

## WHOLE30 FREEZER COOKING

| RECIPE NAME                   | SUPPLIES                                          | INGREDIENTS                                                                                                                                                                                                                                                                                          | INSTRUCTIONS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | TO PREPARE                                                                                                                                                                                                                                                                                       |
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| Prosciutto Veggie Egg Muffins | Muffin tins for baking, zip-top bags for freezing | 12 Eggs<br>10 slices of prosciutto, cut in half<br>2 large poblano peppers, chopped<br>4 cups baby spinach, roughly chopped<br>1 large onion, finely chopped<br>1 large sweet potato, diced and roasted<br>1 Tbsp hot sauce<br>½ tsp salt, divided<br>½ tsp black pepper<br>Olive oil or coconut oil | <ul style="list-style-type: none"> <li>• Pre-heat oven to 375 degrees.</li> <li>• Spray foil-lined baking sheet with olive oil, then spread diced sweet potatoes into a single layer.</li> <li>• Spray sweet potatoes with olive oil and season with salt and seasonings of choice (I like chipotle chili powder)</li> <li>• While sweet potatoes are baking, heat 2 tsp cooking oil in a skillet over medium-high heat. Saute poblano peppers and onions until they start to soften, then add chopped spinach, cooking only until it is wilted.</li> <li>• Once the potatoes are fork-tender (bake for about 10 minutes), add them to the skillet along with the other veggies.</li> <li>• To prepare the muffin tins, brush tins with melted coconut oil or olive oil (DO NOT SKIP this step), then line each cup with a half slice of prosciutto.</li> <li>• In a large bowl, whisk 12 eggs, then season with ½ tsp salt and pepper. Add veggie mixture and combine.</li> <li>• Using a ¼ cup measuring cup, scoop egg/veggie mixture into prosciutto lined muffin tins.</li> <li>• Bake at 350 for 15-20 min or until set.</li> <li>• Allow to cool completely, then remove from muffin tins using a butter knife or a spoon.</li> <li>• Arrange muffins on a waxed-paper lined cookie sheet, then allow them to cool completely in refrigerator.</li> <li>• Place cookie sheet in freezer until the outside of muffins is frozen solid.</li> <li>• Portion out into zip-top bags, removing all air, then store in the freezer.</li> </ul> | <p>Place egg muffins in the refrigerator the night before, and in the morning, they should be ready to go! Microwave for 30-45 seconds or eat them cold.</p> <p>To prepare from frozen, wrap 2 egg muffins in a paper towel, then microwave for 1 minute 30 seconds or until heated through.</p> |
| Breakfast Sausage from        | zip-top bags / plastic                            | See pg 208 of The Whole30                                                                                                                                                                                                                                                                            | <ul style="list-style-type: none"> <li>• Follow instructions in The Whole30 for preparing sausage mixture.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | To Serve:<br>1. <u>Cooked</u>                                                                                                                                                                                                                                                                    |

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| The Whole30 | containers for freezing |  | <ul style="list-style-type: none"> <li>You can freeze this sausage using 4 different methods:             <ol style="list-style-type: none"> <li><u>Cooked patties</u>: Cook the sausage per instructions in The Whole 30. After draining on a paper towel, remove the patties to a wax paper-lined cookie sheet. Allow the sausage to cool completely in the refrigerator before splitting into zip-top bags, removing air, and freezing.</li> <li><u>Raw patties</u>: After you have portioned the sausage into patties, arrange them on a wax paper-lined baking sheet, then freeze until the outside of each sausage is frozen solid. Store in a zip-top bag or in an airtight plastic container with waxed paper in-between the layers.</li> <li><u>Cooked crumbles</u>: Skip the step of forming the sausage into patties and instead, cook sausage in a skillet, breaking it up with a spatula, until all is browned. Portion out into zip-top bags and allow to cool completely in refrigerator before transferring to the freezer. Remember to remove the air from the bag!</li> <li><u>Raw Bulk</u>: If you have a recipe that calls for sausage, you may want to freeze it in 1 lb portions (or whatever your recipe calls for). Place sausage mixture into a zip-top bag, remove as much air as possible, then freeze.</li> </ol> </li> </ul> | <p><u>patties</u>:<br/>Thaw overnight then reheat in a skillet or microwave until warm (15-30 seconds). Wrap frozen patties in a paper towel and microwave for 30 seconds - 1 minute</p> <p>2. <u>Raw patties</u>:<br/>Allow to thaw or thaw in microwave, then cook in skillet over medium-high heat.</p> <p>3. <u>Cooked crumbles</u>:<br/>Allow to thaw then use in recipes as desired.</p> <p>4. <u>Raw Bulk</u>:<br/>Allow to</p> |
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|                                      |  |  |  | thaw then<br>cook for use<br>in recipes as<br>desired. |
| Crock Pot<br>Green Chile<br>Chicken  |  |  |  |                                                        |
| Classic Chili<br>from The<br>Whole30 |  |  |  |                                                        |
| Zucchini<br>Spinach Soup             |  |  |  |                                                        |
| Meatballs from<br>The Whole30        |  |  |  |                                                        |
| Taco Burgers                         |  |  |  |                                                        |
| Shredded<br>Chicken                  |  |  |  |                                                        |
| Buffalo Sauce<br>from The<br>Whole30 |  |  |  |                                                        |