

[PALEO & AIP DUMP-AND-GO FREEZER SESSION]

SESSION 9

GRILLED FLANK STEAK
BACON WRAPPED PORK TENDERLOIN
THAI CHICKEN BAKE
MANGO SHRIMP CURRY
SLOW COOKER CHICKEN NACHOS
BALSAMIC GLAZED CHICKEN
FISH WITH PEACH STRAWBERRY SALSA



THE
AUTOIMMUNE COLLECTIVE

WHAT'S IN THIS GUIDE?

WHAT IS THIS PLAN?

This plan is for prepping 7 Paleo and AIP-friendly meals at one time (typically in less than an hour) that you can store in your freezer and take out when needed.

You simply add the ingredients to a freezer bag or container without having to cook anything and then place the bags in your freezer for up to 3 months. When you need the meals, you thaw the bags and then cook.

HOW MANY PEOPLE DOES THIS SERVE?

Each meal serves 4-6 people - however, if you don't want to freeze meals for that many (like if you are making this just for yourself), you can always split these up into multiple meals and then have 14 or even 21 meals from one freezer cooking session!

Just increase the number of bags you'll use and divide the ingredients between each bag accordingly.

HOW DO YOU COOK THESE MEALS?

Many of these recipes have multiple ways of cooking - stove, oven, slow cooker, Instant Pot, grill, etc.

This gives you a variety of options depending on what you have available to you.

That's it - simply dump stuff into a bag, freeze, thaw, and then cook! (Some of the recipes in this particular plan don't even require thawing!)

Note: To thaw it's best to remove from the freezer and thaw in the fridge overnight or a few days ahead of time (up to 4 days ahead). You can quick-thaw these if you need them immediately by placing in a bowl of hot water.



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RECIPES IN THIS GUIDE

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5. Slow Cooker Chicken Nachos
6. Balsamic Glazed Chicken
7. Fish with Peach Strawberry Salsa

SHOPPING LIST (BY RECIPE)

(1) GRILLED FLANK STEAK

- 2 lb Flank Steak
- 3 tbsp Avocado Oil
- 3 tbsp Red Wine Vinegar or Balsamic Vinegar
- 3 cloves Garlic, minced (about 3 tsp)
- 1 tsp Honey
- 1/2 tsp Sea Salt

(2) BACON WRAPPED PORK TENDERLOIN

- 2 lb Pork Tenderloin
- 2 tbsp Coconut Sugar
- 2 cloves Garlic, minced (about 2 tsp)
- 1 tsp Sea Salt
- 4 slices Bacon

(3) THAI CHICKEN BAKE

- 1.5 cups Coconut Milk or Tigernut Milk
- 1 Lime, juiced and zested (about 1 tbsp juice)
- 1 tsp Lemon Juice
- 1.5 tsp Sea Salt
- 2 cloves minced Garlic (about 2 tsp)
- 1 tsp Onion Powder
- 1/2 tsp Ground Ginger
- 1 tbsp Coconut Aminos
- 1 tbsp Fish Sauce
- 1 tbsp Honey
- 2 lbs boneless skinless Chicken Thighs or Breasts

SHOPPING LIST (BY RECIPE) CONT.

(4) MANGO SHRIMP CURRY

- 2 lb peeled and deveined Shrimp (keep frozen if already so)
- 1 tbsp Avocado Oil
- 2 Green Onions, diced
- 1 clove Garlic, minced (about 1 tsp)
- 1.5 cups Coconut Milk or Tigernut Milk
- 1 cup diced Mango (fresh or already frozen - keep frozen if so)
- 1 tsp Turmeric
- 1 tsp Cinnamon
- 1 tsp ground Ginger
- Pinch ground Cloves
- 1/2 tsp Sea Salt
- Optional: pinch dried Fenugreek Leaves

(5) CHICKEN NACHOS

- 1 lb boneless, skinless Chicken Breasts
- 1 cup Chicken Broth or Water
- 1/2 tsp Sea Salt
- 1 tsp dried Oregano
- 1 bunch Cilantro
- 1 Avocado, pitted and peeled
- 3 tbsp Lime Juice
- 1/2 cup Olive Oil (or Avocado Oil)
- 1/2 tsp Sea Salt

Not needed until serving:

- 1-2 cups Plantain Chips, Cassava Chips, or Sweet Potato Chips per person
- Optional Toppings: Shredded Lettuce, Diced Green Onions, etc.

