

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: Breakfast Sandwich
Lunch: Portobello Mushroom Wrap
Dinner: Mac & Cheese & Steamed Vegetable Medley

T

Breakfast: Fruit Breakfast Bowl
Lunch: Tacos
Dinner: "Burger"

W

Breakfast: Banana Muffin and Yogurt
Lunch: Veggie Wraps
Dinner: Spagehetti & Veggie Meatballs

T

Breakfast: Waffle & Fruit
Lunch: Veggie Nuggets
Dinner: "Ricotta" Lasagna & Texas Toast

F

Breakfast: Country Breakfast
Lunch: Grilled Cheese Sandwich & Creamy Tomato Soup
Dinner: Pasta Alfredo & Broccoli

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 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	Breakfast Sandwich 1 English Muffin – 0.3 g 1/4 cup Eggz mix, prepared – 0.2 g 1 slice Daiya cheese – 1 g 1/4 cup (28 g) Blueberries – 0.2 g 50 grams strawberry slices – 0.3 g Breakfast total protein: 2.0 grams	Breakfast Sandwich 1 Thomas' English Muffin – 5 g 1/4 cup Eggz mix, prepared – 0.2 g 1 slice Daiya cheese – 1 g 1/4 cup (28 g) Blueberries – 0.2 g 50 grams strawberry slices – 0.3 g Breakfast total protein: 6.7 grams	Breakfast Sandwich 1 Thomas' English Muffin – 5 g 1 large egg – 6 g 1 slice Daiya cheese – 1 g 1/4 cup (28 g) Blueberries – 0.2 g 50 grams strawberry slices – 0.3 g Breakfast total protein: 12.5 grams
Lunch	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 1 ounce (28 g) Snyder's Gluten Free Pretzels – free 50 grams sliced peaches – 0.45 g Lunch total protein: 3.95 grams	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 1 ounce (28 g) Snyder's Gluten Free Pretzels – free 50 grams sliced peaches – 0.45 g Lunch total protein: 7.95 grams	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 1 ounce (28 g) Snyder's Gluten Free Pretzels – free 50 grams sliced peaches – 0.45 g Lunch total protein: 13.15 grams
Dinner	Mac & Cheese 1 serving Baked Mac & Cheese – 0.8 g Steamed Vegetable Medley (Measured raw) 50 g sliced zucchini – 1.3 g 75 g sliced summer squash – 0.9 g 50 g slice carrots – 0.45 g Dinner total protein: 3.45 grams	Mac & Cheese 150 g (1.5 servings) Mac & Cheese – 6 g Steamed Vegetable Medley (Measured raw) 50 g sliced zucchini – 1.3 g 75 g sliced summer squash – 0.9 g 50 g slice carrots – 0.45 g Dinner total protein: 8.65 grams	Mac & Cheese 150 g (1.5 servings) Mac & Cheese – 6 g Steamed Vegetable Medley (Measured raw) 50 g sliced zucchini – 1.3 g 75 g sliced summer squash – 0.9 g 50 g slice carrots – 0.45 g Dinner total protein: 8.65 grams
Monday Total	8.9 grams	23.3 grams	34.3 grams

Tuesday	Under 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	1 serving Fruit Breakfast Bowl (<i>sub coconut milk yogurt for Greek yogurt</i>) – 2.7 g Breakfast total protein: 2.7 grams	1 serving Fruit Breakfast Bowl – 7.2 g Breakfast total protein: 7.2 grams	1 serving Fruit Breakfast Bowl – 7.2 g Breakfast total protein: 7.2 grams
Lunch	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> 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 Dinner total protein: 3.75 grams	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> 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 Dinner total protein: 8.95 grams	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> 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 Dinner total protein: 8.95 grams
Dinner	Burger 70 g Portobello Mushroom Cap – 1.5 g 1 slice Daiya cheddar cheese – 1 g 1 Camburger bun – 0.2 g 1 slice tomato (15 g), lettuce – 0.1 g 30 grams Glutino Pretzel Sticks – free Dinner total protein: 2.8 grams	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 30 grams Glutino Pretzel Sticks – free Dinner total protein: 8 grams	Burger Morningstar Farms Black Bean Burger – 9 g 1 slice Daiya cheddar cheese – 1 g 1 Dave’s Killer Bread burger bun – 6 g 1 slice tomato (15 g), lettuce – 0.1 g 30 grams Glutino Pretzel Sticks – free Dinner total protein: 16 grams
Tuesday Total	9.25 grams	24.15 grams	32.15 grams

