

Feel balanced. Feel better.™



LIVELOVELEARN
LOW PROTEIN
created by Lynn

THRIVE in 5

- ✓ 5 day healthy low protein meal plan
- ✓ 5 day exercise programme
- ✓ 5 day wellness planner

Includes
Customisable
Wellness
Planner



Eat Well, Live Well.

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AJINOMOTO

CAMBROOKE™



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Cambrooke's Glytactin RTD LITE has 40% less calories than our Glytactin RTD, saving 80 kcals per serving.

120 Calories · 15mg Phe · Ready-To-Drink



GLYTACTIN
RTD LITE™



- ✓ **Calories** - 120 kcals per serving
- ✓ **Phe** - 15mg phe per 15g PE serving
- ✓ **2 delicious flavours** - Coffee Mocha and Vanilla
- ✓ **No added sugars**
- ✓ **Contains DHA**
- ✓ **No artificial colours or flavours**
- ✓ **Convenient RTD option** - Drink on-the-go!

PIP CODES:

Coffee Mocha

415-2955

Vanilla

415-2963







LIVE LOVE LEARN

LOW PROTEIN

created by Lynn

Hi everyone!

I'm Lynn Paoella, Cambrooke's Founder, PKU Mom and your patient advocate at Cambrooke.

Originally inspired to treat my own two children, Cameron and Brooke who have Classical PKU, my passion for helping others in a similar plight keeps me at the forefront of health, innovation and development with a pressing emphasis on social responsibility.



I bring my **LIVE LOVE LEARN** way of life to you, to share my family's approach to **LIVING** everyday. Eating foods that are good for you, to **LOVE** life's abundance of acceptable foods (vs what you cannot consume) and to **LEARN** that eating foods that are good for you while staying physically active will help you maintain or improve how you feel.

And then... I ask that you pay that knowledge forward to others needing to feel the love and support of our community because we're in this together.

As a founder, that helped guide the heart and soul of the company since its inception in 2000. It is always a joy to connect my work and mission to the Cambrooke Team and enforce how their contributions fit into a much bigger picture, related to the company's mission and purpose so we can bring to you the very best products and services.

Welcome to the family, Lynn x

Meet Louise Lamaris!

Fitness Professional, Classic PKU



"My career in fitness has enabled me to better understand how healthy and beneficial the PKU diet is..."

Hi, my name is Louise,

I have PKU and my passion for health and fitness stems not only from my natural enjoyment for it, but also because of the noticeable benefits of keeping active.

These include:

- **Helping me manage the challenges of the PKU diet**
- **Improved confidence and self esteem**
- **Reduced anxiety.**

These benefits, combined with my passion for wanting to help others achieve their goals, have led me to a career change into health and fitness.

My career in fitness has enabled me to better understand how healthy and beneficial the PKU diet is. The protein substitutes provide the correct amount of nutrients for our body and lifestyle, to allow for optimal physical and mental performance. This is an advantage for PKU patients as the dose is carefully measured for our individual requirements. I believe that although at times it can be challenging, a good PKU diet and activity balance can help overall health, fitness and wellbeing, which in turn can help with managing PKU.

Staying active doesn't have to involve attending a gym or running long distances, you can achieve a very effective 15 - 20 minutes of exercise at home with or without equipment. Simple things such as choosing to walk instead of drive when possible or taking stairs instead of the lift, can make a huge difference.

I have worked with Cambrooke to develop some effective exercise routines that you can do at home, with or without equipment and with many adaptations to suit different environments and fitness levels.

I hope you find it useful and have fun!

*Best wishes,
Louise x*

Louise's Top Tips*...

Hydration



What is 'hydration'?

'Hydration' is the process of consuming enough water to enable the body to:

- Regulate body temperature
- Keep joints lubricated
- Prevent infections
- Deliver nutrients to cells
- Keep organs functioning properly.

Staying hydrated before, during and after exercise helps replenish fluid loss through sweat, avoids dehydration and helps with muscle recovery, reducing the risk of cramp.

