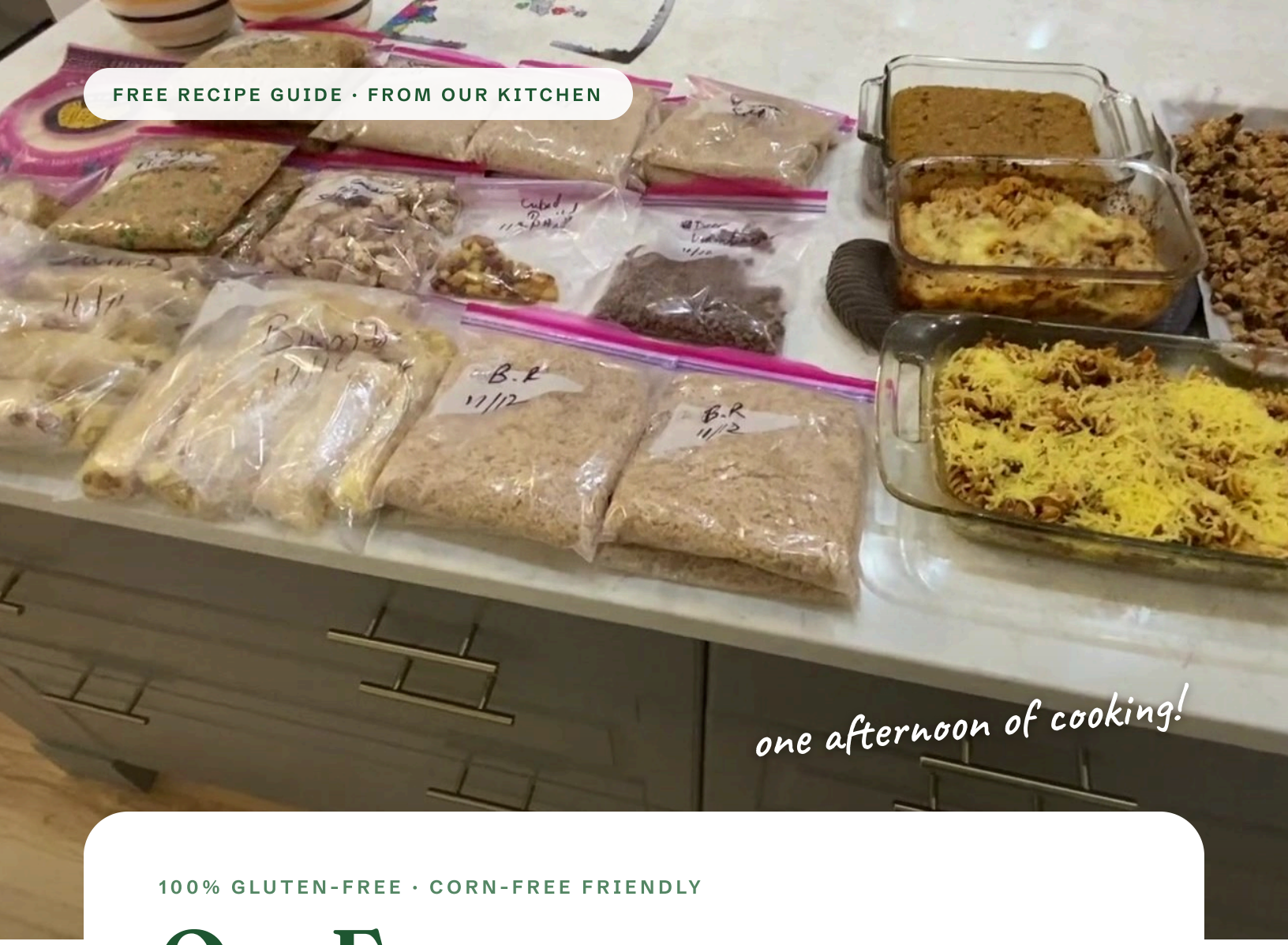


FREE RECIPE GUIDE · FROM OUR KITCHEN

one afternoon of cooking!

