



FOOD SENSITIVITY DIET & PROTOCOL



Food Sensitivity



What Is Food Sensitivity

Food sensitivity, also known as food intolerance, is a condition in which certain foods cause adverse reactions in the body. Unlike food allergies, which involve an immediate immune response and can be life-threatening, food sensitivities typically result in delayed and less severe symptoms.

Understanding food sensitivity is crucial for identifying and managing symptoms that can impact overall health and well-being. By recognizing and addressing these sensitivities, individuals can improve their quality of life, reduce discomfort, and prevent long-term health issues associated with chronic inflammation and other related conditions.

Types of Food Reactions

Food Allergies

Mechanism

Involve the immune system producing IgE antibodies in response to specific proteins in food.

Symptoms

Immediate and can include hives, swelling, difficulty breathing, and anaphylaxis.

Food Sensitivities

Mechanism

Often involve non-IgE mediated immune responses or other physiological mechanisms.

Symptoms

Can be delayed (hours to days after consumption) and include gastrointestinal issues, headaches, fatigue, and skin problems.

Food Intolerances

Mechanism

Typically involve difficulty digesting certain substances, such as lactose or gluten.

Symptoms

Gastrointestinal discomfort, such as bloating, gas, diarrhea, or constipation.

Common Food Sensivities

Gluten

- Found in wheat, barley, and rye.
- Can cause symptoms in individuals with celiac disease or non-celiac gluten sensitivity.

Lactose

- A sugar found in milk and dairy products.
- Causes symptoms in individuals with lactose intolerance due to a deficiency in lactase enzyme.

FODMAPs

- Short-chain carbohydrates that are poorly absorbed in the small intestine.
- Found in foods like garlic, onions, beans, and certain fruits.
- Can cause symptoms in individuals with irritable bowel syndrome (IBS).

Histamine

- Found in aged and fermented foods, such as cheese, wine, and sauerkraut.
- Can cause symptoms in individuals with histamine intolerance due to a deficiency in diamine oxidase enzyme.

Food Additives

- Such as artificial colors, preservatives, and flavor enhancers.
- Can cause symptoms in sensitive individuals.



Food Sensitivity Testing

Food sensitivity testing has become an increasingly important tool in the realm of personalized healthcare. As our understanding of nutrition and its impact on health evolves, so does the recognition of the unique ways in which individuals respond to different foods. In this discourse, we explore the reasons why patients might consider food sensitivity testing as part of their journey towards optimal health and well-being.

Unraveling Symptoms: Many individuals suffer from a range of symptoms that are often dismissed or attributed to other causes. These symptoms can include digestive issues like bloating, gas, and diarrhea, as well as skin problems, headaches, fatigue, and joint pain. While these symptoms may seem unrelated, they could be indicative of underlying food sensitivities. Food sensitivity testing can help unravel these mysteries by identifying specific foods that may be triggering these symptoms.

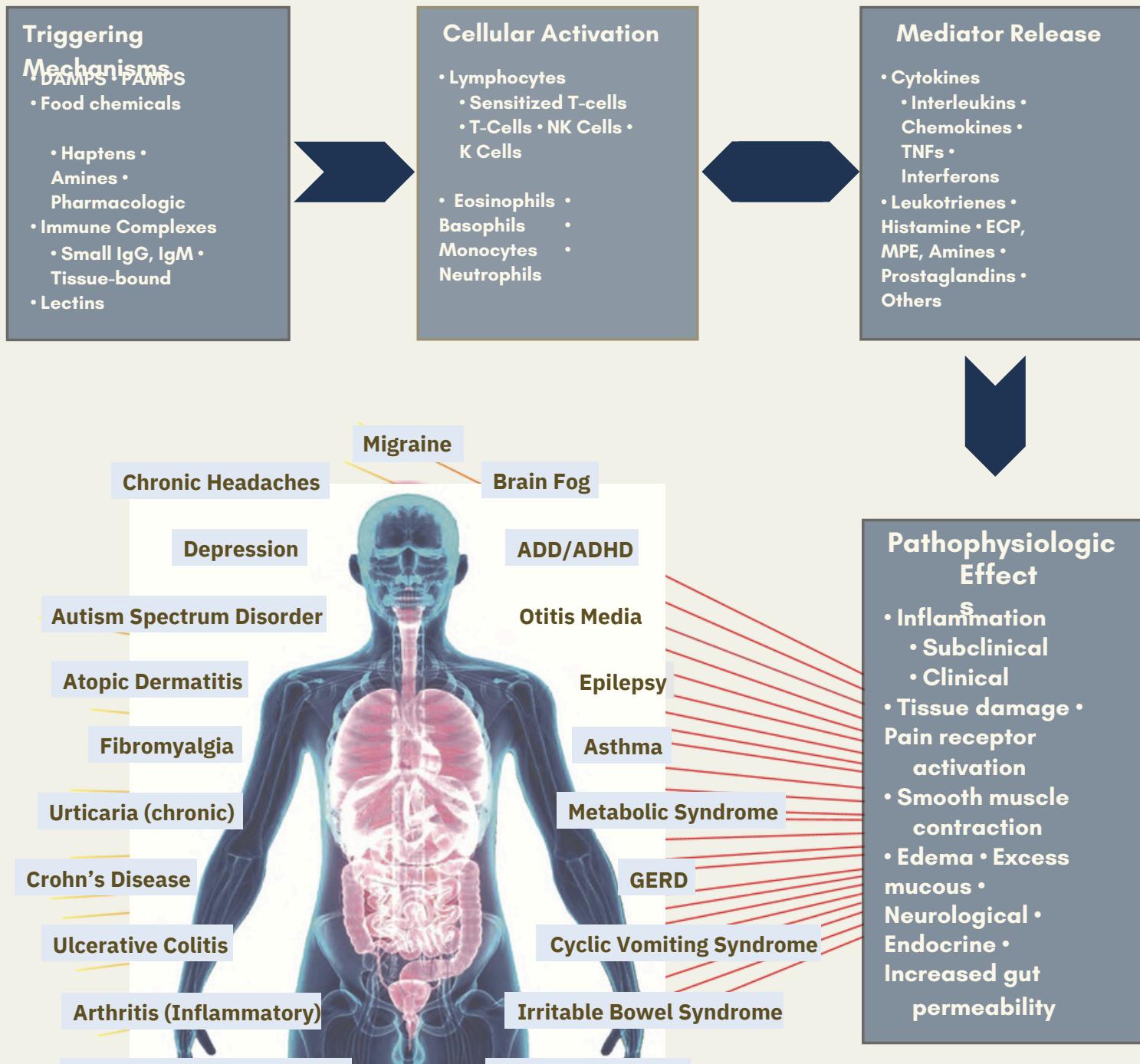
Personalized Approach to Nutrition: In a world where dietary trends abound and conflicting nutritional advice is rampant, personalized nutrition has emerged as a beacon of clarity. Food sensitivity testing allows individuals to gain insight into how their bodies react to different foods on a personal level. By identifying and eliminating or minimizing foods that cause sensitivity reactions, patients can tailor their diet to better suit their unique physiological needs, leading to improved overall health and well-being.

