### Smoothie (Strawberry-banana)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity (g)</th>
<th>Protein</th>
<th>Phe</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Slice (26 g) Banana, medium</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 (63 g) Strawberries, frozen</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 oz (62 g) Skim Milk</td>
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</table>

*Combine ingredients and blend until smooth. For a thicker nutrient rich smoothie try slicing the bananas and putting them in the freezer overnight.

**Serving Size:** 1 Cup  
**Total Servings Per Recipe:** 1

### Cinnamon Raisin Bread with Mashed Banana and Walnuts

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity (g)</th>
<th>Protein</th>
<th>Phe</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Slice (26 g) Cinnamon Raisin Bread</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 (118 g) Banana, medium</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Tbsp (8 g) Walnuts</td>
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</tbody>
</table>

*Toast the bread. Mash and spread the banana on the toast. Crush walnuts and sprinkle on top.

**Serving Size:** 1 Recipe  
**Total Servings Per Recipe:** 1

### Cinnamon Raisin Oatmeal

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity (g)</th>
<th>Protein</th>
<th>Phe</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 Cup (117 g) Plain Oatmeal Cooked</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Small Box (43 g) Raisins</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 oz (31 g) Skim Milk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 tsp (2 g) Cinnamon</td>
<td></td>
<td></td>
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</tbody>
</table>

*Prepare instant oatmeal in microwave as directed on package with water. Then add raisins, milk and cinnamon with oatmeal.

**Serving Size:** 1 Cup  
**Total Servings Per Recipe:** 1
**Medi (terranean) Wrap**

1 (98 g) Low Protein Wrap*

⅛ cup (14 g) **Yellow Squash**, sliced
⅛ cup (18 g) **Red Pepper**, roasted
3 (17 g) **Greek Olives**, chopped
1 clove (3 g) Garlic, minced
⅛ cup (23 g) **Tomato**, chopped
1 Tbsp (14 g) Olive Oil
1 tsp (5 g) Red Wine Vinegar
⅛ tsp (0.22 g) **Oregano**, dried
½ cup (28 g) **Bibb Lettuce**

**Protein** = 1.4  **Phe** = 70

*Preheat grill to a medium-high heat. Mash the garlic until a paste has formed. Then combine garlic paste with half of the olive oil and toss together with squash. Begin grilling the squash on both sides. In a separate bowl combine together the remaining vegetables and olive oil. Warm wrap on grill or in microwave. Place the squash off center and top with pepper/salad mixture. Fold sides of wrap in, roll up and enjoy!

*For wrap recipe go to tasteconnections.com

*Phe/protein values with out wrap.

Protein = 1.8  Phe = 57.3

**Serving Size:** 1 Wrap
**Total Servings Per Recipe:** 1

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**T. L. T. (Tofu, Lettuce and Tomato)**

2 slice (50 g) Rye Bread, thinly sliced
1 oz (28 g) Tofu (firm)
1 tsp (5 g) Dijon Mustard
1 tsp (5.3 g) Soy Sauce
1 tsp (5.6 g) Honey Barbeque Sauce
1 Tbsp (15 g) Mayonnaise, light
2 leaves (8 g) **Bibb Lettuce**
2 Slices (40 g) **Tomato**

**Protein** = 7.3  **Phe** = 370

*Preheat oven to 475°F. Coat baking sheet with cooking spray. Combine mustard, soy sauce and a ½ tsp barbeque sauce in a small bowl. Press water out of tofu with a clean towel and coat both sides with the mustard mixture. Bake for 20 minutes. In a separate bowl combine the mayonnaise with the remaining barbeque sauce. Toast the bread and spread mayonnaise mixture on both slices of bread. Place pieces of lettuce and tomato on each slice of bread. Add the tofu and stack the two sides. Slice and enjoy!

*For wrap recipe go to tasteconnections.com

**Serving Size:** 1 Sandwich
**Total Servings Per Recipe:** 1
## On-The-Go Snacks

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup</td>
<td>(61 g)</td>
<td>Carrot Coins</td>
</tr>
<tr>
<td>1 bag</td>
<td>(90 g)</td>
<td>Apple Chips</td>
</tr>
<tr>
<td>¼ cup</td>
<td>(24 g)</td>
<td>Banana Chips</td>
</tr>
<tr>
<td>1 small box</td>
<td>(43 g)</td>
<td>Raisins</td>
</tr>
<tr>
<td>1</td>
<td>(180 g)</td>
<td>Orange</td>
</tr>
<tr>
<td>1 oz</td>
<td>(36 g)</td>
<td>Low Protein Pretzels</td>
</tr>
<tr>
<td>12</td>
<td>(53 g)</td>
<td>Pitted Black Olives</td>
</tr>
<tr>
<td>5</td>
<td>(18 g)</td>
<td>Mini Honey Nut Rice Cakes</td>
</tr>
</tbody>
</table>

