

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

## SESSION 4

CITRUS SALMON PACKETS  
CHICKEN GYROS  
MOJO PORK  
GRILLED KABOBS  
SHEET PAN BALSAMIC CHICKEN  
PESTO RANCH CHICKEN  
STRAWBERRY RHUBARB CRISP



THE  
AUTOIMMUNE COLLECTIVE

# 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.



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5. Sheet Pan Balsamic Chicken
6. Pesto Ranch Chicken Rice
7. Strawberry Rhubarb Crisp

# SHOPPING LIST (BY RECIPE)

## (1) CITRUS SALMON PACKS

- 4 Salmon Filets (approx 1 lb)
- 1 teaspoon dried Thyme
- 1 Lemon, thinly sliced
- 1 Lime, thinly sliced
- 1 Orange, thinly sliced
- Sea Salt

## (2) CHICKEN GYROS

- 2 lb boneless, skinless Chicken Thighs
- 1 Yellow Onion, sliced
- 1/2 cup Lemon Juice
- 1/4 cup Red Wine Vinegar
- 2 cloves Garlic, minced
- 1 teaspoon dried Oregano
- Sea Salt

## (3) MOJO PORK

- 2-4 lb Pork Shoulder
- 1 Yellow Onion, sliced
- 1/4 cup Lime Juice
- 1 cup Orange Juice
- 4 cloves Garlic, minced
- Sea Salt

# SHOPPING LIST (BY RECIPE) CONT.

## (4) GRILLED KABOBS

- 1 lb boneless, skinless Chicken Breasts or Thighs
- 1 lb boneless Sirloin Steaks (or more chicken)
- 2 Zucchini
- 1 Red Onion
- 1 Yellow Onion
- 8 oz whole Mushrooms
- 1/2 cup Olive Oil
- 2 tbsp Italian Seasoning, Primal Palate Garlic Herb Seasoning, or a compliant Herbes de Provence (or you can make up your own blend)
- Sea Salt
- 6 Bamboo Skewers

## (5) SHEET PAN BALSAMIC CHICKEN

- 2 lb boneless, skinless Chicken Thighs
- 1/2 cup Balsamic Vinegar
- 1/4 cup Honey
- 5 cloves Garlic, minced
- 1/4 cup + 3 tablespoons Avocado Oil (or Olive)
- 1 tablespoon dried Oregano
- 2 teaspoons Sea Salt
- 1 head Broccoli, cut into florets (about 2 cups of florets)
- 2 large Carrots, cut into 1/4-inch rounds
- 8 oz Baby Bella Mushrooms, sliced in half
- 1 large Sweet Potato, peeled and diced into 1/4-inch cubes

# SHOPPING LIST (BY RECIPE) CONT.

## (6) PESTO RANCH CHICKEN

- 2 lb boneless, skinless Chicken Thighs
- 2 cups Basil or another green like Arugula or Kale
- 1/4 teaspoon Sea Salt
- 1 Lemon (juice & zest)
- 1 tsp dried Parsley
- 1 tsp dried Dill
- 1.5 tsp Garlic Powder
- 1 teaspoon Onion Powder
- 1 tablespoon Chives (optional)
- 1/2 – 1 cup Olive Oil

## (7) STRAWBERRY RHUBARB CRISP

- 2 cups Strawberries, sliced (fresh or frozen)
- 1 cup diced Rhubarb
- 1 tablespoon Lemon Juice
- 1 tablepsoon Maple Syrup or Honey
- 1.5 teaspoon Arrowroot Powder
- 1 cup Cassava Flour
- 1/4 cup Coconut or Maple Sugar
- pinch Sea Salt
- 1 teaspoon Cinnamon
- 1/3 cup Avocado Oil

# SHOPPING LIST FOR ALL 7 MEALS:

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

## Meats and Seafoods:

- 4 Salmon Filets (approx 1 lb) (1)
- 6 lb boneless, skinless Chicken Thighs (2, 5)
- 1 lb boneless, skinless Chicken Breasts or Thighs (4)
- 2-4 lb Pork Shoulder (3)
- 1 lb boneless Sirloin Steaks (4)

