

# THIS WEEK'S MENU

Each day has meals for <10 grams (g) of protein/day, 20-30 g. of protein/day, and 30-40 g. of protein/day.

M

**Breakfast:** Waffles & Fruit  
**Lunch:** Grilled Cheese & Fries  
**Dinner:** Southwestern Salad

T

**Breakfast:** Cereal & Fruit  
**Lunch:** Pita Pockets  
**Dinner:** Veggie Pasta

W

**Breakfast:** Cinnamon Roll & Fruit  
**Lunch:** Soup & Salad  
**Dinner:** Burger & Pretzels

T

**Breakfast:** Pancakes & Fruit  
**Lunch:** Burrito Bowl  
**Dinner:** Broccoli Alfredo Pasta

F

**Breakfast:** Biscuits and Gravy with Fruit Salad  
**Lunch:** Veggie Wrap & Chips  
**Dinner:** Chunky Veggie Pasta

## Shopping List

Click each day to view the week long menu!

**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
<b>Breakfast</b>	2 Trader Joe's Gluten Free Waffles – 1 g 1/4 cup (28 grams) Blueberries – 0.2 g 1/4 cup (62 grams) Peaches – 0.4 g <i>Butter, syrup as desired (free)</i>	2 Nature's Promise Multigrain Waffles – 4.0 g 1/4 cup (28 grams) Blueberries – 0.2 g 1/4 cup (62 grams) Peaches – 0.4 g <i>Butter, syrup as desired (free)</i>	2 Birch Benders Protein Toaster Waffles – 11 g 1/4 cup (28 grams) Blueberries – 0.2 g 1/4 cup (62 grams) Peaches – 0.4 g <i>Butter, syrup as desired (free)</i>
	Breakfast total protein: 1.6 grams	Breakfast total protein: 4.6 grams	Breakfast total protein: 11.6 grams
<b>Lunch</b>	<b>Grilled Cheese and French Fries</b> 2 slices <a href="#">Cook For Love Low Protein Bread</a> – 1 g 1 slice Daiya cheddar cheese – 1 g <i>Toasted/grilled with cooking spray or butter as desired</i>	<b>Grilled Cheese and French Fries</b> 2 slices <a href="#">Sara Lee Whole Grain White Bread</a> – 5 g 1 slice Daiya cheddar cheese – 1 g <i>Toasted/grilled with cooking spray or butter as desired</i>	<b>Grilled Cheese and French Fries</b> 2 slices <a href="#">Sara Lee Whole Grain White Bread</a> – 5 g 1 slice Daiya cheddar cheese – 1 g <i>Toasted/grilled with cooking spray or butter as desired</i>
	125 g <a href="#">Neilly's Yuca Fries</a> – 1 g  Lunch total protein: 3 grams	125 g <a href="#">Neilly's Yuca Fries</a> – 1 g  Lunch total protein: 7 grams	125 g <a href="#">Orelda Crinkle Fries</a> – 3 g  Lunch total protein: 9 grams
<b>Dinner</b>	<b>Southwestern Salad</b> 75 g romaine lettuce – 0.9 g 25 g sliced red pepper – 0.25 g 25 g sliced green pepper – 0.2 g 15 g tomato – 0.1 g 36 g (1/4 cup) corn – 1.2 g 28 g shredded Daiya cheese – 1 g Topped with 1 serving (4 florets) <a href="#">Cook For Love Kentucky Fried Cauliflower</a> – 1.3 g <i>Topped w/2 Tbsp Ranch dressing, hot sauce as desired – 0.4 g</i>	<b>Southwestern Salad</b> 75 g romaine lettuce – 0.9 g 25 g sliced red pepper – 0.25 g 25 g sliced green pepper – 0.2 g 15 g tomato – 0.1 g 36 g (1/4 cup) corn – 1.2 g 28 g shredded cheddar cheese – 6 g 100 g sliced avocado – 2 g Topped with 1 serving (4 florets) <a href="#">Cook For Love Kentucky Fried Cauliflower</a> – 1.3 g <i>Topped w/2 Tbsp Ranch dressing, hot sauce as desired – 0.4 g</i>	<b>Southwestern Salad</b> 75 g romaine lettuce – 0.9 g 25 g sliced red pepper – 0.25 g 25 g sliced green pepper – 0.2 g 15 g tomato – 0.1 g 36 g (1/4 cup) corn – 1.2 g 28 g shredded cheddar cheese – 6 g 100 g sliced avocado – 2 g Topped with 1 serving (4 florets) <a href="#">Cook For Love Kentucky Fried Cauliflower</a> – 1.3 g <i>Topped w/2 Tbsp Ranch dressing, hot sauce as desired – 0.4 g</i>
	Lunch total protein: 5.35 grams	Lunch total protein: 12.35 grams	Lunch total protein: 12.35 grams
<b>Monday Total</b>	9.95 grams	23.95 grams	32.95 grams