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 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	<p>1 Banana Muffin – 0.5 g (Optional: 1 Tbsp Nutella – 1 g) 1 SoDelicious Dairy Free Coconut Milk Yogurt (150 g container) – 0.65 g</p> <p>Breakfast total protein: 1.15-2.15 grams</p>	<p>1 Banana Muffin – 2 g (Optional: 1 Tbsp Nutella – 1 g) 1 Kite Hill Almond Milk Yogurt – 4 g</p> <p>Breakfast total protein: 6-7 grams</p>	<p>1 Banana Muffin – 3 g (Optional: 1 Tbsp Nutella – 1 g) 1 Kite Hill Almond Milk Yogurt – 4</p> <p>Breakfast total protein: 7-8 grams</p>
Lunch	<p>Veggie Wraps (makes 2 small wraps) 2 Siete Cassava Flour Tortillas – 1 g 2 slices Follow Your Heart American Cheese – 0 g 1/4 cup (~28 g) grated carrots – 0.25 g 25 g peeled cucumber – 0.15 g 20 g portabella mushroom – 0.42 g 20 g chopped tomato – 0.2 g 8 g chopped spinach – 0.23 g 2 Tbsp ranch dressing – 0.4 g</p> <p>1 ounce (28 g) Snyder’s Gluten Free Pretzels – free 100 g (~1 cup) sliced apples – 0.3 g</p> <p>Lunch total protein: 2.95 grams</p>	<p>Veggie Wraps (makes 2 small wraps) 2 Siete Chickpea Flour Tortillas – 5 g 2 slices Daiya Cheese – 2 g 1/4 cup (~28 g) grated carrots – 0.25 g 25 g peeled cucumber – 0.15 g 20 g portabella mushroom – 0.42 g 20 g chopped tomato – 0.2 g 8 g chopped spinach – 0.23 g 2 Tbsp ranch dressing – 0.4 g</p> <p>1 ounce (28 g) Snyder’s Gluten Free Pretzels – free 100 g (~1 cup) sliced apples – 0.3 g</p> <p>Lunch total protein: 8.95 grams</p>	<p>Veggie Wraps (makes 2 small wraps) 2 Siete Chickpea Flour Tortillas – 5 g 2 slices Daiya Cheese – 2 g 1/4 cup (~28 g) grated carrots – 0.25 g 25 g peeled cucumber – 0.15 g 20 g portabella mushroom – 0.42 g 20 g chopped tomato – 0.2 g 8 g chopped spinach – 0.23 g 2 Tbsp ranch dressing – 0.4 g</p> <p>1 ounce (28 g) Rold Gold Pretzels – 2 100 g (~1 cup) sliced apples – 0.3 g</p> <p>Lunch total protein: 10.95 grams</p>
Dinner	<p>Spaghetti and (Veggie) Meatballs 5 Eggplant Meatballs – 1.5 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 grams</p> <p>Dinner total protein: 3.5 grams</p>	<p>Spaghetti and (Veggie) Meatballs 5 Eggplant Meatballs – 1.5 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: 10.5 grams</p>	<p>Spaghetti and (Veggie) Meatballs 5 Eggplant Meatballs – 1.5 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: 13.5 grams</p>
Wednesday Total	7.6-8.6 grams	25.45-26.45 grams	31.45-32.45 grams

