Apples, cored and diced
- zest and juice of 1 Orange
- 2 tbsp Apple Cider Vinegar
- 1/4 cup Maple Syrup
- 1/2 tsp Sea Salt
- 1 tsp dried or fresh Sage
- 1 tsp dried or fresh Thyme

## DIRECTIONS

### **TO FREEZE:**

Put all of the ingredients into a gallon-sized freezer bag and massage a bit to mix.

Label the bag and lay flat to freeze.

### **TO COOK:**

**Thaw overnight in the fridge and then do one of the following:**

**SLOW COOKER:** Pour the contents into the slow cooker and cook on low for 4-6 hours.

**OVEN:** Pour the contents into an oven safe glass dish and cook at 425 F for 35 minutes (or until the internal temp of the chicken is 165 F).

**INSTANT POT:** *\*\*This one isn't as suited for the Instant Pot as it doesn't have enough liquid to make the 1 cup needed to safely run in a 6-quart IP. If you really want to use the IP, you'd have to add at least 1/2 cup more liquid, making this a bit soupy, but it can be done. Add something like chicken stock or water or even more orange juice and then cook on high pressure for 10 minutes, then let the pressure release naturally for 5 minutes.*

# (4) BEEF AND VEGETABLE SOUP



## **YIELDS**

4 servings

## **PREP TIME**

10 minutes

## **COOK TIME**

depends on cooking method, at least 1 hr

## INGREDIENTS

- 2 lb Beef Stew Meat (or Beef Chuck Roast cut into 1-inch cubes)
- 1 medium Yellow Onion, diced
- 2 cloves Garlic, minced
- 2 stalks Celery, sliced into 1/4 inch slices
- 1 small Butternut Squash, peeled and cut into 1-inch chunks
- 2 medium Carrots, cut into 1/2-inch coins
- 1 small head Cauliflower, cut into small florets (or 4 cups florets)
- 1 tsp dried or fresh Thyme
- 1 tsp dried or fresh Rosemary, minced
- 1 Bay Leaf
- 1 tsp Sea Salt
- 1/2 tsp dried Ginger
- 2 tbsp Red Wine Vinegar or Apple Cider Vinegar
- 6 cups Beef Broth (you can wait to add this at time of cooking if desired)

## DIRECTIONS

### **TO FREEZE:**

Put all of the ingredients into two gallon-sized freezer bags and massage a bit to mix. *\*There are a lot of ingredients for this one that are pretty big when not cooked so it most likely will have to go in several bags. Additionally, you may find it easier to just add the beef broth at the time of cooking. That's fine, just don't forget!*

Label the bags and lay flat to freeze.

### **TO COOK:**

**Thaw overnight in the fridge and then do one of the following:**

**SLOW COOKER:** Put all of the contents of the bags (and the beef broth if not already added) into the slow cooker. Cook on low for 6-8 hours. Remove the bay leaf before serving.

**STOVE:** Put all of the contents of the bags (and the beef broth if not already added) into a large stockpot. Bring to a boil, then cover and simmer on low for 1.5-2 hours (or until the beef is tender). Remove the bay leaf before serving.

**INSTANT POT:** Put all of the contents of the bags (and the beef broth if not already added) into the Instant Pot. Seal and cook at high pressure for 10 minutes (note, it will take at least 20 minutes to get to pressure). Let the pressure release naturally, which will also take about 25 minutes. (around 1 hr 5 min total). Remove the bay leaf before serving.



# (5) SPICED MEATBALLS WITH BUTTERNUT SQUASH



**YIELDS**

4-6  
servings



**PREP TIME**

15 minutes



**COOK TIME**

30 min

## INGREDIENTS

### Bag 1:

- 2 lb ground Pork, Chicken, or Turkey
- 1 tsp Cinnamon
- 1/2 tsp Mace
- 1/2 tsp ground Ginger
- 1/2 tsp dried Sage
- 1/2 tsp Sea Salt
- 1/4 cup Applesauce

### Bag 2:

- 1 medium Butternut Squash, peeled and diced into 1-inch cubes
- 2 tbsp Avocado Oil
- 1/2 tsp Sea Salt
- 1 tsp dried Sage

## DIRECTIONS

### TO FREEZE:

Put all of the ingredients for Bag 1 into a gallon-sized freezer bag and massage a bit to mix.

Put all of the ingredients for Bag 2 into a gallon-sized freezer bag and massage a bit to mix.

Label the bags and lay flat to freeze.

### TO COOK:

Thaw the bags in the fridge overnight.

