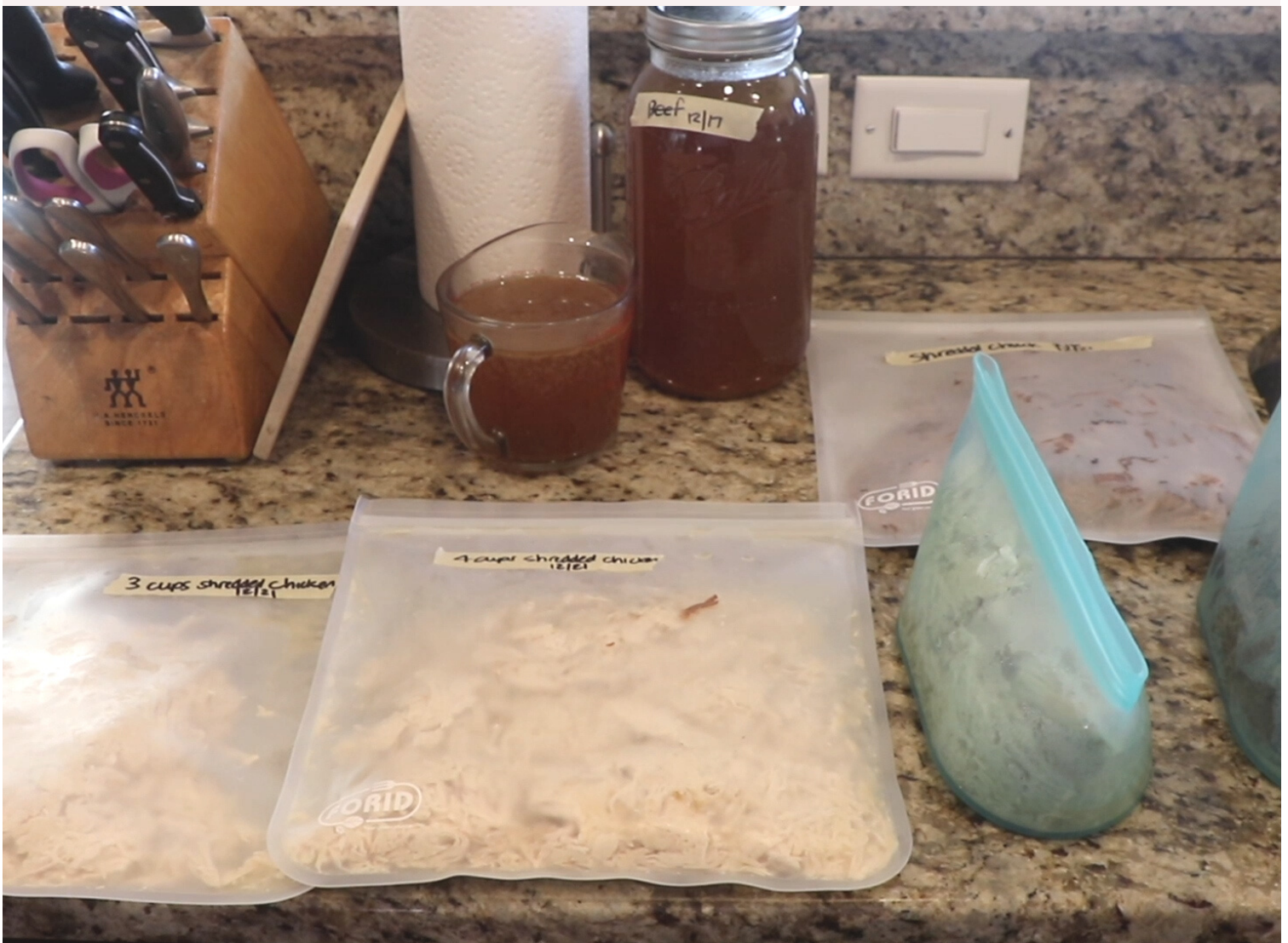


[FREEZER SESSION]

SHREDDDED MEATS SESSION

SHREDDDED CHICKEN
SHREDDDED BEEF



WHAT'S IN THIS GUIDE?

