



LOW PROTEIN IN 15  
5 INGREDIENTS | 15 MINUTES

# HEALTHY 5 DAY MEAL PLAN + Shopping List



GROUPS/LOWPROTEININ15  
@CAMBROOKEUK



#LOWPROTEININ15  
@CAMBROOKEUK





# MONDAY

Breakfast



Iced Latte

Lunch



Strawberry & Balsamic Salad

Dinner



Guacamole & Sweet Potato Fries

# TUESDAY

Breakfast



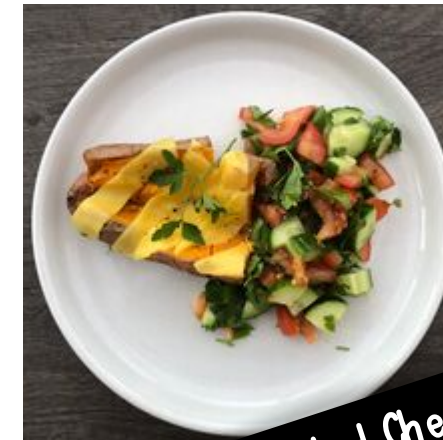
Creamy Date & Banana Smoothie

Lunch



Vietnamese Spring Rolls

Dinner



Grilled Cheese Sweet Potato & Salad

# WEDNESDAY

Breakfast



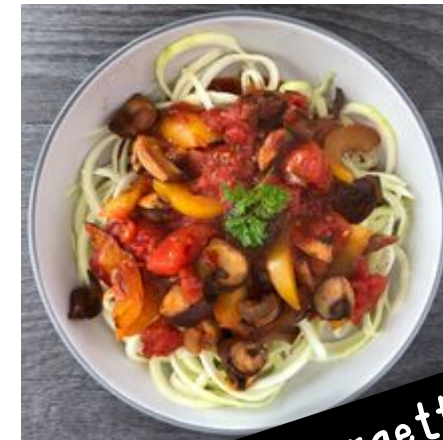
Caramelised Fruit

Lunch



Mushroom, Garlic & Parsley Soup

Dinner



Courgetti Spaghetti

# THURSDAY

Breakfast



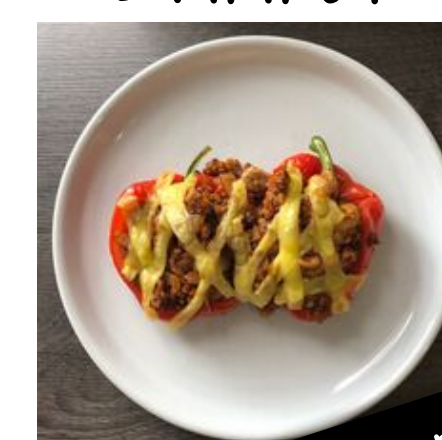
Healthy Breakfast Spread

Lunch



Olive Tapenade

Dinner



Cauliflower Rice Stuffed Peppers

# FRIDAY

Breakfast



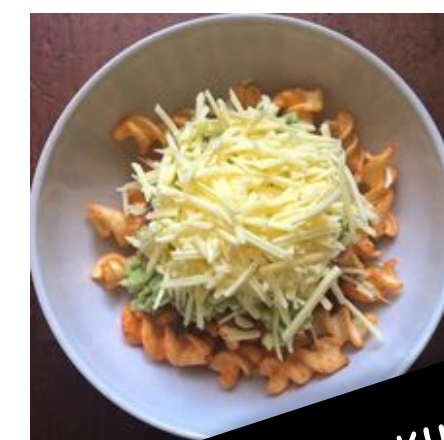
Banana Pancakes

Lunch



Cheesy Butternut Squash Bake

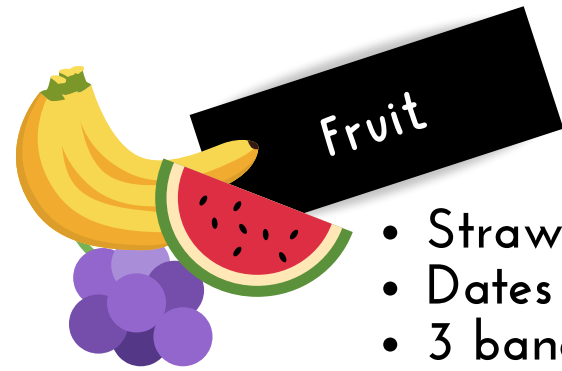
Dinner



Nachos 'PKU Style'



# SHOPPING LIST



## Fruit

- Strawberries
- Dates
- 3 bananas
- 1 nectarine
- Berries (of your choice)
- 1 lemon
- 2 limes



