

# CAMBROOKE™

Feel balanced. Feel better.™

# 5 LOW PROTEIN LUNCHBOX IDEAS!

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Eat Well, Live Well!

*Aj*

AJINOMOTO



# BISCUITS

MAKES FIVE

Calories:  
86 kcals\*  
per biscuit

\*Please add calories of  
your low protein flour.

## Ingredients:

- 40g low protein flour
- 25g butter
- 15g brown sugar
- 15g white sugar
- 1 tbsp vegetable oil
- 1/2 tsp baking powder
- 1 tsp vanilla extract

## Method:

- Heat oven to 190°C.
- Cream the butter and sugar together in a bowl until combined.
- Mix in vanilla and oil.
- Sift in the flour and baking powder.
- Divide into 5, roll out and flatten into biscuits. Place on a greased baking tray and bake for 8-10 minutes.

Exchanges:  
0\*

\*Please check if your  
low protein flour  
counts as exchanges.

# Monday



Calories:  
77 kcals

# FRUIT SALAD

ONE PORTION

## Ingredients:

- 50g grapes
- 50g blueberries
- 50g strawberries

Exchanges:  
0

# VEGGIE LOADED PASTA

ONE PORTION

## Ingredients:

- 100g uncooked low protein penne
- 1/2 tin tomatoes
- 1 tbsp tomato paste
- 1/4 onion
- 1 garlic clove
- 40g mushrooms
- 50g peppers
- 50g courgette
- 1 tbsp olive oil

Calories:  
220 kcals\*

\*Please add calories of  
your low protein pasta.

## Method:

- Boil the penne as indicated and dice all vegetables.
- Heat oil in frying pan. Add onions, peppers, courgette and mushroom.
- Stir for 10 minutes.
- Add the tomato paste and garlic and stir. Add the chopped tomatoes and stir for a further 10 minutes.
- Mix tomato sauce with cooked and drained penne.

Exchanges:  
0\*

\*Please check if your  
low protein pasta  
counts as exchanges.

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# Tuesday

## BANANA ONE PORTION

Calories:  
105 kcals

Exchanges:  
0



## CREAM CHEESE AND CUCUMBER SANDWICH ONE PORTION

### Ingredients:

- 2 slices low protein bread
- 2 tbsp Violife Creamy Spread
- 6 slices cucumber

### Method:

- Slice bread and spread Violife Creamy Spread on each slice.
- Add cucumber and enjoy!

Calories:  
128 kcals\*

Exchanges:  
0\*

\*Please add calories of the low protein bread you are using.

\*Please check if your low protein bread counts as exchanges.

## CEREAL BAR ONE PORTION

Exchanges:  
1\*

Calories:  
66 kcals\*

\*Based on one Alpen Light Jaffa Cake Bar.

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### A few options (Source: NSPKU):

- Kellogg's Coco Pops Bar = 1 exchange
- Kellogg's Rice Krispies Bar = 1 exchange
- Kellogg's Squares Birthday Cake Thins (Chocolate and Vanilla) = 1 exchange
- Alpen Light Bar (Chocolate, Jaffa cake, Cherry and Summer Fruits) = 1 exchange

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# BLUEBERRY MUFFIN

MAKES SIX

## Ingredients:

- 195g low protein flour
- 2 tsp baking powder
- 120ml fresh coconut milk
- 72g blueberries
- 1.5 tsp vanilla extract
- 28g melted butter
- 4 tbsp vegetable oil
- 150g white sugar

## Method:

- Preheat oven to 210°C.
- In a mixing bowl, stir together the flour, baking powder and sugar.
- Add milk, oil, melted butter and vanilla extract and stir.
- Stir in blueberries.
- Spoon mixture into 6 large muffin cases.
- Bake for 15-20 minutes until cooked through and golden.

Exchanges:  
0\*

\*Please check if your low protein flour counts as exchanges.

Calories:  
225 kcals\*

\*Please add calories of your low protein flour.

Exchanges:  
0

Calories:  
61 kcals

# SALAD STICKS

ONE PORTION

## Ingredients:

- 2 carrots, peeled and sliced
- 1/4 cucumber, sliced

# Wednesday



# MINI PIZZAS

TWO SLICES

## Ingredients:

- 120g low protein flour
- 1 tbsp vegetable oil
- dash of salt
- 1/2 tsp baking powder
- 65ml water
- 30g tomato puree
- 30g grated Violife Original Block

Calories:  
260 kcals\*

\*Please add calories of your low protein flour.