## Fresh Produce:

- 2 Lemon (1, 6)
- 1 Lime (1)
- 1 Orange (1)
- 1 cup Orange Juice (3)
- 3 Yellow Onion (2, 3, 4)
- 1 Red Onion (4)
- 11 cloves Garlic (2, 3, 5)
- 2 Zucchini (4)
- 16 oz whole Mushrooms (4, 5)
- 1 head Broccoli (or 2 cups florets) (5)
- 2 large Carrots (5)
- 1 large Sweet Potato (5)
- 2 cups Basil or another green for pesto (6)
- 1 tbsp Chives (optional) (6)
- 2 cups Strawberries (7)
- 1 cup diced Rhubarb (7)

## Oils and Vinegars:

- 1/4 cup Red Wine Vinegar (2)
- 1 cup Olive Oil (4, 6)
- 1/2 cup Balsamic Vinegar (5)
- 1 cup Avocado Oil (5, 7) - could also do Olive Oil

## Herbs and Spices:

- Sea Salt
- 1 tsp dried Thyme (1)
- 1 tsp dried Dill (6)
- 1.5 tbsp dried Oregano (2, 5)
- 2 tbsp Italian Seasoning, Primal Palate Garlic and Herb Seasoning, or compliant Herbes de Provence (4)
- 1 tsp dried Parsley (6)
- 1.5 tsp Garlic Powder (6)
- 1 tsp Onion Powder (6)
- 1 tsp Cinnamon (7)

## Baking:

- 1/4 cup Honey (5)
- 1 tbsp Maple Syrup or Honey (7)
- 1.5 tsp Arrowroot Powder (7)
- 1 cup Cassava Flour (7)
- 1/4 cup Coconut or Maple Sugar (7)

## Canned and Jarred Goods:

- 1 /2 + 1 tbsp cup Lemon Juice (2, 7)
- 1/4 cup Lime Juice (3)

## Materials:

- 7 Gallon-sized Freezer Bags
- 6 Bamboo Skewers (4)
- 9x13 Baking Pan (disposable is nice for this) (4)



# 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 2 lemons. Slice 1 lemon into thin slices. Zest and juice 1 lemon.

Wash and thinly slice 1 lime.

Wash and thinly slice 1 orange.

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

Wash and chop 2 zucchini into 1-2 inch cubes.

Wash and slice 16 oz Baby Bella Mushrooms in half.

Wash and chop 1 head Broccoli into florets.

Wash and cut 1 large Carrots into 1/4-inch rounds.

Wash and dice 1 large Sweet Potato into 1/4-inch cubes.

Wash and slice 2 cups Strawberries.

Wash and dice 1 cup Rhubarb.

Thinly slice 2 yellow onions.

Chop 1 yellow onion and 1 red onion into 1-2 inch cubes.

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 CONT.

## 3. GATHER YOUR PROTEINS AND CONTAINERS

Gather all of the proteins you'll need. Set them 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) CITRUS SALMON PACKS



**YIELDS**

**PREP TIME**

**COOK TIME**

4 servings

10 minutes

20 minutes

## INGREDIENTS

- 4 Salmon Filets (approx 1 lb)
- 1 tsp dried Thyme
- 1 Lemon, thinly sliced
- 1 Lime, thinly sliced
- 1 Orange, thinly sliced
- Sea Salt

### **S** *Substitutions:*

Use cod or another fish instead of the salmon.

## DIRECTIONS

### **TO FREEZE:**

Place 4 large pieces of foil on the counter. If you don't like having your food touch foil, add a smaller piece of parchment paper on each piece of foil.

Add a piece of salmon to each piece of foil, then divide the thyme and citrus pieces between them. Finally, sprinkle a little sea salt on each.

Wrap each foil sheet around the salmon to create a pack. Place the packs into a gallon-sized freezer bag (you may need two).

Label each bag and lay flat to freeze.

### **TO COOK:**

Thaw the packets overnight in the fridge. (unlike many fish recipes, this one is best when thawed before cooking)

Do one of the following:

**OVEN:** Preheat the oven to 375 F. Place the salmon packets, seam side up, in the oven for 15-20 minutes or until the salmon is cooked completely through (the fish will flake easily when poked with a fork).

**GRILL:** Preheat the grill to medium-high. Place the salmon packets, seam side up, on the grill for 15 minutes or until the salmon is cooked completely through (the fish will flake easily when poked with a fork).

