

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: Cookie Butter Banana & Blueberries
Lunch: Grilled Cheese & Tomato Soup
Dinner: Veggie Pot Pie & Salad

T

Breakfast: Egg & Cheese Sandwich & Grapes
Lunch: Greek Pasta Bowl & Pear
Dinner: Mushroom Fajitas

W

Breakfast: French Toast & Banana
Lunch: Avocado Tomato & Feta Sandwich
Dinner: Linguini w/Roasted Veggies

T

Breakfast: Nutella, Strawberry & Blueberry Crepe
Lunch: Veggie Nuggets & Pretzel Sticks
Dinner: Broccoli Cheddar Soup, Sandwich & Dessert

F

Breakfast: Bagel w/cream cheese & pear
Lunch: Veggie Noodle Soup w/crackers & sliced kiwi
Dinner: Make Your Own Pizza

Shopping List

Click each day to view the week long menu!

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Monday	Under 10 g a day	20-30 g a day	30-40 g a day
Breakfast	<p>1 Cookie Butter Mini Banana – 0.5g https://cookforlove.org/recipes/detail/77557 ½ cup (74g) blueberries – 0.5g 1 cup Better Than Milk Hazelnut Organic Rice milk – 1g</p> <p>Breakfast total protein – 2.0g</p>	<p>1 bakery Banana muffin – 7g ½ cup (74g) blueberries – 0.5g 1 cup Simple Truth Oat milk – 3g</p> <p>Breakfast total protein – 10.5g</p>	<p>1 slice Pillsbury (box mix) Banana bread, prepared – 2g 6oz (170g) Yoplait Original Vanilla yogurt – 6g ½ cup (74g) blueberries – 0.5g 1 cup Better Than Milk Hazelnut Organic Rice milk – 1g</p> <p>Breakfast total protein – 9.5g</p>
Lunch	<p>Grilled Cheese: 2 slices Cambrooke homestyle white bread – 0.2g 1 Tbsp Nut Free Pesto – 0.1g https://cookforlove.org/recipes/detail/75836 1 slice (22g) Daiya Mozzarella cheese slice – 0g 1 slice (22g) Daiya Provolone cheese slice – 0g</p> <p>1 cup (240mL), prepared Campbells Tomato soup – 2g 1 cup (140g) pear slices – 0.5g</p> <p>Lunch total protein – 2.8g</p>	<p>Grilled Cheese: 2 slices Pepperidge Farm Very Thin Whole Wheat bread – 3.3g 1 Tbsp Nut Free Pesto – 0.1g https://cookforlove.org/recipes/detail/75836 1 slice (22g) Daiya Mozzarella cheese slice – 0g 1 slice (22g) Daiya Provolone cheese slice – 0g</p> <p>1 cup (240mL), prepared Campbells Tomato soup – 2g 1 cup (140g) pear slices – 0.5g</p> <p>Lunch total protein – 6.8g</p>	<p>Grilled Cheese: 2 slices Pepperidge Farm Light Style 7 Grain bread – 4.6g ¼ cup (60g) Barilla Rustic Basil Pesto – 3g 1 slice (17g) Sargento Creamery Provolone cheese – 3g 1/5 slice (10.5g) Sargento Mozzarella cheese – 2.5 g 1 cup Campbells Roasted Red Pepper & Smoked Gouda Bisque – 3g 1 cup (140g) pear slices – 0.5g</p> <p>Lunch total protein – 16.6 g</p>
Dinner	<p>1 serving Vegetable Pot Pie – 3.6g https://cookforlove.org/recipes/detail/60473 1 salad: 1 cup shredded romaine lettuce – 0.6g ¼ cup (37.3g) cherry tomatoes – 0.33g ¼ cup (32g) chopped carrots – 0.3g 1oz (28g) Chao Creamy Original cheese – 0g 1 tbsp Italian dressing – 0.1g</p> <p>Dinner total protein – 4.9g</p>	<p>1 serving Vegetable Pot Pie – 3.6g https://cookforlove.org/recipes/detail/60473 1 salad: 1 cup shredded romaine lettuce – 0.6g ¼ cup (37.3g) cherry tomatoes – 0.33g ¼ cup (32g) chopped carrots – 0.3g ¼ cup (30g) Daiya Parmesan cheese shreds – 0g 8 cubes (2g) seasoned croutons – 0.2g 1 tbsp Italian dressing – 0.1g</p> <p>Dinner total protein – 5.1g</p>	<p>1 (283g) Marie Callender's Broccoli Cheddar & Potato pot pie – 12g 1 salad: 1 cup shredded romaine lettuce – 0.6g ¼ cup (37.3g) cherry tomatoes – 0.33g ¼ cup (32g) chopped carrots – 0.3g 1oz Chao Creamy Original cheese – 0g 8 cubes (2g) seasoned croutons – 0.2g 1 tbsp Italian dressing – 0.1g</p> <p>Dinner total protein – 13.5g</p>
Monday Total Protein	9.7g	22.4g	39.6g

