

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

5 MARINATED CHICKEN FREEZER SESSION

LEMON GINGER CHICKEN
ITALIAN CHICKEN
CILANTRO LIME CHICKEN
HONEY GARLIC CHICKEN
GREEK CHICKEN



WHAT'S IN THIS GUIDE?

WHAT IS THIS PLAN?

This plan is for prepping 5 Paleo and AIP-Friendly chicken marinades at one time (typically in about 30-40 min) 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?

These are best either baked or grilled and the instructions to do so will be listed on each of the recipes.



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SHOPPING LIST (BY RECIPE)

(1) LEMON GINGER CHICKEN

- 1-2 pounds boneless, skinless Chicken Breasts or Thighs
- 1 tablespoon Lemon Juice
- 1 teaspoon dried Ginger
- 1/4 teaspoon Sea Salt
- 1/4 cup Olive or Avocado Oil

(2) ITALIAN CHICKEN

- 1-2 pounds boneless, skinless Chicken Breasts or Thighs
- 1 tablespoon Italian Seasoning
- 1/4 teaspoon Sea Salt
- 1/4 cup Olive Oil or Avocado Oil

(3) CILANTRO LIME CHICKEN

- 1-2 pounds boneless, skinless Chicken Breasts or Thighs
- 2 tablespoons Lime Juice
- 2 tablespoons Honey
- 1 bunch Cilantro (chopped fine)
- 1/2 teaspoon Garlic Powder
- 1/4 teaspoon Sea Salt
- 1/4 cup Olive Oil or Avocado Oil

SHOPPING LIST (BY RECIPE) CONT.

(4) HONEY GARLIC CHICKEN

- 1-2 pounds boneless, skinless Chicken Breasts or Thighs
- 1/4 cup Coconut Aminos ***
- 1/4 cup Honey
- 1/2 teaspoon Garlic Powder
- 1/4 teaspoon Sea Salt
- 1/4 cup Olive Oil or Avocado Oil

(5) GREEK CHICKEN

- 1-2 pounds boneless, skinless Chicken Breasts or Thighs
- 1 teaspoon dried Oregano
- 1 teaspoon dried Basil
- 1/2 teaspoon dried Dill
- 1 teaspoon Onion Powder
- 1 teaspoon Garlic Powder
- 1/2 teaspoon Sea Salt
- 1 tablespoon Lemon Juice
- 1/4 cup Olive or Avocado Oil

***See note on page 11 if you need to make this coconut-free

SHOPPING LIST FOR ALL 7 MEALS:

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

Meats and Seafoods:

5-10 lb Boneless, skinless Chicken Thighs (ALL)

Fresh Produce:

1 Lemon (2 tablespoon Jarred Lemon Juice) (1, 5)

2 Limes (2 tablespoons Jarred Lime Juice) (3)

1 bunch Cilantro (3)

Herbs and Spices:

1.75 teaspoons Sea Salt (ALL)

1 teaspoon Ground Ginger (1)

1 tablespoon Italian Seasoning (2)

3 teaspoon Garlic Powder (3, 4, 5)

1 teaspoon dried Oregano (5)

1 teaspoon dried Basil (5)

1/2 teaspoon dried Dill (5)

1 teaspoon Onion Powder (5)

Oils and Vinegars:

1.25 cups Cooking Oil (Avocado, Olive) (ALL)

Misc:

1/4 cup + 2 tablespoons Honey (3, 4)

1/4 cup Coconut Aminos ***

***See note on page 11 if you need to make this coconut-free

Materials:

7 Gallon-sized Freezer Bags

ORDER OF OPERATIONS

1: SET THE STAGE: GATHER PANTRY INGREDIENTS AND FRESH PRODUCE

First, gather all of your pantry ingredients. Set them in a place that will be easily accessible to you during your session. Then gather the fresh produce you'll need (Cilantro, limes and lemon).

Gather your equipment:

- Measuring spoons
- Measuring cups
- 5 1-gallon freezer bags or containers
- Sharpe knife - optional (for mincing cilantro and cutting lemon)
- Food processor - optional (for mincing cilantro)

2: PREP THE PRODUCE

Wash the bunch of cilantro. Pat dry with a towel (this will make it easier to mince). Mince the cilantro with a sharp knife or using a food processor.

If using a lemon, cut and juice the lemon. In a separate bowl, cut and juice 2 limes. Set aside

3. GATHER YOUR PROTEINS AND CONTAINERS

Gather all of the chicken 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 13 of this guide.

Simply just go one by one through the recipes and add the ingredients indicated!

NOTE: If you have frozen chicken, keep it frozen. No need to thaw it before this process!