<b>Tuesday</b>	<b>Under 10 g a day</b>	<b>20 - 30 g a day</b>	<b>30-40 a day</b>
<b>Breakfast</b>	<p>1 cup (27 g) Rice Chex – 1.7 g  100 g apple slices – 0.15 g  50 g strawberry slices – 0.3 g  4 oz rice milk – 0.35 g</p> <p>Breakfast total protein: 2.5 grams</p>	<p>1 cup (28 g) Cheerio's – 3.5 g  100 g apple slices – 0.15 g  50 g strawberry slices – 0.3 g  4 oz rice milk – 0.35 g</p> <p>Breakfast total protein: 4.3 grams</p>	<p>1 cup (42 g) Honey Bunches of Oats – 4.4 g  100 g apple slices – 0.15 g  50 g strawberry slices – 0.3 g  4 oz oat milk – 1 g</p> <p>Breakfast total protein: 5.85 grams</p>
<b>Lunch</b>	<p><b>Pita Pockets</b>  1 Pita (recipe from <a href="#">Cook For Love Pita Bread</a>) – 0.7 g  2 Tbsp <a href="#">Classic Sabra Hummus</a> – 2 g  1/3 cup (40 g) peeled cucumber – 0.25 g  1/4 cup (40 g) cut grape tomatoes – 0.3 g  25 g sliced red onion – 0.25 g  10 g spinach leaves – 0.3 g  Red wine vinegar and olive oil – free</p> <p>30 g Glutino Pretzel Sticks – free</p> <p>Lunch total protein: 3.8 grams</p>	<p><b>Pita Pockets</b>  1 <a href="#">Bfree Stone Baked Pita Bread</a> – 3 g  2 Tbsp <a href="#">Classic Sabra Hummus</a> – 2 g  1/3 cup (40 g) peeled cucumber – 0.25 g  1/4 cup (40 g) cut grape tomatoes – 0.3 g  25 g sliced red onion – 0.25 g  10 g spinach leaves – 0.3 g  Red wine vinegar and olive oil – free</p> <p>30 g Garden Veggie Straws Sticks – 1 g</p> <p>Lunch total protein: 7.1 grams</p>	<p><b>Pita Pockets</b>  1 <a href="#">Toufayan Whole Wheat Pita Bread</a> – 6 g  2 Tbsp <a href="#">Classic Sabra Hummus</a> – 2 g  1/3 cup (40 g) peeled cucumber – 0.25 g  1/4 cup (40 g) cut grape tomatoes – 0.3 g  25 g sliced red onion – 0.25 g  10 g spinach leaves – 0.3 g  Red wine vinegar and olive oil – free</p> <p>30 g <a href="#">Harvest Snaps</a> – 5 g</p> <p>Lunch total protein: 14.1 grams</p>
<b>Dinner</b>	<p><b>Veggie Pasta</b>  2 oz dry (57 g) Jovial cassava penne pasta – 1 g  1/4 cup (17 grams) white mushrooms - 0.25 g  1/4 cup (26 grams) chopped cauliflower 0.25 g  1/4 cup (23 grams) chopped broccoli – 0.64 g  1/3 cup (85 grams) marinara sauce – 1.2 g</p> <p>Dinner total protein: 3.35 grams</p>	<p><b>Veggie Pasta</b>  2 oz dry (57 g) Barilla Gluten Free Penne – 4 g  1/4 cup (17 grams) white mushrooms - 0.25 g  1/4 cup (26 grams) chopped cauliflower 0.25 g  1/4 cup (23 grams) chopped broccoli – 0.64 g  1/2 cup (128 grams) marinara sauce – 1.8 g  2 Tbsp (10 grams) grated parmesan cheese – 2.8 g</p> <p>Dinner total protein: 9.75 grams</p>	<p><b>Veggie Pasta</b>  2 oz dry (57 g) Barilla Penne Pasta – 7 g  1/4 cup (17 grams) white mushrooms - 0.25 g  1/4 cup (26 grams) chopped cauliflower 0.25 g  1/4 cup (23 grams) chopped broccoli – 0.64 g  1/2 cup (128 grams) marinara sauce – 1.8 g  2 Tbsp (10 grams) grated parmesan cheese – 2.8 g</p> <p>Dinner total protein: 12.75 grams</p>
<b>Tuesday Total</b>	9.65 grams	21.15 grams	32.70 grams