## Power Snacks

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Piece</td>
<td>(27 g)</td>
<td>Cherry Fruit Leather</td>
</tr>
<tr>
<td>1</td>
<td>(182 g)</td>
<td>Apple</td>
</tr>
<tr>
<td>6 oz</td>
<td>(186 g)</td>
<td>Orange Juice</td>
</tr>
<tr>
<td>10</td>
<td>(6 g)</td>
<td>Tiny Goldfish Crackers</td>
</tr>
<tr>
<td>2</td>
<td>(17 g)</td>
<td>Dried Figs</td>
</tr>
<tr>
<td>1</td>
<td>(118 g)</td>
<td>Banana</td>
</tr>
<tr>
<td>1 Pouch</td>
<td>(20 g)</td>
<td>Granola Bites</td>
</tr>
</tbody>
</table>

## GORP (Trail Mix)

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup</td>
<td>(7 g)</td>
<td>Puffed Rice Cereal</td>
</tr>
<tr>
<td>1 Tbsp</td>
<td>(8 g)</td>
<td>Pumpkin Seeds</td>
</tr>
<tr>
<td>¼ cup</td>
<td>(40 g)</td>
<td>Dried Cranberries</td>
</tr>
<tr>
<td>4 pieces</td>
<td>(24 g)</td>
<td>Low-Protein Mini Chocolate Bars</td>
</tr>
</tbody>
</table>

**Protein = 1.5**  
**Phe = 81**

Combine all ingredients and enjoy!  
**Serving Size:** 1 Cup  
**Total Servings Per Recipe:** 1
**Basil Pesto Sauce**

- 2 cups (48 g) **Fresh Basil**
- ¼ cup (30 g) Walnuts, toasted ❤️
- ¼ cup (25 g) Parmesan Cheese, shredded
- 3 Tbsp (42 g) Olive Oil ❤️
- 2 Tbsp (28 g) Water
- 1 clove (3 g) Garlic
- ½ tsp (3 g) Salt
- ½ tsp (1 g) Black Pepper, fresh ground

**Protein = 0.35  Phe = 17.3**

*Combine basil, walnuts, parmesan, oil, water, garlic, salt and pepper in blender. Pulse a few times or blend until smooth and chill immediately. Mix into your favorite pastas or use as a dipping sauce for bread.*

**Serving Size:** 1 Tbsp  
**Total Servings Per Recipe = 46**

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**California Citrus Salad**

- 6 cups (282 g) **Romaine Lettuce**  
  64.2
- 1/2 Cup (58 g) **Radishes**, sliced thin
- 3 (460 g) **Grapefruits**, sections
- ¼ cup (62 g) **Grapefruit Juice**
- ½ tsp (2 g) Sugar
- ¼ tsp (2 g) Salt
- ⅓ cup (71 g) Olive Oil ❤️

**Protein = 1.2  Phe =**

*In a small bowl whisk together the grapefruit juice, sugar, salt, and oil. In a separate large salad bowl combine grapefruit sections, sliced radishes and chopped lettuce. Add and mix in dressing and serve.*

**Serving Size:** 1 ½ Cups  
**Total Serving Per Recipe = 6**
### Build Your Own Kabobs

- 2 oz (42 g) Tofu, large cubes, (firm) **Protein = 6.34** **Phe =**
- Salt and Pepper to taste

*If you are using wooden skewers soak them in water for a half hour before using. Preheat grill on medium to high heat. Chop all ingredients to be similar in size. Slide the ingredients on the skewer in any order. Coat the skewer lightly with olive oil. Grill approximately 10 to 12 minutes on medium to high heat depending on your grill. Allow to cool and enjoy!*  

**Serving Size:** 1 Kabob  
**Total Servings Per Recipe = 1**

### Spaghetti Squash Sauté

- 1 cup (155 g) Spaghetti Squash **Protein = 1.72** **Phe = 59**  
- 1 Tbsp (14 g) Olive Oil  
- ⅛ cup (12 g) Green Onions, sliced thin  
- ½ (1.5 g) Garlic Clove  

