

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: Toast & Yogurt
Lunch: Spaghetti & Broccoli
Dinner: Pizza

T

Breakfast: Cereal & Fruit
Lunch: Tostada
Dinner: Grilled Romaine & Pasta

W

Breakfast: Avocado Toast
Lunch: Vegetable Soup
Dinner: Eggplant Rolls

T

Breakfast: Pancakes
Lunch: Cauliflower Fried Rice
Dinner: BBQ Sliders & Jicama Salad

F

Breakfast: Banana Bread & Spread
Lunch: Tortilla Soup
Dinner: Zoodles & Marinara

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 10g a day	20-30g a day	30-40g a day
Breakfast	Schar white bread, 1 slice, 1g Butter & jam as desired (free) Fresh orange, 1 medium, 1.2g So Delicious coconut yogurt, 5.3oz container, 1g Breakfast total protein: 3.2 g	Oroweat Oatnut bread, 1 slice, 3g Butter & jam as desired (free) Fresh orange, 1 medium, 1.2g So Delicious coconut yogurt, 5.3oz container, 1g Breakfast total protein: 5.2g	Daves Killer bread, 21 whole grains and seeds, 1 slice, 5g Butter & jam as desired, (free) Fresh orange, 1 medium, 1.2g Yoplait yogurt, French vanilla, 6oz container, 6g Breakfast total protein: 13.2g
Lunch	Spaghetti, low protein, 1/8 th pkg (68g dry), 0.3 g Marinara sauce, 1/4c, 1 g Broccoli, steamed, chopped 1/4c, 0.9g Baby carrots, 10 small, 1g Ranch dressing, 1 TB, 0.2g Lunch total protein: 3.3g	Barilla gluten free spaghetti, 2oz (56g dry), 4g Marinara sauce, 1/4c, 1g Broccoli, steamed, chopped 1/2c, 1.8g Baby carrots, 10 small, 1g Ranch dressing, 1 TB, 0.2g Lunch total protein: 8g	Delallo whole wheat spaghetti, 2oz (57g dry), 7g Marinara sauce, ¼ c, 1 g Broccoli, steamed, chopped, 1/2c, 1.8g Baby carrots, 10 small, 1g Ranch dressing, 1 TB, 0.2g Lunch total protein: 12g
Dinner	Pizza crust, low protein, 1 slice 0.2g Low Protein Foods Recipes Ajinomoto Cambrooke Pizza sauce, 1/4c, 1.4g Follow Your Heart mozzarella cheese, 2oz, 0g Mushrooms, sliced, ½ cup, 1.1g Fresh basil leaves, free Fresh strawberries, 8-10 (150g) 1g Non-dairy whipped topping, ½ cup, 0g Dinner total protein: 3.7g	Udi's gluten free pizza crust, 1svg (57g), 4g Pizza sauce, 1/4c, 1.4g Kraft Natural shredded mozzarella cheese, 1oz, 1/4c, 6g Fresh basil leaves, free Fresh strawberries, 8-10, 1g Non-dairy whipped topping, 1/2c, 0g Dinner total protein: 12.4g	Boboli Cauliflower thin pizza crust, 1/5 shell (57g), 6g Pizza sauce, 1/4c, 1.4g Kraft Natural shredded mozzarella cheese, 1oz, 1/4c, 6g Fresh basil leaves, free Fresh strawberries, 8-10, 1g Non-dairy whipped topping, 1/2c, 0g Dinner total protein: 14.5
Monday Total Protein	10.2g	25.6	39.7

Disclaimer: This meal plan is intended to be a 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.