SHOPPING LIST (BY RECIPE) CONT.

(6) BALSAMIC GLAZED CHICKEN

- 1/2 cup Coconut Sugar
- 1/2 cup Balsamic Vinegar
- 1 tbsp fresh Rosemary, minced
- 4 cloves Garlic, minced (about 1.5 tbsp)
- 2 lbs boneless, skinless Chicken Thighs or Breasts

(7) FISH WITH PEACH STRAWBERRY SALSA

- 1 lb (or 4 filets) Cod or other fish (keep frozen if already so)
- 1 cup Strawberries, diced
- 1 cup Peaches, diced (or Mangoes, Pineapple, etc -keep frozen if already so)
- 1/4 Red Onion, diced
- 1/4 cup fresh Basil, chopped (or Cilantro)
- 1 tbsp Lemon Juice
- 1/4 tsp Sea Salt



SHOPPING LIST FOR ALL 7 MEALS:

The number in parenthesis "(")" represents the recipe number that it's for.

Meats and Seafoods:

- 2 lb Flank Steak (1)
- 2 lb Pork Tenderloin (2)
- 4 slices Bacon (2)
- 5 lb boneless, skinless Chicken Thighs or Breasts (3, 5, 6)
- 2 lb peeled and deveined Shrimp (4)
- 1 lb (or 4 filets) Cod or other fish (7)

Fresh Produce:

- 12 cloves Garlic (1, 2, 3, 4, 6)
- 2 Limes (3, 5)
- 2 Green Onions (4)
- 1 cup diced Mango (fresh or frozen) (4)
- 1 bunch Cilantro (5)
- 1 Avocado (5)
- 1 tbsp fresh Rosemary (6)
- 1 cup Strawberries (7)
- 1 cup diced Peaches (7) (approx 1-2 peaches)
- 1/4 Red Onion (7)
- 1/4 cup fresh Basil (or Cilantro) (7)

Oils and Vinegars:

- 1 cup Avocado or Olive Oil (1, 4, 5)
- 3 tbsp Red Wine Vinegar or Balsamic Vinegar (1)
- 1/2 cup Balsamic Vinegar (6)

Herbs and Spices:

- Sea Salt
- 1 tsp Onion Powder (3)
- 1.5 tsp Ground Ginger (3, 4)
- 1 tsp Turmeric (4)
- 1 tsp Cinnamon (4)
- pinch ground Cloves (4)
- pinch dried Fenugreek (optional - see recipe 4)
- 1 tsp dried Oregano (5)

Baking:

- 2 tbsp Honey (1, 3)
- 3/4 cup Coconut Sugar (2, 6)

Canned and Jarred Goods:

- 3 cups Coconut or Tigernut Milk (3, 4)
- 1.5 tbsp Lemon Juice (3, 7)
- 1 tbsp Coconut Aminos (3)
- 1 tbsp Fish Sauce (3)
- 1 cup Chicken Broth (or Water) (5)

Materials:

- 7 Gallon-sized Freezer Bags
- 2 Quart-sized Freezer Bags

****Not needed until time of cooking, so don't buy unless cooking this week**

ORDER OF OPERATIONS

1: SET THE STAGE: GATHER PANTRY INGREDIENTS AND FRESH PRODUCE

First, gather all of your pantry ingredients and set them in a place that will be easily accessible to you during your session. Then gather the fresh and frozen produce you'll need.

2: PREP THE PRODUCE

Wash and chop 2 green onions.

Wash and dice 1 cup mango, if not using frozen.

Wash and dice 1 cup fresh strawberries.

Wash and dice 1 cup peaches, if not using frozen.

Wash, pit and peel 1 avocado

Wash and mince 1 tablespoon fresh Rosemary.

Wash and chop 1/4 cup fresh Basil.

Peel all 12 cloves of garlic. Mince all of the garlic with a knife, Microplane, or garlic press.