Enhancing Digestive Health: The gut plays a crucial role in our overall health, acting as a gateway between the outside world and our internal systems. For many individuals, undetected food sensitivities can wreak havoc on digestive health, leading to inflammation, gut permeability, and dysbiosis. Food sensitivity testing can pinpoint problem foods that may be contributing to these issues, allowing patients to make targeted dietary changes that promote gut healing and restore balance.

Managing Chronic Conditions: Certain chronic health conditions, such as autoimmune diseases, migraines, eczema, and irritable bowel syndrome (IBS), have been linked to food sensitivities. For individuals living with these conditions, identifying and eliminating trigger foods can be instrumental in managing symptoms and improving quality of life. Food sensitivity testing offers a non-invasive means of identifying potential triggers, empowering patients to take control of their health and manage their conditions more effectively.

Preventative Health: In addition to addressing existing health concerns, food sensitivity testing can also play a role in preventive healthcare. By identifying and addressing food sensitivities early on, individuals can potentially prevent the development of chronic health conditions and promote long-term health and vitality.

How Food Sensitivities Cause Inflammation



Food and food-chemical sensitivities are a category of complex, non-IgE (non-allergic), non-celiac inflammatory reactions. Sensitivities can involve innate and adaptive immune pathways, multiple triggering mechanisms and multiple classes of white blood cells. Pathogenic reactions ultimately lead to the release of proinflammatory and proalgesic mediators from associated white cells with resulting subclinical and clinical inflammatory effects. The patented Mediator Release Test (MRT®) can help identify sensitivity reactions to foods and food-chemicals.

The Challenges of Food Sensitivities

Food and food-chemical sensitivities are an important underlying source of inflammation and symptoms across a wide range of chronic inflammatory conditions. Patients are often refractory to standard therapies and typically present with multiple symptoms across multiple organ systems in an ebb and flow pattern. In patients with autoimmune and allergic disease, sensitivities are frequently co-morbid.

Food sensitivities are the result of the breakdown of oral tolerance mechanisms leading to many reactive foods and food-chemicals. Identification of reactive food items is a significant challenge as symptom onset is often delayed by many hours, may be dose-dependent and cumulative, and usually involve a number of reactive food items to varying degrees, which all play a role in clinical manifestation.

Due to their inherent clinical and immunologic complexities, as well as the limitations of various commercially available blood tests to identify dietary triggers, combined with poorly reasoned, poorly applied and poorly adhered- to dietary approaches geared towards solving the problem, food and food- chemical sensitivities remain one of the most under-addressed areas of conventional medicine.

Properly Addressing Food Sensitivities Will Have A Major Impact on Your Health

It will significantly and quickly improve clinical outcomes in many challenging patients (*up to full remission*) because an important source of inflammation has been addressed. It will clarify co-morbid disease processes that need intervention. It will enhance the effectiveness of every other therapy you use because an important source of inflammation has been removed.

Clinical Conditions Involving Food Sensitivities

Gastrointestinal

Irritable Bowel
Syndrome Functional
Diarrhea GERD Crohn's
Disease Ulcerative
Colitis Microscopic
Colitis Lymphocytic
Colitis Cyclic Vomiting
Syndrome

Neurological

Migraine ADD/ADHD
Autism Spectrum
Disorders Epilepsy
Depression Insomnia
Restless Leg Syndrome

Endocrine

Type II Diabetes
Metabolic
Syndrome Obesity

Musculoskeletal

Fibromyalgia
Inflammatory Arthritis
Chronic Fatigue
Syndrome

Dermatological

Atopic Dermatitis
Urticaria Psoriasis

Gynecological

Polycystic Ovary
Syndrome

Urological

Interstitial
Cystitis

Food Sensitivity



Grocery List For A Week (See The Following Recipes)

Fruits

- 1 Apple
- 1/2 Avocado
- 2 Banana
- 1/2 cup Blueberries
- 1 1/2 Lemon
- 1 3/4 cups Lemon Juice
- 2 Mango

Breakfast

- 1 3/4 cups All Natural Peanut Butter
- 1/4 cup Maple Syrup

Seeds, Nuts & Spices

- 1/2 tsp Chili Flakes
- 1 1/2 tsp. Garlic Powder
- 1 tsp Oregano
- 2 tsps Sea Salt
- 3/4 tsp Turmeric

Vegetables

- 5 cups Baby Kale
- 12 1/2 cups Baby Spinach
- 1 Cucumber
- 1/3 cup Fresh Dill
- 2 cups Kale Leaves
- 1 1/2 cups Mini Potatoes
- 1 tbsp Red Onion
- 1/3 White Onion
- 1 Zucchini

Boxed & Canned

- 1 cup Lima Beans
- 8 ozs Pasta
- 1 cup Quinoa

Baking

- 3 cups Oats
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 2 ozs Cheddar Cheese
- 10 ozs Chicken Breast, Cooked
- 8 ozs Chicken Thighs
- 2 Cod Fillet
- 1 lb Extra Lean Ground Turkey
- 1 3/4 lbs Salmon Fillet

Condiments & Oils

- 1/2 cup Avocado Oil

Cold

- 2 Egg
- 2 tbsps Plain Greek Yogurt
- 1 cup Unsweetened Almond Milk

Other

- 1 cup Water

Foods For Those with Food Sensitivities

Peanut Butter Banana Oat Smoothie



Peanut Butter Banana Oat Smoothie

2 servings
5 minutes

Ingredients

1/2 cup Oats (quick or traditional)
1/4 cup All Natural Peanut Butter
2 Banana
1 cup Unsweetened Almond Milk