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Tuesday	Under 10 g a day	20-30 g a day	30-40 g a day
Breakfast	<p>Egg Sandwich: 1 Low Protein English Muffin – 1.1g https://cookforlove.org/recipes/detail/75637 6 Tbsp Cambrooke Eggs – 0.3g 1 slice (20g) Violife Smoked Gouda cheese – 0g 10 each (49g) grapes – 0.4g</p> <p>Breakfast total protein - 1.8 g</p>	<p>Egg Sandwich: 1 Thomas English Muffin – 5g 6 Tbsp Cambrooke Eggs – 0.3g 1 slice (20g) Violife Smoked Gouda cheese – 0g 10 each (49g) grapes – 0.4g</p> <p>Breakfast total protein - 5.7 g</p>	<p>Egg Sandwich: 1 Low Protein English Muffin – 1.1g https://cookforlove.org/recipes/detail/75637 1 large egg, scrambled – 6.1g 1 slice (20g) Violife Smoked Gouda cheese – 0g 10 each (49g) grapes – 0.4g 4oz orange juice – 0.9g</p> <p>Breakfast total protein – 8.5 g</p>
Lunch	<p>Greek Pasta Bowl 2.2oz dry (57g) Aprotin Chicchi pasta – 0.4g Rinse and let cool 1/2 cup (75g) cherry tomatoes – 0.7g ½ cup (59g) cucumber, sliced – 0.35g ¼ cup (29g) red onion sliced – 0.3g ¼ cup Violife Feta cheese – 0g Mix dressing 1 tbsp Extra Virgin Olive Oil – 0g 1 tsp Redwine vinegar – 0g 1/4 tsp garlic, minced – 0.06g ¼ tsp oregano, dried – 0.04g Pinch of salt and pepper to taste Add vegetables to pasta, top with dressing and mix.</p> <p>1 (178g) large pear – 0.8g</p> <p>Lunch total protein – 2.65g</p>	<p>Greek Pasta Bowl 2oz dry Jovial Grain Free Cassava Orzo – 1g Rinse and let cool 1/2 cup (75g) cherry tomatoes – 0.7g ½ cup (59g) cucumber, sliced – 0.35g ¼ cup (29g) red onion sliced – 0.3g ¼ cup (28g) Athenos Feta cheese – 4g Mix dressing 1 tbsp Extra Virgin Olive Oil – 0g 1 tsp Redwine vinegar – 0g 1/4 tsp garlic, minced – 0.06g ¼ tsp oregano, dried – 0.04g Pinch of salt and pepper to taste Add vegetables to pasta, top with dressing and mix.</p> <p>1 (178g) large pear – 0.8g</p> <p>Lunch total protein – 7.25g</p>	<p>Greek Pasta Bowl 2oz dry Orzo pasta – 6g Rinse and let cool 1/2 cup (75g) cherry tomatoes – 0.7g ½ cup (59g) cucumber, sliced – 0.35g ¼ cup (29g) red onion sliced – 0.3g ¼ cup (60g) chickpeas, canned, drained and rinsed – 3g ¼ cup (28g) Athenos Feta cheese – 4g Mix dressing: 1 tbsp Extra Virgin Olive Oil – 0g 1 tsp Redwine vinegar – 0g 1/4 tsp garlic, minced – 0.06g ¼ tsp oregano, dried – 0.04g Pinch of salt and pepper to taste Add vegetables to pasta, top with dressing and mix.</p> <p>1 (178g) large pear – 0.8g</p> <p>Lunch total protein – 15.25g</p>
Dinner	<p>1 serving (2 fajitas) Mushroom fajitas – 2.8g https://cookforlove.org/recipes/detail/75817 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 – 4.86g</p>	<p>1 serving (2 fajitas) Mushroom fajitas – 2.8g https://cookforlove.org/recipes/detail/75817 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 – 9.76g</p>	<p>1 serving (2 fajitas) Mushroom fajitas – 2.8g https://cookforlove.org/recipes/detail/75817 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 – 13.76g</p>
Total	9.3g	22.7g	37.5g

