

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: Omelet
Lunch: Nuggets and Pretzels
Dinner: Pasta Alfredo

T

Breakfast: Cereal & Fruit
Lunch: Pizza and Salad
Dinner: Tacos

W

Breakfast: Pancakes
Lunch: Soup and Salad
Dinner: Spaghetti and "Meat"balls

T

Breakfast: Yogurt & Muffin
Lunch: Portabello Wrap
Dinner: Macaroni and Cheese

F

Breakfast: Waffle and fruit
Lunch: Asian Stir Fry Pasta
Dinner: Burger and Pretzels

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.

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.

Monday	Under 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	<p>Omelet ¼ c Cambrooke Eggz omelet mix, prepared – 0.2 g 20 g diced tomatoes – 0.15 g 20 g yellow onion – 0.15 g 14 g vegan coconut bacon – 1 g 2 cauliflower hash brown patties (Strong Roots)– 2 g</p> <p>Breakfast total protein: 3.5 grams</p>	<p>Omelet ¼ c Cambrooke Eggz omelet mix, prepared – 0.2 g 20 g diced tomatoes – 0.15 g 20 g yellow onion – 0.15 g 16 g (2 slices) veggie bacon – 2 g 2 cauliflower hash brown patties (Green Giant)– 5 g</p> <p>Breakfast total protein: 7.5 grams</p>	<p>Omelet ¼ c Just Egg plant based liquid eggs, prepared – 6.7 g 20 g diced tomatoes – 0.15 g 20 g yellow onion – 0.15 g 16 g (2 slices) veggie bacon – 2 g 2 cauliflower hash brown patties (Green Giant)– 5 g</p> <p>Breakfast total protein: 14 grams</p>
Lunch	<p>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 medium apple (170 g) – 0.5 g 1 ounce (28 g) Snyder’s Gluten Free Pretzels – free</p> <p>Lunch total protein: 3.7 grams</p>	<p>4 Dr. Praeger’s Veggie Nuggets – 7.2 g 1/2 cup (60 g) celery sticks – 0.4 g 2 Tbsp ranch dressing – 0.4 g 1 medium apple (170 g) – 0.5 g 1 ounce (28 g) Snyder’s Gluten Free Pretzels – free</p> <p>Lunch total protein: 8.5 grams</p>	<p>4 Morningstar Farms Chik’n Nuggets – 13 g 1/2 cup (60 g) celery sticks – 0.4 g 2 Tbsp ranch dressing – 0.4 g 1 medium apple (170 g) – 0.5 g 1 ounce (28 g) Snyder’s Gluten Free Pretzels – free</p> <p>Lunch total protein: 14.3</p>
Dinner	<p>Pasta Alfredo 1 serving (200 g) Cook For Love Pasta Alfredo – 2.1 grams 28 grams (1 oz) Follow Your Heart Parmesan Cheese – 0.1 grams</p> <p>Dinner total protein: 2.2 grams</p>	<p>Pasta Alfredo 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 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>
Monday Total	9.4 grams	25.8 grams	38.1 grams

Tuesday	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>Pizza and Salad 5 Cook for Love Pizza Bites – 1.5 g</p> <p>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 25 g raw broccoli – 0.7 g Oil & Vinegar dressing – free</p> <p>Lunch total protein: 3.65 grams</p>	<p>Pizza and Salad 1/3 (148 g) Daiya Cheese Lovers Pizza – 5 g</p> <p>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 25 g raw broccoli – 0.7 g Oil & Vinegar dressing – free</p> <p>Lunch total protein: 7.15 grams</p>	<p>Pizza and Salad 1/3 (183 g) Daiya Supreme Pizza – 8 g</p> <p>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 25 g raw broccoli – 0.7 g Oil & Vinegar dressing – free</p> <p>Lunch total protein: 10.15 grams</p>
Dinner	<p>Tacos 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> <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</p> <p>Dinner total protein: 3.75 grams</p>	<p>Tacos 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> <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</p> <p>Dinner total protein: 8.95 grams</p>	<p>Tacos 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> <p>4 Tbsp (28 g) cheddar cheese shreds – 6 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</p> <p>Dinner total protein: 13.95 grams</p>
Tuesday Total	9.95 grams	20.35 grams	34.35 grams

