

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 w/Strawberries & Yogurt
Lunch: Veggie Nuggets & Celery/Carrot Sticks w/ranch
Dinner: Asian Stirfry Pasta & Garlic Bread

T

Breakfast: Bagels & Cream Cheese w/Sliced Fruit
Lunch: English Muffin Pizzas & Side Salad
Dinner: Tacos

W

Breakfast: Banana Muffin & Yogurt
Lunch: BLT Sandwiches & Chips
Dinner: Pasta Bake & Salad

T

Breakfast: Avocado Toast & Strawberries
Lunch: Burger & Pretzel Sticks
Dinner: Mac n' Cheese & Steamed Veggie Medley

F

Breakfast: Breakfast Sandwich, Banana & Blueberries
Lunch: Soup & Salad
Dinner: "Ricotta" lasagna, Garlic Bread & Side Salad

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 a day |
|-----------|--|--|--|
| Breakfast | 2 slices Cook for Love French Toast with butter and syrup – 1.2 g 45 g (1/4 cup) sliced strawberries – 0.3 g 1 6oz SoDelicious Coconut Milk Yogurt (Raspberry, Strawberry, Plain) – 0.55 g Breakfast total protein: 2.05 grams | 2 slices Eggless French Toast with butter and syrup – 6 g <i>(Use unsweetened almond milk and Dave's Killer White Bread)</i> 45 g (1/4 cup) sliced strawberries – 0.3 g 1 6oz SoDelicious Coconut Milk Yogurt (Raspberry, Strawberry, Plain) – 0.55 g Breakfast total protein: 6.85 grams | 2 slices Eggless French Toast with butter and syrup – 6 g <i>(Use unsweetened almond milk and Dave's Killer White Bread)</i> 45 g (1/4 cup) sliced strawberries – 0.3 g 1 Yoplait Original Yogurt, Plain or Flavored (170 g container) – 6 g Breakfast total protein: 12.3 grams |
| | 4 Cook For Love Veggie Nuggets – 2.4 g 30 g celery sticks – 0.2 g 40 g medium carrot sticks – 0.4 g 2 Tbsp ranch dressing – 0.4 g 1 ounce (28 g) Snyder's Gluten Free Pretzels – free 1 cup (100 g) sliced apples – 0.25 g Lunch total protein: 3.65 grams | 4 Dr. Praeger's Veggie Nuggets – 7.2 g 30 g celery sticks – 0.2 g 40 g medium carrot sticks – 0.4 g 2 Tbsp ranch dressing – 0.4 g 5.5 ounces (~155 g) Orelda Crinkle Cut Fries – 1.85 g 1 cup (100 g) sliced apples – 0.25 g Lunch total protein: 10.3 grams | 4 Dr. Praeger's Veggie Nuggets – 7.2 g 30 g celery sticks – 0.2 g 40 g medium carrot sticks – 0.4 g 2 Tbsp ranch dressing – 0.4 g 5.5 ounces (~155 g) Orelda Crinkle Cut Fries – 1.85 g 1 cup (100 g) sliced apples – 0.25 g Lunch total protein: 10.3 grams |
| Dinner | Asian Stir Fry Pasta 2 oz (57g dry) Jovial Cassava Flour spaghetti – 1.0 g 1/3 C (33 g) grated carrots – 0.3 g 1/4 C (17 g) white mushrooms - 0.25 g 1/4 C (26 g) chopped cauliflower - 0.25 g <i>Stir fried in 2 Tbsp Olive Oil, garlic powder, 2 Tbsp green onion (free)</i> 1 Cook For Love Garlic Herb Bun – 0.8 g Dinner total protein: 4.2 grams | Asian Stir Fry Pasta 2 oz (57 g dry) Jovial gluten free spaghetti – 5.0 g 1/3 C (33 g) grated carrots – 0.3 g 1/4 C (17 g) white mushrooms - 0.25 g 1/4 C (26 g) chopped cauliflower - 0.25 g <i>Stir fried in 2 Tbsp Olive Oil, garlic powder, 2 Tbsp green onion (free)</i> 1 slice Garlic Texas Toast – 3 g Dinner total protein: 8.8 grams | Asian Stir Fry Pasta 2 oz (57 g dry) Barilla spaghetti – 7.0 g 1/3 C (33 g) grated carrots – 0.3 g 1/4 C (17 g) white mushrooms - 0.25 g 1/4 C (26 g) chopped cauliflower - 0.25 g <i>Stir fried in 2 Tbsp Olive Oil, garlic powder, 2 Tbsp green onion (free)</i> 1 slice Garlic Texas Toast – 3 g Dinner total protein: 10.8 grams |
| | Monday Total | 9.9 grams | 25.95 grams |