100% GLUTEN-FREE · CORN-FREE FRIENDLY

Our Freezer *Meal Prep* Day

Every recipe from our freezer-meal video, written down the way Sebastian actually made them: chicken fried rice, a baked gluten-free pasta, breakfast burritos, crispy potatoes, and the plain building blocks that make busy weeknights easy. Step by step, with the swaps we use.

9
gluten-free recipes from one day of cooking

20
breakfast burritos wrapped and frozen flat

6
bags of chicken fried rice, each a dinner for three

By Dr. Holly & Sebastian Waite

SET APART HEALTH
A Chiropractic Family Wellness Center

The *game plan*

> *"Sometimes instead of canning or preserving that way, we like to preserve things just by making freezer meals, and then it's ready to go."*
> SEBASTIAN, IN OUR VIDEO

Here is the order Sebastian cooked in, so the slow things run while you work on the next one. Everything with a ≈ is our estimate: Sebastian cooks by feel, so taste as you go.

1 Rice in the Instant Pot
It cooks hands-off while you start everything else.

2 Frozen tomatoes on
The sauce needs the longest simmer to reduce.

3 Potatoes in the oven
400°F, then hotter at the end to crisp.

4 One big batch of eggs
For the fried rice and the burritos. Let them cool.

5 Chicken in the cast iron
Same pan as the eggs. Salt and pepper only.

6 Fried rice + quinoa
Mix the fried rice; quinoa goes in the Instant Pot.

7 Finish the sauce
Herbs, salt, butter. Then boil the pasta.

8 Bake + layer the pasta
One pan for dinner tonight, one for the freezer.

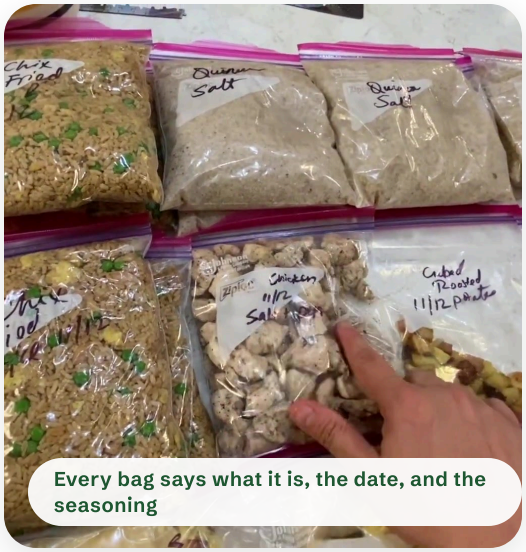
9 Roll the burritos
Last, once the eggs and potatoes are cold.

OUR GLUTEN-FREE (AND CORN-FREE) SWAPS

INSTEAD OF	WE USE	WHY
Soy sauce	**Bragg Liquid Aminos**	Regular soy sauce is brewed with wheat. Bragg labels its aminos gluten-free. Need soy-free too? Coconut aminos work.
Wheat pasta	**Jovial brown rice pasta**	Certified gluten-free, made from brown rice and water, so it's corn-free too. Many GF pastas add corn: read the label.
Flour tortillas	**Siete almond flour tortillas**	Grain-free, so no wheat and no corn. We buy ours at Costco. Our homemade cassava tortillas "get crumbly" in the freezer, so we save those for tacos.
Pre-shredded cheese	**A block, shredded by hand**	Bagged shreds have anti-caking starch added. Shredding a block keeps it to just cheese.
Iodized table salt	**Sea salt**	Many iodized table salts add dextrose, which is usually made from corn.
Regular bacon bits	**Uncured, no-sugar bacon bits**	Check for a gluten-free label, and for dextrose or corn syrup if you avoid corn.
Spice blends	**Single spices**	Ginger, mustard powder, basil, oregano, sage: one ingredient each, nothing hidden.

Label claims change. Always read the package for "gluten-free" and the ingredient list for corn (corn starch, dextrose, maltodextrin, corn syrup) before you buy.

