

THIS WEEK'S MENU

M

Breakfast: Cereal
Lunch: Fajita Rice Bowls
Dinner: Pasta Alfredo

T

Breakfast: Yogurt, Fruit & "Granola"
Lunch: Pasta Salad
Dinner: Burger and Pretzels

W

Breakfast: Yogurt & Muffin
Lunch: Grilled cheese and Tomato Soup
Dinner: Tacos

T

Breakfast: Toast and Apples
Lunch: Nuggets and fries
Dinner: Macaroni and Cheese

F

Breakfast: Smoothie
Lunch: Pizza and Salad
Dinner: Burger and Pretzles

Shopping List

Monday	Under 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	<p>1 cup Honey Puffs Rice Cereal – 1.6 g 30 grams blueberries – 0.3 g 1 cup rice milk – 0.65 g</p> <p>Breakfast total protein: 2.55 grams</p>	<p>1 ¼ cup Cascadian Farm Gluten Free Cereal – 3 g 30 grams blueberries – 0.3 g 50 grams strawberry slices – 0.3 g 1 cup rice milk – 0.65 g</p> <p>Breakfast total protein: 4.25 grams</p>	<p>¾ cup Kashi Honey Almond Flax cereal – 9 g 30 grams blueberries – 0.3 g 50 grams strawberry slices – 0.3 g 1 cup rice milk – 0.65 g</p> <p>Breakfast total protein: 10.25 grams</p>
Lunch	<p>Rice Bowl</p> <p>1 cup cooked Bird’s Eye Cauliflower Rice – 1.5 g 25 g chopped green peppers – 0.25 g 20 grams diced tomatoes – 0.18 g 15 g shredded lettuce – 0.15 g 15 g portabella mushroom – 0.32 g 1 packet Wholly Guacamole Classic – 1 g 3 Tbsp (21 g) Daiya Cheese Shreds – 0.75 g 14 grams plain tortilla chips – 0.95 g</p> <p>Lunch total protein: 5.1 grams</p>	<p>Rice Bowl</p> <p>1 cup Minute Brown Rice Cup – 5 g 25 g chopped green peppers – 0.25 g 20 grams diced tomatoes – 0.18 g 15 g shredded lettuce – 0.15 g 15 g portabella mushroom – 0.32 g 1 packet Wholly Guacamole Classic – 1 g 4 Tbsp (28 g) Daiya Cheese Shreds – 1 g 28 grams yellow plain tortilla chips – 1.9 g</p> <p>Lunch total protein: 9.8 grams</p>	<p>Rice Bowl</p> <p>1 cup Minute Brown Rice Cup – 5 g 25 g chopped green peppers – 0.25 g 20 grams diced tomatoes – 0.18 g 15 g shredded lettuce – 0.15 g 15 g portabella mushroom – 0.32 g 1 packet Wholly Guacamole Classic – 1 g 4 Tbsp (28 g) shredded mexican cheese – 6.6 g 28 grams yellow plain tortilla chips – 1.9 g</p> <p>Lunch total protein: 15.4 grams</p>
Dinner	<p>Pasta Alfredo</p> <p>1 serving (200 g) Cook For Love Pasta Alfredo – 2.1 grams 28 grams (1 oz) Follow Your Heart Parmesan Cheese – 0.12 grams</p> <p>Dinner total protein: 2.22 grams</p>	<p>Pasta Alfredo</p> <p>2 oz dry (57 g) Barilla Gluten Free Fettuccine Pasta – 4 g ½ cup Classico Alfredo Pasta Sauce – 2 g 10 grams (2 Tbsp) shredded parmesan cheese – 3.8 g</p> <p>Dinner total protein: 9.8 grams</p>	<p>Pasta Alfredo</p> <p>2 oz dry (57 g) Barilla Fettuccine Pasta – 7 g ½ cup Classico Alfredo Pasta Sauce – 2 g 10 grams (2 Tbsp) shredded parmesan cheese – 3.8 g</p> <p>Dinner total protein: 12.8 grams</p>
Monday Total	9.87 grams	23.85 grams	38.45 grams