Tuesday	Under 10g a day	20-30g a day	30-40g a day
Breakfast	Cheerios, Multi-Grain, 1c, 2.2g Almond milk, 4oz, 0.5g Blueberries, 1/2c, 0.5g Honey, 1TB, 0g Breakfast total protein: 3.2g	Quaker Instant oatmeal, 1 packet, prepared, 4g Almond milk, 4oz, 0.5g Blueberries, 1/2c, 0.5g Honey, 1TB, 0g Breakfast total protein: 5g	Quaker Instant oatmeal, 1 packet, prepared, 4g Yoplait yogurt, vanilla, 6oz container, 6g Blueberries, 1/2c, 0.5g Honey, 1TB, 0g Breakfast total protein: 10.5g
Lunch	Tostada: -1 small corn tortilla, 1.6g -Tomato, fresh, chopped, ¼ c, 0.4g -Follow Your Heart cheddar cheese, 2oz, 0g -shredded lettuce & cilantro, free -salsa, 2 TB, 0.5g Apple, 1 medium, 0.5g Cookie butter, 1 TB, 0.5g Lunch total protein: 3.5g	Tostada: -2 corn tortillas, 3.2g -Tomato, fresh, chopped, ½ c, 0.8g -Daiya cheddar style shreds, 2oz (56g), 2g -shredded lettuce & cilantro, free -salsa, 2 TB, 0.5g Apple, 1 medium, 0.5g Cookie butter, 1 TB, 0.5g Lunch total protein: 7.5g	Tostada: -2 corn tortillas, 3.2g -Tomato, fresh, chopped, ½ c, 0.8g -Sargento Creamery 3 Cheese Mexican, 1/4c (28g), 6g shredded lettuce & cilantro, free -salsa, 2 TB, 0.5g Apple, 1 medium, 0.5g Cookie butter, 1 TB, 0.5g Lunch total protein: 11.5g
Dinner	Romaine lettuce, ¼ head (100g), cut lengthwise, grilled, 1.2g Artichoke hearts, marinated, 4 quarter pieces, 0.8g Follow Your Heart Caesar dressing, 2 TB, 0g Aproten pasta elbows, 1cup cooked, 0.1 g Olive oil and crushed garlic, as desired, 0g Peach, fresh, grilled, 2 halves, 1.2g Vanilla ice cream, non-dairy, 2/3 cup, 0.5g Dinner total protein: 3.8g	Romaine lettuce, ½ head (200g), cut lengthwise, grilled, 2.4g Artichoke hearts, marinated, 4 quarter pieces, 0.8g Ken's Creamy Caesar dressing, 2 TB, 1g Barilla gluten free penne pasta, 2oz (56g dry), 4g Olive oil and crushed garlic, as desired, 0g Peach, fresh, grilled, 2 halves, 1.2g Vanilla ice cream, non-dairy, 2/3 cup, 0.5g Dinner total protein: 9.9g	Romaine lettuce, ½ head (200g), cut lengthwise, grilled, 2.4g Artichoke hearts, marinated, 4 quarter pieces, 0.8g Ken's Creamy Caesar dressing, 2 TB, 1g BelGioioso Shaved Paremsan cheese, 2 TB (10g) 4g Barilla gluten free penne pasta, 2oz (56g dry), 4g Olive oil and crushed garlic, as desired, 0g Peach, fresh, grilled, 2 halves, 1.2g Vanilla ice cream, non-dairy, 2/3 cup, 0.5g Dinner total protein: 13.9
Tuesday Total Protein	10.5g	22.4	35.9

Disclaimer: This meal plan is intended to be a 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.

Wednesday	Under 10g a day	20-30g a day	30-40g a day
Breakfast	<p>Avocado toast</p> <ul style="list-style-type: none"> -Schar white bread, 1 slice, 1g - Avocado, mashed, ¼ whole, 0.7g -tomato, ½ medium, sliced, 0.5g -olive oil and lemon juice to taste, 0g <p>Breakfast total protein: 2.2g</p>	<p>Avocado toast</p> <ul style="list-style-type: none"> -Francisco International French bread, 1 slice, 4g -avocado, mashed, ½ whole, 1.4g -tomato, ½ medium, sliced, 0.5g -olive oil and lemon juice to taste, 0g <p>Breakfast total protein: 5.9g</p>	<p>Avocado toast</p> <ul style="list-style-type: none"> -Oroweat 100% Whole Wheat bread, 1 slice, 4g -avocado, mashed, ½ whole, 1.4g -tomato, ½ medium, sliced, 0.5g -cooked whole egg, 7g -olive oil and lemon juice to taste, 0g <p>Breakfast total protein: 12.9g</p>
Lunch	<p>Vegetable rice soup Low Protein Foods Recipes Ajinomoto Cambrooke</p> <p>1 1/3 cup (322g), 2g</p> <p>Glutino crackers, 8 pieces, 1g</p> <p>Fresh pear, 1 whole, 0.6g</p> <p>Lunch total protein: 3.6g</p>	<p>Seriously Good Vegetable Soup, 1 bowl (1/6th recipe), 2.8g https://bit.ly/33n5IXr</p> <p>Triscuits Original crackers, 6 pieces, 3g</p> <p>Fresh pear, 1 whole, 0.6g</p> <p>Lunch total protein: 6.4g</p>	<p>Seriously Good Vegetable Soup, 1 bowl (1/6th recipe), 2.8g https://bit.ly/33n5IXr</p> <p>Dave's Killer Powerseed bread, 1 slice, 5g</p> <p>Provolone cheese, 1 slice, 7g</p> <p>Fresh pear, 1 whole, 0.6g</p> <p>Lunch total protein: 15.4g</p>
Dinner	<p>Grilled eggplant rolls with feta cheese*</p> <ul style="list-style-type: none"> - Eggplant, sliced horizontally, 2 thin slices, 100g, 1g - Follow Your Heart feta cheese, 2oz, 0g - Kalamata olives, chopped, 1TB, 0g - Shredded cucumber, 1/4c, 1g -chopped fresh mint, crushed garlic, olive oil to taste, 0g <p>*Mix feta with remaining ingredients, roll up inside grilled eggplant slices</p> <p>Pomegranate seeds, ¼ c, 0.7g</p> <p>Coconut yogurt, 1 container, 1g</p> <p>Dinner total protein: 3.7g</p>	<p>Grilled eggplant rolls with feta cheese*</p> <ul style="list-style-type: none"> - Eggplant, sliced horizontally, 2 thin slices, 100g, 1g -Feta cheese, 1oz (28g), 4g -Kalamata olives, chopped, 1TB, 0g - Shredded cucumber, 1/4c, 1g -chopped fresh mint, crushed garlic, olive oil to taste, 0g <p>*Mix feta with remaining ingredients, roll up inside grilled eggplant slices</p> <p>Pomegranate seeds, ¼ c, 0.7g</p> <p>Frozen yogurt, vanilla, ½ cup, 3 g</p> <p>Dinner total protein: 9.7g</p>	<p>Grilled eggplant rolls with feta cheese*</p> <ul style="list-style-type: none"> -Eggplant, sliced horizontally, 2 thin slices, 100g, 1g -Feta cheese, 1oz (28g), 4g -Kalamata olives, chopped, 1TB, 0g - Shredded cucumber, 1/4c, 1g -chopped fresh mint, crushed garlic, olive oil to taste, 0g <p>*Mix feta with remaining ingredients, roll up inside grilled eggplant slices</p> <p>Pomegranate seeds, ¼ c, 0.7g</p> <p>Frozen yogurt, vanilla, ½ cup, 3 g</p> <p>Dinner total protein: 9.7g</p>
Wednesday Total Protein	9.5g	22g	38g

