

THIS WEEK'S MENU

M

Breakfast: Waffles & Peaches
Lunch: Asian Stir Fry Pasta
Dinner: Burger & Pretzels

T

Breakfast: Pancakes & Strawberries
Lunch: Tacos
Dinner: Veggie Pasta

W

Breakfast: Oatmeal, Strawberries & Bananas
Lunch: Broccoli Soup & Salad
Dinner: Pizza

T

Breakfast: Yogurt, Granola & Blueberries
Lunch: Pasta Marinara & Broccoli
Dinner: Quesadillas

F

Breakfast: Avocado Toast
Lunch: Mac & Cheese, & Green Beans
Dinner: Shepards Pie

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Shopping List

Disclaimer: This meal plan is intended to be a foundation or guide to what meals could look like on a low protein diet. It does not take into account individual caloric, protein and formula requirements, which are all patient-specific. Please consult with your metabolic geneticist and dietitian prior to making any significant dietary changes or following any meal plans of which you are unsure.

Monday	Under 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	<p>2 VANS Gluten Free Waffles – 2.0 g 1/4 cup (28 g) Blueberries – 0.2 g 1/4 cup (62 g) Peaches – 0.4 g <i>Butter, syrup as desired (free)</i></p> <p>Breakfast total protein: 2.6 g</p>	<p>2 Nature’s Promise Multigrain Waffles – 4.0 g 1/4 cup (28 g) Blueberries – 0.2 g 1/4 cup (62 g) Peaches – 0.4 g <i>Butter, syrup as desired (free)</i></p> <p>Breakfast total protein: 4.6 g</p>	<p>2 Birch Benders Protein Toaster Waffles – 11 g 1/4 cup (28 g) Blueberries – 0.2 g 1/4 cup (62 g) Peaches – 0.4 g <i>Butter, syrup as desired (free)</i></p> <p>Breakfast total protein: 11.6 g</p>
Lunch	<p>Asian Stir Fry Pasta 125 g (cooked) Rice Noodles – 2.0 g 1/3 cup (33 g) grated carrots – 0.3 g 1/4 cup (17 g) white mushrooms - 0.25 g 1/4 cup (26 g) chopped cauliflower 0.25 g <i>Stir fried in 2 Tbsp Olive Oil, garlic powder, and topped with 2 Tbsp green onion (free)</i></p> <p>Lunch total protein: 3.2 g</p>	<p>Asian Stir Fry Pasta 112 g (dry) Barilla Gluten Free Spaghetti N – 8 g 1/3 cup (33 g) grated carrots – 0.3 g 1/4 cup (17 g) white mushrooms - 0.25 g 1/4 cup (26 g) chopped cauliflower 0.25 g <i>Stir fried in 2 Tbsp Olive Oil, garlic powder, and topped with 2 Tbsp green onion (free)</i></p> <p>Lunch total protein: 8.8 g</p>	<p>Asian Stir Fry Pasta 112 g (dry) Barilla Gluten Free Spaghetti N – 8 g 1/3 cup (33 g) grated carrots – 0.3 g 1/4 cup (17 g) white mushrooms - 0.25 g 1/4 cup (26 g) chopped cauliflower 0.25 g <i>Stir fried in 2 Tbsp Olive Oil, garlic powder, and topped with 2 Tbsp green onion (free)</i></p> <p>Lunch total protein: 8.8 g</p>
Dinner	<p>Burger 70 g Portobello Mushroom Cap – 1.5 g 1 slice Daiya cheddar cheese – 1 g 1 Schar Hamburger bun – 2 g 1 slice tomato (15 g), lettuce – 0.1 g 30 g Glutino Pretzel Sticks – free</p> <p>Dinner total protein: 4.5 g</p>	<p>Burger 1 Dr. Praeger’s Veggie Burger – 5 g 1 slice Daiya cheddar cheese – 1 g 1 Schar Hamburger bun – 2 g 1 slice tomato (15 g), lettuce – 0.1 g 30 g Glutino Pretzel Sticks – free</p> <p>Dinner total protein: 8 g</p>	<p>Burger Morningstar Farms Black Bean Burger – 9 g 1 slice Daiya cheddar cheese – 1 g 1 Schar Hamburger bun – 2 g 1 slice tomato (15 g), lettuce – 0.1 g 30 g Glutino Pretzel Sticks – free</p> <p>Dinner total protein: 12 g</p>
Monday Total Protein	10.0 g	21.5 g	32.5 g