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| TUESDAY | Under 10 g a day | 20 - 30 g a day | 30-40 a day |
|-----------|--|---|--|
| Breakfast | Bagel and Cream Cheese 2 Cambrooke Plain Bagels – 0.6 g 2 Tbsp Violife Cream Cheese – 0 g Side of fruit 50 g sliced bananas – 0.55 g 50 g grapes – 0.35 g 25 g raspberries – 0.25 g Breakfast total protein: 1.75 grams | Bagel and Cream Cheese 1 Canyon Bakehouse GF Bagel – 4 g 2 Tbsp Kite Hill Cream Cheese – 2 g Side of fruit 50 g sliced bananas – 0.55 g 50 g grapes – 0.35 g 25 g raspberries – 0.25 g Breakfast total protein: 7.15 grams | Bagel and Cream Cheese 1 Thomas' Plain Bagel – 10 g 2 Tbsp Kite Hill Cream Cheese – 2 g Side of fruit 50 g sliced bananas – 0.55 g 50 g grapes – 0.35 g 25 g raspberries – 0.25 g Breakfast total protein: 13.15 grams |
| | English Muffin Pizzas 1 Food For Life Gluten Free Brown Rice English Muffin – 2 g 4 Tbsp (2 on each half) Classico Pizza Sauce – 1 g 1/4 C (2 Tbsp on each half) Violife Mozzarella Cheese Shreds – 0 g Side Salad 60 g chopped iceberg lettuce – 0.5 g 20 g diced tomatoes – 0.2 g 20 g diced cucumber – 0.1 g 20 g chopped onion – 0.2 g 20 g green pepper – 0.2 g 2 Tbsp oil and vinegar dressing – 0 g Lunch total protein: 4.2 grams | English Muffin Pizzas 1 Food For Life Gluten Free Brown Rice English Muffin – 2 g 4 Tbsp (2 on each half) Classico Pizza Sauce – 1 g 1/4 C (2 Tbsp on each half) shredded mozzarella cheese – 7 g Side Salad 60 g chopped iceberg lettuce – 0.5 g 20 g diced tomatoes – 0.2 g 20 g diced cucumber – 0.1 g 20 g chopped onion – 0.2 g 20 g green pepper – 0.2 g 2 Tbsp oil and vinegar dressing – 0 g Lunch total protein: 11.2 grams | English Muffin Pizzas 1 Dave's Killer Bread Classic English Muffin – 6 g 4 Tbsp (2 on each half) Classico Pizza Sauce – 1 g 1/4 C (2 Tbsp on each half) shredded mozzarella cheese – 7 g Side Salad 60 g chopped iceberg lettuce – 0.5 g 20 g diced tomatoes – 0.2 g 20 g diced cucumber – 0.1 g 20 g chopped onion – 0.2 g 20 g green pepper – 0.2 g 2 Tbsp oil and vinegar dressing – 0 g Lunch total protein: 15.2 grams |
| Dinner | 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> 1/4 C Violife Cheese Shreds – 0 g | 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> 1/4 C Violife Cheese Shreds – 0 g 15 g shredded lettuce – 0.15 g | 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> 1/4 C Violife Cheese Shreds – 0 g 15 g shredded lettuce – 0.15 g |

| | | | |
|--------------------------|---|--|--|
| | 15 g shredded lettuce – 0.15 g 20 grams diced tomatoes – 0.2 g 1 C Bird's Eye Cauliflower Rice (cooked) – 1.5 g Dinner total protein: 3.5 grams | 20 g diced tomatoes – 0.2 g 25 g cooked black beans – 2.2 g 1 C Bird's Eye Cauliflower Rice (cooked) – 1.5 g Dinner total protein: 8.7 grams | 20 g diced tomatoes – 0.2 g 25 g cooked black beans – 2.2 g 1 C Bird's Eye Cauliflower Rice (cooked) – 1.5 g Dinner total protein: 8.7 grams |
| Tuesday Total | 9.45 grams | 27.05 grams | 37.05 grams |

