



Low Protein Meal Planning Ideas

without using specialised PKU low protein products

Protein calculated using HGSA recommended protein counting list or nutritional panels on packaged food. * indicates recipe supplied

	0 gram (free)	0.5 to 1 gram	1.5 to 2 grams	2.5 to 3 grams
Breakfast	Fruit salad or fresh cut fruit (excluding banana and avocado)	Small almond milk flat white (1g) 2 slices of Golden Hearth Gluten Free white bread (1g) 75g avocado (1g) sliced tomato	2 slice gluten free toast, 50g avocado (2g) Banana smoothie (2g)** 60 g pan fried mushroom (1g), 1 slice of Golden hearth Gluten free toast (.5 g), 1 grilled tomato (0g)	100g Nudie Vanilla Coconut Milk Yoghurt (1.5g) with small banana (1g) and blueberries 30g rice bubbles with 150ml Vitasoy coconut milk (3g)
Snacks	Watermelon, grapes, apple, orange Carrot, cucumber and capsicum sticks Icy poles 2 Eskal Gluten free Vanilla tea biscuits (0g) 30g Eskal Gluten free pretzels 0g	2 Arnotts Tic Toc Biscuits (1g) 20g Black Swan Guacamole (.5g) 3 rice crackers (1g) 2 Arnotts ginger Nut Biscuits (1g) Mini Pack Oreos (1g) 1 Coles Lamington Finger (1g) 1 Nana's waffle with 30g Peter's original ice cream and protein free chocolate topping.(1.5g)	Sunbites Air popped popcorn snack pack (1.5g) Snack pack of Arnott's Thins (1.5g) McDonalds Apple Pie (2g)	
Lunch		2 corn Cruskits (1g)	4 Corn Cruskits with butter and tomato and biocheese(1.5g) 1 Tub of Woolworths Sweet Potato and Pumpkin Soup (2 g)	Shop bought Cucumber/avocado sushi hand roll (3g) BFree Wrap with salad , avocado and biocheese. (3.5g)**
Dinner		Small McDonalds Fries (1g)	Japanese rice 2g**	Rice noodle stir fry (2.5g)** Jacket potato and side salad (3g)** 2 sweet potato patties and vermicelli noodle salad (3g) check noodle packet for content. ** Roast vege salad (3g)** Creamy Winter Pie and green beans (3g)** Tacos (3g)**

Recipes

Banana Smoothie

90 grams of banana
200ml of coconut or almond milk
1 teaspoon of cinnamon
honey is desired

BFree Salad Wrap

1 BFree Wrap (available from Woolworths) (2g)
½ avocado (1g)
20 grams spinach leaves (.5g)
tomato and cucumber slices (0g)
grated carrot (0g)
tablespoon of grated Biocheese (Coles or Woolies) (0g)

Taco's

2 Old el Paso Taco shells (1.5g)
1 tabs of corn (1g)
lettuce, tomato, cucumber and capsicum diced
4 mushrooms sauted in a teaspoon of taco seasoning
.5 grams Grated Biocheese
Guacamole made with avocado, diced shallots and lemon juice

Roast Vege Salad

50 grams potato (1g)
50 grams sweet potato (1g)
60 grams of cauliflower (1g)
1 carrot (0g)
1 parsnip (0g)
1 small fennel bulb (0g)
20 grams of baby spinach leaves
Balsamic vinegar and extra virgin olive oil to dress

Cut all veges except spinach into even sized chunks
Partially cook potato and sweet potato in microwave for 4 mins.
Toss all veges in olive oil, salt, pepper and crushed fennel seeds (or other herbs/spices to preference).

Bake in moderate oven until cooked through and crispy on the edges.

Toss with spinach leaves, oil and balsamic vinegar.

Rice Noodle Stir Fry (2 serves)

220g Kan tong Rice Noodles (2g)
Onion, capsicum, green beans, zucchini, carrot 4 mushrooms, cabbage

Sauce – 2 teaspoons of soy, juice of half a lime, tablespoon of sweet chilli sauce, few drops of sesame oil

Stir fry veges in rice bran oil until slightly soft, add noodles and sauce and stir fry for 2 mins until noodles are soft.

Reserve half for next day lunch.

Recipes

Sweet Potato Patties

150grams sweet potato (3g)
finely diced shallots, capsicum, green beans
½ teasp cumin
1 teas Orgran egg replacer
Juice of half a lemon
Salt to taste
15g lifestyle gluten free breadcrumbs (.5g)

Steam sweet potato in microwave and mash
Add all other ingredients except breadcrumbs and mix together
Form into patties and roll in bread crumbs
Shallow fry in olive oil

Jacket Potato

1 medium/large potato (approx. 150g)
pierce skin with fork several and cook in microwave until centre is soft
(approx 4 mins)
Diced onion, mushroom, capsicum, celery and tomato
Sauté veges until soft.

Cut a cross in the top of the potato but not all the way through
press potato open and add a small dollop of butter
Put sautéed veges in the middle and top with grated biocheese.

Serve with a green of lettuce, cucumber and snow peas.

Creamy Winter Pie

Ingredients for one serve (3g protein)

20g pampas puff pastry (2g protein) (reduce protein by using GF puff pastry if needed)
1 teas olive oil
¼ onion in chunks
1 stick celery in chunks
1 carrot in chunks
½ small zucchini in chunks
50g potato in smaller chunks (.1g protein)
3 mushrooms in chunks
2/3 cup of water with ¾ teas of aldi brand chicken flavour stock
1 heaped teas of cornflour mixed with water
1 tabs of coconut milk

1. Sauté onion, celery and carrot in a small saucepan until caramelised.
2. Add rest of ingredients except cornflour and coconut milk and simmer until potato is nearly cooked.
3. Make a paste with the corn flour and a little water and add slowly to thicken the mixture. When it is thick and creamy turn heat off.
Put mixture into ramekin and cover ramekin with pastry.
4. Bake in oven until pastry is cooked and puffy.
5. Serve with steam green beans

Recipes

Vermicelli noodle salad

Single serve of vermicelli noodles – soak in boiling water for 5 minutes

Sliced capsicum

cucumber ribbons made using a vegetable peeler,

carrot ribbons made using a vegetable peeler,

3 snow peas finely sliced,

small handful of mint and coriander.

Dressing made from tablespoon of white vinegar, teaspoon of soy sauce,

teaspoon of olive oil, teaspoon of white sugar and a few drops of sesame oil.

Drain noodles and cool, add veges and dressing and stir.

Japanese Rice

½ cup of steamed white rice (2g)

3 mushrooms sliced a pan fried with Szechuan spices

1 carrot grated

red cabbage finely sliced

chopped coriander

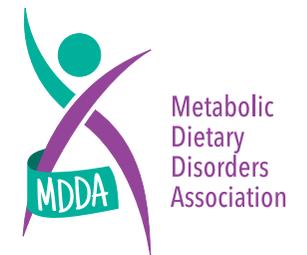
finely diced red capsicum

finely sliced green beans

1 cup of hot vegetable stock

serve vegetables on a flat plate with bowl of rice and stock on the side.

Make your own Japanese rice soup by mixing the ingredients.



www.mdda.org.au