

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: Muffin & Banana
Lunch: Grilled Cheese & Soup
Dinner: Baked Potato

T

Breakfast: "Eggs" & Strawberries
Lunch: Pasta Salad
Dinner: Tacos

W

Breakfast: Waffle & Fruit
Lunch: Avocado Toast
Dinner: Mac and "Cheese" with Broccoli

T

Breakfast: Cereal with Fruit
Lunch: Sandwich & pretzels
Dinner: Asian Stir Fry

F

Breakfast: Eggz Sandwich
Lunch: Nuggets and veggies
Dinner: Make your own pizza

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.

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Monday	Under 10 g a day	20-30 g a day	30-40 g a day
Breakfast	<p>Blueberry Muffin in a Mug – 0.35g https://www.cambrooke.com/recipes/low-protein/recipe-detail.php?id=2357#.Yo9M7qiMKUk 20g banana slices – 0.2g 1 cup Almond milk – 1.4g</p> <p>Breakfast total protein – 1.95g</p>	<p>1 medium (113g) Blueberry Muffin – 5.1g 20g banana slices – 0.2g 1 cup Almond milk – 1.4g</p> <p>Breakfast total protein – 6.7g</p>	<p>1 medium (113g) Blueberry Muffin – 5.1g 6oz (170g) Yoplait Original Vanilla yogurt – 6g 20g banana slices – 0.2g 1 cup Almond milk – 1.4g</p> <p>Breakfast total protein – 12.7g</p>
Lunch	<p>2 slices Cambrooke homestyle white bread – 0.2g 2 slice Daiya cheddar cheese – 0.4g 1 cup (240mL), prepared Campbells Tomato soup – 2g ½ cup (55g) apple slices – 0.1g</p> <p>Lunch total protein – 2.7g</p>	<p>2 slices Pepperidge Farm Very Thin Whole Wheat bread – 3.3g 2 slice Daiya cheddar cheese – 0.4g 1 cup Campbells Tomato & Sweet Basil Bisque soup – 3g ½ cup (55g) apple slices – 0.1g</p> <p>Lunch total protein – 6.8g</p>	<p>2 slices Pepperidge Farm Light Style 7 Grain bread – 4.6g 2 slices Sargento cheddar cheese – 6g 1 cup Campbells Roasted Red Pepper & Smoked Gouda Bisque – 3g ½ cup (55g) apple slices – 0.1g</p> <p>Lunch total protein – 13.7 g</p>
Dinner	<p>1.5 slice Potato Pizza – 2.4g https://cookforlove.org/recipes/detail/64863 1 tbsp Sour Cream – 0.3g ½ cup (90g) sauteed zucchini – 1.03g ½ cup (90g) sauteed yellow squash – 1.03g ½ cup (82.5g) pineapple chunks – 0.45g</p> <p>Dinner total protein – 5.21g</p>	<p>1 (299g) large baked potato – 7.48g 2 tsp (9.47g) butter – 0.1g 2 tbsp Sour Cream – 0.6g ½ cup (90g) sauteed zucchini – 1.03g ½ cup (90g) sauteed yellow squash – 1.03g ½ cup (82.5g) pineapple chunks – 0.45g</p> <p>Dinner total protein – 10.7g</p>	<p>1 (299g) large baked potato – 7.48g 2 tsp (9.47g) butter – 0.1g 2 tbsp Plain Yogurt – 1g ½ cup (90g) sauteed zucchini – 1.03g ½ cup (90g) sauteed yellow squash – 1.03g ½ cup (82.5g) pineapple chunks – 0.45g</p> <p>Dinner total protein – 11.1g</p>
Monday Total Protein	9.86g	24.1g	37.2g