## Veg & Salad

- 2 bags lettuce leaves
- 4 sweet potatoes
- 4 red peppers
- 2 avocados
- 4 tomatoes
- 1 carrot
- 1 cucumber
- Parsley (fresh)
- Basil (fresh)
- 1 courgette
- 2 punnets white mushrooms
- 1 punnet chestnut mushrooms
- 2 onions
- 4 garlic cloves
- 1 butternut squash



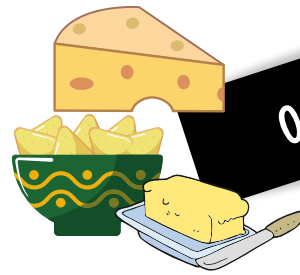
You will also need:

- Cooking Oil
- Salt & Pepper



## Bottles, Jars & Tins

- Instant coffee granules
- Cocoa (100%) - *optional*
- Rice milk
- Balsamic glaze/vinegar
- Cinnamon
- Sweet chilli dipping sauce
- 1 tin chopped tomatoes
- Syrup (maple or other)
- Olives (black or green)
- Salsa



## Other

- Butter
- Sugar
- Blue Dragon rice paper wrappers
- Violife Original Block Sliced Cheese
- Violife Original Block Cheese (for grating)
- Violife Greek White Block Cheese
- Veg stock (check NSPKUs approved list)
- Green tea
- 1 sachet cauliflower rice
- Potato flour ([www.BuyWholefoodsOnline.com](http://www.BuyWholefoodsOnline.com))
- Cofresh Chilli Cassava Chips (or other low protein crisps approved by the NSPKU)





# MONDAY

## Breakfast

Phe: 23mg



Iced Latte

### 5 Ingredients

- 1 tsp. instant coffee (mixed with 2 tbsp. boiling water)
- 1 cup rice milk
- Glytactin BetterMilk 15 (or your favourite milk protein substitute)
- 1 cup ice
- 1 cup water

### 15 Minute Method

- Blend all ingredients together and serve with ice.
- Sprinkle 1/2 tsp. 100% cocoa (optional)

Please note: Rice Milk is not suitable for children under 5 years. For children 5 years and over use a maximum of 400ml per day. Rice milk is NOT suitable in pregnancy.

## Lunch

Exchange Free



Strawberry & Balsamic Salad

### 5 Ingredients

- 2 cups lettuce leaves (any exchange free leaves)
- 1 small sweet potato
- 1 cup strawberries
- 1 medium red pepper
- 1 tsp. balsamic glaze

For this recipe, you will just need olive oil (or your favourite oil), salt & pepper to taste.

### 15 Minute Method

- Peel and chop the sweet potato into small chunks.
- In a bowl, mix the potato with a tsp. olive oil, and a pinch of salt and pepper. Cover and place in the microwave for 3-4 minutes until cooked through. Then set aside to cool down.
- Slice the red pepper, and place in the microwave for 3-4 minutes or until soft. Then lightly rinse with cold water to cool the peppers down.
- Place the chopped lettuce leaves on your plate, and then assemble the salad using the peppers, sweet potatoes and strawberries.
- Finally drizzle over the balsamic glaze and you are good to go!

## Dinner

Exchange Free



Guacamole & Sweet Potato Fries

### 4 Ingredients

- 1 avocado
- 1 sweet potato
- 1 tomato
- Juice of half a lime

For this recipe, you will just need olive oil (or your favourite oil), salt & pepper to taste.

### 15 Minute Method

- Peel and chop the sweet potato into chips. Place them in a microwavable container and season with salt, pepper and olive oil. Cover and place in the microwave for 4-5 minutes, stirring them half way through. A few more minutes will be needed if your chunks are thicker.
- To make the guacamole, mash the avocado up in a bowl, and then stir in the chopped tomato and the juice of half a lime.
- Place the fries and guacamole on a plate with a slice of lime.

# TUESDAY

## Breakfast

Phe: 23mg



Creamy Date & Banana Smoothie

### 5 Ingredients

- Glytactin BetterMilk 15 Original (or your favourite milk powder protein substitute)
- 1/2 tsp. cinnamon
- 2-3 dates
- 1/2 banana
- 120ml ice water

The NSPKU recommends no more than 1 handful of dates.

### 15 Minute Method

- Blend all ingredients together and serve with ice.

