

CAMBROOKE™

Feel balanced. Feel better.™

5 LOW PROTEIN LUNCH IDEAS!

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Eat Well, Live Well.

Aj
AJINOMOTO



Monday

CREAM CHEESE MUSHROOM PASTA SALAD

Ingredients:

- 100g low protein fusilli
- 50g mushrooms, chopped
- 30g Violife Creamy Spread
- 1/2 clove garlic, crushed
- 1 tsp olive oil
- salt & pepper

Method:

- Boil pasta for 10-12 minutes or until cooked to your liking.
- In a large frying pan, heat the olive oil and fry the mushrooms and garlic for 10 minutes. Stir continuously.
- Drain the pasta and add to the mushrooms. Stir in the Violife spread and season.

Calories:
127 kcals*

Exchanges:
0*

*Please add calories of your low protein pasta.

*Please add exchanges of your low protein pasta.



CRUDITES

Ingredients:

- 1/2 apple
- 40g cucumber
- 40g carrot

Method:

- Slice apple, cucumber and carrot into small sticks.

Calories:
58 kcals

Exchanges:
0

FRUIT SALAD

Ingredients

- 125g Koko Dairy Free Alternative Coconut Yoghurt (1 exchange)
- 1 tsp honey
- 2 strawberries

Exchanges:
1

Calories:
139 kcals

EXTRA SNACK IDEA

Itsu Yoghurt & Berry Sprinkled Rice Cakes

1 x rice cake
= 1 exchange



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TOMATO SALSA

50G

Calories:
30 kcals*

Exchanges:
0*

*Based on Tesco Mild Tomato Salsa.

TORTILLA CRISPS

25G

Calories:
126 kcals*

Exchanges:
1.5*

*Based on Tesco Cool Flavor
Tortilla Chips.

Tuesday



VIOLIFE ORIGINAL, GRATED

50G

Calories:
152 kcals

Exchanges:
0

GUACAMOLE

Ingredients

- 1/2 avocado, mashed
- Juice of 1/2 lime
- 1/2 tomato, finely chopped
- salt & pepper

Method:

- Mash avocado in bowl with a fork.
- Add lime juice and mash into the avocado until combined.
- Stir in chopped tomatoes and season with salt and pepper.

Exchanges:
0

Calories:
329 kcals



EXTRA SNACK IDEA



Go Ahead Yogurt Breaks
Red Berry, Raspberry,
Apple, Strawberry

1 x bar
= 1 exchange

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SUMMER ROLLS

Ingredients:

- 2 rice wrappers, Blue Dragon (1/2 exchange)
- 1/2 carrot, sliced into sticks
- 1/4 cucumber, sliced into sticks
- 1/2 pepper, sliced

Method:

- 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 and then add the vegetable sticks and wrap them up by pulling all four corners in.
- Serve with sweet chilli sauce (optional).

Calories:
99 kcals

Exchanges:
0.5



EXTRA SNACK IDEA



Sensations Poppadoms
Lime & Coriander Chutney

1 x 13g bag
= 1 exchange

Wednesday



VEGGIE RICE

Ingredients:

- 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 tbsp butter
- 1 tsp Tesco soy sauce

Method:

- Boil rice for 15 minutes or until cooked to your liking.
- Saute the onion, garlic and carrot in the butter for 10-15 minutes until soft. Add the rice and stir through.
- Stir in soy sauce.

Calories:
178 kcals*

Exchanges:
2*

*Based on Basmati Rice.

PRAWN CRACKERS

70g

Calories:
377 kcals

Exchanges:
0.5

*Based on Blue Dragon Prawn Crackers.

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AVOCADO RICE SALAD

Ingredients:

- 1/2 avocado, mashed
- 28g basmati rice (2 exchanges) or low protein rice
- 60g broccoli, finely chopped (1 exchange)
- 1/2 tomato
- 50g sweet potato
- Juice of 1/2 lime
- salt and pepper
- 1 tsp olive oil

Method:

- Boil rice for pack specified time. Drain all excess liquid.
- Toss the broccoli in oil and salt and pepper and bake in a preheated oven for 10 minutes on 200°C.
- When the broccoli and rice has cooled, mix all ingredients together and season.

Calories:
381 kcals*

Exchanges:
2*

*Based on Basmati Rice.



EXTRA SNACK IDEA

Crazy Jack Organic
Toasted Coconut Chips

1 x 17g bag
= 1 exchange

Thursday



APPLE

Calories:
58 kcals

Exchanges:
0

MIXED DRIED FRUITS

Ingredients

- 30g dried apple (Tesco)
- 28g yoghurt coated cranberries (Craisins) (1/2 exchange)

Exchanges:
0.5

Calories:
159 kcals

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OLIVE & SUNDRIED TOMATO CRACKERS

Ingredients:

- 4 Tesco sea salt crackers (2 exchange)
- 50g black olives, blended
- 4 sundried tomatoes

Method:

- Spread the blended olives on to cracker.
- Top with sundried tomatoes.
- Add your own favourite toppings.

