THIS WEEK'S MENU

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

M

\٨/

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

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

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

Breakfast: Eggz Sandwich **Lunch:** Nuggets and veggies **Dinner:** Make your own pizza Each day has meals for <10 grams (g) of protein/day, 20-30 g. of protein/day, and 30-40 g. of protein/day.



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 g a day
Breakfast	Blueberry Muffin in a Mug – 0.35g <u>https://www.cambrooke.c</u> <u>om/recipes/low-</u> <u>protein/recipe-</u> <u>detail.php?id=2357#.Yo9M</u> <u>7qjMKUk</u> 20g banana slices – 0.2g 1 cup Almond milk – 1.4g	1 medium (113g) Blueberry Muffin – 5.1g 20g banana slices – 0.2g 1 cup Almond milk – 1.4g	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
	Breakfast total protein – 1.95g	Breakfast total protein – 6.7g	Breakfast total protein – 12.7g
Lunch	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	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	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
	Lunch total protein – 2.7g	Lunch total protein – 6.8g	Lunch total protein – 13.7 g
Dinner	 1.5 slice Potato Pizza – 2.4g https://cookforlove.org/rec ipes/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 Dinner total protein – 5.21g 	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 Dinner total protein – 10.7g	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 Dinner total protein – 11.1g
Monday	9.86g	24.1g	37.2g
Total Protein			

Tuesday	Under 10 g a day	20-30 g a day	30-40 g a day
Breakfast	6 Tbsp Cambrooke Eggs – 0.3g	6 Tbsp Cambrooke Eggz – 0.3g	1 large egg, scrambled – 6.1g
	1 (15 grams) tomato slice –	1 (15 grams) tomato slice – 0.13g	1 (15 grams) tomato slice – 0.13g
	0.13g	1 slice Daiya cheddar cheese – 1g	1 slice Daiya cheddar cheese – 1g
	½ cup (83g) strawberries, sliced	⁷ / ₂ cup (83g) strawberries, sliced –	½ cup (83g) strawberries, sliced –
	– 0.56g	0.56g	0.56g
	0.008	4oz orange juice – 0.9g	4oz orange juice – 0.9g
		Propherst total protoin 200 g	Proakfast total protoin 8 60 g
		Breakfast total protein – 2.89 g	Breakfast total protein – 8.69 g
	Breakfast total protein - 1.0 g		
Lunch	Pasta salad	Pasta salad	Pasta salad
	2oz dry (57g) Jovial Cassava	2oz dry (57g) Barilla Gluten Free	2oz dry (57g) Barilla Penne pasta –
	penne pasta – 1g	Penne – 4g	7g
	 Rinse and let cool 	- Rinse and let cool	- Rinse and let cool
	¼ cup (23g) broccoli florets –	¼ cup (23g) broccoli florets –	¼ cup (23g) broccoli florets –
	0.64g	0.64g	0.64g
	¼ cup (26g) cauliflower florets –	¼ cup (26g) cauliflower florets –	¼ cup (26g) cauliflower florets –
	0.25g	0.25g	0.25g
	1/2 cup (75g) cherry tomatoes –	1/2 cup (75g) cherry tomatoes –	1/2 cup (75g) cherry tomatoes –
	0.3g	0.3g	0.3g
	½ cup (52g) cucumber, diced –	½ cup (52g) cucumber, diced –	½ cup (52g) cucumber, diced –
	0.3g	0.3g	0.3g
	¼ cup (17g) white mushrooms –	¼ cup (17g) white mushrooms –	¼ cup (17g) white mushrooms –
	0.25g	0.25g	0.25g
	1 tsp (1.6g) grated parmesan	1oz (28g) Bel Gioioso Mozzarella	1oz (28g) Bel Gioioso Mozzarella
	cheese - 0.5g	pearls – 5g	pearls – 5g
	2 Tbsp (31g) Kraft Zesty Italian	2 Tbsp (31g) Kraft Zesty Italian	2 Tbsp (31g) Kraft Zesty Italian
	dressing – Og	dressing – Og	dressing – Og
	1 (178g) large pear – 0.8g	1 (178g) large pear – 0.8g	1 (178g) large pear – 0.8g
	Lunch total protein – 4.04g	Lunch total protein $-1154a$	Lunch total protein – 14.54g
Dinnor	·	Lunch total protein – 11.54g	· · ·
Dinner	4 Tbsp Taco filling – 2.4g	4 Tbsp Taco filling – 2.4g	4 Tbsp Taco filling – 2.4g
	https://cookforlove.org/recipes	https://cookforlove.org/recipes/d	https://cookforlove.org/recipes/d
	/detail/75883	etail/75883	etail/75883
	2 Siete Cassava Flour Tortillas –	2 (52g) Mission Street Tacos Flour	2 (98g) Misson Flour Tortilla – 8g
	1g	Tortillas – 4g	2 Tbsp black beans – 1.9g
	½ cup (36g) lettuce, shredded –	2 Tbsp black beans – 1.9g	½ cup (36g) lettuce, shredded –
	0.32g	½ cup (36g) lettuce, shredded –	0.32g
	4 tbsp (30g) Daiya cheddar	0.32g	4 tbsp (30g) Daiya cheddar cheese
	cheese shreds – 0.5g	4 tbsp (30g) Daiya cheddar cheese	shreds – 0.5g
	1 tsp Ortega hot sauce – 0.13g	shreds – 0.5g	1 tsp Ortega hot sauce – 0.13g
	1 Tbsp (10g) onion, diced –	1 tsp Ortega hot sauce – 0.13g	1 Tbsp (10g) onion, diced – 0.11g
	0.11g	1 Tbsp (10g) onion, diced – 0.11g	Dispersional anatolis 12.20
	Dinner total protein – 4.46g	Dinner total protein – 9.36g	Dinner total protein – 13.36g
Tuesday	0.5g	23.79g	36.59g
Tuesday total	9.5g	23.13g	20.32g
protein	l		1

