

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: Pumpkin Bread & Banana Slices
Lunch: Grilled Cheese & Butternut Squash Soup
Dinner: Potato Pizza & Veggies

T

Breakfast: Eggz, Avocado & Fruit
Lunch: Pasta Salad
Dinner: Tacos

W

Breakfast: Cinnamon Buns & Grapes
Lunch: Vegetable Chili
Dinner: Fried Cauliflower & Mashed potatoes

T

Breakfast: Cereal & Fruit
Lunch: Biscoff & Jelly Sandwich & Pretezel Sticks
Dinner: General Tso Stir Fry

F

Breakfast: Breakfast bar & yogurt
Lunch: Veggie Meatball Sandwich
Dinner: Jackfruit Kabobs

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>1 slice Pumpkin Bread – 0.4g https://www.cambrooke.com/recipes/low-protein/recipe-detail.php?id=2424#.Y3dn2HbMKUk (pumpkin for banana in recipe) 20g banana slices – 0.2g 1 cup Almond milk – 1.4g</p> <p>Breakfast total protein – 2.0g</p>	<p>1 slice Pumpkin Bread – 0.4g https://www.cambrooke.com/recipes/low-protein/recipe-detail.php?id=2424#.Y3dn2HbMKUk (pumpkin for banana in recipe) 1oz Miyoko’s vegan cream cheese – 3g 20g banana slices – 0.2g 1 cup Almond milk – 1.4g</p> <p>Breakfast total protein – 5g</p>	<p>1 slice Pumpkin Bread, similar to Starbucks (123g) – 6g 6oz (170g) Yoplait Original Vanilla yogurt – 6g 20g banana slices – 0.2g 1 cup Almond milk – 1.4g</p> <p>Breakfast total protein – 13.6g</p>
Lunch	<p>Grilled Cheese: 2 slices Cambrooke homestyle white bread – 0.2g 2 slice Daiya Smoked Gouda cheese – 0g ½ cup (55g) apple slices, on the side or added onto grilled cheese – 0.1g 1 cup (240mL), prepared Pacific Foods Organic Butternut Squash soup – 3g</p> <p>Lunch total protein – 3.3g</p>	<p>Grilled Cheese: 2 slices Pepperidge Farm Very Thin Whole Wheat bread – 3.3g 2 slice Daiya Smoked Gouda cheese – 0g ½ cup (55g) apple slices, on the side or added onto grilled cheese – 0.1g 1 cup (240mL), prepared Pacific Foods Organic Butternut Squash soup – 3g</p> <p>Lunch total protein – 6.9g</p>	<p>Grilled Cheese: 2 slices Pepperidge Farm Light Style 7 Grain bread – 4.6g 1.5 slices Sargento Smoked Gouda cheese – 7.5g ½ cup (55g) apple slices, on the side or added onto grilled cheese – 0.1g 1 cup (240mL), prepared Pacific Foods Organic Butternut Squash soup – 3g</p> <p>Lunch total protein – 15.2 g</p>
Dinner	<p>1 slice Potato Pizza – 1.4g https://cookforlove.org/recipes/detail/64863 (sub sweet potatoes for Yukon potato) ½ cup (102.5g) roasted butternut squash – 0.92g 1/2 cup (77.5g) roasted brussels sprouts – 1.41g ½ cup (138.5g) cranberry sauce – 0.28g</p> <p>Dinner total protein – 4g</p>	<p>2 (151g each) medium baked sweet potato – 4.2g 2 tsp (9.47g) butter – 0.1g 2 tbsp Sour Cream – 0.6g Maybe add a dash cinnamon ½ cup (102.5g) roasted butternut squash – 0.92g 1 cup (155g) roasted brussels sprouts – 2.82g ½ cup (138.5g) cranberry sauce – 0.28g</p> <p>Dinner total protein – 8.92g</p>	<p>2 (151g each) medium baked sweet potato – 4.2g Maybe add a dash cinnamon 2 tsp (9.47g) butter – 0.1g 2 tbsp Plain Yogurt – 1g ½ cup (102.5g) roasted butternut squash – 0.92g 1 cup (155g) roasted brussels sprouts – 2.82g ½ cup (138.5g) cranberry sauce – 0.28g</p> <p>Dinner total protein – 9.32g</p>
Monday Total Protein	9.3g	20.8g	38.1g

