

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

## SESSION 12

ORANGE GINGER BEEF STEW  
BAKED BALSAMIC SALMON  
BAKED SUGAR-GARLIC CHICKEN  
BAKED CHICKEN PICCATA  
RASPBERRY PORK CHOPS  
TURKEY MEATLOAF  
PUMPKIN SLOPPY JOES



# WHAT'S IN THIS GUIDE?

## WHAT IS THIS PLAN?

This plan is for prepping 7 Paleo and 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.



# TABLE OF CONTENTS

Recipes in this Guide...	4
Shopping List By Recipe...	5
Shopping List for All 7 Recipes...	8
Order of Operations...	9
Recipes...	11
Labels ...	19

# RECIPES IN THIS GUIDE

1. Orange Ginger Beef Stew
2. Baked Balsamic Salmon p.13
3. Baked Sugar-Garlic Chicken
4. Baked Chicken Piccata
5. Raspberry Pork Chops
6. Turkey Meatloaf
7. Pumpkin Sloppy Joes

# SHOPPING LIST (BY RECIPE)

## (1) GRILLED FLANK STEAK

- 3 lbs Beef Stew Meat (or Beef Chuck Roast, cut into 1-inch cubes)
- 2 large Carrots (cut into 1/2-inch pieces)
- 1/4 cup Coconut Aminos (see notes to make Coconut-free )
- 1 tsp Apple Cider Vinegar
- 1 Orange- juice and zest (approx 1/4 cup of juice)
- 4 cloves Garlic (minced)
- 1 tbsp fresh Ginger (grated or minced (about 1 inch of ginger))
- 1/4 cup Green Onions (white and green parts, sliced)

### For Day of Serving:

- 1 tbsp Arrowroot Powder (can also use Tapioca Starch or Cassava Flour)
- 1/2 cup Cilantro (chopped)
- 2 Green Onions (sliced)
- 1 Orange (cut into wedges)

## (2) BAKED BALSAMIC SALMON

- 4 Salmon Filets (approx 1 lb)
- 1/4 cup Balsamic Vinegar
- 2 tbsp Honey
- 2 cloves Garlic, minced
- 1/2 tsp Sea Salt
- 1/2 tsp dried Ginger

## (3) BAKED SUGAR-GARLIC CHICKEN

- 4 boneless, skinless Chicken Breasts
- 1/4 cup Coconut Sugar or Maple Sugar

# SHOPPING LIST (BY RECIPE) CONT.

## (3) BAKED SUGAR-GARLIC CHICKEN (CONT.)

- 4 cloves Garlic, minced
- 1/2 tsp Sea Salt
- 2 tbsp Avocado Coconut, or Olive Oil
- 1/4 cup Chicken Stock or Water

## (4) BAKED CHICKEN PICCATA

- 2 lb boneless, skinless Chicken Thighs
- 2 tbsp Avocado, Coconut, or Olive Oil
- 1/2 tsp Sea Salt
- 4 Lemons, sliced
- 1/2 cup Capers
- 2 cloves Garlic, minced
- 1/2 cup Chicken Stock
- 1/4 cup Lemon Juice
- 1/4 cup White Wine or more Chicken Stock

## (5) RASPBERRY PORK CHOPS

- 4 boneless Pork Chops
- 1/2 tsp dried Thyme
- 1/2 tsp dried Sage
- 1/4 tsp Sea Salt
- 1 cup frozen Raspberries
- 1 Orange - zest and juice of
- 2 tbsp Apple Cider Vinegar
- 1 tbsp Maple Syrup or Honey

**For day of serving:**

- 1 tbsp Avocado, Coconut, or Olive Oil

# SHOPPING LIST (BY RECIPE) CONT.

## (6) TURKEY MEATLOAF

- 2 lb Ground Turkey
- 1/2 cup Coconut Milk, Tigernut Milk, or Beef Broth
- 2 tbs Apple Cider Vinegar
- 1 tbs Honey
- 1 tsp Blackstrap Molasses
- 1/2 tsp Fish Sauce
- 1 tsp dried Basil
- 2 tsp dried Parsley
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Sea Salt

**Optional, for day of serving:**

- AIP Ketchup (like KC Naturals Carrup) or AIP BBQ Sauce (a good one is KC Naturals Primal Cherry)