How to stay hydrated

- Aim to drink over 500ml of water steadily at least 4 hours before exercise and a small amount to top up about 10 - 20 mins before activity.

Hydration tips

- Replenish fluid post exercise with water or flavoured water. Soda/tea doesn't count towards daily intake.
- For high intensity activities, a low protein energy drink helps replenish electrolytes lost through sweat.
- Take small sips during exercise, and do not over drink during sessions.

Protein Intake

Timing

Timing the intake of your protein supplement when exercising is key.

Aim to take your supplement after your exercise session.

This helps to:

- Repair damaged tissue
- Replace depleted fuel, including amino acids and glycofen.

You should then continue to spread out your supplements throughout the day to encourage continued muscle and tissue repair.

Louise's protein intake on exercise days

- I aim to take my 20g protein substitute within 30 minutes of exercise, along with water, a carbohydrate snack and a portion of exchanges.
- I then spread the rest of my protein substitute throughout the day.
- I also aim to take a dose at night time to encourage overnight stimulation of protein synthesis.



GMP + Exercise

What is GMP?

GMP is an intact (whole) protein and a by-product of the cheese making process. GMP is a complete and natural protein source.

Did you know?

Our Glytactin RTD is based on whey protein which digests quickly and is ideal for workouts and muscle growth, added Leucine also stimulates muscle synthesis.

Because GMP is an intact (whole) protein source, it aids muscle development and repair.

Louise's personal experience with GMP

I switched to GMP in December 2017. I personally liked it because it tasted great and was not acidic.

I learnt more about gradual nutrient absorption and protein usage from GMP compared to my previous supplements, which also appealed to me.



*IMPORTANT: If you are carrying out more intense exercises than those listed in this book, please consult your dietitian for their recommendations on hydration and protein consumption.



5 DAY

Healthy Meal Plan &
Exercise Programme

Goal Setting

Here is a space to write down all of your health goals! Maybe you want to reach a certain weight, or maybe you want to drink more water. Is a job holding you back? Do you want to nurture a relationship with a friend? Write down everything you want to achieve!

Current

Goal

Day 1:

Breakfast

Tropical Smoothie



Ingredients

- 120g fresh pineapple
- 40g passionfruit
- 1 banana, peeled and frozen
- 100ml fresh orange juice
- 70g ice

Method

- Blend all ingredients and serve.

Calories:

249 kcals

Exchanges:

1

Lunch

Mediterranean Veg Salad



Ingredients

- 70g Violife Cheese, Mediterranean
- ½ pepper, sliced
- ¼ courgette, sliced
- 1 tbsp. sliced red onion
- 35g rocket lettuce

For this recipe, you will also need 1 tbsp. oil and 1-2 tsp. honey.

Method

- In oil, fry the pepper, onion and courgette for 4-5 minutes.
- Add the sliced Violife Cheese to the pan and fry for 4-5 minutes. Turn over half way through.
- Add lettuce to bowl and top with the vegetables and Violife cheese.
- Drizzle over 1-2 tsp. honey.

Calories:

384 kcals

Exchanges:

1

Dinner

Veggie Wraps



Ingredients

- 2 x Old El Paso Corn Tortilla Wraps
- 2 tbsp Old El Paso Tomato Salsa
- 1/2 yellow pepper
- 1/2 red pepper
- 1/4 red onion
- 6 Mushrooms
- 4 Jalapeño slices

For this recipe, you will also need 1/2 tbsp. oil.

Method

- Finely slice all vegetables and fry in oil for 10 minutes.
- Drain any excess liquid.
- Place 1/2 vegetables in open wrap and top with half of the salsa and jalapeño slices. Roll up and repeat.

Calories:

554 kcals

Exchanges:

2

PLEASE NOTE: Calorie needs vary significantly by age, gender, body composition and physical activity level. Always check your calorie requirements with your health care professional.