Directions

1

Place all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

Nutrition

Amount per serving	
Calories	389
Fat	20g
Carbs	48g
Fiber	7g
Sugar	18g
Protein	12g
Cholesterol	0mg
Sodium	88mg
Potassium	694mg
Vitamin A	325IU
Vitamin C	10mg
Calcium	258mg
Iron	2mg
Vitamin E	3mg
Folate	58µg
Vitamin B12	0µg
Magnesium	122mg
Zinc	2mg

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Foods For Those with Food Sensitivities

Green Shakshuka



Green Shakshuka

2 servings
20 minutes

Ingredients

1 tbsp Avocado Oil
1/3 White Onion (chopped)
5 cups Baby Kale (chopped)
1/4 cup Fresh Dill (chopped, plus extra for garnish)
1/4 tsp Sea Salt (divided)
1/2 tsp Chili Flakes
2 Egg
2 ozs Cheddar Cheese (crumbled)

Directions

- 1 Heat the olive oil in a medium pan over medium heat. Sauté the onion for five minutes until translucent. Add in the kale and sauté for another seven to eight minutes until the kale is tender.
- 2 Mix in the dill, half of the salt, and chili flakes. Make small wells for eggs in the middle of the pan. Crack eggs into the pan and season with the remaining salt. Cover the pan with a lid and cook for five to six minutes or until the eggs are cooked to your liking.
- 3 Remove the pan from the heat. Garnish with cheese and extra chopped dill. Enjoy.

Nutrition

Amount per serving	
Calories	305
Fat	22g
Carbs	12g
Fiber	4g
Sugar	4g
Protein	18g
Cholesterol	214mg
Sodium	590mg
Potassium	650mg
Vitamin A	708IU
Vitamin C	2mg
Calcium	398mg
Iron	3mg
Vitamin E	1mg
Folate	36µg
Vitamin B12	0.8µg
Magnesium	16mg
Zinc	2mg

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Foods For Those with Food Sensitivities

Oatmeal with Blueberries



Oatmeal with Blueberries

1 serving
10 minutes

Ingredients

1 cup Water
1/2 cup Oats (quick or rolled)
1/2 cup Blueberries (fresh or frozen)

Directions

- 1 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about 5 minutes or until oats are tender and most of the water is absorbed.
- 2 Transfer the cooked oats to a bowl and top with blueberries. Enjoy!

Nutrition

Amount per serving	
Calories	196
Fat	3g
Carbs	38g
Fiber	6g
Sugar	8g
Protein	6g
Cholesterol	0mg
Sodium	8mg
Potassium	204mg
Vitamin A	40IU
Vitamin C	7mg
Calcium	49mg
Iron	2mg
Vitamin E	1mg
Folate	17µg
Vitamin B12	0µg
Magnesium	65mg
Zinc	2mg

Foods For Those with Food Sensitivities

Salmon, Quinoa & Spinach



Salmon, Quinoa & Spinach

4 servings

25 minutes

Ingredients

1 lb Salmon Fillet
1/2 tsp Sea Salt
1 cup Quinoa (uncooked, rinsed twice)
2 tbsps Avocado Oil
1/2 Lemon (juiced)
4 cups Baby Spinach

Nutrition

Amount per serving	
Calories	375
Fat	15g
Carbs	29g
Fiber	4g
Sugar	0g
Protein	32g
Cholesterol	58mg
Sodium	409mg
Potassium	829mg
Vitamin A	3003IU
Vitamin C	11mg
Calcium	60mg
Iron	3mg
Vitamin E	3mg
Folate	144µg
Vitamin B12	5.3µg
Magnesium	142mg
Zinc	2mg

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
- 3 While the salmon roasts, make your quinoa according to the instructions on the package.
- 4 Combine the oil and lemon juice in a jar and mix well.
- 5 Divide salmon, quinoa and spinach between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!

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Foods For Those with Food Sensitivities

LEAP Mango Chicken



LEAP Mango Chicken

3 servings

15 minutes

Ingredients

2 Mango (small, chopped, divided)
1/4 tsp Turmeric (ground)
1 1/2 cups Lemon Juice
2 tbsps Plain Greek Yogurt
4 1/2 cups Baby Spinach
10 ozs Chicken Breast, Cooked (chopped)
1 Cucumber (medium, chopped)

Directions

- 1 Add half the mango, turmeric, lemon juice, and yogurt to a food processor and blend until smooth.
- 2 Divide the spinach, chicken breast, cucumber, and remaining mango onto plates. Top with the mango dressing and enjoy!

Nutrition

Amount per serving	
Calories	338
Fat	5g
Carbs	48g
Fiber	6g
Sugar	36g
Protein	34g
Cholesterol	100mg
Sodium	96mg
Potassium	1275mg
Vitamin A	6838IU
Vitamin C	145mg
Calcium	119mg
Iron	3mg
Vitamin E	4mg
Folate	215µg
Vitamin B12	0.2µg
Magnesium	111mg
Zinc	2mg

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Foods For Those with Food Sensitivities

Pasta with Spinach & Turkey



Pasta with Spinach & Turkey

4 servings
20 minutes

Ingredients

8 ozs Pasta
2 tbsps Avocado Oil (divided)
1 lb Extra Lean Ground Turkey
1 tsp Oregano
1/2 tsp Sea Salt
4 cups Baby Spinach (packed)

Nutrition

Amount per serving	
Calories	445
Fat	18g
Carbs	43g
Fiber	6g
Sugar	2g
Protein	30g
Cholesterol	84mg
Sodium	403mg
Potassium	619mg
Vitamin A	2900IU
Vitamin C	8mg
Calcium	73mg
Iron	4mg
Vitamin E	1mg
Folate	100µg
Vitamin B12	1.4µg
Magnesium	107mg
Zinc	4mg

Directions

- 1 Cook the pasta according to the directions on the box.
- 2 Meanwhile, in a large skillet, heat half of the oil over medium heat. Add the turkey to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, add oregano and salt. Add the spinach and stir until wilted.
- 3 Add the cooked pasta to the skillet with the turkey and spinach along with the remaining oil and stir to combine. Season with additional salt or add more oil if needed.
- 4 Divide into bowls and enjoy!