Dice 1/4 cup red onion.

Do a quick clean up of your work area (if desired), so your work area isn't covered in veggie scraps. Set aside the prepped veggies for now.

3. GATHER YOUR PROTEINS AND CONTAINERS

Gather your proteins and set aside.

Also, gather your freezer bags and handy bag stand (if using) or any freezer-safe containers you'll be using.

ORDER OF OPERATIONS

4. START ASSEMBLING AND LABELING

Follow the recipes on the following pages to assemble each of your bags.

Each recipe will give the specific ingredients and instructions as well as any substitution ideas.

The printable labels can be found starting on page 18 of this guide.

Simply just go one by one through the recipes and add the ingredients indicated!

NOTE: If you have frozen proteins, keep them frozen. No need to thaw them before this process!

THE RECIPES

(1) GRILLED FLANK STEAK

**YIELDS****PREP TIME****COOK TIME**

4-6 servings

10 minutes

15 minutes

INGREDIENTS

- 2 lb Flank Steak
- 3 tbsp Avocado Oil
- 3 tbsp Red Wine Vinegar or Balsamic Vinegar
- 3 cloves Garlic, minced (about 3 tsp)
- 1 tsp Honey
- 1/2 tsp Sea Salt

S *Substitutions:*

Use skirt steak if you can't find flank steak.

T *Additional Tips:*

Make it a meal - serve this over mixed greens with some sliced strawberries or other berries, sliced red onion, and a quick dressing of balsamic vinegar and olive oil.

DIRECTIONS

TO FREEZE:

Put all of the ingredients into a gallon-sized freezer bag and massage a bit to mix.

Label the bag and lay flat to freeze.

TO COOK:

Thaw the ingredients overnight in the fridge or in a bowl of warm water for about 20 minutes before cooking.

Do one of the following:

GRILL:

Grill over medium-high heat until desired doneness (about 10 minutes for medium-rare). Remove the meat from the heat and allow to rest for a few minutes before slicing the steak on the diagonal and serving.

or

STOVE:

Heat a pan over medium-high. Once hot, add the steak and cook for 5-7 minutes for medium to medium-rare. Flip the steak and cook for 5-7 more minutes. Remove the meat from the heat and allow to rest for a few minutes before slicing the steak on the diagonal and serving.

(2) BACON WRAPPED PORK TENDERLOIN

**YIELDS****PREP TIME****COOK TIME**

4 servings

10 minutes

depends on
method

INGREDIENTS

- 2 lb Pork Tenderloin
- 2 tbsp Coconut Sugar
- 2 cloves Garlic, minced (about 2 tsp)
- 1 tsp Sea Salt
- 4 slices Bacon

T *Additional Tips:*

Add diced apples and sliced onions as well to make it even more hearty! Just add them to the bag and pour over the tenderloin for cooking.

This is great served with mashed cauliflower and a side salad.

DIRECTIONS

TO FREEZE:

In a small bowl, mix the coconut sugar, garlic, and salt.

Rub the mixture on the tenderloin(s), then wrap with bacon. If the bacon won't stay, secure with toothpicks. Carefully place in a freezer safe container or bag.

Label the bag and lay flat to freeze.

TO COOK:

Thaw the ingredients overnight in the fridge. Do one of the following:

SLOW COOKER:

Place in the slow cooker and cook for 2-4 hours on low.

Optional: Preheat the broiler on high, then place the cooked tenderloin on a baking sheet under the broiler for 1-2 minutes to crisp up the bacon.

or

OVEN:

Preheat oven to 400 F. Place the pork into a baking dish and roast for 18-20 minutes or until the internal temp is 145 F. Broil on high for 1-2 minutes to crisp up the bacon.

(3) THAI CHICKEN BAKE



YIELDS

PREP TIME

COOK TIME

4 servings

10 minutes

35 minutes

INGREDIENTS

- 1.5 cups Coconut Milk or Tigernut Milk
- 1 Lime, juiced and zested (about 1 tbsp juice)
- 1 tsp Lemon Juice
- 1.5 tsp Sea Salt
- 2 cloves minced Garlic (about 2 tsp)
- 1 tsp Onion Powder
- 1/2 tsp Ground Ginger
- 1 tbsp Coconut Aminos
- 1 tbsp Fish Sauce
- 1 tbsp Honey
- 2 lbs boneless skinless Chicken Thighs or Breasts

DIRECTIONS

TO FREEZE:

Put all of the ingredients into a gallon-sized freezer bag and massage a bit to mix.

