

#4 SHREDDED MEAT + SAUCE + NOODLES



Shredded Chicken

OR



Shredded Beef

OR



Shredded Pork

+



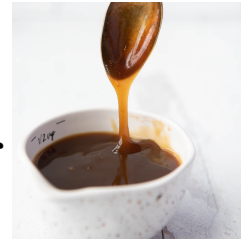
NoMato Sauce

OR



Pesto

OR



Sweet-and-Sour Sauce

+



Sweet Potato Noodles

OR



Zucchini Noodles

OR



Spaghetti Squash

This meal plan is a selection of comforting dinner ideas. Shredded meats are one of the best meat options to make and freeze as they can be used in so many ways. Add a sauce, that can also be made ahead and frozen, and some quick-to-make veggie noodles and you're on your way to a delicious, well-rounded meal!

Some Components are Freezable, All Components are Make Ahead

#4 - Shredded meat + Sauce + Noodles



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The items in this PDF are all freezable:



I love having a bin of items frozen in my freezer to take out for meals whenever I need them.

If I'm incredibly busy, tired, or just really don't want to think about cooking it's wonderful to be able to take a few items out and make a meal.

This PDF features several items that can be made, frozen, and then mixed and matched to make a delicious super quick lunch or dinner.

You can make all of these in one session if you're ambitious and have the time and energy, or just make them when you have time and freeze off as needed.

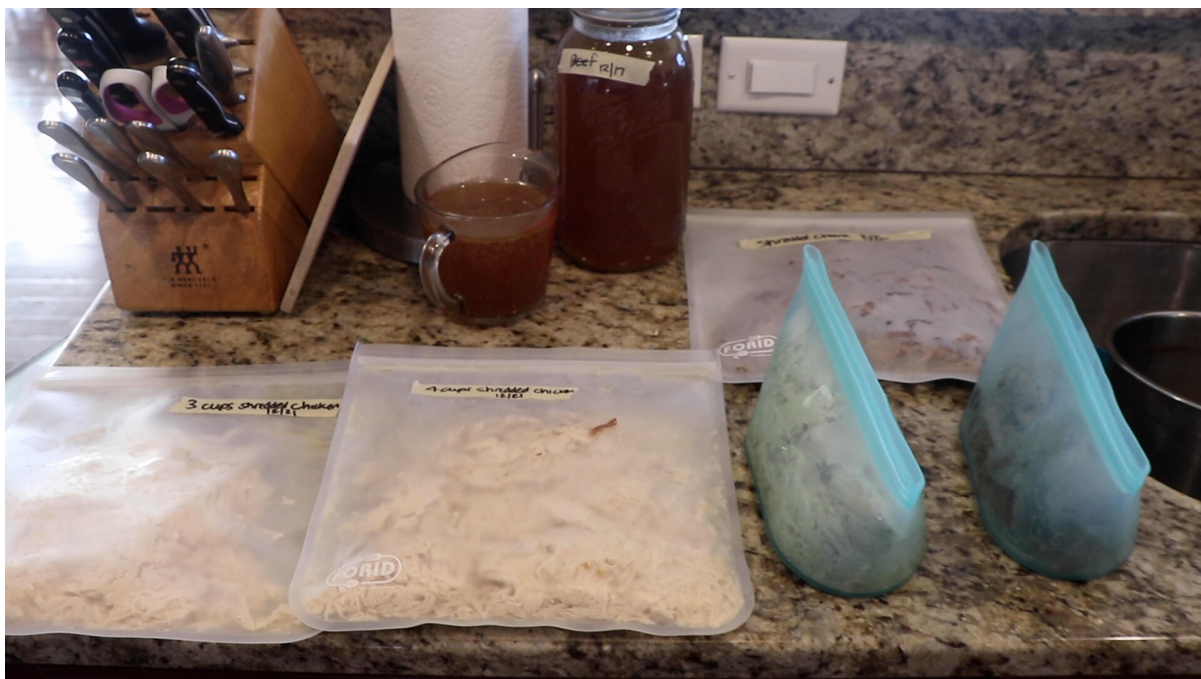
For example, we typically will make a gigantic pork shoulder or 2 chuck roasts or 6 pounds of chicken at one time. We'll have some for dinner and freeze off the rest.

To freeze the meats:



For the shredded meats it's best if you can measure out what you'll need for a meal and then freeze just that in a container. For example, in the picture above I'm freezing 5 cups of shredded chicken as that's what I need for 1 meal for my family. But if you're only cooking for yourself, then approximately 1 cup of meat would be all you need to freeze in an individual container or bag.