Tuesday	Under 10 g a day	20-30 g a day	30-40 g a day
Breakfast	<p>6 Tbsp Cambrooke Eggs – 0.3g 1 (15 grams) tomato slice – 0.13g ½ cup (83g) strawberries, sliced – 0.56g</p> <p>Breakfast total protein - 1.0 g</p>	<p>6 Tbsp Cambrooke Eggz – 0.3g 1 (15 grams) tomato slice – 0.13g 1 slice Daiya cheddar cheese – 1g ½ cup (83g) strawberries, sliced – 0.56g 4oz orange juice – 0.9g</p> <p>Breakfast total protein – 2.89 g</p>	<p>1 large egg, scrambled – 6.1g 1 (15 grams) tomato slice – 0.13g 1 slice Daiya cheddar cheese – 1g ½ cup (83g) strawberries, sliced – 0.56g 4oz orange juice – 0.9g</p> <p>Breakfast total protein – 8.69 g</p>
Lunch	<p>Pasta salad 2oz dry (57g) Jovial Cassava penne pasta – 1g - Rinse and let cool ¼ cup (23g) broccoli florets – 0.64g ¼ cup (26g) cauliflower florets – 0.25g 1/2 cup (75g) cherry tomatoes – 0.3g ½ cup (52g) cucumber, diced – 0.3g ¼ cup (17g) white mushrooms – 0.25g 1 tsp (1.6g) grated parmesan cheese - 0.5g 2 Tbsp (31g) Kraft Zesty Italian dressing – 0g 1 (178g) large pear – 0.8g</p> <p>Lunch total protein – 4.04g</p>	<p>Pasta salad 2oz dry (57g) Barilla Gluten Free Penne – 4g - Rinse and let cool ¼ cup (23g) broccoli florets – 0.64g ¼ cup (26g) cauliflower florets – 0.25g 1/2 cup (75g) cherry tomatoes – 0.3g ½ cup (52g) cucumber, diced – 0.3g ¼ cup (17g) white mushrooms – 0.25g 1oz (28g) Bel Gioioso Mozzarella pearls – 5g 2 Tbsp (31g) Kraft Zesty Italian dressing – 0g 1 (178g) large pear – 0.8g</p> <p>Lunch total protein – 11.54g</p>	<p>Pasta salad 2oz dry (57g) Barilla Penne pasta – 7g - Rinse and let cool ¼ cup (23g) broccoli florets – 0.64g ¼ cup (26g) cauliflower florets – 0.25g 1/2 cup (75g) cherry tomatoes – 0.3g ½ cup (52g) cucumber, diced – 0.3g ¼ cup (17g) white mushrooms – 0.25g 1oz (28g) Bel Gioioso Mozzarella pearls – 5g 2 Tbsp (31g) Kraft Zesty Italian dressing – 0g 1 (178g) large pear – 0.8g</p> <p>Lunch total protein – 14.54g</p>
Dinner	<p>4 Tbsp Taco filling – 2.4g https://cookforlove.org/recipes/detail/75883 2 Siete Cassava Flour Tortillas – 1g ½ cup (36g) lettuce, shredded – 0.32g 4 tbsps (30g) Daiya cheddar cheese shreds – 0.5g 1 tsp Ortega hot sauce – 0.13g 1 Tbsp (10g) onion, diced – 0.11g</p> <p>Dinner total protein – 4.46g</p>	<p>4 Tbsp Taco filling – 2.4g https://cookforlove.org/recipes/detail/75883 2 (52g) Mission Street Tacos Flour Tortillas – 4g 2 Tbsp black beans – 1.9g ½ cup (36g) lettuce, shredded – 0.32g 4 tbsps (30g) Daiya cheddar cheese shreds – 0.5g 1 tsp Ortega hot sauce – 0.13g 1 Tbsp (10g) onion, diced – 0.11g</p> <p>Dinner total protein – 9.36g</p>	<p>4 Tbsp Taco filling – 2.4g https://cookforlove.org/recipes/detail/75883 2 (98g) Misson Flour Tortilla – 8g 2 Tbsp black beans – 1.9g ½ cup (36g) lettuce, shredded – 0.32g 4 tbsps (30g) Daiya cheddar cheese shreds – 0.5g 1 tsp Ortega hot sauce – 0.13g 1 Tbsp (10g) onion, diced – 0.11g</p> <p>Dinner total protein – 13.36g</p>
Tuesday total protein	9.5g	23.79g	36.59g

