



5 LOW PROTEIN LUNCH IDEAS

Your weekly work lunchbox plan

Eat Well, Live Well.



CAMBROOKE®



MONDAY



CREAM CHEESE MUSHROOM PASTA SALAD

Calories: 403kcal

Exchanges: 0

80g Low Protein Fusilli
50g Mushrooms, chopped
30g Violife Creamy Spread
1/2 Garlic Clove, crushed
1 tsp Olive Oil
Salt & Pepper

Boil low protein pasta according to packet instructions.
In a large frying pan, heat the oil and fry the mushrooms and garlic for 10 minutes, stirring continuously.
Drain the pasta and add to the mushrooms, then stir through the Violife spread and season.

CRUDITES

Calories: 58kcal

Exchanges: 0

1/2 Apple
40g Cucumber
40g Carrot

FRUIT SALAD

Calories: 139kcal

Exchanges: 1

125g Koko Dairy Free Alternative
Coconut Yoghurt (1 Exchange)
1tsp Honey
2 Strawberries

SNACK IDEA



Itsu Yoghurt & Berry
Rice Cakes

1 rice cake = 1
exchange



Feel balanced. Feel better.™

TUESDAY



TOMATO SALSA 50g

Calories: 30kcal*

Exchanges: 0*

*Based on Tesco Mild Tomato Salsa

TORTILLA CHIPS 25g

Calories: 126kcal*

Exchanges: 1.5*

*Based on Tesco Cool Flavour Tortilla Chips

VIOLIFE ORIGINAL, GRATED 50g

Calories: 152kcal

Exchanges: 0

GUACAMOLE

Calories: 131kcal

Exchanges: 0

1/2 Avocado, mashed
Juice of 1/2 Lime
1/2 Tomato, finely chopped
Fresh Coriander, chopped (optional)
Salt & Pepper

Mash avocado in a bowl with a fork.
Add the lime juice and mash into the avocado until combined.
Stir in chopped tomatoes and coriander if using, then season with salt and pepper.



SNACK IDEA

Go Ahead Yogurt Breaks

Forest Fruits (Red Berry,
Raspberry, Apple,
Strawberry)

1 bar = 1 exchange

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WEDNESDAY

AVOCADO RICE SALAD

Calories: 420kcal*

Exchanges: 3*

1/2 Avocado, mashed
28g Basmati Rice (2 Exchanges)
or Low Protein Rice
60g Broccoli, chopped
(1 Exchange)
1/2 Tomato
50g Sweet Potato, cubed
Juice of 1/2 Lime
Salt & Pepper
1 tsp Olive Oil

Boil rice for time specified on packet, then drain all excess liquid.

Toss the broccoli and sweet potato in oil with salt and pepper. Bake the sweet potato in a preheated oven for 20 minutes (200°C), then add the broccoli and bake everything for a further 10 minutes.

When everything has cooled, mix all the ingredients together in a bowl and season to taste.

**Based on Basmati Rice*



MIXED DRIED FRUIT

Calories: 159kcal

Exchanges: 0.5

30g Dried Apple (Tesco)
25g Yoghurt Coated Strawberry Bites (Tesco) (0.5 Exchange)

WHOLE APPLE

Calories: 58kcal

Exchanges: 0

SNACK IDEA



Crazy Jack Organic
Toasted Coconut Chips
1 x 17g bag = 1
exchange



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THURSDAY



MIXED BERRIES

Calories: 44kcal

Exchanges: 0

30g Blueberries
30g Blackberries
30g Raspberries

VIO LIFE ORIGINAL, SLICED 50g

Calories: 135kcal

Exchanges: 0

OLIVE & SUNDRIED TOMATO CRACKER STACKS

Calories: 193kcal

Exchanges: 2

4 Tesco Sea Salt Crackers
(2 Exchanges)
50g Black Olives, blended
4 Sundried Tomatoes

Spread the blended olives on to cracker.
Top with sundried tomatoes.
Add your own favourite toppings, like your Violife
Original slices!



SNACK IDEA

Proper Corn
Sweet & Salty
1 x 30g bag = 1.5
exchanges

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FRIDAY

SUMMER ROLLS

Calories: 99kcal

Exchanges: 0.5

2 Rice Wrappers, Blue Dragon
(0.5 Exchange)

1/2 Carrot, sliced

1/4 Cucumber, sliced

1/2 Pepper, sliced

Add warm water to a large bowl. One by one, soak each rice wrapper into the bowl for 20-30 seconds or until soft. Remove to dry. Be careful, they can be flimsy!

Pat the wrappers down with a paper towel to get rid of excess water, then add the veg sticks and wrap them up.

Serve with sweet chilli dipping sauce (optional).

VEGGIE RICE

Calories: 178kcal*

Exchanges: 2*

28g Uncooked Basmati Rice
(2 Exchanges) or Low Protein Rice

1/4 Onion, finely chopped

1/4 Carrot, finely chopped

1/2 Garlic Clove

1/2 tsp Butter

1 tsp Tesco Soy Sauce

Boil rice according to packet instructions.

Sauté onion, garlic and carrot in the butter for 10-15 minutes until soft.

Add the rice and soy sauce and stir until combined.

