

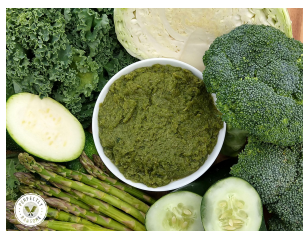


LOW GLYCEMIC & LOW OXALATE GREEN VEGETABLE MASH

AMOUNT		INGREDIENTS	
1	22.9 ounce → 650 gram	Kale, raw	
2	22.9 ounce → 650 gram	Cabbage, cooked	
3	22.9 ounce → 650 gram	Zucchini, includes skin, cooked	
4	22.9 ounce → 650 gram	Cucumber, with peel, raw	
5	10.6 ounce → 300 gram	Broccoli, cooked	
6	10.6 ounce → 300 gram	Asparagus, cooked	
7	25.4 ounce → 720 gram	Coconut Water, unflavored	
8	4.7 ounce → 132 gram	Lime, peeled, raw	
9	3.0 tbsp → 24 gram	Wheatgrass, whole leaf powder	
	8.9 lbs → 4.1 kg		

RECIPE PREPARATION

- Rise & Soak All Produce**
In order to fully clean all produce, soak all fruit and vegetables in warm water for 30 minutes.
- Fully Cook Cabbage, Zucchini, Broccoli, & Asparagus**
Bake, boil, or steam all vegetables until fully cooked.
*Baking was the method used to create this recipe. Preheat the oven to 400°F and bake for 1 hour or until cooked thoroughly
- Blend & Mix All Ingredients**
Cut vegetables into small portions and combine all ingredients in a high powered blender or food processor to create the vegetable blend. Include the raw vegetables, fruit, and liquids during this time. Mix thoroughly.
- Portion & Freeze**
Add the vegetable mix into freezer safe containers to store the excess without spoilage. Portion sized cubes can be made by freezing the vegetable blend in silicone molds or ice cube trays.
- Serve & Enjoy!**



RECIPE ANALYSIS – AS FED

Calories	1000 kcal
Weight	8.9 pound
Weight	4.1 kilogram
Moisture	92.18%
Protein	1.67%
Fat	0.32%
Carbohydrate	3.92%
Ash	0.76%
Ca:P	1.09

RECIPE ANALYSIS – DRY MATTER

Calories	1000 kcal
Weight	0.7 pound
Weight	0.3 kilogram
Moisture	0.00%
Protein	21.36%
Fat	4.09%
Carbohydrate	50.13%
Ash	9.72%
Ca:P	1.09

ESSENTIAL NUTRIENTS – AMINO ACIDS

RECIPE NUTRIENT AMOUNT

<i>NRC Essential Nutrient Guidelines for</i>	<i>Per 9oz (4g)</i>
Crude Protein	67.79 gram (g)
Arginine	2.71 gram (g)
Histidine	0.77 gram (g)
Isoleucine	1.21 gram (g)
Leucine	1.96 gram (g)
Lysine	1.75 gram (g)
Methionine	0.5 gram (g)
Methionine + Cystine	0.94 gram (g)
Phenylalanine	1.35 gram (g)
Phenylalanine + Tyrosine	2.17 gram (g)
Threonine	1.2 gram (g)
Tryptophan	0.39 gram (g)
Valine	1.72 gram (g)

ESSENTIAL NUTRIENTS – FATTY ACIDS

RECIPE NUTRIENT AMOUNT

<i>NRC Essential Nutrient Guidelines for</i>	<i>Per 9oz (4g)</i>
Total Fat	12.91 gram (g)
Linoleic Acid (LA)	1.93 gram (g)
Alpha-Linolenic Acid (ALA)	- gram (g)
Eicosapentaenoic + Docosahexaenoic Acid (EPA+DHA)	- gram (g)

ESSENTIAL NUTRIENTS – VITAMINS

RECIPE NUTRIENT AMOUNT

<i>NRC Essential Nutrient Guidelines for</i>	<i>Per 9oz (4g)</i>
Vitamin A	4056.14 microgram (mcg)
Vitamin D	- microgram (mcg)
Vitamin E	11.03 milligram (mg)
Vitamin K	6.00 milligram (mg)
Vitamin B1 (Thiamine)	2.44 milligram (mg)
Vitamin B2 (Riboflavin)	2.68 milligram (mg)
Vitamin B3 (Niacin)	17.74 milligram (mg)
Vitamin B5 (Pantothenic Acid)	8.27 milligram (mg)
Vitamin B6 (Pyridoxine)	4.39 milligram (mg)
Vitamin B9 (Folate & Folic acid)	1429.80 microgram (mcg)
Vitamin B12 (Cobalamin)	- microgram (mcg)
Choline	445.30 milligram (mg)

ESSENTIAL NUTRIENTS – MINERALS

RECIPE NUTRIENT AMOUNT

<i>NRC Essential Nutrient Guidelines for</i>	<i>Per 9oz (4g)</i>
Calcium	1.89 gram (g)
Phosphorus	1.73 gram (g)
Magnesium	905.56 milligram (mg)
Potassium	10.64 gram (g)
Sodium	1255.14 milligram (mg)
Chloride	1882.71 milligram (mg)
Iron	21.83 milligram (mg)
Copper	11.46 milligram (mg)
Zinc	12.36 milligram (mg)
Manganese	9.34 milligram (mg)
Selenium	43.43 microgram (mcg)
Iodine	- microgram (mcg)