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| WEDNESDAY | Under 10 g a day | 20 - 30 g a day | 30-40 a day |
|------------------------|---|---|--|
| Breakfast | <p>1 Banana Muffin – 0.5 g 1 SoDelicious Dairy Free Coconut Milk Yogurt (150 g container) – 0.65 g</p> <p>Breakfast total protein: 1.15 g</p> | <p>1 Banana Muffin – 2 g 1 Yoplait Yogurt (170 g) – 5 g</p> <p>Breakfast total protein: 7 g</p> | <p>1 Banana Muffin – 2 g 1 Two Good Vanilla Yogurt (150 g container) – 12 g</p> <p>Breakfast total protein: 14 g</p> |
| Lunch | <p>BLT Sandwiches 2 slices Homestyle Bread – 0 g 2 slices Morningstar Farms Bacon – 2 g 40 g red tomato slices (approximately 2 thick slices) – 0.35 g 15 g iceberg lettuce leaves (approximately 2) – 0.15 g 2 Tbsp mayonnaise – 0.25 g 1 oz bag Wise Onion Rings – 0.3 g 1 (74 g) clementine – 0.6 g</p> <p>Lunch total protein: 3.65 g</p> | <p>BLT Sandwiches 2 slices Schar Gluten Free Bread – 2 g 2 slices Morningstar Farms Bacon – 2 g 40 g red tomato slices (approximately 2 thick slices) – 0.35 g 15 g iceberg lettuce leaves (approximately 2) – 0.15 g 2 Tbsp mayonnaise – 0.25 g 1 oz bag Lays potato chips – 2 g 1 (74 g) clementine – 0.6 g</p> <p>Lunch total protein: 7.35 g</p> | <p>BLT Sandwiches 2 slices White Wheat Bread – 5 g 2 slices Morningstar Farms Bacon – 2 g 40 g red tomato slices (approximately 2 thick slices) – 0.35 g 15 g iceberg lettuce leaves (approximately 2) – 0.15 g 2 Tbsp mayonnaise – 0.25 g 1 oz bag Lays potato chips – 2 g 1 (74 g) clementine – 0.6 g</p> <p>Lunch total protein: 10.35 g</p> |
| Dinner | <p>Pasta Bake and Salad 1 serving Chipotle Pasta Bake, per recipe – 2.9 g Cambrooke Foccacia Stick – 0.2 g</p> <p>Side Salad 60 g chopped iceberg lettuce – 0.5 g 20 g diced tomatoes – 0.2 g 20 g diced cucumber – 0.1 g 20 g chopped onion – 0.2 g 20 g green pepper – 0.2 g 2 Tbsp oil and vinegar dressing – 0 g</p> <p>Dinner total protein: 4.3 grams</p> | <p>Pasta Bake and Salad 1 serving Chipotle Pasta Bake, made with Barilla Gluten Free Penne – 5.1 g Udi's Dinner Roll – 3 g</p> <p>Side Salad 60 g chopped iceberg lettuce – 0.5 g 20 g diced tomatoes – 0.2 g 20 g diced cucumber – 0.1 g 20 g chopped onion – 0.2 g 20 g green pepper – 0.2 g 2 Tbsp oil and vinegar dressing – 0 g</p> <p>Dinner total protein: 9.3 g</p> | <p>Pasta Bake and Salad 1 serving Chipotle Pasta Bake, made with Barilla Penne – 7.9 g Udi's Dinner Roll – 3 g</p> <p>Side Salad 60 g chopped iceberg lettuce – 0.5 g 20 g diced tomatoes – 0.2 g 20 g diced cucumber – 0.1 g 20 g chopped onion – 0.2 g 20 g green pepper – 0.2 g 2 Tbsp oil and vinegar dressing – 0 g</p> <p>Dinner total protein: 12.1 g</p> |
| Wednesday Total | 9.1 grams | 23.65 grams | 36.45 grams |

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| THURSDAY | Under 10 g a day | 20 - 30 g a day | 30-40 a day |
|-----------------------|--|--|--|
| Breakfast | <p>Avocado Toast 2 slices Homestyle bread – 0 g 1/2 C or 115 g (1/4 C each slice) mashed avocado – 2.25 g 1/4 C (2 Tbsp each slice) Follow Your Heart parmesan cheese – ~0.1 g</p> <p>1 C (150 g) strawberries – 1 g</p> <p>Breakfast total protein: 3.35 g</p> | <p>Avocado Toast 2 slices Sara Lee white whole wheat bread – 5 g 1/2 C or 115 g (1/4 C each slice) mashed avocado – 2.25 g 1/4 C (2 Tbsp each slice) Follow Your Heart parmesan cheese – ~0.1 g</p> <p>1 C (150 g) strawberries – 1 g</p> <p>Breakfast total protein: 7.35 g</p> | <p>Avocado Toast 2 slices Dave’s Killer Bread whole wheat bread – 8 g 1/2 C or 115 g (1/4 C each slice) mashed avocado – 2.25 g 1/4 C (2 Tbsp each slice) Follow Your Heart parmesan cheese – ~0.1 g</p> <p>1 C (150 g) strawberries – 1 g</p> <p>Breakfast total protein: 11.35 g</p> |
| Lunch | <p>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</p> <p>Dinner total protein: 2.8 grams</p> | <p>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</p> <p>Dinner total protein: 8 grams</p> | <p>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</p> <p>Dinner total protein: 16 grams</p> |
| Dinner | <p>Mac & Cheese 1 serving Baked Mac & Cheese – 0.8 g</p> <p>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</p> <p>Dinner total protein: 3.45 grams</p> | <p>Mac & Cheese 150 g (1.5 servings) Mac & Cheese – 6 g</p> <p>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</p> <p>Dinner total protein: 8.65 grams</p> | <p>Mac & Cheese 150 g (1.5 servings) Mac & Cheese – 6 g</p> <p>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</p> <p>Dinner total protein: 8.65 grams</p> |
| Thursday Total | 9.6 grams | 24 grams | 36 grams |

