

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

YOUTUBE FREEZER MEAL PLAN

HONEY CHICKEN
PINEAPPLE BURGERS
ASIAN BAKED SALMON
HONEY LIME PORK TACOS
PORK CHOPS WITH FIG SAUCE
PESTO CHICKEN BAKE
GLAZED BABY BACK RIBS



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. Pork Chops with Fig Sauce
6. Pesto Chicken Bake
7. Glazed Baby Back Ribs

SHOPPING LIST (BY RECIPE)

(1) HONEY CHICKEN

- 2 lb boneless, skinless Chicken Thighs
- 1/2 tsp Sea Salt
- 1 tsp Dried Basil
- 1/4 cup Coconut Aminos
- 3 tbs Honey
- 2 tbs Avocado Oil, Coconut Oil, or Olive Oil
- 1 tbs Apple Cider Vinegar
- 1 clove Garlic, minced

(2) PINEAPPLE BURGERS

- 1 lb Ground Beef
- 1/2 tsp Sea Salt
- 1x 14 oz can Pineapple chunks
- 1/4 cup Coconut Sugar
- 2 tbs Apple Cider Vinegar
- 1/2 tsp Cinnamon
- 1/2 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1/4 tsp ground Cloves

(3) ASIAN BAKED SALMON

- 1/2 cup Coconut Aminos
- 1/4 cup Orange Juice
- 1 tbs Lemon Juice
- 2 cloves Garlic, minced

SHOPPING LIST (BY RECIPE) CONT.

(3) ASIAN BAKED SALMON (CONT.)

- 1 tbs fresh Ginger, grated or minced
- 1 lb Salmon, cut into 4 equal portions
- 2 Green Onions (white and green parts), chopped
- 1/2 tsp Sea Salt

(4) HONEY LIME PORK TACOS

- 2 lb Pork Shoulder Roast (aka Pork Butt Roast)
- 1 Yellow Onion, diced
- 3 tbs Lime Juice
- 2 tbs Honey
- 2 cloves Garlic, minced
- 1 tsp Sea Salt

(5) PORK CHOPS WITH FIG SAUCE

- 1 Shallot or Small Red Onion, diced
- 2 tbs Bacon Fat, Lard, or Coconut Oil
- 10 dried Figs, chopped
- 1 Orange, juice and zest
- 2 tbs Lemon Juice
- 2 tbs Balsamic or Red Wine Vinegar
- 1 tsp dried Rosemary, chopped finely
- 1tsp Sea Salt
- 4 Pork Chops (doesn't matter if bone-in or not)

SHOPPING LIST (BY RECIPE) CONT.

(6) PESTO CHICKEN BAKE

- 2 lb Boneless, Skinless Chicken Thighs
- 3 Carrots, roughly chopped
- 1 head Broccoli, roughly chopped
- 1 cup Baby Bella Mushrooms, sliced
- 1 bunch Asparagus, roughly chopped
- 2 Zucchini, roughly chopped
- 1 tbs Italian Seasoning
- 2 tsp Sea Salt
- 2 tbs Cooking Oil or Fat
- 2 cups Fresh Basil
- 2 cloves Garlic
- 1/2 tsp Sea Salt
- 1 tsp Lemon Juice
- 1/4 + 1/8 cup Olive Oil, divided

(7) GLAZED BABY BACK RIBS

- 3 lb Baby Back Pork Ribs
- 1 tsp Garlic Powder
- 1 tsp Sea Salt
- 3/4 cup Coconut Sugar
- 2 tbs Apple Cider Vinegar
- 1 tbs Water



SHOPPING LIST FOR ALL 7 MEALS:

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

Meats and Seafoods:

- 4 lb boneless, skinless Chicken Thighs (1, 6)
- 1 lb Ground Beef (2)
- 4 filets Salmon (3)
- 2 lb Pork Shoulder Roast (aka Pork Butt Roast) (4)
- 4 Pork Chops (doesn't matter if bone-in or not) (5)
- 3 lb Baby Back Pork Ribs (7)

Fresh Produce:

- 7 cloves Garlic (1, 3, 4, 6)
- 1/4 cup Orange Juice (3)
- 1 Orange (5)
- 4 tbs Lemon Juice (3, 5, 6) *Can use jarred juice
- 3 tbs Lime Juice (4) *Can use jarred juice
- 1 tbs fresh Ginger (3)
- 2 Green Onions (3)
- 1 Yellow Onion (4)
- 1 Shallot or Small Red Onion (5)
- 3 Carrots (6)
- 1 head Broccoli (6)
- 1 cup Baby Bella Mushrooms (6)
- 1 bunch Asparagus (6)
- 2 Zucchinis (6)
- 2 cups Fresh Basil (6)