Freeze it *flat*, label it *well*



Every bag says what it is, the date, and the seasoning

OUR FREEZER SYSTEM

Like a *filing cabinet*

- **Cool everything first**, then bag it.
- **Zip-top freezer bags, laid flat.** They stack and file upright, so a small freezer holds a lot.
- **Press the air out** before you seal.
- **Label name + date + seasoning** ("chicken, salt + pepper, 11/12") so you never double-salt later.
- **Eat within about 3 months.**

> *"This probably will last us less than three months."*
> SEBASTIAN

Instant Pot *brown rice* GF

MAKES ≈ 4 FREEZER BAGS

INGREDIENTS

Organic brown rice, ≈ 4 cups

Water, to the first knuckle line above the rice (≈ 5 cups)

> *"I just literally put my finger in and enough water for the first line. That's what my grandmother taught me."*
> SEBASTIAN

STEPS

1. Rinse the rice in a bowl, swirl and drain, 5 or 6 times, until the water runs clear. That washes off the extra starch.
2. Add water to the first knuckle line (tip of your finger touching the rice).
3. Lid on, valve closed. Manual / pressure cook **about 20 minutes** for a big batch.
4. Let it release, fluff, and spread it out to cool. Bag flat and label "BR + date."

Plain *quinoa* GF

MAKES ≈ 6 BAGS

Quinoa, 4 cups

Water, about 1 inch over the quinoa

Sea salt, ≈ 1 tsp

1. Everything in the Instant Pot. Manual for **7 minutes**, valve closed.
2. Spread it out and keep fluffing it as it cools, then bag flat.

Use it for: salads, a quick stir-fry, or a creamy quinoa with cheese sauce.



Rinse rice until it runs clear

Freeze some things *plain*

Plain rice, quinoa, salt-and-pepper chicken and browned ground meat turn into tacos, bowls, salads or a quick stir-fry.

> *"If we get bored of our freezer meals, we can always just have individual ingredients to make quick meals."*
> SEBASTIAN

Eggs, potatoes & *chicken*

These three go into the fried rice and the burritos. Make extra and freeze some plain.



Low and slow in cast iron

Fluffy *freezer eggs* GF

≈ 24-32 EGGS

Eggs, 24 (8 more if the pan has room)

Water, a splash (≈ 2 Tbsp)

Avocado oil, ≈ 2 Tbsp

Sea salt (≈ 1½ tsp) + a little pepper

1. Whisk eggs with the splash of water; it steams off and makes them fluffy.
2. Heat the oiled pan just until hot, then turn it down. Cook **low and slow**, stirring.
3. Pull them while they still look a little wet; they keep cooking off the heat. Move to a bowl and cool.

> *"The key to eggs for freezer meals is to cook them low and slow... because when you reheat them, you don't want them to be so rubbery."*
> SEBASTIAN

Crispy roasted *potatoes* GF

1 BIG SHEET PAN

Potatoes, ≈ 4-5 lb, peeled, in small cubes

Olive or avocado oil, ≈ ⅓ cup

Sea salt, at the end

1. Heat the oven to **400°F**. Toss the cubes with oil by hand until "nice and oily."
2. Roast, stirring now and then (≈ 40-50 min). Near the end, turn it up to **450°F** to get them really crispy.
3. **Salt after roasting.** Salt at the start makes them steam instead of brown.
4. Cool completely before bagging or rolling into burritos.



