

THIS WEEK'S MENU

M

Breakfast: Breakfast Sandwich & Hashbrowns
Lunch: Veggie Wraps & Pretzels
Dinner: English Muffin Pizzas & Side Salad

Each day has meals for <10 grams (g) of protein/day, 20-30 g. of protein/day, and 30-40 g. of protein/day.

T

Breakfast: Fruit, Yogurt & Granola Parfait
Lunch: Veggie Nuggets w/ Veggies & Ranch & Pretzels
Dinner: Spaghetti & Veggie Meatballs

W

Breakfast: Bagel & Cream Cheese w/fruit
Lunch: Grilled Cheese Sandwich w/tomato soup
Dinner: Asian Rolls & Rice

T

Breakfast: Waffles & Fruit
Lunch: Mac n Cheese & Steamed Veggie Medley
Dinner: Jackfruit tacos

F

Breakfast: Avocado Toast
Lunch: Burger & Prezel Sticks
Dinner: Balsamic Pasta Dish w/Foccacia Stick

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	<p>Breakfast Sandwich 1 Cambrooke Plain Bagel – 0.3 g 2 Tbsp Cambrooke Eggz (prepared per instructions) - 0.3 g 1 slice Violife Cheddar Cheese – 0 g</p> <p>1 ¼ cup (85 g) shredded hashbrown potatoes – 2 g</p> <p>Breakfast total protein: 2.6 grams</p>	<p>Breakfast Sandwich 1 Gluten Free Bagel – 4 g 2 Tbsp Cambrooke Eggz (prepared per instructions) - 0.3 g 1 slice Violife Cheddar Cheese – 0 g</p> <p>1 ¼ cup (85 g) shredded hashbrown potatoes – 2 g</p> <p>Breakfast total protein: 6.3 grams</p>	<p>Breakfast Sandwich 1 Gluten Free Bagel – 4 g 2 Tbsp Cambrooke Eggz (prepared per instructions) - 0.3 g 1 slice Sargento Cheddar Cheese – 5 g</p> <p>1 ¼ cup (85 g) shredded hashbrown potatoes – 2 g</p> <p>Breakfast total protein: 11.3 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>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</p> <p>Side Salad 60 g chopped iceberg lettuce – 0.5 g</p>	<p>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</p> <p>Side Salad 60 g chopped iceberg lettuce – 0.5 g</p>	<p>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</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</p>

	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 Dinner total protein: 4.2 grams	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 Dinner total protein: 11.2 grams	20 g chopped onion – 0.2 g 20 g green pepper – 0.2 g 2 Tbsp oil and vinegar dressing – 0 g Dinner total protein: 15.2 grams
Monday Total	9.75 grams	26.45 grams	37.45 grams

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.

TUESDAY	Under 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	Fruit, Yogurt & Granola Parfait 1 SoDelicious Dairy Free Coconut Milk Yogurt (150 g container) – 0.65 g 1/3 C Cook For Love Granola – 0.3 g 50 g sliced bananas – 0.55 g 25 g blueberries – 0.2 g 30 g peaches – 0.25 g Breakfast total protein: 1.95 grams	Fruit, Yogurt & Granola Parfait 1 Kite Hill Almond Milk Yogurt – 4 g 1/3 C Purely Elizabeth Granola – 3 g 50 g sliced bananas – 0.55 g 25 g blueberries – 0.2 g 30 g peaches – 0.25 g Breakfast total protein: 8 grams	Fruit, Yogurt & Granola Parfait 1 Kite Hill Almond Milk Yogurt – 4 g 1/3 C Quaker Granola – 3.5 g 50 g sliced bananas – 0.55 g 25 g blueberries – 0.2 g 30 g peaches – 0.25 g Breakfast total protein: 8.5 grams

Lunch	<p>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</p> <p>Lunch total protein: 3.2 grams</p>	<p>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</p> <p>Lunch total protein: 5.55 grams</p>	<p>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</p> <p>Lunch total protein: 10.35 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>
Tuesday Total	8.65 grams	24.05 grams	32.35 grams

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.

