

## who we are

**AC Art Of Food, LLC** is a culinary health consulting resource specializing in helping individuals eat better.

**ACAOF** provides:

- **Abstract Spice** lower sodium healthy spice blends and healthful snacks.
- mindful custom meal plans for weight loss & healthy weight management.
- healthy eating courses, sessions, and experiences.
- recipes, cookbooks and more assisting/educating an overall concept of healthy living.

## our mission

To create a platform aligning healthier food with great flavor utilizing **Abstract Spice**, and provide education on the selection and preparation of these foods to improve quality of life through cooking experiences and consults.

## our vision

To provide products, services, and tools to help individuals in eating healthier.

"...ABSTRACT SPICE IS THE BEST - I USED IT TO SEASON/MARINATE CHICKEN WINGS FOR DATE NIGHT AND THEN USED IT FOR A ONE PARTY SEAFOOD BOIL LATER IN THE WEEK. EXCELLENT....NOT TOO MUCH SALT AND JUST THE RIGHT AMOUNT OF ADDED FLAVOR. GOING TO ORDER THE "SPICY" NEXT"

**MARSHA A.**  
RIVERDALE, GA

"...AC HAS PROVIDED INVALUABLE MEAL PLANNING FOR ME AND MY FAMILY! HER CULINARY SKILLS ARE SECOND TO NONE, EXCEPT MAYBE TO HER PASSION FOR HEALTHY EATING. TALK ABOUT SOMEONE TRULY LIVING IN HER PURPOSE"

**DARLENE, S.**  
ATLANTA, GA

"...ABSTRACT SPICE AWAKENED MY SENSES IMMEDIATELY UPON UNSEALING THE BAG. SO FAR, I'VE USED IT ON SALMON, CHICKEN, SPINACH SALAD, BAKED BEANS, AND AS A DRY RUB; ALL WITH GREAT SUCCESS. TAKE A BOW AC... THIS IS BIG!"

**TREVOR, A.**  
GARLAND, TX

# ABSTRACT SPICE & SNACKS

Abstract Spice is an AMAZING alkaline-blend of beneficial herbs, spices and Himalayan sea salt. This universal seasoning is phenomenal on vegetables, meats, seafood, barbeque, potatoes, popcorn, and even fruit! Hand-crafted, all natural, lower in sodium, SO good and good for you!

- Immune boosting
- Anti-inflammatory
- Sustainable, Recyclable, eco-friendly convenient double-sealed packs.
- Smell and light preserved packaging.

*\*The standard known brand season all blend is approximately 338mg of sodium per serving (1/4 tsp).\**



Nutrition Facts	
240 servings per container	
Serving size	1/4 tsp (1g)
Amount Per Serving	
<b>Calories</b>	<b>0</b>
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
Protein 0g	0%

Not a significant source of vitamin D, calcium, iron, and potassium.  
\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS** sea salt, garlic, onion, lemon, fresh cracked pepper, turmeric, paprika, sage, mustard, celery, less than 2% cane sugar for balance, other beneficial natural spices.



Nutrition Facts	
240 servings per container	
Serving size	1/4 tsp (1g)
Amount Per Serving	
<b>Calories</b>	<b>0</b>
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
Protein 0g	0%

Not a significant source of vitamin D, calcium, iron, and potassium.  
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Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
Protein 0g	0%

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Nutrition Facts	
240 servings per container	
Serving size	1/4 tsp (1g)
Amount Per Serving	
<b>Calories</b>	<b>0</b>
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
Protein 0g	0%

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\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS** lemon, fresh cracked pepper, sea salt, garlic, onion, turmeric, paprika, sage, mustard, celery, less than 2% cane sugar for balance, other beneficial natural spices.



Nutrition Facts	
240 servings per container	
Serving size	1/4 tsp (1g)
Amount Per Serving	
<b>Calories</b>	<b>0</b>
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
Protein 0g	0%

Not a significant source of vitamin D, calcium, iron, and potassium.  
\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS** lemon, fresh cracked pepper, sea salt, garlic, onion, turmeric, paprika, sage, mustard, celery, less than 2% cane sugar for balance, other beneficial natural spices.