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Foods For Those with Food Sensitivities

Turmeric Chicken with Beans & Kale, No Pepper, Avocado Oil



Turmeric Chicken with Beans & Kale, no pepper, avocado oil

2 servings

30 minutes

Ingredients

1 Lemon (juiced, divided)
2 tbsps Avocado Oil (divided)
1 tsp Garlic Powder (divided)
1/2 tsp Turmeric
Sea Salt (to taste)
8 ozs Chicken Thighs (boneless, skinless)
2 cups Kale Leaves (chopped)
1 cup Lima Beans (cooked)

Nutrition

Amount per serving	
Calories	376
Fat	19g
Carbs	22g
Fiber	7g
Sugar	1g
Protein	29g
Cholesterol	106mg
Sodium	525mg
Potassium	670mg
Vitamin A	1039IU
Vitamin C	29mg
Calcium	90mg
Iron	4mg
Vitamin E	0mg
Folate	83µg
Vitamin B12	0.7µg
Magnesium	84mg
Zinc	3mg

Directions

- 1 In a bowl, mix together half of each the lemon juice, oil, and garlic powder. Add the turmeric and salt and mix to combine. Add the chicken thighs and mix well. Let the chicken marinate for about 10 minutes.
- 2 Meanwhile, heat up the remaining oil in a skillet over medium heat. Add the kale, lima beans, and remaining garlic powder. Sauté for about five minutes, and season with salt. Squeeze lemon juice over the kale mixture.
- 3 Transfer the kale and beans mixture to a plate and cover to keep warm. In the same skillet, cook the chicken over medium heat for about 12 to 15 minutes or until cooked through, flipping halfway.
- 4 Divide the chicken, kale, and lima beans evenly between plates. Enjoy!

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Foods For Those with Food Sensitivities

Lemony Baked Cod with Zucchini & Mini Potatoes



LEAP Lemony Baked Cod with Zucchini & Mini Potatoes

2 servings

35 minutes

Ingredients

1 1/2 cups Mini Potatoes
1 tbsp Avocado Oil
1/4 cup Lemon Juice
Sea Salt (to taste)
2 Cod Fillet
1 Zucchini (medium, sliced into strips)
1 tbsp Fresh Dill (chopped)

Directions

- 1 Preheat the oven to 425°F (220°C). Place the potatoes, oil, and lemon juice in a deep baking dish or rimmed tray. Toss and season with salt and pepper.
- 2 Bake in the oven for 20 minutes. Remove the baking sheet from the oven, add the cod fillet and zucchini and season the fish and zucchini with salt.
- 3 Bake in the oven for another 15 to 20 minutes or until everything is cooked through.
- 4 Top with fresh dill and enjoy!

Nutrition

Amount per serving	
Calories	361
Fat	9g
Carbs	25g
Fiber	3g
Sugar	4g
Protein	45g
Cholesterol	99mg
Sodium	140mg
Potassium	1721mg
Vitamin A	314IU
Vitamin C	54mg
Calcium	69mg
Iron	2mg
Vitamin E	2mg
Folate	63µg
Vitamin B12	2.1µg
Magnesium	119mg
Zinc	2mg

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Foods For Those with Food Sensitivities

Baked Salmon with Avocado Salsa



Roasted Salmon with Avocado Salsa

2 servings

30 minutes

Ingredients

12 ozs Salmon Fillet
1 tbsp Avocado Oil
1 tbsp Lemon Juice (divided)
1/2 tsp Sea Salt (divided)
1/2 tsp Garlic Powder
1/2 Avocado (chopped)
1 tbsp Red Onion (diced)

Nutrition

Amount per serving	
Calories	371
Fat	22g
Carbs	6g
Fiber	4g
Sugar	1g
Protein	39g
Cholesterol	87mg
Sodium	727mg
Potassium	892mg
Vitamin A	349IU
Vitamin C	8mg
Calcium	24mg
Iron	1mg
Vitamin E	2mg
Folate	54µg
Vitamin B12	8.0µg
Magnesium	67mg
Zinc	1mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Coat the salmon fillets with oil, 1/2 of the lemon juice, 1/2 of the sea salt, and garlic powder. Place the fillets on the prepared baking sheet. Bake for 14 to 16 minutes or until cooked through.
- 3 In the meantime, in a medium bowl, mix together the chopped avocado, red onion, and the remaining lemon juice and salt.
- 4 Divide salmon between serving plates. Top them with avocado salsa and enjoy.

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Foods For Those with Food Sensitivities

Peanut Butter Granola



Peanut Butter Granola

6 servings

30 minutes

Ingredients

1/2 cup All Natural Peanut Butter
1/4 cup Maple Syrup
1 tsp Vanilla Extract
1/8 tsp Sea Salt (optional)
2 cups Oats (rolled)

Nutrition

Amount per serving	
Calories	268
Fat	13g
Carbs	32g
Fiber	4g
Sugar	11g
Protein	8g
Cholesterol	0mg
Sodium	56mg
Potassium	247mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	38mg
Iron	2mg
Vitamin E	2mg
Folate	27µg
Vitamin B12	0µg
Magnesium	76mg
Zinc	2mg

Directions

- 1 Preheat your oven to 300°F (148°C) and line a baking sheet with parchment paper.
- 2 In a large pot over medium-low heat, add the peanut butter and maple syrup. Stir together and continue to heat until warm and smooth. Then stir in the vanilla and salt, if using.
- 3 Remove the pot from the heat and stir in the oats. Mix until the oats are well coated in the peanut butter mixture. The mixture should be fairly dry and crumbly. Transfer the oat mixture to the prepared baking sheet and press it into one even layer.
- 4 Bake for 20 to 22 minutes, flipping the granola half way through, being sure to press down into an even layer again after flipping.
- 5 Let it cool completely before breaking it into clusters. It will harden as it cools. Enjoy!