Tuesday	Under 10 g a day	20-30 g a day	30-40 g a day
Breakfast	<p>6 Tbsp Cambrooke Eggs – 0.3g 30g Avocado, sliced – 0.6g 1 naval orange (140g) – 1.3g</p> <p>Breakfast total protein - 2.2 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>Serve cold or hot: ¾ cup (130g) Kroger Butternut squash noodles – 1g ¼ cup (22g) brussels sprouts, shredded – 0.75g ¼ cup (26g) leeks – 0.2g -Sautee vegetables together until soft and cooked through. - Tops with: ¼ cup (40g) dried cranberries/craisins – 0g 1 oz (28g) Follow Your Heart Feta cheese - 0g 2 Tbsp (32g) Kraft Balsamic Vinaigrette dressing – 0g 1 (178g) large pear – 0.8g</p> <p>Lunch total protein – 2.75g</p>	<p>Serve cold or hot: 2oz dry (57g) Barilla Gluten Free Penne – 4g ¾ cup (130g) Kroger Butternut squash noodles – 1g ¼ cup (22g) brussels sprouts, shredded – 0.75g ¼ cup (26g) leeks – 0.2g -Sautee vegetables together until soft and cooked through. - Tops with: ¼ cup (40g) dried cranberries/craisins – 0g 1/4 cup (28g) Athenos Feta cheese - 5g 2 Tbsp (32g) Kraft Balsamic Vinaigrette dressing – 0g 1 (178g) large pear – 0.8g</p> <p>Lunch total protein – 11.75g</p>	<p>Serve cold or hot: 2oz dry (57g) Barilla Penne pasta – 7g ¾ cup (130g) Kroger Butternut squash noodles – 1g ¼ cup (22g) brussels sprouts, shredded – 0.75g ¼ cup (26g) leeks – 0.2g -Sautee vegetables together until soft and cooked through. - Tops with: ¼ cup (40g) dried cranberries/craisins – 0g 1/4 cup (28g) Athenos Feta cheese - 5g 2 Tbsp (32g) Kraft Balsamic Vinaigrette dressing – 0g 1 (178g) large pear – 0.8g</p> <p>Lunch total protein – 14.75g</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 tbsp (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 tbsp (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 tbsp (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	9.4g	24.0g	36.8g

Wednesday:	Under 10 g a day	20-30 g a day	30-40 g a day
Breakfast	2 Cinnamon Buns – 0.8g https://www.cambrooke.com/recipes/low-protein/recipe-detail.php?id=86#.Yo9QTqjMKUK 1 cup (151g) seedless grapes – 1.1g Breakfast total protein – 1.9g	2 Cinnamon Buns – 0.8g https://www.cambrooke.com/recipes/low-protein/recipe-detail.php?id=86#.Yo9QTqjMKUK 1 cup Almond milk – 1.4g 1 cup (151g) seedless grapes – 1.1g Breakfast total protein – 3.3g	2 (198g) Pillsbury Grand Cinnamon Roll with original icing – 10g 1 cup Almond milk – 1.4g 1 cup (151g) seedless grapes – 1.1g Breakfast total protein – 12.5g
Lunch	½ cup Cook For Love Vegetable Chili – 1.3g https://cookforlove.org/recipes/detail/85940 5 crackers (31g) Loprofin crackers – 0.1g ¼ Avocado (34g) – 0.7g 1/12 Cook for Love Apple Pie bar – 0.8g https://cookforlove.org/recipes/detail/77900 2 Tbsp (41g) caramel sauce – 0.5g Lunch protein total – 3.4g	½ cup Campbells Condensed Vegetable soup – 3.0g https://cookforlove.org/recipes/detail/85940 5 crackers (15g) Saltine crackers – 1.4g ¼ Avocado (34g) – 0.7g 1/10 (119g) Marie Calender’s ready to Bake Apple Pie – 2 g 2 Tbsp (41g) caramel sauce – 0.5g Lunch protein total – 7.6g	½ cup Campbells Condensed Vegetable soup – 3.0g https://cookforlove.org/recipes/detail/85940 5 crackers (15g) Saltine crackers – 1.4g ¼ Avocado (34g) – 0.7g 1/10 (119g) Marie Calender’s ready to Bake Apple Pie – 2 g 2 Tbsp (41g) caramel sauce – 0.5g Lunch protein total – 7.6g
Dinner	4 Florets Cook For Love Kentucky Fried Cauliflower – 1.3g https://cookforlove.org/recipes/detail/75580 1/3 cup (52g) cooked broccoli – 1.2 ¼ cup (37.3g) sweet corn – 1.25 4.5 Tbsp (27g) Country Sunrise Instant Mashed Potatoes (PKU Perspective) - 1.0g Dinner protein total – 3.5g	4 Florets Cook For Love Kentucky Fried Cauliflower – 1.3g https://cookforlove.org/recipes/detail/75580 1/3 cup (52g) cooked broccoli – 1.2 ½ cup (74.5g) sweet corn – 2.5 1 cup (210g) homemade mashed Potatoes – 3.9g ¼ cup (59.2g) chicken gravy, canned – 1.1g Dinner protein total – 10g	10 pieces (56g) KFC popcorn chicken – 9.9g 1/3 cup (52g) cooked broccoli – 1.2 ½ cup (74.5g) sweet corn – 2.5 1 cup (210g) homemade mashed Potatoes – 3.9g ¼ cup (59.2g) chicken gravy, canned – 1.1g Dinner protein total – 18.6g
Wednesday Total Protein	9.85g	20.9g	38.7g