Wednesday	Under 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	<p>3 Cook For Love Pancakes – 0.9 g 30 grams blueberries – 0.3 g <i>Butter and syrup to taste (free)</i></p> <p>Breakfast total protein: 1.2 grams</p>	<p>3 (52 grams mix) Birch Bender's Gluten Free Pancakes – 4.5 g 30 grams blueberries – 0.3 g <i>Butter and syrup to taste (free)</i></p> <p>Breakfast total protein: 4.8 grams</p>	<p>3 (62 grams mix) Purely Elizabeth Ancient Grains Pancakes – 7 g 30 grams blueberries – 0.3 g <i>Butter and syrup to taste (free)</i></p> <p>Breakfast total protein: 7.3 grams</p>
Lunch	<p>Soup and Salad 1 cup Cook For Love Cream of Veggie Soup – 1.9 g</p> <p>1.5 cup (57 g) chopped iceberg lettuce – 0.75 g 25 grams diced tomatoes – 0.23 g 30 grams diced cucumber – 0.2 g 20 grams chopped onion – 0.22 g 25 grams green pepper – 0.2 g 2 Tbsp oil and vinegar dressing – 0 g</p> <p>1 serving of Snyder's Gluten Free Pretzels – free</p> <p>Lunch total protein: 3.5 grams</p>	<p>Soup and Salad 1 cup Cook For Love Cream of Veggie Soup – 1.9 g</p> <p>1.5 cup (57 g) chopped iceberg lettuce – 0.75 g 25 grams diced tomatoes – 0.23 g 30 grams diced cucumber – 0.2 g 20 grams chopped onion – 0.22 g 25 grams green pepper – 0.2 g 25 grams croutons – 2.7 g 2 Tbsp oil and vinegar dressing – 0 g 6 (18 g) saltine crackers – 1.7 g</p> <p>Lunch total protein: 7.9 grams</p>	<p>Soup and Salad 1 cup Cook For Love Cream of Veggie Soup – 1.9 g</p> <p>1.5 cup (57 g) chopped iceberg lettuce – 0.75 g 25 grams diced tomatoes – 0.23 g 30 grams diced cucumber – 0.2 g 20 grams chopped onion – 0.22 g 25 grams green pepper – 0.2 g 25 grams croutons – 2.7 g 15 grams shredded cheddar cheese – 3.75 g 2 Tbsp oil and vinegar dressing – 0 g 6 (18 g) saltine crackers – 1.7 g</p> <p>Lunch total protein: 11.65 grams</p>
Dinner	<p>Spaghetti and (Veggie) Meatballs 5 Cook For Love Veggie Meatballs – 3 g 1/2 cup Primal Kitchen Tomato Basil Marinara – 1 g 2 oz dry (57 g) Jovial grain free cassava spaghetti - 1 g 14 grams (0.5 oz) Follow Your Heart Parmesan Cheese – 0.06 grams</p> <p>Dinner total protein: 5.06 grams</p>	<p>Spaghetti and (Veggie) Meatballs 5 Cook For Love Veggie Meatballs – 3 g 1/2 cup Primal Kitchen Tomato Basil Marinara – 1 g 2 oz dry (57 g) Barilla Gluten Free Spaghetti – 4 g 14 grams (0.5 oz) Parmesan Cheese – 4 grams</p> <p>Dinner total protein: 12 grams</p>	<p>Spaghetti and (Veggie) Meatballs 5 Cook For Love Veggie Meatballs – 3 g 1/2 cup Primal Kitchen Tomato Basil Marinara – 1 g 2 oz dry (57 g) Barilla Spaghetti – 7 g 14 grams (0.5 oz) Parmesan Cheese – 4 grams</p> <p>Dinner total protein: 15 grams</p>
Wednesday Total	9.77 grams	24.71 grams	33.96 grams

