

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

SESSION 6

ORANGE CHICKEN
GINGER ORANGE SHREDDED BEEF
GROUND BEEF STROGANOFF
PORK LOIN WITH GARLIC CREAM SAUCE
HONEY HAM
THAI CHICKEN SOUP
ADOBO FISH



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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or make the fish into tacos!

SHOPPING LIST (BY RECIPE)

(1) ORANGE CHICKEN

- 2 lbs boneless, skinless Chicken Breasts or Thighs
- 1 tsp ground Ginger
- 3 stalks Celery, chopped
- Juice of 2 Oranges
- 1/2 cup Coconut Aminos
- 1/4 cup Coconut Sugar
- 2 tbs Arrowroot Powder
- 1/2 cup Water

(2) GINGER ORANGE SHREDDED BEEF

- 3 lbs Boneless Beef Chuck Shoulder Roast
- 1 Orange, Zest and Juice
- 2 tbs Apple Cider Vinegar
- 2 tbs Coconut Aminos
- 3 cloves Garlic, minced (about 3 tsp)
- 1 tbs fresh Ginger Root, grated (about 1-inch piece)

(3) GROUND BEEF STROGANOFF

- 2 lb Ground Beef, broken apart
- 8 oz sliced white mushrooms
- 1 small Yellow Onion, diced
- 4 cloves Garlic, minced (about 4 tsp)
- 1 cup Beef or Chicken Broth (homemade if possible)
- 2 tbs Apple Cider Vinegar
- 1 tbs Honey
- 1 tsp Blackstrap Molasses
- 1/2 tsp Fish Sauce (optional)
- Pinch Ginger Powder

SHOPPING LIST (BY RECIPE) CONT.

(3) GROUND BEEF STROGANOFF CONT.

- Pinch Onion Powder
- Pinch Cinnamon
- 1 tsp Sea Salt

Not needed until day of cooking:

- 1/2 cup Coconut Milk
- 1 tbs Arrowroot Powder

(4) PORK LOIN WITH GARLIC CREAM SAUCE

- 2 lbs Pork Tenderloin
- 2 tbs Olive Oil
- 1 cup Chicken Broth
- 1/2 cup Coconut Milk
- 1 tsp Garlic Powder
- 3/4 tsp Dried Parsley
- 3/4 tsp Dried Dill
- 3/4 tsp Dried Basil

Not needed until day of cooking:

- 1 tbs Arrowroot Powder

(5) HONEY HAM

- 1 x 3-5 lb Fully-Cooked Ham Roast (make sure AIP-compliant)
- 1/4 cup Honey
- Zest and Juice of 1 Orange
- 2 tsp Dried Rosemary
- 4 tbs Coconut Oil
- 1 tbs Apple Cider Vinegar

SHOPPING LIST (BY RECIPE) CONT.

(6) THAI CHICKEN SOUP

- 2 lb Boneless, skinless Chicken Thighs, cut into 1-inch pieces
- 1 Shallot or Small Yellow Onion, diced
- 4 cloves Garlic, minced (about 4 tsp)
- 1 Lime, juiced and zested (or 1 tbs Lime Juice)
- 1 tbs Coconut Aminos
- 1 tbs Fish Sauce (optional)
- 1-2 cups Chicken Broth (use 1 cup for serving 4 people and 2 cups for 6 servings or if you want to stretch it a bit further)
- 1 tbs Honey
- 1 tsp Ground Ginger
- 3-inch piece of Lemongrass (or dried lemongrass)

Not needed until time of cooking:

- 1 x 13.5 oz can Coconut Milk
- 3 sliced Green Onions
- 1/2 cup chopped Basil
- 1/2 cup chopped Cilantro

(7) ADOBO FISH

- 4 Filets Fish of Choice (Cod, Halibut, Tilapia, or Salmon)
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Dried Oregano
- 1 tsp Sea Salt
- 1 tsp Dried Turmeric
- 2 tbs Cooking Oil (Avocado, Coconut, Olive)

SHOPPING LIST FOR ALL 7 MEALS:

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

Meats and Seafoods:

- 4 boneless, skinless Chicken Breasts (1)
- 3 lb Boneless Beef Chuck Roast (2)
- 2 lb Ground Beef (3)
- 4 filets Fish of Choice (Cod, Halibut, Tilapia, or Salmon (4)
- 2 lb Pork Tenderloin (5)
- 3-5 lb AIP-compliant Fully Cooked Ham Roast (6)
- 2 lb Boneless, skinless Chicken Thighs (7)

Fresh Produce:

- 3 stalks Celery (1)
- 4 Oranges (1, 2, 6)
- 11 cloves Garlic (2, 3, 7)
- 1 tbs fresh Ginger Root (2)
- 8 oz sliced White Mushrooms (3)
- 1 small Yellow Onion (3)
- 1 Shallot or small Yellow Onion (7)
- 1 Lime (or 1 tbs jarred Lime Juice) (7)
- 3-inch piece of Lemongrass (7)
- 1/2 cup Cilantro (7**)
- 1/2 cup Basil (7**)
- 3 Green Onions (7**)

Herbs and Spices:

- Sea Salt
- 2.25 tsp Ground Ginger (1, 3, 7)
- 1.25 tsp Onion Powder (3, 4)
- Pinch Cinnamon (3)
- 2 tsp Garlic Powder (4, 5)
- 1 tsp Dried Oregano (4)
- 1 tsp Turmeric (4)
- 3/4 tsp Dried Parsley (5)
- 3/4 tsp Dried Dill (5)
- 3/4 tsp Dried Basil (5)
- 2 tsp dried Rosemary (6)

Oils and Vinegars:

- 5 tbs Apple Cider Vinegar (2, 3, 6)
- 2 tbs Cooking Oil (Avocado, Coconut, Olive) (4)
- 2 tbs Olive Oil (5)
- 4 tbs Coconut Oil (6)

Baking:

- 1/4 cup Coconut Sugar (1)
- 4 tbs Arrowroot Powder (1, 3, 5)
- 1/2 cup Honey (3, 6, 7)
- 1 tsp Blackstrap Molasses (3)

Canned Goods:

- 1/2 cup Coconut Milk (3**)
- 1/2 cup Coconut Milk (5)
- 1 x 13.5 oz can Coconut Milk (7**)

Misc:

- 3/4 cup Coconut Aminos (1, 2, 7)
- 1 cup Chicken or Beef Broth (3)
- 2-3 cups Chicken Broth (5, 7)
- 1.5 tbs Fish Sauce (3, 7) - optional

Materials:

- 7 Gallon-sized Freezer Bags

*****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 produce you'll need.

2: PREP THE PRODUCE

Wash 3 stalks of celery, dice them, and then set them aside.

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

Grate 1 tablespoon (about a 1-inch piece) of fresh ginger. No need to peel it unless you're not using organic - in which case it's up to you on whether you want to. Wash it first though if you aren't peeling.

Dice one onion.

Dice one shallot. Wipe away any tears, ha!

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 all of the proteins you'll need, except for the fish. Set them aside.

Leave the fish in the fridge or freezer. Take that out only when you're ready to assemble the Adobo Fish recipe (# 7) as you don't want it to start thawing too much.

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!

(1) ORANGE CHICKEN



YIELDS
4-6
servings



PREP TIME
5 minutes



COOK TIME
depends on method -
20 min to 6 hours

INGREDIENTS

- 2 lb boneless, skinless
Chicken Breasts or Thighs
- 1 tsp ground Ginger
- 3 stalks Celery, chopped
- Juice of 2 Oranges
- 1/2 cup Coconut Aminos
- 1/4 cup Coconut Sugar,
Maple Sugar, or Honey
- 2 tbs Arrowroot Powder
- 1/2 cup Water

S *Substitutions:*

Coconut-free? 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!

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 (*not necessary if using Instant Pot) and do one of the following:

OVEN: Bake in a glass baking dish for 20-40 minutes at 350 F, depending on size of the chicken breasts (bake until a meat thermometer inserted into the middle of the chicken breast reads 165 F)

INSTANT POT: Pour the contents of the bag into the insert. Close the sealing valve and cook for 10 minutes at high pressure on the Manual setting. Quick release the pressure immediately when cooking is done.

