

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

SESSION 7 - SIDE DISHES

SPICED ROASTED CAULIFLOWER
HONEY MAPLE CARROTS
ROASTED BROCCOLI
SAGE CARROTS
MAPLE BACON BUTTERNUT SQUASH
SPICED BROCCOLI CAULIFLOWER RICE
SWEET POTATOES & CHERRIES



WHAT'S IN THIS GUIDE?

WHAT IS THIS PLAN?

This plan is for prepping 7 Paleo and AIP-friendly side dishes 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 recipe 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! (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...	7
Order of Operations...	8
Recipes...	9
Labels ...	17

RECIPES IN THIS GUIDE

Spiced Roasted
Cauliflower p. 10



Maple Bacon Butternut
Squash p. 14



Honey Maple Carrots
p.11



Spiced Broccoli Cauliflower
Rice p. 15



Roasted Broccoli
p. 12



Sweet Potatoes
& Cherries p. 16



Sage Carrots p. 13



SHOPPING LIST (BY RECIPE)

(1) SPICED ROASTED CAULIFLOWER

- 12 oz bag frozen Cauliflower Florets
- 2 cloves Garlic, minced
- 1 tbsp Avocado or Olive Oil
- 1/2 tsp Sea Salt
- 1 tsp Cinnamon
- 1/2 tsp Turmeric

(2) HONEY MAPLE CARROTS

- 1 tbs Avocado or Olive Oil
- 3 cups Carrots, sliced into 1/4" rounds (approx 5 carrots)
- 1 tbsp Maple Syrup
- 1 tbsp Honey
- 2 tsp dried Thyme
- 1/2 tsp Sea Salt

(3) ROASTED BROCCOLI

- 12 oz bag frozen Broccoli Florets
- 2 cloves Garlic, thinly sliced
- 2 tbsp Avocado or Olive Oil
- 1/2 tsp Sea Salt

(4) SAGE CARROTS

- 2 tbs Avocado or Olive Oil
- 3 cups Carrots, sliced into 1/4" rounds (approx 5 carrots)
- 1/2 tsp Sea Salt
- 1/4 tsp Garlic Powder
- 4 tsp fresh Sage, chopped (or 2 tsp dried)

SHOPPING LIST (BY RECIPE) CONT.

(5) MAPLE BACON BUTTERNUT SQUASH

- 16 oz bag of frozen Butternut Squash, or one Fresh Butternut Squash - peeled and diced into 1" cubes
- 2 tbsp Avocado or Olive Oil
- 2 tbsp Maple Syrup
- 1 tsp Sea Salt
- 2 slices Bacon, diced

(6) SPICED BROCCOLI CAULIFLOWER RICE

- 12 oz bag of frozen Cauliflower Rice (or 1 medium head Cauliflower, riced)
- 10 oz bag frozen Broccoli Rice or (1 medium head broccoli, riced)
- 2 tbs Avocado or Olive Oil
- 1/4 tsp Sea Salt
- 1 tsp dried Ginger
- 1/4 tsp Cinnamon
- 1/8 tsp Turmeric Powder
- 1/4 cup Raisins or chopped dried Apricots

(7) SWEET POTATOES & CHERRIES

- 16 oz bag of frozen diced Sweet Potatoes or 2 medium Sweet Potatoes, peeled and diced into 1-inch pieces
- 1 small Yellow Onion, diced
- 12 oz bag frozen pitted dark Cherries
- 2 cloves Garlic, minced
- 2 tbsp Avocado or Olive Oil
- 1 tsp dried Thyme
- 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

2 slices Bacon (5)

Frozen Items: ***

12 oz bag frozen Cauliflower florets (1)
12 oz bag frozen Broccoli Florets (3)
16 oz bag frozen diced Butternut Squash (5)
12 oz bag frozen Cauliflower Rice (6)
10 oz bag frozen Broccoli Rice (6)
16 oz bag frozen diced Sweet Potatoes (7)
12 oz bag frozen pitted dark Cherries (7)

Fresh Produce:

6 cloves Garlic (1, 3, 7)
10 Carrots (2, 4)
4 tsp Sage (4) (or 2 tsp dried)
1 small Yellow Onion (7)

Herbs and Spices:

Sea Salt
1.25 tsp Cinnamon (1, 6)
3/4 tsp Turmeric (1, 6)
3 tsp dried Thyme (2, 7)
1/4 tsp Garlic Powder(4)
1 tsp dried Ginger (6)

Oils and Vinegars:

12 tbsp Avocado or Olive Oil (1, 2, 3, 4, 5, 6, 7)

Materials:

7 Gallon-sized Freezer Bags

***Alternatives for Frozen Items:

If you can't find frozen diced Butternut Squash (5):

1 medium Butternut Squash

If you can't find frozen Cauliflower Rice (6):

1 medium head fresh Cauliflower or 1 bag cauliflower rice

If you can't find frozen diced Sweet Potatoes (7):

2 medium Sweet Potatoes

Misc:

3 tbsp Maple Syrup (2, 5)
1 tbsp Honey (2)
1/4 cup Raisins (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 10 carrots, slice them into 1/4" rounds, and then set them aside.