(1) LEMON GINGER CHICKEN



YIELDS

4-6

servings



PREP TIME

5 minutes



COOK TIME

25 minutes

INGREDIENTS

- 1-2 lb boneless, skinless
Chicken Breasts or Thighs
- 1 tablespoon Lemon Juice
- 1 teaspoon dried Ginger
- 1/4 teaspoon Sea Salt
- 1/4 cup Olive or Avocado Oil

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: Bake in a 425 F oven for 20-25 min, or until the internal temp is 165 F.

GRILL: Preheat the grill to med-high. Grill chicken for 6-8 min a side or until internal temp is 165 F.

(2) ITALIAN CHICKEN



YIELDS

4-6

servings



PREP TIME

5 minutes



COOK TIME

25 minutes

INGREDIENTS

- 1-2 lb boneless, skinless
Chicken Breasts or Thighs
- 1 tablespoon Italian
Seasoning
- 1/4 teaspoon Sea Salt
- 1/4 cup Olive or Avocado Oil

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: Bake in a 425 F oven for 20-25 min, or until the internal temp is 165 F.

GRILL: Preheat the grill to med-high. Grill chicken for 6-8 min a side or until internal temp is 165 F.

(3) CILANTRO LIME CHICKEN



YIELDS

4-6

servings



PREP TIME

5 minutes



COOK TIME

25 minutes

INGREDIENTS

- 1-2 lb boneless, skinless Chicken Breasts or Thighs
- 2 tablespoons Lime Juice (approx, 2 limes)
- 2 tbsp Honey
- 1 bunch Cilantro chopped finely
- 1/2 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1/4 cup Olive or Avocado Oil

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: Bake in a 425 F oven for 20-25 min, or until the internal temp is 165 F.

GRILL: Preheat the grill to med-high. Grill chicken for 6-8 min a side or until internal temp is 165 F.

(4) HONEY GARLIC CHICKEN



YIELDS

4-6

servings



PREP TIME

5 minutes



COOK TIME

25 minutes

INGREDIENTS

- 1-2 lb boneless, skinless Chicken Breasts or Thighs
- 1/4 cup Coconut Aminos (see notes to make coconut-free)
- 1/4 cup Honey
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 1/4 cup Olive or Avocado Oil

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: Bake in a 425 F oven for 20-25 min, or until the internal temp is 165 F.

GRILL: Preheat the grill to med-high. Grill chicken for 6-8 min a side or until internal temp is 165 F.

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!

(5) GREEK CHICKEN



YIELDS

4-6

servings



PREP TIME

5 minutes



COOK TIME

25 Minutes

INGREDIENTS

- 1-2 lb boneless, skinless
Chicken Breasts or Thighs
- 1 tsp dried Oregano
- 1 tsp dried Basil
- 1/2 tsp dried Dill
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1 tbsp Lemon Juice
- 1/4 cup Olive or Avocado Oil

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: Bake in a 425 F oven for 20-25 min, or until the internal temp is 165 F.

GRILL: Preheat the grill to med-high. Grill chicken for 6-8 min a side or until internal temp is 165 F.

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)



Lemon Ginger Marinated Chicken

5 AIP Marinated Chicken Freezer Session

To serve, thaw and do one of the following:

USE BY:

OVEN:

Bake in a 425 F oven for 20-25 min, or until the internal temp is 165 F.

GRILL:

Preheat the grill to med-high. Grill chicken for 6-8 min a side or until internal temp is 165 F.



Italian Chicken

5 AIP Marinated Chicken Freezer Session

To serve, thaw and do one of the following:

USE BY:

OVEN:

Bake in a 425 F oven for 20-25 min, or until the internal temp is 165 F.

GRILL:

Preheat the grill to med-high. Grill chicken for 6-8 min a side or until internal temp is 165 F.



Cilantro Lime

5 AIP Marinated Chicken Freezer Session

To serve, thaw and do one of the following:

USE BY:

OVEN:

Bake in a 425 F oven for 20-25 min, or until the internal temp is 165 F.

GRILL:

Preheat the grill to med-high. Grill chicken for 6-8 min a side or until internal temp is 165 F.



Honey Garlic Chicken

5 AIP Marinated Chicken Freezer Session

To serve, thaw and do one of the following:

USE BY:

OVEN:

Bake in a 425 F oven for 20-25 min, or until the internal temp is 165 F.

GRILL:

Preheat the grill to med-high. Grill chicken for 6-8 min a side or until internal temp is 165 F.



Greek Chicken

5 AIP Marinated Chicken Freezer Session

To serve, thaw and do one of the following:

USE BY:

OVEN:

Bake in a 425 F oven for 20-25 min, or until the internal temp is 165 F.

GRILL:

Preheat the grill to med-high. Grill chicken for 6-8 min a side or until internal temp is 165 F.



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