Prep Dish AIP Week Two

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

Meal 1: Lemon Basil Chicken Breast w/ Bacon Roasted Brussels Sprouts

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 376	
	% Daily Value *
Total Fat 9 g	**14 %**
Saturated Fat 3 g	**14 %**
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 155 mg	**52 %**
Sodium 347 mg	**14 %**
Potassium 543 mg	**16 %**
Total Carbohydrate 11 g	**4 %**
Dietary Fiber 4 g	**16 %**
Sugars 3 g	
Protein 60 g	**120 %**
Vitamin A	**17 %**
Vitamin C	**169 %**
Calcium	**5 %**
Iron	**16 %**

* 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: Ginger Roasted Pork Chops w/ Stir Fried Carrots, Broccoli & Asparagus

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 280	
	% Daily Value *
Total Fat 7 g	**11 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 65 mg	**22 %**
Sodium 575 mg	**24 %**
Potassium 678 mg	**19 %**
Total Carbohydrate 19 g	**6 %**
Dietary Fiber 6 g	**25 %**
Sugars 9 g	
Protein 29 g	**59 %**
Vitamin A	**253 %**
Vitamin C	**15 %**
Calcium	**4 %**
Iron	**17 %**

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Meal 3: Slow-Baked Brisket w/ Creamy Cauliflower & Leek Soup

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 550	
	% Daily Value *
Total Fat 21 g	**33 %**
Saturated Fat 8 g	**38 %**
Monounsaturated Fat 10 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 187 mg	**62 %**
Sodium 1444 mg	**60 %**
Potassium 1113 mg	**32 %**
Total Carbohydrate 12 g	**4 %**
Dietary Fiber 5 g	**19 %**
Sugars 6 g	
Protein 68 g	**136 %**
Vitamin A	**0 %**
Vitamin C	**113 %**
Calcium	**5 %**
Iron	**5 %**

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Prep Dish AIP Week Two

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

Meal 4: Leftover Brisket w/ Mashed Sweet Potato

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 290	
	% Daily Value *
Total Fat 8 g	**13 %**
Saturated Fat 3 g	**15 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 70 mg	**23 %**
Sodium 163 mg	**7 %**
Potassium 822 mg	**23 %**
Total Carbohydrate 27 g	**9 %**
Dietary Fiber 4 g	**16 %**
Sugars 6 g	
Protein 26 g	**51 %**
Vitamin A	**377 %**
Vitamin C	**5 %**
Calcium	**5 %**
Iron	**4 %**

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Salad: Mixed Greens, Grapes, Cucumber & Avocado

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 118	
	% Daily Value *
Total Fat 13 g	**20 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 8 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 29 mg	**1 %**
Potassium 452 mg	**13 %**
Total Carbohydrate 16 g	**5 %**
Dietary Fiber 7 g	**29 %**
Sugars 6 g	
Protein 3 g	**5 %**
Vitamin A	**56 %**
Vitamin C	**33 %**
Calcium	**11 %**
Iron	**11 %**

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Dressing (per serving, based on 8 servings)

Nutrition Facts

Servings 8.0

Amount Per Serving	
calories 134	
	% Daily Value *
Total Fat 14 g	**22 %**
Saturated Fat 2 g	**10 %**
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 4 mg	**0 %**
Potassium 18 mg	**1 %**
Total Carbohydrate 3 g	**1 %**
Dietary Fiber 0 g	**0 %**
Sugars 2 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**0 %**
Calcium	**0 %**
Iron	**5 %**

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Prep Dish AIP Week Two

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

Breakfast: Banana, Berry & Avocado Smoothie

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 193	
	% Daily Value *
Total Fat 13 g	**21 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 8 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 62 mg	**3 %**
Potassium 1048 mg	**30 %**
Total Carbohydrate 33 g	**11 %**
Dietary Fiber 12 g	**47 %**
Sugars 14 g	
Protein 4 g	**9 %**
Vitamin A	**137 %**
Vitamin C	**75 %**
Calcium	**8 %**
Iron	**19 %**

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Snack: Olives

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 140	
	% Daily Value *
Total Fat 12 g	**18 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 1080 mg	**45 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 8 g	**3 %**
Dietary Fiber 0 g	**0 %**
Sugars 0 g	
Protein 0 g	**0 %**
Vitamin A	**0 %**
Vitamin C	**24 %**
Calcium	**0 %**
Iron	**0 %**

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Dessert: Strawberries

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 36	
	% Daily Value *
Total Fat 0 g	**1 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 1 mg	**0 %**
Potassium 173 mg	**5 %**
Total Carbohydrate 9 g	**3 %**
Dietary Fiber 2 g	**9 %**
Sugars 6 g	
Protein 1 g	**2 %**
Vitamin A	**0 %**
Vitamin C	**111 %**
Calcium	**2 %**
Iron	**3 %**

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