

Low Protein Meal Ideas

Breakfast

Free Options

- Low Protein French toast topped with berries
- Homemade low protein pancakes with fruit salad and maple syrup
- Grilled Mushrooms* and tomato on low protein toast
- Homemade low protein bagel with melted low protein cheese
- Smoothie made with low protein milk
- Low protein cereals with low protein milk
- Low protein omelette with mixed vegetables
- Low protein waffle with maple syrup and fruit.

Exchange Options

Koko Yoghurt (**125g=1ex**) with a fruit salad

Porridge/Readybrek (**1ex**)** made with low protein milk

Suggested (free) toppings:

- Carrots, cinnamon, honey and raisins
 - Apple and maple syrup
 - Kiwi, mango and passion fruit
 - Banana and cinnamon
 - Blackberry and Apple
 - Strawberry and banana*
 - Honey and Apricots
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- 1 Hash brown/Waffle (**1ex**)** with tomato
 - Low protein toast with a third of an avocado (**1ex**), tomato and low protein cheese
 - Cereal(**1ex**)** with low protein milk
 - Low protein pancakes/waffles with Koko yoghurt (**125g=1ex**), banana* and blueberries.
 - Low protein toast with 1 level tablespoon of beans/1 blue scoop of spaghetti hoops (**1ex**)*
 - Sweet Potato Toasties (**160g = 1ex**). Chopped slices of sweet potato with banana, honey and cinnamon or other toppings of your choice. (Slice potatoes lengthwise and bake in an oven until toasted)

***May need to be counted if eaten in large amounts. Ask your dietitian for information.**

****See 1 exchange booklet for more information. Always check the labels as protein content can vary between brands.**

Lunch

Free Options

- Homemade vegetable soups with low protein bread
- Low protein pasta with mixed vegetables in a tomato and herb sauce
- Fried low protein rice with low protein egg replacer, soy sauce and vegetables
- Low protein pizza with tomato puree, vegetables of choice and low protein cheese
- Low protein sandwich/crackers/crispbread/roll with:

Suggested (free) fillings:

- Raspberry jam and banana*;
 - Salad vegetables with salad cream;
 - Low protein flavoured cheese spread;
 - Low protein cheese and salad;
 - Mayonnaise, chopped celery, apple and raisins;
 - Mashed banana* and honey;
 - Low protein cheese and tomato chutney;
 - Grated beetroot and carrot mix;
 - Grated carrot and raisin;
 - Grated apples, dates and honey;
 - Tomato relish, lettuce, tomato and caramelised onion;
 - Roasted free vegetables;
 - Mixed peppers, beetroot and salad cream;
 - Chopped pineapple and grated carrots;
 - Low protein cheese and pickles;
 - Homemade coleslaw.
- Cold low protein pasta salad/couscous with:

Suggested (free) additions:

- Chopped roasted vegetables and low protein cream cheese mix;
- Chopped roasted vegetables and a tomato and herb sauce;
- Mayonnaise, celery, apple, cucumber and raisins;
- Shredded cabbage, grated carrot, chopped onion and mayonnaise;
- Peppers, chopped celery, raisins with coriander and chilli powder;
- Chopped pepper, apple, grated carrot and mandarins;
- Celery, onions, string beans, tomatoes and pineapple rings.

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Exchange Options

- Baked potato (**80g=1ex**) with grilled free vegetables
- Baked potato (**80g=1ex**) with mayonnaise and salad
- Baked potato (**80g=1ex**) with baked beans (**1ex**)**
- Low protein crackers with cream cheese (**1ex**)** and chopped tomatoes
- Low protein bread/roll/crispbread/crackers with:

Suggested (exchange) fillings:

- 1/3 Avocado(**1ex**), butternut squash and lime juice
- Cherry tomatoes and 1 exchange guacamole (**1ex**)**;
- Mashed banana and 1 exchange chocolate spread (**1ex**)**;
- Hummus* and roasted vegetables
- Low protein cream cheese with sweetcorn**.
- 1 exchange of cream cheese (**1ex**),** and salad.