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Foods For Those with Food Sensitivities

LEAP Apple Nachos



LEAP Apple Nachos

1 serving
5 minutes

Ingredients

1 Apple (sliced)
1 cup All Natural Peanut Butter
1/4 cup Granola

Directions

1 Arrange apple slices on a serving plate. Drizzle sunflower seed butter and sprinkle granola overtop. Enjoy!

Nutrition

Amount per serving	
Calories	1787
Fat	140g
Carbs	99g
Fiber	20g
Sugar	52g
Protein	62g
Cholesterol	0mg
Sodium	54mg
Potassium	1799mg
Vitamin A	104IU
Vitamin C	9mg
Calcium	161mg
Iron	6mg
Vitamin E	27mg
Folate	256µg
Vitamin B12	0µg
Magnesium	494mg
Zinc	8mg

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Food Sensitivity



Grocery List For A Week (See The Following Recipes)

Fruits

- 4 Apple
- 1 1/2 Avocado
- 2 Banana
- 2 cups Blueberries
- 1/3 cup Lemon Juice
- 1/2 Lime
- 1 1/2 tsps Lime Juice
- 1/2 cup Pineapple

Breakfast

- 2 tbsps All Natural Peanut Butter
- 1 1/2 cups Steel Cut Oats

Seeds, Nuts & Spices

- 1/4 tsp Chili Flakes
- 2 1/2 tsps Cinnamon
- 1/4 tsp Nutmeg
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Turmeric

Vegetables

- 3 cups Asparagus
- 2 cups Brussels Sprouts
- 10 Cremini Mushrooms
- 1 tbsp Fresh Dill
- 5 Garlic
- 5 cups Green Beans
- 7 stalks Green Onion
- 4 cups Kale Leaves
- 6 1/2 cups Mini Potatoes
- 1 1/3 cups Parsley
- 1 cup Radishes
- 4 Red Bell Pepper
- 1/3 cup Red Onion
- 1 tbsp Rosemary
- 1 Russet Potato
- 1 cup Snap Peas
- 2 Sweet Potato
- 2 cups Swiss Chard
- 1/4 Yellow Onion
- 3 Yellow Potato

Boxed & Canned

- 2 cups Macaroni
- 1 can Tuna

Bread, Fish, Meat & Cheese

- 7 ozs Cheddar Cheese
- 8 ozs Flank Steak
- 1 lb Flat Iron Steak
- 12 ozs Ribeye Steak, Bone-In
- 1 1/4 lbs Salmon Fillet
- 2 1/8 lbs Top Sirloin Steak

Condiments & Oils

- 1/3 cup Avocado Oil
- 2/3 cup Extra Virgin Olive Oil

Cold

- 1 1/3 cups Butter
- 7 1/2 cups Cow's Milk, Reduced Fat
- 8 Egg
- 1/4 cup Plain Greek Yogurt

Other

- 1 1/8 cups Water

Baking

- 1 1/2 cups All Purpose Gluten-Free Flour
- 1/3 cup Cane Sugar
- 1/4 cup Honey
- 3 cups Oats
- 1 cup Raisins
- 2 tbsps Tapioca Flour
- 1 1/4 ozs Unbleached All Purpose Flour

Foods For Those with Food Sensitivities

Snap Pea & Mushroom Frittata



Snap Pea & Mushroom Frittata

1 serving
20 minutes

Ingredients

1/2 tsp Avocado Oil
5 Cremini Mushrooms (quartered)
1 cup Snap Peas (trimmed, chopped)
Sea Salt & Black Pepper (to taste)
3 Egg (whisked)

Nutrition

Amount per serving	
Calories	285
Fat	17g
Carbs	11g
Fiber	4g
Sugar	6g
Protein	23g
Cholesterol	558mg
Sodium	224mg
Potassium	704mg
Vitamin A	1500IU
Vitamin C	14mg
Calcium	124mg
Iron	4mg
Vitamin E	2mg
Folate	119µg
Vitamin B12	1.4µg
Magnesium	51mg
Zinc	3mg

Directions

- 1 Preheat the oven to 400°F (205°C). Heat the oil in a cast-iron skillet. Add the mushrooms and snap peas and sauté for three to four minutes. Season with salt and pepper.
- 2 Add the eggs to the pan and stir gently to mix.
- 3 Cook in the oven for 12 to 15 minutes or until the eggs have set. Enjoy!

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Foods For Those with Food Sensitivities

Slow Cooker Raisin Oatmeal



Slow Cooker Raisin Oatmeal

6 servings
6 hours

Ingredients

1 1/2 tbsps Butter
5 cups Cow's Milk, Reduced Fat (unsweetened, plain)
1 cup Steel Cut Oats
1 cup Raisins
1 tbsp Cane Sugar (optional)
1 tsp Cinnamon
1/4 tsp Sea Salt (to taste)

Directions

- 1 Grease the slow cooker with butter
- 2 Add the remaining ingredients and stir to combine. Cook on low for six hours, stirring occasionally.
- 3 Stir before serving and enjoy!

Nutrition

Amount per serving	
Calories	333
Fat	9g
Carbs	55g
Fiber	4g
Sugar	31g
Protein	10g
Cholesterol	24mg
Sodium	202mg
Potassium	601mg
Vitamin A	90IU
Vitamin C	1mg
Calcium	276mg
Iron	1mg
Vitamin E	0mg
Folate	12µg
Vitamin B12	1.1µg
Magnesium	33mg
Zinc	1mg

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Foods For Those with Food Sensitivities

Peanut Butter & Banana Pressure Cooker Oats



Peanut Butter & Banana Pressure Cooker Oats

2 servings
25 minutes

Ingredients

1/2 cup Steel Cut Oats
3/4 cup Water
1/2 cup Cow's Milk, Reduced Fat
1/2 tsp Cinnamon
1 Banana (medium, sliced, divided)
1/8 tsp Sea Salt
2 tbsps All Natural Peanut Butter

Directions

- 1 Add the steel cut oats, water, milk, cinnamon, half of the banana, and sea salt to your pressure cooker and close the lid.
- 2 Set to "sealing," then press manual/pressure cooker. Cook for five minutes on high pressure. Once it is done, press cancel, and let the pressure release naturally for ten minutes. Do a quick release for any remaining pressure.
- 3 Remove the lid carefully and stir. Divide into bowls and top with the peanut butter and remaining banana. Enjoy!

Nutrition

Amount per serving	
Calories	350
Fat	13g
Carbs	51g
Fiber	7g
Sugar	13g
Protein	10g
Cholesterol	5mg
Sodium	181mg
Potassium	551mg
Vitamin A	40IU
Vitamin C	5mg
Calcium	113mg
Iron	2mg
Vitamin E	2mg
Folate	29µg
Vitamin B12	0.3µg
Magnesium	52mg
Zinc	1mg

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Foods For Those with Food Sensitivities

Egg & Apple Snack Plate



Egg & Apple Snack Plate

1 serving
15 minutes

Ingredients

1 Egg
1 Apple (sliced)
1/4 cup Plain Greek Yogurt

Nutrition

Amount per serving	
Calories	211
Fat	6g
Carbs	28g
Fiber	4g
Sugar	21g
Protein	12g
Cholesterol	194mg
Sodium	108mg
Potassium	264mg
Vitamin A	681IU
Vitamin C	12mg
Calcium	164mg
Iron	1mg
Vitamin E	1mg
Folate	29µg
Vitamin B12	0.5µg
Magnesium	15mg
Zinc	1mg

Directions

- 1 Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the egg when cool enough to handle and slice into halves.
- 3 Transfer to a plate with the sliced apple and yogurt for dipping. Enjoy!