Baking:

- 5 tbs Honey (1, 4) 1 cup Coconut Sugar (2, 7)

Misc:

- 1 cup frozen Raspberries (5)

Materials:

- 7 Gallon-sized Plastic Freezer Bags
- 2 Quart-sized Plastic Freezer Bags (6, 7)

Herbs and Spices:

- 7 tsp Sea Salt (1, 2, 3, 4, 5, 6, 7)
- 1 tsp Dried Basil (1)
- 1/2 tsp Cinnamon (2)
- 1/2 tsp Onion Powder (2)
- 1.5 tsp Garlic Powder (2, 7)
- 1/4 tsp Ground Cloves (2) 1
- tsp Dried Rosemary (5)
- 1 tbs Italian Seasoning (6)

Canned and Jarred Goods:

- 1 x 14 oz can Pineapple Chunks (2)

Oils and Vinegars:

- 2 tbs Avocado, Coconut or Olive Oil (1)
- 2 tbs Balsamic or Red Wine Vinegar (5)
- 5 tbs Bacon Fat, Lard, or Coconut Oil (5, 7)
- 2 tbs Cooking Oil or Fat of Choice (6)
- 1/2 cup Olive Oil (6)

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 roughly chop 3 Carrots.

Wash and roughly chop 1 head Broccoli.

Wash and slice 1 cup Baby Bella Mushrooms.

Wash, remove tough ends and roughly chop 1 bunch Asparagus.

Wash and roughly chop 2 Zucchini.

Chop 10 dried Figs.

Chop 1 teaspoon dried or fresh Rosemary.

Grate or mince 1-inch fresh Ginger (approx. 1 tablespoon)

Peel all 4 cloves of garlic. Mince all of the garlic with a knife, Microplane, or garlic press.

Wash and chop 2 Green Onions (white and green parts).

Dice 1 Yellow Onion.

Zest and juice 1 Oranges.

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) ORANGE GINGER BEEF



YIELDS

4-6 servings

INGREDIENTS

- 2 lb boneless, skinless Chicken Thighs
- 1/2 tsp Sea Salt
- 1 tsp Dried Basil
- 1/4 cup Coconut Aminos
- 3 tbs Honey
- 2 tbs Avocado Oil, Coconut Oil, or Olive Oil
- 1 tbs Apple Cider Vinegar
- 1 clove Garlic, minced

DIRECTIONS

TO FREEZE:

Put all of the ingredients into a 1-gallon freezer bag. Massage lightly with your hands to mix the ingredients. Push all the air out of the bag, seal, label and freeze

Label each bag and lay flat to freeze.

TO COOK:

To serve, thaw the chicken and do one of the following:

OVEN: Bake in a glass baking dish for 45 minutes at 400 F

INSTANT POT: Cook for 10 minutes at high pressure on the Manual setting. Quick release the pressure when cooking is done.

SLOW COOKER: Cook for 4-6 hours on low.

Goes well with: Coconut Cauliflower Rice , Diced Roast Sweet Potatoes, Roasted Broccoli, or Mashed Cauliflower

(2) BAKED BALSAMIC SALMON



YIELDS

4 servings

INGREDIENTS

- 1 lb Ground Beef
- 1/2 tsp Sea Salt
- 1x 14 oz can Pineapple chunks
- 1/4 cup Coconut Sugar
- 2 tbs Apple Cider Vinegar
- 1/2 tsp Cinnamon
- 1/2 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1/4 tsp ground Cloves

DIRECTIONS

TO FREEZE:

Cut the pineapple chunks into smaller pieces if large and reserve the juice for another use. Put all of the ingredients into a 1-gallon freezer bag. Massage lightly with your hands to mix the ingredients. Push all the air out of the bag, seal, label and freeze.

Label the bag and lay flat to freeze.

TO COOK:

To serve, thaw the burger meat and then shape into 4 patties. Do one of the following:

OVEN: Put under the broiler on high for 3 min a side or until desired doneness.

GRILL: Grill on medium (about 325 F) for 4-5 minutes a side until desired doneness.

STOVE TOP: Preheat a pan or griddle over medium high heat. Place the patties in the pan and cook for 3-5 min a side or until desired doneness.