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Tuesday	Under 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	3 Cook for Love Pancakes , prepared – 0.9 g 20 g banana slices – 0.2 g 50 g strawberry slices – 0.3 g <i>Butter, syrup as desired (free)</i> Breakfast total protein: 1.4 g	3 (52 g prepared) Birch Bender's Gluten Free Pancakes – 3 g 20 g banana slices – 0.2 g 50 g strawberry slices – 0.3 g <i>Butter, syrup as desired (free)</i> Breakfast total protein: 3.5 g	3 (about ½ cup mix, 53 g) Kodiak Cakes Buttermilk Pancakes – 14 g 20 g banana slices – 0.2 g 50 g strawberry slices – 0.3 g <i>Butter, syrup as desired (free)</i> Breakfast total protein: 14.6 g
Lunch	Taco's 2 Siete Cassava Flour Tortillas – 1 g 4 Tbsp Cook For Love Mushroom Taco Filling – 2.4 g 4 Tbsp (28 g) Daiya Cheese Shreds – 1 g 15 g shredded lettuce – 0.15 g 20 g diced tomatoes – 0.18 g Lunch total protein: 4.73 g	Taco's 2 Mission Street Tacos Flour Tortillas – 4 g 4 Tbsp Cook For Love Mushroom Taco Filling – 2.4 g 4 Tbsp (28 g) Daiya Cheese Shreds – 1 g 25 g cooked black beans – 2.2 g 15 g shredded lettuce – 0.15 g 20 g diced tomatoes – 0.18 g Lunch total protein: 9.93 g	Taco's 2 Mission Street Tacos Flour Tortillas – 4 g 4 Tbsp Cook For Love Mushroom Taco Filling – 2.4 g 4 Tbsp (28 g) Daiya Cheese Shreds – 1 g 25 g cooked black beans – 2.2 g 15 g shredded lettuce – 0.15 g 20 g diced tomatoes – 0.18 g Lunch total protein: 9.93 g
Dinner	Veggie Pasta 2 oz dry (57 g) Jovial cassava penne pasta – 1 g 1/4 cup (17 g) white mushrooms - 0.25 g 1/4 cup (26 g) chopped cauliflower 0.25 g 1/4 cup (23 g) chopped broccoli – 0.64 g 1/3 cup (85 g) marinara sauce – 1.2 g Dinner total protein: 3.34 g	Veggie Pasta 2 oz dry (57 g) Barilla Gluten Free Penne – 4 g 1/4 cup (17 g) white mushrooms - 0.25 g 1/4 cup (26 g) chopped cauliflower 0.25 g 1/4 cup (23 g) chopped broccoli – 0.64 g 1/2 cup (128 g) marinara sauce – 1.8 g 2 Tbsp (10 g) grated parmesan cheese – 2.8 g Dinner total protein: 9.74 g	Veggie Pasta 2 oz dry (57 g) Barilla Penne Pasta – 7 g 1/4 cup (17 g) white mushrooms - 0.25 g 1/4 cup (26 g) chopped cauliflower 0.25 g 1/4 cup (23 g) chopped broccoli – 0.64 g 1/2 cup (128 g) marinara sauce – 1.8 g 2 Tbsp (10 g) grated parmesan cheese – 2.8 g Dinner total protein: 12.74 g
Tuesday Total Protein	9.47 g	23.17 g	37.27 g