WEDNESDAY	Under 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	<p>Bagel and Cream Cheese 2 Cambrooke Plain Bagels – 0.6 g 2 Tbsp Violife Cream Cheese – 0 g</p> <p>Side of fruit 50 g sliced bananas – 0.55 g 50 g grapes – 0.35 g 25 g raspberries – 0.25 g</p> <p>Breakfast total protein: 1.75 grams</p>	<p>Bagel and Cream Cheese 1 Canyon Bakehouse GF Bagel – 4 g 2 Tbsp Kite Hill Cream Cheese – 2 g</p> <p>Side of fruit 50 g sliced bananas – 0.55 g 50 g grapes – 0.35 g 25 g raspberries – 0.25 g</p> <p>Breakfast total protein: 7.15 grams</p>	<p>Bagel and Cream Cheese 1 Thomas’ Plain Bagel – 10 g 2 Tbsp Kite Hill Cream Cheese – 2 g</p> <p>Side of fruit 50 g sliced bananas – 0.55 g 50 g grapes – 0.35 g 25 g raspberries – 0.25 g</p> <p>Breakfast total protein: 13.15 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>
	<p>Asian Rolls and Rice 4 Cook For Love Spring Rolls – 1.2 g ½ C prepared Teriyaki Broccoli – 2 g ½ cup Cauliflower Fried Rice – 1.4 g</p> <p>Dinner total protein: 4.6 grams</p>	<p>Asian Rolls and Rice 4 “PF Changs” Egg Rolls – 4 g ½ C prepared Teriyaki Broccoli – 2 g ½ cup Cauliflower Fried Rice - 1.4 g</p> <p>Dinner total protein: 7.4 grams</p>	<p>Asian Rolls and Rice 2 (Larger) Chung’s Vegetable Spring Rolls – 7 g ½ C prepared Teriyaki Broccoli – 2 g ½ cup Cauliflower Fried Rice - 1.4 g</p> <p>Dinner total protein: 10.4 grams</p>
Wednesday Total	9.35 grams	23.25 grams	38.25 grams

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.

THURSDAY	Under 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	<p>2 Vans GF waffles – 2 g (Butter and syrup, as desired) 40 g strawberries – 0.25 g 40 g blueberries – 0.3 g</p> <p>Breakfast total protein: 2.55 grams</p>	<p>2 waffles – 5 g (Butter and syrup, as desired) 40 g strawberries – 0.25 g 40 g blueberries – 0.3 g</p> <p>Breakfast total protein: 5.55 grams</p>	<p>2 Kodiak Power waffles – 12 g (Butter and syrup, as desired) 40 g strawberries – 0.25 g 40 g blueberries – 0.3 g</p> <p>Breakfast total protein: 12.55 grams</p>

Lunch	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 Mac & Cheese – 11.9 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: 14.55 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 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	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 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	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 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
Thursday Total	9.5 grams	22.9 grams	35.8 grams

FRIDAY	Under 10 g a day	20 - 30 g a day	30-40 a day
Breakfast	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	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	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

	Breakfast total protein: 2.35 g	Breakfast total protein: 6.35 g	Breakfast total protein: 10.35 g
Lunch	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 g	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 g	Burger Morningstar Farms Black Bean Burger – 9 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: 12.1 g
Dinner	Balsamic Pasta Dish 57 g (2 oz, dry) Jovial Cassava Penne Pasta – 1 g 70 g asparagus – 1.5 g 75 g (1/2 C) cherry tomatoes – 0.65 g 1 oz (28 g) Violife Feta Cheese – 0 g <i>Tossed in 2 Tbsp Olive Oil and 1/2 C balsamic vinegar, and topped with 2.5 g basil leaves – 0.6 g</i> 1 Cambrooke Foccacia Stick – 0.2 g Dinner total protein: 3.95 g	Balsamic Pasta Dish 57 g (2 oz, dry) Jovial Gluten Free Penne Pasta – 5 g 70 g asparagus – 1.5 g 75 g (1/2 C) cherry tomatoes – 0.65 g 1 oz (28 g) Violife Feta Cheese – 0 g <i>Tossed in 2 Tbsp Olive Oil and 1/2 C balsamic vinegar, and topped with 2.5 g basil leaves – 0.6 g</i> 1 Cambrooke Foccacia Stick – 0.2 g Dinner total protein: 7.95 g	Balsamic Pasta Dish 57 g (2 oz, dry) Jovial Gluten Free Penne Pasta – 5 g 70 g asparagus – 1.5 g 75 g (1/2 C) cherry tomatoes – 0.65 g 1 oz (28 g) Athenos Feta Cheese – 4 g <i>Tossed in 2 Tbsp Olive Oil and 1/2 C balsamic vinegar, and topped with 2.5 g basil leaves – 0.6 g</i> 1 Cambrooke Foccacia Stick – 0.2 g Dinner total protein: 11.95 g
Friday Total	9.7 grams	22.3 grams	34.4 grams