Prep Dish AIP Week Four

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

Meal 1: Beef Stir Fry w/ Broccoli & Cauliflower Rice

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 439	
	% Daily Value *
Total Fat 30 g	**47 %**
Saturated Fat 21 g	**105 %**
Monounsaturated Fat 6 g	
Polyunsaturated Fat 1 g	
Trans Fat 1 g	
Cholesterol 73 mg	**24 %**
Sodium 418 mg	**17 %**
Potassium 855 mg	**24 %**
Total Carbohydrate 20 g	**7 %**
Dietary Fiber 6 g	**26 %**
Sugars 8 g	
Protein 27 g	**54 %**
Vitamin A	**19 %**
Vitamin C	**326 %**
Calcium	**10 %**
Iron	**29 %**

* 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: Lemon Parsley Sea Bass w/ Japanese Sweet Potato Wedges

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 266	
	% Daily Value *
Total Fat 16 g	**24 %**
Saturated Fat 8 g	**40 %**
Monounsaturated Fat 8 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 1 mg	**0 %**
Sodium 35 mg	**1 %**
Potassium 481 mg	**14 %**
Total Carbohydrate 18 g	**6 %**
Dietary Fiber 8 g	**30 %**
Sugars 2 g	
Protein 29 g	**57 %**
Vitamin A	**144 %**
Vitamin C	**12 %**
Calcium	**2 %**
Iron	**8 %**

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Meal 3: Lemon Parsley Pork Chops w/ Cabbage & Apples

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 421	
	% Daily Value *
Total Fat 13 g	**20 %**
Saturated Fat 4 g	**20 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 79 mg	**26 %**
Sodium 121 mg	**5 %**
Potassium 833 mg	**24 %**
Total Carbohydrate 44 g	**15 %**
Dietary Fiber 9 g	**38 %**
Sugars 26 g	
Protein 36 g	**71 %**
Vitamin A	**70 %**
Vitamin C	**236 %**
Calcium	**12 %**
Iron	**17 %**

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Prep Dish AIP Week Four

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

Meal 4: Roasted Drumsticks w/ Sweet Potato & Pear Soup

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 472	
	% Daily Value *
Total Fat 20 g	**31 %**
Saturated Fat 5 g	**25 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 180 mg	**60 %**
Sodium 241 mg	**10 %**
Potassium 546 mg	**16 %**
Total Carbohydrate 26 g	**9 %**
Dietary Fiber 5 g	**21 %**
Sugars 10 g	
Protein 47 g	**94 %**
Vitamin A	**243 %**
Vitamin C	**59 %**
Calcium	**9 %**
Iron	**20 %**

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Salad: Mixed Greens w/ Shredded Radish & Carrots

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 18	
	% 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 43 mg	**2 %**
Potassium 100 mg	**3 %**
Total Carbohydrate 4 g	**1 %**
Dietary Fiber 1 g	**6 %**
Sugars 1 g	
Protein 1 g	**2 %**
Vitamin A	**136 %**
Vitamin C	**19 %**
Calcium	**3 %**
Iron	**7 %**

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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 Four

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

Breakfast: Homemade Sausage Patty w/ Tarragon Roasted Butternut Squash

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 357	
	% Daily Value *
Total Fat 24 g	**36 %**
Saturated Fat 9 g	**44 %**
Monounsaturated Fat 10 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 107 mg	**36 %**
Sodium 85 mg	**4 %**
Potassium 576 mg	**16 %**
Total Carbohydrate 5 g	**2 %**
Dietary Fiber 1 g	**3 %**
Sugars 1 g	
Protein 30 g	**60 %**
Vitamin A	**76 %**
Vitamin C	**15 %**
Calcium	**6 %**
Iron	**12 %**

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Snack: Cauliflower

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 36	
	% 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 43 mg	**2 %**
Potassium 0 mg	**0 %**
Total Carbohydrate 8 g	**3 %**
Dietary Fiber 4 g	**14 %**
Sugars 4 g	
Protein 3 g	**6 %**
Vitamin A	**0 %**
Vitamin C	**111 %**
Calcium	**3 %**
Iron	**4 %**

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Dessert: Baked Apples w/ Dried Fruit

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 349	
	% Daily Value *
Total Fat 14 g	**22 %**
Saturated Fat 12 g	**60 %**
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 7 mg	**0 %**
Potassium 535 mg	**15 %**
Total Carbohydrate 57 g	**19 %**
Dietary Fiber 7 g	**28 %**
Sugars 48 g	
Protein 2 g	**3 %**
Vitamin A	**2 %**
Vitamin C	**10 %**
Calcium	**7 %**
Iron	**7 %**

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