Disclaimer: This meal plan is intended to be a 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.

Thursday	Under 10g a day	20-30g a day	30-40g a day
Breakfast	<p>Mixquick pancakes, 3 pancakes, 0g Low Protein Foods Recipes Ajinomoto Cambrooke</p> <p>Maple syrup & butter, as desired, 0g</p> <p>Fresh raspberries, 1 cup, 1g</p> <p>Breakfast total protein: 1g</p>	<p>Van's gluten-free pancakes, 2 pancakes (87g), 3g</p> <p>Maple syrup & butter, as desired, 0g</p> <p>Fresh raspberries, 1 cup, 1g</p> <p>Banana, ½ small (50g), 0.5g</p> <p>Breakfast total protein: 4.5g</p>	<p>Brown Sugar oatmeal Pancakes, 2 pancakes, 7g https://bit.ly/3GK6IYQ</p> <p>Fresh raspberries, 1 cup, 1g</p> <p>Banana, ½ small (50g), 0.5g</p> <p>Breakfast total protein: 8.5g</p>
Lunch	<p>Cauliflower Fried Rice, 1 ½ cup, 4.2g Cauliflower Fried Rice – UCD Low-Protein Recipes (ucdincommon.com)</p> <p>Fresh kiwi, 1 whole, 1g</p> <p>Lunch total protein: 5.2g</p>	<p>Cauliflower Fried Rice, 1 ½ cup, 4.2g Cauliflower Fried Rice – UCD Low-Protein Recipes (ucdincommon.com)</p> <p>Royal Asia vegetable spring rolls 1 roll, 1.8 g</p> <p>Fresh kiwi, 1 whole, 1g</p> <p>Lunch total protein: 7g</p>	<p>Cauliflower Fried Rice, 1 1/3 c, 9g https://bit.ly/3HQQQzr</p> <p>Royal Asia vegetable spring rolls 1 roll, 1.8 g</p> <p>Fresh kiwi, 1 whole, 1g</p> <p>Lunch total protein: 11.8g</p>
Dinner	<p>BBQ Jackfruit Sliders - BBQ jackfruit, ready to use (Upton's) 2.7oz (75g), 1g</p> <p>-Cambrooke buns, 1 bun, 0.3g</p> <p>-Cabbage, shredded, ¼ c, 0.2g</p> <p>Jicama salad</p> <p>-jicama cut into matchstick pieces, 1c, 0.8g</p> <p>-carrot, cut into matchstick pieces, ½ c, 0.6g</p> <p>-Wishbone jalapeno lime vinaigrette, 2 TB, 0g</p> <p>Tangerine, 1 small, 0.6g</p> <p>Dinner total protein: 3.5g</p>	<p>BBQ Jackfruit Sliders</p> <p>BBQ jackfruit, ready to use (Upton's) 2.7oz (75g), 1g</p> <p>-Kings Hawaiian slider buns, 1 bun, 3g</p> <p>Sargento shredded cheddar cheese, ¼ c (28g), 6g</p> <p>Cabbage, shredded, ¼ c, 0.2g</p> <p>Jicama salad</p> <p>-jicama cut into matchstick pieces, 1c, 0.8g</p> <p>-carrot, cut into matchstick pieces, ½ c, 0.6g</p> <p>-Wishbone jalapeno lime vinaigrette, 2 TB, 0g</p> <p>Tangerine, 1 small, 0.6g</p> <p>Dinner total protein: 12.2g</p>	<p>BBQ Pork Sliders</p> <p>Pulled pork w/ BBQ sauce, 1/4c (60g), 8g</p> <p>-Kings Hawaiian slider buns, 1 bun, 3g</p> <p>Cabbage, shredded, ¼ c, 0.2g</p> <p>Jicama salad</p> <p>-jicama cut into matchstick pieces, 1c, 0.8g</p> <p>-carrot, cut into matchstick pieces, ½ c, 0.6g</p> <p>-Wishbone jalapeno lime vinaigrette, 2 TB, 0g</p> <p>Tangerine, 1 small, 0.6g</p> <p>Dinner total protein: 13.2g</p>
Thursday Total Protein	9.7g	23.7g	33.5g