**Can be cooked from frozen when using the Instant Pot*

SLOW COOKER: Cook for 3-6 hours on low (this varies depending on the size and hotness of your slow cooker. For a big slow cooker, it will take less time)

T *Additional Tips:*

This goes well with Coconut Cauliflower Rice, roasted diced sweet potatoes, or roasted broccoli.

(2) GINGER ORANGE SHREDDED BEEF



YIELDS

4-6
servings



PREP TIME

10 minutes



COOK TIME

depends on method
- 1.5 to 8 hours

INGREDIENTS

- 3 lbs Boneless Beef Chuck Shoulder Roast
- 1 Orange, Zest and Juice
- 2 tbs Apple Cider Vinegar
- 2 tbs Coconut Aminos
- 3 cloves Garlic, minced (about 3 tsp)
- 1 tbs fresh Ginger Root, grated (about a 1-inch piece, no need to peel)

S *Substitutions:*

Coconut-free? 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!

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:

OVEN: Preheat oven to 350 F. Pour the contents of the bag into a large baking dish or dutch oven. Cook for 3-4 hours, checking after an hour to see if the roast seems dry. If so, add some beef or chicken stock or water to the pot. Cook until fork tender.

INSTANT POT: **Add 1/2 cup of water to the basin of your Instant Pot along with the ingredients. Cook for 60 minutes at high pressure on Manual in an Instant Pot. Let the pressure naturally release for 10 minutes when the cooking is done.

SLOW COOKER: Cook for 6-8 hours on low. Remove the roast from the slow cooker, shred the beef, and put it back into the juices.

T *Additional Tips:*

This goes well with Roasted Broccoli, Roasted Diced Sweet Potato, Mashed Cauliflower.

(3) GROUND BEEF STROGANOFF



YIELDS

4-6 servings



PREP TIME

10 minutes



COOK TIME

depends on method -
30 min to 6 hours

INGREDIENTS

- 2 lb Ground Beef, broken apart
- 8 oz sliced white mushrooms
- 1 small Yellow Onion, diced
- 4 cloves Garlic, minced (about 4 tsp)
- 1 cup Beef or Chicken Broth (homemade if possible)
- 2 tbs Apple Cider Vinegar
- 1 tbs Honey
- 1 tsp Blackstrap Molasses
- 1/2 tsp Fish Sauce (optional)
- Pinch Ginger Powder
- Pinch Onion Powder
- Pinch Cinnamon
- 1 tsp Sea Salt
- **Not needed until day of cooking:**
1/2 cup Coconut Milk or Tigernut Milk and 1 tbs Arrowroot Powder

T *Additional Tips:*

This goes well with Mashed Cauliflower, Mashed Sweet Potatoes, or Roasted Spaghetti Squash.

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:

STOVE: Add contents of bag and the 1/2 cup coconut milk to a large skillet or sauce pan, bring to a boil and simmer, covered, for 15 minutes. Stir occasionally, until the beef is cooked through. In the last 5 minutes of cooking, sprinkle 1 tbs arrowroot powder over the mixture and mix well.

INSTANT POT: Place the contents of the bag into the Instant Pot, close the lid, and set the valve to "Sealing" and then press the "Manual" button and set to cook for 10 minutes. Let the pressure naturally release for at least 10 minutes when the cooking is done. Break the meat apart and add the 1/2 cup coconut milk and 1 tbs arrowroot powder and mix well.

SLOW COOKER: Place the bag contents into a slow cooker, add the 1/2 cup coconut milk, and cook for 4-6 hours on low. Break the meat apart and stir in 1 tbs arrowroot powder before serving

(4) PORK LOIN WITH GARLIC CREAM SAUCE



YIELDS
4-6
servings



PREP TIME
5 minutes



COOK TIME
depends on method
30 minutes - 4 hours

INGREDIENTS

- 2 lbs Pork Tenderloin
- 2 tbs Olive Oil
- 1 cup Chicken Broth
- 1/2 cup Coconut Milk (or Tigernut Milk)
- 1 tsp Garlic Powder
- 3/4 tsp Dried Parsley
- 3/4 tsp Dried Dill
- 3/4 tsp Dried Basil
- Needed on day of cooking: 1 tbs Arrowroot 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:

STOVETOP: Place in a heavy stockpot, bring to a boil and then simmer over a low flame for 45 minutes or until completely cooked (145 F). Remove the pork from the pan and then sprinkle the 1 tbs arrowroot powder over the remaining sauce. Whisk over high heat until sauce is thickened (should only take a minute or two).