Wednesday	Under 10 g a day	20 - 30 g a day	30-40 a day
<b>Breakfast</b>	1 <a href="#">Cook For Love Cinnamon Bun</a> – 0.6 g 1 SoDelicious Dairy Free Coconut Milk Yogurt (150 g container) – 0.65 g 1/4 cup (28 g) Blueberries – 0.2 g  Breakfast total protein: 1.45 grams	1 <a href="#">Pillsbury Cinnamon Roll with icing</a> – 2 g 1 Yoplait Original Yogurt, Plain or Flavored (170 g container) – 6 g 1/4 cup (28 g) Blueberries – 0.2 g  Breakfast total protein: 8.2 grams	1 <a href="#">Pillsbury Cinnamon Roll with icing</a> – 2 g 1 Chobani Blended Yogurt, Plain or Flavored (150 g container) – 12 g 1/4 cup (28 g) Blueberries – 0.2 g  Breakfast total protein: 14.2 grams
<b>Lunch</b>	<b>Soup &amp; Salad</b> 1 serving (280 g) <a href="#">Cook For Love Minestrone Soup</a> – 2.5 g  1 serving of Snyder’s Gluten Free Pretzels – free  1 cup (57 g) chopped iceberg lettuce – 0.5 g 20 grams diced tomatoes – 0.18 g 20 grams diced cucumber – 0.13 g 20 grams chopped onion – 0.22 g 20 grams green pepper – 0.17 g 2 Tbsp oil and vinegar dressing – 0 g  Lunch total protein: 3.7 grams	<b>Soup &amp; Salad</b> 1 serving (280 g) <a href="#">Cook For Love Minestrone Soup</a> – 2.5 g  6 (18 g) saltine crackers – 1.7 g  1 cup (57 g) chopped iceberg lettuce – 0.5 g 20 grams diced tomatoes – 0.18 g 20 grams diced cucumber – 0.13 g 20 grams chopped onion – 0.22 g 20 grams green pepper – 0.17 g 25 grams croutons – 2.7 g 2 Tbsp oil and vinegar dressing – 0 g  Lunch total protein: 8.1 grams	<b>Soup &amp; Salad</b> 1 serving (280 g) <a href="#">Cook For Love Minestrone Soup</a> – 2.5 g  6 (18 g) saltine crackers – 1.7 g  1 cup (57 g) chopped iceberg lettuce – 0.5 g 20 grams diced tomatoes – 0.18 g 20 grams diced cucumber – 0.13 g 20 grams chopped onion – 0.22 g 20 grams green pepper – 0.17 g 25 grams croutons – 2.7 g 15 grams shredded cheddar cheese – 3.75 g 2 Tbsp oil and vinegar dressing – 0 g  Lunch total protein: 11.85 grams
<b>Dinner</b>	<b>Burger</b> 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  Dinner total protein: 4.5 grams	<b>Burger</b> 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  Dinner total protein: 8 grams	<b>Burger</b> 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 (1 oz) <a href="#">Terra Chips</a> – 1 g  Dinner total protein: 9 grams
<b>Wednesday Total</b>	9.65 grams	24.3 grams	35.05 grams

