



FROM  
**FREEZER TO DINNER**  
(WITHOUT THE STRESS)

Mini Guide: 3 No-Thaw Dinners  
You Can Make Tonight

*With Bestselling Cookbook Author **Allie Doran***



## *Have you ever stared into your freezer full of meat and thought* **“I have nothing to make”**

If dinner feels harder than it should, you're not alone. You have food in the freezer, good intentions, and a family to feed but somehow 4pm rolls around and you're still wondering what's for dinner.

The good news? You don't need more recipes. You need a simple system for turning the food you already have into meals your family enjoys without spending hours planning, thawing, or scrolling for inspiration.

This guide will show you exactly how to do it.

3 recipes I use regularly that thaw FAST you can make tonight

- How to thaw meat quickly and safely
- My rules for eating simply
- A preview of the tasks I do on auto-pilot every day to make sure I always have dinner ready by 5pm

If you're ready to get dinner sorted tonight, let's dive in and get you out of survival mode and into that feeling of knowing (satisfaction, confidence, job well done) TONIGHT!

Let's go,

*Allie*

# How to

- Keep meat sealed (vacuum sealed or zip bag)
- Submerge in cold to cool water (not hot)
- Change water every 15–20 minutes
- Most cuts thaw in ~20–40 minutes

If your goal is to eat healthy fully without losing your mind, this is your permission slip to simplify dinnertime. If your freezer is stocked with meat also freeze sliced sourdough bread, croissants, Brazi bites, roasted potatoes/sweet potatoes or any other starches/carbs you like to eat frequently. Rice, pasta and quinoa can stay in the pantry. That way, when you cook, you just have to focus on protein and a veggie (or salad!) to make a complete meal your kids will enjoy.





# Family Favorite Roasted Deer Loin/ Tenderloin

(Can do venison loin/backstrap, pork tenderloin OR beef tenderloin)

01

When we have deer backstrap (or venison loin) in the freezer I know I have this recipe in my backpocket. This is MY version of fast food. It's ready in less time than it takes to wait on takeout and it is a family favorite.

Following this recipe exactly also works well with beef tenderloin and even pork loin. Pork should be cooked to 145F internally. For larger cuts of meat the roast time could be up to 25 minutes.

Thaw time: 20 minutes +/-  
Prep time: 10 minutes  
Cook time: 15 minutes



## Ingredients

- Deer backstrap (or venison loin) - I usually cut each whole backstrap into 2 pieces for my family of three and each piece is about 1.5 lbs and feeds 4
- 4 garlic cloves
- 2 tsp. fresh thyme
- 2 tsp. fresh rosemary
- 1 small lemon (zested and a bit of juice)
- about 2 tsp. salt
- 1/2 tsp. pepper
- 1 Tbsp. olive oil

## Directions

1. Preheat the oven to 450F. While the oven heats, cover your backstrap in 1 teaspoon of the sea salt and let it sit wrapped in a paper towel. Allowing the meat to come closer to room temperature helps with more even cooking.
2. Finely mince the garlic, thyme, rosemary and then combine with the lemon zest, remaining salt and pepper.
3. When the oven is preheated place the venison loin on a baking sheet or in a roasting pan and drizzle on the olive oil and roll it in the herb garlic mixture.
4. Roast for 12-18 minutes, depending on the size and thickness of your backstrap, and pull the meat out of the oven when it reaches an internal temperature of 115-125F.
5. Let it rest on a cutting board for at least 10 minutes before slicing and serving. I like to slice a small piece of lemon and squeeze lemon over the meat. Enjoy

# Burrito Bowls

(Venison, beef - even sub turkey)

# 02

Everything is better in a bowl, especially burritos. While you wait for your ground meat to thaw, cook up some rice and set out some toppings, whatever your family likes to eat. If you freeze ground meat into thin rectangles it thaws much faster in cool water.

This recipe works well for any ground meat you have on hand but especially ground venison, beef, bison or even lamb.

Thaw time: 20 minutes

Prep time: 10 minutes

Cook time: 15 minutes

Serves: 4 - can double or triple for meal prep!