Peel all 6 cloves of garlic. Mince all of the garlic with a knife, Microplane, or garlic press.

Dice one onion.

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 bacon, dice 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) SPICED ROASTED CAULIFLOWER



YIELDS
4 servings



PREP TIME
5 minutes



COOK TIME
25 minutes

INGREDIENTS

- 12 oz bag frozen Cauliflower florets
- 2 cloves Garlic, minced
- 1 tbsp Avocado or Olive Oil
- 1/2 tsp Sea Salt
- 1 tsp Cinnamon
- 1/2 tsp Turmeric

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:

No need to thaw:

OVEN: Preheat the oven to 425 F. Pour the contents of the bag onto a baking sheet covered with parchment paper or into a glass baking dish. Roast for 25 minutes.

T *Additional Tips:*

Mix in 1/2 cup raisins before freezing too for a fun twist!



(2) HONEY MAPLE CARROTS



YIELDS

PREP TIME

COOK TIME

4 servings

10 minutes

30 minutes

INGREDIENTS

- 1 tbs Avocado or Olive Oil
- 3 cups Carrots, sliced into 1/4" rounds (approx 5 carrots)
- 1 tbsp Maple Syrup
- 1 tbsp Honey
- 2 tsp dried Thyme
- 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:

If the carrots are stuck together into one big block, thaw in the fridge overnight or if you need it now, either put in the microwave for 30 second increments until you can separate them or place in a bowl of warm water for a few minutes until you can separate them.

OVEN: Preheat the oven to 425 F. Pour the contents of the bag onto a baking sheet covered with parchment paper or into a glass baking dish. Roast for 25-30 minutes or until the carrots are tender.



(3) ROASTED BROCCOLI



YIELDS

PREP TIME

COOK TIME

4 servings

5 minutes

25 minutes

INGREDIENTS

- 12 oz bag frozen Broccoli Florets
- 2 cloves Garlic, thinly sliced
- 2 tbsp Avocado or Olive Oil
- 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:

No need to thaw:

OVEN: Preheat the oven to 425 F. Pour the contents of the bag onto a baking sheet covered with parchment paper or into a glass baking dish. Roast for 25 minutes.

T *Additional Tips:*

Mix it up with half broccoli, half cauliflower!



(4) SAGE CARROTS



YIELDS

PREP TIME

COOK TIME

4 servings

10 minutes

30 minutes

INGREDIENTS

- 2 tbs Avocado or Olive Oil
- 3 cups Carrots, sliced into 1/4" rounds (approx 5 carrots)
- 1/2 tsp Sea Salt
- 1/4 tsp Garlic Powder
- 4 tsp fresh Sage, chopped (or 2 tsp dried)

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:

If the carrots are stuck together into one big block, thaw in the fridge overnight or if you need it now, either put in the microwave for 30 second increments until you can separate them or place in a bowl of warm water for a few minutes until you can separate them.

OVEN: Preheat the oven to 425 F. Pour the contents of the bag onto a baking sheet covered with parchment paper or into a glass baking dish. Roast for 25-30 minutes or until the carrots are tender.



(5) MAPLE BACON BUTTERNUT SQUASH



YIELDS

PREP TIME

COOK TIME

4-6 servings

5 minutes

30 minutes

INGREDIENTS

- 16 oz bag of frozen Butternut Squash, or one Fresh Butternut Squash - peeled and diced into 1" cubes
- 2 tbsp Avocado or Olive Oil
- 2 tbsp Maple Syrup
- 1 tsp Sea Salt
- 2 slices Bacon, diced

DIRECTIONS

TO FREEZE:

*If you can't find frozen diced butternut squash, you can blanch the freshly diced butternut squash by putting it in a pot of boiling water for 3 minutes, then quickly removing with a slotted spoon and putting into a bowl of ice water for 3 more minutes. Drain and pat dry with a towel, then proceed.

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:

If the squash is stuck together into one big block, thaw in the fridge overnight or if you need it now, either put in the microwave for 30 second increments until you can separate them or place in a bowl of warm water for a few minutes until you can separate them.

OVEN: Preheat the oven to 425 F. Pour the contents of the bag onto a baking sheet covered with parchment paper or into a glass baking dish. Roast for 25-30 minutes or until the squash is tender and the bacon is cooked through (it probably won't get crispy).

T *Additional Tips:*

You can also do this with pumpkin or even sweet potatoes if you'd rather.



(6) SPICED BROCCOLI CAULIFLOWER RICE



YIELDS

PREP TIME

COOK TIME

6-8 servings

10 minutes

10 minutes

INGREDIENTS

- 12 oz bag of frozen Cauliflower Rice (or 1 medium head Cauliflower, riced)
- 10 oz bag frozen Broccoli Rice or (1 medium head broccoli, riced)
- 2 tbs Avocado or Olive Oil
- 1/4 tsp Sea Salt
- 1 tsp dried Ginger
- 1/4 tsp Cinnamon
- 1/8 tsp Turmeric Powder
- 1/4 cup Raisins or chopped dried Apricots

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:

STOVE: Pour the contents of the bag into a pot or large saute pan on the stove. Heat over medium-high heat, breaking up the frozen chunks of cauliflower and broccoli rice as they heat up. Once the chunks are completely gone, cook, stirring often, for another 2-3 minutes or until the rice is heated through.

