

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

SESSION 5 - GRILLING!

ROSEMARY LEMON CHICKEN
GRILLED SHRIMP SKEWERS
MONGOLIAN BEEF
TASTY HAMBURGERS
LEMONY TARRAGON FISH
PINEAPPLE GINGER PORK CHOPS
BALSAMIC CHICKEN THIGHS



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. Lemony Tarragon Fish
6. Pineapple Ginger Pork Chops
7. Balsamic Chicken Thighs

SHOPPING LIST (BY RECIPE)

(1) ROSEMARY LEMON CHICKEN

- 2 lb boneless, skinless Chicken Breasts
- 1/2 cup Olive or Avocado Oil
- Zest & Juice of 1 Lemon
- 1 tablespoon fresh Rosemary, chopped (or 2 teaspoon dried)
- 4 cloves Garlic, minced (about 2 teaspoons)
- 1/2 teaspoon Sea Salt

(2) GRILLED SHRIMP SKEWERS

- 2 lb large raw Shrimp (peeled and deveined)
- 1/2 cup Avocado or Olive Oil
- 1 teaspoon Sea Salt
- 1.5 teaspoons Italian Seasoning
- 2 cloves Garlic, minced (about 1 teaspoon)

(3) MONGOLIAN BEEF

- 2-3 lb Flank Steak
- 1/2 cup Coconut Aminos
- 1/2 cup Olive or Avocado Oil
- 1/4 cup Honey
- 1 teaspoon dried Ginger
- 2 cloves Garlic, minced (about 1 teaspoon)
- pinch Sea Salt

Not Needed Until Day of Cooking

- 1-3 tbsp Arrowroot Flour (depends on cooking method)
- 4 Green Onions (Scallions), sliced

SHOPPING LIST (BY RECIPE) CONT.

(4) TASTY HAMBURGERS

- 2 lb Ground Beef (I like 80/20 for this)
- t teaspoon Sea Salt
- 1/2 teaspoon Garlic Powder
- 2 tablespoons Apple Cider Vinegar
- 1 tablesppon Honey
- 1 teaspoon Blackstrap Molasses
- 1/2 teaspoon Fish Sauce

(5) LEMONY TARRAGON FISH

- 4 filets White Fish (Cod, Tilapia, etc)
- 1/4 teaspoon Sea Salt
- 1/2 teaspoon dried Ginger
- 1/2 teaspoon Garlic Powder
- 1 tablespoon fresh Tarragon, chopped (or 1 teaspoon dried Tarragon)
- 3 tablespoon Lemon Juice (jarred or fresh)

(6) PINEAPPLE GINGER PORK CHOPS

- 2 lb thick cut, bone-in Pork Chops
- 1/2 cup Pineapple Juice
- 1/4 cup Coconut Aminos
- 2 tablespoon Olive or Avocado Oil
- 2 teaspoon dried Ginger
- 1/2 teaspoon Garlic Powder

SHOPPING LIST (BY RECIPE) CONT.

(7) BALSAMIC CHICKEN THIGHS

- 2 lb boneless, skinless Chicken Thighs
- 1/4 cup Balsamic Vinegar
- 1/4 cup Olive or Avocado Oil
- zest of 1 Lemon
- 1/4 teaspoon Garlic Powder
- 1/4 teaspoon Onion Powder
- 1/2 teaspoon Sea Salt

SHOPPING LIST FOR ALL 7 MEALS:

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

Meats and Seafoods:

- 2 lb boneless, skinless Chicken Breasts (1)
- 2lb large raw Shrimp (peeled and deveined)(2)
- 2-3 lb Flank Steak (3)
- 2 lb Ground Beef (I like 80/20) (4)
- 4 filets White Fish (Cod, Tilapia, etc) (5)
- 2 lb thick cut, bone-in Pork Chops (6)
- 2 lb boneless, skinless Chicken Thighs (7)

Fresh Produce:

- 2 Lemons (1, 7)
- 1 tbsp fresh Rosemary (or 2 tsp dried) (1)
- 8 cloves Garlic (1, 2, 3)
- 4 Green Onions (Scallions) (3) **
- 1 tbsp fresh Tarragon (or 1 tsp dried) (5)