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Wednesday	Under 10 g a day	20 - 30 g a day	30-40 a day
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Breakfast	1 cup (16 g) Nature's Path Rice Puffs Cereal – 1 g 1/2 cup almond/rice milk – 0.5 g 20 g banana slices – 0.2 g 50 g strawberry slices – 0.3 g Breakfast total protein: 2 g	1 pkt (43 g) Quaker Instant Oatmeal – 4 g 1 medium (118 g) banana – 1.3 g 50 g strawberry slices – 0.3 g Breakfast total protein: 5.6 g	1 pkt (50 g) Kodiak Cakes Instant Oatmeal – 12 g 20 g banana slices – 0.2 g 50 g strawberry slices – 0.3 g Breakfast total protein: 12.5 g
Lunch	Soup & Salad 1 serving (1 cup) Cook for Love Broccoli Soup – 2.6 g 1 serving of Snyder's Gluten Free Pretzels – free 1 cup (57 g) chopped iceberg lettuce – 0.5 g 20 g diced tomatoes – 0.18 g 20 g diced cucumber – 0.13 g 20 g chopped onion – 0.22 g 20 g green pepper – 0.17 g 2 Tbsp oil and vinegar dressing – 0 g Lunch total protein: 3.8 g	Soup & Salad 1 serving (1 cup) Cook for Love Broccoli Soup – 2.6 g 6 (18 g) saltine crackers – 1.7 g 1 cup (57 g) chopped iceberg lettuce – 0.5 g 20 g diced tomatoes – 0.18 g 20 g diced cucumber – 0.13 g 20 g chopped onion – 0.22 g 20 g green pepper – 0.17 g 25 g croutons – 2.7 g 2 Tbsp oil and vinegar dressing – 0 g Lunch total protein: 8.2 g	Soup & Salad 1 serving (1 cup) Cook for Love Broccoli Soup – 2.6 g 6 (18 g) saltine crackers – 1.7 g 1 cup (57 g) chopped iceberg lettuce – 0.5 g 20 g diced tomatoes – 0.18 g 20 g diced cucumber – 0.13 g 20 g chopped onion – 0.22 g 20 g green pepper – 0.17 g 25 g croutons – 2.7 g 15 g shredded cheddar cheese – 3.75 g 2 Tbsp oil and vinegar dressing – 0 g Lunch total protein: 11.95 g
Dinner	Pizza 1 personal Cook for Love 6-inch pizza crust – 1.6 g 1/3 cup (37 g) Daiya mozzarella cheese shreds – 1.3 g 1/3 cup Cento pizza sauce – 1.3 g Dinner total protein: 4.2 g	Pizza 1/2 Banza plain crust pizza – 8 g 1/2 cup (56 g) Daiya mozzarella cheese shreds – 2 g 1/2 cup Cento pizza sauce – 2 g Dinner total protein: 12 g	Pizza 1/2 Banza plain crust pizza – 8 g 1/2 cup (56 g) Daiya mozzarella cheese shreds – 2 g 1/2 cup Cento pizza sauce – 2 g Dinner total protein: 12 g
Wednesday Total Protein	10 g	25.8 g	36.45 g

