

[PALEO & AIP MEAL PREP SESSION]

# BREAKFAST

SWEET POTATO BOWLS  
BREAKFAST SAUSAGES  
MIXED BERRY SAUCE  
CINNAMON TIGERNUT BUTTER



# WHAT'S IN THIS GUIDE?

This guide is a step-by-step process of making several breakfast dishes that you can freeze for a time when you're super busy, tired, or simply don't know what else to make.

## WHAT'S A FREEZER STASH?

A freezer stash is a collection of cooked dishes and meal components that you store in your freezer.

Stashes are extremely helpful for having easy-to-access items at your fingertips and for mixing and matching several components to make varied meals.

Sometimes you'll make your whole meal from a mixture of freezer stash items, and sometimes you'll use only one or two freezer stash items with some fresh produce or dishes you just cooked. Either way, it saves you so much time in the long run, plus gives you so much more variety in your meals.

You'll see this in action in this guide. See several examples on page 14 of this guide.

## HOW MANY PEOPLE IS THIS MEAL PLAN FOR?

I made the meal plan to serve 1-2 people. If you're making this to serve more people, you'll need to multiply it or it'll just cover fewer meals.

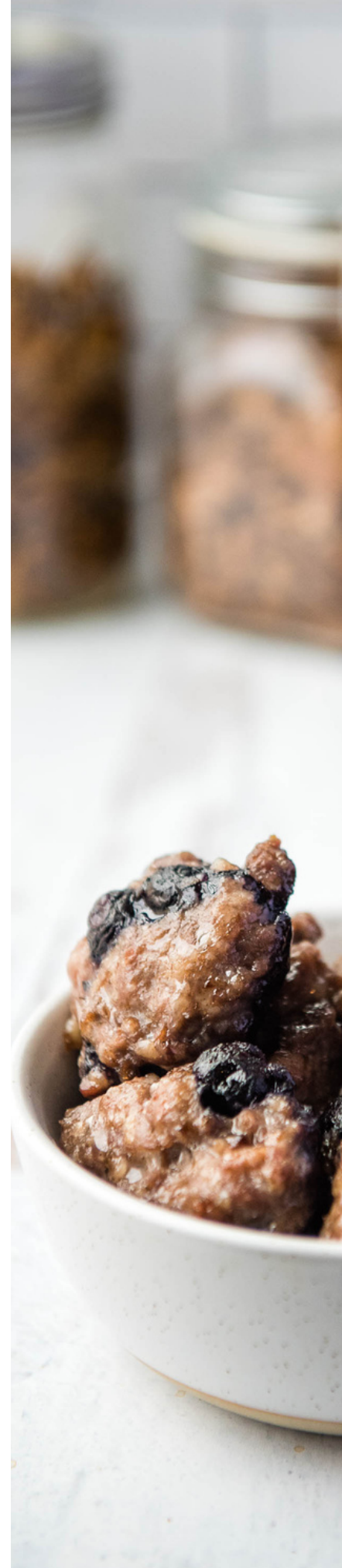
For example, you'll have approximately 16 breakfast sausages at the end of this session - for 1 person that might cover 16 breakfasts (if you only have one at each meal), for 2 it'd cover 8 meals, and for 4 people it'd only cover 4 meals.

You'll also have approximately 4-6 servings of the sweet potato bowls and about 6-8 servings each of the Berry Sauce and Cinnamon Tigernut Butter.

## DOES IT REQUIRE HARD-TO-FIND INGREDIENTS?

The only specialty ingredient I used is tigernut flour, which typically you do need to get online. If you're in the US you should be able to find this on Amazon, Thrive Market, or FullyHealthy

If you can't find tigernut flour, just omit this recipe - it's just a condiment for fun and not a main component of a meal!



# SHOPPING LIST

## SWEET POTATO BOWLS

- 6 Medium Sweet Potatoes (approx 4-5 pounds)
- Optional: Collagen Powder
- Optional: Banana or Maple Syrup
- Optional: Coconut or Avocado Oil, Cinnamon, Sea Salt

## BREAKFAST SAUSAGES (MAPLE BLUEBERRY PORK & SAVORY TURKEY)

- 1 lb Ground Turkey (or another ground meat)
- 1 lb Ground Pork (or another ground meat)
- 1.25 tsp Ground Sage
- 1/2 tsp Dried Thyme
- 1/4 tsp Garlic Powder
- 1/4 tsp Dried Oregano
- 1 tsp Sea Salt
- 1/4 tsp Cinnamon
- 1/4 tsp Ground Ginger
- 1 tbsp Maple Syrup
- 1/2 Blueberries (Fresh or Frozen)

