



PREP & RESET

GETTING STARTED

BY MICHELE SPRING

Welcome!!

Just let that feeling of utter relief wash over you as you've just gotten yourself the golden ticket to easy, delicious meals that don't compromise your diet - yet give you so much of your time and energy back!!

No matter the reason you need or want to be eating this way, you deserve to have it be simple. And that's what we aim to help with you here!

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Please look through this guide to familiarize yourself with the navigation and what's offered to you with your membership.

If you have any questions don't hesitate to contact us at support@thrivingautoimmune.com

!! IMPORTANT NOTE: Prep & Reset is housed on a website called The Autoimmune Collective. The Autoimmune Collective has many different programs and aspects, so anything you haven't purchased or don't currently have a subscription to and access to will be greyed out.

I'm so glad and honored that you chose me to help you through this journey!

xo- Michele



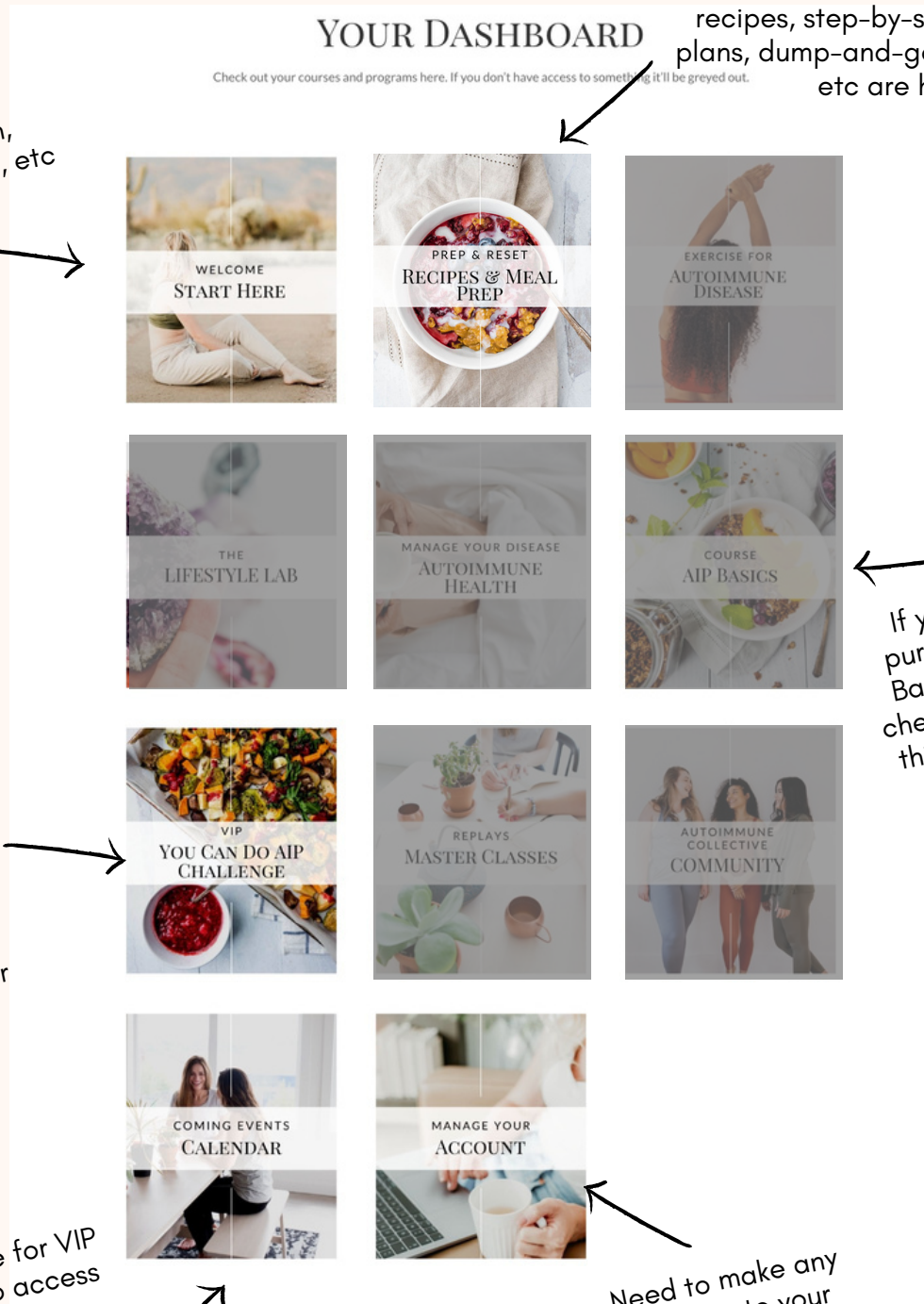
Get to Know Your Dashboard

When you first log on, you'll come to your Dashboard. This is the main hub of The Autoimmune Collective.

You'll see that Prep & Reset Icon is active for you, but anything you don't currently have a subscription to will be greyed out an inactive

All of the food-related stuff - recipes, step-by-step meal prep plans, dump-and-go freezer meals, etc are here!

Access this guide again, watch the welcome video, etc from here!



Prep & Reset

To access the food section of the site, click on this icon from the main Dashboard:



That will take you to the Autoimmune Meal Prep & Recipes Main Page

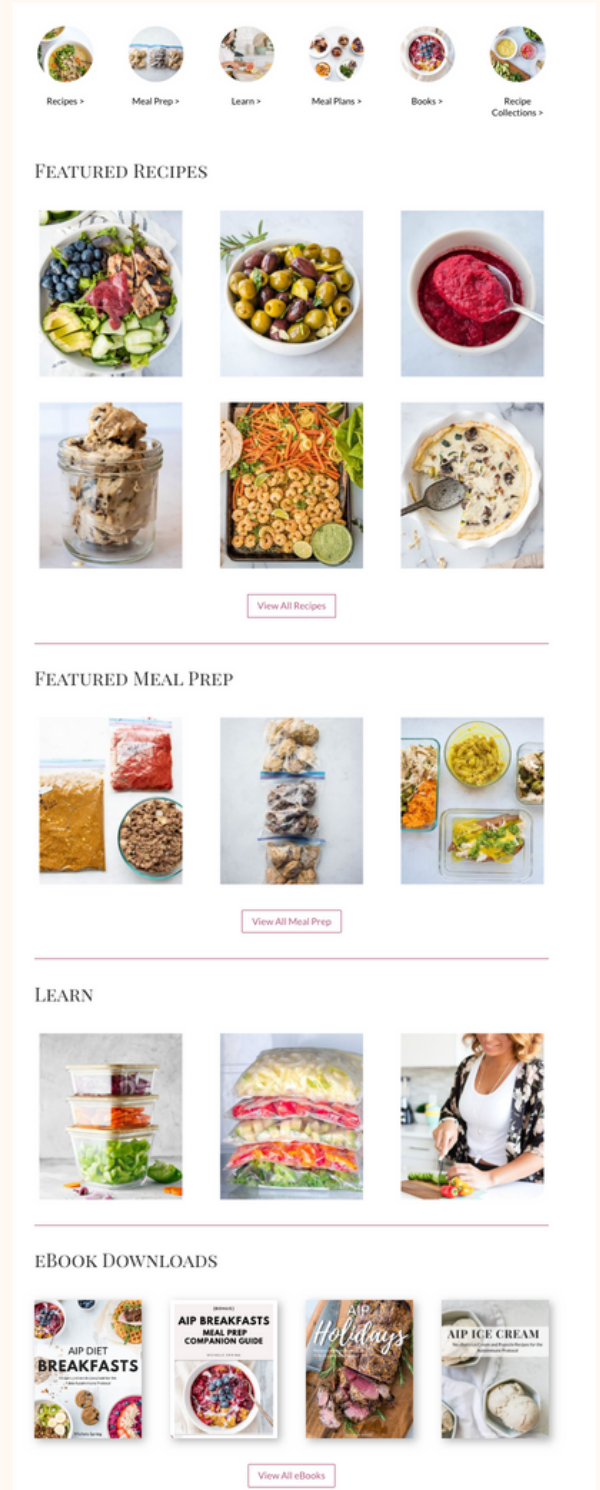
This is where you'll find all of the food-related stuff - recipes, step-by-step meal prep plans, dump-and-go freezer meals, etc!