# (2) CHICKEN GYROS

**YIELDS**

4-6 servings

**PREP TIME**

10 minutes

**COOK TIME**

30 min or 4-6 hours

## INGREDIENTS

- 2 lb boneless, skinless Chicken Thighs
- 1 Yellow Onion, sliced
- 1/2 cup Lemon Juice
- 1/4 cup Red Wine Vinegar
- 2 cloves Garlic, minced
- 1 tsp dried Oregano
- 1 tsp Sea Salt

### **T** *Additional tips:*

Serve with AIP Flatbreads and/or cauliflower rice, cucumbers, sliced red onions, kalamata onions, and tzatziki sauce (recipe in the Autoimmune Collective).

## 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.

Do one of the following:

### **OVEN:**

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

or

### **SLOW COOKER:**

Pour the ingredients into the basin of the slow cooker and cook on low for 4-6 hours. Once cooked, shred the chicken and then add back to the liquid in the slow cooker.

or

### **INSTANT POT:**

Pour the ingredients into the basin of the Instant Pot and add 1/4 cup of water or chicken stock. Cook for 10 minutes at high pressure on the Manual setting. Quick release the pressure when cooking is done. Once cooked, shred the chicken and then add back to the liquid in the Instant Pot.

# (3) MOJO PORK



**YIELDS**

4-8 servings



**PREP TIME**

10 minutes



**COOK TIME**

2-8 hours

## INGREDIENTS

- 2-4 lb Pork Shoulder
- 1 Yellow Onion, sliced
- 1/4 cup Lime Juice
- 1 cup Orange Juice
- 4 cloves Garlic, minced
- Sea Salt

### **T** *Additional tips:*

Serve with lettuce wraps or cassava flour tortillas (like my fave recipe from Downshiftology). Or serve over cauliflower rice.

Add toppings like cilantro, pineapple or mango salsa, diced oranges, or avocados.

Also great served with baked plantains or grilled pineapple!

## 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. Do one of the following:

### **SLOW COOKER:**

Pour the ingredients into the basin of the slow cooker and cook on low for 6-10 hours. Once cooked, remove the pork and shred it and then add back into the liquid. Strain the liquid before serving though (you just add it back in to get the meat juicy and flavorful).

or

### **STOVE:**

Place in a heavy stockpot and cook on a stove over a low flame for 2-3 hours.

or

### **INSTANT POT:**

Cook for 90 minutes at high pressure on Manual in an Instant Pot. Let the pressure naturally release for at least 10 minutes when the cooking is done.

# (4) GRILLED KABOBS



**YIELDS**

**PREP TIME**

**COOK TIME**

4-6 servings

15 minutes

20 minutes

## INGREDIENTS

- 1 lb boneless, skinless Chicken Breasts or Thighs
- 1 lb boneless Sirloin Steaks (or more chicken)
- 2 Zucchini
- 1 Red Onion
- 1 Yellow Onion
- 8 oz whole Mushrooms
- 1/2 cup Olive Oil
- 2 tbsp Italian Seasoning, Primal Palate Garlic Herb Seasoning, or a compliant Herbes de Provence (or you can make up your own blend)
- Sea Salt
- 6 Bamboo Skewers

## DIRECTIONS

### TO FREEZE:

Cut the meat and veggies into cubes that are about 1-2 inches wide.

Thread the chicken onto 1-2 kabobs.

Thread the steak onto another.

Thread the veggies onto others. The veggies can mix, it's just easier to keep the meat separate as they often need longer cooking times than the veggies.

Spread the olive oil over the kabobs using a brush, a paper towel, or your hands, then sprinkle each with your choice of herb seasoning and sea salt.

Place the kabobs into a freezer-safe 9x13 baking pan (disposable pans are great for this), and then cover with plastic wrap and aluminum foil.

### TO COOK:

Thaw the ingredients overnight in the fridge.

Preheat the grill to medium-high, then place the kabobs in a single layer on top. Cook until the meat and veggies are all cooked through (they most likely will have differing cooking times).

# (5) SHEET PAN BALSAMIC CHICKEN



**YIELDS**

**PREP TIME**

**COOK TIME**

4-6 servings

15 min

35 min

## INGREDIENTS

### Bag 1:

- 2 lb boneless, skinless Chicken Thighs
- 1/2 cup Balsamic Vinegar
- 1/4 cup Honey
- 3 cloves Garlic, minced
- 1/4 cup Avocado Oil (or Olive)
- 1 tbsp dried Oregano
- 1 tsp Sea Salt

### Bag 2:

- 1 head Broccoli, cut into florets (about 2 cups of florets)
- 2 large Carrots, cut into 1/4-inch rounds
- 8 oz Baby Bella Mushrooms, sliced in half
- 1 large Sweet Potato, peeled and diced into 1/4-inch cubes
- 2 cloves Garlic, minced
- 3 tbsp Avocado Oil (or Olive)
- 1 tsp Sea Salt

## DIRECTIONS

### TO FREEZE:

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

Put the ingredients for Bag 2 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.