I usually shred both the chicken and pork before freezing but leave the beef in larger chunks as the beef tends to dry out more when frozen and reheated. Leaving it in chunks helps it retain moisture.



Thaw by either removing what you need and leaving it in the fridge overnight. You can also thaw directly from frozen by reheating in the microwave or on the stove.

To freeze the sauces:



Spoon or pour the sauces into ice cube trays or small silicone molds (Souper cubes and muffin trays work well for larger amounts) and put into the freezer for several hours.



Once frozen, remove from the container and put into a freezer-safe bag or container for long-term storage. This allows you to easily remove only the amount you need.

Thaw in the fridge overnight or quickly from frozen in the microwave or in a saucepan on the stove.

SHREDDED CHICKEN



YIELDS

Serves 12



TIME

Depends on the cooking method

INGREDIENTS

- 4-6 lb boneless, skinless Chicken Breast
- 1 cup Chicken Stock or water

DIRECTIONS

Slow cooker:

Place all of the ingredients in a slow cooker. Cook on LOW for 6 hours.

When the cooking time is up, remove the chicken and put it into a bowl, and shred it with two forks or a hand mixer. I like to at this point, pour the juices from the slow cooker into the shredded meat to give it some more moisture, tossing to coat and letting sit for a few minutes to absorb.

Serve, store for about a week in the fridge, or freeze into individual-sized portions (typically 4-5 oz or about 1 cup of meat).

Instant Pot:

Place all of the ingredients in the Instant Pot. Cook on HIGH for 6 minutes a pound (so like 36 minutes for 6 pounds of chicken) and let naturally release for 5 minutes before releasing the rest of the pressure. If it's not done when you check it (temperature is 165 F), simply put the lid back on, set the pressure valve back to sealing, and cook for 5 more minutes. Keep doing this until done. (You can quick release the pressure immediately after cooking if putting it back in - no need to wait for 10 minutes of natural release again).

When the chicken is done, remove the chicken, put it into a bowl, and shred with two forks or with a hand mixer. I like to at this point, pour the juices from the slow cooker into the shredded meat to give it some more moisture, tossing to coat and letting sit for a few minutes to absorb.

Serve, store for about a week in the fridge, or freeze into individual-sized portions (typically 4-5 oz or about 1 cup of meat).



SHREDDED BEEF



YIELDS

Serves 4-10



TIME

Depends on the cooking method

****This recipe intentionally makes a lot of shredded meat. If you're the only one eating it you may only want to make 1 roast. But if you are eating with someone else or just don't want to do this process more than once, make 2 roasts. For example 1 roast will feed my family of 4 one meal + some leftovers, so I always make 2 when doing this.**

INGREDIENTS

- 1-2 tsp Sea Salt
- 1 to 2 Beef Chuck Roasts (about 3-4 lbs each)
- 2 tbsp Avocado Oil, Olive Oil, or Coconut Oil (For Optional Step 2)
- 4 cups Beef or Chicken Broth or water
- 1 Bay Leaf

DIRECTIONS

Note: The second step, to brown the meat, is optional. Some people swear that it makes the meat more flavorful and locks in the juices, but I honestly can't really tell the difference. However, if you ARE one of those people who notice - do Step 2. Otherwise, take the lazy way out and skip it :-)

I find I'll brown it if I'm using my Instant Pot since it's a quick step that uses the same pot, but if I'm using my slow cooker, I'll skip it.



M *Make ahead:*

Store for up to 5 days in the fridge, or freeze into individual-sized portions (typically 4-5 oz or about 1 cup of meat) for one person - or in family-sized amounts for more. for up to 3 months. I usually don't shred it completely for freezing - leaving it in bigger chunks and then shredding when I reheat it for eating. This helps it to stay moist.

Slow cooker:

1. Sprinkle the roasts on all sides with salt.
2. (Optional) In a large pot, heat the oil over high heat. Add the roasts to the pot (you will have to do this one at a time). Brown on all sides, about 1-2 minutes a side.
3. Place the roast into the slow cooker, add the remaining ingredients, and cook on LOW for 7-8 hours.
4. When the cooking time is up, remove the beef and shred using 2 forks. The meat should shred easily.

Instant Pot:

1. Sprinkle the roasts on all sides with salt.
2. (Optional) Turn the IP onto "Saute" mode and once hot, add the oil. Add the roasts to the pot (you will have to do this one at a time). Brown on all sides, about 1-2 minutes per side. Then hit "Cancel."
3. Add the roasts back to the IP with the rest of the ingredients. Manually set Cook on HIGH for 75 minutes and let naturally release for 10 minutes before releasing the rest of the pressure.
4. When the cooking time is up, remove the beef and shred using 2 forks. The meat should shred easily.