Label the bag and lay flat to freeze.

TO COOK:

Thaw the ingredients overnight in the fridge or in a bowl of warm water for about 20 minutes before cooking.

OVEN:

Preheat the oven to 350 F. Pour the contents of the bag into a baking dish, then bake for 30-35 minutes.

T *Additional Tips:*

Serve this over coconut cauliflower rice and garnish with basil, cilantro, and green onions!

(4) MANGO SHRIMP CURRY



YIELDS

PREP TIME

COOK TIME

4 servings

15 minutes

20 minutes

INGREDIENTS

- 2 lb peeled and deveined Shrimp (keep frozen if already so)
- 1 tbsp Avocado Oil
- 2 Green Onions, diced
- 1 clove Garlic, minced (about 1 tsp)
- 1.5 cups Coconut Milk or Tigernut Milk
- 1 cup diced Mango (fresh or already frozen - keep frozen if so)
- 1 tsp Turmeric
- 1 tsp Cinnamon
- 1 tsp ground Ginger
- Pinch ground Cloves
- 1/2 tsp Sea Salt
- Optional: pinch dried Fenugreek Leaves (I use this in my [AIP Tandoori Pumpkin Soup on Thriving On Paleo](#) as well - but if you don't have this don't worry about it)

DIRECTIONS

TO FREEZE:

Put all of the ingredients into a gallon-sized freezer bag and massage a bit to mix.

Label the bag and lay flat to freeze.

TO COOK:

No need to thaw, but you may do so in the fridge overnight if desired.

STOVE:

Pour the contents into a large saucepan or stockpot. Bring to a boil, then simmer for 10 minutes or until the shrimp is pink.

T *Additional Tips:*

This is great served over cauliflower rice, sweet potato noodles, spaghetti squash, or even shirataki noodles.

(5) CHICKEN NACHOS



YIELDS

PREP TIME

COOK TIME

4 servings

15 minutes

Depends on
method

INGREDIENTS

Bag 1 (Gallon Sized):

- 1 lb boneless, skinless Chicken Breasts
- 1 cup Chicken Broth or Water
- 1/2 tsp Sea Salt
- 1 tsp dried Oregano

Bag 2 (Quart-sized):

- 1 bunch Cilantro
- 1 Avocado, pitted and peeled
- 3 tbsp Lime Juice
- 1/2 cup Olive Oil (or Avocado Oil)
- 1/2 tsp Sea Salt

Not needed until serving:

- 1-2 cups Plantain Chips, Cassava Chips, or Sweet Potato Chips per person
- Optional Toppings: Diced Red Onions, Sliced Olives, Shredded Lettuce, Diced Green Onions, Sliced Jicama, Lime Slices

S *Substitutions:*

Don't have or like chips? You also just thinly slice and roast sweet potatoes until tender.

DIRECTIONS

TO FREEZE:

Put all of the ingredients for Bag 1 into a gallon-sized freezer bag and massage a bit to mix.

In a blender or food processor, blend the ingredients for Bag 2 until smooth, then pour into Bag 2. (If you don't have a food processor or blender just mash the avocado and then finely chop the cilantro and mix all of the ingredients well)

Label the bags and lay flat to freeze. You can put bag 2 into bag 1 if you'd like.

TO COOK:

Thaw the ingredients overnight in the fridge or in a bowl of warm water for about 20 minutes before cooking. Do one of the following:

SLOW COOKER: Pour the contents of the Bag 1 into the slow cooker and cook on low for 6-8 hours.

INSTANT POT: Pour the contents of the Bag 1 into the IP basin. Cook for 10 minutes at high pressure on the Manual setting. Quick release the pressure when cooking is done.

OVEN: Preheat the oven to 425 F. Pour the contents of Bag 1 into an oven-safe baking dish and then bake for 30-40 minutes or until done.

