



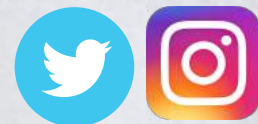
LOW PROTEIN IN 15
5 INGREDIENTS | 15 MINUTES

HEALTHY 5 DAY MEAL PLAN

+ Shopping List



GROUPS/LOWPROTEININ15
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#LOWPROTEININ15
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MONDAY

Breakfast



Iced Latte

Lunch



Strawberry & Balsamic Salad

Dinner



Guacamole & Sweet Potato Fries

TUESDAY

Breakfast



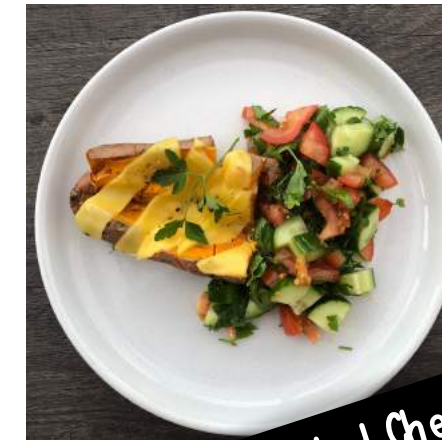
Creamy Date & Banana Smoothie

Lunch



Vietnamese Spring Rolls

Dinner



Grilled Cheese Sweet Potato & Salad

WEDNESDAY

Breakfast



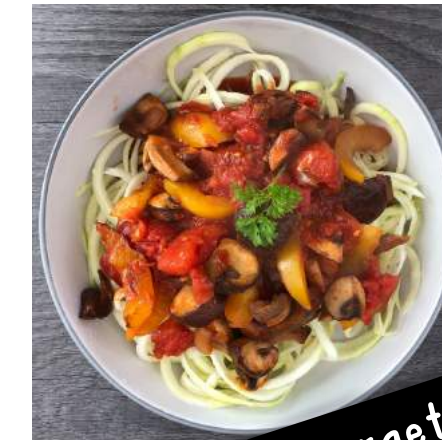
Caramelised Fruit

Lunch



Mushroom, Garlic & Parsley Soup

Dinner



Courgetti Spaghetti

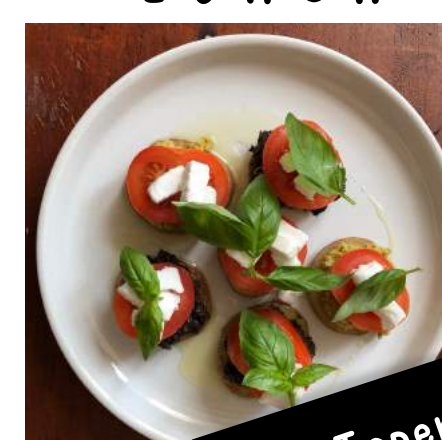
THURSDAY

Breakfast



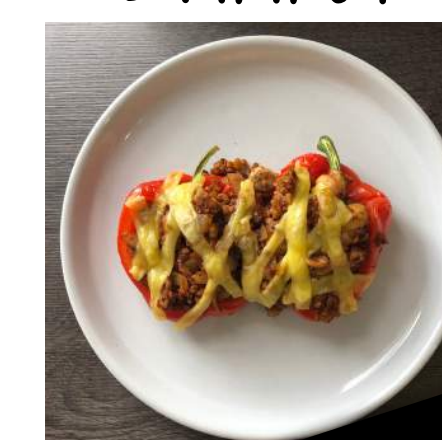
Healthy Breakfast Spread

Lunch



Olive Tapenade

Dinner



Cauliflower Rice Stuffed Peppers

FRIDAY

Breakfast



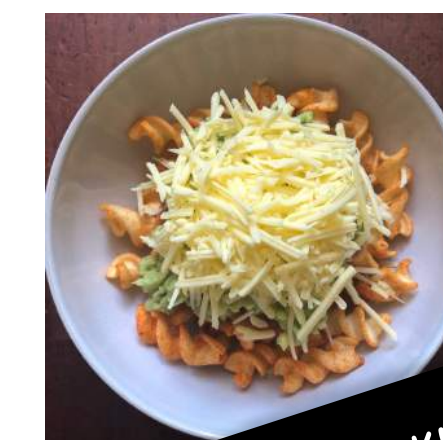
Banana Pancakes

Lunch



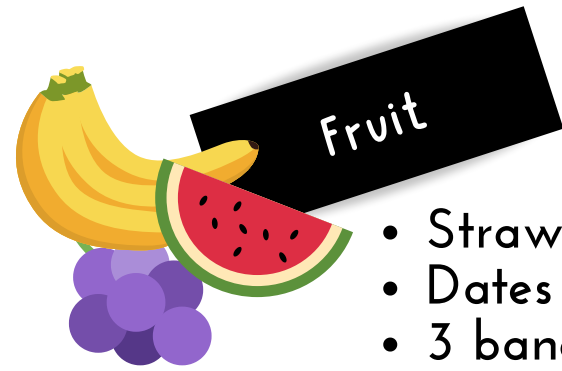
Cheesy Butternut Squash Bake

Dinner



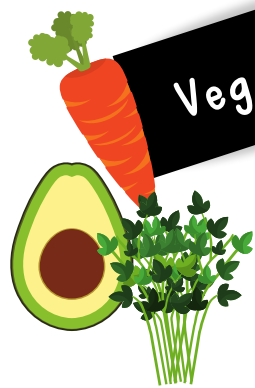
Nachos 'PKU Style'

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



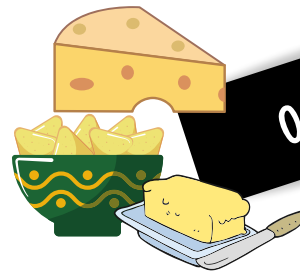
You will also need:

- 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)
- 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

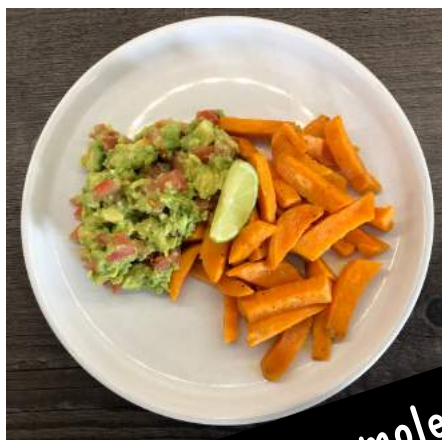
For this recipe, you will just need olive oil (or your favourite oil), salt & pepper to taste.

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

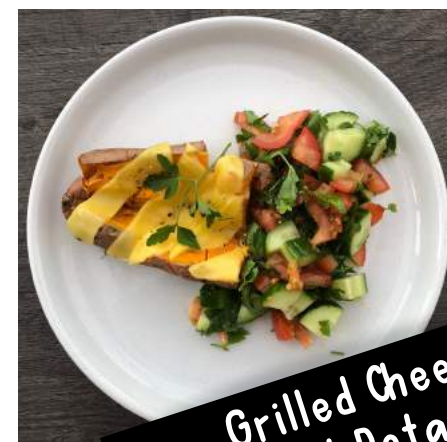
- 2 blue dragon rice paper wrappers (Waitrose)
- 1/2 cup grated carrot
- 1/2 cup thinly sliced red pepper
- 1 cup lettuce leaves
- 1 tbsp. sweet chilli dipping sauce

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.

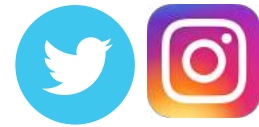
15 Minute Method

- 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!

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