Wednesday:	Under 10 g a day	20-30 g a day	30-40 g a day
	<p>2 VANS Gluten Free Waffles – 2.0g ¼ cup (28g) Blueberries – 0.2g 20g banana slices – 0.2g <i>Butter, syrup as desired (free)</i></p> <p>Breakfast total protein – 2.4g</p>	<p>2 Nature’s Promise Multigrain Waffles –4.0g ¼ cup (28g) Blueberries – 0.2g 20g banana slices – 0.2g <i>Butter, syrup as desired (free)</i></p> <p>Breakfast total protein – 4.4g</p>	<p>2 Eggo Thick and Fluffy Waffles – 6g ½ (113g) cup low fat vanilla yogurt – 5.6g ¼ cup (28g) Blueberries – 0.2g 20g banana slices – 0.2g <i>Butter, syrup as desired (free)</i></p> <p>Breakfast total protein – 12g</p>
	<p>2 slices Cambrooke homestyle white bread – 0.2g 1 (136g) avocado, smashed – 2.7g 2 thin sliced tomatoes (30g) – 0.3g Sprinkle of flaky salt, pepper and garlic seasoning - free</p> <p>Lunch protein total – 3.2g</p>	<p>2 slices Pepperidge Farm Very Thin Whole Wheat bread – 3.3g 1 (136g) avocado, smashed – 2.7g 2 thin sliced tomatoes (30g) – 0.3g Sprinkle of flaky salt, pepper and garlic seasoning - free</p> <p>Lunch protein total – 6.3g</p>	<p>2 slices Pepperidge Farm Light Style 7 Grain bread – 4.6g 1 (136g) avocado, smashed – 2.7g 2 thin sliced tomatoes (30g) – 0.3g 1 large egg, cooked – 6.3 Sprinkle of flaky salt, pepper and garlic seasoning - free</p> <p>Lunch protein total – 13.9g</p>
	<p>114g (dry) Jovial Cassava Pasta – 1.92g ¼ cup Cook for Love - Macaroni and Cheese Sauce – 0.8g 1/3 cup (52g) cooked broccoli – 1.2</p> <p>Dinner protein total – 3.92g</p>	<p>200g (~2 cups prepared) Daiya Delux Cheezy Mac – 8g ½ cup (78g) cooked broccoli – 1.9g</p> <p>Dinner protein total – 9.9g</p>	<p>1 cup, prepared Kraft Mac n Cheese – 10g 1 cup (156g) cooked broccoli – 3.8g</p> <p>Dinner protein total – 13.8g</p>
Wednesday Total Protein	9.52g	20.6g	39.7g

Thursday:	Under 10 g a day	20-30 g a day	30-40 g a day
Breakfast	<p>1 serving (28g) Cambrooke Creamy hot Cereal – cinnamon – 0g 36g (1/4 cup) raisins, unpacked – 1.1g ½ cup (62g) raspberries – 0.6g</p> <p>Breakfast total protein – 1.7g</p>	<p>Oatmeal Raisin Cookie Cereal – 1.9g https://www.cambrooke.com/recipes/low-protein/recipe-detail.php?id=2343#.Yo9QyqiMKUk 1/2 cup Almond milk (to mix into cereal)– 0.7g ½ cup (62g) raspberries – 0.6g</p> <p>Breakfast total protein – 3.2g</p>	<p>1 cup (59g) Kellogg’s Raisin Bran cereal – 4.55g ½ cup skim milk - 4.12g ½ cup (62g) raspberries – 0.6g</p> <p>Breakfast total protein – 9.27g</p>
Lunch	<p>2 slices Cambrooke homestyle white bread – 0.2g 2 Tbsp Biscoff spread – 0.8g 1 tbsp jelly – 0.07g 1 cup (152g) – sliced strawberries – 1.02g <i>layer some on jelly before closing sandwich</i> ½ cup (76g) grapes – 0.5 ½ cup (52g) cucumber slices – 0.3g 30g Glutino Pretzel Sticks – free</p> <p>Lunch total protein – 2.89g</p>	<p>2 slices Pepperidge Farm Very Thin Whole Wheat bread – 3.3g 2 Tbsp peanut butter, smooth – 7.1g 1 tbsp jelly – 0.07g 1 cup (152g) – sliced strawberries – 1.02g <i>layer some on jelly before closing sandwich</i> ½ cup (76g) grapes – 0.5 ½ cup (52g) cucumber slices – 0.3g 30g Glutino Pretzel Sticks – free</p> <p>Lunch total protein – 12.29g</p>	<p>2 slices Pepperidge Farm Light Style 7 Grain bread – 4.6g 2 Tbsp peanut butter, smooth – 7.1g 1 tbsp jelly – 0.07g 1 cup (152g) – sliced strawberries – 1.02g 1 Tbsp (9.1g) chopped peanuts – 2g <i>layer some strawberries and chopped peanuts on jelly before closing sandwich</i> ½ cup (76g) grapes – 0.5 ½ cup (52g) cucumber slices – 0.3g 30g Glutino Pretzel Sticks – free</p> <p>Lunch total protein – 14.29g</p>
Dinner	<p>Asian Stir Fry 80g (1svg) Mevalia Rice – 0.4g 1 Tbsp (18g) Kroger General Tso sauce – 0g ¼ cup (40g) snow peas – 1.3g ¼ cup (37g) carrots – 0.2g ½ cup (65g) canned baby corn – 1g 1 tbsp (8g) water chestnuts – 0.13g ¼ cup (23g) broccoli florets – 0.64g <i>Stir fried in 2Tbsp Olive Oil, garlic powder, and topped with 2 Tbsp green onion (free)</i> 2/3 cup (103g) So Delicious Vanilla Bean coconut milk frozen dessert – 0.98g</p> <p>Dinner total protein – 4.65g</p>	<p>Asian Stir Fry 1 cup (46g) cooked, Minute Light and Fluffy white rice – 4g 1 Tbsp (18g) Kroger General Tso sauce – 0g ¼ cup (40g) snow peas – 1.3g ¼ cup (37g) carrots – 0.2g ½ cup (65g) canned baby corn – 1g 1 tbsp (8g) water chestnuts – 0.13g ¼ cup (23g) broccoli florets – 0.64g <i>Stir fried in 2Tbsp Olive Oil, garlic powder, and topped with 2 Tbsp green onion (free)</i> 2/3 cup (108g) So Delicious Mocha Almond Fudge coconut milk frozen dessert – 2g</p> <p>Dinner total protein – 9.27g</p>	<p>Asian Stir Fry 1 cup (142g) Seed of Change Quinoa & Brown rice – 6g 1 Tbsp (18g) Kroger General Tso sauce – 0g ¼ cup (40g) snow peas – 1.3g ¼ cup (37g) carrots – 0.2g ½ cup (65g) canned baby corn – 1g 1 tbsp (8g) water chestnuts – 0.13g ¼ cup (23g) broccoli florets – 0.64g <i>Stir fried in 2Tbsp Olive Oil, garlic powder, and topped with 2 Tbsp green onion (free)</i> 2/3 cup (79g) Breyers Layered Dessert S’more ice cream – 3g</p> <p>Dinner total protein – 12.27g</p>
Thursday total Protein	9.24g	24.76g	35.83g