WHAT IS THIS PLAN?

This plan is for prepping 6-7 servings each of shredded chicken and beef that you can store in your fridge or freezer and take out when needed.

You simply cook up and shred chicken and beef and store in your freezer for up to 3 months. When you need to, you can thaw and reheat the shredded meat for a quick protein to add to any meal.

HOW DO YOU COOK THESE MEALS?

The chicken and beef can be cooked in several different ways.

This gives you a variety of options depending on what you have available to you.

I recommend you read through this guide first and decide which method you'd like to use. You can also watch the videos on the Shredded Chicken and Shredded Beef pages in the AIC to see demonstrations of each.

Quick Links:

[Shredded Chicken Page](#)

[Shredded Beef Page](#)



SHOPPING LIST

(1) SHREDDED CHICKEN

- Boneless, skinless Chicken Breast or Chicken Thighs (amount depends on how much you want to make - I recommend at least 3 lbs)
- Chicken Broth or Water (amount depends on method)
- Sea Salt
- Pepper (if successfully reintroduced or not on AIP)

(2) SHREDDED BEEF

- 3-4 lb Beef Chuck Roast
- at least 1 cup Chicken Broth, Beef Broth, or Water (I recommend 3-4 cups so you can get a good amount of flavorful broth to strain and use later)
- 1 Bay Leaf
- Sea Salt
- Pepper (if successfully reintroduced or not on AIP)

ORDER OF OPERATIONS

1: SET THE STAGE: GATHER YOUR EQUIPMENT

Gather your Instant Pot(s), slow cooker(s), Air Fryer, pot(s) or combination of the devices. Whatever you have available will work great here.

Gather your meat thermometer, if you have one, to check for doneness, and a two forks or a hand mixer to shred the meat.

2. GATHER YOUR PROTEINS AND CONTAINERS

Gather your chicken and beef. Make sure they are properly thawed if using a slow cooker or pot. You can cook from frozen in an Instant Pot but you'll need to add at least an additional 5-10 minutes (if not longer, depending on the size of the roast).

Also, gather your freezer bags and handy bag stand (if using) or any freezer-safe containers you'll be using for your shredded meats. Gather your Souper Cubes or jars for leftover beef broth.

3. PREP THE SHREDDED CHICKEN

Choose one method of cooking from these:

To cook in the InstantPot:

Season the chicken with sea salt (and pepper if you've successfully reintroduced it or are not on AIP) and put the chicken in the basin of the IP. Add the chicken broth or water as well and cook on HIGH for 6 min per pound and let naturally release for 5 minutes before releasing the rest of the pressure.

Check the chicken and if it's not done (165 F or higher), put it back in for another 5 minutes.

To cook in the Slow Cooker:

Season the chicken with sea salt (and pepper if you've successfully reintroduced it or are not on AIP) and put the chicken in the slow cooker.

Pour in the chicken stock or water and cook on LOW for 6-8 hours or high for 4 hours.

ORDER OF OPERATIONS (CONT.)

To cook in the Oven:

Preheat the oven to 425 F. Season the chicken with sea salt (and pepper if you've successfully reintroduced it or are not on AIP) and put the chicken in a glass baking dish.

Pour in a bit of water or chicken stock (it doesn't need to be the full cup) and then cover the dish with foil.

Put into the oven for 25 minutes and check to make sure it's at least 165 F before removing and shredding.

To cook in the Air Fryer:

*This one doesn't use any chicken stock or water.

Preheat the air fryer to 375 (or 370) F. Coat the chicken with avocado or olive oil and season with sea salt (and pepper if you've successfully reintroduced it or are not on AIP).

Place the chicken in the air fryer and cook at 370/375 F for 10 minutes, then flip the chicken and cook for an additional 10 minutes.

To cook on the stove:

Place the chicken in a large saucepan or pot. Pour in enough chicken stock and/or water to cover the chicken. The chicken should be completely submerged.