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Tuesday	Under 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	<p>1 SoDelicious Dairy Free Coconut Milk Yogurt (150 g container) – 0.65 grams 1/4 cup (28 g) Blueberries – 0.2 g ¼ cup Sunrise Crunchy Vanilla Cereal (for granola topping) – 0.5 g</p> <p>Breakfast total protein: 1.35 grams</p>	<p>1 Yoplait Original Yogurt, Plain or Flavored (170 g container) – 6 g 1/4 cup (28 g) Blueberries – 0.2 g 1/4 cup (62 g) Peaches – 0.4 g ¼ cup Sunrise Crunchy Vanilla Cereal (for granola topping) – 0.5 g</p> <p>Breakfast total protein: 7.1 grams</p>	<p>1 Chobani Blended Yogurt, Plain or Flavored (150 g container) – 12 g 1/4 cup (28 g) Blueberries – 0.2 g 1/4 cup (62 g) Peaches – 0.4 g ¼ cup Sunrise Crunchy Vanilla Cereal (for granola topping) – 0.5 g</p> <p>Breakfast total protein: 13.1 grams</p>
Lunch	<p style="text-align: center;">Pasta Salad</p> <p>2 servings Cook for Love Pasta Salad – 3.8 g 28 grams (1 oz) Follow Your Heart Parmesan Cheese – 0.12 g</p> <p>Lunch total protein: 3.8 grams</p>	<p>Pasta Salad 56 grams (2 oz - dry) Barilla Gluten Free Rotini – 4 g 1/4 cup (35 g) cooked corn kernels – 1.25 g 1/4 cup (30 g) diced cucumber – 0.2 g 1/2 cup (120 g) tomatoes – 1.15 g 30 g chopped kalamata olives – 0.4 g 14 g feta cheese – 2.0 g <i>Tossed in dressing with 2 tbsp red wine vinegar, 2 tbsp olive oil, 1+1/2 Tbsp Dijon Mustard, ¼ tsp salt, and fresh ground pepper (free)</i></p> <p>Lunch total protein: 9 grams</p>	<p>Pasta Salad 56 grams (2 oz - dry) Barilla Rotini Pasta – 7 g 1/4 cup (35 g) cooked corn kernels – 1.25 g 1/4 cup (30 g) diced cucumber – 0.2 g 1/2 cup (120 g) tomatoes – 1.15 g 30 g chopped kalamata olives – 0.4 g 14 g feta cheese – 2.0 g <i>Tossed in dressing with 2 tbsp red wine vinegar, 2 tbsp olive oil, 1+1/2 Tbsp Dijon Mustard, ¼ tsp salt, and fresh ground pepper (free)</i></p> <p>Lunch total protein: 12 grams</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 grams Glutino Pretzel Sticks – free</p> <p>Dinner total protein: 4.5 grams</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 grams Glutino Pretzel Sticks – free</p> <p>Dinner total protein: 8 grams</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 grams Glutino Pretzel Sticks – free</p> <p>Dinner total protein: 12 grams</p>
Tuesday Total	9.65 grams	24.1 grams	37.1 grams