Goes well with: Diced Roasted Sweet Potatoes, Roasted Broccoli, Baked Plantains, Easy Guac or Avocado Lime Mousse

(3) ASIAN BAKED SALMON



YIELDS

4 servings

INGREDIENTS

For Bag 1 (Quart-sized):

- 1/2 cup Coconut Aminos
- 1/4 cup Orange Juice
- 1 tbs Lemon Juice
- 2 cloves Garlic, minced
- 1 tbs fresh Ginger, grated or minced
- 1 lb Salmon, cut into 4 equal portions
- 2 Green Onions (white and green parts), chopped
- 1/2 tsp Sea Salt

DIRECTIONS

TO FREEZE:

Put all of the ingredients into a 1-gallon freezer bag. Massage lightly with your hands to mix the ingredients. Push all the air out of the bag, seal, label and freeze.

Label the bag and lay flat to freeze.

TO COOK:

To serve, thaw, and then preheat the oven to 400 F.

On the stove, heat an oven-safe frying pan on medium-high heat. Once the pan is hot, take the salmon out of the bag (don't throw out the bag!) and sear the salmon 1 minute on each side.

Pour the rest of the marinade from the bag into the pan and then bake in the oven for 5-10 minutes, until the fish easily flakes with a fork (5 min for thinner slices, 10 minutes for thicker).

Goes well with: Roasted Broccoli, Coconut Cauliflower Rice, or Baked Plantains

(4) HONEY LIME PORK TACOS



YIELDS

4-6 servings

INGREDIENTS

- 2 lb Pork Shoulder Roast (aka Pork Butt Roast)
- 1 Yellow Onion, diced
- 3 tbs Lime Juice
- 2 tbs Honey
- 2 cloves Garlic, minced
- 1 tsp Sea Salt

DIRECTIONS

TO FREEZE:

Put all of the ingredients into a 1-gallon freezer bag. Massage lightly with your hands to mix the ingredients. Push all the air out of the bag, seal, label and freeze.

Label the bag and lay flat to freeze.

TO COOK:

To serve, thaw the pork and do one of the following:

STOVE: Place in a heavy stockpot and cook on a stove over a low flame for 2-3 hours.

INSTANT POT: **Add one cup of water to the basin of your Instant Pot along with the ingredients. Cook for 90 minutes at high pressure on Manual in an Instant Pot. Let the pressure naturally release for at least 10 minutes when the cooking is done.

SLOW COOKER: Place in a slow cooker and cook for 8-12 hours on low. (This doesn't really dry out, so a longer cook time is ok)

Goes well with: Lettuce or Cassava Flour Tacos, Baked Plantains, Roasted Diced Sweet Potatoes, Mango Salsa, Avocado Lime Mousse, or Easy Guac

(5) PORK CHOPS WITH FIG SAUCE



YIELDS

PREP TIME

COOK TIME

4 servings

15 minutes

20 minutes

INGREDIENTS

For the pork chop bag:

- 1 Shallot or Small Red Onion, diced
- 2 tbs Bacon Fat, Lard, or Coconut Oil
- 10 dried Figs, chopped
- 1 Orange, juice and zest
- 2 tbs Lemon Juice
- 2 tbs Balsamic or Red Wine Vinegar
- 1 tsp dried Rosemary, chopped finely
- 1tsp Sea Salt
- 4 Pork Chops (doesn't matter if bone-in or not)

DIRECTIONS

TO FREEZE:

Put all of the ingredients into a 1-gallon freezer bag. Massage lightly with your hands to mix the ingredients. Push all the air out of the bag, seal, label and freeze.

TO COOK:

To serve, thaw the pork and do one of the following:

STOVE: Dump the contents of the bag into a large sauce pan or pot. Make sure the pork chops lay flat on the bottom of the pan (if they don't you may have to do this in batches). Bring the mixture to a boil and then simmer over a low flame for 20 minutes, flipping the pork chops once in between, until the pork is completely cooked (145 F).

INSTANT POT: Dump the contents of the bag into the Instant Pot. Close the lid, turn the valve to "Sealing" and cook for 5 minutes at high pressure on the Manual setting. Let the pressure naturally release for at least 10 minutes when cooking is done. release for at least 10 minutes when the cooking is done.

SLOW COOKER: Dump the contents of the bag into a slow cooker and cook for 2-3 hours on low or until completely cooked (145 F).

