

# Breakfast

Fresh fruits pack a powerful punch of fiber and nutrients and add color to every meal.



**Low Protein Make-Over**  
Use a low protein cereal in place of the Rice Krispies™ to lower the Phe/protein.

	<b>Protein (g)</b>	<b>Phe (mg)</b>	<b>Calories</b>
1 slice (50 g) Low Protein Cinnamon Swirl Bread	0.2	14	110
2 Tbsp (40 g) Maple Syrup	0	104	
½ cup (83 g) Fresh Strawberries	0.4	16	27
<b>Total:</b>	<b>0.6</b>	<b>30</b>	<b>241</b>

\*Cut the bread into long strips for easy dipping and more fun!!



**Low Protein Make-Over**  
Use a low protein English muffin in place of the whole wheat English muffin to lower the Phe/protein.

	<b>Protein (g)</b>	<b>Phe (mg)</b>	<b>Calories</b>
1 cup (28 g) Rice Krispies™	2.0	98	108
4 oz (120 g) Rice Milk	0.2	4	60
½ cup (62 g) Fresh Raspberries	0.7	22	32
6 oz (186 g) Apple Juice	0.2	7.5	86
<b>Total:</b>	<b>3.1</b>	<b>131.5</b>	<b>286</b>

	<b>Protein (g)</b>	<b>Phe (mg)</b>	<b>Calories</b>
½ (29 g) Whole Wheat English Muffin	2.5	117	63.5
1 Tbsp (20 g) Strawberry Jam	0	0	56
½ cup (78 g) Cantaloupe, cubed	0.7	18	27
<b>Total:</b>	<b>3.2</b>	<b>135</b>	<b>146.5</b>

	<b>Protein (g)</b>	<b>Phe (mg)</b>	<b>Calories</b>
½ cup (117 g) Cooked Oatmeal	3	152	80
½ cup (74 g) Fresh Blueberries	0.6	19	42
4 oz (124 g) Orange Juice	0.9	56	
<b>Total:</b>	<b>4.5</b>	<b>182</b>	<b>178</b>

# Fun Healthy Snacks

Playful snacks encourage children to eat healthy!!



## Wiggle Worms

	Protein (g)	Phe (mg)	Calories
3 (2 g) Pretzel Sticks, 2 ½" long		0.2	10
½ (57 g) Banana, medium	0.6	21.5	52.5
5 (25 g) Green Grapes		0.18	5
<b>Total:</b>		<b>0.98</b>	<b>36.5</b>
			<b>87.5</b>

\*Cut the banana into wheels and then begin sliding the banana wheels and grapes onto the pretzel stick to create a wiggle worm. This snack could also be even more fun by allowing your child to make their own wiggle worms!!

## Banana Pops

	Protein (g)	Phe (mg)	Calories
½ (57 g) Banana	0.6	29	89
1 ½ Tbsp (26.25 g) Low Protein Peanut Butter	0.0	1	0
½ cup (20 g) Rice Krispies™	1.0	49	54
<b>Total:</b>	<b>1.6</b>	<b>79</b>	<b>143</b>

\*Cut a banana in half and slide onto a pop-sicle stick. Cover the surface of the banana with the low protein peanut butter spread and roll the banana in the Rice Krispies™. Chill for a few hours and serve as a cold healthy treat!!

## Strawberry-sicles

	Protein (g)	Phe (mg)	Calories
1 oz (31 g) Skim Milk	1.0	24	52
½ cup (70 g) Fresh Strawberries	0.4	16	27
<b>Total:</b>	<b>1.4</b>	<b>40</b>	<b>80</b>

\*Blend the strawberries and milk in the blender until smooth. Pour the mixture into a popsicle mold and place in the freezer until frozen.



### Low Protein Make-Over

Use crushed up low protein cereal in place of the Rice Krispies™.



### Low Protein Make-Over

Use rice milk in place of skim milk.

# Lunch Box Ideas

Make vegetables fun by including a dipper.