INSTANT POT: Put the trivet in the bottom of your Instant Pot liner. Add all of the contents of the bag to the Instant Pot. Cook for 8 minutes at high pressure on the Manual setting. Let the pressure naturally release for at least 10 minutes when cooking is done. Remove the pork and the trivet from the pan and then turn on the "Saute" mode. Sprinkle 1 tbs arrowroot powder over the remaining sauce. Whisk over high heat until sauce is thickened (should only take a minute or two).

SLOW COOKER: Place in a slow cooker and cook for 3-4 hours on low or until completely cooked (145 F). Remove the pork from the slow cooker, pour the remaining sauce into a small sauce pan and then sprinkle 1 tbs arrowroot powder over the sauce. Whisk over high heat until sauce is thickened (should only take a minute or two).

T *Additional Tips:*

This goes well with Mashed Sweet Potatoes, Mashed Cauliflower, or Roasted Brussels Sprouts.

(5) HONEY HAM



YIELDS

6-8 servings



PREP TIME

10 minutes



COOK TIME

depends on method -
30 min to 6 hours

INGREDIENTS

- 1 x 3-5 lb Fully-Cooked Ham Roast (make sure AIP-compliant)
- 1/4 cup Honey
- Zest and Juice of 1 Orange
- 2 tsp Dried Rosemary
- 4 tbs Coconut Oil
- 1 tbs Apple Cider Vinegar

T *Additional Tips:*

This goes well with Roasted Asparagus, Roasted Broccoli, or Mashed Sweet Potatoes.

S

Can't find a compliant ham? This works great over pork shoulder or pork butt as well. Just replace the ham with one of these and cook in the slow cooker for 8-12 hours.

DIRECTIONS

TO FREEZE:

Put all of the ingredients except the ham 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. Store in the freezer with the ham.

TO COOK:

To serve, thaw and do one of the following:

OVEN: Preheat the oven to 350 F. Place the ham into a roasting pan or baking dish and dump the contents of the bag over top the ham. Roast for 40-60 minutes (10 min per pound).

INSTANT POT: Place the ham into the liner of the Instant Pot and dump the contents of the bag over top the ham. Add 1/4 cup of water to the liner as well. Close the lid, turn the valve to "Sealing" and cook on High Pressure on Manual for 2 minutes a pound (so for a 3 pound ham cook 6 minutes, a 5 pound one cook 10 minutes). Let the pressure release naturally for at least 10 minutes before releasing the rest of the pressure and opening.

SLOW COOKER: Place the ham into the slow cooker and then dump the contents of the bag over the ham. Cook for 4-6 hours on low.

(6) THAI CHICKEN SOUP



YIELDS
4-6
servings



PREP TIME
15 minutes



COOK TIME
depends on method -
15 min to 4 hours

INGREDIENTS

- 2 lb Boneless, skinless Chicken Thighs, cut into 1-inch pieces
- 1 Shallot or Small Yellow Onion, diced
- 4 cloves Garlic, minced (about 4 tsp)
- 1 Lime, juiced and zested (or 1 tbs Lime Juice)
- 1 tbs Coconut Aminos
- 1 tbs Fish Sauce (optional)
- 1-2 cups Chicken Broth (use 1 cup for serving 4 people and 2 cups for 6 servings or if you want to stretch it a bit further)
- 1 tbs Honey
- 1 tsp Ground Ginger
- 3-inch piece of Lemongrass (or dried lemongrass)
- **Not needed until time of cooking:**
1 x 13.5 oz can Coconut Milk, 3 sliced Green Onions, 1/2 cup chopped Basil, 1/2 cup chopped Cilantro

T *Additional Tips:*

This goes well with: [Domestic Man's AIP Flatbread](#)

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:

STOVETOP: Dump the contents of the bag into a large saucepan and add the coconut milk. Bring to a boil and then lower the heat and simmer for about 7-9 minutes, until the chicken is cooked through. Garnish with the green onions, basil, and cilantro.