## (7) PUMPKIN SLOPPY JOES

- 2 lb Ground Beef
- 1 cup Beef or Chicken Broth
- 1 tbsp Apple Cider Vinegar
- 1.5 cups Canned Pumpkin
- 2 cloves Garlic, minced
- 1 tsp Onion Powder
- 1/2 tsp Cinnamon
- 1/8 tsp Mace
- 1/8 tsp ground Ginger



# SHOPPING LIST FOR ALL 7 MEALS:

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

## Meats and Seafoods:

- 3 lb Beef Stew Meat or Chuck Roast (1)
- 4 Salmon Filets (about 1 lb) (2)
- 4 boneless, skinless Chicken Breasts (3)
- 2 lb boneless, skinless Chicken Thighs (4)
- 4 boneless Pork Chops (5)
- 2 lb ground Turkey (6)
- 2 lb Ground Beef (7)

## Fresh Produce:

- 2 large Carrots (1)
- 2 Oranges (1, 5)
- 14 cloves Garlic (1, 2, 3, 4, 7)
- 1 inch fresh Ginger (1)
- 1/4 cup Green Onions (1)
- 4 Lemons (4)

## Oils and Vinegars:

- 5.5 tbsp Apple Cider Vinegar (1, 5, 6, 7)
- 1/4 cup Balsamic Vinegar (2)
- 4 tbsp Avocado, Coconut, or Olive Oil (3, 4)

## Baking:

- 3 tbsp Honey (2, 6)
- 1 tbsp Maple Syrup or Honey (5)
- 1/4 cup Coconut or Maple Sugar (3)
- 1 tsp Blackstrap Molasses (6)

## Misc:

- 1 cup frozen Raspberries (5)

## Materials:

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

## Herbs and Spices:

- Sea Salt
- 3/4 tsp dried Ginger (2, 7)
- 1/2 tsp dried Thyme (5)
- 1/2 tp dried Sage (5)
- 1 tsp dried Basil (6)
- 2 tsp dried Parsley (6)
- 1 tsp Garlic Powder (6)
- 2 tsp Onion Powder (6, 7)
- 1/2 tsp Cinnamon (7)
- 1/8 tsp Mace (7)

## Canned and Jarred Goods:

- 1/4 cup Coconut Aminos (1)
- 3/4 cup Chicken Broth (3, 4)
- 1 cup Beef or Chicken Broth (7)
- 1/2 cup Capers (4)
- 1/4 cup Lemon Juice (4)
- 1/4 cup White Wine (or more chicken broth ) (4)
- 1/2 cup Coconut Milk, Tigernut Milk, or Beef Broth (6)
- 1/2 tsp Fish Sauce (6)
- 1.5 cups canned Pumpkin (7)

## Not needed until day of serving:

- 1 tbsp Arrowroot Flour (1)
- 1/2 cup Cilantro (1)
- 2 Green Onions (1)
- 1 Orange (1)
- 1 tbsp Avocado, Coconut, or Olive Oil (5)
- AIP Ketchup or BBQ sauce (optional) (6)



# 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 dice 2 large Carrots into 1/2-inch pieces.

Grate or mince 1-inch fresh Ginger (approx. 1 tablespoon)

Slice 1/4 cup Green Onions (white and green parts).

Peel all 12 cloves of garlic. Mince all of the garlic with a knife, Microplane, or garlic press.

Slice 4 Lemons.

Zest and juice 2 Oranges.

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.

## 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.

# ORDER OF OPERATIONS

## 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) ORANGE GINGER BEEF



**YIELDS**

**PREP TIME**

**COOK TIME**

6-8 servings

10 minutes

6-7 hours

## INGREDIENTS

- 3 lbs Beef Stew Meat (or Beef Chuck Roast, cut into 1-inch cubes)
- 2 large Carrots (cut into 1/2-inch pieces)
- 1/4 cup Coconut Aminos (see notes to make Coconut-free )
- 1 tsp Apple Cider Vinegar
- 1 Orange- juice and zest (approx 1/4 cup of juice)
- 4 cloves Garlic (minced)
- 1 tbsp fresh Ginger (grated or minced (about 1 inch of ginger))
- 1/4 cup Green Onions (white and green parts, sliced)

### For Day of Serving:

- 1 tbsp Arrowroot Powder (can also use Tapioca Starch or Cassava Flour)
- 1/2 cup Cilantro (chopped)
- 2 Green Onions (sliced)
- 1 Orange (cut into wedges)

## DIRECTIONS

### TO FREEZE:

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

Label each bag and lay flat to freeze.