**Low Protein Make-Over**  
Try using French or Italian dressing to lower the Phe/protein.

	<b>Protein (g)</b>	<b>Phe (mg)</b>	<b>Calories</b>
<b>Grilled Cheese Cut-Outs</b>			
2 slices (100 g) Low Protein Bread	0.2	10	220
1 slice (19 g) Low Protein American Cheese	0.7	29	35
<b>Total for Grilled Cheese Cut-Outs:</b>	<b>0.9</b>	<b>39</b>	<b>255</b>
1 cup (109 g) Fresh Apple Slices	0.3	7	57
1 Tbsp (15 g) Ranch Dressing	0.2	10	65
¼ cup (26 g) Cucumber Slices	0.2	5	4
<b>Total For Entire Lunch:</b>	<b>1.6</b>	<b>61</b>	<b>381</b>

\*Use your favorite cookie cutter to cut a fun shaped sandwich for your kids!!

	<b>Protein (g)</b>	<b>Phe (mg)</b>	<b>Calories</b>
<b>Peanut Butter Banana Wheels</b>			
1 Low Protein Wrap/Tortilla	0.08	2.3	87.5
2 Tbsp (35 g) Low Protein Peanut Butter Spread	0	1.1	0
1/8 cup (18 g) Raisins	0.6	25	54
½ (59 g) Banana	0.6	29	89
1 Tbsp (21 g) Honey	0	0	64
<b>Total for Peanut Butter Banana Wheels:</b>	<b>1.28</b>	<b>57.4</b>	<b>294.5</b>
1 snack bowl (113 g) Mandarin Oranges	0.4	25	80
1 Tbsp (15 g) Ranch Dressing	0.2	10	65
10 (170 g) Cherry Tomatoes	2	114	31
<b>Total For Entire Lunch:</b>	<b>3.88</b>	<b>206.4</b>	<b>470.5</b>

\*Spread the low protein peanut butter spread on the wrap. Slice the banana into wheels and place on the wrap evenly. Next, add the raisins and drizzle on the honey. Roll up the wrap and cut into finger size wheels. Please refer to [tasteconnections.com](http://tasteconnections.com) for the wrap/tortilla recipe.



**Low Protein Make-Over**  
Try varying the fruits and vegetables to lower the Phe/protein.

# More Lunch Box Ideas

Children enjoy foods they can pick up with their fingers and dip!!



## Low Protein Make-Over

Use a low protein English muffin in place of the English muffin to lower the Phe/protein.

English Muffin Pizza		Protein (g)	Phe (mg)	Calories
½ (28.5 g) English Muffin	2.19	108	67	
1/8 cup (31 g) Marinara Sauce		0.4	31	7
1 (23 g) White Mushroom, sliced		0.7	20	5
1/6 cup (15 g) Low Protein Mozzarella Shreds		0.5	22.5	40
<b>Total for English Muffin Pizza: 3.79</b>		<b>181.5</b>	<b>119</b>	
¼ cup (30.5 g) Carrot Sticks	0.3	19	13	
1 Tbsp (15 g) Ranch Dressing		0.2	10	65
<b>Total For Entire Lunch: 4.29</b>		<b>210.5</b>	<b>197</b>	

\*Make a mushroom smiley face!!



## Low Protein Make-Over

Replace the cream cheese with low protein cream cheese to lower the Phe/protein in this lunch.

Cucumber Sandwich Rollo		Protein (g)	Phe (mg)	Calories
1/8 cup (13 g) Cucumber Slices		0.1	2.5	2
1 Tbsp (14 g) Regular Cream Cheese	1.0	56	50	
1 slice (28 g) Whole Wheat Bread		3.0	146	70
<b>Total for Cucumber Sandwich Cut-Outs : 4.1</b>		<b>204.5</b>	<b>122</b>	
½ cup (55 g) Apple Slices	0.15	3.5	29	
¼ cup (57 g) Banana Chips	1.3	49	294	
<b>Total For Entire Lunch:</b>		<b>5.55</b>	<b>257</b>	<b>445</b>

\*Flatten the bread with a rolling pin and spread on the cream cheese evenly. Next, place the cucumber slices evenly on the bread and roll the bread into a log. Cut into even finger width slices and serve.