Our farm potatoes, crisp



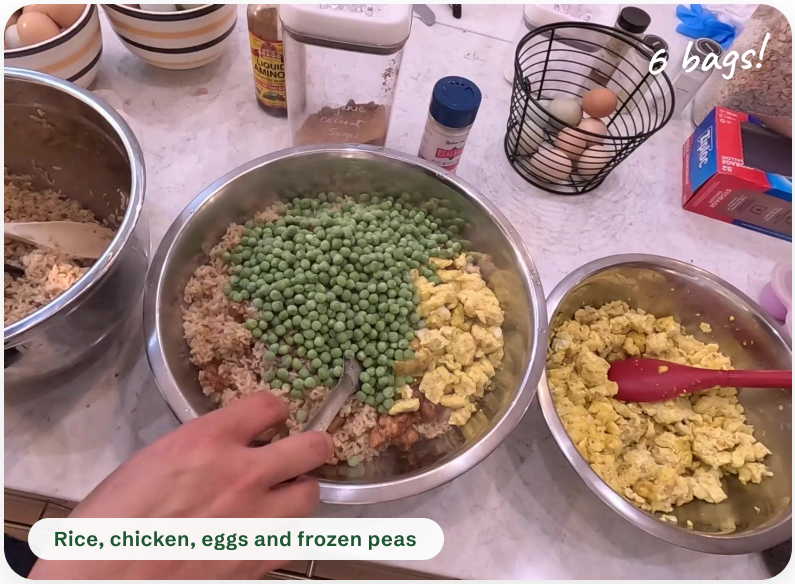
A crowded pan keeps the juices

Salt & pepper *chicken* GF

FROM 2 WHOLE CHICKENS

1. Break down 2 whole chickens (or use ≈ 3 lb breasts). Skin the breasts and cut into bite-size pieces.
2. Bag the carcass for broth, and the thighs and wings for another day.
3. Cook in cast iron with a little oil. **Crowd the pan on purpose** so the juices stay in for reheating. Season **only with salt and pepper**. Cook until done in the middle (165°F).
4. Set some aside for fried rice; cool and bag the rest. Write the seasoning on the label.

Gluten-free *chicken fried rice*



Rice, chicken, eggs and frozen peas


All mixed and ready to bag

Big-batch *fried rice* GF

≈ 6 BAGS · EACH A DINNER FOR 3

INGREDIENTS

- **Cooked brown rice**, cooled, ≈ 12 cups
- **Salt & pepper chicken**, cut small, ≈ 3-4 cups
- **Scrambled eggs**, ≈ 10-12 eggs' worth
- **Organic frozen peas**, 1 bag (≈ 16 oz), not thawed
- **Bragg Liquid Aminos**, ≈ ½ cup, to taste and color
- **Ground ginger**, "quite a bit" (≈ 1 Tbsp)
- **Yellow mustard powder**, ≈ 2 tsp
- **Coconut sugar**, ≈ 3 Tbsp
- **Red pepper flakes**, a tiny pinch
- **Water**, a splash or two

STEPS

1. Put the chicken back in the hot cast iron. Add a little liquid aminos and a **splash of water** to deglaze the pan.
2. Add the ginger and mustard powder and let them toast with the chicken. It's enough for the whole batch, so the chicken alone will taste strong. If the pan gets gummy, add another splash of water.
3. In your biggest bowl, combine the rice, seasoned chicken, eggs and the frozen peas. Don't cook the peas; they cook when you reheat.
4. Season with coconut sugar and more liquid aminos until it's a deep brown color, plus a tiny pinch of chili flakes. They add flavor, not heat.
5. Taste and adjust. Cool, then bag flat. Label "chicken fried rice + date."

TO SERVE Cook it straight from the bag in a skillet with a little oil, stirring, until hot all the way through. That's when the peas cook.

> *"I tasted this, it's almost perfect. I think it just needs a little more of the liquid aminos, because the sweetness from the coconut sugar is perfect."*
>
> SEBASTIAN, TASTING THE BATCH

Baked *gluten-free pasta*

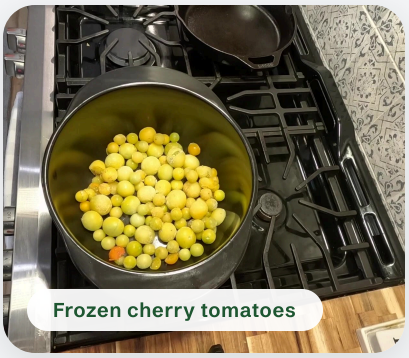
"Like a baked lasagna without the lasagna." A garden tomato sauce, brown rice pasta, browned meat and layers of Parmesan. One pan for tonight, one for the freezer.