Bring to a boil over medium-high heat, then cover and simmer for 20-25 minutes. (The amount of cooking time depends on the size of the chicken - smaller pieces more towards 20 minutes, bigger, thicker pieces will need more time).

Once it's done, take the pan off the heat and let it sit for 5 minutes. Then remove the chicken from the liquid and shred.

ORDER OF OPERATIONS (CONT.)

4: PREP THE SHREDDED BEEF

Choose one of the following cooking methods:

To cook in the InstantPot:

Season each side of your beef chuck with salt. You can use pepper if you've successfully reintroduced it or not doing AIP

Add oil to the stainless steel insert of the Instant Pot and let it heat up.

Then place one roast at a time in the pot to brown. Leave, without touching it, for approximately 2 minutes, then flip and brown the other side for another 2 minutes.

If you're browning more than one roast, remove the first roast from the pan and place on a plate and set aside. Then add the other roast and brown both sides of that one.

Then turn the heat off on the Instant Pot, add the other roast back into the pot, and then add enough chicken or beef stock to cover. If you don't have enough you can supplement with water. Also add a bay leaf.

Manually set the time to 75 minutes on high and let it cook.

For the Slow Cooker:

Season the roast with salt (and pepper if you've successfully reintroduced it or are not on AIP). Place it into the slow cooker and pour in 1-2 cups of beef or chicken stock or water and a bay leaf. Cook on high for 4 hours or low for 6-8 hours.

When the roast is done, remove it from the slow cooker and shred.

For the Oven:

Preheat the oven to 450 F. Season the roast with salt (and pepper if you've successfully reintroduced it or are not on AIP). Add the roast to a large dutch oven or heavy-bottomed, oven-safe pot. Add 1-2 cups of beef or chicken stock or water and a bay leaf.

Cover the pot and put into the oven and cook for 30 minutes. Then reduce the heat to 350 F and cook for an additional 3-4 hours, or until the meat is tender and shreds easily.

ORDER OF OPERATIONS (CONT.)

5: CHECK THE CHICKEN

Once the chicken has finished cooking check the chicken to see if it's done using an instant-read thermometer. If it's above 165 F, it's done. If it's not done, put back in for another 5-10 minutes. (Alternatively, make sure there isn't any pink left in the middle of the chicken)

Repeat the process of checking the chicken until it is done.

6: SHRED AND STORE THE CHICKEN

When it's done carefully remove the chicken from the cooking vessel and then either shred with forks or put into a bowl and shred with a hand mixer.

At this point I sometimes like to add the juices that are in the Instant Pot/pan/slow cooker into the shredded chicken to give it a bit more moisture, but this step is optional.

Now it's time to either put away for the week or prep for freezing. Approx. ½-1 cup servings usually are good per person - you can freeze these individually or if freezing for your family, at one time (for example, I froze mine in 4 cup servings for my whole family).



ORDER OF OPERATIONS (CONT.)

7: SHRED AND STORE THE BEEF

Once the beef is done, transfer the beef to a bowl or cutting board, reserving the broth.

Beef is usually pretty tender and shreds easily with forks, so just do that directly in the bowl or on the cutting board.



Put each roast into separate bags, but you can measure out what you need into separate bags. Again $\frac{1}{2}$ -1 cup servings are good for 1 person, and multiply as necessary for a family.

8: STORE THE BEEF BROTH

You also should have some beautiful broth left in the Instant Pot/pot/slow cooker - it's super flavorful from cooking the roast. So save it! :)

Strain through a fine mesh sieve and then store in a glass container in the fridge for up to 14 days - or you can freeze it in bags or freezer-safe containers, just making sure to leave plenty of headroom space if freezing in glass.

ORDER OF OPERATIONS (CONT.)

9: LONG TERM STORAGE

Store the shredded meats in the fridge for up to 5 days or in the freezer up to 3 months.

Store your beef broth in the fridge for up to 5 days or in the freezer up to 6 months.

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