Calories:
193 kcals

Exchanges:
2



EXTRA SNACK IDEA



Proper Corn
Sweet & Salty

1 x 30g bag
= 1.5 exchanges

Friday



MIXED BERRIES

Ingredients:

- 30g blueberries
- 30g blackberries
- 30g raspberries

Calories:
41 kcals

Exchanges:
0

VIOLIFE ORIGINAL BLOCK

50g

Exchanges:
0

Calories:
135 kcals

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FRUIT/VEG



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

PANTRY ESSENTIALS



- Basmati Rice
- Crackers
- Dried Apples (or Other Fruits)
- Honey
- Mild Tomato Salsa
- Olive Oil
- Pepper
- Prawn Crackers, Blue Dragon
- Rice Wrappers, Blue Dragon
- Salt
- Soy Sauce
- Tortilla Crisps
- Yoghurt Coated Cranberries

FRIDGE



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

Shopping List

LOW PROTEIN FOODS



- Low protein fusilli
- Low protein rice

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

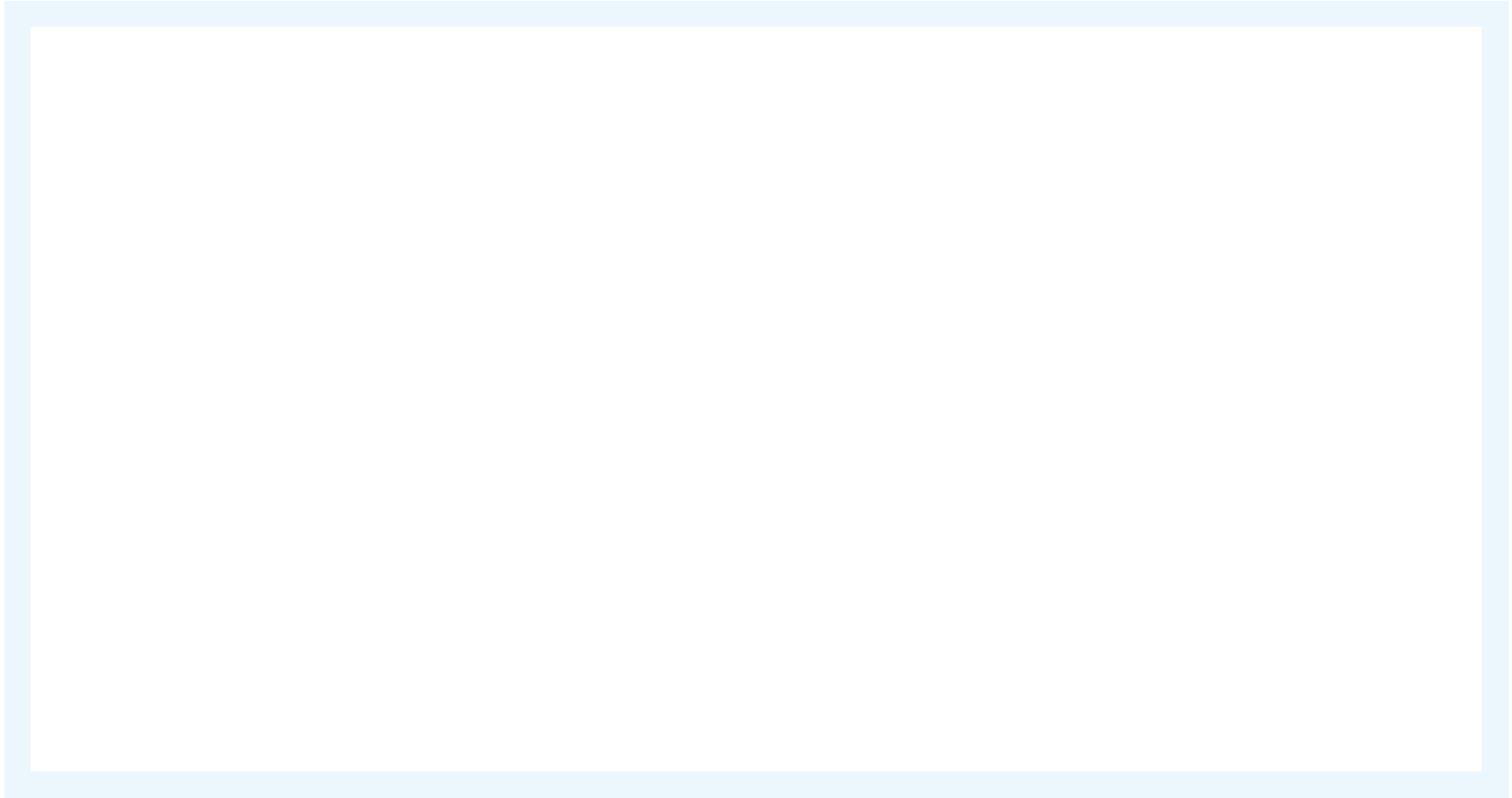
1 exchange
1 exchange
1 exchange
1 exchange
1.5 exchanges
1.5 exchanges
2 exchanges