Herbs and Spices:

- Sea Salt
- 1.5 tsp Italian Seasoning (2)
- 3.5 tsp dried Ginger (3, 5, 6)
- 1.75 tsp Garlic Powder (4, 5, 6, 7)
- 1/4 tsp Onion Powder (7)

Oils and Vinegars:

- 1 cups Olive Or Avocado Oil (1, 2, 3, 6, 7)
- 2 tbsp Apple Cider Vinegar (4)
- 1/4 cup Balsamic Vinegar (7)

Baking:

- 1/3 cup Honey (3, 4)
- 1-3 tbsp Arrowroot Flour(3) **
- 1 tsp Blackstrap Molasses (4)

Misc:

- 3/4 cup Coconut Aminos (3, 6)
- 1/2 tsp Fish Sauce (4)
- 3 tbsp Lemon Juice (SEE NOTE BELOW) (5)
- 1/2 cup Pineapple Juice (6) (you can get this from a can of pineapple too)

NOTE: If you are making this entire meal plan at the same time, you will use only the zest of the lemon for Recipe # 7 so you can use the juice for Recipe # 5, so don't buy any jarred lemon juice for this

Materials:

- 7 Gallon-sized Freezer Bags
- Wooden or Metal Skewers (2)

****Not needed until time of cooking, so don't buy unless cooking this week**

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 chop 1 tablespoons fresh rosemary, if using.

Wash and chop 1 tablespoon fresh Tarragon, if using.

Wash and zest 2 lemons, keep divided, and set aside. Juice one lemon and set aside.

Peel and mince 8 cloves or garlic using a knife, food processor, or garlic press. Peel and thinly slice 4 cloves of garlic.

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.

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) ROSEMARY LEMON CHICKEN



YIELDS

PREP TIME

COOK TIME

4-6 servings

10 minutes

7-20 minutes

INGREDIENTS

- 2 lb boneless, skinless Chicken Breasts
- 1/2 cup Olive or Avocado Oil
- Zest & Juice of 1 Lemon
- 1 tbsp fresh Rosemary, chopped (or 2 tsp dried)
- 4 cloves Garlic, minced (about 2 tsp)
- 1/2 tsp Sea Salt

DIRECTIONS

TO FREEZE:

Put all of the ingredients into a 1-gallon freezer bag. Massage lightly with your hands to mix the ingredients. Push all the air out of the bag, seal, label and freeze.

TO COOK:

To serve, thaw and do one of the following:

GRILL: Remove the chicken from the bag and grill on medium heat for 4-6 minutes and then flip and cook for an additional 3-5 minutes or until done.

OVEN: Preheat the oven to 425 F. Pour the ingredients into a baking dish and bake for 15-20 min (depending on the size of the chicken)

T *Additional Tips:*

Goes well with Coconut Cauliflower Rice, Braised Chard, Roasted Carrots, or Roasted Broccoli.

(2) GRILLED SHRIMP SKEWERS



YIELDS

PREP TIME

COOK TIME

4-6 servings

5 minutes

6 minutes

INGREDIENTS

- 2 lb large raw Shrimp (peeled and deveined)
- 1/2 cup Avocado or Olive Oil
- 1 tsp Sea Salt
- 1.5 tsp Italian Seasoning
- 2 cloves Garlic, minced (about 1 tsp)

DIRECTIONS

TO FREEZE:

Put all of the ingredients into a 1-gallon freezer bag (keep the shrimp frozen if already frozen). Massage lightly with your hands to mix the ingredients. Push all the air out of the bag, seal, label and freeze.

TO COOK:

To serve, thaw and then thread the shrimp onto skewers. (If using wooden skewers, soak for at least 30 minutes ahead of time). Then do one of the following:

GRILL: Preheat the grill to medium-high heat. Grill the shrimp skewers 2-3 minutes a side or until the shrimp is pink and opaque.

