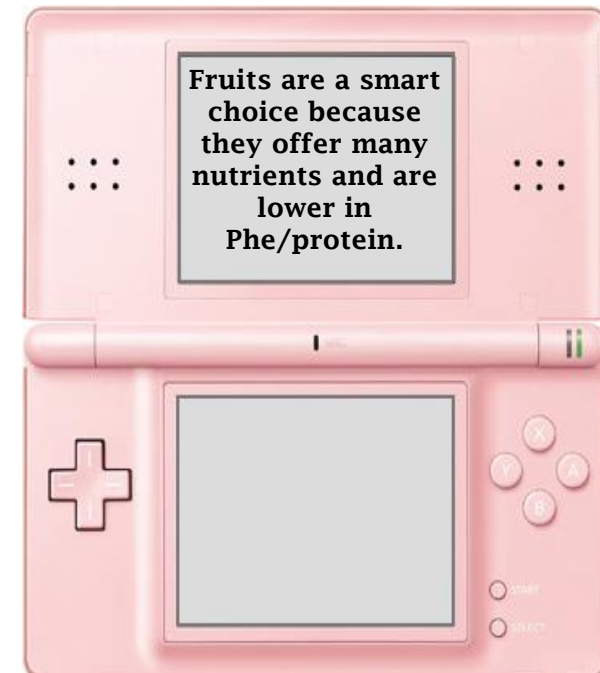
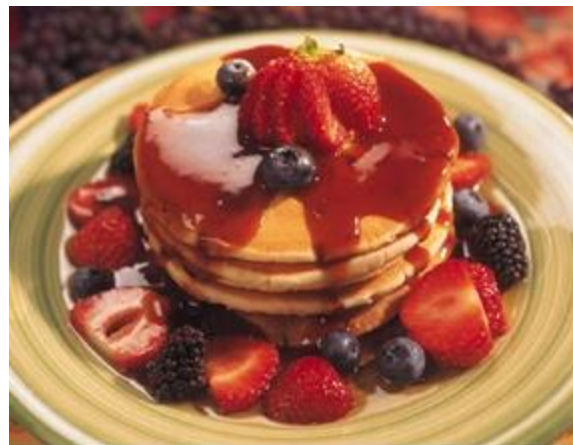


Breakfast Ideas

1 (58 g) low protein blueberry scones (8 mg Phe, 0.2 g Protein)
 $\frac{1}{2}$ cup (125 g) orange juice (11 mg Phe, 0.5 g Protein)
1 (114 g) banana (23 mg Phe, 1.2 g Protein)
Total: 62 mg Phe, 1.9 g Protein

Pina Colada Smoothie
Total: 84.5 mg Phe, 2.4 g Protein
Recipe on recipe page

1 (35 g) whole wheat Eggo® waffle (118 mg Phe, 2.3 g Protein)
 $\frac{1}{2}$ cup (72 g) blueberries (18 mg Phe, 0.5 g Protein)
 $\frac{1}{2}$ cup (125 g) orange juice (11 mg Phe, 0.5 g Protein)
2 Tbsp maple syrup (0 mg Phe, 0 g Protein)
Total: 147 mg Phe, 3.3 g Protein



Trail Mix (Gorp) Ideas

1 cup (28 g) low protein cereal loops (2 mg Phe, 0.1 g Protein)
15 pieces (20 g) low protein chocolate covered raisins (7.5 mg Phe, 0.25 g Protein)
1.5 oz (40 g) dried fruit, mixed fruit (25 mg Phe, 0.8 g Protein)
Total for recipe: 34.5 mg Phe, 1.2 g Protein

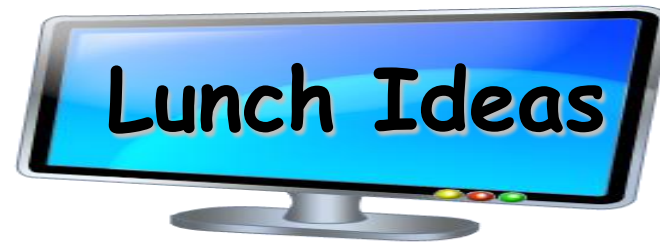
1 cup (28 g) low protein cereal loops (2 mg Phe, 0.1 g Protein)
15 pieces (20 g) low protein chocolate covered raisins (7.5 mg Phe, 0.25 g Protein)
1Tbsp (4 g) pumpkin seeds (37 mg Phe, 0.7 g Protein)
 $\frac{1}{4}$ cup (40 g) dried cranberries (3 mg Phe, 0.1 g Protein)
Total for recipe: 49.5 mg Phe, 1.2 g Protein

