

New Year, NEW RECIPES

SATURDAY

FEB. 17th

10am-2pm

Recipe Bundle Meal Package

\$12
(\$16 VALUE)

Includes free recipe cards and one of each of these products:

- Uncured Canadian Bacon
- No Sugar Roll Sausage
- No Sugar Cherrywood Bacon
- ABF Country Style Raw Patty

Ask Chef Shaun Questions • Free Recipe Cards

30 Minute Week Night Meals

Make Ahead, Meal Planning, Freeze Then Cook Meals

Gluten Free, Keto, Paleo Diet Recipes • Free Samples

4 Meals Plus Left Overs – For Less than \$100



CHEF SHAUN DEMONSTRATIONS

10am Ancient grain and Uncured Canadian Bacon Salad
featuring Uncured Canadian Bacon

11am Sausage and Cauliflower Fried Rice
featuring No Sugar Roll Sausage

12pm Bacon and Pumpkin Manicotti
featuring No Sugar Cherrywood Bacon

1pm Sausage, Mushroom and Spinach Frittata
featuring ABF Country Style Raw Patty

