



RESET MEAL PLAN

Breakfast Hash Freezer Meals: Grocery List



Paleo & Gluten Free
Meal Plans

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)



Eggs

~2 dozen eggs (omega-3)
 **Note: eggs are optional and
 not needed until Dish Day.

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

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Breakfast Hash Freezer Meals: Prep Day



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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 & soak ~10 min. 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 sweet 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.



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Breakfast Hash Freezer Meals: Dish Day



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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/ 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.

Poached Eggs:

I love serving hashes with 1-2 fried or poached eggs on top. Here's my method for poaching eggs:

1. Fill pot with water and add a splash of vinegar (I use apple cider, but distilled white works, too).
2. Bring to a boil, then lower to where water is just beginning to bubble at sides, keep at this low temp.
3. Carefully crack eggs directly into simmering water.
4. Brook first cracks his eggs into a ramekin, I skip this step and avoiding the extra dirty dish ;).
5. Set timer for 4 minutes (or preferred doneness). This step is KEY!
6. Carefully remove after 4 minutes. Season to taste w/ sea salt.