

# 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:** Zucchini Bread & Banana Slices  
**Lunch:** Grilled Cheese & Tomato Soup  
**Dinner:** Mediterranean Vegetable Casserole

T

**Breakfast:** Cinnamon Buns & Sliced Peach  
**Lunch:** Taco Salad & Diced Watermelon  
**Dinner:** Make Your Own Pizza

W

**Breakfast:** Yogurt w/Granola & Blueberry  
**Lunch:** Avocado Toast w/Citrus & Mint  
**Dinner:** Drunken Noodles

T

**Breakfast:** Crepe w/Nutella, Strawberries & Blueberries  
**Lunch:** HotDogz w/Cucumber Slices & Grapes  
**Dinner:** Jackfruit Kabobs w/Rice & Greenbeans

F

**Breakfast:** Bagel & Cream Cheese w/Strawberry Slices  
**Lunch:** Roasted Ancho Veggie Tacos  
**Dinner:** Asian Stirfry

## 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 slice "Owen's Zucchini Bread" – 0.8g  <a href="https://cookforlove.org/recipes/detail/73503">https://cookforlove.org/recipes/detail/73503</a>            20g banana slices – 0.2g            1 cup Better Than Milk Hazelnut Organic Rice milk – 1g</p> <p>Breakfast total protein – 2.0g</p>	<p>1 bakery zucchini bread – 3g            20g banana slices – 0.2g            1 cup Simple Truth Oat milk – 3g</p> <p>Breakfast total protein – 6.2g</p>	<p>1 slice Justadd Zucchini Quick Bread Mix (box mix) zucchini bread, prepared – 3g            6oz (170g) Yoplait Original Vanilla yogurt – 6g            20g banana slices – 0.2g            1 cup Better Than Milk Hazelnut Organic Rice milk – 1g</p> <p>Breakfast total protein – 10.2g</p>
Lunch	<p>Grilled Cheese:            2 slices Cambrooke homestyle white bread – 0.2g            1 slice Daiya Smoked Provolone cheese – 0g            ½ cup (15g) spinach, raw – 0.4g            1 tsp – garlic – 0.2g            2 tbsp Violife Just Like cream Cheese spread – 0g            2 tbsp sundried tomatoes, chopped – 0.8g</p> <p>*sauté garlic, spinach and salt with oil in a skillet for 2 minutes; take off heat and stir in Violife cream cheese and sundried tomatoes; top sandwich with provolone and spinach mixture, grill and enjoy!</p> <p>1 cup (240mL), prepared Campbells Tomato soup – 2g</p> <p>Lunch total protein – 3.6g</p>	<p>Grilled Cheese:            2 slices Pepperidge Farm Very Thin Whole Wheat bread – 3.3g            1 slice Daiya Smoked Provolone cheese – 0g            ½ cup (15g) spinach, raw – 0.4g            1 tsp – garlic – 0.2g            2 tbsp Cream cheese spread – 2g            2 tbsp sundried tomatoes, chopped – 0.8g</p> <p>*sauté garlic, spinach and salt with oil in a skillet for 2 minutes; take off heat and stir in Violife cream cheese and sundried tomatoes; top sandwich with provolone and spinach mixture, grill and enjoy!</p> <p>1 cup (240mL), prepared Campbells Tomato &amp; Sweet Basil Bisque – 3g</p> <p>Lunch total protein – 9.7g</p>	<p>Grilled Cheese:            2 slices Pepperidge Farm Light Style 7 Grain bread – 4.6g            1 slice Great Value (or similar) Smoked Provolone cheese – 5g            ½ cup (15g) spinach, raw – 0.4g            1 tsp – garlic – 0.2g            2 tbsp Cream cheese spread – 2g            2 tbsp sundried tomatoes, chopped – 0.8g</p> <p>*sauté garlic, spinach and salt with oil in a skillet for 2 minutes; take off heat and stir in Violife cream cheese and sundried tomatoes; top sandwich with provolone and spinach mixture, grill and enjoy!</p> <p>1 cup Campbells Roasted Red Pepper &amp; Smoked Gouda Bisque – 3g</p> <p>Lunch total protein – 11 g</p>
Dinner	<p>1 serving Mediterranean Vegetable Casserole – 0.9  <a href="https://cookforlove.org/recipes/detail/74594">https://cookforlove.org/recipes/detail/74594</a>            1 Pillsbury crescent roll, original – 2g            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>1 serving Mediterranean Vegetable Casserole – 0.9  <a href="https://cookforlove.org/recipes/detail/74594">https://cookforlove.org/recipes/detail/74594</a>            1 Pillsbury crescent roll, original – 2g            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</p>	<p>1 (255g) Amy's Kitchen Brown Rice, Blackeye peas and Vegetable bowl – 9g            1 Pillsbury crescent roll, original – 2g            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</p>