Thursday	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 50 grams strawberry slices – 0.3 g 1 Cook for Love Banana Muffin – 0.3 g</p> <p>Breakfast total protein: 1.25 grams</p>	<p>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</p> <p>Breakfast total protein: 7.8 grams</p>	<p>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</p> <p>Breakfast total protein: 13.8 grams</p>
Lunch	<p>Portobello Mushroom Wrap 1 NUCO Coconut Wrap – 1 g 50 grams Portobello mushroom (<i>grilled or sauteed, brushed with balsamic vinegar, olive oil, salt, and pepper</i>) – 1.4 g 20 grams diced tomatoes – 0.15 g 25 g spinach – 0.7 g 2 Tbsp chopped fresh basil – 0.15 g 14 g Follow your Heart Parmesan Shredded Cheese – 0.1 g</p> <p>1 ounce (28 g) Snyder’s Gluten Free Pretzels – free 50 grams sliced peaches – 0.45 g</p> <p>Lunch total protein: 3.95 grams</p>	<p>Portobello Mushroom Wrap 1 burrito-size flour tortilla – 5 g 50 grams Portobello mushroom (<i>grilled or sauteed, brushed with balsamic vinegar, olive oil, salt, and pepper</i>) – 1.4 g 20 grams diced tomatoes – 0.15 g 25 g spinach – 0.7 g 2 Tbsp chopped fresh basil – 0.15 g 14 g Follow your Heart Parmesan Shredded Cheese – 0.1 g</p> <p>1 ounce (28 g) Snyder’s Gluten Free Pretzels – free 50 grams sliced peaches – 0.45 g</p> <p>Lunch total protein: 7.95 grams</p>	<p>Portobello Mushroom Wrap 1 burrito-size flour tortilla – 5 g 50 grams Portobello mushroom (<i>grilled or sauteed, brushed with balsamic vinegar, olive oil, salt, and pepper</i>) – 1.4 g 20 grams diced tomatoes – 0.15 g 25 g spinach – 0.7 g 2 Tbsp chopped fresh basil – 0.15 g 14 g shredded parmesan cheese – 5.3 g</p> <p>1 ounce (28 g) Snyder’s Gluten Free Pretzels – free 50 grams sliced peaches – 0.45 g</p> <p>Lunch total protein: 13.15 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</p> <p>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</p> <p>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</p> <p>2/3 cup (cooked) Birds Eye Mixed Frozen Vegetables – 2 g</p> <p>Dinner total protein: 11.7 grams</p>
Thursday: Total	8.75 grams	24.45 grams	38.65 grams

Friday	Under 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	<p>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></p> <p>Breakfast total protein: 1.6 grams</p>	<p>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></p> <p>Breakfast total protein: 4.6 grams</p>	<p>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></p> <p>Breakfast total protein: 11.6 grams</p>
Lunch	<p>Asian Stir Fry Pasta 125 grams (cooked) Rice Noodles – 2.0 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 <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 grams</p>	<p>Asian Stir Fry Pasta 112 grams (dry) Barilla Gluten Free Spaghetti N – 8 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 <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 grams</p>	<p>Asian Stir Fry Pasta 112 grams (dry) Barilla Gluten Free Spaghetti N – 8 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 <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 grams</p>
Dinner	<p>Burger 1 Bean and Beetroot Burger – 2 g 1 slice Daiya cheddar cheese – 1 g 1 Schar Hamburger bun – 2 g 1 slice tomato (15 g), lettuce – 0.1 g 28 grams Snyder's Gluten Free Pretzels – free</p> <p>Dinner total protein: 5.1 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 28 grams Snyder's Gluten Free Pretzels – free</p> <p>Dinner total protein: 8 grams</p>	<p>Burger 1 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 28 grams Snyder's Gluten Free Pretzels – free</p> <p>Dinner total protein: 12.1 grams</p>
Friday Total	9.9 grams	21.4 grams	32.5 grams