Total exchanges: 4
Total calories: 1,187

Tip!

Depending on the level of activity, try to include at least 5 minutes warm up and 5 minutes post-exercise cool down.

Day 1: Full Body Workout



40 secs
per exercise



Fast pace



Repeat
3 times



20 secs active
rest in between
each exercise

1 Lunges



- Both feet facing forward.
- Step one foot forward, lower the backleg so the bottom of the leg is parallel with the floor.
- Keep your weight on the front heel not the toes.
- Back straight, chest high, engage core. Step back in, swap legs – alternate legs for 40 seconds.
- Higher intensity: Jumping lunges.

2 Press Ups



- Hands positioned wide on mat, lift on to balls of feet.
- Maintain a straight body.
- Bend at the elbows as far as possible, then back to the start position.
- Repeat push ups for 40 seconds (controlled movements).
- Lower intensity alternative: Knees down and progress to full press ups.

PLEASE NOTE: If you have any existing health conditions, are pregnant or have any existing injuries, you should consult your health care professional before beginning any exercise or fitness routines. The exercises performed are solely at your own risk.

3 Mountain Climbers



- Hands to the mat, positioned under shoulders. Keep the arms and body straight and engage core.
- Elbow to opposite knee, then opposite elbow to opposite knee alternating for 40 seconds.
- Higher intensity: Faster movement.

4 Squats



- Feet facing forward, flat on floor.
- Push hips back & push your weight down into your heels.
- Back straight, chest high.
- Increased intensity: Deeper squats, hold weight at chest level.

5 Plank



- Place forearms on the floor.
- Straighten body & engage core.
- Hold for 40 seconds.
- Lower intensity: Same arm position but with your knees on the floor.
- Higher intensity: Tall plank, hands under shoulders, arms straight.

Day 2:

Breakfast

Overnight Oats



Ingredients

- 27g oats
- 100ml rice milk
- 1/2 apple, grated
- 1 handful berries
- 1/4 banana, sliced

Method

- Mix the oats, milk and grated apple together in a bowl. Refrigerate overnight.
- Top with remaining fruit in the morning.

Calories:

261 kcals

Exchanges:

3

Lunch

Olive Tapenade



Ingredients

- 1 tbsp. Greek White Block Violife Cheese
- 2 tomatoes
- 1 medium sweet potato
- 1 cup olives
- 2-3 sprigs basil

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.

Calories:

499 kcals

Exchanges:

0

Dinner

Veggie Stirfry



Ingredients

- 60g broccoli
- 60g mangetout
- 60g beansprouts
- 30g carrot
- 1/2 red onion
- 30g white cabbage
- 1/2 sachet Amoy Sweet Thai Chilli Sauce

For this recipe, you will also need 1 tbsp. oil, salt and pepper.

Method

- Finely slice all vegetables.
- Heat oil in wok and add onion. Stir for 2 minutes. Add the remaining vegetables and stir fry for 10-12 minutes.
- Add chilli sauce and stir fry until all vegetables are tender.
- Serve with or without low protein rice.

Calories:

174 kcals

Exchanges:

3

PLEASE NOTE: Calorie needs vary significantly by age, gender, body composition and physical activity level. Always check your calorie requirements with your health care professional.

Total exchanges: 6
Total calories: 934

Day 2: Lower Body Strength & Conditioning



10-12 reps
per exercise
(1-4 only)



Moderate
pace



Repeat
3-4 times

1 Glute Hip Bridge



- Lie on floor with a neutral spine, core engaged. Bend both knees to 90°.
- Slowly lift and then lower the hips, driving your heels to the floor. Squeeze glutes.
- Resistance band: Position at top of thighs just above knees and press knees out against resistance.
- Higher intensity: Hold weight on hips.

2 Side Leg Raise



- Lie on side, top leg straight, back leg bent at knee, hips forward.
- Resistance band: Position band just above knees. Lift top leg up & down in a controlled motion.
- 10 – 12 Reps each leg.