STOVE: Preheat a grill pan to medium-high heat. Grill the shrimp skewers 2-3 minutes a side or until the shrimp is pink and opaque.

OVEN: Preheat the broiler on high. Place the shrimp skewers on a baking sheet covered with parchment paper. Broil for 2-3 minutes a side or until the shrimp is pink and opaque.

T *Additional Tips:*

Goes well with Pineapple Salsa, Roasted Diced Sweet Potatoes, Roasted Plantains, or with some AIP-compliant tortillas.

(3) MONGOLIAN BEEF



YIELDS

4-6 servings



PREP TIME

5 minutes



COOK TIME

depends on method
15 minutes - 6 hours

INGREDIENTS

- 2-3 lb Flank Steak
- 1/2 cup Coconut Aminos
- 1/2 cup Olive or Avocado Oil
- 1/4 cup Honey
- 1 tsp dried Ginger
- 2 cloves Garlic, minced
- pinch Sea Salt

Not Needed Until Day of Cooking

- 1-3 tbsp Arrowroot Flour
(depends on cooking method)
- 4 Green Onions (Scallions), sliced

T *Additional Tips:*

Goes well with Coconut Cauliflower Rice and/or Roasted Broccoli.

DIRECTIONS

TO FREEZE:

Put all of the ingredients (except for those labeled " NOT NEEDED UNTIL DAY OF COOKING") into a 1-gallon freezer bag. Massage lightly with your hands to mix the ingredients. Push all the air out of the bag, seal, label and freeze.

TO COOK:

To serve, thaw and do one of the following:

GRILL: Remove the steak from the bag but reserve the marinade. Preheat the grill to medium-high heat. Grill until desired doneness (about 4 minutes a side for medium-rare).

Meanwhile, pour the marinade into a small saucepan and heat on the stove over medium heat until boiling. Sprinkle 1 tbsp arrowroot powder over the sauce and whisk to combine. Cook for an additional minute or until thickened. Once the steak is done, let rest for 5 minutes, then cut against the grain into thin strips and then toss with the sauce and sliced green onions.

SLOW COOKER: Remove the steak from the bag, slice thinly, toss with the 3 tablespoons of arrowroot powder, and then put that and the contents of the bag along with 1 cup of water into the crockpot and cook for 4-6 hours on low. Serve with the sliced green onions.

(4) TASTY HAMBURGERS



YIELDS

PREP TIME

COOK TIME

4-6 servings

5 minutes

10 minutes

INGREDIENTS

- 2 lb Ground Beef (I like 80/20 for this)
- 1 tsp Sea Salt
- 1/2 tsp Garlic Powder
- 2 tbsp Apple Cider Vinegar
- 1 tbsp Honey
- 1 tsp Blackstrap Molasses
- 1/2 tsp Fish Sauce

DIRECTIONS

TO FREEZE:

Put all of the ingredients into a 1-gallon freezer bag. Massage lightly with your hands to mix the ingredients. Push all the air out of the bag, seal, label and freeze.

TO COOK:

To serve, thaw, form into 8 patties. Then do one of the following:

GRILL: Grill on medium (about 325 F) for 4-5 minutes a side until desired doneness.

OVEN: Put under the broiler on high for 3 min a side or until desired doneness.

STOVE TOP: Preheat a pan or griddle over medium high heat. Place the patties in the pan and cook for 3-5 min a side or until desired doneness.

T *Additional Tips:*

Goes well with Diced Roasted Sweet Potatoes, Roasted Broccoli, Baked Plantains, Easy Guac or Avocado Lime Mousse.

(5) LEMONY TARRAGON FISH

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

4 servings

5 minutes

6-15 minutes

INGREDIENTS

- 4 filets White Fish (Cod, Tilapia, etc)
- 1/4 tsp Sea Salt
- 1/2 tsp dried Ginger
- 1/2 tsp Garlic Powder
- 1 tbsp fresh Tarragon, chopped (or 1 teaspoon dried Tarragon)
- 3 tbsp Lemon Juice (jarred or fresh)

DIRECTIONS

TO FREEZE:

If the fish is already frozen, do not thaw. Just remove from any additional packaging so that the fish is "naked" and put into the 1-gallon freezer bag. Then put the rest of the ingredients into the bag, push all the air out of the bag, seal, label and freeze.

