Prep Dish AIP Week Three

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

Meal 1: Asian Glazed Salmon w/ Grilled Bok Choy & Peaches

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 171	
	% Daily Value *
Total Fat 1 g	**2 %**
Saturated Fat 0 g	**0 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 45 mg	**15 %**
Sodium 832 mg	**35 %**
Potassium 243 mg	**7 %**
Total Carbohydrate 16 g	**5 %**
Dietary Fiber 2 g	**7 %**
Sugars 8 g	
Protein 25 g	**51 %**
Vitamin A	**19 %**
Vitamin C	**27 %**
Calcium	**3 %**
Iron	**2 %**

* 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: Spinach Salad w/ Balsamic Chicken, Raspberries, Cucumber, & Avocado

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 450	
	% Daily Value *
Total Fat 6 g	**10 %**
Saturated Fat 2 g	**9 %**
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 146 mg	**49 %**
Sodium 195 mg	**8 %**
Potassium 498 mg	**14 %**
Total Carbohydrate 33 g	**11 %**
Dietary Fiber 3 g	**12 %**
Sugars 26 g	
Protein 56 g	**111 %**
Vitamin A	**67 %**
Vitamin C	**30 %**
Calcium	**12 %**
Iron	**37 %**

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Meal 3: Bison Burgers w/ Avocado Slices & Sweet Potato Wedges

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 307	
	% Daily Value *
Total Fat 19 g	**29 %**
Saturated Fat 5 g	**25 %**
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 71 mg	**24 %**
Sodium 102 mg	**4 %**
Potassium 736 mg	**21 %**
Total Carbohydrate 17 g	**6 %**
Dietary Fiber 5 g	**18 %**
Sugars 3 g	
Protein 22 g	**44 %**
Vitamin A	**190 %**
Vitamin C	**10 %**
Calcium	**3 %**
Iron	**19 %**

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

Meal 4: Beef Kebobs w/ Zucchini & Yellow Squash

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 161	
	% Daily Value *
Total Fat 4 g	**6 %**
Saturated Fat 1 g	**6 %**
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	**0 %**
Sodium 64 mg	**3 %**
Potassium 668 mg	**19 %**
Total Carbohydrate 4 g	**1 %**
Dietary Fiber 2 g	**8 %**
Sugars 1 g	
Protein 27 g	**53 %**
Vitamin A	**1 %**
Vitamin C	**17 %**
Calcium	**8 %**
Iron	**30 %**

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Salad: Massaged Kale Salad w/ Blueberries

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 96	
	% Daily Value *
Total Fat 7 g	**11 %**
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 426 mg	**12 %**
Total Carbohydrate 17 g	**6 %**
Dietary Fiber 5 g	**21 %**
Sugars 7 g	
Protein 2 g	**4 %**
Vitamin A	**80 %**
Vitamin C	**103 %**
Calcium	**5 %**
Iron	**5 %**

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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 Three

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

Breakfast: Sweets & Beets AIP Breakfast Hash

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 412	
	% Daily Value *
Total Fat 27 g	**41 %**
Saturated Fat 12 g	**58 %**
Monounsaturated Fat 11 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 83 mg	**28 %**
Sodium 132 mg	**5 %**
Potassium 551 mg	**16 %**
Total Carbohydrate 22 g	**7 %**
Dietary Fiber 4 g	**15 %**
Sugars 7 g	
Protein 21 g	**42 %**
Vitamin A	**189 %**
Vitamin C	**12 %**
Calcium	**6 %**
Iron	**14 %**

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Snack: Fennel Slices

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 30 mg	**1 %**
Potassium 242 mg	**7 %**
Total Carbohydrate 4 g	**1 %**
Dietary Fiber 2 g	**7 %**
Sugars 2 g	
Protein 1 g	**1 %**
Vitamin A	**11 %**
Vitamin C	**12 %**
Calcium	**3 %**
Iron	**2 %**

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Dessert: Mango & Blueberry Popsicles

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 88	
	% 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 1 mg	**0 %**
Potassium 57 mg	**2 %**
Total Carbohydrate 23 g	**8 %**
Dietary Fiber 3 g	**13 %**
Sugars 18 g	
Protein 1 g	**2 %**
Vitamin A	**11 %**
Vitamin C	**42 %**
Calcium	**0 %**
Iron	**1 %**

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