Disclaimer: This meal plan is intended to be a 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.

Friday	Under 10g a day	20-30g a day	30-40g a day
Breakfast	Banana bread Low Protein Foods Recipes Ajinomoto Cambrooke 1 slice (73g), 0.4g Pea-Not butter, 1 TB, 0.4g Fresh orange, 1 whole, 1g Breakfast total protein: 1.8 g	Banana bread, homemade, 1 slice, 3 g Nutella, 1 TB, 1.5g Fresh orange, 1 whole, 1g Breakfast total protein: 5.5g	Banana bread, homemade, 1 slice, 3 g Nutella, 1 TB, 1.5g Fresh orange, 1 whole, 1g Breakfast total protein: 5.5g
Lunch	Tortilla Soup, ½ cup, 1.2g Tortilla Soup – UCD Low-Protein Recipes (ucdincommon.com) Cambrooke tortilla chips, 1 bag (28g), 0.2g Daiya cheddar shreds, 1oz, 1g Fresh apple, 1 medium, 0.5g Lunch total protein: 2.9 g	Tortilla Soup, 1 cup, 2.4g Tortilla Soup – UCD Low-Protein Recipes (ucdincommon.com) Tostito Restaurant style tortilla chips, 7 chips, 2g Sargento Creamery 3 Cheese Mexican, 1/4c (28g), 6g Fresh apple, 1 medium, 0.5g Lunch total protein: 10.9g	Vegetarian Tortilla Soup, 1 1/3c, 8.5g https://bit.ly/34S6MTD Tostito Restaurant style tortilla chips, 7 chips, 2g Sargento Creamery 3 Cheese Mexican, 1/4c (28g), 6g Fresh apple, 1 medium, 0.5g Lunch total protein: 17g
Dinner	Zoodles with marinara sauce (1 recipe) 1 medium zucchini (196g) 2.4g ¼ cup marinara sauce, 1g Garlic and olive oil, 0g Low Protein Cooking with Zucchini (3 Recipes) - YouTube Fresh strawberries, 1 cup, 1g So Delicious coconut strawberry frozen dessert, 2/3c, 1g Dinner total protein: 5.4g	Zoodles with marinara sauce (1 recipe) 1 medium zucchini (196g) 2.4g ½ cup marinara sauce, 2 g Garlic and olive oil, 0g Low Protein Cooking with Zucchini (3 Recipes) - YouTube Mushrooms, sliced, ½ cup, 1.1g Fresh strawberries, 1 cup, 1g Yoplait yogurt, vanilla, 6oz container, 6g Dinner total protein: 12.5g	Zoodles with marinara sauce (1 recipe) 1 medium zucchini (196g) 2.4g ½ cup marinara sauce, 2g Garlic and olive oil, 0g Low Protein Cooking with Zucchini (3 Recipes) - YouTube Mushrooms, sliced, ½ cup, 1.1g BelGioioso Shaved Paremisan cheese, 2 TB (10g) 4g Fresh strawberries, 1 cup, 1g Yoplait yogurt, vanilla, 6oz container, 6g Dinner total protein: 16.5g
Friday Total Protein	10.1g	28.9g	39g

Disclaimer: This meal plan is intended to be a 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.