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Wed.	Under 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	1 SoDelicious Dairy Free Coconut Milk Yogurt (150 g container) – 0.65 grams 50 grams strawberry slices – 0.3 g 1 Cook for Love Banana Muffin – 0.3 g Breakfast total protein: 1.25 grams	1 Yoplait Original Yogurt, Plain or Flavored (170 g container) – 6 g 50 grams strawberry slices – 0.3 g 1 Betty Crocker Banana Nut Muffin (prepared with water) – 1.5 g Breakfast total protein: 7.8 grams	1 Chobani Blended Yogurt, Plain or Flavored (150 g container) – 12 g 50 grams strawberry slices – 0.3 g 1 Betty Crocker Banana Nut Muffin (prepared with water) – 1.5 g Breakfast total protein: 13.8 grams
Lunch	<p style="text-align: center;">Sandwich</p> 1 grilled cheese sandwich using: 2 slices Cook for Love Sandwich Bread – 1 g 1 slice Daiya cheese – 1 g <i>Toasted on stove top with butter or cooking spray</i> <p style="text-align: center;">Soup</p> 1 cup Imagine Foods Creamy Tomato Soup – 2 g 1 serving of Snyder’s Gluten Free Pretzels – free Lunch total protein: 4 grams	<p style="text-align: center;">Sandwich</p> 1 grilled cheese sandwich using: 2 slices Udi’s Whole Grain Gluten Free Bread – 4 g 1 slice Daiya cheese – 1 g <i>Toasted on stove top with butter or cooking spray</i> <p style="text-align: center;">Soup</p> 1 cup Imagine Foods Creamy Tomato Soup – 2 g 6 (18 g) saltine crackers – 1.7 g Lunch total protein: 8.7 grams	<p style="text-align: center;">Sandwich</p> 1 grilled cheese sandwich using: 2 slices Udi’s Whole Grain Gluten Free Bread – 4 g 1 slice cheddar cheese – 7 g <i>Toasted on stove top with butter or cooking spray</i> <p style="text-align: center;">Soup</p> 1 cup Imagine Foods Creamy Tomato Soup – 2 g 6 (18 g) saltine crackers – 1.7 g Lunch total protein: 14.7 grams
Dinner	<p style="text-align: center;">Tacos</p> 2 Siete Cassava Flour Tortillas – 1 g 1 cup canned jackfruit – 0.65 g <i>Season jackfruit with chili powder, cumin, smoked paprika, salt, garlic – pan fry with olive oil until desired temperature is reached!</i> <p style="text-align: center;">Tacos</p> 4 Tbsp (28 g) Daiya Cheese Shreds – 1 g 15 g shredded lettuce – 0.15 g 20 grams diced tomatoes – 0.2 g 0.5 cup cooked Bird’s Eye Cauliflower Rice – 0.75 g Dinner total protein: 3.75 grams	<p style="text-align: center;">Tacos</p> 2 Mission Street Flour Tortillas – 4 g 1 cup canned jackfruit – 0.65 g <i>Season jackfruit with chili powder, cumin, smoked paprika, salt, garlic – pan fry with olive oil until desired temperature is reached!</i> <p style="text-align: center;">Tacos</p> 4 Tbsp (28 g) Daiya Cheese Shreds – 1 g 15 g shredded lettuce – 0.15 g 20 grams diced tomatoes – 0.2 g 25 grams cooked black beans – 2.2 g 0.5 cup cooked Bird’s Eye Cauliflower Rice – 0.75 g Dinner total protein: 8.95 grams	<p style="text-align: center;">Tacos</p> 2 Mission Street Flour Tortillas – 4 g 1 cup canned jackfruit – 0.65 g <i>Season jackfruit with chili powder, cumin, smoked paprika, salt, garlic – pan fry with olive oil until desired temperature is reached!</i> <p style="text-align: center;">Tacos</p> 4 Tbsp (28 g) Daiya Cheese Shreds – 1 g 15 g shredded lettuce – 0.15 g 20 grams diced tomatoes – 0.2 g 25 grams cooked black beans – 2.2 g 0.5 cup cooked Bird’s Eye Cauliflower Rice – 0.75 g Dinner total protein: 8.95 grams
Wed. Total	9 grams	25.45 grams	37.45 grams

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Thursday	Under 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	<p>Toast with Spread and Apple Slices 1 slice of toasted Schar Gluten Free Artisinal White Bread – 1 g 2 Tbsp Speculoos Cookie Butter – 1 g 100 grams apple slices (with cinnamon and sugar if desired!) – 0.25 g</p> <p>Breakfast total protein: 2.25 grams</p>	<p>Toast with Spread and Apple Slices 1 slice of toasted Dave’s Killer White Bread – 3 g 2 Tbsp Nutella – 2 g 100 grams apple slices (with cinnamon and sugar if desired!) – 0.25 g</p> <p>Breakfast total protein: 5.25 grams</p>	<p>Toast with Spread and Apple Slices 1 slice of toasted Dave’s Killer Good Seed Bread – 5 g 2 Tbsp Nutella – 2 g 100 grams apple slices (with cinnamon and sugar if desired!) – 0.25 g</p> <p>Breakfast total protein: 7.25 grams</p>
Lunch	<p>Nuggets and Pretzels 4 Cook For Love Veggie Nuggets – 2.4 g 1/2 cup (60 g) celery sticks – 0.4 g 2 Tbsp ranch dressing – 0.4 g 1 ounce (28 g) Snyder’s Gluten Free Pretzels – free</p> <p>Lunch total protein: 3.2 grams</p>	<p>4 Dr. Praeger’s Veggie Nuggets – 7.2 g 1/2 cup (45 g) raw broccoli – 1.25 g 2 Tbsp ranch dressing – 0.4 g 4.5 ounces (~125 g) Orelda Crinkle Cut Fries – 1.5 g</p> <p>Lunch total protein: 10.35 grams</p>	<p>4 Morningstar Farms Chik’n Nuggets – 13 g 1/2 cup (45 g) raw broccoli – 1.25 g 2 Tbsp ranch dressing – 0.4 g 4.5 ounces (~125 g) Orelda Crinkle Cut Fries – 1.5 g</p> <p>Lunch total protein: 16.15 grams</p>
Dinner	<p>Macaroni and Cheese 2 oz dry (57 g) Jovial Gluten Free Elbow Pasta – 1 g 1/3 cup Cook For Love Macaroni and Cheese Sauce – 0.55 g 2/3 cup (cooked) Birds Eye Mixed Frozen Vegetables – 2 g</p> <p>Dinner total protein: 3.55 grams</p>	<p>Macaroni and Cheese 2 oz dry (57 g) Barilla Gluten Free Elbow Pasta – 4 g 1/3 cup Daiya Deluxe Cheddar Cheeze Sauce – 2.7 g 2/3 cup (cooked) Birds Eye Mixed Frozen Vegetables – 2 g</p> <p>Dinner total protein: 8.7 grams</p>	<p>Macaroni and Cheese 2 oz dry (57 g) Barilla Elbow Pasta – 7 g 1/3 cup Daiya Deluxe Cheddar Cheeze Sauce – 2.7 g 2/3 cup (cooked) Birds Eye Mixed Frozen Vegetables – 2 g</p> <p>Dinner total protein: 11.7 grams</p>
Thursday Total	9.0 grams	24.3 grams	35.1 grams

