



Phlexi-Phe Meal Planning, Tips & Tricks

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Breakfast

Low Protein Diet	Time Saving Tip	Regular Diet
Avocado Toast 1-2 slices CFL Bread Avocado, 3 slices Berries Formula	Buy and use individual guacamole containers Wholly Guacamole or Calavo (Safeway - deli section)	Whole Wheat Toast with Almond Butter Berries Milk
1 CFL waffle, butter, syrup Fruit Formula	Use Vans or Nature's Path Gluten Free Waffles for the whole family	2 Vans or Nature's Path Gluten Free waffles, butter, syrup Fruit Milk
So Delicious Yogurt Peach Yogurt, 1 container 1/4c Nature's Path Love Crunch Granola Formula	This is a time saving breakfast!!	YoKids Yogurt Nature's Path Love Crunch Granola Fruit
Cascadian Farms Cinnamon Crunch Cereal with rice milk Berries Formula	This is a time saving breakfast!!	Cascadian Farms Cinnamon Crunch Cereal or Cascadian Farms Honey Nut oh's Berries Milk
1 pressed by KIND bar or CFL Granola Bar Formula	This is a super time saving breakfast!!!	1 Zbar Milk
Hash browns Sweet potato bacon Formula	This is a weekend breakfast	Eggs Bacon Fruit Milk

Tricks for increasing protein: Try Dave's Killer Bread Thin Sliced(3g protein per serving), add 1 tbsp flax seeds or chia seeds to waffle batter, try Forager Cashewgurt vs coconut milk yogurt, Try muesli or granola in place of cereal, KIND bars with nuts instead of Pressed by KIND, Try MoringStar Farms bacon in place of sweet potato bacon.

Tricks for lowering protein: Try Cambrooke Foods (CBF) Homestyle White Bread with Biscoff, CFL waffles and pancakes are low but you can use CBF Mixquick for an even lower pancake or waffle. Instead of granola with yogurt, try crumbling up a CFL granola bar or using crushed up low protein cereal. Substitute Low protein cereal for Cascadian Farms. Pressed by KIND bars are low, That's It bars are also low. You can substitute CBF eggz or CFL eggs and make an omelette instead of hashbrowns.

Lunch

Low Protein Diet	Time Saving Tip	Regular Diet
Wrap Sandwich (CFL or Taste Connections tortilla with your favorite fillings)	Bring a Siete or CBF wrap with you and stuff it with a veggie salad from Subway. Use roasted potatoes from dinner leftovers to add substance.	Wrap sandwich made Tortilla Cheese and/or turkey Lettuce Tomato Salad dressing
Sandwich with your favorite fillings	Purchase and use CBF Homestyle bread or TC bread or store bought gluten free bread that is 1g protein or less	Sandwich on whole wheat bread
KFC medallion Sandwich Honey mustard dressing, lettuce tomato, red onion and cucumber	Use KFC medallions leftover from dinner Purchase low protein bread Purchase already sliced lettuce, tomatoes and onions	Chicken breast sandwich
Jackfruit Tacos	Freeze and use leftover jackfruit. Purchase small corn tortillas or premade low protein tortillas	Shredded chicken Tacos
CFL Potato Pizza and Salad	Purchase a premade garden salad or use TJ cauliflower crust	Pizza and salad
CFL Tortilla Soup and Salad	Purchase a premade garden salad	Tortilla soup and salad (add chicken to CFL tortilla soup)

Tricks for increasing protein: Use a flour or whole wheat tortilla for wrap sandwich, use sourdough or whole wheat bread, KFC medallions add morning star breakfast strip, avocado to lettuce, tomato, and add chipotle mayo or try KFC medallions with morning star breakfast strips & BBQ sauce add regular cheese to jackfruit tacos, add garbanzo beans to salad.

Tricks for lowering protein: Use a low protein tortilla and only veggies for wrap sandwich, grilled cheese with chao, violife, daiya or follow your heart cheese. Use CBF or Flavia pizza crust, make veggie noodle soup instead or taco soup.

Tricks for reheating pasta: Make an extra serving or two of pasta -- only cook for 4 minutes. Drain and place in a mason jar. Leave at work or school in the fridge. We know it gets all hard and weird once it goes in the fridge, but if you add boiling water (available if there is a coffee machine) and keep the lid on for two minutes, it warms it up and softens it without it going to mush. Microwave your sauce and you are all set.