INSTANT POT: Dump the contents of the bag into the Instant Pot (do NOT add the coconut milk yet). Close the lid, turn the valve to “Sealing” and cook on High Pressure on Manual for 5 minutes (10 if cooking from frozen). Quick release the pressure when finished and stir in the coconut milk. If you need the coconut milk to heat up a bit, turn the Instant Pot to “Sauté” and cook until desired temp. Garnish with the green onions, basil, and cilantro.

SLOW COOKER: Dump the contents of the bag into a slow cooker, add the coconut milk, and cook for 2-4 hours on low. Garnish with the green onions, basil, and cilantro.

(7) ADOBO FISH



YIELDS

4 servings



PREP TIME

5 minutes



COOK TIME

10-15 minutes

INGREDIENTS

- 4 Filets Fish of Choice (Cod, Halibut, Tilapia, or Salmon)
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Dried Oregano
- 1 tsp Sea Salt
- 1 tsp Turmeric
- 2 tbs Cooking Oil (Avocado, Coconut, Olive)

T *Additional Tips:*

Goes well with Roasted Asparagus, Steamed Artichokes, Roasted Butternut Squash, or Roasted Diced Sweet Potatoes.

OR make into Fish tacos! There's a recipe for Adobo Fish Tacos on the AIC.

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:

OVEN: Preheat oven to 350 F. Bake for 15 minutes, or until the fish flakes easily when poked with a fork. (*Not necessary to thaw ahead of time this way, but it will take at least 5-10 min longer to cook)

STOVETOP: Heat a skillet on medium-high heat. Add filets to skillet and cook until the fish flakes easily when poked with a fork.

GRILL: Grease the grill with some additional cooking oil or line with aluminum foil and grease. Grill the fish for 4-5 minutes per side, or until the fish flakes easily when poked with a fork.

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 Chicken

AIP Dump-and-Go Freezer Meal Plan # 6

To serve, thaw and do one of the following:

USE BY:

OVEN:

Bake in a glass baking dish for 20-40 minutes at 350 F, depending on size of the chicken breasts (bake until a meat thermometer inserted into the middle of the chicken breast reads 165 F)

INSTANT POT:

Pour the contents of the bag into the insert. Close the sealing valve and cook for 10 minutes at high pressure on the Manual setting. Quick release the pressure immediately when cooking is done.

SLOW COOKER:

Cook for 3-6 hours on low (this varies depending on the size and hotness of your slow cooker. For a big slow cooker, it will take less time)



AIP Ginger Orange Shredded Beef

AIP Dump-and-Go Freezer Meal Plan # 6

To serve, thaw and do one of the following:

USE BY:

OVEN:

Preheat oven to 350 F. Pour the contents of the bag into a large baking dish or dutch oven. Cook for 3-4 hours, checking after an hour to see if the roast seems dry. If so, add some beef or chicken stock or water to the pot. Cook until fork tender.

INSTANT POT:

**Add 1/2 cup of water to the basin of your Instant Pot along with the ingredients. Cook for 60 minutes at high pressure on Manual in an Instant Pot. Let the pressure naturally release for 10 minutes when the cooking is done.

SLOW COOKER:

Cook for 6-8 hours on low. Remove the roast from the slow cooker, shred the beef, and put it back into the juices.



AIP Ground Beef Stroganoff

AIP Dump-and-Go Freezer Meal Plan # 6

To serve, thaw and do one of the following:

USE BY:

STOVE:

Add contents of bag and the 1/2 cup coconut milk to a large skillet or sauce pan, bring to a boil and simmer, covered, for 15 minutes. Stir occasionally, until the beef is cooked through. In the last 5 minutes of cooking, sprinkle 1 tbs arrowroot powder over the mixture and mix well.

INSTANT POT:

Place the contents of the bag into the Instant Pot, close the lid, and set the valve to "Sealing" and then press the "Manual" button and set to cook for 10 minutes. Let the pressure naturally release for at least 10 minutes when the cooking is done. Break the meat apart and add the 1/2 cup coconut milk and 1 tbs arrowroot powder and mix well.