Foods For Those with Food Sensitivities

Nicoise Salad, No Tomato, No Cucumber



Nicoise Salad, no tomato, no cucumber

4 servings
30 minutes

Ingredients

2 1/2 cups Mini Potatoes (halved)
3 cups Asparagus (trimmed)
2 tbsps Lemon Juice
3 tbsps Avocado Oil
1 tbsp Fresh Dill (chopped, plus extra for optional garnish)
Sea Salt & Black Pepper (to taste)
1 can Tuna (drained)
1 cup Radishes (quartered)
1 Avocado (sliced)
1/3 cup Red Onion (sliced)

Directions

- 1 In a medium pot, add the potatoes and cover them with cold water. Bring to a boil and cook for ten minutes or until fork-tender. Drain the potatoes and transfer them immediately to an ice bath to cool down.
- 2 Set the asparagus in a steaming basket over boiling water and cover. Steam for about three to five minutes or until fork tender. Transfer them immediately to an ice bath to cool down.
- 3 In a small bowl, combine the lemon juice, oil, and dill. Season with salt and pepper.
- 4 Arrange the tuna, radishes, avocado, cooked potatoes, and asparagus on a serving platter. Top with red onion and garnish with extra dill if using. Spoon the dressing on top and enjoy!

Nutrition

Amount per serving	
Calories	313
Fat	19g
Carbs	27g
Fiber	8g
Sugar	4g
Protein	14g
Cholesterol	15mg
Sodium	125mg
Potassium	1015mg
Vitamin A	872IU
Vitamin C	37mg
Calcium	59mg
Iron	4mg
Vitamin E	2mg
Folate	120µg
Vitamin B12	1.1µg
Magnesium	64mg

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Foods For Those with Food Sensitivities

One Pan Steak & Potatoes with Scallion Butter Sauce



One Pan Steak & Potatoes with Scallion Butter Sauce

4 servings

30 minutes

Ingredients

4 cups Mini Potatoes (halved)
2 Red Bell Pepper (chopped)
1 lb Top Sirloin Steak (cut into 1-inch cubes)
2 tbsps Avocado Oil
1 tsp Sea Salt
1/4 cup Butter (melted)
1 stalk Green Onion (finely chopped)

Directions

- 1 Preheat oven to 400°F (204°C). Line a baking sheet with aluminum foil.
- 2 In a large bowl, mix together the potatoes, peppers, steak and avocado oil. Transfer to the baking sheet in a single layer and season with salt. Bake for 30 minutes or until steak is cooked and potatoes are tender.
- 3 Divide the steak, potatoes and peppers onto plates.
- 4 Combine the melted butter and scallions. Drizzle over the steak and enjoy!

Nutrition

Amount per serving	
Calories	538
Fat	35g
Carbs	30g
Fiber	4g
Sugar	4g
Protein	26g
Cholesterol	119mg
Sodium	661mg
Potassium	1122mg
Vitamin A	2340IU
Vitamin C	106mg
Calcium	55mg
Iron	3mg
Vitamin E	2mg
Folate	64µg
Vitamin B12	1.3µg
Magnesium	65mg
Zinc	5mg

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Foods For Those with Food Sensitivities

Roasted Sweet Potato & Kale Salad with Salmon



Roasted Sweet Potato & Kale Salad with Salmon omit
pumpkin seeds

2 servings

35 minutes

Ingredients

1 Sweet Potato (medium, cut into fries)
1 Red Bell Pepper (medium, sliced)
3 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
10 ozs Salmon Fillet
1/4 tsp Turmeric
1 tbsp Lemon Juice
2 cups Kale Leaves (chopped)

Nutrition

Amount per serving	
Calories	446
Fat	27g
Carbs	18g
Fiber	4g
Sugar	6g
Protein	34g
Cholesterol	72mg
Sodium	160mg
Potassium	953mg
Vitamin A	12325IU
Vitamin C	100mg
Calcium	91mg
Iron	2mg
Vitamin E	5mg
Folate	58µg
Vitamin B12	6.7µg
Magnesium	74mg
Zinc	1mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the sweet potato and bell pepper onto the baking sheet. Drizzle with 1/3 of the oil and season with salt and pepper. Bake for 15 minutes.
- 3 Remove from the oven and add the salmon to the sheet. Season the salmon with turmeric and salt to taste. Return the baking sheet to the oven and continue to bake for 12 to 15 minutes or until the salmon is cooked through and the vegetables are tender.
- 4 Meanwhile, in a small bowl, whisk together the remaining oil, lemon juice, salt, and pepper.
- 5 In a large bowl, add the kale. Add a splash of the dressing and massage with your hands to soften the kale.
- 6 Divide the kale, salmon, and vegetables evenly between plates. Omit pumpkin seeds until challenge, and serve with the dressing

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Foods For Those with Food Sensitivities

Classic Baked Mac & Cheese



Classic Baked Mac & Cheese

6 servings

30 minutes

Ingredients

2 cups Macaroni (dry)
1/4 cup Butter
1 1/4 ozs Unbleached All Purpose Flour
2 cups Cow's Milk, Reduced Fat
7 ozs Cheddar Cheese (old, shredded)

Nutrition

Amount per serving	
Calories	381
Fat	21g
Carbs	33g
Fiber	1g
Sugar	5g
Protein	15g
Cholesterol	60mg
Sodium	257mg
Potassium	218mg
Vitamin A	647IU
Vitamin C	0mg
Calcium	342mg
Iron	1mg
Vitamin E	1mg
Folate	99µg
Vitamin B12	0.8µg
Magnesium	36mg
Zinc	2mg

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 Cook the pasta al dente according to the package directions. Once cooked, drain and immediately run under cold water to prevent overcooking. Set aside.
- 3 Melt the butter in a large saucepan over low heat. Whisk in the flour and cook for one minute. Gradually add the milk, whisking constantly, until thickened.
- 4 Add 2/3 of the cheese and stir until melted. Stir in the cooked macaroni.
- 5 Pour into a baking dish. Top with the remaining cheese and bake for 20 minutes or until heated through. Enjoy!