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Thursday	Under 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	(170 g) So Delicious Yogurt (0.5 g) Cook for love granola (0.8 g) 50 g blueberries (0.3 g) Breakfast total protein: 1.6 g	170 g So Delicious Yogurt (0.5g) 33 g Honey Bunches of Oats Granola (3 g) 50 g blueberries (0.3 g) Breakfast Total Protein: 3.8 g	170 g Yoplait Original Vanilla Yogurt (6 g) 33 g Honey Bunches of Oat Granola (3 g) 50 g blueberries (0.3 g) Breakfast total protein:9.3 g
Lunch	Pasta 57 g (dry) Jovial Cassava Pasta (0.96 g) 65 g Prego Marinara Italian Sauce (1 g) Salad 18 g romaine lettuce (0.3 g) 22 g diced tomatoes (0.2 g) 30 g cucumber- diced or sliced (0.2 g) 30 g Hidden Valley Ranch, Original (0.4 g) Vegetable 23 g broccoli, raw, florets (0.7 g) Lunch Total Protein: 3.76 g	Pasta 55 g (dry) Barilla Gluten free Elbow Pasta (4 g) 65 g Prego Marinara Italian Sauce (1 g) Salad 18 g romaine lettuce (0.3 g) 22 g diced tomatoes (0.2 g) 30 g cucumber- diced or sliced (0.2 g) 30 g Hidden Valley Ranch, Original (0.4 g) Vegetable 46 g broccoli, raw, florets (1.4 g) Lunch Total Protein: 7.5 g	Pasta 55 g (dry) Barilla Pata (7 g) 65 g Prego Marinara Italian Sauce (1 g) Salad 18 g romaine lettuce (0.3 g) 22 g diced tomatoes (0.2 g) 30 g cucumber- diced or sliced (0.2 g) 30 g Hidden Valley Ranch, Original (0.4 g) Vegetable 46 g broccoli, raw, florets (1.4 g) Lunch Total Protein = 10.5 g
Dinner	Quesadillas 2 Cassava and Coconut tortilla shell (0.5 g per shell) 28 g Daiya Cutting Board Style cheddar cheese shreds (0.88 g) 38 g Avocado (0.8 g) 1 Tbs Sour Cream (0.3 g) 45 g diced tomato (0.4 g) 0.5 c cilantro lime cauliflower rice (1.25 g) Dinner total protein: 4.63 g	Quesadillas 2 Fit and Active Tortillas (2 g protein per shell) 28 g Daiya Cutting Board Style cheddar cheese shreds (0.88 g) 38 g Avocado (0.8 g) 1 Tbs Sour Cream (0.3 g) 45 g diced tomato (0.4 g) 0.5 c cilantro lime cauliflower rice (1.25 g) Dinner total protein: 7.63 g	Quesadillas 2 Fit and Active Tortillas (2 g per shell) 28 g Daiya Cutting Board Style cheddar cheese shreds (0.88 g) 56 g black beans, canned (3.4 g) 38 g Avocado (0.8 g) 1 Tbs Sour Cream (0.3 g) 45 g diced tomato (0.4 g) 0.5 c cilantro lime rice (2.1 g) Dinner total protein: 11.88 g
Thursday Total Protein	9.99 g	18.93 g If you need to add protein: - double your serving of broccoli - Double your serving of cilantro cauliflower rice -add 28 g canned black beans (1.7 g protein)	31.68 g If you need to add protein: - double your serving of broccoli - Double your serving of cilantro rice -add 28 g canned black beans

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Friday	Under 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	<p>Avocado Toast 1 slice, Schar Classic White Bread (0.7 g) 38 g Avocado (0.8 g) 45 g diced tomato (0.4 g) 1 tsp. balsamic vinegar (free) 1 TBSP. Olive oil (free)</p> <p>Breakfast total Protein: 1.9 g</p>	<p>Avocado Toast 25 g, Pepperidge Farm Oatmeal Bread (2 g) 38 g Avocado (0.8g) 45 g diced tomato (0.4 g) 1 tsp. balsamic vinegar (free) 1 TBSP. Olive oil (free)</p> <p>Breakfast total Protein: 3.2 g</p>	<p>Avocado Toast 43 g, Pepperidge Farm Ancient Grains Bread (5 g) 45 g diced tomato (0.4 g) 1 tsp. balsamic vinegar (free) 1 TBSP. Olive oil (free) 50 g, egg, fried (6.3 g)</p> <p>Breakfast total Protein: 11.7 g</p>
Lunch	<p>114 g (dry) Jovial Cassava Pasta (1.92 g) ¼ c. Cook for Love Macaroni and Cheese Sauce (0.8 g) 50 g green beans, raw (0.9g)</p> <p>Lunch total Protein: 3.62 g</p>	<p>200 g Daiya Deluxe Cheezy Mac (8 g) 50 g green beans, raw (0.9g)</p> <p>Lunch total Protein: 8.9 g</p>	<p>200 g Daiya Deluxe Cheezy Mac (8g) 100 g green beans, raw (1.8g)</p> <p>Lunch total Protein: 9.8 g</p>
Dinner	<p>198 g Cook for Love Shepard's Pie (3.4 g)</p> <p>Dinner total Protein: 3.4 g</p>	<p>1/8 Recipe: Vegetarian times: Unemployed Shepard's Pie</p> <p>Dinner total Protein: 8.88 g</p>	<p>1/8 Recipe: Vegetarian times: Unemployed Shepard's Pie</p> <p>Dinner total Protein: 8.88 g</p>
Friday Total Protein	8.92 g	20.98 g	30.38 g

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