3 Sumo Squats



- Feet wider than shoulders.
- Chest high, core engaged, push hips back, bend knees until thighs parallel to floor.
- Controlled movement up & down.
- Resistance band: Position the band just above your knees.
- Higher intensity: Deeper squats, hold a weight at chest level.

4 Donkey Kicks



- Start on all fours. Knees hip-width apart.
- Hands under your shoulders, keeping the back neutral.
- Engage core, lift one leg, knee staying bent, foot staying flat, hinging at hip.
- Work the glute to press flat foot directly towards the ceiling.
- Slow controlled movements.

5 Wall Sit



- Back straight against wall in seated position as low as possible, feet flat and facing forward.
- Progress to deeper seat position.
- Resistance band: Position just above knees, press knees against band.
- Higher intensity: Hold a weight out in front of you.
- Hold as long as possible up to approx. one minute.

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Day 3:

Breakfast

Fruit Salad



Ingredients

- 50g pineapple
- 1/2 apple
- 2-3 strawberries
- 40g passionfruit
- 1/2 cup blueberries

Method

- Chop pineapple, apple & strawberries. Scoop out passionfruit. Mix all together.

Calories:

152 kcals

Exchanges:

1

Lunch

Vietnamese Summer Rolls



Ingredients

- 2 Blue Dragon rice paper wrappers
- 1/2 cup carrot
- 1/2 cup red pepper
- 1 cup lettuce leaves
- 1 tbsp. sweet chilli dipping sauce
- 28g basmati rice, uncooked

Method

- Boil basmati rice according to instructions.
- Grate the carrot and slice the peppers and lettuce leaves.
- Fill a 30cm diameter bowl with 3-4cm warm water.
- 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. Serve with the chilli sauce and enjoy!

Calories:

274 kcals

Exchanges:

2

Dinner

Jackfruit Baked Potato



Ingredients

- 80g baked potato
- 200g jackfruit
- 100g Violife Original cheese, grated
- 250g Dolmio Original Bolognese Sauce

For this recipe, you will also need 1 tbsp. oil, salt and pepper.

Method

- Preheat oven to 170°C.
- On a high heat, fry the jackfruit in oil for 3-4 minutes.
- Stir to break up the chunks.
- Lay out jackfruit on a lined baking tray and bake for 10-15 minutes until tender. Then mix the tender jackfruit with the Dolmio sauce in a pan for 2-3 minutes.
- Microwave potato for 5 minutes or until cooked.
- Add the jackfruit mix on top of the cooked potato.
- Top with cheese.

Calories:

775 kcals

Exchanges:

1

PLEASE NOTE: Calorie needs vary significantly by age, gender, body composition and physical activity level. Always check your calorie requirements with your health care professional.

Total exchanges: 4
Total calories: 1,201

Day 3: Upper Body Strength and Conditioning



10-12 reps
per exercise



Moderate
pace



Repeat
3-4 times

1 Bent Over Row



- Stand with knees bent slightly and upper body at 45° bend.
- Weights: Hold a weight in each hand.
- Resistance bands: Place one end under feet, hold other end in hands.
- Pull band or weights in towards chest, keeping elbows tucked in. Pause, extend arms back out, slow controlled movement.

2 Bicep Curls



- Feet shoulder width, straight arms.
- Weights: Start with palms facing inwards then turn palms towards chest when lifting weights. Bend at elbows, slow controlled lift.
- Resistance band: Stand with band under feet, hold other end of band with palms facing up.
- Slowly lower arms straight again.

PLEASE NOTE: If you have any existing health conditions, are pregnant or have any existing injuries, you should consult your health care professional before beginning any exercise or fitness routines. The exercises performed are solely at your own risk.

3 Upright Row



- Feet shoulder-width apart.
- Hold weights or top of band in front with palms facing thighs, arms straight.
- Pull weights up to chest level, until the upper arm is parallel to the floor.
- Slowly lower back down.
- 10 – 12 Reps.