SHREDDED PORK



YIELDS

Serves 8



TIME

Depends on the cooking method

INGREDIENTS

- 4-5 lbs Pork Shoulder (doesn't matter if bone in or out)
- 2-3 slices AIP-compliant Bacon
- 1 tbsp Sea Salt

DIRECTIONS

To Cook in the Slow cooker:

Put the bacon in the bottom of the slow cooker. Sprinkle salt all over the pork shoulder and then place it on top of the bacon in the slow cooker.

Cook for 8-12 hours.

Shred with two forks.

To Cook in the Instant Pot:

Put the bacon in the bottom of the Instant Pot. Sprinkle salt all over the pork shoulder and then place it on top of the bacon. Also add 1 cup of water (but follow the instructions for minimum amount of liquid for your model - it *may* be 1.5 cups!) Cook on high for 90 minutes, then let it naturally release for at least 10 minutes before releasing the rest of the pressure and removing the lid.

Shred with two forks.



M *Make ahead:*

This can be made up to 5 days ahead of time and stored in the fridge.

To freeze: I recommend freezing in either individual 5 oz portions (approx 1 cup) or in a larger bag/container for your family.

NOMATO SAUCE



YIELDS

4-6 servings



TIME

Depends on the cooking method - 45 minutes to 8 hours

INGREDIENTS

- 6 Carrots, chopped (peeled if desired)
- 3 medium Beets, peeled and chopped
- 1 medium Yellow Onion, peeled and chopped
- 4 stalks Celery, chopped
- 4 cloves Garlic, peeled and chopped
- 1/4 cup Red Wine Vinegar
- 2 cups Chicken or Beef Broth
- 1 tbsp Olive Oil
- 1 tsp Dried Basil
- 1 tsp Dried Oregano
- 1 tsp Sea Salt

DIRECTIONS

On the STOVE:

- Place in a heavy stockpot, bring to a boil and then simmer over a low flame for at least 30 minutes or until the beets and carrots are soft. Use a stick blender or blend in batches to get a tomato-sauce consistency.

In the INSTANT POT:

- Cook for 20 minutes at high pressure on the Manual setting. Quick release when cooking is done. Use a stick blender or blend in batches to get a tomato-sauce consistency.

In the SLOW COOKER:

- Place in a slow cooker and cook for 6-8 hours on low. Use a stick blender or blend in batches to get a tomato-sauce consistency.

M *Make ahead:*

This sauce lasts for up to 5 days in the fridge.

To Freeze for later: Divide into 1-2 cup portions and put into a freezer-safe container or bag, or freeze directly into a Souper Cube or silicone muffin mold and then pop out when frozen and store in a freezer-safe container or bag.

To thaw, thaw in the fridge overnight and reheat or thaw/cook directly from frozen in the microwave for a minute or two or for a few minutes on medium-low in a saucepan on the stove. It will depend on how large of servings you froze on how long it will actually take to thaw and heat up.



PESTO



YIELDS



TIME

4-6 servings 10 minutes

INGREDIENTS

- 2-3 cups Greens (Basil, Arugula, Kale, Spinach, Carrot Tops, Green Onions, etc – or any combo of these)
- 1 clove Garlic
- 1/4 tsp Sea Salt
- 1 Lemon (juice & zest)
- 1/2 – 1 cup Olive Oil or Avocado Oil
- For Paleo or AIP Reintro Stage 2 - 1/2 cup of Walnuts or Pine Nuts is also delicious mixed in

DIRECTIONS

Add all of the ingredients except the olive oil to a food processor or blender. Process until everything is finely chopped up and of uniform size.

With the processor running, drizzle in the olive oil. Add more olive oil if you prefer a runnier pesto.

T *Additional Tips:*

Pesto is great drizzled over veggies and in fact we do this on a regular basis – roast up some veggies like carrots, broccoli, and cauliflower and then drizzle a pesto over it.

It also goes well over meats – and a quick portable AIP meal can be some roasted chicken thighs cut into bite-sized pieces mixed with pesto and then put into a to-go container. Serve with some sweet potato or plantain chips.

It also can be a good sauce to use in a bowl-like meal – whether you specifically make the elements for a bowl or are cobbling together a bunch of small leftover portions of food.