### TO COOK:

Thaw the ingredients overnight in the fridge.

Pour the ingredients into the slow cooker and cook for 6-7 hours on low, or 3-4 on high.

Remove lid and take out 1 cup of liquid and put into a bowl. Add the arrowroot powder to the bowl and whisk until smooth. Put back in the slow cooker and mix it all again. Put the cover back on the slow cooker and cook for 30 more minutes.

NOTE: You can also quickly just thicken the sauce on the stove: Remove the beef with a slotted spoon and put in a large bowl. Pour the liquid from the slow cooker into a sauce pan and add the arrowroot powder. Whisk until smooth, and then cook over a medium heat until slightly thickened. Then mix with the beef and serve. This option only takes 10 min.

Serve with the cilantro, green onions, and orange slices.

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

To make this coconut-free: You can either omit the coconut aminos or you could also make your own coconut-free coconut aminos using [this recipe by Mel Joulwan](#). I recommend making a batch of this and freezing it in an ice cube tray, giving you approx 2 tbs of “coconut aminos/soy sauce” per ice cube to use whenever you need it!

# (2) BAKED BALSAMIC SALMON

**YIELDS****PREP TIME****COOK TIME**

4 servings

5 minutes

20 minutes

## INGREDIENTS

- 4 Salmon Filets (approx 1 lb)
- 1/4 cup Balsamic Vinegar
- 2 tbsp Honey
- 2 cloves Garlic, minced
- 1/2 tsp Sea Salt
- 1/2 tsp dried Ginger

## 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 ingredients overnight in the fridge. (Or thaw quickly by placing the bag in a bowl of warm water for 15 minutes).

Preheat the oven to 400 F and place the salmon in a baking dish. Pour the remaining sauce over top and bake for 15-20 minutes, or until the fish flakes easily with a fork.

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

You can use any fish you'd like if you don't like salmon - cod would work well here too.

# (3) BAKED SUGAR-GARLIC CHICKEN



**YIELDS**

4 servings



**PREP TIME**

10 minutes



**COOK TIME**

30 minutes

## INGREDIENTS

### For Bag 1 (Quart-sized):

- 4 boneless, skinless Chicken Breasts
- 1/4 cup Coconut Sugar or Maple Sugar
- 4 cloves Garlic, minced
- 1/2 tsp Sea Salt
- 2 tbsp Avocado Coconut, or Olive Oil
- 1/4 cup Chicken Stock or Water

## 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 ingredients overnight in the fridge.

Preheat the oven to 350 F.

Pour the ingredients of the bag into a baking dish and bake for 20-30 minutes, or until the chicken is cooked through and an instant-read thermometer reads 165 F.

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

I love this served over mashed cauliflower, but it would also be good over spaghetti squash or a side salad. I'd stay away from sweeter things like sweet potatoes and carrots as this chicken is already sweet, so a more savory side is better.

# (4) BAKED CHICKEN PICCATA



**YIELDS**

4 servings



**PREP TIME**

10 minutes



**COOK TIME**

30 minutes

## INGREDIENTS

- 2 lb boneless, skinless Chicken Thighs
- 2 tbsp Avocado, Coconut, or Olive Oil
- 1/2 tsp Sea Salt
- 4 Lemons, sliced
- 1/2 cup Capers
- 2 cloves Garlic, minced
- 1/2 cup Chicken Stock
- 1/4 cup Lemon Juice
- 1/4 cup White Wine or more Chicken Stock

## 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 ingredients overnight in the fridge.

Preheat the oven to 400 F. Pour the ingredients into a baking dish and bake for 30-35 minutes or until the chicken is cooked all the way through (an instant read thermometer inserted in the middle of the chicken will say 165 F).

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

This could be delicious served with diced roasted sweet potatoes or butternut squash, roasted spaghetti squash, or a side salad.