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| FRIDAY | 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 Violife cheese – 0 g 1/4 cup (28 g) Blueberries – 0.2 g 1/2 (~60 g) banana – 0.45 g Breakfast total protein: 1.15 grams | Breakfast Sandwich 1 Thomas' English Muffin – 5 g 1/4 cup Eggz mix, prepared – 0.2 g 1 slice Violife cheese – 0 g 1/4 cup (28 g) Blueberries – 0.2 g 1/2 (~60 g) banana – 0.45 g Breakfast total protein: 5.85 grams | Breakfast Sandwich 1 Thomas' English Muffin – 5 g 1 large egg – 6 g 1 slice Violife cheese – 0 g 1/4 cup (28 g) Blueberries – 0.2 g 1/2 (~60 g) banana – 0.45 g Breakfast total protein: 11.65 grams |
| Lunch | Soup and Salad 1 serving Cook for Love Minestrone Soup – 2.5 g 9 (14 g) Cambrooke crackers – 0 g 1.5 C (100 g) Caesar Salad Kit – 2 g Lunch total protein: 4.5 g | Soup and Salad 2 C (1 can) Amy's Minestrone Soup – 6 g 9 (27 g) Keebler Club Crackers – 1.8 g 1.5 C (100 g) Caesar Salad Kit – 2 g Lunch total protein: 9.8 g | Soup and Salad 2 C (1 can) Amy's Minestrone Soup – 6 g 9 (27 g) Keebler Club Crackers – 1.8 g 1.5 C (100 g) Caesar Salad Kit – 2 g Lunch total protein: 9.8 g |
| 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 Pepperidge Farm Garlic Bread - 4 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: 15.1 grams |
| Friday Total | 9.45 grams | 28.75 grams | 36.55 grams |

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BONUS MENU!!!

| Under 10 g a day | 20 - 30 g a day | 30-40 a day |
|--|---|--|
| Smoothie Bowls 1 Banana Berry Smoothie – 0.9 g 1/3 C Made Good Granola – 2 g Breakfast total protein: 2.9 grams | Smoothie Bowls 1 Banana Berry Smoothie – 0.9 g 1/3 C Udi's Gluten Free Granola – 4 g Breakfast total protein: 4.9 grams | Smoothie Bowls 1 Banana Berry Smoothie – 0.9 g 1/3 C Nature Valley Oats and Honey Granola – 6.5 g Breakfast total protein: 7.4 grams |
| Chick Fil A 1 Chick Fil A Cauliflower Sandwich* (no bun, sub lettuce wrap) – 2 g 2 oz Wise Onion Rings – 0.6 g Lunch total protein: 2.6 grams | Chick Fil A 1 Chick Fil A Cauliflower Sandwich* (Gluten free bun) – 5 g 1 medium waffle fries – 5 g Lunch total protein: 10 grams | Chick Fil A 1 Chick Fil A Cauliflower Sandwich* (White bun) – 7 g 1 medium waffle fries – 5 g Dinner total protein: 12 grams |
| Macaroni and Cheese 2 oz dry (57 g) Jovial Gluten Free Elbow Pasta – 1 g 1/3 cup Cook For Love Macaroni and Cheese Sauce – 0.5 g 2/3 cup (cooked) Birds Eye Mixed Frozen Vegetables – 2 g Dinner total protein: 3.5 grams | Macaroni and Cheese 2 oz dry (57 g) Barilla Gluten Free Elbow Pasta – 4 g 1/3 cup Daiya Deluxe Cheddar Cheeze Sauce – 2.7 g 2/3 cup (cooked) Birds Eye Mixed Frozen Vegetables – 2 g Dinner total protein: 8.7 grams | Macaroni and Cheese 2 oz dry (57 g) Barilla Elbow Pasta – 7 g 1/3 cup Daiya Deluxe Cheddar Cheeze Sauce – 2.7 g 2/3 cup (cooked) Birds Eye Mixed Frozen Vegetables – 2 g Dinner total protein: 11.7 grams |
| 9.0 grams | 23.6 grams | 31.1 grams |

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