TO COOK:

To serve, thaw the fish, massage slightly to distribute the ingredients, and do one of the following:

GRILL: Preheat the grill to medium. Oil the grill and then remove the fish from the marinade. Grill for 3-4 minutes a side or until the fish flakes easily with a fork.

STOVE: Melt some avocado or coconut oil in a pan over medium heat. Remove the fish from the bag and place in the pan. Let sit for 3-4 minutes, flip, and then cook an additional 3-4 minutes or until the fish easily flakes with a fork.

OVEN: Preheat the oven to 400 F. Put the fish into a glass baking dish and then bake in the oven for 15 minutes or until the fish easily flakes with a fork.

T *Additional Tips:*

Goes well with Roasted Asparagus, Braised Rainbow Chard, Kale Olive and Sweet Potato Salad.

(6) PINEAPPLE GINGER PORK CHOPS



YIELDS

PREP TIME

COOK TIME

4-6 servings

5 minutes

13-20 minutes

INGREDIENTS

- 2 lb thick cut, bone-in Pork Chops
- 1/2 cup Pineapple Juice
- 1/4 cup Coconut Aminos
- 2 tbsp Olive or Avocado Oil
- 2 tsp dried Ginger
- 1/2 tsp Garlic Powder

DIRECTIONS

TO FREEZE:

Put all of the ingredients into a 1-gallon freezer bag. Massage lightly with your hands to mix the ingredients. Push all the air out of the bag, seal, label and freeze.

TO COOK:

To serve, thaw and do one of the following:

GRILL: Preheat grill to medium-high heat. Cook the pork chops for 4 minutes a side, or until the internal temp reaches 145 F. Let rest for 5 minutes and then serve.

STOVE/OVEN: Preheat the oven to 375 F. Heat a tablespoon of oil in an oven-safe pan over med-high heat. Then sear the pork chops for 3 min a side, transfer to the oven (if you don't have an oven-safe pan first transfer to a baking sheet or dish) and then bake in the oven for 5 minutes, or until the internal temp reaches 145 F. Let rest for 5 min and then serve.

T

Additional Tips:

Goes well with Coconut Cauliflower Rice, Baked Plantains, Roasted Diced Sweet Potatoes, Sweet Potato Noodles.

(7) BALSAMIC CHICKEN THIGHS



YIELDS

PREP TIME

COOK TIME

4-6 servings

5 minutes

20-40 minutes

INGREDIENTS

- 2 lb boneless, skinless Chicken Thighs
- 1/4 cup Balsamic Vinegar
- 1/4 cup Olive or Avocado Oil
- zest of 1 Lemon
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/2 tsp Sea Salt

DIRECTIONS

TO FREEZE:

Put all of the ingredients into a 1-gallon freezer bag. Massage lightly with your hands to mix the ingredients. Push all the air out of the bag, seal, label and freeze.

TO COOK:

To serve, thaw and do one of the following:

GRILL: Preheat the grill to medium heat. Remove the chicken from the marinade and grill for 8-10 minutes on each side, until lightly charred and completely cooked through (the internal temp should be 165 F).

OVEN: Preheat the oven to 425 F. Remove the chicken from the marinade and place into a glass baking dish. Roast for 40 minutes or until completely cooked through (the internal temp should be 165 F).

T *Additional Tips:*

Goes well with Roasted Broccoli, Roasted (or grilled) Asparagus, Braised Rainbow Chard, Roasted Carrots

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 Rosemary Lemon Chicken

AIP Dump Freezer Session # 5

To serve, thaw and do one of the following:

USE BY:

GRILL: Remove the chicken from the bag and grill on medium heat for 4-6 minutes and then flip and cook for an additional 3-5 minutes or until done.

