

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: French Toast
Lunch: Spring Rolls
Dinner: Stuffed Pasta & Salad

T

Breakfast: Smoothie & Breakfast Bar
Lunch: Nuggets & Watermelon Salad
Dinner: Fajitas & Dessert

W

Breakfast: Bagel and Fruit
Lunch: Grilled Cheese
Dinner: Italian Pasta Salad

T

Breakfast: Blueberry Lemon Muffin & Yogurt
Lunch: Sweet Potato Carrot Soup & Fruit
Dinner: Beet burger & Coleslaw

F

Breakfast: Cereal & Berries
Lunch: Gazpacho & Torilla chips
Dinner: Burrito & Jicama Sticks

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 | Apple Pie French Toast Casserole (0.4g/serving) Non-dairy whipped topping (0g/1/2 cup) Fresh raspberries (0.5g/1/2 cup) Breakfast total protein: 0.9g | Basic Vegan French Toast (6.1g/1 slice) Non-dairy whipped topping (0g/1/2cup) Fresh raspberries (0.5g/1/2 cup) Breakfast total protein: 6.6g | Basic Vegan French Toast (6.1g/1 slice) Yoplait light yogurt (5g/6oz) Fresh raspberries (0.5g/1/2 cup) Breakfast total protein: 11.6g |
| Lunch | Spring rolls with chili lime dipping sauce (1.6g/2 rolls) Cambrooke short grain rice (0.3g/2/3cup cooked) Fresh mango (1g/1cup pieces) Lunch total protein: 2.9g | Vegan vegetable spring rolls (6.4g/2 spring rolls w/ peanut sauce) Steamed white rice (2.1g/1/2cup) Fresh mango (1g/1cup pieces) Lunch total protein: 9.5g | Vegan vegetable spring rolls (6.4g/2 spring rolls w/ peanut sauce) Steamed white rice (4.2g/1cup) Fresh mango (1g/1cup pieces) Lunch total protein: 11.6g |
| Dinner | Zucchini Mushroom Cannelloni (4.5g/serving) Lettuce/cucumber salad (0.9g/ 1c shredded leaf lettuce, 1/2c sliced cucumber) Italian dressing (0g/2TB) Schar gluten free breadsticks (<1g/5 pieces) Dinner total protein: 6.4g | Best easy vegan manicotti (6g/1 manicotti) Lettuce/cucumber salad (0.9g/ 1c shredded leaf lettuce, 1/2c sliced cucumber) Italian dressing (0g/2TB) Schar gluten free breadsticks (<1g/5 pieces) Dinner total protein: 7.9 g | Best easy vegan manicotti (12g/2 manicotti) Lettuce/cucumber salad (0.9g/ 1c shredded leaf lettuce, 1/2c sliced cucumber) Italian dressing (0g/2TB) Trader Giotto's Italian breadsticks (4g/4 pieces) Dinner total protein: 16.9g |
| Monday Total Protein | 10.2g | 24 | 40.1 |

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 | Banana Berry Smoothie 0.9g/svg Earth's Best strawberry snack bar (1g/bar) Breakfast total protein: 1.9g | Dairy-Free strawberry banana smoothie (3g/1 cup) Nature Valley Oats 'N Honey Crunchy granola bars (3g/pkg) Breakfast total protein: 6g | Berry Smoothie (9g/serving) Nature Valley Oats 'N Honey Crunchy granola bars (3g/pkg) Breakfast total protein: 12g |
| Lunch | Jackfruit nuggets (1.2g/4 nuggets) BBQ sauce (0.3g/1TB) Watermelon salad (1.5g/serving) Lunch total protein: 3g | Jackfruit nuggets (2.4g/8 nuggets) BBQ sauce (0.5g/2TB) Watermelon salad (1.5g/serving) Lunch total protein: 4.4g | Morning Star Veggie Chik'n Nuggets (13g/4 nuggets) or Impossible Chicken Nuggets Trader Joe's or Sprouts (13g/5 nuggets) BBQ sauce (0.5g/2TB) Watermelon salad (1.5g/serving) Lunch total protein: 15g |
| Dinner | Mushroom Fajitas (2.8g/serving) Siete cassava tortillas (1g/2 tortillas) Daiya Mexican 4 cheeze shreds (0g/1/4 cup) So Delicious coconut frozen dessert (1g/ 2/3cup) Dinner total protein: 4.8g | Mushroom Fajitas (2.8g/serving) Mission yellow corn tortillas (2g/2 tortillas) Kraft cheddar shredded cheese (6g/1/4cup) So Delicious coconut frozen dessert (1g/ 2/3cup) Dinner total protein: 11.8g | Vegan Fajitas (3g/serving) Mission yellow corn tortillas (2g/2 tortillas) Kraft cheddar shredded cheese (6g/1/4cup) So Delicious coconut frozen dessert (1g/ 2/3cup) Dinner total protein: 12g |
| Tuesday Total Protein | 9.7g | 22.2 | 39 |

