Prep Dish AIP Week One

Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 1: Roasted Sea Bass w/ Mango Salsa, Cauliflower Rice & Cucumber

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 281	
	% Daily Value *
Total Fat 4 g	**6 %**
Saturated Fat 2 g	**8 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 128 mg	**43 %**
Sodium 219 mg	**9 %**
Potassium 869 mg	**25 %**
Total Carbohydrate 27 g	**9 %**
Dietary Fiber 7 g	**29 %**
Sugars 17 g	
Protein 37 g	**73 %**
Vitamin A	**35 %**
Vitamin C	**222 %**
Calcium	**17 %**
Iron	**19 %**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

Meal 2: Turkey Burgers w/ Roasted Carrots & Parsnips

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 345	
	% Daily Value *
Total Fat 15 g	**24 %**
Saturated Fat 4 g	**20 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 90 mg	**30 %**
Sodium 211 mg	**9 %**
Potassium 680 mg	**19 %**
Total Carbohydrate 30 g	**10 %**
Dietary Fiber 10 g	**40 %**
Sugars 12 g	
Protein 24 g	**48 %**
Vitamin A	**390 %**
Vitamin C	**20 %**
Calcium	**11 %**
Iron	**12 %**

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Meal 3: Lemon Dill Chicken Legs w/Cauliflower Rice & Sauteed Spinach

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 221	
	% Daily Value *
Total Fat 9 g	**13 %**
Saturated Fat 3 g	**17 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 47 mg	**16 %**
Sodium 208 mg	**9 %**
Potassium 1442 mg	**41 %**
Total Carbohydrate 17 g	**6 %**
Dietary Fiber 8 g	**32 %**
Sugars 5 g	
Protein 22 g	**45 %**
Vitamin A	**125 %**
Vitamin C	**220 %**
Calcium	**21 %**
Iron	**36 %**

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Nutrition Facts
(per serving, based on yield of 4 servings)

Meal 4: Slow Cooker Turmeric Pork w/ Slaw

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 560	
	% Daily Value *
Total Fat 25 g	**39 %**
Saturated Fat 5 g	**25 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 200 mg	**67 %**
Sodium 605 mg	**25 %**
Potassium 37 mg	**1 %**
Total Carbohydrate 20 g	**7 %**
Dietary Fiber 5 g	**18 %**
Sugars 15 g	
Protein 61 g	**121 %**
Vitamin A	**52 %**
Vitamin C	**91 %**
Calcium	**10 %**
Iron	**22 %**

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Salad: Mango & Avocado Salad

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 100	
	% Daily Value *
Total Fat 6 g	**9 %**
Saturated Fat 1 g	**5 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 15 mg	**1 %**
Potassium 315 mg	**9 %**
Total Carbohydrate 13 g	**4 %**
Dietary Fiber 4 g	**15 %**
Sugars 8 g	
Protein 2 g	**4 %**
Vitamin A	**18 %**
Vitamin C	**15 %**
Calcium	**7 %**
Iron	**4 %**

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Dressing (per serving, based on 8 servings)

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 63	
	% Daily Value *
Total Fat 7 g	**10 %**
Saturated Fat 1 g	**5 %**
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 0 mg	**0 %**
Potassium 1 mg	**0 %**
Total Carbohydrate 1 g	**0 %**
Dietary Fiber 0 g	**0 %**
Sugars 1 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**2 %**
Calcium	**0 %**
Iron	**0 %**

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Prep Dish AIP Week One

Nutrition Facts
(per serving, based on yield of 4 servings)

Breakfast: Turmeric Pork & Fried Plantains

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 473	
	% Daily Value *
Total Fat 16 g	**25 %**
Saturated Fat 5 g	**26 %**
Monounsaturated Fat 8 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 69 mg	**23 %**
Sodium 139 mg	**6 %**
Potassium 1278 mg	**37 %**
Total Carbohydrate 62 g	**21 %**
Dietary Fiber 5 g	**19 %**
Sugars 28 g	
Protein 25 g	**49 %**
Vitamin A	**37 %**
Vitamin C	**37 %**
Calcium	**2 %**
Iron	**11 %**

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Snack: Carrot Sticks

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 17	
	% Daily Value *
Total Fat 0 g	**0 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 20 mg	**1 %**
Potassium 140 mg	**4 %**
Total Carbohydrate 4 g	**1 %**
Dietary Fiber 1 g	**5 %**
Sugars 3 g	
Protein 1 g	**1 %**
Vitamin A	**60 %**
Vitamin C	**5 %**
Calcium	**1 %**
Iron	**1 %**

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Dessert: Banana "Nice" Cream (per serving, based on 8 servings)

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 112	
	% Daily Value *
Total Fat 0 g	**1 %**
Saturated Fat 0 g	**1 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 1 mg	**0 %**
Potassium 451 mg	**13 %**
Total Carbohydrate 29 g	**10 %**
Dietary Fiber 3 g	**13 %**
Sugars 15 g	
Protein 1 g	**3 %**
Vitamin A	**2 %**
Vitamin C	**18 %**
Calcium	**1 %**
Iron	**2 %**

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