

## Breakfast Hash Freezer Meals: Grocery List

Serves 4

1. Hash 1: Moroccan Hash (cauliflower, onions, sweet potato, raisins & spices)
2. Hash 2: Fall Hash (ground lamb, butternut squash, celeriac (or celery), onions, spinach)
3. Hash 3: Asian Hash (ground turkey thigh, carrots, green onion, spinach, water chestnuts, ginger)
4. Hash 4: Spring Hash (finely diced chicken, carrots, green onion, asparagus)
5. Hash 5: Hearty Hash (bacon, sweet potatoes, onions, cilantro)



### Herbs

1 bulb garlic (3,5)  
1 bunch cilantro (1,5)  
1 knob ginger (3)  
1 bunch green onion (3,4)



### Meats

3/4# ground lamb (2)  
3/4# ground turkey thighs (3)  
3/4# boneless, skinless  
chicken breast (4)  
8-12oz thick-sliced bacon (5)\*



### Dried Fruit

1/2c raisins (1)



### Pantry

1 can water chestnuts (3)  
2T coconut aminos (3)



### Veggies

1# carrots (3,4)  
1 celeriac (2)  
(OR 2 stalks celery)  
1 small head cauliflower (1)  
(OR 1 bag cauliflower "rice")  
1 bunch asparagus (4)  
2 yellow onions (1,2,5)  
1 large butternut squash (2)  
3 large sweet potatoes (1,5)



### Frozen

10oz spinach (2,3)



### Oils

Olive, coconut or avocado oil  
(For sautéing)



### Spices

1 tsp turmeric (1)  
1 tsp cinnamon (1)  
1T sage (2)  
1T thyme (2)  
1T oregano (5)

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

## Breakfast Hash Freezer Meals: Prep Day

Pre-heat oven or grill to 350 F. (4)



**Spinach:** Remove 10oz bag spinach from freezer and allow to defrost slightly (2,3)



**Celeriac:** Peel & cut celery root into small (1/4") cubes OR dice 2 celery stalks. (2)

**Butternut Squash:** Peel & cut into small (1/4") cubes. (2)

**Sweet Potatoes:** Peel & cut 3 large sweet potatoes into small (1/4") cubes. Separate 1/2 for Moroccan (1) & 1/2 for Hearty (5) (1,5)

\*\*Note: May want to pause here and cook chicken if oven/ grill is pre-heated.

**Carrots:** Peel & cut 1# carrots into small (1/4") cubes. Set aside half for Asian Hash (3) & half for Spring Hash (4). (3,4)

**Green Onions:** Thinly slice 1 bunch. Set aside half for Asian Hash (3) & half for Spring Hash (4). (3,4)

**Water Chestnuts:** Open & drain 1 can water chestnuts. Slice into bite-sized pieces. (3)

**Asparagus:** Cut into small (1/4") pieces. (4)

**Ginger:** Peel and grate for a yield of ~1T ginger. (3)

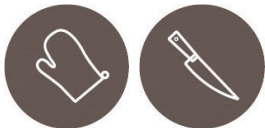
**Garlic:** Chop 7-10 cloves garlic for ~3T total (for Moroccan (1), Asian (3) and Hearty (5)). (1,3,5)

**Onions:** Chop 2 yellow onions & divide into thirds for Moroccan (1), Fall (2) and Hearty (5). (1,2,5)

**Cauliflower:** Remove core, leaves, & any dark spots. Coarsely chop, make sure it is completely dry and set aside. (1)

**Cilantro:** Pick leaves from stems of 1 bunch cilantro & finely chop to yield 2-3T. (1,5)

**Bacon:** Cut 8-12oz bacon into 1/2" cubes. Store separately (raw). [\*] (5)



**Chicken:** Season chicken breast (~3/4#) w/ salt. Grill chicken ~10 minutes/ side or bake at 350 F 20-30 minutes. Allow to cool. Finely dice into bite-sized pieces. Set aside. (4)



**Raisins:** Boil 1c water, remove from stove, add 1/2c raisins and soak ~10 minutes. Drain & set aside. (1)



**Cauliflower:** Place chopped cauliflower in food processor. (May require multiple batches). Pulse until it is small rice-like texture. Be careful not to go too far or it will be mushy. Set aside. (1)



### **Moroccan Hash (1)**

Toss the following together and store in a labeled container in the freezer:

- 1 head cauliflower, riced (finely chopped in blender/ food processor)
- 1/3 chopped yellow onion
- 1/2 diced sweet potatoes (~1.5)
- 1/2c re-hydrated raisins
- 1-2T chopped cilantro
- 1T chopped garlic
- 1tsp turmeric + 1tsp cinnamon [\*] (1)

### **Fall Hash (2)**

Toss the following together and store in a labeled container in the freezer:

- 1 butternut squash, peeled & chopped
- 1 celeriac (or celery), peeled & chopped
- 1/3 chopped yellow onion
- 1/2 bag frozen spinach (~5oz)
- 1T sage + 1T thyme [\*] (2)

Label and store 3/4# ground lamb in freezer, separately. [\*] (2)

### **Asian Hash (3)**

Toss the following together and store in a labeled container in the freezer:

- 1/2# carrots, chopped
- 1/2 bunch green onion, chopped
- 1 can water chestnuts, chopped
- 1/2 bag frozen spinach (~5oz)
- 1-2T fresh grated ginger
- 1T chopped cilantro
- 1T chopped garlic
- 2T coconut aminos [\*] (3)

Label and store 3/4# ground turkey thigh in freezer, separately. [\*] (3)

### **Spring Hash (4)**

Toss the following together and store in a labeled container in the freezer:

- Finely diced, cooked chicken (1 breast)
- 1/2# carrots, chopped
- 1/2 bunch green onion, chopped
- 1 bunch asparagus, diced [\*] (4)

### **Hearty Hash (5)**

Toss the following together and store in a labeled container in the freezer:

- 1/2 of diced sweet potatoes (~1.5 potatoes)
- 1/3 chopped yellow onion
- 1T chopped garlic
- 1T oregano [\*] (5)

Label and store diced bacon in freezer, separately. [\*] (5)

**KEY** - [\*]: store in container, label & freeze for use in next 2-3 months.



# AIP MEAL PLAN

## Breakfast Hash Freezer Meals: Dish Day



Paleo & Gluten Free  
Meal Plans

### Hash Re-Heating Instructions:

1. Place container + coordinating ground meat (if applicable) in fridge 24-48 hours before cooking, allowing all ingredients to thaw.\*
2. Heat a large skillet and add uncooked ground meat or bacon. Cook 5-10 min, breaking into pieces.
3. Push meat to side (or remove from pan if needed for space) and add veggies. May need to add 1-2T olive, coconut or avocado oil. Cook veggies for ~15 minutes if hash contains sweet potatoes, otherwise, cook veggies 5-10 minutes.
4. Stir veggies to combine with meat.
5. Season to taste with salt and additional seasonings as desired. Remember these were not salted on Prep Day so will need salt!

\*Note: if meat or veggies are not completely thawed, try placing a lid on saute pan when cooking for a quicker defrost time.