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Friday	Under 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	<p align="center">Smoothie</p> <p>1 cup coconut milk – 0.5 g 1 cup Dole Frozen Berry Blend – 1 g 75 g sliced frozen banana – 0.8 g 1 tsp vanilla extract (Add ice as needed for consistency)</p> <p align="center">Breakfast total protein: 2.3 grams</p>	<p align="center">Smoothie</p> <p>1 cup Oatmilk – 2 g 1 cup Dole Frozen Berry Blend – 1 g 75 g sliced frozen banana – 0.8 g 1 cup (35 g) raw spinach – 0.85 g 1 Tbsp almond butter – 3.4 g 1 tsp vanilla extract</p> <p align="center">Breakfast total protein: 8.05 grams</p>	<p align="center">Smoothie</p> <p>1 cup Soymilk – 6 g 1 cup Dole Frozen Berry Blend – 1 g 75 g sliced frozen banana – 0.8 g 1 cup (35 g) raw spinach – 0.85 g 1 Tbsp almond butter – 3.4 g 1 tsp vanilla extract</p> <p align="center">Breakfast total protein: 12.05 grams</p>
Lunch	<p align="center">Pizza & Salad</p> <p>6 Cook For Love Pizza Bites – 1.8 g</p> <p>2 cups (60 g) romaine lettuce – 0.95 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 2 Tbsp Oil&Vinegar or balsamic - free</p> <p align="center">Lunch total protein: 3.55 grams</p>	<p align="center">Pizza & Salad</p> <p>148 g (1/3 pizza) Daiya Cheeze Lover’s Pizza – 5 g</p> <p>2 cups (60 g) romaine lettuce – 0.95 g 1/3 cup (33 grams) grated carrots – 0.3 g 1/4 cup (17 grams) white mushrooms - 0.25 g 1/4 cup (26 grams) chopped cauliflower 0.25 g 2 Tbsp Oil&Vinegar or balsamic - free</p> <p align="center">Lunch total protein: 6.75 grams</p>	<p align="center">Pizza & Salad</p> <p>155 g (1/2 pizza) Caulipower Margherita Pizza – 11 g</p> <p>2 cups (60 g) romaine lettuce – 0.95 g 1/3 cup (33 grams) grated carrots – 0.3 g 1/4 cup (17 grams) white mushrooms - 0.25 g 1/4 cup (26 grams) chopped cauliflower 0.25 g 2 Tbsp Oil&Vinegar or balsamic - free</p> <p align="center">Lunch total protein: 12.75 grams</p>
Dinner	<p align="center">Burger</p> <p>70 g Portobello Mushroom Cap – 1.5 g 1/2 slice Daiya cheddar cheese – 0.5 g 1 Schar Hamburger bun – 2 g 1 slice tomato (15 g), lettuce – 0.1 g 30 grams Glutino Pretzel Sticks – free</p> <p align="center">Dinner total protein: 4 grams</p>	<p align="center">Burger</p> <p>1 Dr. Praeger’s Veggie Burger – 5 g</p> <p>1 slice Daiya cheddar cheese – 1 g 1 Schar Hamburger bun – 2 g 1 slice tomato (15 g), lettuce – 0.1 g 30 grams Glutino Pretzel Sticks – free</p> <p align="center">Dinner total protein: 8 grams</p>	<p align="center">Burger</p> <p>Morningstar Farms Black Bean Burger – 9 g</p> <p>1 slice Daiya cheddar cheese – 1 g 1 Schar Hamburger bun – 2 g 1 slice tomato (15 g), lettuce – 0.1 g 30 grams Glutino Pretzel Sticks – free</p> <p align="center">Dinner total protein: 12 grams</p>
Friday Total	9.85 grams	22.8 grams	36.8 grams

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