Thursday	Under 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	2 waffles – 2 g (Butter and syrup, as desired) 25 g strawberries – 0.15 g 25 g banana – 0.3 g Breakfast total protein: 2.55 grams	2 waffles – 5 g (Butter and syrup, as desired) 25 g strawberries – 0.15 g 25 g banana – 0.3 g Breakfast total protein: 5.55 grams	2 waffles – 12 g (Butter and syrup, as desired) 25 g strawberries – 0.15 g 25 g banana – 0.3 g Breakfast total protein: 12.55 grams
Lunch	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 ounce (28 g) Snyder’s Gluten Free Pretzels – free Lunch total protein: 3.2 grams	4 Cook For Love Veggie Nuggets – 2.4 g 1/2 cup (45 g) raw broccoli – 1.25 g 2 Tbsp ranch dressing – 0.4 g 4.5 ounces (~125 g) Orelda Crinkle Cut Fries – 1.5 g Lunch total protein: 5.55 grams	4 Dr. Praeger’s Veggie Nuggets – 7.2 g 1/2 cup (45 g) raw broccoli – 1.25 g 2 Tbsp ranch dressing – 0.4 g 4.5 ounces (~125 g) Orelda Crinkle Cut Fries – 1.5 g Lunch total protein: 10.35 grams
Dinner	1 serving “Ricotta” Lasagna – 1.4 g 1 garlic bun – 0.8 g Side salad: 75 g romaine lettuce – 0.9 g 25 g sliced red pepper – 0.25 g 30 g (1/4 c) cucumber – 0.15 g 30 g shredded carrots – 0.3 g Oil and vinegar dressing – free Dinner total protein: 3.8 grams	1 serving “Ricotta” Lasagna , per recipe, substitute 6 Lasagna Sheets – 9.5 g 1 slice Texas Toast – 2 g Side salad: 75 g romaine lettuce – 0.9 g 25 g sliced red pepper – 0.25 g 30 g (1/4 c) cucumber – 0.15 g 30 g shredded carrots – 0.3 g Oil and vinegar dressing – free Dinner total protein: 13.1 grams	1 serving “Ricotta” Lasagna , per recipe, substitute 6 Lasagna Sheets – 9.5 g 1 slice Texas Toast – 2 g Side salad: 75 g romaine lettuce – 0.9 g 25 g sliced red pepper – 0.25 g 30 g (1/4 c) cucumber – 0.15 g 30 g shredded carrots – 0.3 g Oil and vinegar dressing – free Dinner total protein: 13.1 grams
Thursday Total	9.55 grams	24.2 grams	36 grams

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 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	<p>Country Breakfast 1 serving Omelet Bites – 0.4 g 2 strips eggplant bacon – 0.4 g 2 cauliflower hash brown patties (Strong Roots)– 2 g</p> <p>Breakfast total protein: 2.8 grams</p>	<p>Country Breakfast 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>Country Breakfast 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>Sandwich 1 grilled cheese sandwich using: 2 slices Cook for Love Sandwich Bread – 1 g 1 slice Violife cheese – 0 g <i>Toasted on stove top with butter or cooking spray</i></p> <p>Soup 1 cup Imagine Foods Creamy Tomato Soup – 2 g 1 serving of Snyder’s Gluten Free Pretzels – free</p> <p>Lunch total protein: 3 grams</p>	<p>Sandwich 1 grilled cheese sandwich using: 2 slices Udi’s Whole Grain Gluten Free Bread – 4 g 1 slice Daiya cheese – 1 g <i>Toasted on stove top with butter or cooking spray</i></p> <p>Soup 1 cup Imagine Foods Creamy Tomato Soup – 2 g 6 (18 g) saltine crackers – 1.7 g</p> <p>Lunch total protein: 8.7 grams</p>	<p>Sandwich 1 grilled cheese sandwich using: 2 slices Udi’s Whole Grain Gluten Free Bread – 4 g 1 slice cheddar cheese – 7 g <i>Toasted on stove top with butter or cooking spray</i></p> <p>Soup 1 cup Imagine Foods Creamy Tomato Soup – 2 g 6 (18 g) saltine crackers – 1.7 g</p> <p>Lunch total protein: 14.7 grams</p>
Dinner	<p>Pasta Alfredo 1 serving (200 g) Cook For Love Pasta Alfredo – 2.1 grams 1/2 c (78 g) cooked broccoli – 1.9 g 28 grams (1 oz) Follow Your Heart Parmesan Cheese – 0.1 grams</p> <p>Dinner total protein: 4.1 grams</p>	<p>Pasta Alfredo 2 oz dry (57 g) Barilla Gluten Free Fettuccine Pasta – 4 g 1/2 c (78 g) cooked broccoli – 1.9 g ½ cup Classico Alfredo Pasta Sauce – 2 g 28 grams (1 oz) Follow Your Heart Parmesan Cheese – 0.1 grams</p> <p>Dinner total protein: 8 grams</p>	<p>Pasta Alfredo 2 oz dry (57 g) Barilla Gluten Free Fettuccine Pasta – 4 g 1/2 c (78 g) cooked broccoli – 1.9 g ½ cup Classico Alfredo Pasta Sauce – 2 g 28 grams (1 oz) Follow Your Heart Parmesan Cheese – 0.1 grams</p> <p>Dinner total protein: 8 grams</p>
Friday Total	9.9 grams	24.2 grams	36.7 grams

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.