## Lunch

Exchange Free



Vietnamese Spring Rolls

### 5 Ingredients

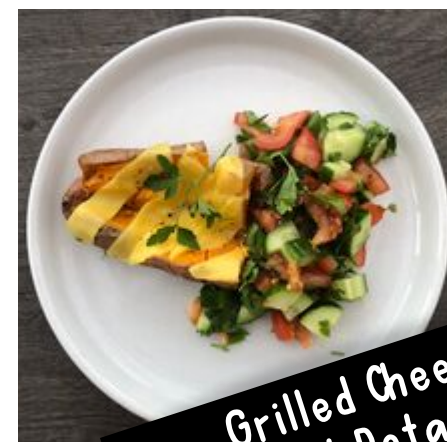
- 2 blue dragon rice paper wrappers (Waitrose)
- 1/2 cup grated carrot
- 1/2 cup thinly sliced red pepper
- 1 cup lettuce leaves
- 1 tbsp. sweet chilli dipping sauce

### 15 Minute Method

- Grate the carrot and slice the peppers and lettuce leaves.
- Fill a 30cm diameter bowl with 3-4cm warm water (not boiling)
- Place each wrapper in the water for 10-15 seconds, then let any excess water drop off of the wrapper, and place on a clean plate.
- Add the carrot, pepper and lettuce to the centre of the wrapper, and then roll up to make your summer rolls. Practice makes perfect!
- Serve with sweet chilli dipping sauce and enjoy!

## Dinner

Exchange Free



Grilled Cheese Sweet Potato & Salad

### 5 Ingredients

- 1 medium sweet potato
- 2 slices of Violife cheese
- Half a cucumber
- 1 large tomato (or 2 small)
- 1 tbsp parsley

For this recipe, you will just need olive oil (or your favourite oil), salt & pepper to taste.

### 15 Minute Method

- Turn on the grill to a high setting.
- Pierce the sweet potato several times, cover and microwave for 5-8 minutes, or until cooked through. Check it every few minutes.
- To make the salad, chop up the tomato, cucumber and parsley, and then drizzle some olive oil and salt and pepper (optional) on top.
- Slice the Violife cheese.
- Cut open the cooked sweet potato, and layer on the sliced cheese, before placing it under the grill for 3-5 minutes or until the cheese has slightly melted.



# WEDNESDAY

## Breakfast

Exchange Free



Caramelised Fruit

### 4 Ingredients

- 1 banana
- 1 nectarine
- 2 tsp. syrup
- 1-2 tsp. sugar

### 15 Minute Method

- Turn on the grill to a high setting.
- Slice the banana and nectarine in half, removing the hard shell inside the nectarine.
- Sprinkle the sugar on the fruit and grill for 2-3 minutes or until the sugar has begun to caramelise.
- Plate up and drizzle on the syrup.

## Lunch

Exchange Free



Mushroom, Garlic & Parsley Soup

### 5 Ingredients

- 1 cup chestnut mushrooms
- 1 onion
- 2 tbsp parsley
- 1-2 garlic cloves
- 150ml veg stock (check NSPKUs approved list)

For this recipe, you will just need olive oil (or your favourite oil), salt & pepper to taste.

### 15 Minute Method

- Chop the onion, garlic and mushrooms.
- In a saucepan, fry the onions, garlic and 1 tbsp. olive oil on a high heat for 2-3 minutes.
- Add the mushrooms and stir for a further 2-3 minutes.
- Add 150ml of boiling water to the stock cube, stir until completely dissolved, and then add to the pan. Stir for a further 2-3 minutes.
- Add the parsley and cook for a further minute.
- Cool for a few minutes, lightly season with salt & pepper and then blend with a hand blender.
- Serve with your favourite toasted low protein bread or on its own.

## Dinner

Exchange Free



Courgetti Spaghetti

### 5 Ingredients

- 1 courgette
- 1 cup mushrooms
- 1/2 tin chopped tomatoes
- 1/2 chopped onion
- 1 pepper

For this recipe, you will just need olive oil (or your favourite oil), salt & pepper to taste.

### 15 Minute Method

- In one tsp. oil, fry the chopped onion for 2-3 minutes on a high heat.
- Then add the chopped peppers for a further 2-3 minutes and then the chopped mushrooms for a further 2-3 minutes.
- Pour over the tinned tomatoes, season with salt and pepper, and fry for a further 2-3 mins until cooked through.
- Whilst the vegetables are cooking, peel and then spiralise, grate or thinly chop the courgette to make the spaghetti.
- Pour over the vegetable bolognese and serve.