OVEN: Preheat the oven to 425 F. Pour the ingredients into a baking dish and bake for 15-20 min (depending on the size of the chicken)



AIP Grilled Shrimp Skewers

AIP Dump Freezer Session # 5

USE BY:

To serve, thaw and then thread the shrimp onto skewers. (If using wooden skewers, soak for at least 30 minutes ahead of time). Then do one of the following:

GRILL:
Preheat the grill to medium-high heat. Grill the shrimp skewers 2-3 minutes a side or until the shrimp is pink and opaque.

OVEN:
Preheat the broiler on high. Place the shrimp skewers on a baking sheet covered with parchment paper. Broil for 2-3 minutes a side or until the shrimp is pink and opaque.

STOVE:
Preheat a grill pan to medium-high heat. Grill the shrimp skewers 2-3 minutes a side or until the shrimp is pink and opaque.



AIP Mongolian Beef

AIP Dump Freezer Session # 5

***NEEDED AT TIME OF COOKING: 1-3 TBSP ARROWROOT FLOUR AND 3 SLICED GREEN ONIONS**

USE BY:

To serve, thaw and do one of the following:

GRILL: Remove the steak from the bag but reserve the marinade. Preheat the grill to medium-high heat. Grill until desired doneness (about 4 minutes a side for medium-rare).

Meanwhile, pour the marinade into a small saucepan and heat on the stove over medium heat until boiling. Sprinkle 1 tbsp arrowroot powder over the sauce and whisk to combine. Cook for an additional minute or until thickened. Once the steak is done, let rest for 5 minutes, then cut against the grain into thin strips and then toss with the sauce and sliced green onions.

SLOW COOKER: Remove the steak from the bag, slice thinly, toss with the 3 tablespoons of arrowroot powder, and then put that and the contents of the bag along with 1 cup of water into the crockpot and cook for 4-6 hours on low. Serve with the sliced green onions.



AIP Tasty Hamburgers

AIP Dump Freezer Session # 5

To serve, thaw, form into 8 patties and do one of the following:

USE BY:

GRILL:

Grill on medium (about 325 F) for 4-5 minutes a side until desired doneness.

STOVE TOP: Preheat a pan or griddle over medium high heat. Place the patties in the pan and cook for 3-5 min a side or until desired doneness.

OVEN: Put under the broiler ion high for 3 min a side or until desired doneness.



AIP Lemony Tarragon Fish

AIP Dump Freezer Session # 5

To serve, thaw and do one of the following:

USE BY:

GRILL:

Preheat the grill to medium. Oil the grill and then remove the fish from the marinade. Grill for 3-4 minutes a side or until the fish flakes easily with a fork.

STOVE: Melt some avocado or coconut oil in a pan over medium heat. Remove the fish from the bag and place in the pan. Let sit for 3-4 minutes, flip, and then cook an additional 3-4 minutes or until the fish easily flakes with a fork.

OVEN: Preheat the oven to 400 F. Put the fish into a glass baking dish and then bake in the oven for 15 minutes or until the fish easily flakes with a fork.



AIP Pineapple Ginger Pork Chops

AIP Dump Freezer Session # 5

To serve, thaw and do one of the following:

USE BY:

OVEN: Preheat the oven to 375 F. Heat a tablespoon of oil in an oven-safe pan over med-high heat. Then sear the pork chops for 3 min a side, transfer to the oven (if you don't have an oven-safe pan first transfer to a baking sheet or dish) and then bake in the for 5 minutes, or until the internal temp reaches 145 F. Let rest for 5 min and then serve.

GRILL: Preheat grill to medium -high heat. Cook the pork chops for 4 minutes a side, or until the internal temp reaches 145 F. Let rest for 5 minutes and then serve.



AIP Balsamic Chicken Thighs

AIP Dump Freezer Session # 5

To serve, thaw and do one of the following:

USE BY:

GRILL:

Preheat the grill to medium heat. Remove the chicken from the marinade and grill for 8-10 minutes on each side, until lightly charred and completely cooked through (the internal temp should be 165 F).

OVEN:

Preheat the oven to 425 F. Remove the chicken from the marinade and place into a glass baking dish. Roast for 40 minutes or until completely cooked through (the internal temp should be 165 F).



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