**OVEN:** Preheat the oven to 425 F. Dump the ingredients from Bag 2 onto a parchment-lined baking sheet and toss a bit more to make sure the squash is covered with oil and sage. Spread the squash evenly on the sheet.

Form walnut-sized meatballs out of the meat in bag 1 and then nestle evenly in between the squash pieces. If you don't have enough room you can move to 2 sheet pans or a baking dish.

Bake for 30 minutes or until the pork is done and the squash is tender.

### **T** *Additional Tips:*

You CAN make these into meatballs or patties before freezing, but I find they tend to get smushed in the freezer. If that's not an issue for you, feel free to make them into meatballs during prep!

# (6) "SMOKED" BRISKET



## **YIELDS**

## **PREP TIME**

## **COOK TIME**

4 servings

10 minutes

depends on  
method - 2-10 hrs

## INGREDIENTS

- 3 lb Beef Brisket
- 1 medium Yellow Onion, sliced
- 4 cloves Garlic, minced
- 2 tbsp Blackstrap Molasses
- 1 tbsp Coconut Aminos
- 2 tbsp Apple Cider Vinegar
- 2 Bay Leaves
- 1 tsp Sea Salt
- 1 tsp Smoked Sea Salt -if you don't have this, use an additional teaspoon of Sea Salt

## DIRECTIONS

### **TO FREEZE:**

Put all of the ingredients into a gallon-sized freezer bag and massage a bit to mix.

Label the bag and lay flat to freeze.

### **TO COOK:**

Thaw overnight in the fridge and then do one of the following:

**SLOW COOKER:** Dump the ingredients of the bag into the slow cooker and cook on low for 8-10 hours. Once done, remove the meat from the slow cooker, shred with 2 forks, and then add back to the juices in the slow cooker and continue to cook for an additional 15 minutes.

**OVEN:** Dump the ingredients of the bag into a dutch oven or large stockpot and bake at 300F for 3-4 hours, or until the brisket shreds easily with 2 forks. Once done, remove the meat from the slow cooker, shred with 2 forks, and then add back to the juices in the pot and continue to cook for an additional 15 minutes.

**INSTANT POT:** Dump the ingredients of the bag into the Instant Pot and add 2/3 cup water or beef stock. Cook on High pressure for 60 minutes. Let the pressure release naturally for 10 minutes after cooking, then release the rest of the pressure. Once done, remove the meat from the slow cooker, shred with 2 forks, and then add back to the juices in the pot.

# (7) CHICKEN WITH LEMON THYME GRAVY



## **YIELDS**

4 servings

## **PREP TIME**

10 minutes

## **COOK TIME**

depends on method -  
20 min to 6 hours

## INGREDIENTS

- 2 lb boneless, skinless Chicken Thighs
- 2 cups Chicken Broth
- 2 tsp fresh or dried Thyme
- Juice of 1 Lemon
- 1 clove Garlic, minced
- 1 tbs Arrowroot Powder (or Tapioca Starch)
- 1/2 tsp Sea Salt

### **T** *Additional Tips:*

If the gravy isn't thick when it's done cooking, remove the chicken from the pan/cooker and add an additional tablespoon of arrowroot powder to the sauce. It's best if you can quickly cook it in a small pot on the stove, but you can also just add it back into the oven or slow cooker. \*If using the Instant Pot I recommend switching your mode to "Saute" for 1-2 minutes in order to get it to thicken.

## DIRECTIONS

### **TO FREEZE:**

Put all of the ingredients into a gallon-sized freezer bag and massage a bit to mix.

Label the bag and lay flat to freeze.

### **TO COOK:**

Thaw the chicken overnight in the fridge and do one of the following:

**OVEN:** Bake in a glass baking dish for 45 minutes at 400 F

**INSTANT POT:** Cook for 10 minutes at high pressure on the Manual setting. Quick release the pressure when cooking is done.

**SLOW COOKER:** Slow Cook for 4-6 hours on low

# THE LABELS

The following are printable labels to add to your meals.

Print these out on regular paper and use clear packing tape to stick to bag. You can alternatively print these out on sticker paper and adhere as well (though this doesn't always seem to stick as well once frozen)



## AIP Italian Chicken Sheet Pan Supper

USE BY:

AIP Dump Freezer Session # 11

To serve, Thaw the ingredients overnight in the fridge

**OVEN:** Preheat the oven to 375 F. Pour the contents of the bag onto a parchment-lined sheet pan and bake for 30 minutes or until the chicken is done.