## MIXED BERRY SAUCE

- 2 cups Mixed Berries (Fresh or Frozen)
- 1-2 tbsp Maple Syrup

## CINNAMON TIGERNUT BUTTER

- 1/4 cup Tigernut Flour
- 1/4 - 1/2 cup Avocado Oil (or melted coconut oil)
- Pinch Sea Salt
- 1 tsp Cinnamon
- Optional - 1 tsp to 1 tbsp Honey or Maple Syrup

# ORDER OF OPERATIONS

## 1: PUT THE SWEET POTATOES IN THE OVEN (5 MIN)

Preheat the oven to 400 F (204 C). Line a sheet pan with parchment paper for easy cleanup.

Poke holes in several places in each of the 6 sweet potatoes with a fork, and then place the sweet potatoes on the baking sheet. Put them in the oven. It's ok if the oven isn't up to temperature by the time you put the sweet potatoes in.

Set a timer for 45 minutes.

Note: You CAN make these in the Instant Pot or in a steamer basket on the stove if you'd rather. I find you can't get nearly as many done using those ways though, so I prefer the oven when making larger quantities like this. Plus I think the oven is a more hands-off cooking method, which is great when doing several tasks at once.

## 2: START THE BERRY SAUCE (5 MIN)

This berry sauce is a super easy but super flavorful way to dress up sweet potato bowls, spoon over pancakes, or even mix into yogurt!

Put 2 cups of mixed berries (either fresh or frozen) into a small saucepan with 1/4 cup of water.

Bring to a boil over medium-high heat, then turn the burner down to low and let the berries simmer. (While waiting for it to boil, gather the ingredients you'll need for the sausages)

## 3: MAKE THE BREAKFAST SAUSAGES (15 MIN)

Line a sheet pan with parchment paper.

Start first on the Maple Blueberry Sausages. To a large bowl add:

- 1 lb ground Pork (or other ground meat of choice)
- 1 tablespoon Maple Syrup
- 1/2 teaspoon dried Sage
- 1/4 teaspoon Cinnamon
- 1/2 teaspoon Sea Salt

Mix the contents of the bowl well, then add 1/2 cup of fresh or frozen blueberries to the mixture and gently mix in. Form the mixture into 8 patties with your hands and place on one side of the sheet pan.

Then make the Savory Turkey Sausage. You don't need to wash the bowl out, but you can if you'd prefer.

In the bowl add:

- 1 pound ground Turkey (or other ground meat of choice)
- 3/4 teaspoon Ground Sage
- 1/2 teaspoon Sea Salt
- 1/2 teaspoon Dried Thyme
- 1/4 teaspoon Garlic Powder
- 1/4 teaspoon Dried Oregano
- 1/4 teaspoon Ground Ginger

Mix the ingredients well, form into 8 patties and put them on the other side of the sheet pan.

Put the sheet pan in the oven and set a timer for 15 minutes.

*Note: If you used different ground meat than indicated, the cooking time might be a bit longer, so make sure to check if the sausages are done before removing from the oven.*

#### 4: MAKE THE CINNAMON TIGERNUT BUTTER (5 MIN)

This is an AIP-friendly, nut-free alternative to nut butter and it's great on the sweet potato bowls, drizzled over pancakes, or even drizzled over a banana for a snack.

Put:

- 1/4 cup Tigernut Flour
- 1 teaspoon Cinnamon,
- Pinch Sea Salt

into a small bowl and mix.

Drizzle in avocado oil (you'll need approximately 1/4 cup) and mix well with a fork or spoon, making sure to break up any clumps of tigernut flour.

Add more oil as needed to get to a consistency you desire, letting the mixture sit for a few seconds in between additions to let the flour absorb the oil.

Add some honey or maple syrup to taste if desired. (taste first though as tigernuts can be sweet on their own and you may not need/want it)

Transfer to a lidded jar or container and store in the fridge.



## **5: MASH THE BERRY SAUCE AND FREEZE (7 MIN)**

The berry sauce should be nice and soft by now, so turn the burner off and then using the back of a fork, mash the berries and mix with the juices until it's a consistency you like.

Spoon the berry sauce into an ice cube tray, reserving any that you want to eat this coming week. (See instructions on page 9)

Set the ice cube tray aside for a few minutes to let cool.