Nutrition Facts	
288 servings per container	
Serving size	1/4 tsp (1g)
Amount Per Serving	
<b>Calories</b>	<b>0</b>
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
Protein 0g	0%

Not a significant source of vitamin D, calcium, iron, and potassium.  
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**INGREDIENTS** sea salt, garlic, onion, lemon, fresh cracked pepper, turmeric, paprika, sage, mustard, celery, less than 2% cane sugar for balance, other beneficial natural spices.

## Abstract Spice is available in 6 different spice blends:

- Original
- Lower Sodium
- Spicy
- Lemon Salt & Pepper
- Lemon (LOW) Salt & Pepper
- Rose Sea Salt

## Bulk Pricing:

Taste Bundles: 10+ @\$25/unit, 20+ @\$22/unit

Gold Top Taste Bundles: 10+ @\$35/unit, 20+ @\$30/unit

2 lb Packs: 5+ @ \$20/unit

## Available sizes:

- 3oz. packs- \$6
- 10oz. packs- \$16
- 2 lb packs- \$29.99
- BUNDLES (bundles include all 6 spice blends)
  - Taste Bundle (3oz. packs)- \$28
  - Gold Top Taste Bundle (2oz./4oz. jars)- \$40/\$50
  - Chef Taste Bundle (2lb packs)- \$165
- Signature Shaker Tin- \$5

## Abstract Snacks:

- Maple Nut Spice Granola (7oz. pkgs)- \$10
- AS Roasted Health Nutz (2oz. pkgs)- \$6
- ACAOF Snack Box/ CharCups (charcuterie snacks)- \$25-\$48

"...AC ART OF FOOD ABSTRACT SPICE CAN AND DOES GO WITH PRACTICALLY EVERY DISH YOU CAN CONJURE UP FROM THE CUCUMBER SALAD TO THANKSGIVING TURKEY, YES TURKEY. I BATHED MY TURKEY IN THIS ABSTRACT SPICE LAST YEAR AND IT WAS MOUTH WATERING! I USE IT FOR MY CUCUMBER SALAD THAT NEVER MAKES IT PAST A DAY ON MY TRUCK. I'VE ALSO GIVEN SOME TO FRIENDS BECAUSE I NEEDED THEM TO TRY IT. IT'S TIME FOR ME TO ORDER MORE BUT LET ME TELL YOU. IT'S A GREAT ALTERNATIVE TO SALTY SEASONING. THANKS AC!"

JURON, T.

ATLANTA, GA

"...LOOKING FOR A SPICE THATS GOOD ON EVERYTHING? FROM FRESH SALAD TO CRAB LEGS. TRY ACAOF! YOU'LL THANK ME LATER."

GLENDIA, H.

JACKSONVILLE, FL

"...ABSTRACT SPICE IS THE ONLY SEASONING I USE ON EVERYTHING!! IT IS AMAZING AND HAS A GREAT TASTE WITH ALL OF MY FAVORITE SPICES IN ONE. THIS IS INDEED MY GO TO SEASONING."

MICHELLE, L.

CHESAPEAKE, VA

# CULINARY HEALTH COURSES

Our Culinary Health Courses are designed to teach the fundamentals of eating healthier. These courses help build the foundations for mindfulness in leading, maintaining, and encouraging a healthy lifestyle.