**Based on Basmati Rice*



SNACK IDEA

Sensations Poppadoms

Lime & Coriander Chutney

1 x 13g bag = 1 exchange

PRAWN CRACKERS 70g

Calories: 377kcal

Exchanges: 0.5

**Based on Blue Dragon Prawn Crackers*



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SHOPPING LIST

FRUIT & VEG

- Apple
- Avocado
- Blackberries
- Black Olives
- Blueberries
- Broccoli
- Carrot
- Cucumber
- Garlic
- Lime
- Mushrooms
- Onion
- Bell Pepper
- Raspberries
- Strawberries
- Sundried Tomatoes
- Sweet Potato
- Tomato

PANTRY

- Basmati Rice
- Crackers
- Dried Apples (or other fruits)
- Honey
- Mild Tomato Salsa
- Black Pepper
- Prawn Crackers (Blue Dragon)
- Rice Wrappers (Blue Dragon)
- Salt
- Soy Sauce
- Tortilla Chips
- Yoghurt Coated Strawberries

LOW PROTEIN

- Low Protein Fusilli
- Low Protein Rice

FRIDGE

- Butter
- Koko Dairy Free Alternative Coconut Yoghurt
- Violife Creamy Spread
- Violife Original Block

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EXTRA EXCHANGES

BREADS & PASTA

1 x Old El Paso Corn Tortilla (26g)	1 Exchange
1 x White Rabbit Garlicky Focaccine (135g)	1.5 Exchanges
1 x Tesco Free From Wrap	1.5 Exchanges
1 x BFree Pitta Pocket	1.5 Exchanges
1 x Dr Schar Brioche Roll	1.5 Exchanges
80g Genius Tiger Bloomer	2 Exchanges
1 x Mission Original Mini Wrap	2.5 Exchanges
1 x Dr Schar Panini Roll	3 Exchanges
50g Barilla Gluten Free Fusilli	3.5 Exchanges

CEREALS & SNACKS

1 x Pack of Dr Schar Pretzels (60g)	0.5 Exchange
1 x Packet of Quavers (13g)	0.5 Exchange
1 x Kellogg's Cocopops Bar	1 Exchange
1 x Kingsmill Golden Pancake	1.5 Exchanges
1 x Saint Aubert Chocolate Filled Crepe	2 Exchanges
1 x Packet Salted Caramel Proper Corn (28g)	2 Exchanges
1 x Sachet Quaker Oat So Simple (made with water, 27g/36g)	3 Exchanges
1 x Stoats Apple & Cinnamon Bar	3.5 Exchanges

FRUIT & VEGETABLES

60g Figs	1 Exchange
40g Passionfruit	1 Exchange
60g Cauliflower	1 Exchange
60g Asparagus	1 Exchange
25g Baby Spinach	1 Exchange
60g Broccoli	1 Exchange
25g Peas	1 Exchange
60g Brussels Sprouts	1 Exchange
35g Sweetcorn Kernels	1 Exchange
80g Boiled, Mash or Jacket Potato	1 Exchange

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EXCHANGE ALLOWANCES

Your dietician will have prescribed a measured number of exchanges for you to consume daily, and this number will be individual to you. Some of the higher value exchange items included in this list may only be appropriate for those on a daily allowance of 15 or more exchanges. If you're unsure, please consult your dietician.

PANTRY CUPBOARD

1 x Sachet of Heinz Tomato & Basil Cup Soup	1 Exchange
200g Heinz Carrot & Coriander Soup	1 Exchange
250g Heinz Potato & Leek Soup	2 Exchanges
126g Heinz Tinned Spaghetti	2 Exchanges
118g Heinz Veg Spaghetti Hoops	2 Exchanges
75g KTC Butter Beans in Water	3 Exchanges
200g Asda Tinned Macaroni Cheese	4.5 Exchanges
200g Sainsbury's Tinned Vegetarian Ravioli	5.5 Exchanges

YOGHURT & CHEESE

1 x Laughing Cow Plant-Based Cheese Triangle	0.5 Exchange
36g Plant-Based Philadelphia	1 Exchange
59g Aldi Plant Menu Greek Style Block	1 Exchange
1 x Petit Filous Dairy Free (95g)	1.5 Exchanges
1 x Frubes Yoghurt (37g)	1.5 Exchanges
1 x Petit Filous (45g)	2.5 Exchanges
1 x Oykos Yoghurt (Raspberry or Blueberry, 110g)	3 Exchanges
1 x Rachel's Organic Lucious Fruits Yoghurt (110g)	3.5 Exchanges

MEAT REPLACEMENTS

1 x Birdseye Green Cuisine Veggie Finger	1 Exchange
1 x Quorn Fishless Finger	1 Exchange
1 x M&S Plant Kitchen Battered Fishless Goujon	1.5 Exchanges
1 x Ye Olde Oak Veggie Hot Dog Sausage	1.5 Exchanges
1 x Heck Meat-Free Sausage	2 Exchanges
2 x Asda Plant Based Bacon Style Rashers	3 Exchanges
1 x M&S Plant Kitchen Melt-in-the-Middle Fish Cake (145g)	3.5 Exchanges



NOTES

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GET IN TOUCH

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