

Eat Like A Firefighter

(and the families who love them)



300 recipes and healthy eating tips from firefighters and their families who have learned that staying healthy saves lives, staying flexible saves marriages and staying together through it all is family.

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EatLikeAFirefighter.com**

Featuring:

AJ Fusco, Fork & Hose Company
Aaron Zamzow, Fire Rescue Fitness
Chief Rick Lasky
Views From the Jump Seat Ryan Pennington
Andy Starnes, Bringing Back Brotherhood
Fire Critic, Rhett Fleitz
FF Chris Hebert, Cut Throat Kitchen

Recipe Categories Include:

**Firehouse Traditions
Designed for Large Crew Meals
Firehouse Celebrity Chefs
Quick and Healthy for On the Go Crews
Freezer Cooking**

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Proceeds Benefit 247Commitment.org, a 501(c)3 supporting marriage and family of first responders