4 Tricep Dips



- Hands shoulder width apart on the floor or a raised box/step.
- Fingers facing forward, straight arms.
- Legs forward, bent at 90° angle.
- Controlled movement bending at elbows until arms are at a 90° angle.
- Controlled movement back up.

5 Press Up



- Hands wide, engage core, straight body, or knees down & progress to full press ups.
- Slowly bend elbows as far as possible, then back up.
- If using a resistance band, position between hands & elbows.

Day 4:

Breakfast

Rice Cakes



Ingredients

- 2 Kollo Lightly Salted Rice Cakes
- 6 cherry tomatoes, sliced
- 1 avocado, mashed
- Juice of 1/2 lime
- Salt and pepper

Method

- Mash avocado with salt, pepper and lime juice and spread over both rice cakes.
- Top with cherry tomatoes.

Calories:

405 kcals

Exchanges:

1

Lunch

Pear, Fig and Feta Salad



Ingredients

- 60g fig, quartered
- 1 cup lettuce leaves
- ½ pear, sliced
- 50g Violife Greek White Block
- ½ tbsp. honey mustard dressing

You will also need 1-2 tsp. sugar

Method

- Mix the pears with 1-2 tsp sugar, and microwave for 1-2 minutes.
- Mix all ingredients together and serve!

Calories:

294 kcals

Exchanges:

1

Dinner

Aloo Gobi



Ingredients

- 120ml vegetable stock
- 1 small sweet potato (cubed)
- 120g cauliflower (cut into small florets)
- 1 tsp. garlic/ginger paste
- 1 tsp. garam masala

For this recipe you can also optionally add fresh coriander, soured cream (Old El Paso) and fresh chilli pepper.

Method

- Mix all ingredients together well. Season with salt and pepper, cover and microwave for 7 minutes or until the vegetables are tender. Stir half way through microwaving.
- Transfer vegetables to a frying pan, and fry for 5 minutes on a high heat. When most of the liquid has evaporated and the vegetables are cooked through, transfer to a serving dish.
- Garnish with soured cream, chilli and coriander (optional).

Calories:

241 kcals

Exchanges:

2

PLEASE NOTE: Calorie needs vary significantly by age, gender, body composition and physical activity level. Always check your calorie requirements with your health care professional.

Total exchanges: 4
Total calories: 940

Day 4: 15 Minute HIIT Cardio



40 secs
per exercise



Fast pace



Repeat
3 times



20 secs active
rest in between
each exercise

1 Skipping / Jumping Jacks



- Maintain straight back and engage core for good posture.
- Soft knees.
- Use legs and arms to jump high.
- Heels to ground for jacks.

2 Burpees



- From standing, push hips back, bend knees, & place hands in front on floor.
- Shift weight onto hands.
- Jump feet back into plank position.
- Jump feet back in and stand up to repeat.

PLEASE NOTE: If you have any existing health conditions, are pregnant or have any existing injuries, you should consult your health care professional before beginning any exercise or fitness routines. The exercises performed are solely at your own risk.

3 Skaters



- Start on one leg.
- Hop from one leg to the other in speed skating motion.
- Swing arms side to side touching opposite arm to opposite standing leg.

4 High Knees / Sprint



- Running / sprinting motion with knees as high as possible.
- Ensure soft knees, chest high, straight back and engage core.
- Progress by increasing speed.

5 Plank Jack



- Extended straight arms, plank position.
- Hands under your shoulders.
- Start with feet together, engage core.
- Jump both feet out wide in a horizontal jack motion, then back in, and repeat.

Day 5:

Breakfast

Halloumi Mushroom Brunch



Ingredients

- 100g Violife Mediterranean Cheese, sliced
- ½ avocado, sliced
- 1 slice low protein bread
- 1 tbsp. salsa (we used Old El Paso)
- 1 portobello mushroom, sliced

Method

- In a large frying pan, add 1/2 tbsp. oil.
- Fry the mushroom and cheese on a high heat for 10 mins, turning constantly.
- Toast bread and then spread the salsa on to the toasted bread.
- Layer on the avocado, mushroom and cheese.