Wednesday	Under 10 g a day	20-30 g a day	30-40 g a day
Breakfast	<p>2 slices LP French Toast – 1.2g https://cookforlove.org/recipes/detail/75625 20g banana slices – 0.2g <i>Butter, syrup as desired (free)</i> 4oz orange juice – 0.9g</p> <p>Breakfast total protein – 2.3g</p>	<p>2 slices LP French Toast – 1.2g https://cookforlove.org/recipes/detail/75625 20g banana slices – 0.2g <i>Butter, syrup as desired (free)</i> 4oz orange juice – 0.9g</p> <p>Breakfast total protein – 2.3g</p>	<p>2 Eggo French Toast sticks– 4g https://cookforlove.org/recipes/detail/75625 20g banana slices – 0.2g <i>Butter, syrup as desired (free)</i> 4oz orange juice – 0.9g</p> <p>Breakfast total protein – 5.1g</p>
Lunch	<p>2 slices Cambrooke homestyle white bread – 0.2g 1 (136g) avocado, smashed – 2.7g 2 thin sliced tomatoes (30g) – 0.3g ¼ cup Violife Feta cheese – 0g Mix dressing Drizzle Private Selection Balsamic glaze – 0g Sprinkle of flaky salt - free</p> <p>Lunch protein total – 3.2g</p>	<p>2 slices (52g) Pepperidge Farm Thin 2 Sliced 15 Grain whole grain bread – 7g 1 (136g) avocado, smashed – 2.7g 2 thin sliced tomatoes (30g) – 0.3g ¼ cup (28g) Athenos Feta cheese – 4g Drizzle Private Selection Balsamic glaze – 0g Sprinkle of flaky salt - free</p> <p>Lunch protein total – 10.3g</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 ¼ cup (28g) Athenos Feta cheese – 4g 1 large egg, cooked – 6.3 Drizzle Private Selection Balsamic glaze – 0g Sprinkle of flaky salt - free</p> <p>Lunch protein total – 17.9g</p>
Dinner	<p>1 serving Linguini with Roasted Veg – 3.5g https://cookforlove.org/recipes/detail/77956</p> <p>Dinner protein total – 3.5g</p>	<p>1 serving Linguini with Roasted Veg – 3.5g https://cookforlove.org/recipes/detail/77956</p> <p>Simple Truth raspberry frozen yogurt bar – 4 g</p> <p>Dinner protein total – 7.5g</p>	<p>1 serving Linguini with Roasted Veg (without linguini)– 3.4g https://cookforlove.org/recipes/detail/77956 - SUB OUT 100g Aproten linguini for 100g Barilla Linguini – 12.5g</p> <p>Dinner protein total – 15.9g</p>
Wednesday Total Protein	9.0g	23.8g	38.9g