*****FOR ALL METHODS:

Once the chicken is cooked, shred with 2 forks and add back to the sauce. Arrange the plantain chips on plates, then add a few scoops of shredded chicken on top. Then drizzle with the sauce from Bag 2, and sprinkle any additional desired toppings over top!

(6) BALSAMIC GLAZED CHICKEN

**YIELDS****PREP TIME****COOK TIME**

4-6 servings

10 minutes

20-40 minutes,
depends on method

INGREDIENTS

- 1/2 cup Coconut Sugar
- 1/2 cup Balsamic Vinegar
- 1 tbsp fresh Rosemary, minced
- 4 cloves Garlic, minced (about 1.5 tbsp)
- 2 lbs boneless, skinless Chicken Thighs or Breasts

T *Additional Tips:*

This is great served with roasted carrots, mashed sweet potatoes, diced butternut squash, and/or a side salad.

DIRECTIONS

TO FREEZE:

Put all of the ingredients into a gallon-sized freezer bag and massage a bit to mix.

Label the bag and lay flat to freeze.

TO COOK:

Thaw the ingredients overnight in the fridge or in a bowl of warm water for about 20 minutes before cooking. Do one of the following:

GRILL:

Preheat grill to medium. Remove the chicken from the marinade and grill for 8-10 minutes on each side, until lightly charred and completely cooked through (the internal temp should be 165 F). Meanwhile, simmer the marinade on the stove for 10 minutes, then pour over the chicken once done.

OVEN:

Preheat the oven to 425 F. Pour the ingredients of the bag into a baking dish. Roast for 40 minutes or until completely cooked through (the internal temp should be 165 F).

(7) FISH WITH PEACH STRAWBERRY SALSA

**YIELDS****PREP TIME****COOK TIME**

4 servings

20 minutes

10-15
minutes

INGREDIENTS

Bag 1 (Gallon Sized):

- 1 lb (or 4 filets) Cod or other fish (keep frozen if already so)

Bag 2 (Quart-sized):

- 1 cup Strawberries, diced
- 1 cup Peaches, diced (or Mangoes, Pineapple, etc -keep frozen if already so)
- 1/4 Red Onion, diced
- 1/4 cup fresh Basil, chopped (or Cilantro)
- 1 tbsp Lemon Juice
- 1/4 tsp Sea Salt

DIRECTIONS

TO FREEZE:

Put all of the ingredients except fish into a quart-sized freezer bag labeled Bag 2 and massage a bit to mix.

To a gallon-sized bag, add the fish, and then tuck the salsa bag into the same bag and seal. Label the bag and lay flat to freeze.

TO COOK:

Thaw the ingredients overnight in the fridge or in a bowl of warm water for about 20 minutes before cooking. Do one of the following:

STOVE:

Heat a skillet over medium heat and add a tablespoon of oil (avocado, olive, coconut, etc) to the pan. Add the fish to the pan and cook for 3 minutes a side, or until cooked through and the fish flakes when prodded with a fork. Remove from the heat and serve with the salsa on top.

GRILL:

Preheat the grill to medium. Oil the grill (or use a grill basket or aluminum foil) and cook for 3-4 minutes a side, or until cooked through and the fish flakes when prodded with a fork. Remove from the heat and serve with the salsa on top.

OVEN:

Preheat the oven to 400 F. Put the fish into a glass baking dish and then bake in the oven for 15 minutes or until the fish easily flakes with a fork. Remove from the heat and serve with the salsa on top.

S *Substitutions:*

Don't like fish? Use chicken or pork chops instead!

THE LABELS

The following are printable labels to add to your meals.

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



AIP Grilled Flank Steak

USE BY:

AIP Dump Freezer Session # 9

To serve, Thaw the ingredients overnight in the fridge or in a bowl of warm water for about 20 minutes before cooking. Do one of the following:

GRILL: Grill over medium-high heat until desired doneness (about 10 minutes for medium-rare). Remove the meat from the heat and allow to rest for a few minutes before slicing the steak on the diagonal and serving.