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 Add dash of pumpkin pie spice – 0g 36g (1/4 cup) golden 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/recipe/low-protein/recipe-detail.php?id=2343#.Yo9QyqjMKUk 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 (234g) Quick Oats, cooked – 5.9g 1 Tbsp honey – 0.1g ½ (or to taste) – pumpkin pie or cinnamon spice – 0g 36g (1/4 cup) golden raisins, unpacked – 1.1g 1 cup Trader Joes Pumpkin Oat Beverage - 2g ½ cup (62g) raspberries – 0.6g</p> <p>Breakfast total protein – 9.7g</p>
Lunch	<p>2 slices Cambrooke homestyle white bread – 0.2g 2 Tbsp Biscoff spread – 0.8g 1 slice cranberry sauce, spread on bread – 0.1g 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 – 2.92g</p>	<p>2 slices Pepperidge Farm Very Thin Whole Wheat bread – 3.3g 2 Tbsp peanut butter, smooth – 7.1g 1 slice cranberry sauce, spread on bread – 0.1g 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 – 12.32g</p>	<p>2 slices Pepperidge Farm Light Style 7 Grain bread – 4.6g 2 Tbsp peanut butter, smooth – 7.1g 1 slice cranberry sauce, spread on bread – 0.1g 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 – 15.62g</p>
Dinner	<p>General Tso Stir Fry 80g (1svg) Mevalia Rice – 0.4g 1 Tbsp (18g) Kroger Sweet n Sour – 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 (106g) So Delicious Mint Chip coconut milk frozen dessert – 1.0g</p> <p>Dinner total protein – 4.67g</p>	<p>General Tso Stir Fry 1 cup (46g) cooked, Minute Light and Fluffy white rice – 4g 1 Tbsp (18g) Kroger Sweet n Sour – 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 (96g) So Delicious Smores frozen dessert – 1g</p> <p>Dinner total protein – 8.27g</p>	<p>General Tso Stir Fry 1 cup (142g) Seed of Change Quinoa & Brown rice – 6g 1 Tbsp (18g) Kroger Sweet n Sour – 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 (89g) Breyers Frozen Peppermint Hot Chocolate ice cream – 3g</p> <p>Dinner total protein – 12.27g</p>
Thursday total Protein	9.29g	23.79g	37.59g

Friday:	Under 10 g a day	20-30 g a day	30-40 g a day
Breakfast	5.3oz (150g) So Delicious coconut milk yogurt vanilla – 0g Cook for love granola – 0.8g Cook for Love - Crunchy Granola Bar ½ cup (74g) blueberries - 0.5g Breakfast total protein – 1.3g	5.3oz (150g) So Delicious coconut milk yogurt vanilla – 0g 1 cup (42g) Honey Bunches of Oats Cereal – 3g ½ cup (74g) blueberries - 0.5g Breakfast total protein – 3.5g	6oz (170g) Yoplait Original Vanilla yogurt – 6g 1/4 cup Nature Valley Oat & Honey Granola – 4.8g ½ cup (74g) blueberries - 0.5g Breakfast total protein – 12.7g
Lunch	2 (64g) Cambrooke Veggie meatballs – 1g 1 Cambrooke Artisan roll (156g) – 0.6g 1 tub (65g) Cambrooke Marinara mini– 1g 30g Glutino Pretzel Sticks – free ½ cup (g) sliced kiwi – 0.89 Lunch total protein – 3.5g	3 (96g) Cambrooke Veggie meatballs – 1.5g 1 (71g) French Roll – 7 g 1 tub (65g) Cambrooke Marinara mini– 1g 1oz Lays plain potato chips – 1.81g ½ cup (g) sliced kiwi – 0.89 Lunch total protein – 12.2g	3 (85g) Cooke Perfect Italian Style Meatballs – 14g 1 Cambrooke Artisan roll (156g) – 0.6g 1 tub (65g) Cambrooke Marinara mini– 1g 1oz Lays plain potato chips – 1.81g ½ cup (g) sliced kiwi – 0.89 Lunch total protein – 18.3g
Dinner	1 skewer of Jackfruit Kabobbs – 2g https://cookforlove.org/recipes/detail/79322 1 cup (135g) cooked green beans – 2.01g ¾ cup dry (56g) Loprofin Rice – 0.22g Dinner total protein - 4.23g	1 skewer of Jackfruit Kabobbs – 2g https://cookforlove.org/recipes/detail/79322 1 cup (135g) cooked green beans – 2.01g 1 cup, cooked (158g) Long Grain Rice – 4.25g Dinner total protein – 8.26	1 skewer of Jackfruit Kabobbs – 2g https://cookforlove.org/recipes/detail/79322 1 cup (135g) cooked green beans – 2.01g 1 cup, cooked (158g) Long Grain Rice – 4.25g Dinner total protein – 8.26
Friday total protein	9.03g	24.0g	39.3g