Calories:

681 kcals*

Exchanges:

0

*Based on Mevalia Pane Casereccio

Lunch

Spanish Paella



Ingredients

- 1 lime
- 1 vegetable stock cube
- 2 cloves garlic (sliced)
- 1 handful coriander
- 1/2 onion (diced)
- 1/2 yellow pepper (diced)
- 1/2 red pepper (diced)
- 1 tbsp turmeric
- 1 tsp olive oil
- 56g paella rice

Method

- Add 400ml boiling water to stock cube and mix. Heat oil in pan and add onions and garlic, cook for 5 mins.
- Add peppers and turmeric and cook for a further 4-5 minutes.
- Season with salt and pepper. Add the rice and stock.
- Mix and simmer for 10-12 minutes.
- Squeeze in the juice of half a lime.
- Garnish with coriander and a wedge of lime.

Calories:

463 kcals

Exchanges:

4

Dinner

Courgette Pizza



Ingredients

- ½ courgette
- 1 tbsp. tomato puree
- ½ cup Violife Original block, grated
- 3 mushrooms
- 35g rocket

Method

- Turn on the oven and grill to a high heat.
- Slice the courgette down the middle, and then scrape out about half of the courgette's centre with a spoon.
- Place on a baking tray and spread on the tomato puree.
- Then add the grated cheese and mushrooms (or your favourite low protein toppings!).
- Place under the grill for 7-10 minutes or until cooked to your liking. Serve with the rocket.

Calories:

196 kcals

Exchanges:

1

Total exchanges: 5

Total calories: 1,340

PLEASE NOTE: Calorie needs vary significantly by age, gender, body composition and physical activity level. Always check your calorie requirements with your health care professional.

Day 5: Core Workout



Exercise 1:
20 secs each side
Exercise 2-5:
10-12 reps

Moderate
pace

Repeat
3-4 times

1 Side Plank



- Lie on side, bottom of arm flat on floor, bent at elbow. Straight legs, engage core.
- Lift up using elbow as support, bring hips forward for straight body.
- Higher intensity: Tall plank, straighten arm under shoulder instead of bottom of arm flat on the floor.
- Lift up onto 1 hand, bring hips forward for straight body.

2 Sit Ups



- Lie on your back, feet on the floor, hip-width apart.
- Bend at knees and arms across chest.
- Contract abs and inhale.
- Lift up to touch elbows on knees.
- Exhale and slowly fall back down to start position again.

3 Bicycle Crunches



- Press lower back to floor, hands behind head.
- Raise shoulders off the floor.
- Simultaneously rotate shoulders whilst bringing opposite knee towards chest.
- Higher intensity: Add resistance band to your feet.

4 Scissor Kicks



- Lie on back, hands by sides.
- Lift legs.
- Engage core.
- Alternate crossing one foot over the other foot.

5 Russian Twists



- Knees bent, lean back until upper body is at 45° angle.
- Maintain angle throughout exercise.
- Move upper body from one side to the other, slow controlled movement.

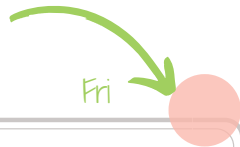
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Wellness Planner

Wellness Planner - Week 1

Tick me if you have completed your daily exercise!



Mon

Tues

Wed

Thurs

Fri

Breakfast

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Protein Substitute

Lunch

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Protein Substitute

Dinner

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Protein Substitute

Daily Calories:
Daily Exchanges:

Daily Calories:
Daily Exchanges:

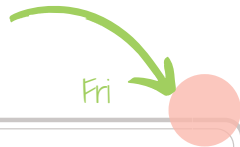
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Daily Exchanges:

Daily Calories:
Daily Exchanges:

Daily Calories:
Daily Exchanges:

Wellness Planner - Week 2

Tick me if you have completed your daily exercise!