## **6: REMOVE THE SAUSAGES FROM THE OVEN (2 MIN)**

When the timer for the sausages goes off, remove the sheet pan from the oven and check the sausages. If they are no longer pink in the middle, remove them from the oven and set aside to let cool.

## **7: CHECK THE SWEET POTATOES (1 MIN)**

When the sweet potato timer goes off, take the sweet potatoes out of the oven and using a fork, check to see if they're done. They're done if the fork easily pierces the flesh.

However, if they're sort-of soft, but still not all the way done, put them back in the oven and set the timer for another 10-15 minutes.

And if they're still rock hard, set the timer for another 30 minutes. This will all depend on the size of your sweet potatoes. Once the sausages are done you can also turn the oven up to 425 F to go faster as well.

Once the potatoes are done, take them out of the oven, set aside and let cool for a few minutes.

While they're cooking/cooling, gather all of your supplies for freezing the sausages and mashed sweet potatoes.

## **8: PREP THE SAUSAGES FOR FREEZING (5-10 MIN)**

If you're going to Flash Freeze (instructions on page 10), lay the sausages out on the baking sheet (drain any fat first if using the same sheet you cooked on), baking dish, or plate and put them into the freezer.

And if you're going to do the parchment layer method (page 11), lay the sausages out in a hard-bottomed freezer-safe container or a lay a plastic bag down flat and slide a layer of sausages into it. Then place a piece of parchment paper over the layer of sausages and put another layer of sausages over it. Keep going until you've used all the sausages you want to freeze or until you run out of room in that container or bag. Then place in the freezer!

## 9: MASH THE SWEET POTATOES (10 MIN)

Carefully remove the peel and put the potatoes into a large bowl. Mash with either a hand mixer or a potato masher.

I personally like to freeze the mashed sweet potato plain, so that way I can use it either as a breakfast OR to make it a side dish for lunch or dinner (I might spice a side dish differently than a breakfast).

However, if you don't see yourself using it as a side dish or definitely want to use this as breakfast, you can go ahead and put in the rest of the breakfast bowl ingredients that you desire now.

To make it a breakfast bowl you can add any or all of the following:

- a scoop or two of collagen to add some protein
- mashed banana(s) or maple syrup to add some sweetness
- a bit of coconut or avocado oil to add some fat
- cinnamon and sea salt for some additional flavor
- If you like things really creamy you can also add a bit of milk of choice.

Make sure everything is blended well.

If you're freezing it, choose the method you want to use to freeze - either the "Directly Into Containers" method on page 12 or the "Freeze into Portions First" method on page 13 and follow the directions for that.

# FREEZING METHODS

## FREEZE FIRST INTO ICE CUBE TRAYS (FOR THE BERRY SAUCE)

For sauces and condiments that you'll only need a small amount of each time, it works best to freeze first into an ice cube tray. This can be either a regular hard plastic ice cube tray or a silicone one.

You'll spoon the mixture into the tray, then put the tray into the freezer for at least 4 hours. Once frozen, pop the "ice cubes" out and put them into a freezer-safe container or bag for long-term storage.

This method is great because you don't have to thaw out a whole 2 cup portion if you just want a little sauce. And these cubes can be reheated directly from frozen within seconds - simply put them in a microwave-safe container and microwave for a few seconds or into a small saucepan on the stove over medium heat.

You can also just put a cube or two on something else that you're reheating, like if you're reheating a sweet potato bowl, just throw a cube on top.



*Spooning a sauce into an ice cube tray*



*Frozen cubes of sauce in a plastic freezer bag*



## FLASH FREEZING (FOR THE SAUSAGES)

Flash freezing is where you'll lay the items (in this case the breakfast sausages) spread out on the cooled baking sheet and put them in the freezer until frozen.

If you don't have room to put a baking sheet in your freezer you can use a glass baking dish or even a paper plate (and you can even layer the sausages on top of each other with a piece of parchment in between - see picture below for example).

The idea though is that you want the sausages to initially be frozen individually, with as little of each touching each other.

It takes typically about 4 hours to freeze, but I usually let them go overnight or sometimes, "until I remember" (which can be 3 days later, ha!) Once frozen, you'll take them off of the baking sheet/dish/plate and store long term in a freezer-safe bag or container.

This method allows the sausages to remain individual without freezing into one big gigantic clump. If you've ever had that happen you know it's not fun trying to break one off when you just want one!