$\frac{1}{2}$ cup (7 g) puffed rice cereal (19 mg Phe, 0.4 g Protein)
1Tbsp (4 g) pumpkin seeds (37 mg Phe, 0.7 g Protein)
 $\frac{1}{4}$ cup (40 g) dried cranberries (3 mg Phe, 0.1 g Protein)
4 pieces (24 g) low-protein mini chocolate bars (22 mg Phe, 0.3 g Protein)
Total for recipe: 81 mg Phe, 1.5 g Protein

$\frac{1}{2}$ cup (7 g) puffed rice cereal (19 mg Phe, 0.4 g Protein)
2 Tbsp (14 g) pecans (70 mg Phe, 1.4 g Protein)
 $\frac{1}{4}$ cup (40 g) dried cranberries (3 mg Phe, 0.1 g Protein)
1 $\frac{1}{2}$ oz (45 g) raisins (30 mg Phe, 1.5 g Protein)
15 pieces (20 g) low protein chocolate covered raisins (7.5 mg Phe, 0.2 g Protein)
Total for recipe: 129.5 mg Phe, 3.6 g Protein

**Meat alternatives
provide nutrients
such as fiber, iron,
calcium and “heart-
healthy” fat.**





Asian Salad

Total: 19 mg Phe, 0.44 g Protein

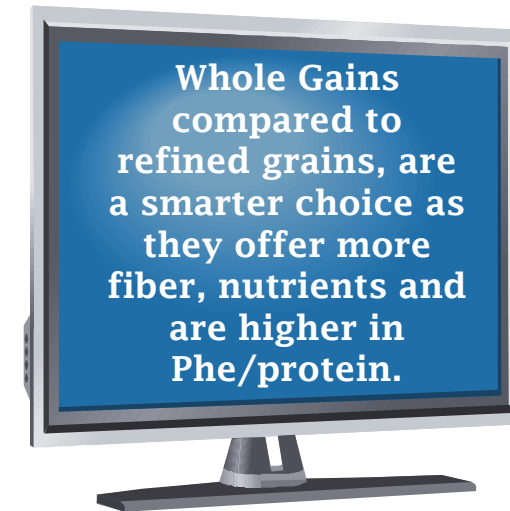
Recipe on recipe page

- 2 slices(100 g) low protein bread (30 mg Phe, 0.6 g Protein)
 - 1 slice (19 g) low protein American cheese (29 mg Phe, 0.7 g Protein)
 - 1 (14 g) strawberry fruit leather (6 mg Phe, 0.2 g Protein)
 - $\frac{1}{2}$ cup (70 g) bell peppers, any color (20 mg Phe, 0.6 g Protein)
 - 2 Tbsp (30 g) Italian dressing (0 mg Phe, 0 g Protein)
- Total: 85 mg Phe, 2.1 g Protein**

- 2 (168 g) low protein pizza pockets (70 mg Phe, 1.6 g Protein)
 - 1 small box (45 g) raisins (30 mg Phe, 0.7 g Protein)
 - 2 stalks (40 g) celery (20 mg Phe, 0.6 g Protein)
 - 2 Tbsp (32 g) light ranch dressing (15 mg Phe, 0.4 g Protein)
- Total: 135 mg Phe, 3.2 g Protein**

- 2 cups (116 g) iceberg lettuce (48 mg Phe, 1.2 g Protein)
 - 1/8 cup (17.5 g) green peppers (5 mg Phe, 0.1 g Protein)
 - 1/8 cup (13.75 g) shredded carrots (4.5 mg Phe, 0.15 g Protein)
 - 1/8 cup (8.75 g) slice white mushrooms (7 mg Phe, 0.175 g Protein)
 - $\frac{1}{4}$ cup (41 g) garbanzo beans (195 mg Phe, 3.6 g Protein)
 - 3 Tbsp (45 g) Italian salad dressing (0 mg Phe, 0 g Protein)
- Total: 259.5 mg Phe, 5.275 g Protein**

- 2 slices (46 g) whole wheat bread (266 mg Phe, 5.4 g Protein)
 - $\frac{1}{4}$ cup (61.4 g) hummus (127 mg Phe, 3 g Protein)
 - 1/8 cup (17.5 g) green peppers (2 mg Phe, 0.1 g Protein)
 - 1/8 cup (13.75 g) shredded carrots (4.5 mg Phe, 0.15 g Protein)
 - $\frac{1}{2}$ stalk (22.5 g) celery, sliced (5 mg Phe, 0.15 g Protein)
- Total: 404.5 mg Phe, 8.8 g Protein**