Wednesday:	Under 10 g a day	20-30 g a day	30-40 g a day
	2 VANS Gluten Free	2 Nature's Promise Multigrain	2 Eggo Thick and Fluffy Waffles – 6
	Waffles – 2.0g	Waffles –4.0g	g
	¼ cup (28g) Blueberries –	¼ cup (28g) Blueberries – 0.2g	1/2 (113g) cup low fat vanilla yogurt
	0.2g	20g banana slices – 0.2g	– 5.6g
	20g banana slices – 0.2g	Butter, syrup as desired (free)	¼ cup (28g) Blueberries – 0.2g
	Butter, syrup as desired		20g banana slices – 0.2g
	(free)		Butter, syrup as desired (free)
	Breakfast total protein – 2.4g	Breakfast total protein – 4.4g	Breakfast total protein – 12g
	2 slices Cambrooke	2 slices Pepperidge Farm Very	2 slices Pepperidge Farm Light
	homestyle white bread –	Thin Whole Wheat bread – 3.3g	Style 7 Grain bread – 4.6g
	0.2g	1 (136g) avocado, smashed –	1 (136g) avocado, smashed – 2.7g
	1 (136g) avocado,	2.7g	2 thin sliced tomatoes (30g) – 0.3g
	smashed – 2.7g	2 thin sliced tomatoes (30g) –	1 large egg, cooked – 6.3
	2 thin sliced tomatoes	0.3g	Sprinkle of flaky salt, pepper and
	(30g) – 0.3g	Sprinkle of flaky salt, pepper and	garlic seasoning - free
	Sprinkle of flaky salt,	garlic seasoning - free	
	pepper and garlic		
	seasoning - free		
		Lunch protein total – 6.3g	Lunch protein total – 13.9g
	Lunch protein total – 3.2g		
	114g (dry) Jovial Cassava	200g (~2 cups prepared) Daiya	1 cup, prepared Kraft Mac n
	Pasta – 1.92g	Delux Cheezy Mac – 8g	Cheese – 10g
	¼ cup <u>Cook for Love -</u> Macaroni and Cheese	½ cup (78g) cooked broccoli –	1 cup (156g) cooked broccoli – 3.8g
	Sauce – 0.8g	1.9g	J.08
	1/3 cup (52g) cooked		
	broccoli – 1.2		
	51000011 1.2		
	Dinner protein total –	Dinner protein total – 9.9g	Dinner protein total – 13.8g
	3.92g		
Wednesday	9.52g	20.6g	39.7g
Total Protein			