Tricks for making a quick meal at work or while traveling: If the Vegetarian Instant Rice Noodle bowls are too high in protein -- usually around 4 gm per serving (available at Trader Joe's and many supermarkets) -- adapt them a little. Make low pro noodles as directed above. Add the seasoning packets to the bottom of the mason jar, add in the noodles, top with some super finely diced scallions, carrots, broccoli and cilantro if you want to add a bit of a flavor punch. Make two or three for the week and store at work in the fridge. Add some boiling water. Put the lid on the mason jar and let it sit for three minutes. You can have a rice noodle bowl for about 1 gm of protein and minimal work.



Consider bringing in a sandwich maker and/or dash mini griddle and store in your desk:

You can quickly cook a low protein burger (CFL recipe, CBF Camburger, Taste Connections recipe and/or TJ's Masala Burger) on the griddle and even toast your buttered bun (CFL recipe, CBF or Taste Connections) if you have a kitchen area at your workplace. Store a few buns and burgers in the freezer for days when you are just too far behind to think of lunch. You can make mini calzones, leftover indian with low pro dough, leftover mexican with low pro tortillas made small enough that fit in the dash and go, bake, freeze and reheat in your Dash griddle.

Dinner

Cuisine	Low Protein Diet	Time Saving Tip	Regular Diet
Meatless Mondays	Veggie Stir fry with low protein rice or noodles or maifun noodles CFL Stir fry sauce	Purchase already chopped veggies & baked tofu Cook regular rice in slow cooker	Veggie Stir fry with baked tofu, rice and CFL Stir fry sauce
Taco Tuesdays	CFL Mushroom Tacos or Jackfruit Tacos	Use the slow cooker to cook chicken until shredded. If short on time you can buy premade jackfruit (upton's or the jackfruit company)	Shredded chicken tacos
Dinner Out	Mexican - veggie fajitas (bring your low protein tortilla & Siete chips) Asian - kung pao veggies (bring your own low protein rice) Thai - vegetarian curry (bring your own low protein rice) American - fries (often times you can find sweet potato fries) and salad or soup and salad depending on the type of soup	No kitchen or dishes to clean!!!	Free to choose
Asian Thursday	CFL Drunken Noodles	Buy a rotisserie chicken for the high protein version Purchase already chopped broccoli	Add chicken to the regular noodles to make a high protein version of drunken noodles
Pizza Friday	CFL pizza Tomato sauce or paste Favorite low protein cheese Veggie toppings of choice	Make dough in advance and freeze in individual dough balls Buy premade frozen regular pizza dough or if short on time use	Cheese pizza or toppings of choice on store bought dough
Grill Fest Saturday	Not Dogs CFL hot dog bun Homemade Fries	Make Not Dogs at least 7 days in advance Buy frozen french fries	Hot dog Hot dog bun or steak

	salad	Buy bag of lettuce	Homemade fries salad
New Recipe Sunday	Cauliflower Francese Low Protein Noodles Broccoli	Pull together dry ingredients the day before	Chicken Francese Noodles Broccoli

The Many Variations of Cauliflower

Cauliflower is your best friend. It is a great replacement for Chicken in so many dishes. Chicken itself is rather bland, it is the way you cook it and the sauces that you use that make it versatile. The same can be done with cauliflower.

Cauliflower Variation	High Protein Counterpart	Recipe	Notes
Breaded Cauliflower Cutlet	Breaded Chicken Cutlet	Kentucky Fried Cauliflower on CFL website	Make a few extra for lunch during the week
Cauliflower Parmesan	Chicken Parmesan	Kentucky Fried Cauliflower on CFL website	Can use zucchini or eggplant slices
Cauliflower Steak	Chicken Marsala	Use chicken marsala recipe with cauliflower steak and chicken cutlet	Use vegetable broth
Cauliflower Francese	Chicken Francese	Traditional Francese sauce for both chicken and cauliflower (white wine, lemon, vegetable broth, butter, parsley) Thicken if needed with BISTO chicken flavored granules	Dredge cauliflower medallions in a mixture of wheat starch, salt, pepper, FYH vegan parmesan. Dunk in prepared vegan egg, CFL or CBF Eggz. Fry in a pan. Set aside

To make a cauliflower steak: Preheat the oven to 425 degrees F. Cut off the cauliflower stems, then place the heads cut-side down and slice into 1/2-inch-thick steaks. Arrange on a baking sheet in a single layer. Drizzle with olive oil and sprinkle with salt and pepper on both sides. Transfer to the oven and bake until golden brown, 20 to 25 minutes, flipping after the first 10 minutes.

Tip: For the holidays, CFL's roasted portobello with red wine sauce. Use the same sauce for steak or chicken, serve over Cauliflower steak for low pro version.



Tempura cauliflower - -(demo.)