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Thursday:	Under 10 g a day	20-30 g a day	30-40 g a day
Breakfast	1 CFL crepe – 0.4g https://cookforlove.org/recipes/detail/73442 1 tsp (6.17g) Nutella (spread on crepe) – 0.3g ½ cup (76g) strawberries, halved – 0.51g ½ cup (74g) blueberries – 0.55g Breakfast total protein – 1.76g	1 CFL crepe – 0.4g https://cookforlove.org/recipes/detail/73442 1 tsp (6.17g) Nutella (spread on crepe) – 0.3g ½ cup (76g) strawberries, halved – 0.51g ½ cup (74g) blueberries – 0.55g Breakfast total protein – 1.76g	1 homemade crepe – 7g 1 tsp (6.17g) Nutella (spread on crepe) – 0.3g ½ cup (76g) strawberries, halved – 0.51g ½ cup (74g) blueberries – 0.55g 25.68 Breakfast total protein – 8.76g
Lunch	6 Veggie Nuggets – 1.2g https://cookforlove.org/recipes/detail/79863 ½ cup (76g) grapes – 0.5 ½ cup (52g) cucumber slices – 0.3g 30g Glutino Pretzel Sticks – free Lunch total protein – 2g	6 Perdue Chicken Plus panko breaded frozen chicken & veggie dino nuggets – 12g ½ cup (76g) grapes – 0.5 ½ cup (52g) cucumber slices – 0.3g 30g Glutino Pretzel Sticks – free Lunch total protein – 12.8g	6 Perdue Chicken Plus panko breaded frozen chicken & veggie dino nuggets – 12g ½ cup (76g) grapes – 0.5 ½ cup (52g) cucumber slices – 0.3g 30g Glutino Pretzel Sticks – free Lunch total protein – 12.8g
Dinner	1 cup Broccoli Cheddar soup – 2.6g https://cookforlove.org/recipes/detail/69945 Sandwich (toasted or not!) 2 slices Cambrooke homestyle white bread – 0.2g 2 tbsp (30g) VioLife cream cheese with chives spread – 0g 2 slices (54g) tomato – 0.48g 2 (56g) romaine lettuce leaves – 0.7 1 tbsp (3g) alfalfa sprouts – 0.12 ¼ cup (28g) red onion, thinly sliced - 0.32g 1 bar (52g) So Delicious Dipped Coconut Almond frozen dessert – 1g Dinner total protein – 5.42g	1 cup Broccoli Cheddar soup – 2.6g https://cookforlove.org/recipes/detail/69945 Sandwich: 2 slices Pepperidge Farm Very Thin Whole Wheat bread – 3.3g 2 Tbsp (31g) Philadelphia chive and onion cream cheese – 2 g 2 slices (54g) tomato – 0.48g 2 (56g) romaine lettuce leaves – 0.7 1 tbsp (3g) alfalfa sprouts – 0.12 ¼ cup (28g) red onion, thinly sliced - 0.32g 1 bar (57g) So Delicious Dipped Peanut Butter Fudge frozen dessert – 2g Dinner total protein – 11.52g	1 cup Panera Broccoli Cheddar soup – 9g Sandwich: 2 slices Pepperidge Farm Very Thin Whole Wheat bread – 3.3g 2 Tbsp (31g) Philadelphia chive and onion cream cheese – 2 g 2 slices (54g) tomato – 0.48g 2 (56g) romaine lettuce leaves – 0.7 1 tbsp (3g) alfalfa sprouts – 0.12 ¼ cup (28g) red onion, thinly sliced - 0.32g 1 bar (52g) So Delicious Dipped Coconut Almond frozen dessert – 1g Dinner total protein – 16.9g
Thursday total Protein	9.18g	26.08g	38.48g

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Friday:	Under 10 g a day	20-30 g a day	30-40 g a day
Breakfast	1 Cambrooke Plain bagel – 0.3g 2 Tbsp Daiya cream cheese – 0.2 1 (178 g) pear – 0.6g Breakfast total protein – 1.1g	1 (99g) Canyon Bakehouse Gluten Free Plain bagel – 4g 2 Tbsp Daiya cream cheese – 0.2 1 (178 g) pear – 0.6g Breakfast total protein – 4.8g	1 (81g) Lenders Plain bagel – 8g 2 Tbsp Philadelphia cream cheese – 1.8g 1 (178 g) pear – 0.6g Breakfast total protein – 10.4g
Lunch	1 cup Veggie Noodle Soup – 1.4g https://cookforlove.org/recipes/detail/75563 36 (15g) mini oyster crackers – 1g 1 cup (180g) sliced kiwi – 1.8 Lunch total protein – 4.2g	1 cup Veggie Noodle Soup – 1.4g https://cookforlove.org/recipes/detail/75563 36 (15g) mini oyster crackers – 1g 1 cup (180g) sliced kiwi – 1.8 Lunch total protein – 4.2g	1 cup Progresso Chicken and Homestyle Noodle Soup – 7g https://cookforlove.org/recipes/detail/75563 36 (15g) mini oyster crackers – 1g 1 cup (180g) sliced kiwi – 1.8 Lunch total protein – 9.8g
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 – 12g	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	9.5g	21g	33.6g

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