Exchanges:  
0\*

\*Please check if your low protein flour counts as exchanges.

## Method:

- Preheat oven to 220°C.
- Mix flour with salt and baking powder. Add oil and mix well.
- Gradually add water until a dough is formed.
- Knead dough for 4-5 minutes.
- Divide dough in half and roll into two balls. Roll out to form two small pizza bases.
- Add tomato and cheese.
- Bake for 12-18 minutes.

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# Thursday

## CHEESE PICKLE SANDWICH ONE PORTION

### Ingredients:

- 2 slices low protein bread
- 1 slice Violife Original Block Sliced Cheese
- 1 tbsp Branston Original Pickle
- 1 tsp butter

### Method:

- Butter each slice of bread.
- Fill sandwich with Violife Cheese slices and spread over the pickle.

Calories:  
90 kcals\*

\*Please add calories of the low protein bread you are using.

Exchanges:  
0\*

\*Please check if your low protein bread counts as exchanges.

## APPLE ONE PORTION

Calories:  
58

Exchanges:  
0

## BEAR YOYO STRAWBERRY ONE PACKET

Calories:  
58 kcals

Exchanges:  
1/2



# BANANA BREAD

MAKES 14 SLICES

## Ingredients:

- 190g low protein flour
- 3 tbsp coconut oil, melted
- 120g fresh coconut milk
- 3 mashed bananas
- 2 tsp vanilla extract
- 3/4 tsp baking soda
- 1/2 tsp cinnamon
- 110g brown sugar

## Method:

- Preheat oven to 180°C.
- Mix banana with all dry ingredients and stir.
- Gradually add the vanilla, milk and oil. Mix until smooth.
- Pour into greased 9 x 6 inch loaf pan.
- Bake for 45-55 minutes.

# JELLY

ONE PORTION

## Ingredients:

- Low Protein Jelly (see the NSPKU's list of approved Jelly. Do not use jelly containing gelatine, as it is very high in protein.)

## A few options (Source: NSPKU):

- Dole Fruit in Jelly Bowls
- Robinson's Fruit Jelly
- Vimto Cherry Jelly
- Kiddylicious Wibble Wobble Jelly

\*Please add calories of your low protein flour.

Calories:  
174 kcals\*  
(2 slices)

Exchanges:  
0\*

\*Please check if your low protein flour counts as exchanges.

Calories:  
Check label

Exchanges:  
Check label

Exchanges:  
0

# Friday



# SUMMER ROLLS

ONE PORTION

## Ingredients:

- 2 sheets Blue Dragon Rice Paper Wrappers
- 1/2 carrot
- 1/3 cucumber
- 1/2 red pepper

Calories:  
152 kcals

## Method:

- Fill a large bowl with warm water. Soak one rice paper wrapper in the water for 10-15 seconds until soft and then place on a non-stick plate and leave to dry for 5-10 minutes.
- Finely slice the carrots, cucumber and peppers and then place half of them in the wrapper. Wrap the vegetables and then repeat with the second wrapper.

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## FRUIT/VEG



- Apple
- Grapes
- Blueberries
- Strawberries
- Bananas
- Garlic

- Onion
- Red Pepper
- Courgette
- Mushrooms
- Carrots
- Cucumber



## PANTRY ESSENTIALS



- Salt
- Baking powder
- Brown sugar
- White sugar
- Tinned tomatoes
- Tomato paste
- Vegetable oil
- Olive oil
- Coconut oil
- Vanilla extract
- Cinnamon
- Branston Original Pickle
- Blue Dragon Rice Paper Wrappers

## FRIDGE



- Butter
- Fresh coconut milk
- Violife Original Block
- Violife Creamy Spread

# Shopping List



## LOW PROTEIN FOODS



- Low protein flour
- Low protein penne pasta
- Low protein sliced bread
- Low protein jelly pots
- Low protein cereal bars
- Strawberry Bear Yoyos



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# Looking to add extra exchanges?