Thursday:	Under 10 g a day	20-30 g a day	30-40 g a day
Breakfast	1 serving (28g) Cambrooke	Oatmeal Raisin Cookie Cereal – 1.9g	1 cup (59g) Kellogg's Raisin Bran
	Creamy hot Cereal – cinnamon	https://www.cambrooke.com/recip	cereal – 4.55g
	– 0g	es/low-protein/recipe-	½ cup skim milk - 4.12g
	36g (1/4 cup) raisins, unpacked	detail.php?id=2343#.Yo9QyqjMKUk	1/2 cup (62g) raspberries – 0.6g
	– 1.1g	1/2 cup Almond milk (to mix into	
	½ cup (62g) raspberries – 0.6g	cereal)– 0.7g	
		½ cup (62g) raspberries – 0.6g	
	Breakfast total protein – 1.7g	Breakfast total protein – 3.2g	Breakfast total protein – 9.27g
Lunch	2 slices Cambrooke homestyle	2 slices Pepperidge Farm Very Thin	2 slices Pepperidge Farm Light Style
	white bread – 0.2g	Whole Wheat bread – 3.3g	7 Grain bread – 4.6g
	2 Tbsp Biscoff spread – 0.8g	2 Tbsp peanut butter, smooth – 7.1g	2 Tbsp peanut butter, smooth –
	1 tbsp jelly – 0.07g	1 tbsp jelly – 0.07g	7.1g
	1 cup (152g) – sliced	1 cup (152g) – sliced strawberries –	1 tbsp jelly – 0.07g
	strawberries – 1.02g	1.02g	1 cup (152g) – sliced strawberries –
	layer some on jelly before	layer some on jelly before closing	1.02g
	closing sandwich	sandwich	1 Tbsp (9.1g) chopped peanuts – 2g
	½ cup (76g) grapes – 0.5	½ cup (76g) grapes – 0.5	layer some strawberries and
	½ cup (52g) cucumber slices –	½ cup (52g) cucumber slices – 0.3g	chopped peanuts on jelly before
	0.3g	30g Glutino Pretzel Sticks – free	closing sandwich
	30g Glutino Pretzel Sticks – free		½ cup (76g) grapes – 0.5
			½ cup (52g) cucumber slices – 0.3g
			30g Glutino Pretzel Sticks – free
			Lunch total protein – 14.29g
	Lunch total protein – 2.89g	Lunch total protein – 12.29g	
Dinner	Asian Stir Fry	Asian Stir Fry	Asian Stir Fry
2	80g (1svg) Mevalia Rice – 0.4g	1 cup (46g) cooked, Minute Light	1 cup (142g) Seed of Change
	1 Tbsp (18g) Kroger General	and Fluffy white rice – 4g	Quinoa & Brown rice – 6g
	Tso sauce – Og	1 Tbsp (18g) Kroger General Tso	1 Tbsp (18g) Kroger General Tso
	¹ / ₄ cup (40g) snow peas – 1.3g	sauce – Og	sauce – Og
	¹ / ₄ cup (37g) carrots – 0.2g	$\frac{1}{4}$ cup (40g) snow peas – 1.3g	¹ / ₄ cup (40g) snow peas – 1.3g
	½ cup (65g) canned baby corn –	¼ cup (37g) carrots – 0.2g	¹ / ₄ cup (37g) carrots – 0.2g
	1g	$\frac{1}{2}$ cup (65g) canned baby corn – 1g	$\frac{1}{2}$ cup (65g) canned baby corn – 1g
	1 tbsp (8g) water chestnuts –	1 tbsp (8g) water chestnuts – 0.13g	1 tbsp (8g) water chestnuts – 0.13g
	0.13g	¹ / ₄ cup (23g) broccoli florets – 0.64g	¼ cup (23g) broccoli florets – 0.64g
	¼ cup (23g) broccoli florets –	Stir fried in 2Tbsp Olive Oil, garlic	Stir fried in 2Tbsp Olive Oil, garlic
	0.64g	powder, and topped with 2 Tbsp	powder, and topped with 2 Tbsp
	Stir fried in 2Tbsp Olive Oil,	green onion (free)	green onion (free)
	garlic powder, and topped with	2/3 cup (108g) So Delicious Mocha	2/3 cup (79g) Breyers Layered
	2 Tbsp green onion (free)	Almond Fudge coconut milk frozen	Dessert S'more ice cream – 3g
	2/3 cup (103g) So Delicious	dessert – 2g	
	Vanilla Bean coconut milk		Dinner total protein – 12.27g
	frozen dessert – 0.98g		
	Dinner total protein 465 g	Dinner total protein 0.27g	
Thursday	Dinner total protein – 4.65g	Dinner total protein – 9.27g 24.76g	35.83g
total Protein	9.24g	24.70g	
			1