T *Additional Tips:*

You of course can just use either cauliflower or broccoli in this recipe, I just love the combo of both!



(7) SWEET POTATOES & CHERRIES



YIELDS

4-6 servings



PREP TIME

10 minutes



COOK TIME

40 minutes

INGREDIENTS

- 16 oz bag of frozen diced Sweet Potatoes or 2 medium Sweet Potatoes, peeled and diced into 1-inch pieces
- 1 small Yellow Onion, diced
- 12 oz bag frozen pitted dark Cherries
- 2 cloves Garlic, minced
- 2 tbsp Avocado or Olive Oil
- 1 tsp dried Thyme
- 1/2 tsp Sea Salt

DIRECTIONS

TO FREEZE:

*If you can't find frozen diced sweet potatoes, you can blanch the freshly diced sweet potatoes by putting it in a pot of boiling water for 3 minutes, then quickly removing with a slotted spoon and putting into a bowl of ice water for 3 more minutes. Drain and pat dry with a towel, then proceed.

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:

If the potatoes are stuck together into one big block, thaw in the fridge overnight or if you need it now, either put in the microwave for 30 second increments until you can separate them or place in a bowl of warm water for a few minutes until you can separate them.

OVEN: Preheat the oven to 425 F. Pour the contents of the bag onto a baking sheet covered with parchment paper or into a glass baking dish. Roast for 40 minutes or until the potatoes are tender.



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 Spiced Roasted Cauliflower

AIP Dump Freezer Session # 7

To serve, no need to thaw:

USE BY:

OVEN: Preheat the oven to 425 F. Pour the contents of the bag onto a baking sheet covered with parchment paper or into a glass baking dish. Roast for 25 minutes.



AIP Honey Maple Carrots

AIP Dump Freezer Session # 7

To serve:

USE BY:

If the carrots are stuck together into one big block, thaw in the fridge overnight or if you need it now, either put in the microwave for 30 second increments until you can separate them or place in a bowl of warm water for a few minutes until you can separate them.

OVEN: Preheat the oven to 425 F. Pour the contents of the bag onto a baking sheet covered with parchment paper or into a glass baking dish. Roast for 25-30 minutes or until the carrots are tender.



AIP Roasted Broccoli

AIP Dump Freezer Session # 7

To serve, no need to thaw:

USE BY:

OVEN: Preheat the oven to 425 F. Pour the contents of the bag onto a baking sheet covered with parchment paper or into a glass baking dish. Roast for 25 minutes.



AIP Sage Carrots

AIP Dump Freezer Session # 7

To serve:

USE BY:

If the carrots are stuck together into one big block, thaw in the fridge overnight or if you need it now, either put in the microwave for 30 second increments until you can separate them or place in a bowl of warm water for a few minutes until you can separate them.

OVEN: Preheat the oven to 425 F. Pour the contents of the bag onto a baking sheet covered with parchment paper or into a glass baking dish. Roast for 25-30 minutes or until the carrots are tender.



AIP Maple Bacon Butternut Squash

AIP Dump Freezer Session # 7

To serve:

USE BY:

If the squash is stuck together into one big block, thaw in the fridge overnight or if you need it now, either put in the microwave for 30 second increments until you can separate them or place in a bowl of warm water for a few minutes until you can separate them.

OVEN: Preheat the oven to 425 F. Pour the contents of the bag onto a baking sheet covered with parchment paper or into a glass baking dish. Roast for 25-30 minutes or until the squash is tender and the bacon is cooked through (it probably won't get crispy).



THE
AUTOIMMUNE COLLECTIVE

AIP Spiced Broccoli Cauliflower Rice

AIP Dump Freezer Session # 7

To serve:

USE BY:

STOVE: Pour the contents of the bag into a pot or large saute pan on the stove. Heat over medium-high heat, breaking up the frozen chunks of broccoli and cauliflower rice as they heat up. Once the chunks are completely gone, cook, stirring often, for another 2-3 minutes or until the rice is heated through.



THE
AUTOIMMUNE COLLECTIVE

AIP Sweet Potatoes and Cherries

AIP Dump Freezer Session # 7

To serve:

USE BY:

If the potatoes are stuck together into one big block, thaw in the fridge overnight or if you need it now, either put in the microwave for 30 second increments until you can separate them or place in a bowl of warm water for a few minutes until you can separate them.

OVEN: Preheat the oven to 425 F. Pour the contents of the bag onto a baking sheet covered with parchment paper or into a glass baking dish. Roast for 40 minutes or until the potatoes are tender.



THE
AUTOIMMUNE COLLECTIVE

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 the 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.