Friday: Pizza Night	Under 10 g a day	20-30 g a day	30-40 g a day
Breakfast	Eggz Sandwich: 4 Tbsp Cambrooke Eggz – 0.3g 1 Cambrooke Plain bagel – 0.3g 1 (150 g) peach – 1.4g Breakfast total protein – 2.0g	Eggz Sandwich: 4 Tbsp Cambrooke Eggz – 0.3g 1 Cambrooke Plain bagel – 0.3g 1 slice Daiya cheddar cheese – 1g 1 (150 g) peach – 1.4g Breakfast total protein – 3.0g	Eggz Sandwich: 8 Tbsp Cambrooke Eggz – 0.4g 1 English muffin – 4.4g 1 slice Daiya cheddar cheese – 1g 1 (150 g) peach – 1.4g Breakfast total protein – 7.2g
Lunch	3 (96g) Tweekz – 1g 1 Tbsp catsup – 0.2g 15g carrot sticks – 0.1g 64g celery sticks – 0.44g 1 tbsp Ranch – 0.22g 30g Glutino Pretzel Sticks – free ½ cup (g) sliced kiwi – 0.89 Lunch total protein – 2.9g	4 (78g) Yummy Meatless Plant-based Dino nuggets – 8g 1 Tbsp catsup – 0.2g 15g carrot sticks – 0.1g 64g celery sticks – 0.44g 1 tbsp Ranch – 0.22g 1oz Lays plain potato chips – 1.81g ½ cup (g) sliced kiwi – 0.89 Lunch total protein – 11.66g	4 (86g) Morning Star Farms ChiK'n nuggets – 13g 1 Tbsp catsup – 0.2g 15g carrot sticks – 0.1g 64g celery sticks – 0.44g 1 tbsp Ranch – 0.22g 1oz Lays plain potato chips – 1.81g ½ cup (g) sliced kiwi – 0.89 Lunch total protein – 16.65g
Dinner	Make Your Own Pizza 1 - Cook for Love - Cook for Love Pizza Dough – 1.6g 1/3 cup (37g) Daiya mozzarella cheese shreds – 1.3g 1/3 cup Cento pizza sauce Dinner total protein – 4.2g	Make Your Own Pizza ½ Banza plain crust pizza – 8g ½ cup (56g) Daiya mozzarella cheese shreds – 2g ½ cup Cento pizza sauce – 2g Dinner total protein- 12 g	Make Your Own Pizza ½ Banza plain crust pizza – 8g ½ cup (56g) Daiya mozzarella cheese shreds – 2g ½ cup Cento pizza sauce – 2g 1 tbsp (5g) grated parmesan cheese – 1.4g Dinner total protein – 13.4g
Friday total protein	9.1g	26.66g	37.25g