## BREADS/WRAPPS

- 1 x Old El Paso corn tortilla
- 1 x Tesco Free From wrap
- 1 x Genius gluten free pitta bread
- 1 x BFree pitta pockets
- 1 x Dr Schar brioche roll
- 1 x Genius cinnamon raisin bagel

**1 exchange**  
**1.5 exchanges**  
**1.5 exchanges**  
**1.5 exchanges**  
**1.5 exchanges**  
**2 exchanges**

## CEREAL BARS/ SNACKS

- 1 x Kellogg's Coco Pops Bar
- 1 x Kellogg's Rice Krispies Bar
- 1 x Kellogg's Squares Birthday Cake Thins
- 1 x Alpen Light Bar
- 1 x Ambrosia My Mini Custard
- 1 x Yoplait Wildlife Choobs
- 1 x Ambrosia My Mini Rice

**1 exchange**  
**1 exchange**  
**1 exchange**  
**1 exchange**  
**1.5 exchanges**  
**1.5 exchanges**  
**2 exchanges**

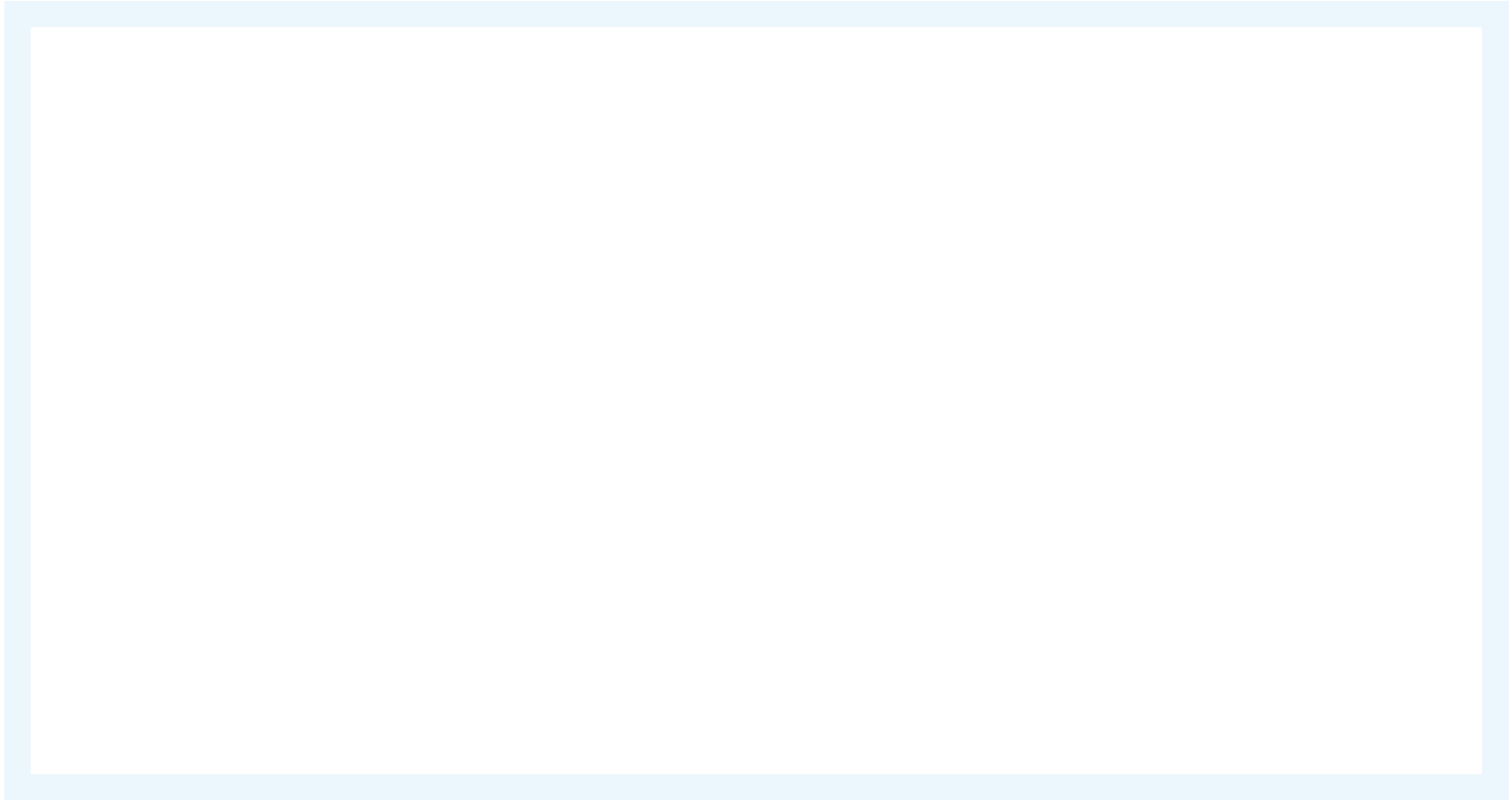
## FRUIT/VEG

- 60g figs
- 40g passionfruit
- 60g cauliflower
- 60g sugar snap peas
- 80g potato
- 60g broccoli
- 25g peas
- 35g sweetcorn kernels
- 30g frozen mixed vegetables