## For the venison

- 1 Tbsp. avocado or olive oil
- 1/2 large or 1 small red onion, diced
- 1 lb. ground venison
- 2-3 garlic cloves, minced
- 1 Tbsp. chili powder
- 1 tsp. cumin
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 lime, juiced
- 1 orange, juiced

## Optional bowl additions

- Rice, cooked according to package directions
- Cheese
- Salsa/ pico de gallo, store bought is fine :)
- Sour cream/ Greek yogurt
- Avocado/ guac
- Cilantro
- Lime
- Anything else you like on a burrito bowl!



## Directions

1. Heat the oil in a large pan over medium heat. When hot, add the red onion and cook for 3-4 minutes before adding the venison. Allow the meat to brown for 7-8 minutes.
2. Then, add the garlic, chili powder, cumin, salt and pepper. Allow this to cook for 3-4 minutes before adding the lime and orange juice. Let this cook for 2-3 more minutes before removing it from the heat.
3. When you're ready to assemble the bowls, take a bit of rice and meat and top it with the pico de gallo and anything else your heart desires!

# Sheet Pan Roasted Salmon with Tahini Sauce

03

Fish thaws super quickly in a cool water bath. My kids love salmon and this tahini sauce would make a flip flop taste delicious! This is one I prep quickly and pop in the oven while I get in a 20 minute workout if it's been a really crazy day.

I like to throw some chopped zucchini, broccoli or brussels sprouts on the sheet pan with the salmon and roast everything at the same time. Pair with some sourdough bread and you've got a full meal.

Thaw time: 20 minutes

Prep time: 10 minutes

Cook time: 20 minutes

Serves: 4-6





## Ingredients

- 1 lb. salmon fillet (or salmon fillets)
- 1 tsp. olive oil
- 1 + 1/2 tsp. salt, divided
- 1 + 1/2 tsp. black pepper, divided
- 1/3 cup tahini
- 1/2 lemon, juiced
- 1/4 tsp. garlic powder
- 1 Tbsp - 1/4 cup water (this will depend on the consistency of your tahini, which differs by brand & batch)

## Directions

1. Preheat the oven to 400F.

Place the salmon fillet on a sheet pan and drizzle on olive oil, 1 teaspoon of the salt, and 1 teaspoon of the pepper.

2. Place in the oven for about 20-25 minutes, or until the salmon flakes apart easily in the middle.
3. In the meantime, mix together the tahini, lemon juice, garlic powder, remaining salt, remaining pepper, and 1 tablespoon of the water. Gradually add more water, if needed, until you reach your desired consistency. I like my sauce runny enough to drizzle, but thick enough that it sticks to what I dip it in.
4. When the salmon is done, drizzle on the tahini sauce, or serve it on the side and dig in!



*This worked for tonight but  
what about the rest of the  
week?*

Here's the thing: you probably don't need more recipes. Do you ever wonder why Grandma wasn't overwhelmed about what she was making for dinner? She had a rotation of simple meals in her brain. In today's world carrying the mental load of a recipe rolodex may seem impractical for working families but you need a way to use the food you already have without overthinking it every night.

# *That's exactly why I created the* **Freezer-To-Dinner-System**

This is my simple system designed to help you:

- Master knowing what's for dinner
- Create auto-pilot rhythms for always having the ingredients you need on hand (and thawed)
- Get dinners your whole family will love on the table FAST

Inside, I'll show you how to:

- Stop staring into your freezer with “nothing to make”
- Use bulk meat (venison, beef, chicken—whatever you have)
- Make meals that aren't the same thing over and over
- Get dinner on the table fast—even on your busiest days
- Stop forgetting to thaw meat (and what to do when you do)

*Imagine coming home after a long day and actually knowing what to do.*

- No guessing.
- No stress.
- No last-minute takeout.
- Just simple, doable dinners on repeat that help you relax in the evenings.

*Grab the full*  
**The No-Thought  
Dinner System**

It's less than what you'd spend on takeout for just ONE of your family members. This is the exact system I've used to not only keep my head above water but master dinner time for a family of 4 while losing 20lbs of baby weight, running 3 businesses and spending time with my kids.

*Allie*