Preheat an oven to 425 F.

Pour the ingredients of Bag 2 onto a sheet pan. Spread the ingredients out evenly.

Then pour the chicken onto the pan as well, leaving it on top of the veggies.

Bake for 30-35 minutes or until the temperature is 165 F.

\*\*If you happen to use chicken breasts instead of thighs, cook the pan of veggies for 10 minutes, THEN add the chicken. This is because chicken breasts can cook a lot quicker than thighs and they may overcook if you do the full 30 minutes with them. Do check the breasts at the end of 20 minutes though to make sure they're fully cooked. If not, you can put the whole pan back in the oven for the needed time.



# (6) PESTO RANCH CHICKEN



**YIELDS**

**PREP TIME**

**COOK TIME**

4 servings

15 min

20 min - 4  
hrs

## INGREDIENTS

- 2 lb boneless, skinless Chicken Thighs
- 2 cups Basil or another green like Arugula or Kale
- 1/4 tsp Sea Salt
- 1 Lemon (juice & zest)
- 1 tsp dried Parsley
- 1 tsp dried Dill
- 1.5 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tbs Chives (optional)
- 1/2 – 1 cup Olive Oil

## DIRECTIONS

### TO FREEZE:

Add all of the ingredients except the chicken and olive oil to a food processor or blender. Process until everything is finely chopped up and of uniform size. With the processor running, drizzle in the olive oil. Add more olive oil if you prefer a runnier pesto.

Put the chicken into a gallon-sized freezer bag, then pour in the pesto and massage a bit to mix.

Label the bag and lay flat to freeze.

### TO COOK:

Thaw the ingredients overnight in the fridge.

### SLOW COOKER:

Pour the ingredients into the basin of the slow cooker and cook on low for 2-4 hours. Once cooked, serve the chicken with a large dollop of the sauce.

or

### OVEN:

Preheat the oven to 425 F. Pour the ingredients into a baking dish and bake for 20-25 minutes, or until an instant read thermometer inserted in the chicken is 165 F.

*\*This recipe isn't a good candidate for the Instant Pot as it needs more liquid for that appliance, and adding liquid to this would change it significantly. You could cook the chicken separately from the pesto though if you need to use the IP.*

# (7) STRAWBERRY RHUBARB CRISP



**YIELDS**

**PREP TIME**

**COOK TIME**

4-6 servings

10 min

30 min

## INGREDIENTS

### For the filling:

- 2 cups Strawberries, sliced (fresh or frozen)
- 1 cup diced Rhubarb
- 1 tbsp Lemon Juice
- 1 tbsp Maple Syrup or Honey
- 1.5 tsp Arrowroot Powder

### For the topping:

- 1 cup Cassava Flour
- 1/4 cup Coconut or Maple Sugar
- pinch Sea Salt
- 1 tsp Cinnamon
- 1/3 cup Avocado Oil

### **S** *Substitutions:*

Use blueberries, blackberries, raspberries, etc instead of the strawberries, or sliced peaches, plums, apples, etc!

Use tapioca flour or even more cassava flour in place of the arrowroot powder if you don't have any.

You can use melted coconut oil or palm shortening in place of the avocado oil.

## DIRECTIONS

### TO FREEZE:

Add the ingredients for the filling into a gallon-sized freezer bag and massage a bit to mix.

Add the ingredients for the topping into a large bowl and mix. Then add to the bag with the filling.

Label the bag and lay flat to freeze.

### TO COOK:

Thaw the ingredients overnight in the fridge.

Then cook one of the following ways:

**OVEN:** Preheat the oven to 350 F. Pour the ingredients into an 8 x 8 inch baking dish and bake for 30 minutes.

**SLOW COOKER:** Pour the ingredients into a slow cooker and cook on low for 4 hours.

### **T** *Additional tips:*

Yes, this is NOT a dinner recipe! Though I won't tell if you have it as one ;-). I like crisps for breakfasts, though you can also use it as a dessert served with a little coconut-milk ice cream or coconut whipped cream.