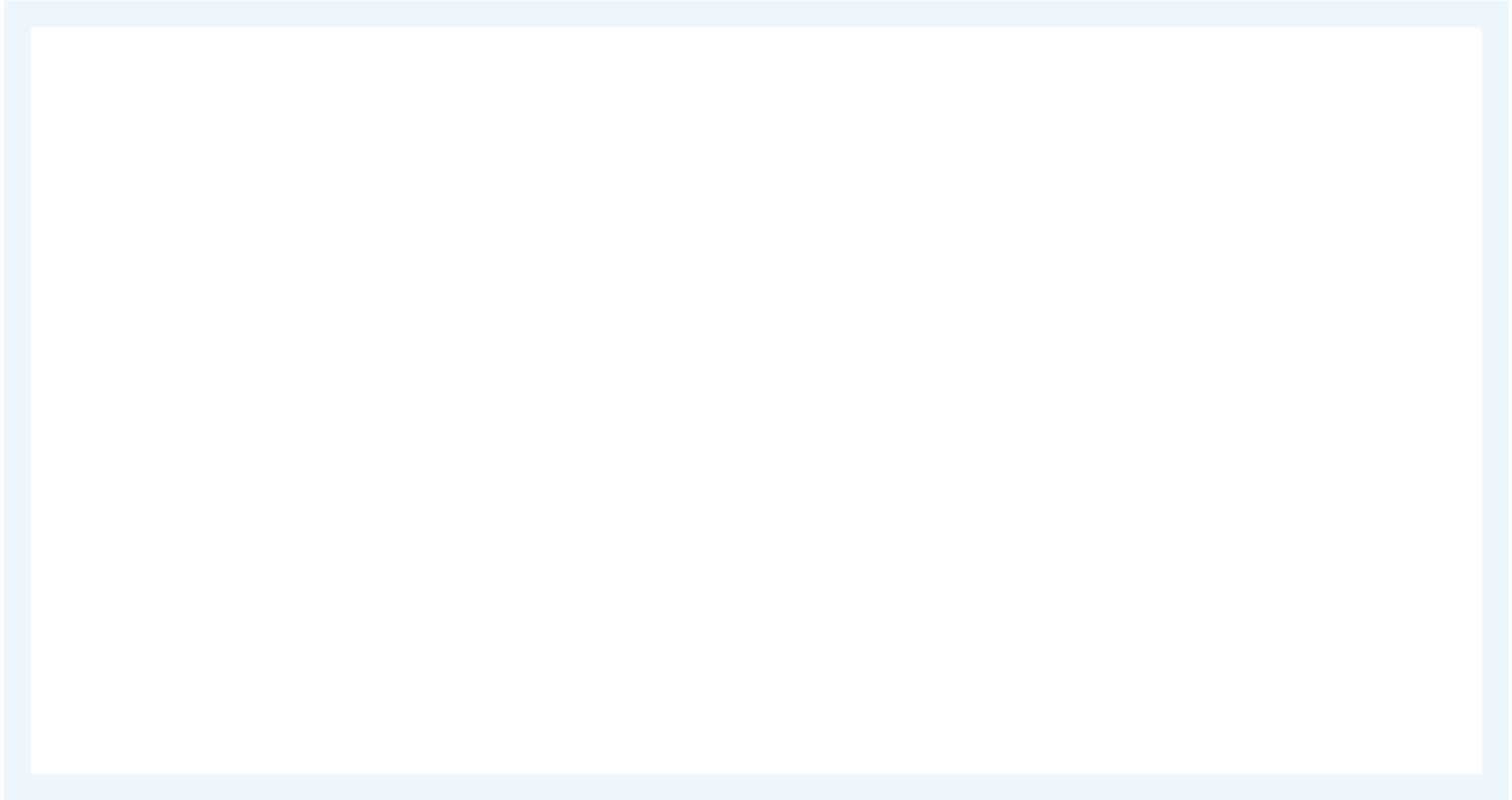
**1 exchange**  
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**1 exchange**



# Notes



# Notes



LOW PROTEIN IN 15

5 INGREDIENTS | 15 MINUTES

*Life is Too Short  
To Spend Hours In The  
Kitchen!*

WE SHARE 15 MINUTE RECIPE VIDEOS EVERY WEEK!  
FIND THEM @CAMBROOKEUK



#LOWPROTEININ15



CAMBROOKE™



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