# (5) RASPBERRY PORK CHOPS



**YIELDS**

4 servings



**PREP TIME**

15 minutes



**COOK TIME**

20 minutes

## INGREDIENTS

### For the pork chop bag:

- 4 boneless Pork Chops
- 1/2 tsp dried Thyme
- 1/2 tsp dried Sage
- 1/4 tsp Sea Salt

### For the Raspberry Sauce bag:

- 1 cup frozen Raspberries
- 1 Orange - zest and juice of
- 2 tbsp Apple Cider Vinegar
- 1 tbsp Maple Syrup or Honey

### Needed on day of serving:

- 1 tbsp Avocado, Coconut, or Olive Oil

## DIRECTIONS

### TO FREEZE:

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

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

Label the bags and lay flat to freeze.

### TO COOK:

Thaw the bags overnight in the fridge.

Heat a skillet over medium-high heat, add the oil, and then add the pork chops. Brown on each side- about 1-2 minutes a side.

Pour the contents of the raspberry sauce bag into the skillet. Reduce the heat, cover, and simmer, stirring occasionally for 10-15 minutes, or until the pork is 145 F with an instant-read thermometer (or the juices run clear).

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

This is delicious served with roasted broccoli and mashed sweet potatoes.



# (6) TURKEY MEATLOAF



**YIELDS**

4 servings



**PREP TIME**

10 minutes



**COOK TIME**

15 minutes

## INGREDIENTS

- 2 lb Ground Turkey
- 1/2 cup Coconut Milk, Tigernut Milk, or Beef Broth
- 2 tbs Apple Cider Vinegar
- 1 tbs Honey
- 1 tsp Blackstrap Molasses
- 1/2 tsp Fish Sauce
- 1 tsp dried Basil
- 2 tsp dried Parsley
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Sea Salt

### Optional, for day of serving:

- AIP Ketchup (like KC Naturals Carrup) or AIP BBQ Sauce (a good one is KC Naturals Primal Cherry)

## DIRECTIONS

### TO FREEZE:

This one is best if you can mix everything in a large bowl first, then put the mixture into a freezer-safe bag or container.

### TO COOK:

Thaw the bag overnight in the fridge.

Preheat the oven to 375 F and line a baking sheet with parchment paper (or a 9x5 loaf pan).

Pour the mixture out onto the pan and form into a loaf that is uniformly thick in size. Bake for 45 minutes, or until the loaf reads 160 F with a meat thermometer.

Optional: If you'd like you can add an AIP ketchup or bbq sauce on top of the meatloaf before baking. I've done it with and without a sauce and it comes out delicious either way, but use a sauce if you want a more traditional meatloaf.

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

Serve over mashed cauliflower or mashed sweet potatoes!

# (7) PUMPKIN SLOPPY JOES



**YIELDS**

4 servings



**PREP TIME**

10 minutes



**COOK TIME**

30 minutes

## INGREDIENTS

- 2 lb Ground Beef
- 1 cup Beef or Chicken Broth
- 1 tbsp Apple Cider Vinegar
- 1.5 cups Canned Pumpkin
- 2 cloves Garlic, minced
- 1 tsp Onion Powder
- 1/2 tsp Cinnamon
- 1/8 tsp Mace
- 1/8 tsp ground Ginger

## DIRECTIONS

### TO FREEZE:

If possible, brown the ground beef and let cool before doing the rest of this, but if you can't it's ok. It'll just make the cooking process later go a bit faster.

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 bag overnight in the fridge.

Heat a large saucepan over medium heat. Pour the mixture into the pan.

If you cooked the ground beef ahead of time, bring to a boil over medium heat, then cover, reduce the heat to low, and simmer the mixture over medium heat for 30 minutes.

If you did NOT cook the ground beef ahead of time, cook over medium heat for about 10 minutes, stirring frequently, until the beef is browned. Then turn the heat down to low, cover, and simmer the mixture over medium heat for 30 minutes.

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

Serve over mashed cauliflower or mashed sweet potatoes, or if you really want a "bun", google up AIP english muffins for a few alternatives. (I like the one by Food for Mars but there are a few to try!)

# 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 Orange Ginger Beef Stew

AIP Dump Freezer Session # 12

USE BY:

Thaw the ingredients overnight in the fridge.

Pour the ingredients into the slow cooker and cook for 6-7 hours on low, or 3-4 on high.

Remove lid and take out 1 cup of liquid and put into a bowl. Add 1 tbsp arrowroot powder to the bowl and whisk until smooth. Put back in the slow cooker and mix it all again. Put the cover back on the slow cooker and cook for 30 more minutes.