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 | Schar plain bagel (2g/1/2 bagel) Follow Your Heart cream cheese (0g/2TB) Honey (0g/1TB) Fresh peach (1.4g/1 medium) Breakfast total protein: 3.4g | Schar plain bagel (4g/1 bagel) Miyoko's vegan cream cheese (1.5g/1TB) Honey (0g/1TB) Fresh peach (1.4g/1 medium) Breakfast total protein: 6.9g | Udi's gluten free plain bagel (6g/1bagel) Miyoko's vegan cream cheese (3g/2TB) Honey (0g/1TB) Fresh peach (1.4g/1 medium) Breakfast total protein: 10.4g |
| Lunch | Spicy Grilled Cheeze Sandwich (1g/1sandwich) Garden veggie straws (1g/1 oz or 38 straws) Fresh grapes (0.4g/10 grapes) Lunch total protein: 2.4g | Vegan grilled cheese (7g/1 sandwich) Garden veggie straws (1g/1 oz or 38 straws) Fresh grapes (0.4g/10 grapes) Lunch total protein: 8.4g | Grilled cheese sandwich (11g/1 sandwich) Terra vegetable chips (1g/1 oz serving) Fresh grapes (0.4g/10 grapes) Lunch total protein: 12.4g |
| Dinner | Italian pasta salad (0.9g/1 serving (150g)) Grilled stone fruit with balsamic vinegar (2g/serving) Dinner total protein: 2.9g | Italian pasta salad (6g/serving) Grilled stone fruit with balsamic vinegar (2g/serving) Dinner total protein: 8g | Italian Pasta Salad (8g/serving) Grilled stone fruit with balsamic vinegar (2g/serving) Dinner total protein: 10g |
| Wednesday Total Protein | 8.7 | 23.3g | 32.8g |

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 | Blueberry lemon muffin (0.7g /1 muffin) Coconut yogurt (1g) Cantaloupe (1.3g/1cup diced) Breakfast total protein: 3g | Gluten-free blueberry muffin (4g/muffin) Coconut yogurt (1g) Cantaloupe (1.3g/1cup diced) Breakfast total protein: 6.3g | World's best lemon blueberry muffins (4.6g/muffin) Yoplait light vanilla yogurt (5g/6oz container) Cantaloupe (1.3g/1cup diced) Breakfast total protein: 10.9g |
| Lunch | Sweet potato, carrot & ginger soup (1.5g/6oz serving) Cambrooke savory cracker thins (0.6g/4crackers) Fresh apple (0.5g/1 medium) Lunch total protein: 2.6g | Sweet potato, carrot with cardamom soup (4.9g/serving) Glutino cheddar crackers (1g/8crackers) Fresh apple (0.5g/1 medium) Lunch total protein: 6.4g | Sweet potato, carrot with cardamom soup (4.9g/serving) Wheat Thins (2g/16crackers) Fresh apple (0.5g/1 medium) Lunch total protein: 7.4g |
| Dinner | Beet burger (Cook for Love) (0.5g/burger) Camburger bun (0.2g/bun) Rainbow Coleslaw (1.3g/1 cup) Dinner total protein: 2g | Beet burger (8g/burger) Udi's gluten free hamburger bun (4g/bun) Rainbow Coleslaw (1.3g/1 cup) Dinner total protein: 13.3g | Vegan beet burgers (11g per burger) Udi's gluten free hamburger bun (4g/bun) Rainbow Coleslaw (1.3g/1 cup) Dinner total protein: 16.3 |
| Thursday Total Protein | 7.6g | 26g | 34.6 |

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 | Loprofin Loops cereal (0g/1cup) So Delicious coconut milk (0g/8oz) Fresh strawberries (1.1g/1cup sliced) Breakfast total protein: 1.1g | Cheerios (3.4g/1cup) So Delicious coconut milk (0g/8oz) Fresh strawberries (1.1g/1cup sliced) Breakfast total protein: 4.5g | Bob's Red Mill honey oat granola (6g/1/2 cup) Low fat milk (4g/4oz) Fresh strawberries (1.1g/1cup sliced) Breakfast total protein: 11.1 g |
| Lunch | Gazpacho (2g/serving) Tortilla chips (Cambrooke) (0.2g/serving (71g)) Follow Your Heart cheddar shreds,1oz, 1g Lunch total protein: 3.2g | Gazpacho (2g/serving) Mission Tortilla strips 12 chips, 2g Sargento shredded 4 cheese Mexican , 1/4c (28g), 6g Lunch total protein: 10g | Gazpacho (2g/serving) Mission Tortilla strips 12 chips, 2g Sargento shredded 4 cheese Mexican , 1/4c (28g), 6g Lunch total protein: 10g |
| Dinner | Mexican burrito (3.8 g/1burrito) Jicama sticks with lime juice (0.4g/1/2cup) So Delicious coconut strawberry frozen dessert, 2/3c, 1g Dinner total protein: 5.2g | Vegan burrito (7g/1 burrito) Jicama sticks with lime juice (0.4g/1/2cup) So Delicious coconut strawberry frozen dessert, 2/3c, 1g Dinner total protein: 8.4g | Vegan burrito (7g/1 burrito) Jicama sticks with lime juice (0.4g/1/2cup) Vanilla ice cream (3g/2/3 cup) Dinner total protein: 10.4g |
| Friday Total Protein | 9.5g | 22.9g | 31.5g |

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.