Goes well with: Roasted Broccoli, Roasted Brussels Sprouts, Mashed Cauliflower, Kale Olive Sweet Potato Salad

(6) PESTO CHICKEN BAKE



YIELDS

4-6
servings

INGREDIENTS

Bag 1 (Gallon-sized):

- 2 lb Boneless, Skinless Chicken Thighs
- 3 Carrots, roughly chopped
- 1 head Broccoli, roughly chopped
- 1 cup Baby Bella Mushrooms, sliced
- 1 bunch Asparagus, roughly chopped
- 2 Zucchini, roughly chopped
- 1 tbs Italian Seasoning
- 2 tsp Sea Salt
- 2 tbs Cooking Oil or Fat

Bag 2 (Quart-sized):

- 2 cups Fresh Basil
- 2 cloves Garlic
- 1/2 tsp Sea Salt
- 1 tsp Lemon Juice
- 1/4 + 1/8 cup Olive Oil, divided

DIRECTIONS

TO FREEZE:

Put all of the ingredients for Bag 1 into a 1-gallon freezer bag. Label and freeze. Blend the ingredients for bag 2 (except Olive Oil) in a food processor or blender. Add 1/4 cup of olive oil and blend further. Scoop all of the pesto into a quart-sized freezer bag. Pour the remaining 1/8 cup of olive oil over the pesto, press the air out of the bag, label and freeze.

Put all of the ingredients into a 1-gallon freezer bag. Massage lightly with your hands to mix the ingredients. Push all the air out of the bag, seal, label and freeze.

TO COOK:

Preheat the oven to 350 F Pour the ingredients of the bag into a baking dish. Stir to disperse the seasonings and mix the ingredients. Place in oven and cook for 30 minutes. Stir the dish contents and then cook for an additional 30 minutes.

Pour the pesto from Bag 2 over the chicken and veggies and serve.

(7) PUMPKIN SLOPPY JOES



YIELDS

PREP TIME

COOK TIME

4 servings

10 minutes

30 minutes

INGREDIENTS

Bag 1 (Gallon-sized):

- 3 lb Baby Back Pork Ribs
- 1 tsp Garlic Powder
- 1 tsp Sea Salt

Bag 2 (Quart-sized):

- 3/4 cup Coconut Sugar
- 2 tbs Apple Cider Vinegar
- 1 tbs Water

Goes well with: Roasted Broccoli,
Mashed Cauliflower, Baked Plantains,
or Kale Olive Sweet Potato Salad

DIRECTIONS

TO FREEZE:

Sprinkle the garlic powder and sea salt all over the ribs and then put into a 1-gallon freezer bag. (You may have to bend or cut the rack of ribs to get it into the bag) Push all the air out of the bag, seal, label and freeze.

Add all of the ingredients for Bag 2 into a quart-sized plastic bag, massage lightly to mix, push the air out, label, and freeze.

TO COOK:

To serve, thaw and do one of the following:

OVEN: Preheat the oven to 350 F. Remove the ribs from Bag 1 and place on a parchment-lined baking sheet. Cover with foil and bake for 2 hours. Remove the ribs from the oven and increase the oven temperature to broil. Remove the foil from the ribs, brush the ribs with the contents of Bag 2 and broil for 5 minutes (making sure it doesn't burn).

INSTANT POT: Remove the ribs from Bag 1 and place into the Instant Pot (you may have to cut the ribs to fit, or else just kind of bend them). Add 1 cup of water to the basin of the Instant Pot, close the lid, turn the valve to "Sealing" and cook on High Pressure on Manual for 25 minutes. Preheat the broiler on your oven. Let the pressure naturally release for at least 10 minutes when finished cooking, remove the lid, take out the ribs, and put on a parchment-lined baking sheet. Brush with the contents of Bag 2 and broil for 5 minutes (making sure it doesn't burn).

SLOW COOKER: Remove the ribs from Bag 1 and place into the slow cooker (you may have to cut the ribs to fit, or else just kind of bend them). Add 1 cup of water to the slow cooker and cook on low for 8-10 hours. Preheat the broiler on your oven. Take the ribs out of the slow cooker and put on a parchment-lined baking sheet. Brush with the contents of Bag 2 and broil for 5 minutes (making sure it doesn't burn).

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 Honey Chicken

YouTube Dump Freezer Session

USE BY:

To serve, thaw and do one of the following:

OVEN: Bake in a glass baking dish for 45 minutes at 400 F

INSTANT POT: Cook for 10 minutes at high pressure on the Manual setting. Quick release the pressure when cooking is done.