Thursday	Under 10 g a day	20 - 30 g a day	30-40 a day
<b>Breakfast</b>	<p>3 <a href="#">Cook for Love Pancakes</a>, 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></p> <p>Breakfast total protein: 1.4 grams</p>	<p>3 (52 grams 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></p> <p>Breakfast total protein: 3.5 grams</p>	<p>3 (about ½ cup mix, 53 grams) 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></p> <p>Breakfast total protein: 14.6 grams</p>
<b>Lunch</b>	<p><b>Rice Bowl</b>  1 cup cooked <a href="#">Bird’s Eye Cauliflower Rice</a> – 1.5 g  25 g chopped green peppers – 0.25 g  20 g diced tomatoes – 0.18 g  15 g shredded lettuce – 0.15 g  15 g portabella mushroom – 0.32 g  1 packet <a href="#">Wholly Guacamole Classic</a> – 1 g  3 Tbsp (21 g) Daiya Cheese Shreds – 0.75 g  14 g plain tortilla chips – 0.95 g</p> <p>Lunch total protein: 5.1 grams</p>	<p><b>Rice Bowl</b>  1 cup <a href="#">Minute Brown Rice Cup</a> – 5 g  25 g chopped green peppers – 0.25 g  20 g diced tomatoes – 0.18 g  15 g shredded lettuce – 0.15 g  15 g portabella mushroom – 0.32 g  1 packet <a href="#">Wholly Guacamole Classic</a> – 1 g  4 Tbsp (28 g) Daiya Cheese Shreds – 1 g  28 g yellow plain tortilla chips – 1.9 g</p> <p>Lunch total protein: 9.8 grams</p>	<p><b>Rice Bowl</b>  1 cup <a href="#">Minute Brown Rice Cup</a> – 5 g  25 g chopped green peppers – 0.25 g  20 g diced tomatoes – 0.18 g  15 g shredded lettuce – 0.15 g  15 g portabella mushroom – 0.32 g  1 packet <a href="#">Wholly Guacamole Classic</a> – 1 g  4 Tbsp (28 g) Daiya Cheese Shreds – 1 g  28 g yellow plain tortilla chips – 1.9 g</p> <p>Lunch total protein: 9.8 grams</p>
<b>Dinner</b>	<p><b>Broccoli Pasta Alfredo</b>  1 serving (200 g) <a href="#">Cook For Love Pasta Alfredo</a> – 2.1 g  50 g cooked broccoli – 1.2 g  28 g (1 oz) <a href="#">Follow Your Heart Parmesan Cheese</a> – 0.12 g</p> <p>Dinner total protein: 3.42 grams</p>	<p><b>Broccoli Pasta Alfredo</b>  2 oz dry (57 g) Barilla Gluten Free Fettuccine Pasta – 4 g  50 g cooked broccoli – 1.2 g  ½ cup Classico Alfredo Pasta Sauce – 2 g  10 grams (2 Tbsp) shredded parmesan cheese – 3.8 g</p> <p>Dinner total protein: 11 grams</p>	<p><b>Broccoli Pasta Alfredo</b>  2 oz dry (57 g) Barilla Fettuccine Pasta – 7 g  50 g cooked broccoli – 1.2 g  ½ cup Classico Alfredo Pasta Sauce – 2 g  10 grams (2 Tbsp) shredded parmesan cheese – 3.8 g</p> <p>Dinner total protein: 14 grams</p>
<b>Thursday Total</b>	9.92 grams	24.3 grams	38.4 grams