NOTE: You can also quickly just thicken the sauce on the stove: Remove the beef with a slotted spoon and put in a large bowl. Pour the liquid from the slow cooker into a sauce pan and add the arrowroot powder. Whisk until smooth, and then cook over a medium heat until slightly thickened. Then mix with the beef and serve. This option only takes 10 min.

Serve with cilantro, green onions, and orange slices.



THE  
AUTOIMMUNE COLLECTIVE

## AIP Baked Balsamic Salmon

USE BY:

AIP Dump Freezer Session # 12

Thaw the ingredients overnight in the fridge. (Or thaw quickly by placing the bag in a bowl of warm water for 15 minutes).

Preheat the oven to 400 F and place the salmon in a baking dish. Pour the remaining sauce over top and bake for 15-20 minutes, or until the fish flakes easily with a fork.



THE  
AUTOIMMUNE COLLECTIVE

## AIP Baked Sugar-Garlic Chicken

AIP Dump Freezer Session # 12

USE BY:

Thaw the ingredients overnight in the fridge.

Preheat the oven to 350 F.

Pour the ingredients of the bag into a baking dish and bake for 20-30 minutes, or until the chicken is cooked through and an instant-read thermometer reads 165 F.



THE  
AUTOIMMUNE COLLECTIVE

## AIP Baked Chicken Piccata

AIP Dump Freezer Session # 12

USE BY:

Thaw the ingredients overnight in the fridge.

Preheat the oven to 400 F. Pour the ingredients into a baking dish and bake for 30-35 minutes or until the chicken is cooked all the way through (an instant read thermometer inserted in the middle of the chicken will say 165 F).



THE  
AUTOIMMUNE COLLECTIVE

## AIP Raspberry Pork Chops

AIP Dump Freezer Session # 12

USE BY:

Thaw the bags overnight in the fridge.

Heat a skillet over medium-high heat, add the oil, and then add the pork chops. Brown on each side- about 1-2 minutes a side.

Pour the contents of the raspberry sauce bag into the skillet. Reduce the heat, cover, and simmer, stirring occasionally for 10-15 minutes, or until the pork is 145 F with an instant-read thermometer (or the juices run clear).



THE  
AUTOIMMUNE COLLECTIVE

## AIP Turkey Meatloaf

AIP Dump Freezer Session # 12

USE BY:

Thaw the bag overnight in the fridge.

Preheat the oven to 375 F and line a baking sheet with parchment paper (or a 9x5 loaf pan).

Pour the mixture out onto the pan and form into a loaf that is uniformly thick in size. Bake for 45 minutes, or until the loaf reads 160 F with a meat thermometer.

Optional: If you'd like you can add an AIP ketchup or bbq sauce on top of the meatloaf before baking. I've done it with and without a sauce and it comes out delicious either way, but use a sauce if you want a more traditional meatloaf.



THE  
AUTOIMMUNE COLLECTIVE

USE BY:

Thaw the bag overnight in the fridge.

Heat a large saucepan over medium heat. Pour the mixture into the pan.

If you cooked the ground beef ahead of time, bring to a boil over medium heat, then cover, reduce the heat to low, and simmer the mixture over medium heat for 30 minutes.

If you did NOT cook the ground beef ahead of time, cook over medium heat for about 10 minutes, stirring frequently, until the beef is browned. Then turn the heat down to low, cover, and simmer the mixture over medium heat for 30 minutes.



**DISCLAIMER:**

*By using this recipe guide you are representing that you have read and agreed to the terms and conditions of Thriving On Paleo, LLC as listed on the website. The Autoimmune Collective is a product of Thriving On Paleo, LLC.*

*This recipe guide is not intended to diagnose, treat, prevent or cure any illness or disease.*

*You are solely responsible for your health care and activity choices. Using this recipe guide from Thriving On Paleo, LLC is at the reader's sole discretion and risk.*

*The information provided in this recipe guide is for general inspirational purposes, and is not to be used as a dietary or nutrition plan for health goals.*

*This recipe guide has not been reviewed nor approved by the FDA and is not intended to take the place of advice from your medical professional, licensed dietician or nutritionist.*

*Using this recipe guide does not constitute a client-coach relationship.*

**COPYRIGHT:**

*No part of this publication may be copied, shared, or republished without express written permission of the author.*

*Violations are investigated by the FBI and are punishable with up to five years in federal prison and a fine up to \$250,000.*