From here you can click/tap on any of the top circles OR the menu bar at the top to get to any of the areas within, like the Recipe Gallery or the Meal Planning section

The Featured Recipes & Meal Prep will change as we add new items, so keep an eye on these

You can jump straight to the Meal Prep, Freezer Cooking, and Knife Skills Mini Courses here

And grab a copy of any of the eBooks you want right here!

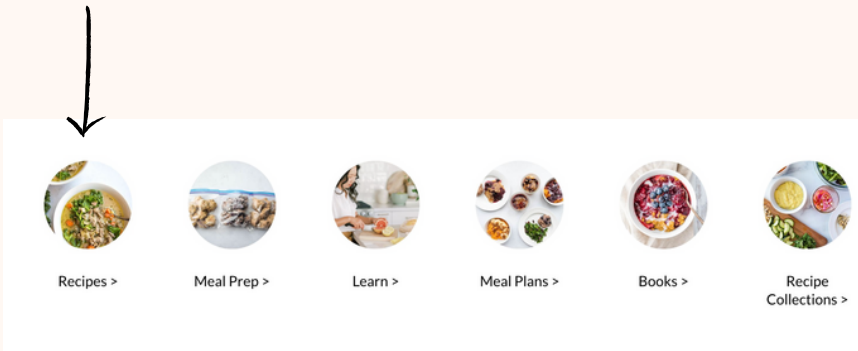


The screenshot shows the website's navigation and featured content. At the top, there are six circular icons for 'Recipes >', 'Meal Prep >', 'Learn >', 'Meal Plans >', 'Books >', and 'Recipe Collections >'. Below this is a 'FEATURED RECIPES' section with a grid of six recipe images and a 'View All Recipes' button. The next section is 'FEATURED MEAL PREP' with three images of meal prep containers and a 'View All Meal Prep' button. The 'LEARN' section features three images related to meal prep and learning. Finally, the 'EBOOK DOWNLOADS' section displays four eBook covers: 'AIP DIET BREAKFASTS', 'AIP BREAKFASTS MEAL PREP COMPANION GUIDE', 'AIP Holidays', and 'AIP ICE CREAM'. A 'View All eBooks' button is located at the bottom of the eBook section.

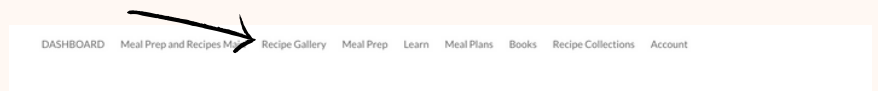
Prep & Reset - Recipe Gallery

To access the Recipe Gallery,
click on this icon:

This is where you'll find individual
recipes



Or go to this menu selection:



That will bring you to this
page!

Use the circles at the top to
jump to specific categories

*(Note: This pre-checks a
checkbox below, so to get out
of that section, simply de-
select the checkbox)*

Or use the checkboxes to
narrow down your selection to
just the recipes you want, like
for the specific diet (Paleo,
AIP, or reintroductions), Meal
type, Protein, etc

And then click on the picture
to go to that specific recipe!