*Frozen Sausages on a baking sheet*



*Frozen Sausages being put into a bag for long-term storage . These sausages were layered with parchment paper in between to freeze.*

## **FREEZING WITH PARCHMENT (FOR THE SAUSAGES)**

This is where you put the sausages directly into a freezer-safe bag or container, but you put a layer of parchment in between the sausages to prevent them from sticking to each other.

I'd only really use this method if you have a hard-bottomed freezer-safe container, such as a large glass container, where you can lay a layer of sausages on the bottom, then add a piece of parchment paper over that, then another layer of sausages, and so on.

If you try to do this in a bag, the sausages tend to slide around, but if you can be very careful to make sure they're arranged properly when you first put them in the freezer, it can work.

This is a good alternative though if you really don't have a lot of freezer space to do the Flash Freezing method or a lot of time to go through the 2-step process of Flash Freezing.



## **FREEZE DIRECTLY INTO CONTAINER (FOR THE SWEET POTATO BOWLS)**

This is where you divide the sweet potato mash up into individual serving sizes and freeze directly in either a serving container (like a glass jar) or into a freezer-safe plastic or silicone bag. (I like a 1 cup serving size if planning on eating it with a sausage, and 2 cups if eating it by itself)

The advantages of this method are:

- you can just remove a serving container out of the freezer the night before to thaw and then reheat in the morning (do NOT reheat directly from frozen if glass though as your container will break). This is a nice portable option.
- if you froze it in a bag and laid it flat, it's a great space saver in the freezer and super quick to thaw and reheat directly from frozen.
- If you use plastic bags, it's the cheapest method
- it's a 1-step process

Disadvantages are:

- it can be environmentally unfriendly if you use single-serve plastic bags
- if you don't have a good method of organization the bags can get lost/hard to find.



*Measure out portions and pour directly into a freezer-safe bag*



*Lay the bag flat in a baking dish so it will freeze flat - this will take up less space in the freezer and make thawing easier*



*Once frozen you can stand them up like books!*



## FREEZE FIRST INTO PORTIONS (FOR THE SWEET POTATO BOWLS)

This is where you first scoop the sweet potato bowl mash into SouperCubes or silicone muffin trays, freeze, and then pop out the frozen "cubes" and put into another container or bag for long term storage in the freezer.

The advantages to this method are:

- it can be more environmentally friendly than freezing into plastic freezer bags
- there is usually one central container or bag with several cubes of that item in it, so it's a lot easier to find in your freezer

Disadvantages to this method are:

- it can take up a lot more space, depending on your freezer configuration, than a flat bag
- it can take quite a while to thaw and reheat if it's frozen in a large block rather than flat
- you need to have either SouperCubes or silicone muffin trays to do this method, which can be expensive
- it is a 2-step process



*Pour or spoon into a silicone muffin tray (if using a muffin tray like this, put into a baking dish so it won't spill!)*



*Or you can use SouperCubes like this*

# MEAL IDEAS

USE THESE ITEMS + SOME FRESH ONES TO EASILY MAKE NEW AND EXCITING DISHES!

**Idea 1 - Sweet Potato Bowl with 1-2 cubes of the berry sauce, melted coconut butter, fresh berries (you could also add a breakfast sausage for the side!)**



**Idea 2 - Sweet Potato Bowl with sliced bananas and drizzled with Cinnamon Tigernut Butter**



**Idea 3-** Breakfast Sausage with some braised chard. Get the recipe for a simple braised chard with raisins on my website

[thrivingonpaleo.com](http://thrivingonpaleo.com)



**Idea 4 -** AIP Pancakes drizzled with 1-2 cubes of the Berry sauce and some Cinnamon Tigernut Butter with a side of Breakfast Sausage. Get the recipe for my AIP Cassava Flour Pancakes on my website:

[thrivingonpaleo.com](http://thrivingonpaleo.com)





**Idea 5-** Portable Sweet Potato Bowl jars frozen directly with Cinnamon Tigernut Butter and Berry Sauce. Simply remove from freezer the night before, thaw in the fridge, and then reheat in the microwave the next morning.

**Idea 6 -** Portable Sweet Potato Bowl jars frozen directly with sliced frozen cherries and drizzled with Cinnamon Tigernut Butter. Simply remove from freezer the night before, thaw in the fridge, and then reheat in the microwave the next morning.



*Cherries + Cinnamon*

*Tigernut Butter*

*Berry Sauce + Cinnamon  
Tigernut Butter*

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