Friday	Under 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	<b>Biscuits and Gravy</b> 2 <a href="#">Cook For Love</a> 2-inch biscuits – 1 g ½ cup <a href="#">Country Gravy</a> (prepared with rice milk) – 0.35 g  <b>Fruit Salad</b> 50 g apple slices – 0.15 g 50 g grapes – 0.35 g 50 g strawberry slices – 0.3 g  Breakfast total protein: 2.15 grams	<b>Biscuits and Gravy</b> 2 <a href="#">Southern Homestyle Buttermilk Biscuits</a> – 6 g ½ cup <a href="#">Country Gravy</a> (prepared with rice milk) – 0.35 g  <b>Fruit Salad</b> 50 g apple slices – 0.15 g 50 g grapes – 0.35 g 50 g strawberry slices – 0.3 g  Breakfast total protein: 7.15 grams	<b>Biscuits and Gravy</b> 2 <a href="#">Southern Homestyle Buttermilk Biscuits</a> – 6 g ½ cup <a href="#">Country Gravy</a> (prepared with rice milk) – 0.35 g  <b>Fruit Salad</b> 50 g apple slices – 0.15 g 50 g grapes – 0.35 g 50 g strawberry slices – 0.3 g  Breakfast total protein: 7.15 grams
	<b>Veggie Wraps (makes 2 small wraps)</b> 2 <a href="#">Siete Cassava Flour Tortillas</a> – 1 g 2 slices <a href="#">Follow Your Heart American Cheese</a> – 0 g 1/4 cup (~28 g) grated carrots – 0.25 g 25 g peeled cucumber – 0.15 g 20 g portabella mushroom – 0.42 g 20 g chopped tomato – 0.2 g 8 g chopped spinach – 0.23 g 2 Tbsp ranch dressing – 0.4 g  1 ounce (28 g) Terra Chips – 1 g  Lunch total protein: 3.65 grams	<b>Veggie Wraps (makes 2 small wraps)</b> 2 Siete <a href="#">Chickpea Flour Tortillas</a> – 5 g 2 slices Daiya Cheese – 2 g 1/4 cup (~28 g) grated carrots – 0.25 g 25 g peeled cucumber – 0.15 g 20 g portabella mushroom – 0.42 g 20 g chopped tomato – 0.2 g 8 g chopped spinach – 0.23 g 2 Tbsp ranch dressing – 0.4 g  1 ounce (28 g) Rold Gold Pretzels – 2  Lunch total protein: 10.65 grams	<b>Veggie Wraps (makes 2 small wraps)</b> 2 Siete <a href="#">Chickpea Flour Tortillas</a> – 5 g 2 slices Daiya Cheese – 2 g 1/4 cup (~28 g) grated carrots – 0.25 g 25 g peeled cucumber – 0.15 g 20 g portabella mushroom – 0.42 g 20 g chopped tomato – 0.2 g 8 g chopped spinach – 0.23 g 2 Tbsp ranch dressing – 0.4 g  1 ounce (28 g) Rold Gold Pretzels – 2  Lunch total protein: 10.65 grams
Dinner	<b>Veggie Pasta</b> 2 oz dry (57 g) <a href="#">Jovial cassava penne pasta</a> – 1 g 1/4 cup (17 grams) white mushrooms - 0.25 g 1/4 cup (26 grams) chopped cauliflower 0.25 g 1/4 cup (23 grams) chopped broccoli – 0.65 g 1/3 cup (85 grams) marinara sauce – 1.2 g  Dinner total protein: 3.35 grams	<b>Veggie Pasta</b> 2 oz dry (57 g) <a href="#">Barilla Gluten Free Penne</a> – 4 g 1/4 cup (17 grams) white mushrooms - 0.25 g 1/4 cup (26 grams) chopped cauliflower 0.25 g 1/4 cup (23 grams) chopped broccoli – 0.65 g 1/2 cup (128 grams) marinara sauce – 1.8 g 2 Tbsp (10 grams) grated parmesan cheese – 2.8 g  Dinner total protein: 9.75 grams	<b>Veggie Pasta</b> 2 oz dry (56 g) <a href="#">Banza Chickpea Penne</a> – 11 g 1/4 cup (17 grams) white mushrooms - 0.25 g 1/4 cup (26 grams) chopped cauliflower 0.25 g 1/4 cup (23 grams) chopped broccoli – 0.65 g 1/2 cup (128 grams) marinara sauce – 1.8 g 2 Tbsp (10 grams) grated parmesan cheese – 2.8 g  Dinner total protein: 16.75 grams
	<b>Friday Total</b>	9.15 grams	27.55 grams