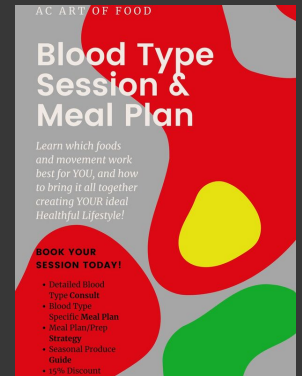
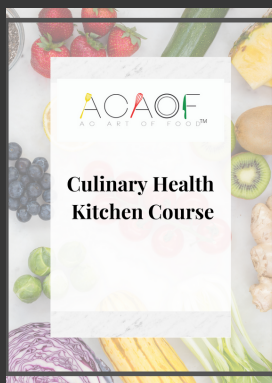
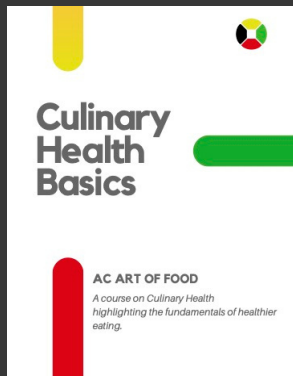
All courses except The Blood Type Health Session are virtual group settings up to 15 participants. (\$525)

\*The Blood Type Health Session is an individual 3 part session. (\$475)

## Our 6 courses:

- **Culinary Health Basics Course**, Focus: Fundamentals of Healthy Eating. (\$35/person)
- **Culinary Health Kitchen Course**, Focus: An essential guide detailing the kitchen tools needed to foster healthy living. (\$35/person)
- **Culinary Health Medicine Cabinet**, Focus: Specific outline of vital foods that work as medicine in the body. (\$35/ person)
- **The Smoothie Element**, Focus: The importance of blending nutrients and how smoothies optimize the body conveniently. (\$35/person)
- **The Blood Type Health Session**, Focus: Detail breakdown of optimal foods, nutrients, and movement based on your blood type (\$475)
- **Cooked with AC- A Virtual Cooking Experience**, Focus: An informative cooking class detailing the specific health benefits of the ingredients used. (\$35/adult, \$25/child)

\*All courses include recipes, mindful eating guide, and cooking demo upon request. (Cooking demo add-on @\$25/person)



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MICHELLE, L.  
CHESAPEAKE, VA

# CULINARY HEALTH CUSTOM MEAL PLANS

*Clean eating meal plans specific to your preferred culinary health needs. (\$250)*

*We start with a 7-day assessment case study to understand how food feeds you!*

*Next, we set up your custom 4-week access plan to log, monitor, and consult regarding your customized plan.*

*Food 'swap' options available with comparable food substitutes to keep you on track and shopping lists for your convenience.*

*Included customizations:*

- meal preferences
- body stats
- desired meals per day
- daily calorie allowance macros/micros
- personal health assessments
- fitness goals tracker log
- fitness activity level log

Day 7 of 7

Day Total

Calories 1791

Carbs 216g (47%)

Protein 106g (23%)

Fat 61g (30%)

Fluid 74fl oz

Breakfast 7:00 am

Show All Meals

egg (hard boiled)

1 large 78 cal

drinking water

16 fl oz 0 cal

ground flaxseed

2 Tbsp 140 cal

cultured coconut milk yogurt

10 oz 201 cal

strawberries

1 Cup(s) 46 cal

oat bran bread

2 slice 142 cal

Meal Totals

Calories 607

Carbs 74g (45%)

Protein 19g (12%)

Fat 32g (43%)

Fluid 23fl oz

## Monthly Meal Plan Subscription

Monthly membership subscription includes:

- Monthly Meal Plans
- Scheduled 1:1 Virtual Consults
- Private Support Group (non-SM)
- Exclusive Member Discount

# ABOUT AC PRICE

AC Art Of Food, LLC is a culinary health lifestyle resource specializing in helping individuals eat better. The company was initially founded in 2003 by owner and culinary creator, Adrienne 'AC' Price. Initially a private caterer turned personal chef, AC started her cooking journey when she was knee-high to her matriarchs, watching them pour love and joy into the pots and pans they mastered in creating delicious bowls and platefuls of comfort. Today, AC has re-focused her company as a culinary resource that educates clients with custom meal planning, all-natural seasonings, cookbooks, and an overall healthier lifestyle of eating.