DASHBOARD Meal Prep and Recipes Main Recipe Gallery Meal Prep Learn Meal Plans Books Recipe Collections Account

RECIPES

Under 30 minutes > Sheet Pan Meals > Slow Cooker > Dump Freezer Meals >

«Prev 1 2 3 4 ... 7 Next»

Diet Type:

- AIP Elimination (280)
- AIP Stage 1 Reintros (148)
- AIP Stage 2 Reintros (189)
- AIP Stage 3 Reintros (192)
- Gluten-free (201)
- Paleo (332)
- Whole30 (100)

Meal Type:

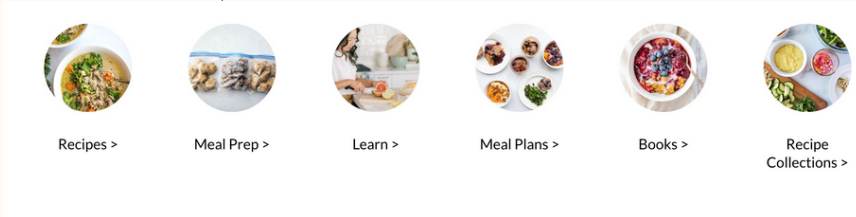
- Breakfast (86)
- Condiment (35)
- Dessert (59)
- Drinks (32)
- Full Meal (48)
- Lunch (36)
- Main Dishes (11)
- Sauce (19)
- Sides (48)
- Snacks (69)
- [See 1 more](#)

Cooking Style:

Instant Pot Cinnamon Apple Cake
Gluten Free Paleo Empanadas (Paleo, Whole30, AIP Stage 2 Reintros)
Mustard and Turmeric Mashed Cauliflower
Broth Fondue
Pale-O's Cereal
Tomato Jam - A Fun Alternative to Ketchup! (Paleo, Whole30)

Prep & Reset - Meal Prep Section

To access the Meal Prep section of the site, click on this icon:



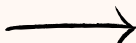
This is where you'll find step-by-step meal prep plans, any individual recipes really great for long-term storage meal prep or to keep on hand to make the week easier, and dump-and-go freezer meals.

Or go to this menu selection:



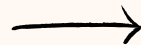
That will bring you to this page!

Use the circles at the top to jump to specific sections.



Note that these are special pages, not just checkbox selections like the Recipe Gallery

Or use the checkboxes to narrow down your selection to just the meal prep sessions you want to look at



And then click on the picture to go to that specific session!

DASHBOARD Meal Prep and Recipes Main Recipe Gallery Meal Prep Learn Meal Plans Books Recipe Collections Account

MEAL PREP

Basic Recipes to Have on Hand > Dressings, Seasonings, and Mixes > Making and Freezing Meat > Dump-and-Go Sessions > Mix-and-Match Ideas >

1 2 Next >

Time

- 0-5 min (15)
- 5-15 min (7)
- 15-30 min (10)
- 30-60 min (25)
- Over 60 min (4)

Type

- Dump-and-Go (14)
- For the Week (18)
- Freezer Stash (18)
- Have on Hand (23)
- Pantry Stocking (15)

Course

- Basics (9)
- Breakfast (15)
- Condiment (12)
- Dessert (4)
- Dinner (22)
- Dressings and Sauces (6)
- Drinks (5)
- Lunch (7)
- Seasonings (4)
- Snack (9)