		8 cubes (2g) seasoned croutons – 0.2g 1 tbsp Italian dressing – 0.1g	1 tbsp Italian dressing – 0.1g
	Dinner total protein – 4.2g	Dinner total protein – 4.4g	Dinner total protein – 12.5g
Monday Total Protein	9.8g	20.3g	33.7g

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Tuesday	Under 10 g a day	20-30 g a day	30-40 g a day
Breakfast	2 Cinnamon Buns – 0.8g <a href="https://www.cambrooke.com/recipes/low-protein/recipe-detail.php?id=86#.Yo9QTqiMKUk">https://www.cambrooke.com/recipes/low-protein/recipe-detail.php?id=86#.Yo9QTqiMKUk</a> 1 medium (150g) peach – 1.4g  Breakfast total protein – 2.2g	2 Cinnamon Buns – 0.8g <a href="https://www.cambrooke.com/recipes/low-protein/recipe-detail.php?id=86#.Yo9QTqiMKUk">https://www.cambrooke.com/recipes/low-protein/recipe-detail.php?id=86#.Yo9QTqiMKUk</a> 1 cup Almond milk – 1.4g 1 medium (150g) peach – 1.4g  Breakfast total protein – 3.6g	2 (198g) Pillsbury Grand Cinnamon Roll with original icing – 10g 1 cup Almond milk – 1.4g 1 medium (150g) peach – 1.4g  Breakfast total protein – 12.8g
Lunch	1.5 cups Taco Salad – 1.6g <a href="https://cookforlove.org/recipes/detail/86610">https://cookforlove.org/recipes/detail/86610</a> Add to salad: ¼ cup Violife Mexican Style Shreds – 0g 1 cup (152g) watermelon, diced – 0.9g  Lunch total protein – 2.5g	Taco Salad 1.5 cups Taco Salad – 1.6g <a href="https://cookforlove.org/recipes/detail/86610">https://cookforlove.org/recipes/detail/86610</a> Add to salad: ¼ cup (28g) Violife Mexican Style Shreds – 0g 1 tbsp sour cream – 0.3g 1 cup (152g) watermelon, diced – 0.9g  Lunch total protein – 2.8g	Taco Salad 1.5 cups Taco Salad – 1.6g <a href="https://cookforlove.org/recipes/detail/86610">https://cookforlove.org/recipes/detail/86610</a> Add to salad: ¼ cup (28g) Kraft (or similar) Mexican Style cheese – 6g 1 tbsp sour cream – 0.3g ¼ cup (43g) black beans – 3.8g 1 cup (152g) watermelon, diced – 0.9g  Lunch total protein – 12.6g
Dinner	Make Your Own Pizza 1 - <a href="#">Cook for Love - Cook for Love Pizza Dough</a> – 1.6g 1/3 cup (37g) Daiya mozzarella cheese shreds – 1.3g 1/3 cup Cento pizza sauce *add additional veggies you wish!  2/3 cup (131g) Talenti Roman Raspberry Sorbetto – 0.5g  Dinner total protein – 4.7g	Make Your Own Pizza ½ Banza plain crust pizza – 8g ½ cup (56g) Daiya mozzarella cheese shreds – 2g ½ cup Cento pizza sauce – 2g *add additional veggies you wish!  2/3 cup (130g) Talenti Cold Brew Coffee Sorbetto – 5g  Dinner total protein – 17g	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 *add additional veggies you wish!  2/3 cup (131g) Talenti Alphonzo Mango Sorbetto – 0.5g  Dinner total protein – 13.9g
Tuesday Total Protein:	9.4g	23.4g	39.3g