It was no wonder that at the tender age of six, AC received the entrepreneurial 'bug' and sold her very first Chocolate Peanut Butter Cheerio Ball neatly packaged to the neighborhood kids for the affordable price of \$.25 each. She sold out her first day. Next came the 5th grade 4H Recipe Contest where she took home first place bragging rights (not to mention a cool turquoise 4H t-shirt) for her sensational Chocolate Peanut Butter Banana Milkshake recipe still popular today. As she got older, whipping up fun sandwiches, easy and quick casseroles, and healthy treats became second nature and developed a stronger passion and drive to make good food for good people. In 2007, AC formed 'AC Art of Food' in Atlanta, Georgia where she was caterer to several of the elite in the city's Midtown and surrounding metro areas. She was also selected in 2008 as the featured culinary artist at the Georgia State University- Rialto Center for the Art's Theatrical Outfit where Atlanta's own Monica Kaufman Pearson and the star of the highly-rated TNT show 'Monk', Tony Shalhoub, were hosts of the event. In between catering appointments is where she began her personal chef venture serving busy clients in the Atlanta, Georgia and Cincinnati, Ohio areas.

When AC became pregnant with her first child, she decided to hang up her apron and devote her time and energy to nurture her son, Aidon. In 2009, AC released a self-published cookbook entitled 'For My Girls' which paid homage to her best girlfriends. The book compiles their favorite dishes that were often prepared for them. After the birth of her daughter Logan, she returned to the culinary world, but this time in a role where she would give back.

Although AC is no longer cooking for clients as a private chef, she re-launched AC Art of Food, LLC in 2016 as a culinary health resource where her sole purpose is to guide individuals to healthier eating. Her website is full of tasty information, healthful tips, flavorful recipes, interactive videos, as well as a healthy online gourmet store, MaymeJax Gourmet Boutique, that is home to her infamous hand crafted, all natural, seasoning blends, Abstract Spice- that is literally, '*...good on EVERYTHING!!*'.

Adrienne 'AC' Price holds a Bachelors in Business Management from Savannah State University, and earned her MBA from the University of Phoenix. AC is also certified in Food/Nutrition/Health, Food & Health, and The Science of Well-Being from Stanford and Yale Universities respectively, ServSafe (Mgr), and is licensed by the Georgia Department of Agriculture.

AC lives in Atlanta with her best friend/husband Landon and their three amazing children, Jakobi, Aidon, Logan, and fur baby 'Nati'.



## license/certification

- BA in Business Administration & Management, Savannah State University
- MBA, University of Phoenix
- Certifications:
  - Food, Nutrition, and Health, Allegra (CE)
  - Food & Health, Stanford University (CE)
  - The Science of Well-Being, Yale University (CE)
  - ServSafe(Managerial)
- License:
  - State of Georgia
  - Georgia Department of Agriculture

## partnerships

- Featured spice blend of the Grand Bohemian Hotel, Autograph Collection, Orlando.
- Featured spice blend, Abstract Spice, Orlando Cigar Fest 2021
- Selected spice blend of celebrity Chef Sammy Davis for the new Catch 22 Market
- Leaven Collaborative Kitchen of Georgia member
- [Life and Work with AC Price, VoyageATL](#)

## contact

AC ART OF FOOD, LLC  
215 Laredo Drive, Ste 100  
Decatur, GA 30030

info@acartoffood.com  
678.310.4185



[www.acartoffood.com](http://www.acartoffood.com)



[www.facebook.com/acartoffood](https://www.facebook.com/acartoffood)



[@acartoffood.com](https://twitter.com/acartoffood)



[@acartoffood](https://www.instagram.com/acartoffood)

## specialties

- Abstract Spice- all natural, healthier seasoning blend
- Abstract Spice infused snacks: Roasted HealthNutz, Maple Nut Spiced Granola
- Culinary Health Courses
- Customized Meal Plans
- 'Cooked with AC' - *a Virtual Cooking Experience*
- Culinary Health eCookBooks (Volumes 1 & 2)

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**AC Art Of Food** is the art of bringing together healthy food and great flavor for a canvas that appeals to your lifestyle!

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*"...when you learn how food is medicine for your body, you love what you eat because you're eating for life.  
My focus is to make that life taste good."*

-Adrienne 'AC' Price, AC Art of Food