

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

SESSION 8

CURRIED CHICKEN

BEEF STEW

EASY MUSSELS

FISH TACOS WITH MANGO SALSA

HAWAIIAN CHICKEN

SHREDDED PORK

HONEY PORK CHOPS



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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RECIPES IN THIS GUIDE

1. Curried Chicken
2. Beef Stew
3. Easy Mussels
4. Fish Tacos with Mango Salsa
5. Hawaiian Chicken
6. Shredded Pork
7. Honey Pork Chops

SHOPPING LIST (BY RECIPE)

(1) CURRIED CHICKEN

- 2 lb boneless, skinless Chicken Thighs
- 1/2 teaspoon Sea Salt
- 1 Yellow Onion, diced
- 1 cup Chicken Broth
- 2 Apricots, diced (or 6 dried Apricot pieces)
- 1/2 tsp Turmeric
- 1/4 teaspoon Onion Powder
- 1/4 teaspoon Garlic Powder
- 1/4 teaspoon Cinnamon
- 1/4 teaspoon Ground Ginger
- 1/8 teaspoon Ground Cloves
- 2 teaspoon Lemon Juice
- 1/2 cup Raisins

(2) BEEF STEW

- 2 lb Beef Stew Meat
- 3 stalks Celery, diced
- 2 Sweet Potatoes, peeled and chopped into 1-inch pieces
- 1 Yellow Onion, diced
- 2 cloves Garlic, minced
- 1 teaspoon Dried Thyme
- 1 teaspoon Dried Rosemary
- 1 Bay Leaf
- 1 teaspoon Sea Salt
- 3 cups Beef Broth

SHOPPING LIST (BY RECIPE) CONT.

(3) EASY MUSSELS

- 2 lb cleaned and debearded Mussels (frozen ok, just don't thaw)
- 2 cloves Garlic, minced
- 2 tbsp Lemon Juice
- 2 cups Chicken Broth

NEEDED DAY OF COOKING:

- 1 bunch Parsley, chopped

(4) FISH TACOS WITH MANGO SALSA

- 1 cup Mango chunks
- 1/4 Red Onion, diced
- 1/4 bunch fresh Cilantro, chopped
- 1 tbsp Lime Juice
- 1 tbsp Honey
- 1 lb Cod, Halibut, or other fish of choice

NEEDED DAY OF COOKING:

- Lettuce wraps or Cassava Flour Tortillas
- Shredded Red Cabbage

(5) HAWAIIAN CHICKEN

- 2 lb boneless skinless Chicken Thighs
- 1 x 13.5 oz can Pineapple Chunks in juice
- 1 tablespoon fresh Ginger, peeled and minced
- 1 teaspoon Fish Sauce
- 2 cups Chicken Broth or Water
- 1/4 tsp ground Cloves
- 1/2 tsp Sea Salt
- Green Onions (optional)

SHOPPING LIST (BY RECIPE) CONT.

(6) SHREDDED PORK

- 1 tablespoon Sea Salt
- 3 slices Bacon
- 3 lb Pork Shoulder or Butt

(7) HONEY PORK CHOPS

- 2 lb thick cut boneless Pork Chops
- 3/4 cup Coconut Aminos
- 1/2 cup Honey
- 1 teaspoon ground ginger
- 1 teaspoon Garlic Powder
- 1 tablespoon Lemon Juice

SHOPPING LIST FOR ALL 7 MEALS:

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

Meats and Seafoods:

- 4 lb boneless, skinless Chicken Thighs (1, 5)
- 2 lb Beef Stew Meat (2)
- 2 lb Mussels (frozen ok) (3)
- 1 lb Cod, Halibut or other fish of choice (4)
- 3 lb Pork Shoulder or Butt (6)
- 3 slices Bacon (6)
- 2 lb boneless Pork Chops (7)

Fresh Produce:

- 2 Yellow Onions (1, 2)
- 2 Apricots (or 6 dried) (1)
- 3 stalks Celery (2)
- 2 Sweet Potatoes (2)
- 4 cloves Garlic (2, 3)
- 1 cup Mango Chunks (also ok canned) (4)
- 1/4 Red Onion (4)
- 1/4 bunch Cilantro (4)
- 1 inch piece fresh Ginger (5)

Herbs and Spices:

- Sea Salt
- 1/2 tsp Turmeric (1)
- 1/4 tsp Onion Powder(1)
- 1.5 tsp Garlic Powder (1, 7)
- 1/4 tsp Cinnamon (1)
- 1/2 tsp Ground Cloves (1, 5)
- 1 tsp dried Thyme (2)
- 1 tsp dried Rosemary (2)
- 1 Bay Leaf (2)
- 1 tsp ground Ginger (7)

Baking:

- 1/2 cup + 1 tbsp Honey (4, 7)

Canned and Jarred Goods:

- 4 tbsp Lemon Juice (1, 3, 7)
- 1 tbsp Lime Juice (4)
- 13.5 oz can Pineapple Chunks in juice (5)
- 1 tsp Fish Sauce (5)
- 3/4 cup Coconut Aminos (7)

Misc:

- 3 cups Chicken Broth (1, 3)
- 1/2 cup Raisins (1)
- 3 cups Beef Broth (2)

Materials:

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

Not needed until time of cooking:

- 1 bunch Parsley (3)
- Lettuce or Cassava flour tortillas (4)
- Red Cabbage (4)
- Green Onions (5)

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 1/4 bunch fresh cilantro.

Wash and dice 3 stalks of celery.

Wash and dice 2 fresh apricots or 6 dried apricots.

Peel all 4 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 2 yellow onions.

Dice 1/4 red 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 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) CURRIED CHICKEN



YIELDS

4-6
servings



PREP TIME

10 minutes



COOK TIME

depends on method
30 min - 6 hours

INGREDIENTS

- 2 lb boneless, skinless Chicken Thighs
- 1/2 tsp Sea Salt
- 1 Yellow Onion, diced
- 1 cup Chicken Broth
- 2 Apricots, diced (or 6 dried Apricot pieces)
- 1/2 tsp Turmeric
- 1/4 tsp Onion Powder
- 1/4 tsp Garlic Powder
- 1/4 tsp Cinnamon
- 1/4 tsp Ground Ginger
- 1/8 tsp Ground Cloves
- 2 tsp Lemon Juice
- 1/2 cup Raisins

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 45 minutes at 400 F

INSTANT POT: Cook for 10 minutes at high pressure on the Manual setting. Quick release the pressure when cooking is done.

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

SLOW COOKER: Slow Cook for 4-6 hours on low

T *Additional Tips:*

Goes well with Roasted Broccoli and/or Diced Roasted Sweet Potatoes.

(2) BEEF STEW

**YIELDS**

4-6
servings

**PREP TIME**

10 minutes

**COOK TIME**

depends on method
1-8 hours

INGREDIENTS

- 2 lb Beef Stew Meat
- 3 stalks Celery, diced
- 2 Sweet Potatoes, peeled and chopped into 1-inch pieces
- 1 Yellow Onion, diced
- 2 cloves Garlic, minced
- 1 tsp Dried Thyme
- 1 tsp Dried Rosemary
- 1 Bay Leaf
- 1 tsp Sea Salt
- 3 cups Beef Broth

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:

STOVE: Place in a heavy stockpot, bring to a boil, and then simmer over a low flame for 2-3 hours.

INSTANT POT: Cook for 30 minutes at high pressure on the Manual setting. Let the pressure naturally release for at least 10 minutes when the cooking is done.

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

SLOW COOKER: Place in a slow cooker and cook for 6-8 hours on low.

**Remove the Bay Leaf when cooking is finished.*

(3) EASY MUSSELS



YIELDS

4 servings



PREP TIME

5 minutes



COOK TIME

15 minutes

INGREDIENTS

- 2 lb cleaned and debearded Mussels (frozen ok, just don't thaw)
- 2 cloves Garlic, minced
- 2 tbsp Lemon Juice
- 2 cups Chicken Broth
- **NEEDED DAY OF COOKING - 1** bunch Parsley, chopped

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:

Do NOT thaw.

STOVE: Dump all of the bag contents into a large saucepan. Bring to a boil, stir well, and turn the heat down to medium. Cook until the mussels open, about 5-7 minutes. Discard any mussels that don't open on their own. Garnish with parsley.

T *Additional Tips:*

Goes well with Mashed Cauliflower, any salad, AIP Flatbread, or cassava flour pasta.