# THURSDAY

## Breakfast

Phe: 23mg



Healthy Breakfast Spread

### 4 Ingredients

- 2 cups of berries
- Glytactin BetterMilk Original 15 (or your favourite protein substitute)/ 120ml water
- 1 slice of lemon
- 1 green tea bag
- 1 pint of water

### 15 Minute Method

- Add Glytactin BetterMilk Original 15 to 120ml of water in the Cambrooke shaker and shake until combined.
- Chop up the berries and slice the lemon for the water.
- Boil a cup of hot water to make the green tea.
- Enjoy this healthy breakfast spread over 1-2 hours in the morning.

## Lunch

Exchange free



Olive Tapenade

### 5 Ingredients

- 1 tbsp. Greek White Block Violife Cheese (Tesco)
- 2 tomatoes
- 1 medium sweet potato
- 1 cup olives (black or green or a mixture of both)
- 2-3 sprigs basil

### 15 Minute Method

- Slice the sweet potato into 1cm rounds and place in the microwave for 4-5 minutes or until cooked through.
- Hand blend or crush the olives with a fork until they resemble a thick paste and then slice the tomatoes, cheese and basil and set to one side.
- Place the sweet potato on a serving dish and then spread on the olive paste, followed by the tomato, cheese and basil.

## Dinner

Exchange free



Cauliflower Rice Stuffed Peppers

### 5 Ingredients

- 1 red pepper
- 1/2 onion
- 1 cup mushrooms
- 2 slices Violife cheese (Asda)
- 1/2 pack cauliflower rice (Asda). You can also use your favourite cooked low protein rice.

For this recipe, you will just need olive oil (or your favourite oil), salt & pepper to taste.

### 15 Minute Method

- Turn on the grill to a high setting.
- Slice and gut the red pepper, cover and microwave for 3 minutes.
- Slice onions and fry in 1 tbsp. oil with the button mushrooms for 2-3 minutes.
- Add the cauliflower rice and stir for a further minute.
- Remove the red peppers from the microwave and stuff with the cauliflower rice mixture.
- Slice the Violife cheese and place on top of the stuffed peppers, before grilling for 2-3 minutes or until the cheese has melted.



# FRIDAY

## Breakfast

Exchange Free



Banana Pancakes

### 4 Ingredients

- 1 small banana
- 2 tbsp. potato flour
- 1/2 cup rice milk
- 1 tbsp. melted butter
- 1 tbsp. maple syrup

Please note: Rice Milk is not suitable for children under 5 years.  
For children 5 years and over use a maximum of 400ml per day.  
Rice milk is NOT suitable in pregnancy.

### 15 Minute Method

- Turn on the hob to a medium heat and add half of the butter.
- In a mixing bowl, mash up the banana. Add the flour and the remaining butter.
- Gradually add the rice milk until you have a thick pancake paste. Add more milk if you prefer thinner crepes.
- Take one heaped tablespoon of mixture and add to the pan to make one pancake. Repeat until you have used up all of the mixture.
- Flip over the pancakes after 1-2 minutes, and keep flipping them until golden brown.
- Serve with the maple syrup.

## Lunch

Exchange Free



Cheesy Butternut Squash Bake

### 5 Ingredients

- 1.5 cups butternut squash, cubed
- 1.5 cups mushrooms, sliced
- 1/2 tin of chopped tomatoes
- 1.5 tbsp. Violife Cheese Block (available in Tesco), grated
- 2 cloves garlic, sliced

For this recipe, you will just need olive oil (or your favourite oil), salt & pepper to taste.

### 15 Minute Method

- Turn the grill on to a high heat.
- Chop the butternut squash into cubes, add 1 tsp. olive oil and season with salt and pepper. Cover and microwave for 5 minutes or until soft.
- In 1 tsp. olive oil, fry the garlic, mushrooms and tinned tomatoes for 5 minutes.
- Pour the tomato/mushroom mix into a small oven or pie dish. Top with the mashed butternut squash, and then sprinkle on the grated cheese.
- Place under the grill for a further 2-3 minutes and serve.

## Dinner

Exchange Free



Nachos 'PKU Style'

### 5 Ingredients

- 1 cup Violife Original Flavour Block (Grated)
- 2 tbsp. salsa
- 1 avocado
- Juice of 1/2 lime
- 1/2 bag of Cofresh Chilli Cassava Chips

For this recipe, you will just need olive oil (or your favourite oil), salt & pepper to taste.

### 15 Minute Method

- Turn on the grill to a high heat.
- Deseed and mash the avocado. Stir in the lime juice and season with salt and pepper.
- In a serving dish, add the chips. Top with the salsa, avocado, and grated cheese.
- Grill for 5 minutes and serve!



# Join LOW PROTEIN IN 15 Today!



GROUPS/LOWPROTEININ15  
@CAMBROOKEUK



#LOWPROTEININ15  
@CAMBROOKEUK