FRUIT/VEG

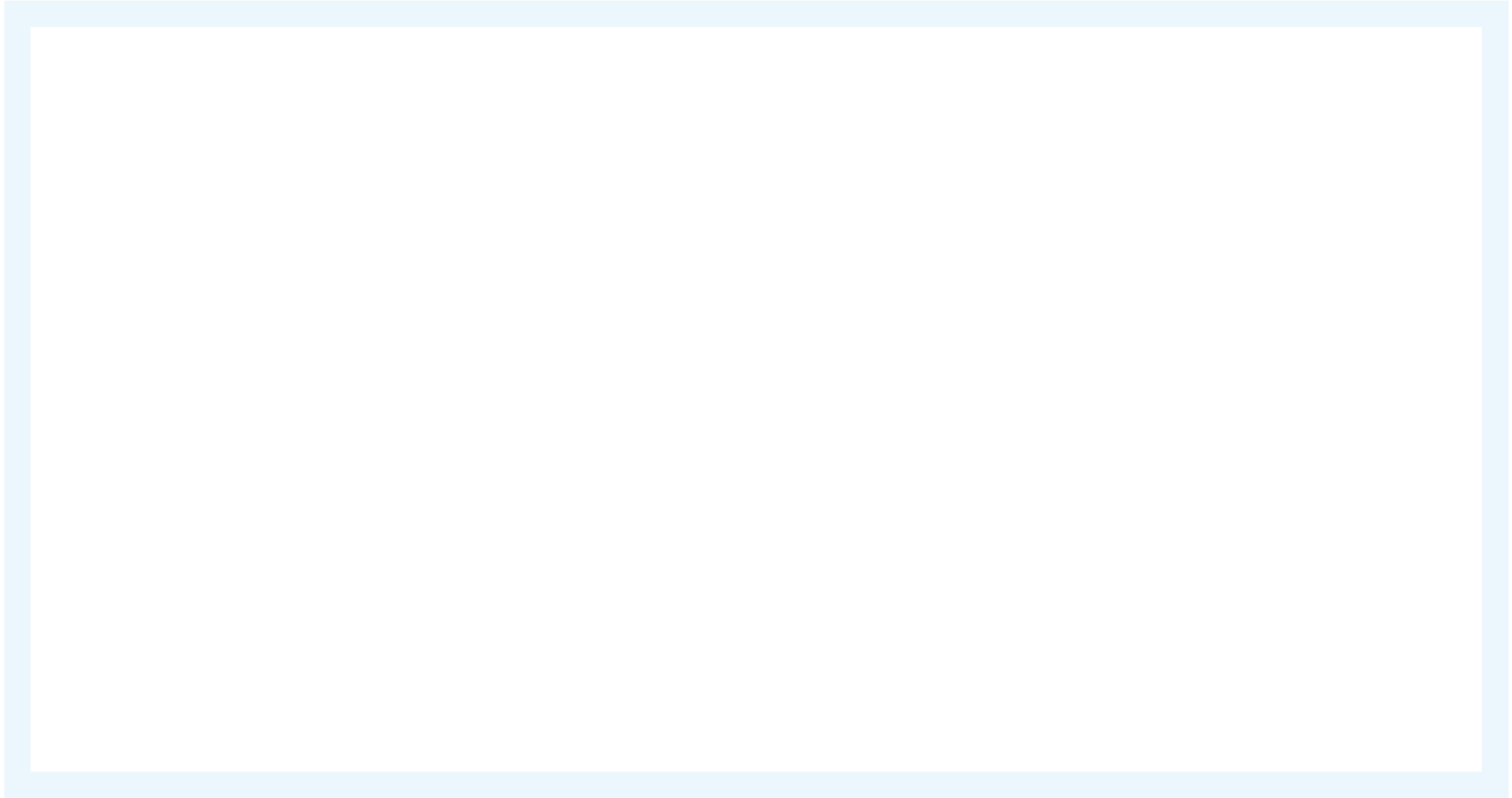
- 60g figs
- 40g passionfruit
- 60g cauliflower
- 60g sugar snap peas
- 80g potato
- 60g broccoli
- 25g peas
- 35g sweetcorn kernels
- 30g frozen mixed vegetables

1 exchange
1 exchange
1 exchange
1 exchange
1 exchange
1 exchange
1 exchange
1 exchange
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



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