Mon

Tues

Wed

Thurs

Fri

Breakfast

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Protein Substitute

Lunch

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Protein Substitute

Dinner

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Protein Substitute

Daily Calories:
Daily Exchanges:

Daily Calories:
Daily Exchanges:

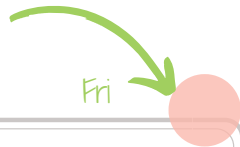
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Daily Exchanges:

Daily Calories:
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Daily Calories:
Daily Exchanges:

Wellness Planner - Week 3

Tick me if you have completed your daily exercise!



Mon

Tues

Wed

Thurs

Fri

Breakfast

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Protein Substitute

Lunch

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Protein Substitute

Dinner

Kcal/exchanges

Kcal/exchanges

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Kcal/exchanges

Protein Substitute

Daily Calories:
Daily Exchanges:

Daily Calories:
Daily Exchanges:

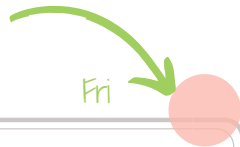
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Daily Exchanges:

Daily Calories:
Daily Exchanges:

Daily Calories:
Daily Exchanges:

Wellness Planner - Week 4

Tick me if you have completed your daily exercise!



Mon

Tues

Wed

Thurs

Fri

Breakfast

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Protein Substitute

Lunch

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Protein Substitute

Dinner

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Protein Substitute

Daily Calories:
Daily Exchanges:

Daily Calories:
Daily Exchanges:

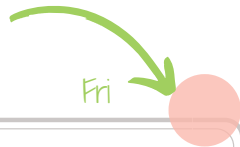
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Daily Exchanges:

Daily Calories:
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Daily Exchanges:

Wellness Planner - Week 5

Tick me if you have completed your daily exercise!



Mon

Tues

Wed

Thurs

Fri

Breakfast

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Protein Substitute

Lunch

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Protein Substitute

Dinner

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Kcal/exchanges

Protein Substitute

Daily Calories:
Daily Exchanges:

Daily Calories:
Daily Exchanges:

Daily Calories:
Daily Exchanges:

Daily Calories:
Daily Exchanges:

Daily Calories:
Daily Exchanges:

Glytactin BUILD is Cambrooke's Lowest Calorie Protein Substitute for Phenylketonuria (PKU)

10 GLYTACTIN BUILD 10™

20 GLYTACTIN BUILD 20/20™

New & Improved!

- ✓ **Phe** - Glycomacropeptide (GMP) based protein containing 1mg Phe per 1g PE
- ✓ **Calories** - 50kcal and 100kcal per packet (10g and 20g)
- ✓ **Carbohydrates** - 2g and 5g per serving (10g and 20g)
- ✓ **Total sugars** - 0g per serving, no artificial sweeteners
- ✓ **No artificial colours or flavours**



1mg Phe
per 1g PE

PIP CODES:

Build 10
407-0660
Build 20
414-0828

Get Cooking with BUILD

Glytactin BUILD is flavourless and versatile and can be mixed into your favourite low protein breakfasts, lunches and dinners.

Request our Glytactin Build Recipe Book!



**Email ukinfo@cambrooke.com
to request your BUILD Sample Kit.**

Or call us on 0161 962 7377 | 07950 716 133

FLAVOUR UP your Glytactin!

All of our Glytactin GMP products can be perfectly combined with different flavours for even more variety in taste.

Request up to two Flavour Drops with your vanilla and unflavoured Glytactin samples



Flavours available:

*Raspberry · Strawberry · Blueberry · Lemon · Apple
Peach · Chocolate Peanut Butter · White Chocolate
Mocha · Mango · Cherry · Hazelnut · Vanilla · Coconut*

Feel balanced. Feel better.™



LIVE LOVE LEARN
LOW PROTEIN
created by Lynn



Eat Well, Live Well.



CAMBROOKE™

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