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Wednes day:	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 <a href="#">Cook for Love - Crunchy Granola Bar</a> 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 1/2 cup Quaker Simply Granola – 5g ½ cup (74g) blueberries - 0.5g  Breakfast total protein – 11.5g
Lunch	2 slices Cambrooke homestyle white bread – 0.2g 1 (136g) avocado, smashed – 2.7g 1/2 cup (90g) orange segments – 0.8g 1/2 cup (90g) grapefruit segments – 0.8g 1 tbsp fresh mint, chopped – 0.2g *top avocado toast with citrus and mint  Lunch protein total – 4.7g	2 slices (52g) Pepperidge Farm Thin 2 Sliced 15 Grain whole grain bread – 7g 1 (136g) avocado, smashed – 2.7g 1/2 cup (90g) orange segments – 0.8g 1/2 cup (90g) grapefruit segments – 0.8g 1 tbsp fresh mint, chopped – 0.2g *top avocado toast with citrus and mint 1 hard or soft boiled egg – 6.3g  Lunch protein total – 17.8g	2 slices Cambrooke homestyle white bread – 0.2g 1 (136g) avocado, smashed – 2.7g 1/2 cup (90g) orange segments – 0.8g 1/2 cup (90g) grapefruit segments – 0.8g 1 tbsp fresh mint, chopped – 0.2g *top avocado toast with citrus and mint 1 hard or soft boiled egg – 6.3g  Lunch protein total – 11g
Dinner	1 serving Drunken Noodles – 2.9g <a href="https://cookforlove.org/recipes/detail/75594">https://cookforlove.org/recipes/detail/75594</a>  1 cup So Delicious Strawberry Wondermilk frozen dessert – 1g  Dinner protein total – 3.9g	1 serving Drunken Noodles – 2.9g <a href="https://cookforlove.org/recipes/detail/75594">https://cookforlove.org/recipes/detail/75594</a>  Simple Truth raspberry frozen yogurt bar – 4 g  Dinner protein total – 6.9g	1 serving Drunken Noodles – 2.9g <a href="https://cookforlove.org/recipes/detail/75594">https://cookforlove.org/recipes/detail/75594</a>  - SUB OUT 100g Apronen linguini for 100g Barilla Linguini – 12.5g  Dinner protein total – 15.4g
Wednes day Total Protein	9.9g	28.2g	37.9g

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Thursday:	Under 10 g a day	20-30 g a day	30-40 g a day
Breakfast	<p>1 CFL crepe – 0.4g  <a href="https://cookforlove.org/recipes/detail/73442">https://cookforlove.org/recipes/detail/73442</a>  1 tsp (6.17g) Nutella (spread on crepe) – 0.3g  ½ cup (76g) strawberries, halved – 0.5g  ½ cup (74g) blueberries – 0.5g</p> <p>Breakfast total protein – 1.8g</p>	<p>1 CFL crepe – 0.4g  <a href="https://cookforlove.org/recipes/detail/73442">https://cookforlove.org/recipes/detail/73442</a>  1 tsp (6.17g) Nutella (spread on crepe) – 0.3g  ½ cup (76g) strawberries, halved – 0.5g  ½ cup (74g) blueberries – 0.5g</p> <p>Breakfast total protein – 1.8g</p>	<p>1 homemade crepe – 7g  1 tsp (6.17g) Nutella (spread on crepe) – 0.3g  ½ cup (76g) strawberries, halved – 0.5g  ½ cup (74g) blueberries – 0.6g</p> <p>Breakfast total protein – 8.4g</p>
Lunch	<p>2 Carrot Not Dog – 1.2g (0.6g each)  <a href="https://cookforlove.org/recipes/detail/75581">https://cookforlove.org/recipes/detail/75581</a>  2 Cambrooke Brookelyn Dog Buns – 0.6g  ½ cup (76g) grapes – 0.5  ½ cup (52g) cucumber slices – 0.3g</p> <p>Lunch total protein – 2.6g</p>	<p>2 Kroger Hotdogs – 8g (4g each)  2 Cambrooke Brookelyn Dog Buns – 0.6g  ½ cup (76g) grapes – 0.5  ½ cup (52g) cucumber slices – 0.3g</p> <p>Lunch total protein – 9.4g</p>	<p>2 Hebrew National Hot dogs – 12g (6g each)  2 Cambrooke Brookelyn Dog Buns – 0.6g  ½ cup (76g) grapes – 0.5  ½ cup (52g) cucumber slices – 0.3g</p> <p>Lunch total protein – 13.4g</p>
Dinner	<p>1 skewer of Jackfruit Kabobbs – 2g  <a href="https://cookforlove.org/recipes/detail/79322">https://cookforlove.org/recipes/detail/79322</a>  1 cup (135g) cooked green beans – 2.0g  ¾ cup dry (56g) Loprofin Rice – 0.2g  4 (32g) Strawberry wafer cookies – 1g</p> <p>Dinner total protein – 5.2g</p>	<p>1 skewer of Jackfruit Kabobbs – 2g  <a href="https://cookforlove.org/recipes/detail/79322">https://cookforlove.org/recipes/detail/79322</a>  1 cup (135g) cooked green beans – 2.0g  1 cup, cooked (158g) Long Grain Rice – 4.3g  4 (56g) Nutter Butter Cookies – 4g</p> <p>Dinner total protein – 12.3</p>	<p>1 skewer of Jackfruit Kabobbs – 2g  <a href="https://cookforlove.org/recipes/detail/79322">https://cookforlove.org/recipes/detail/79322</a>  1 cup (135g) cooked green beans – 2.0g  1 cup, cooked (158g) Long Grain Rice – 4.3g  4 E.L. Fudge Cookies – 4g</p> <p>Dinner total protein – 12.3</p>
Thursday total Protein	9.6g	23.5g	34.1g