I like to set this one in my crockpot before bed and set a timer so that it'll start cooking about 4 hours before breakfast. You can put it in the crockpot while frozen if you do this, as it'll thaw while waiting to cook, and because it's not meat, it's not crossing any safety lines with cooking from frozen.

# 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)



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

**OVEN:** Preheat the oven to 375 F. Place the salmon packets, seam side up, in the oven for 15-20 minutes or until the salmon is cooked completely through (the fish will flake easily when poked with a fork).

**GRILL:** Preheat the grill to medium-high. Place the salmon packets, seam side up, on the grill for 15 minutes or until the salmon is cooked completely through (the fish will flake easily when poked with a fork).

Thaw the ingredients overnight in the fridge. Do one of the following:

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

**INSTANT POT:**  
Pour the ingredients into the basin of the Instant Pot and add 1/4 cup of water or chicken stock. Cook for 10 minutes at high pressure on the Manual setting. Quick release the pressure when cooking is done. Once cooked, shred the chicken and then add back to the liquid in the Instant Pot.

**SLOW COOKER:**  
Pour the ingredients into the basin of the slow cooker and cook on low for 4-6 hours. Once cooked, shred the chicken and then add back to the liquid in the slow cooker.

Thaw the ingredients overnight in the fridge. Do one of the following:

**SLOW COOKER:**  
Pour the ingredients into the basin of the slow cooker and cook on low for 6-10 hours. Once cooked, remove the pork and shred it and then add back into the liquid. Strain the liquid before serving though (you just add it back in to get the meat juicy and flavorful).

**STOVE:**  
Place in a heavy stockpot and cook on a stove over a low flame for 2-3 hours.

**INSTANT POT:**  
Cook for 90 minutes at high pressure on Manual in an Instant Pot. Let the pressure naturally release for at least 10 minutes when the cooking is done.

## AIP Grilled Kabobs: Bag #1

USE BY:

AIP Dump Freezer Session # 4

Thaw the ingredients overnight in the fridge.

**GRILL:** Preheat the grill to medium-high, then place the kabobs in a single layer on top. Cook until the meat and veggies are all cooked through (they most likely will have differing cooking times).



## AIP Grilled Kabobs: Bag #2

USE BY:

AIP Dump Freezer Session # 4

Thaw the ingredients overnight in the fridge.

**GRILL:** Preheat the grill to medium-high, then place the kabobs in a single layer on top. Cook until the meat and veggies are all cooked through (they most likely will have differing cooking times).



## AIP Sheet Pan Balsamic Chicken Bag #1

USE BY:

AIP Dump Freezer Session # 4

Thaw the bags overnight in the fridge.

### OVEN:

Preheat an oven to 425 F.

Pour the ingredients of Bag 2 onto a sheet pan. Spread the ingredients out evenly. Then pour the chicken onto the pan as well, leaving it on top of the veggies. Bake for 30-35 minutes or until the temperature is 165 F.

**\*\*If you happen to use chicken breasts instead of thighs, cook the pan of veggies for 10 minutes, THEN add the chicken. This is because chicken breasts can cook a lot quicker than thighs and they may overcook if you doo the full 30 minutes with them. Do check the breasts at the end of 20 minutes though to make sure they're fully cooked. If not, you can put the whole pan back in the oven for the needed time.**



## AIP Sheet Pan Balsamic Chicken Bag #2

USE BY:

AIP Dump Freezer Session # 4

Instructions are on the label for Bag # 1



## AIP Pesto Ranch Chicken

USE BY:

AIP Dump Freezer Session # 4

Thaw the bag overnight in the fridge. Do one of the following:

### **SLOW COOKER:**

Pour the ingredients into the basin of the slow cooker and cook on low for 2-4 hours. Once cooked, serve the chicken with a large dollop of the sauce.

### **OVEN:**

Preheat the oven to 425 F. Pour the ingredients into a baking dish and bake for 20-25 minutes, or until an instant read thermometer inserted in the chicken is 165 F.



## AIP Strawberry Rhubarb Crisp

USE BY:

AIP Dump Freezer Session # 4

Thaw the bag overnight in the fridge. Do one of the following:

**OVEN:** Preheat the oven to 350 F. Pour the ingredients into an 8 x 8 inch baking dish and bake for 30 minutes.

**SLOW COOKER:** Pour the ingredients into a slow cooker and cook on low for 4 hours.



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