SLOW COOKER: Cook for 4-6 hours on low.



AIP Pineapple Burgers

YouTube Dump Freezer Session

USE BY:

To serve, thaw the burger meat and then shape into 4 patties. Do one of the following:

OVEN: Put under the broiler on high for 3 min a side or until desired doneness.

GRILL Grill: on medium (about 325 F) for 4-5 minutes a side until desired doneness.

STOVE TOP: Preheat a pan or griddle over medium high heat. Place the patties in the pan and cook for 3-5 min a side or until desired doneness.



AIP Asian Baked Salmon

YouTube Dump Freezer Session

USE BY:

To serve, thaw, and then preheat the oven to 400 F.

On the stove, heat an oven-safe frying pan on medium-high heat. Once the pan is hot, take the salmon out of the bag (don't throw out the bag!) and sear the salmon 1 minute on each side. Pour the rest of the marinade from the bag into the pan and then bake in the oven for 5-10 minutes, until the fish easily flakes with a fork (5 min for thinner slices, 10 minutes for thicker).



AIP Honey Lime Pork Tacos

YouTube Dump Freezer Session

USE BY:

To serve, thaw and do one of the following:

STOVE: Place in a heavy stockpot and cook on a stove over a low flame for 2-3 hours.

INSTANT POT: *Add one cup of water to the basin of your Instant Pot along with the ingredients. Cook for 90 minutes at high pressure on Manual in an Instant Pot. Let the pressure naturally release for at least 10 minutes when the cooking is done.

SLOW COOKER: Place in a slow cooker and cook for 8-12 hours on low. (This doesn't really dry out, so a longer cook time is ok)



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AIP Pork Chops with Fig Sauce

YouTube Dump Freezer Session

USE BY:

To serve, thaw and then do one of the following:

STOVE: Dump the contents of the bag into a large sauce pan or pot. Make sure the pork chops lay flat on the bottom of the pan (if they don't you may have to do this in batches). Bring the mixture to a boil and then simmer over a low flame for 20 minutes, flipping the pork chops once in between, until the pork is completely cooked (145 F).

INSTANT POT: Dump the contents of the bag into the Instant Pot. Close the lid, turn the valve to "Sealing" and cook for 5 minutes at high pressure on the Manual setting. Let the pressure naturally release for at least 10 minutes when cooking is done. release for at least 10 minutes when the cooking is done.

SLOW COOKER: Dump the contents of the bag into a slow cooker and cook for 2-3 hours on low or until completely cooked (145 F).



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AIP Pesto Chicken Bake

YouTube Dump Freezer Session

USE BY:

To serve, thaw.

Preheat the oven to 350 F Pour the ingredients of the bag into a baking dish.

Stir to disperse the seasonings and mix the ingredients. Place in oven and cook for 30 minutes. Stir the dish contents and then cook for an additional 30 minutes. Once the chicken is cooked through, remove from the oven.

Pour the pesto from Bag 2 over the chicken and veggies and serve.



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AIP Glazed Baby Back Ribs

YouTube Dump Freezer Session

USE BY:

To serve, thaw and then do one of the following:

OVEN: Preheat the oven to 350 F. Remove the ribs from Bag 1 and place on a parchment-lined baking sheet. Cover with foil and bake for 2 hours. Remove the ribs from the oven and increase the oven temperature to broil. Remove the foil from the ribs, brush the ribs with the contents of Bag 2 and broil for 5 minutes (making sure it doesn't burn).

INSTANT POT: Remove the ribs from Bag 1 and place into the Instant Pot (you may have to cut the ribs to fit, or else just kind of bend them). Add 1 cup of water to the basin of the Instant Pot, close the lid, turn the valve to "Sealing" and cook on High Pressure on Manual for 25 minutes. Preheat the broiler on your oven. Let the pressure naturally release for at least 10 minutes when finished cooking, remove the lid, take out the ribs, and put on a parchment-lined baking sheet. Brush with the contents of Bag 2 and broil for 5 minutes (making sure it doesn't burn).

SLOW COOKER: Remove the ribs from Bag 1 and place into the slow cooker (you may have to cut the ribs to fit, or else just kind of bend them). Add 1 cup of water to the slow cooker and cook on low for 8-10 hours. Preheat the broiler on your oven. Take the ribs out of the slow cooker and put on a parchment-lined baking sheet. Brush with the contents of Bag 2 and broil for 5 minutes (making sure it doesn't burn).



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