Garden *tomato sauce* GF

≈ 8 CUPS

- **Whole tomatoes, frozen**, any mix, ≈ 6 lb
- **Olive oil**, ≈ 2 Tbsp
- **Garlic**, pressed, ≈ 6 cloves
- **Avocado oil**, ≈ 2 Tbsp
- **Dried basil**, ≈ 1 Tbsp
- **Dried oregano**, 1-1½ tsp
- **Dried sage**, a little (≈ ½ tsp)
- **Sea salt**, to taste
- **Grass-fed butter**, about 2 Tbsp

1. Frozen tomatoes straight into a big pot with salt and olive oil. Salting early pulls the water out.
2. Simmer and stir until it cooks down thick (it takes a while; frozen tomatoes hold a lot of water).
3. Cook the garlic in avocado oil on low until golden. Add it, oil and all. (Next time Sebastian would do this first.)
4. Add the herbs and salt. Taste.
5. Finish with butter. It thickens the sauce and balances the acidity, so ours didn't need honey.



Frozen cherry tomatoes



Cooked down and thick



Layered with Parmesan

The *baked pasta* GF

2 BAKING DISHES

- **Jovial brown rice pasta**, ≈ 2 lb
- **Ground venison or beef**, ≈ ½ lb
- **Butter**, for browning
- **The tomato sauce** above
- **Parmesan**, grated, ≈ 1½ cups
- **Sea salt**

1. Boil the pasta in salted water as the package says. Drain.
2. Brown the meat in butter with a little salt. That's all it needs.
3. Mix pasta, sauce and meat. Layer into the dishes with Parmesan between layers, "a nice amount so it's gooey and not dry."
4. Tonight: bake just until the cheese melts (≈ 350°F, 15-20 min). Freezer: cool, lid it, label it.

STRETCH THE MEAT Sebastian browned about a pound and used only half in the pasta. The other half, plain with salt, went into the freezer for tacos. "When you cook it in a pan right out of the freezer, it tastes like it was never frozen."

Grab-and-go *breakfast burritos*





Breakfast *burritos* GF

MAKES 20

INGREDIENTS

- **Siete almond flour tortillas** (grain-free), 20
- **Scrambled eggs**, cooled, ≈ 16 eggs' worth
- **Crispy roasted potatoes**, cooled, ≈ 4 cups
- **Organic cheese**, shredded from a block, ≈ 2 cups
- **Parmesan**, grated, ≈ ½ cup
- **Uncured, no-sugar bacon bits**, ≈ 1 cup
- Plastic wrap + gallon freezer bags

Why cold fillings? "Cheese doesn't really melt twice that well." Rolling everything cold means the cheese melts once, when you reheat.