M *Make ahead:*

This is a perfect meal prep item as it lasts for at least a week in the fridge. Just make up a batch or two and then drizzle it over anything and everything.

FREEZER: This also freezes exceptionally well. Either freeze flat in a freezer-safe container or ziploc bag, in ice cube trays (then remove after frozen and store) or a glass container jar. If freezing in a glass jar it's best to put a thin layer of oil on top to prevent any freezer burn.

To thaw just remove the container from the freezer and thaw in the fridge overnight, or quickly in the microwave (depending on the size, just a few seconds for an ice cube or 30-60 seconds for a large bag) or in a pan on the stove. You can also put in a bowl filled with warm water.

**I also recommend having a separate "Savory" ice cube tray just for pesto as the garlic-flavor can get stuck in the plastic/silicone - and you don't want to freeze a sweet berry sauce in the same tray afterwards.



SWEET-AND-SOUR SAUCE



Yields

Serves 4



TIME

10 minutes

INGREDIENTS

- 2 tbsp Apple Cider Vinegar
- 1/2 cup Pineapple Juice
- 2 tbsp Coconut Sugar, Maple Sugar, or Honey
- 2 tbsp Coconut Aminos, see note below about making coconut-free
- 1 tbsp Arrowroot Powder, or you can also use tapioca starch or cassava flour

DIRECTIONS

Mix all of the ingredients into a small saucepan and heat over medium, stirring occasionally, until it simmers and thickens.

M *Make ahead:*

You can make this up to 5 days ahead of time and store in the fridge.

To Freeze: Spoon into ice cube trays and freeze overnight. Then pop the "ice cubes" out and store in a freezer-safe container or bag for up to 3 months. Simply reheat on the stove or in the microwave when needed.

S *Substitutions:*

To make coconut free: 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!



SWEET POTATO NOODLES



YIELDS
Serves 2-3



TIME
15 minutes



Demo Video
Tap to
Watch

INGREDIENTS

- 1-2 tbsp Cooking Oil/Fat
- 1/2 tsp Sea Salt
- 1 large or 2 small Sweet Potatoes

DIRECTIONS

Peel the sweet potatoes.

Cut the ends off, and then either place securely into a spiralizer and then turn the handle to make the noodles, or peel long strips with the julienne peeler.

To Cook on the Stove:

Cook in a pan over medium heat with a bit of cooking fat until tender.

To Cook in the Oven:

Roast, tossed with some cooking oil and sea salt, at 425 F for 10-15 minutes or until tender.

M *Make ahead:*

COOKED sweet potato noodles can be stored in the fridge for up to 5 days. Raw sweet potato noodles will tend to harden and become inedible, so I highly recommend cooking before storing.



ZUCCHINI NOODLES



YIELDS

Serves 2-3



TIME

15 minutes



Demo Video

Tap to
Watch

INGREDIENTS

- 1-2 tbsp Cooking Oil/Fat
- 1/2 tsp Sea Salt
- 2 small Zucchini

DIRECTIONS

Peel the zucchini.

Cut the ends off, and then either place securely into a spiralizer and then turn the handle to make the noodles, or peel long strips with the julienne peeler.

To Cook on the Stove:

Cook in a pan over medium heat with a bit of cooking fat until tender.

Zucchini noodles also can be served raw.

M *Make ahead:*

These can be made up to 5 days ahead of time and stored in the fridge.



SPAGHETTI SQUASH



YIELDS

4-6 servings



TIME

Depends on method:

20-40 min

INGREDIENTS

- 1 large Spaghetti Squash
- 1/2 tsp Sea Salt
- 1 tbsp Olive Oil

DIRECTIONS

For the Oven:

- Preheat oven to 375 F.
- Cut the squash into half, lengthwise, scoop out the seeds, and then place face down on a baking sheet or dish. Add a few tablespoons of water to the sheet/dish. Roast in the oven for 30 minutes or until the shell is easily pierced with a fork.
- Remove from the oven and carefully use a fork to scrape out the insides.

For the Instant Pot:

- Cut the squash into half, crosswise, scoop out the seeds, and then into the Instant Pot on the steamer rack. Add 1 cup of water. Close the lid, set to “sealing” and then hit “Manual” for 8 minutes.
- When the time is up, quick release the pressure, remove the squash, and carefully use a fork to scrape out the insides.



T *Additional Tips:*

If serving with something like a tomato sauce or under a stew, you don't need to add anything. But if serving it by itself, then add some salt and oil to give it a bit of flavor.

M *Make ahead:*

This can be made ahead up to 5 days ahead of time and stored in the fridge.

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