*Poke holes throughout the surface of the squash with a fork. Microwave on high for approximately 15 minutes depending on your microwave or the size of the squash. Remove and let cool. Cut squash in half while removing and discarding the seeds and skin. Chop the rest of the squash into bite size pieces. Then in a large skillet heat oil over medium high heat. Add the green onions and garlic. Cook for 3 minutes or until tender. Add the squash and continue cooking until warmed. Allow to cool and enjoy!*  

**Serving Size:** 1.125 Cups  
**Total Servings Per Recipe = 1**
**Steamed Purple Cabbage**

1 cup (150 g) **Purple Cabbage**, raw
Salt and Pepper to taste

Protein = 2.3  Phe = 57

*Cut the cabbage in half. Remove the core and discard. Cut the two halves into equal sized pieces and measure out 1 cup. Place in a microwave safe container and pour in water, so that ¼ of cabbage is covered with the water. Cover container with a lid or use microwave safe cling wrap. Microwave on high until tender. Season with salt and pepper.*

Serving Size: 1 Cup  
Total Servings Per Recipe = 1

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**Yellow Pepper Soup**

¼ cup (54 g) Olive Oil  
1 (150 g) Onion  
4 (12 g) Garlic Cloves  
3 (420 g) **Yellow Peppers**, large, strips  
2 cups (474 g) Water

Protein = 1.1  Phe = 47

*Heat the oil in a sauce pan over medium high heat. Add the garlic and onion. Cook until golden brown or until tender. Add the yellow peppers, water and allow to simmer until soft. Add additional water if needed or cover with a lid. Puree in blender.*

Serving Size: 1 ½ cups  
Total Servings Per Recipe = 6

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**Scalloped Tomatoes**

1 (75 g) **Roma Tomato**, medium  
1 Tbsp (16 g) Balsamic Vinegar  
¼ piece (7 g) Whole wheat Bread, blended  
½ (1.5 g) Garlic, clove  
1 Tbsp (14 g) Olive Oil  
1 tsp (1 g) **Fresh Thyme**

Protein = 2  Phe = 39

*Preheat oven to 425°F. Cut tomatoes in half and drizzle with vinegar. In a small bowl, combine breadcrumbs, garlic, and thyme. Sprinkle crumb mixture over the tomatoes and drizzle with oil. Bake tomatoes for 35 to 45 minutes or until tender and the breadcrumbs are crisp and golden brown.*

Serving Size: 1 Tomato  
Total Servings Per Recipe = 1
**Glazed Carrots**

1 cup (78 g) Carrots
1 oz (28 g) Water
1 tsp (7 g) Honey
1 tsp (4.6 g) Olive Oil
1 Tbsp (15 g) Orange Juice

Protein = 0.7    Phe = 40

*Combine the carrots, water honey, and olive oil in a small skillet. Bring to a simmer over medium high heat. Cover with lid and cook until tender. Next uncover and cook, stirring often, until the liquid turns into a syrupy glaze; 1 to 2 minutes. Add orange juice and cook for about a minute longer and serve.

Serving size : 1 Cup
Total Servings Per Recipe = 1

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**Creamy Celeriac Soup**

3 Tbsp (41 g) Olive Oil
3 (372 g) Leeks, large
3 ½ cups (542 g) Celeriac
1 cup (124 g) Cauliflower
4 cups (948 g) Water
1 tsp (1 g) Fresh Thyme
1 tsp (2 g) Oregano
½ tsp (1 g) Mace or Nutmeg

Protein = 1.4    Phe = 57.5

*Melt margarine or oil in a warm hot soup pot. Add chopped leeks and cook until tender. Then add chopped celeriac, cauliflower and water. Bring to a boil, then lower to a simmer and add thyme, oregano, and mace or nutmeg. Cook until ingredients are soft. Once soft, puree soup in blender, reheat if needed and serve.

Serving Size : 5 ounces
Total Servings Per Recipe = 8

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**Roasted Broccoli**

4 cups (320 g) Broccoli = 90.5
1 Tbsp (14 g) Olive Oil
½ tsp (3 g) Salt

Protein = 1.9    Phe

*Pre heat oven to 450 F. Toss broccoli with oil, and salt. Place broccoli onto a baking sheet and place in the oven. Stir the broccoli frequently to give all sides a chance to carmelizere. Cooking time is 10 to 12 minutes or cooked until tender. Allow to cool slightly and serve.

Serving Size : 1 Cup
Total Servings Per Recipe = 4