SLOW COOKER:

Place the bag contents into a slow cooker, add the 1/2 cup coconut milk, and cook for 4-6 hours on low. Break the meat apart and stir in 1 tbs arrowroot powder before serving.



AIP Pork Loin with Garlic Cream Sauce

AIP Dump-and-Go Freezer Meal Plan # 6

To serve, thaw and do one of the following:

USE BY:

STOVETOP:

Place in a heavy stockpot, bring to a boil and then simmer over a low flame for 45 minutes or until completely cooked (145 F).

Remove the pork from the pan and then **sprinkle the 1 tbs arrowroot powder over the remaining sauce**. Whisk over high heat until sauce is thickened (should only take a minute or two).

INSTANT POT:

Put the trivet in the bottom of your Instant Pot liner. Add all of the contents of the bag to the Instant Pot. Cook for 8 minutes at high pressure on the Manual setting. Let the pressure naturally release for at least 10 minutes when cooking is done. Remove the pork and the trivet from the pan and then turn on the "Saute" mode. **Sprinkle 1 tbs arrowroot powder** over the remaining sauce. Whisk over high heat until sauce is thickened (should only take a minute or two).

SLOW COOKER:

Place in a slow cooker and cook for 3-4 hours on low or until completely cooked (145 F). Remove the pork from the slow cooker, pour the remaining sauce into a small sauce pan and then **sprinkle 1 tbs arrowroot powder** over the sauce. Whisk over high heat until sauce is thickened (should only take a minute or two).

AIP Honey Ham

AIP Dump-and-Go Freezer Meal Plan # 6

To serve, thaw and do one of the following:

USE BY:

OVEN:

Preheat the oven to 350 F. Place the ham into a roasting pan or baking dish and dump the contents of the bag over top the ham. Roast for 40-60 minutes (10 min per pound).

INSTANT POT:

Place the ham into the liner of the Instant Pot and dump the contents of the bag over top the ham. Add 1/4 cup of water to the liner as well. Close the lid, turn the valve to "Sealing" and cook on High Pressure on Manual for 2 minutes a pound (so for a 3 pound ham cook 6 minutes, a 5 pound one cook 10 minutes). Let the pressure release naturally for at least 10 minutes before releasing the rest of the pressure and opening.

SLOW COOKER:

Place the ham into the slow cooker and then dump the contents of the bag over the ham. Cook for 4-6 hours on low.

AIP Thai Chicken Soup

AIP Dump-and-Go Freezer Meal Plan # 6

Needed Day of Cooking: 1 x 13.5 oz can Coconut Milk,
3 sliced Green Onions, 1/2 cup chopped Basil, 1/2 cup chopped
Cilantro

USE BY:

To serve, thaw and do one of the following:

STOVETOP:

Dump the contents of the bag into a large saucepan and add the coconut milk. Bring to a boil and then lower the heat and simmer for about 7-9 minutes, until the chicken is cooked through. Garnish with the green onions, basil, and cilantro.

INSTANT POT:

Dump the contents of the bag into the Instant Pot (do NOT add the coconut milk yet). Close the lid, turn the valve to "Sealing" and cook on High Pressure on Manual for 5 minutes (10 if cooking from frozen). Quick release the pressure when finished and stir in the coconut milk. If you need the coconut milk to heat up a bit, turn the Instant Pot to "Sauté" and cook until desired temp. Garnish with the green onions, basil, and cilantro.

SLOW COOKER:

Dump the contents of the bag into a slow cooker, add the coconut milk, and cook for 2-4 hours on low. Garnish with the green onions, basil, and cilantro.



AIP Adobo Fish

AIP Dump-and-Go Freezer Meal Plan # 6

To serve, thaw and do one of the following:

USE BY:

OVEN:

Preheat oven to 350 F. Bake for 15 minutes, or until the fish flakes easily when poked with a fork. (*Not necessary to thaw ahead of time this way, but it will take at least 5-10 min longer to cook)

GRILL:

Grease the grill with some additional cooking oil or line with aluminum foil and grease. Grill the fish for 4-5 minutes per side, or until the fish flakes easily when poked with a fork.

STOVETOP:

Heat a skillet on medium-high heat. Add filets to skillet and cook until the fish flakes easily when poked with a fork.



DISCLAIMER:

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