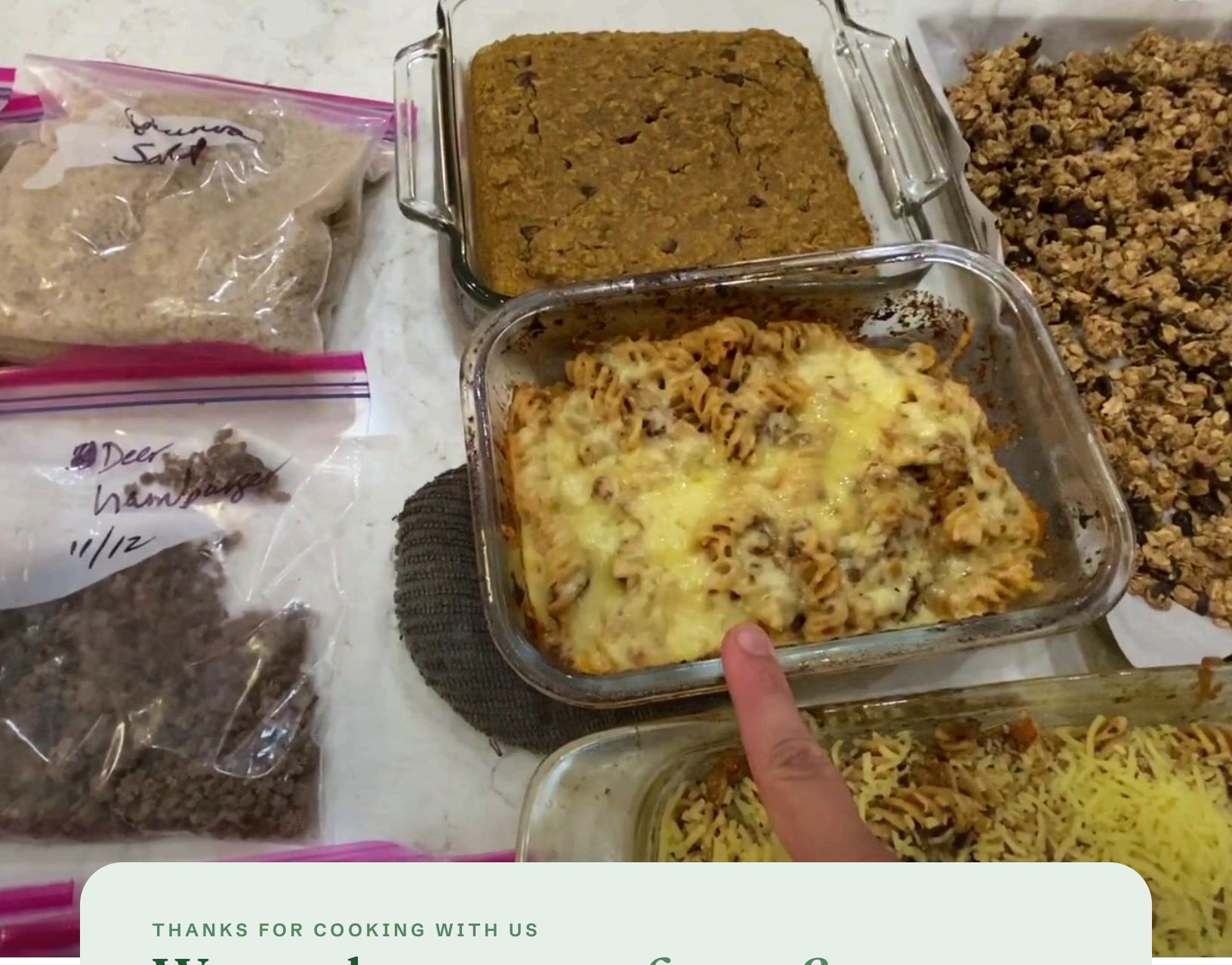
STEPS

1. Make sure the eggs and potatoes are completely cool.
2. Lay a sheet of plastic wrap down and a Siete almond flour tortilla on top.
3. Add a little egg, potatoes, both cheeses and bacon bits. Try not to overfill (Sebastian always does).
4. Fold the near edge over the filling, tuck the sides in, and roll it up toward you.
5. Roll it up in the plastic wrap.
6. Lay 4-6 lengthwise in a gallon freezer bag so it still stores flat, press the air out, and label it.

HOW WE REHEAT

MEAL	FROM THE FREEZER
Chicken fried rice	Skillet with a little oil, stirring, until hot all the way through.
Baked pasta	Pop it in the oven. ≈ Thaw overnight in the fridge, then 350°F covered until hot, uncovered for the last few minutes.
Breakfast burritos	≈ Unwrap, wrap in foil, 375°F for about 30-40 min. Or microwave on a plate, 2-3 min, turning once.
Rice, quinoa, chicken, ground meat	Straight into a pan for stir-fries, bowls, tacos and salads.

Reheat leftovers to 165°F (USDA Food Safety and Inspection Service, "Leftovers and Food Safety"). ≈ = our estimate; check yours with a thermometer.



THANKS FOR COOKING WITH US

Want to learn more *about us?*

We're Dr. Holly and Sebastian Waite. We cook gluten-free from scratch, grow a lot of our own food, and care for families at Set Apart Health, our chiropractic and family wellness center in Mauldin, South Carolina. Make one of these this week and tell us how it went.

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SET APART HEALTH
A Chiropractic Family Wellness Center

Recipes as Sebastian made them in our video "Our Azure Standard Haul Freezer Meals." Amounts marked ≈ are estimates. Safe internal temperature for poultry (165°F) and leftovers: USDA FSIS, "Safe Minimum Internal Temperature Chart." Gluten-free and corn-free notes reflect current labels; always check the package.