

SWEET-AND-SOUR PALEO & AIP MEATLOAF LABEL

Print this out on regular paper and use clear packing tape to stick to bag. You can alternatively print it out on sticker paper and adhere as well (though this doesn't always seem to stick as well)

Sweet-and-Sour Meatloaf (Paleo & AIP)



To serve, thaw and:

USE BY:

OVEN: To serve, thaw the meat. Shape into a meatloaf shape and place on a baking sheet covered in parchment or into a glass baking dish OR put the meat into a bread pan. Bake in the oven at 350 F for 1 hour or until done (a meat thermometer inserted in the center of the meatloaf should read 160 F).

The original recipe for this label can be found at: <https://thrivingonpaleo.com/aip-meatloaf-freezer-meal-prep/>