Lunchbox fillers

- Koko Yoghurt 125g (**1ex**)
- Raisins (free)
- Chopped fruit (free)
- Low protein crackers with low protein cheese (free)
- Cherry tomatoes (free)
- Chopped cucumber slices (free)
- Taranis low protein French toasties (biscotti) (free)
- Cereal bar (**1ex**)**
- Rice/Corn Cake (**½-1ex**)**
- Salsa/low fat salad cream/Low protein hummus with a selection of carrot, celery and pepper sticks (free).

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Dinner

Starter

- Garlic fingers (toast low protein rolls with garlic butter and cut into fingers)
- Bruschetta – toasted low protein rolls with low fat garlic butter, tomatoes, and toast.
- Free vegetable soup
- Melon and orange
- Chopped raw vegetables with low protein hummus
- Roasted beetroot, red onion and watercress salad
- Chopped celery, apple, raisin mixed with low fat mayonnaise with mixed leaves
- Tomato and cucumber salad with onions
- Mushrooms*, red pepper, chilli and fresh rocket with grated low protein cheese.

Main Courses

Free Options

- Stir-fry with vegetables, soy sauce, garlic and ginger with low protein rice
- Risotto
- Vegetable Bolognese with low protein spaghetti
- Stuffed peppers with low protein rice
- Low protein spaghetti with chillies, garlic and lemon
- Macaroni Cheese (made with low protein cheese and low protein macaroni)
- Vegetable lasagne with low protein lasagne sheets, topped with low protein cheese

Make with:

- Mushrooms*
 - Mixed vegetables
 - Butternut squash
 - Aubergine
 - Ratatouille
 - Tomatoes
- Mushroom* and Broccoli* pasta bake topped with low protein cheese
 - Vegetable curry and low protein rice (ask your dietitian for different curry recipes)
 - Low protein pizza topped with low protein cheese and suitable vegetables
 - Low protein pasta with tomato sauce and mixed vegetables

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Exchanges

- 'Roast Dinner' – low protein sausage/burger mix ($\frac{1}{2}$ - **1ex depending on protein disorder****) with low protein stuffing with vegetables, 80g potato (**1ex**) and gravy.
- Veggie skewers with baked sweet potato* (**160g = 1ex**) and coleslaw
- 2 Tacos (**2ex****) filled with mushrooms*, peppers and salad
- Low protein meatballs made with Promin sausage/burger mix ($\frac{1}{2}$ - **1ex depending on protein disorder****) served with low protein spaghetti
- Promin sausage mix ($\frac{1}{2}$ **ex for some protein disorders****) made into sausages served with veg, fried onions, gravy and mashed potato.
- Promin burger mix ($\frac{1}{2}$ - **1ex depending on protein disorder****) made into burger shapes served with salad, 8-16 chips (**1-2ex**) or sweet potato wedges*

Add exchanges to any of the above 'free dinners' by:

- Adding in lentils/beans
- Adding/serving with avocado/guacamole
- Adding in cream cheese
- Adding in peas/sweetcorn
- Serving with potatoes/chips/waffles/hash brown

Desserts

- Koko yoghurt 125g (**1ex**) and chopped fruit
- Homemade smoothie ice-lolly (free)
- Fresh fruit salad (free)
- Low protein apple pie with cinnamon (free)
- Low protein cupcakes with suitable icing (free)
- Taranis cakes with low protein custard (free)
- Low protein jelly and fruit (free)
- Low protein desserts with added fruit (free)
- Low protein cake with melted low protein chocolate (free)
- Sorbet with fruit (**check label**)
- Meringue nest with fresh or drained fruit (**check label**)
- Pan-fried cinnamon banana*, nutmeg and sugar.
- Low protein waffles with fresh fruit and maple syrup (free)

For recipes and tips on any of the above recipes, please ask your dietitian.

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