Breakfast Ideas

<table>
<thead>
<tr>
<th>Breakfast Idea</th>
<th>Phe (mg)</th>
<th>Protein (g)</th>
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<tbody>
<tr>
<td>1 (58 g) low protein blueberry scones (8 mg Phe, 0.2 g Protein)</td>
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<tr>
<td>½ cup (125 g) orange juice (11 mg Phe, 0.5 g Protein)</td>
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<td>1 (114 g) banana (23 mg Phe, 1.2 g Protein)</td>
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<tr>
<td><strong>Total: 62 mg Phe, 1.9 g Protein</strong></td>
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**Pina Colada Smoothie**
Total: 84.5 mg Phe, 2.4 g Protein
Recipe on recipe page

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<tr>
<td>1 (35 g) whole wheat Eggo® waffle (118 mg Phe, 2.3 g Protein)</td>
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<td>½ cup (72 g) blueberries (18 mg Phe, 0.5 g Protein)</td>
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<tr>
<td>½ cup (125 g) orange juice (11 mg Phe, 0.5 g Protein)</td>
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<tr>
<td>2 Tbsp maple syrup (0 mg Phe, 0 g Protein)</td>
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<tr>
<td><strong>Total: 147 mg Phe, 3.3 g Protein</strong></td>
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Fruits are a smart choice because they offer many nutrients and are lower in Phe/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)
1 Tbsp (4 g) pumpkin seeds (37 mg Phe, 0.7 g Protein)
¼ cup (40 g) dried cranberries (3 mg Phe, 0.1 g Protein)
Total for recipe: 49.5 mg Phe, 1.2 g Protein

½ cup (7 g) puffed rice cereal (19 mg Phe, 0.4 g Protein)
1 Tbsp (4 g) pumpkin seeds (37 mg Phe, 0.7 g Protein)
¼ 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

½ 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)
¼ cup (40 g) dried cranberries (3 mg Phe, 0.1 g Protein)
1 ½ 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.
Whole Gains compared to refined grains, are a smarter choice as they offer more fiber, nutrients and are higher in Phe/protein.

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)
½ 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)
½ 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)
½ 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)
½ 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 (35.5 g) 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
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

½ 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

Some vegetables have low amounts of Phe/protein, calories and fat. Fresh vegetables contain fiber and other beneficial nutrients.
Dessert Ideas

¼ 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

¼ cup (16 g) Reddi-Wip® (16 mg Phe, 0.3 g Protein)
1 cup (144 g) blueberries (36 mg Phe, 1 g Protein)
½ cup (86 g) Whole Fruit Sorbet (3 mg 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
Recipes

**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)
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)
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.