STOVE: Heat a pan over medium-high. Once hot, add the steak and cook for 5-7 minutes for medium to medium-rare. Flip the steak and cook for 5-7 more minutes. Remove the meat from the heat and allow to rest for a few minutes before slicing the steak on the diagonal and serving.



AIP Bacon Wrapped Pork Tenderloin

USE BY:

AIP Dump Freezer Session # 9

To serve, thaw the ingredients overnight in the fridge. Do one of the following:

SLOW COOKER: Place in the slow cooker and cook for 2-4 hours on low.

OVEN: Preheat oven to 400 F. Place the pork into a baking dish and roast for 18-20 minutes or until the internal temp is 145 F. Broil on high for 1-2 minutes to crisp up the bacon.

Optional: Preheat the broiler on high, then place the cooked tenderloin on a baking sheet under the broiler for 1-2 minutes to crisp up the bacon.



AIP Thai Chicken Bake

USE BY:

AIP Dump Freezer Session # 9

To serve, thaw the ingredients overnight in the fridge or in a bowl of warm water for about 20 minutes before cooking.

OVEN:
Preheat the oven to 350 F. Pour the contents of the bag into a baking dish, then bake for 30-35 minutes.



AIP Mango Shrimp Curry

USE BY:

AIP Dump Freezer Session # 9

No need to thaw, but you may do so in the fridge overnight if desired.

STOVE: Pour the contents into a large saucepan or stockpot. Bring to a boil, then simmer for 10 minutes or until the shrimp is pink.



AIP Chicken Nachos

USE BY:

AIP Dump Freezer Session # 9

To serve, thaw the ingredients overnight in the fridge. Do one of the following:

SLOW COOKER: Pour the contents of the Bag 1 into the slow cooker and cook on low for 6-8 hours. Once the chicken is cooked, shred with 2 forks and add back to the sauce. Arrange the plantain chips on plates, then add a few scoops of shredded chicken on top. Then drizzle with the sauce from Bag 2, and sprinkle any additional desired toppings over top!

INSTANT POT: Pour the contents of the Bag 1 into the IP basin. Cook for 10 minutes at high pressure on the Manual setting. Quick release the pressure when cooking is done. Once the chicken is cooked, shred with 2 forks and add back to the sauce. Arrange the plantain chips on plates, then add a few scoops of shredded chicken on top. Then drizzle with the sauce from Bag 2, and sprinkle any additional desired toppings over top!

OVEN: Preheat the oven to 425 F. Pour the contents of Bag 1 into an oven-safe baking dish and then bake for 30-40 minutes or until done. Once the chicken is cooked, shred with 2 forks and add back to the sauce. Arrange the plantain chips on plates, then add a few scoops of shredded chicken on top. Then drizzle with the sauce from Bag 2, and sprinkle any additional desired toppings over top!



AIP Balsamic Glazed Chicken

USE BY:

AIP Dump Freezer Session # 9

To serve, thaw the ingredients overnight in the fridge. Do one of the following:

GRILL: Preheat grill to medium. Remove the chicken from the marinade and grill for 8-10 minutes on each side, until lightly charred and completely cooked through (the internal temp should be 165F). Meanwhile, simmer the marinade on the stove for 10 minutes, then pour over the chicken once done.

OVEN: Preheat the oven to 425 F. Pour the ingredients of the bag into a baking dish. Roast for 40 minutes or until completely cooked through (the internal temp should be 165F).



Thaw the ingredients overnight in the fridge or in a bowl of warm water for about 20 minutes before cooking.

STOVE: Heat a skillet over medium heat and add a tablespoon of oil (avocado, olive, coconut, etc) to the pan. Add the fish to the pan and cook for 3 minutes a side, or until cooked through and the fish flakes when prodded with a fork. Remove from the heat and serve with the salsa on top.

GRILL: Preheat the grill to medium. Oil the grill (or use a grill basket or aluminum foil) and cook for 3-4 minutes a side, or until cooked through and the fish flakes when prodded with a fork. Remove from the heat and serve with the salsa on top.

OVEN: Preheat the oven to 400 F. Put the fish into a glass baking dish and then bake in the oven for 15 minutes or until the fish easily flakes with a fork. Remove from the heat and serve with the salsa on top.



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