THE  
AUTOIMMUNE COLLECTIVE

## AIP Bun Cha Meatballs

USE BY:

AIP Dump Freezer Session # 11

To serve, thaw the ingredients overnight in the fridge. Do one of the following:

**STOVE:** Remove the smaller bag and set aside. Form the meat into patties or meatballs. Heat about 1 tbsp of cooking oil in a pan over medium-high heat until just smoking. Cook the meatballs until well browned, about 2-4 minutes a side (meat should be 160 F).

Meanwhile, pour the contents of the small bag into a small saucepan and heat until the sugar dissolves. Toss the meatballs with the sauce

**OVEN:** Preheat the oven to 375 F. Remove the smaller bag and set aside. Form the meat into meatballs and place into a glass baking dish. Pour the contents of the smaller bag over the meatballs. Bake for 20-25 minutes or until the meatballs register 160 F with an instant read thermometer. Toss with the sauce again before serving.



THE  
AUTOIMMUNE COLLECTIVE

## AIP Maple Cranberry Chicken

USE BY:

AIP Dump Freezer Session # 11

To serve, Thaw the ingredients overnight in the fridge

**SLOW COOKER:** Pour the contents into the slow cooker and cook on low for 4-6 hours.

**OVEN:** Pour the contents into an oven safe glass dish and cook at 425 F for 35 minutes (or until the internal temp of the chicken is 165 F).

**INSTANT POT:** *\*\*This one isn't as suited for the Instant Pot as it doesn't have enough liquid to make the 1 cup needed to safely run in a 6-quart IP. If you really want to use the IP, you'd have to add at least 1/2 cup more liquid, making this a bit soupy, but it can be done. Add something like chicken stock or water or even more orange juice and then cook on high pressure for 10 minutes, then let the pressure release naturally for 5 minutes.*



THE  
AUTOIMMUNE COLLECTIVE

To serve, Thaw the ingredients overnight in the fridge

**INSTANT POT:** Put all of the contents of the bags (and the beef broth if not already added) into the Instant Pot. Seal and cook at high pressure for 10 minutes (note, it will take at least 20 minutes to get to pressure). Let the pressure release naturally, which will also take about 25 minutes. (around 1 hr 5 min total). Remove the bay leaf before serving.

**STOVE:** Put all of the contents of the bags (and the beef broth if not already added) into a large stockpot. Bring to a boil, then cover and simmer on low for 1.5-2 hours (or until the beef is tender). Remove the bay leaf before serving.

**SLOW COOKER:** Put all of the contents of the bags (and the beef broth if not already added) into the slow cooker. Cook on low for 6-8 hours. Remove the bay leaf before serving.

To serve, Thaw the ingredients overnight in the fridge

**OVEN:** Preheat the oven to 425 F. Dump the ingredients from Bag 2 onto a parchment-lined baking sheet and toss a bit more to make sure the squash is covered with oil and sage. Spread the squash evenly on the sheet.

Form walnut-sized meatballs out of the meat in bag 1 and then nestle evenly in between the squash pieces. If you don't have enough room you can move to 2 sheet pans or a baking dish.

Bake for 30 minutes or until the pork is done and the squash is tender.

To serve, Thaw the ingredients overnight in the fridge

**SLOW COOKER:** Dump the ingredients of the bag into the slow cooker and cook on low for 8-10 hours. Once done, remove the meat from the slow cooker, shred with 2 forks, and then add back to the juices in the slow cooker and continue to cook for an additional 15 minutes.

**OVEN:** Dump the ingredients of the bag into a dutch oven or large stockpot and bake at 300F for 3-4 hours, or until the brisket shreds easily with 2 forks. Once done, remove the meat from the slow cooker, shred with 2 forks, and then add back to the juices in the pot and continue to cook for an additional 15 minutes.

**INSTANT POT:** Dump the ingredients of the bag into the Instant Pot and add 2/3 cup water or beef stock. Cook on High pressure for 60 minutes. Let the pressure release naturally for 10 minutes after cooking, then release the rest of the pressure. Once done, remove the meat from the slow cooker, shred with 2 forks, and then add back to the juices in the pot.



To serve, Thaw the ingredients overnight in the fridge

**SLOW COOKER:** Slow Cook for 4-6 hours on low.

**INSTANT POT:** Cook for 10 minutes at high pressure on the Manual setting. Quick release the pressure when cooking is done.

**OVEN:** Bake in a glass baking dish for 45 minutes at 400 F.



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