Dinner Ideas

Make Your Own Pizza

Makes 2 servings:

- 1 (84 g) low protein 6" pizza crust (73.9 mg Phe, 2.8 g Protein)
- 1/3 cup (30 g) low protein shredded mozzarella & cheddar (42 mg Phe, 0.8 g Protein)
- 1/4 cup (62.5 g) marinara sauce (19.5 mg Phe, 0.65 g Protein)
- Total for recipe: 135.4 mg Phe, 4.25 g Protein**
- Total per serving: 67.7 mg Phe, 2.13 g Protein**

Makes 2 servings:

- 1 (84 g) low protein 6" pizza crust (73.9 mg Phe, 2.8 g Protein)
- 1/3 cup (30 g) low protein shredded mozzarella & cheddar (42 mg Phe, 0.8 g Protein)
- 1/4 cup (62.5 g) marinara sauce (19.5 mg Phe, 0.65 g Protein)
- 1 med (23 g) crimini mushroom (19 mg Phe, 0.5 g Protein)
- 1/8 cup (17.5 g) green bell peppers (5 mg Phe, 0.15 g Protein)
- 1 Tbsp (2.5 g) basil, fresh chopped (3.5 mg Phe, 0.1 g Protein)
- Total for recipe: 162.9 mg Phe, 5 g Protein**
- Total per serving: 81.45 mg Phe, 2.5 g Protein**

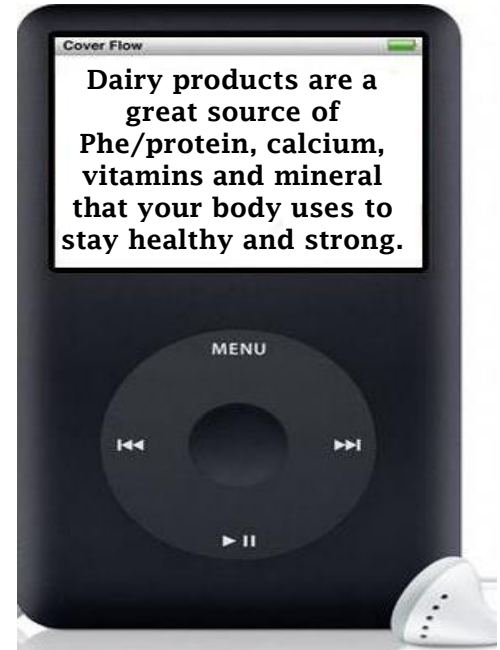
Makes 2 servings:

- 1 (84 g) low protein 6" pizza crust (73.9 mg Phe, 2.8 g Protein)
- 1/2 oz (14 g) low moisture mozzarella cheese (160 mg Phe, 3.05 g Protein)
- 1/4 cup (62.5 g) marinara sauce (19.5 mg Phe, 0.65 g Protein)
- 1 med (23 g) crimini mushroom (19 mg Phe, 0.5 g Protein)
- 1/8 cup (17.5 g) green bell peppers (5 mg Phe, 0.15 g Protein)
- 1 Tbsp (2.5 g) basil, fresh chopped (3.5 mg Phe, 0.1 g Protein)
- Total for recipe: 280.9 mg Phe, 7.25 g Protein**
- Total per serving: 140.45 mg Phe, 3.63 g Protein**

Makes 1 serving

- 1/2 (35.5g) oat bran bagel (186 mg Phe, 3.8 g Protein)
- 1/2 oz (14 g) low moisture mozzarella cheese (160 mg Phe, 3.05 g Protein)
- 1/4 cup (62.5 g) marinara sauce (19.5 mg Phe, 0.65 g Protein)
- 1 med (23 g) white mushroom (19 mg Phe, 0.5 g Protein)
- 1/8 cup (17.5 g) green bell peppers (5 mg Phe, 0.15 g Protein)
- 1 Tbsp (2.5 g) basil, fresh chopped (3.5 mg Phe, 0.1 g Protein)
- Total : 393 mg Phe, 8.25 g Protein**

Dairy products are a great source of Phe/protein, calcium, vitamins and mineral that your body uses to stay healthy and strong.



Dinner Ideas Cont.