(4) FISH TACOS WITH MANGO SALSA



YIELDS

4-6
servings



PREP TIME

15 minutes



COOK TIME

10 minutes

INGREDIENTS

Bag 1 (Quart-sized):

- 1 cup Mango chunks
- 1/4 Red Onion, diced
- 1/4 bunch fresh Cilantro, chopped
- 1 tbsp Lime Juice
- 1 tbsp Honey

Bag 2 (Gallon-sized):

- 1 lb Cod, Halibut, or other fish of choice

Needed on day of serving:

- Lettuce wraps or Cassava Flour Tortillas (see link at bottom of page)
- Shredded Red Cabbage (optional)

[Click here for my fave cassava flour tortillas by Downshiftology](#)

DIRECTIONS

TO FREEZE:

Put all of the ingredients for Bag 1 into a quart-sized freezer bag. Massage lightly with your hands to mix the ingredients. Push all the air out of the bag, and seal. Add the fish filets to the gallon sized freezer bag, tuck the bag with the salsa inside as well. 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. Grill fish 3-4 minutes a side or until it easily flakes with a fork. Cut into small pieces and then serve over cassava flour tortillas, lettuce pieces, or other vehicle of choice with a scoop of mango salsa on top. You can also add shredded red cabbage if desired.

OVEN: Preheat broiler on high. Broil the fish 3-4 minutes a side or until it easily flakes with a fork. Cut into small pieces and then serve over cassava flour tortillas, lettuce pieces, or other vehicle of choice with a scoop of mango salsa on top. You can also add shredded red cabbage if desired.

(5) HAWAIIAN CHICKEN



YIELDS
4-6
servings



PREP TIME
5 minutes



COOK TIME
depends on method
30 min - 6 hours

INGREDIENTS

- 2 lb boneless skinless Chicken Thighs
- 1 x 13.5 oz can Pineapple Chunks in juice
- 1 tbsp fresh Ginger, peeled and minced
- 1 tsp Fish Sauce
- 2 cups Chicken Broth or Water
- 1/4 tsp ground Cloves
- 1/2 tsp Sea Salt
- Not needed until day of serving:
Green Onions (optional)

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 45 minutes at 400 F. Serve with the liquid spooned over the chicken.

INSTANT POT: Cook for 10 minutes at high pressure on the Manual setting. Quick release the pressure when cooking is done. Serve with the liquid spooned over the chicken.

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

SLOW COOKER: Slow Cook for 3-6 hours on low. Serve with the liquid spooned over the chicken.

T *Additional Tips:*

Goes well with Coconut Cauliflower Rice.

(6) SHREDDED PORK



YIELDS

6-8 servings



PREP TIME

5 minutes



COOK TIME

depends on method
2-12 hours

INGREDIENTS

- 1 tbsp Sea Salt
- 3 slices Bacon
- 3 lb Pork Shoulder or Butt

T *Additional Tips:*

*** This can be used in so many ways:

- Serve with baked plantains, coconut cauliflower rice, lettuce, pineapples for a tropical dinner.
- Serve with an AIP BBQ sauce (you can even put "normal" BBQ sauce on everyone else's and just mix a small portion for yourself with AIP BBQ sauce)
- Crisp it up in a pan and eat with a side
- Serve with cassava flour tortillas, avocado, and shredded lettuce as tacos
- You can also freeze the leftovers for a quick protein later

DIRECTIONS

TO FREEZE:

Sprinkle the salt all over the pork shoulder and then put the pork and bacon into a 1-gallon freezer bag. Push all the air out of the bag, seal, label and freeze.

TO COOK:

To serve, thaw and do one of the following:

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

INSTANT POT: **Add one cup of water to the basin of your Instant Pot along with the ingredients. 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.

SLOW COOKER: Place in a slow cooker and cook for 8-12 hours on low. (This doesn't really dry out, so a longer cook time is ok)

(7) HONEY PORK CHOPS



YIELDS

4-6
servings



PREP TIME

5 minutes



COOK TIME

depends on method
30 min - 4 hours

INGREDIENTS

- 2 lb thick cut boneless Pork Chops
- 3/4 cup Coconut Aminos
- 1/2 cup Honey
- 1 tsp ground ginger
- 1 tsp Garlic Powder
- 1 tbsp Lemon Juice

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:

INSTANT POT: **Add 1/4 cup of water to the basin of your Instant Pot along with the ingredients. Cook for 7 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: Place in a slow cooker and cook for 2-4 hours on low.