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Foods For Those with Food Sensitivities

Grilled Steak & Green Onion with Chimichurri



Grilled Steak & Green Onion with Chimichurri

2 servings

25 minutes

Ingredients

10 ozs Top Sirloin Steak
Sea Salt & Black Pepper (to taste)
3 tbsps Extra Virgin Olive Oil (divided)
6 stalks Green Onion
1/4 cup Parsley (chopped)
1 1/2 tsps Lime Juice
2 Garlic (clove, minced)
1/4 tsp Chili Flakes

Nutrition

Amount per serving	
Calories	500
Fat	41g
Carbs	4g
Fiber	1g
Sugar	2g
Protein	29g
Cholesterol	111mg
Sodium	83mg
Potassium	554mg
Vitamin A	2082IU
Vitamin C	17mg
Calcium	71mg
Iron	3mg
Vitamin E	4mg
Folate	38µg
Vitamin B12	1.6µg
Magnesium	39mg
Zinc	5mg

Directions

- 1 Preheat the grill to medium-high heat. Season the steak with salt and pepper. When ready to grill, brush 1/3 of the oil onto the grates.
- 2 Grill the steaks for three to four minutes per side or until cooked to your liking. This timing will depend on how thick your steak is and your desired doneness.
- 3 Let the steak rest for about 10 minutes before slicing. Meanwhile, grill the green onions for six to seven minutes or until soft.
- 4 In a small bowl, mix together the parsley, remaining oil, lime juice, garlic, and chili flakes. Season the mixture with salt.
- 5 Divide the steak and green onions evenly between plates. Top with sauce and enjoy!

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Foods For Those with Food Sensitivities

Stacked Potato & Chard Frittata



Stacked Potato & Chard Frittata

4 servings

35 minutes

Ingredients

1 tbsp Avocado Oil (divided)
5 Cremini Mushrooms (sliced)
2 cups Swiss Chard (chopped)
3 Egg
Sea Salt & Black Pepper (to taste)
1 Russet Potato (large, and sliced very thinly)

Nutrition

Amount per serving	
Calories	134
Fat	7g
Carbs	11g
Fiber	2g
Sugar	1g
Protein	7g
Cholesterol	140mg
Sodium	99mg
Potassium	429mg
Vitamin A	1308IU
Vitamin C	9mg
Calcium	39mg
Iron	2mg
Vitamin E	1mg
Folate	35µg
Vitamin B12	0.4µg
Magnesium	34mg
Zinc	1mg

Directions

- 1 Preheat the oven to 400°F (205°C). Heat 2/3 of the oil in a skillet over medium-high heat. Add the mushrooms and sauté for about five minutes, until starting to soften. Add the Swiss chard and sauté for another two to three minutes.
- 2 In a bowl, whisk together the eggs, salt, and pepper. Add the potatoes, cooked mushrooms, and Swiss chard to the bowl and stir to combine. Brush a cake pan or skillet with the remaining oil.
- 3 Add an even layer of egg-soaked potatoes to the bottom of the pan using your hands. Add the rest of the ingredients to the pan, using your hands to evenly distribute the ingredients as needed.
- 4 Bake in the oven for 20 to 25 minutes or until cooked through. Transfer the frittata to a serving dish, slice, and enjoy!

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Foods For Those with Food Sensitivities

Steak, Mashed Potatoes & Green Beans



Steak, Mashed Potatoes & Green Beans

2 servings

20 minutes

Ingredients

3 Yellow Potato (medium, peeled and chopped)
1/2 tsp Sea Salt (divided)
1 tbsp Butter (divided)
8 ozs Top Sirloin Steak
2 cups Green Beans (trimmed)
2 tsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	571
Fat	22g
Carbs	63g
Fiber	9g
Sugar	6g
Protein	31g
Cholesterol	104mg
Sodium	674mg
Potassium	1928mg
Vitamin A	981IU
Vitamin C	77mg
Calcium	107mg
Iron	5mg
Vitamin E	1mg
Folate	96µg
Vitamin B12	1.3µg
Magnesium	122mg
Zinc	5mg

Directions

- 1 Add the potatoes to a pot and cover with water. Boil for ten minutes or until the potatoes fall off of a fork when pierced. Drain.
- 2 Add half of the salt and half of the butter to the potatoes. Mash the potatoes until they are your desired texture.
- 3 Season the steak with the remaining salt. Melt the remaining butter in a cast-iron skillet. Add the steak to the skillet and cook for about two to three minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before slicing it.
- 4 Add the green beans to the skillet and sauté for two to three minutes, or until browned.
- 5 Divide the steak, mashed potatoes, and green beans evenly between plates. Top with parsley and enjoy!

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Foods For Those with Food Sensitivities

Steak with Garlic Butter



Steak with Garlic Butter

2 servings

20 minutes

Ingredients

2 tbsps Butter (room temperature, divided)
1 Garlic (clove, minced)
1 tsp Parsley
2 tsps Sea Salt (divided)
1 lb Flat Iron Steak

Nutrition

Amount per serving	
Calories	449
Fat	30g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	46g
Cholesterol	185mg
Sodium	2546mg
Potassium	775mg
Vitamin A	433IU
Vitamin C	1mg
Calcium	34mg
Iron	6mg
Vitamin E	1mg
Folate	8µg
Vitamin B12	9.7µg
Magnesium	44mg
Zinc	17mg

Directions

- 1 Mix half of the butter with the garlic, parsley and half of the sea salt. Set aside.
- 2 Heat a cast-iron pan over medium-high heat. Once hot, add the remaining butter. Once the butter is melted, add the steak. Cook for at least 4 minutes before flipping. Cook for at least 4 minutes per side, but up to 10 depending on preference. In the final few minutes, tilt the pan towards you and carefully spoon the butter over top of the steak.
- 3 Remove the steak from the pan and let it rest for 5 minutes. Serve with the garlic butter and enjoy!