Make Your Own Sushi

- 2/3 cup (100 g) low protein rice (22 mg Phe, 0.4 g Protein)
- 1/8 cup (27.5 g) shredded carrots (5 mg Phe, 0.15 g Protein)
- 1/8 cup (18 g) sliced cucumbers (5 mg Phe, 0.15 g Protein)
- 2 Tbsp (22 g) mashed avocado (16 mg Phe, 0.4 g Protein)
- 1 sheet (3 g) seaweed (1 mg Phe, 0.2 g Protein)

Total: 49 mg Phe, 1.3 g Protein

- 2/3 cup (100 g) low protein rice (22 mg Phe, 0.4 g Protein)
- 1/8 cup (27.5 g) shredded carrots (5 mg Phe, 0.15 g Protein)
- 1/8 cup (18 g) sliced cucumbers (5 mg Phe, 0.15 g Protein)
- 2 Tbsp (22 g) mashed avocado (16 mg Phe, 0.4 g Protein)
- 2 Tbsp (22 g) low protein cream cheese (21 mg Phe, 0.4 g Protein)
- 1 sheet (3 g) seaweed (1 mg Phe, 0.2 g Protein)

Total: 70 mg Phe, 1.7 g Protein

- 1/2 cup (88 g) white rice, glutinous ("sticky"), cooked (94 mg Phe, 1.8 g Protein)
- 1/8 cup (27.5 g) shredded carrots (5 mg Phe, 0.15 g Protein)
- 1/8 cup (18 g) sliced cucumbers (5 mg Phe, 0.15 g Protein)
- 2 Tbsp (22 g) mashed avocado (16 mg Phe, 0.4 g Protein)
- 2 Tbsp (24 g) cream cheese, soft type (56 mg Phe, 1 g Protein)
- 1 sheet (3 g) seaweed (1 mg Phe, 0.2 g Protein)

Total: 177 mg Phe, 3.7 g Protein

1 Tbsp (15 g) low sodium soy sauce = 44 mg Phe, 0.83 g Protein



Dessert Ideas

$\frac{1}{4}$ cup (16 g) Reddi-Wip® (16 mg Phe, 0.3 g Protein)
1 cup (216 g) mango lime sorbet (6 mg Phe, 0.2 g Protein)
Total: 22 mg Phe, 0.5 g Protein

$\frac{1}{4}$ cup (16 g) Reddi-Wip® (16 mg Phe, 0.3 g Protein)
1 cup (144 g) blueberries (36 mg Phe, 1 g Protein)
 $\frac{1}{2}$ cup (86 g) Whole Fruit Sorbet (3mg Phe, 0.1 g Protein)
Total: 55 mg Phe, 1.4 g Protein

Fruit kabobs
Total: 81.5 mg Phe, 3.5 g Protein
Recipe on recipe page





Pina Colada Smoothie

- 2 Tbsp (28 g) light coconut milk (30 mg Phe, 0.6 g Protein)
- $\frac{1}{2}$ (57 g) banana, frozen (21.5 mg Phe, 0.6 g Protein)
- 1 cup (150 g) pineapple chunks, fresh (18 mg Phe, 0.6 g Protein)
- 6 fl oz (120 g) pineapple juice (15 mg Phe, 0.6 g Protein)
- $\frac{1}{4}$ cup ice cubes (0 mg Phe, 0 g Protein)

Asian Salad

- 2 oz (56 g) bean threads(cellophane noodles) (3 mg Phe, 0 g Protein)
- $\frac{1}{8}$ cup (27.5 g) shredded carrots (5 mg Phe, 0.15 g Protein)
- $\frac{1}{8}$ cup (18 g) sliced cucumbers (5 mg Phe, 0.15 g Protein)
- 1 Tbsp (6 g) green onions, chopped (4 mg Phe, 0.1 g Protein)
- 1 Tbsp (1 g) cilantro, fresh chopped (0 mg Phe, 0.03 g Protein)
- 1 tsp (4.2 g) sugar (0 mg Phe, 0 g Protein)
- 1 Tbsp (14 g) garlic chili pepper sauce (3 mg Phe, 0.1 g Protein)
- $\frac{1}{2}$ Tbsp (7.45 g) rice wine vinegar (0 mg Phe, 0 g Protein)
- 2 Tbsp (27.2 g) sesame oil (0 mg Phe, 0 g Protein)

Fruit kabobs

- 1 (114 g) banana (23 mg Phe, 1.2 g Protein)
- 5 med (80 g) strawberry, fresh (7 mg Phe, 0.5 g Protein)
- 1 (76 g) kiwi (21 mg Phe, 0.8 g Protein)
- $\frac{1}{4}$ cup (62 g) mandarin orange, canned drained (12.5 mg Phe, 0.4 g Protein)
- 1 cup (150 g) pineapple chunks, fresh (18 mg Phe, 0.6 g Protein)
- $\frac{1}{2}$ cup vanilla pudding, instant* (0 mg Phe, 0 g Protein)

*Prepared with French Vanilla or Rich's non-dairy whip topping.