Friday: Pizza Night	Under 10 g a day	20-30 g a day	30-40 g a day
Breakfast	Eggz Sandwich:	Eggz Sandwich:	Eggz Sandwich:
	4 Tbsp Cambrooke Eggz	4 Tbsp Cambrooke Eggz –	8 Tbsp Cambrooke Eggz – 0.4g
	– 0.3g	0.3g	1 English muffin – 4.4g
	1 Cambrooke Plain	1 Cambrooke Plain bagel	1 slice Daiya cheddar cheese – 1g
	bagel – 0.3g	– 0.3g	1 (150 g) peach – 1.4g
	1 (150 g) peach – 1.4g	1 slice Daiya cheddar	
		cheese – 1g	
		1 (150 g) peach – 1.4g	Breakfast total protein – 7.2g
	Breakfast total protein	Breakfast total protein –	
	- 2.0g	3.0g	
Lunch	3 (96g) Tweekz – 1g	4 (78g) Yummy Meatless	4 (86g) Morning Star Farms ChiK'n
	1 Tbsp catsup – 0.2g	Plant-based Dino nuggets	nuggets – 13g
	15g carrot sticks – 0.1g	- 8g	1 Tbsp catsup – 0.2g
	64g celery sticks –	1 Tbsp catsup – 0.2g	15g carrot sticks – 0.1g
	0.44g	15g carrot sticks – 0.1g	64g celery sticks – 0.44g
	1 tbsp Ranch – 0.22g	64g celery sticks – 0.44g	1 tbsp Ranch – 0.22g
	30g Glutino Pretzel	1 tbsp Ranch – 0.22g	1oz Lays plain potato chips – 1.81g
	Sticks – free	1oz Lays plain potato	½ cup (g) sliced kiwi – 0.89
	½ cup (g) sliced kiwi –	chips – 1.81g	
	0.89	½ cup (g) sliced kiwi –	Lunch total protein – 16.65g
		0.89	
		Lunch total protein –	
	Lunch total protein –	11.66g	
	2.9g	11.00g	
Dinner	Make Your Own Pizza	Make Your Own Pizza	Make Your Own Pizza
	1-	¹ / ₂ Banza plain crust pizza	½ Banza plain crust pizza – 8g
	Cook for Love - Cook	- 8g	½ cup (56g) Daiya mozzarella cheese
	for Love Pizza Dough –	½ cup (56g) Daiya	shreds – 2g
	1.6g	mozzarella cheese shreds	½ cup Cento pizza sauce – 2g
	1/3 cup (37g) Daiya		
	mozzarella cheese	² g ½ cup Cento pizza sauce	1 tbsp (5g) grated parmesan cheese –
	shreds – 1.3g		1.4g
	_	– 2g	
	1/3 cup Cento pizza		Dinner total protein 12.42
	sauce	Dinner total gratein 12 -	Dinner total protein – 13.4g
	Discoutatel	Dinner total protein- 12 g	
	Dinner total protein –		
	4.2g		27.25
Friday total protein	9.1g	26.66g	37.25g