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Foods For Those with Food Sensitivities

Steak with Pineapple & Avocado Salsa



Steak with Pineapple & Avocado Salsa

2 servings
20 minutes

Ingredients

1 1/2 tsps Avocado Oil
8 ozs Flank Steak
1/2 tsp Sea Salt (divided)
1/2 cup Pineapple (chopped)
1/2 Avocado (diced)
1/4 Yellow Onion (chopped)
1/2 Lime (juiced)
1 cup Parsley (finely chopped)

Directions

- 1 Warm the oil in a pan over medium-high heat. Season both sides of the steak with half of the salt. Add the steak to the pan and cook for five to six minutes on each side, or until desired doneness.
- 2 Meanwhile, in a small bowl mix the remaining ingredients together.
- 3 Remove the steak from the heat and allow it to rest for about five minutes before slicing into it.
- 4 Divide the steak evenly between plates. Top with the pineapple salsa and enjoy!

Nutrition

Amount per serving	
Calories	338
Fat	21g
Carbs	14g
Fiber	5g
Sugar	6g
Protein	26g
Cholesterol	77mg
Sodium	673mg
Potassium	864mg
Vitamin A	2664IU
Vitamin C	68mg
Calcium	91mg
Iron	5mg
Vitamin E	2mg
Folate	109µg
Vitamin B12	1.3µg
Magnesium	61mg
Zinc	5mg

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Foods For Those with Food Sensitivities

Steak with Oven Roasted Vegetables



Steak with Oven-Roasted Vegetables

2 servings

25 minutes

Ingredients

12 ozs Ribeye Steak, Bone-in (room temperature)
Sea Salt & Black Pepper (to taste)
2 tbsps Extra Virgin Olive Oil (divided)
1 tbsp Butter
2 Garlic (cloves, smashed)
1 tbsp Rosemary (fresh, chopped)
2 cups Brussels Sprouts (trimmed and halved)
3 cups Green Beans (washed, trimmed)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Pat the steak very dry with a paper towel. Season liberally with salt and pepper.
- 3 Heat a cast-iron skillet over medium heat until hot. Add 2/3 of the oil. Place the steak in the middle of the skillet and cook for 13 to 15 minutes, flipping and turning every two to three minutes, until a dark crust has formed on both sides. Reduce the heat and add the butter, garlic, and rosemary, and spoon over the top of the steak until the garlic is slightly browned. Remove and let rest for at least 10 minutes before slicing.
- 4 Meanwhile, toss the brussels sprouts and green beans with the remaining oil, salt, and pepper. Place in the oven and bake until crispy, about 15 to 18 minutes. Divide the vegetables and steak onto plates. Enjoy!

Nutrition

Amount per serving	
Calories	566
Fat	38g
Carbs	22g
Fiber	8g
Sugar	7g
Protein	40g
Cholesterol	124mg
Sodium	182mg
Potassium	1286mg
Vitamin A	1913IU
Vitamin C	94mg
Calcium	113mg
Iron	7mg
Vitamin E	4mg
Folate	110µg
Vitamin B12	5.0µg
Magnesium	100mg
Zinc	14mg

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Foods For Those with Food Sensitivities

Blueberry Breakfast Bars



Blueberry Breakfast Bars

9 servings

40 minutes

Ingredients

2 cups Blueberries (fresh or frozen, thawed)
1/4 cup Honey
3 cups Oats (rolled, divided)
1 Banana (very ripe, mashed)
3 tbsps Water

Nutrition

Amount per serving	
Calories	159
Fat	2g
Carbs	34g
Fiber	4g
Sugar	12g
Protein	4g
Cholesterol	0mg
Sodium	2mg
Potassium	170mg
Vitamin A	26IU
Vitamin C	4mg
Calcium	17mg
Iron	1mg
Vitamin E	0mg
Folate	13µg
Vitamin B12	0µg
Magnesium	43mg
Zinc	1mg

Directions

- 1 Preheat the oven to 350°F (175°F). Line a baking pan with parchment paper.
- 2 In a bowl, smash the blueberries using the back of a fork. Combine with the maple syrup. Set aside.
- 3 Add half the oats to a food processor or blender to create oat flour. Transfer to a mixing bowl and combine with the remaining rolled oats, banana and water.
- 4 Firmly press half of the oat mixture into a thin even layer in the baking pan. Spread the blueberry mixture on top and then crumble the remaining oat mixture over top of the blueberry layer. Bake for 20 to 25 minutes, or until golden brown. Slice and enjoy!

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Foods For Those with Food Sensitivities

Apple Cinnamon Galette



Apple Cinnamon Galette

8 servings

1 hour

Ingredients

1 1/2 cups All Purpose Gluten-Free Flour (plus more for dusting)
1/4 cup Cane Sugar (divided)
1/4 tsp Sea Salt
1/2 cup Butter (cubed, very cold)
1/4 cup Water (ice cold)
3 Apple (cored, thinly sliced)
2 tbsps Tapioca Flour
2 tps Lemon Juice
1 tsp Cinnamon
1/4 tsp Nutmeg
1 Egg (whisked)

Directions

- 1 In a large bowl whisk the flour, 1/4 of the sugar and salt. Add the cubed butter and use two forks (or a pastry cutter) to cut the butter into the flour until pea-sized crumbs form.
- 2 Add the water and stir until the flour is moistened and starts to hold together. Add more water, one teaspoon at a time, if the dough seems too dry.
- 3 Lightly flour a work surface area and transfer the dough to it. Use your hands to work the dough into a ball and then flatten it into a thick circle and wrap in plastic wrap. Transfer to the fridge while you make the filling.
- 4 In a large bowl, stir together the sliced apples with the remaining sugar, tapioca flour, lemon juice, cinnamon, and nutmeg.
- 5 Preheat the oven to 400°F (205°C).
- 6 Unwrap the dough and place in the center of a piece of parchment paper. Use a rolling pin and roll into a large circle, about 12 inches (30 cm) in diameter. Place the parchment paper and dough on a baking sheet.
- 7 Add the apples to the center of the dough and fold the edges towards the center, fixing any cracks as needed. Brush the sides and edges with the egg.
- 8 Place the galette in the oven and bake for about 33 to 36 minutes, until bubbling and the crust is golden brown. Let cool on the baking sheet for 10 minutes before slicing. Serve and enjoy!

Nutrition

Amount per serving	
Calories	284
Fat	12g
Carbs	42g
Fiber	6g
Sugar	13g
Protein	3g
Cholesterol	54mg
Sodium	85mg
Potassium	90mg
Vitamin A	426IU
Vitamin C	4mg
Calcium	16mg
Iron	1mg
Vitamin E	1mg
Folate	6µg
Vitamin B12	0.1µg

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