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Friday: Pizza Night	Under 10 g a day	20-30 g a day	30-40 g a day
Breakfast	<p>1 Cambrooke Plain bagel – 0.3g Sprinkle of cinnamon &amp; sugar and toast or broil 2 Tbsp Daiya cream cheese – 0.2 ½ cup (76g) strawberries, slices – 0.51g</p> <p>Breakfast total protein – 1.0g</p>	<p>1 (99g) Canyon Bakehouse Gluten Free Plain bagel – 4g Sprinkle of cinnamon &amp; sugar and toast or broil 2 Tbsp Daiya cream cheese – 0.2 ½ cup (76g) strawberries, slices – 0.51g</p> <p>Breakfast total protein – 4.7g</p>	<p>1 (81g) Lenders Plain bagel – 8g Sprinkle of cinnamon &amp; sugar and toast or broil 2 Tbsp Philadelphia cream cheese – 1.8g ½ cup (76g) strawberries, slices – 0.51g</p> <p>Breakfast total protein – 10.3g</p>
Lunch	<p>2 serving (2/3 cup or 2 tacos) Roasted Ancho Vegetable Tacos – 2.8g <a href="https://cookforlove.org/recipes/detail/101003">https://cookforlove.org/recipes/detail/101003</a> 2 Siete Cassava Flour Tortillas – 1g 1 tbsp (15g) Violife Just Like Sour Cream – 0g 1 tsp Ortega hot sauce – 0.1g 1 cup (165g) pineapple chunks – 0.9g</p> <p>Lunch total protein – 4.8g</p>	<p>2 serving (2/3 cup or 2 tacos) Roasted Ancho Vegetable Tacos – 2.8g <a href="https://cookforlove.org/recipes/detail/101003">https://cookforlove.org/recipes/detail/101003</a> 2 (52g) Mission Street Tacos Flour Tortillas – 4g 2 Tbsp black beans – 1.9g 1 tbsp (12g) Sour Cream – 0.3g 1 tsp Ortega hot sauce – 0.1g</p> <p>Lunch total protein – 9.1g</p>	<p>2 serving (2/3 cup or 2 tacos) Roasted Ancho Vegetable Tacos – 2.8g <a href="https://cookforlove.org/recipes/detail/101003">https://cookforlove.org/recipes/detail/101003</a> 2 (98g) Misson Flour Tortilla – 8g 2 Tbsp black beans – 1.9g 1 tbsp (12g) Sour Cream – 0.3g 1 tsp Ortega hot sauce – 0.1g</p> <p>Lunch total protein – 13.1g</p>
Dinner	<p>Asian Stir Fry 80g (1svg) Mevalia Rice – 0.4g 1 Tbsp (18g) Kroger Sweet n Sour – 0g (or any Asian sauce you prefer) 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 – 0.1g ¼ cup (23g) broccoli florets – 0.6g <i>Stir fried in 2Tbsp Olive Oil, garlic powder, and topped with 2 Tbsp green onion (free)</i> 2/3 cup (131g) Talenti Roman Raspberry Sorbetto – 0.5g</p> <p>Dinner total protein – 4.1g</p>	<p>Asian Stir Fry 1 cup (46g) cooked, Minute Light and Fluffy white rice – 4g 1 Tbsp (18g) Kroger Sweet n Sour – 0g (or any Asian sauce you prefer) 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 – 0.1g ¼ cup (23g) broccoli florets – 0.6g <i>Stir fried in 2Tbsp Olive Oil, garlic powder, and topped with 2 Tbsp green onion (free)</i> 2/3 cup (96g) So Delicious Oatmilk Smores frozen dessert – 1g</p> <p>Dinner total protein – 8.2g</p>	<p>Asian Stir Fry 1 cup (142g) Seed of Change Quinoa &amp; Brown rice – 6g 1 Tbsp (18g) Kroger Sweet n Sour – 0g (or any Asian sauce you prefer) 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 – 0.1g ¼ cup (23g) broccoli florets – 0.6g <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 – 12.2g</p>
Friday total protein	9.9g	22g	35.6g

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