Varies MEAL PREP DAIRY-FREE YOGURT

60 min MEAL PREP SAVORY TIGERNUT GRANOLA

60 min MEAL PREP PUMPKIN SPICE TIGERNUT GRANOLA

45 min MEAL PREP CINNAMON RAISIN TIGERNUT GRANOLA

50 min MEAL PREP CHOCOLATE TIGERNUT GRANOLA

30 min MEAL PREP SWEET POTATO MILK

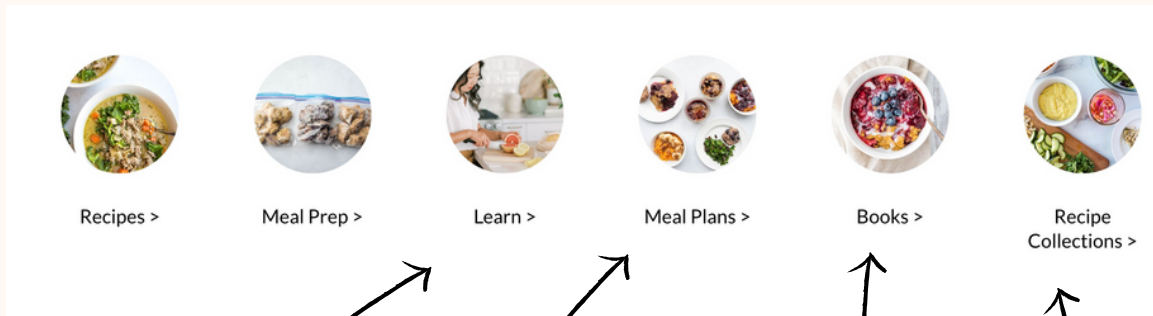
10 min MEAL PREP TIGERNUT MILK

5 min MEAL PREP TANDOORI INDIAN SEASONING MIX

5 min MEAL PREP SAGE SAUSAGE SEASONING MIX

Prep & Reset - Other Highlights

Use either the icons or menu bar to access the other areas of the Prep & Reset section



Learn takes you to the Getting Started with Meal Prep, Freezer Cooking, and Knife Skills Mini Courses

Meal Plans takes you to the done-for-you meal plans

Books takes you to the downloadable eBooks, like The AIP Breakfasts Book and so much more!

Recipe Collections are a super cool feature for meal planning, setting favorites recipes, and more. Watch the videos in this section to fully understand how this all works!

You Can Do AIP Challenge VIP

To access You Can Do AIP Challenge, click on this icon in the main Dashboard:



That will take you to the Challenge Homebase



The You Can Do AIP Challenge is my popular challenge that I only run live a few times a year. However, you can access it directly from here whenever you want!

In the Challenge you learn hacks to make cooking for the AIP Diet so much easier and then you can practice each technique with a recipe each day.

From here you can watch the welcome video which explains what you'll do in the challenge

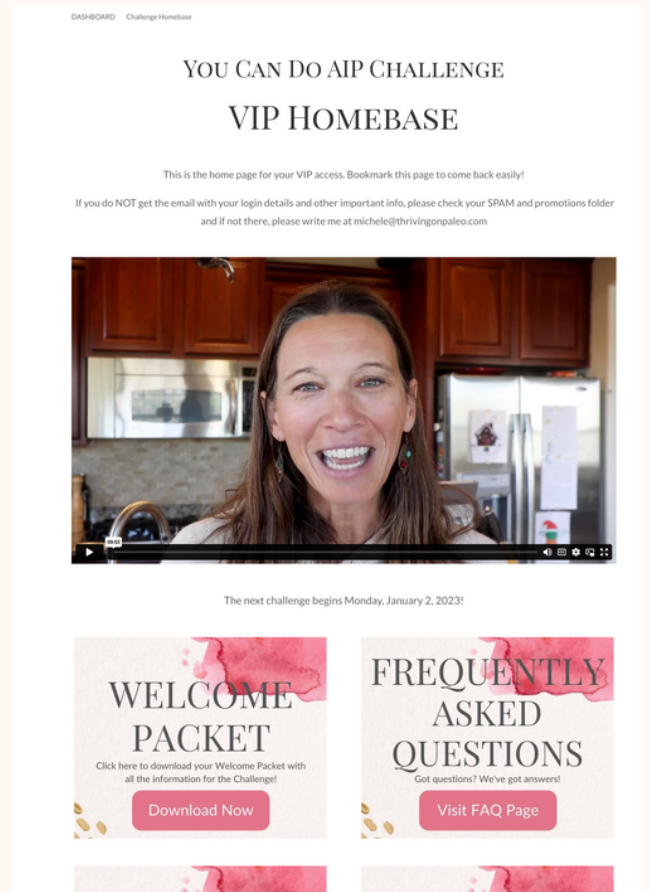


Or click on the icons to get the resources and challenge days' info. Note that the dates will always reflect the last live challenge that was run, so ignore those unless you're participating in one of the live versions!

Also note that these refer to giveaways and a Facebook group - those only happen during the live version.



But you can still use this to get items into your fridge and freezer each day!



DISCLAIMER:

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