T *Additional Tips:*

Goes well with Mashed Sweet Potato, Mashed Butternut Squash, or Roasted Asparagus.

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 CURRIED CHICKEN

AIP Dump Freezer Session # 8

To serve, thaw and do one of the following:

USE BY:

- OVEN:** Bake in a glass baking dish for 45 minutes at 400 F
- INSTANT POT:** Cook for 10 minutes at high pressure on the Manual setting. Quick release the pressure when cooking is done.
- SLOW COOKER:** Slow Cook for 4-6 hours on low



AIP BEEF STEW

AIP Dump Freezer Session # 8

USE BY:

To serve thaw and: **Remove the Bay Leaf when cooking is finished.*

- STOVE:** Place in a heavy stockpot, bring to a boil, and then simmer over a low flame for 2-3 hours.
- INSTANT POT:** Cook for 30 minutes at high pressure on the Manual setting. Let the pressure naturally release for at least 10 minutes when the cooking is done.
- SLOW COOKER:** Place in a slow cooker and cook for 6-8 hours on low.



AIP EASY MUSSELS

AIP Dump Freezer Session # 8

*****NEEDED DAY OF COOKING** - 1 bunch Parsley, chopped

USE BY:

To serve do NOT thaw -

- STOVE:** Dump all of the bag contents into a large saucepan. Bring to a boil, stir well, and turn the heat down to medium. Cook until the mussels open, about 5-7 minutes. Discard any mussels that don't open on their own. Garnish with parsley.



AIP FISH TACOS WITH MANGO SALSA

AIP Dump Freezer Session # 8

NEEDED DAY OF SERVING: Lettuce Wraps or Cassava flour tortillas (I like the recipe by Downshiftology) for serving and optionally some shredded red cabbage

To serve, thaw and do one of the following:

USE BY:

GRILL: Preheat grill to medium-high. Grill fish 3-4 minutes a side or until it easily flakes with a fork. Cut into small pieces and then serve over cassava flour tortillas, lettuce pieces, or other vehicle of choice with a scoop of mango salsa on top. You can also add shredded red cabbage if desired.

OVEN: Preheat broiler on high. Broil the fish 3-4 minutes a side or until it easily flakes with a fork. Cut into small pieces and then serve over cassava flour tortillas, lettuce pieces, or other vehicle of choice with a scoop of mango salsa on top. You can also add shredded red cabbage if desired.



AIP HAWAIIAN CHICKEN

AIP Dump Freezer Session # 8

USE BY:

To serve thaw and:

OVEN: Bake in a glass baking dish for 45 minutes at 400 F. .Serve with the liquid spooned over the chicken.

INSTANT POT: Cook for 10 minutes at high pressure on the Manual setting. Quick release the pressure when cooking is done. Serve with the liquid spooned over the chicken.

SLOW COOKER: Slow Cook for 3-6 hours on low. Serve with the liquid spooned over the chicken.



AIP SHREDDED PORK

AIP Dump Freezer Session # 8

USE BY:

To serve thaw and:

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

INSTANT POT: **Add one cup of water to the basin of your Instant Pot along with the ingredients. 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.

SLOW COOKER: Place in a slow cooker and cook for 8-12 hours on low. (This doesn't really dry out, so a longer cook time is ok)

*** This can be used in so many ways:

- Serve with baked plantains, coconut cauliflower rice, lettuce, pineapples for a tropical dinner.
- Serve with an AIP BBQ sauce (you can even put "normal" BBQ sauce on everyone else's and just mix a small portion for yourself with AIP BBQ sauce)
- Crisp it up in a pan and eat with a side
- Serve with cassava flour tortillas, avocado, and shredded lettuce as tacos



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AIP HONEY PORK CHOPS

AIP Dump Freezer Session # 8

To serve, thaw and do one of the following:

USE BY:

INSTANT POT: **Add 1/4 cup of water to the basin of your Instant Pot along with the ingredients. Cook for 7 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: Place in a slow cooker and cook for 2-4 hours on low.



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