Batter:

130 gm (1 cup) Cook for Love baking mix [78 mg]

½ teaspoon xanthan gum [0 mg]

½ teaspoon baking powder [0 mg]

½ teaspoon salt [0 mg]

1 teaspoon sugar [0 mg]

240 gm (1 cup) ice cold seltzer (or beer which adds 29 mg phe to entire recipe) [0 mg]

300 gm cauliflower (2 cups), broken into 18 bite sized florets [195 mg]

60 gm wheat starch (1/2 cup) [5 mg]

2 quarts Canola or vegetable oil, for deep frying

In a large bowl, combine CFL baking mix, xanthan gum, baking powder, salt and sugar. Whisk to combine. Stir in ice cold seltzer (or beer) and mix well. Place batter in fridge to keep cold (up to overnight).

Soak cauliflower in water

Add the wheat starch to a medium sized bowl and set aside.

Preheat oil to 375 degrees.

Dip each floret in the wheat starch and then in the cold batter.

Fry for three to four minutes. When done, remove from the oil and drain on paper towels.

You can freeze the battered and fried cauliflower to have later. Divide the sauce into individual servings in snack sized ziploc bags and freeze as well. Place frozen cauliflower in hot preheated oven (425 degrees) for about 8 to 10 minutes. Defrost sauce in pan and coat.

Even easier -- TJ's frozen Kung Pao Tempura Cauliflower (1 cup = 2 gm protein)



Asian Stir Fry

Both low protein and regular can use same veggies and sauce, add chicken to regular. Low protein use tempura cauliflower recipe.

Classic Stir Fry Sauce - makes about 1 cup

45 gm serving (3 tablespoons) = 25 mg (.56 mg/gm)

120 gm (½ cup) vegetable broth [5 mg]

60 gm (¼ cup) Chinese rice wine (Mirin) [2 mg]

15 gm (1 tablespoon) La Choy Soy Sauce [45 mg]

33 gm (2 tablespoons) Hoisin Sauce [81 mg]

15 gm (1 tablespoon) coconut aminos [1 mg]

4 gm (2 teaspoons) freshly grated ginger [2 mg]

9 gm (3 cloves) garlic, minced [15 mg]

½ tsp chili garlic sauce or ¼ tsp red pepper flakes

12 gm (2) scallions, minced

1 tablespoon dark brown sugar [1 mg]

2 teaspoons cornstarch [1 mg]

1 teaspoon sesame oil [0 mg]

Directions: Whisk.

Sweet and Sour Stir Fry sauce

45 gm serving (3 tablespoons) = 15 mg, .32 mg/gm

60 gm (¼ cup) vegetable broth [2 mg]

60 gm (¼ cup) orange juice [7 mg]

60 gm (¼ cup) distilled white vinegar

1 tablespoon dark brown sugar [1 mg]

10 gm La Choy Soy Sauce [45 mg]

10 gm (2 teaspoons) Hoisin Sauce [27 mg]

1 teaspoon cornstarch

½ teaspoon red pepper flakes [4 mg]

Directions: Whisk

Easier

Order sauce on the side of Chinese Food Take out and use for both the chicken and tempura cauliflower, buy ready made sauces and/or use frozen vegetables mixes.

** Sauces adapted from Cook's Illustrated (can be made and stored up to two days before needed)*



Pulled Jackfruit

Two 20 ounce cans young jackfruit in brine, 340 gm once prepped [112 mg]

40 gm (1/2 small) onion, diced [10 mg]

6 gm (2 cloves) garlic, minced [10 mg]

2 tablespoons butter [12 mg]

1 tablespoon olive oil

144 gm (1/2 cup) BBQ sauce [56 mg]

120 gm (1/2 cup) water

Heat oven to 300 degrees.

Drain the jackfruit. Soak in cold water, swish around. Drain, soak in fresh water, swish, drain and repeat to remove the brine. Remove the core, which kind of looks like the center of a pineapple. Discard the seeds. Squeeze dry in a clean kitchen towel. In the end, you will only have about 340 gm of jackfruit.

Heat olive oil in small dutch oven over medium high heat. Add the prepared jackfruit and brown lightly, about 8 minutes. Add the tablespoon of butter and onions to the pot. Cook until the onions become translucent and just begin to brown, about 5 minutes. Stir in the garlic and cook just until fragrant. Add the BBQ sauce and simmer for a minute or two. Cover and cook in the oven for 30 minutes. Add the water and cook for another 90 minutes. Remove from the oven and add the remaining tablespoon of butter.

200 mg phe total, Serves 4

85 gm serving size, 50 mg each serving



Homemade BBQ Sauce

2 tablespoons butter
40 gm (¼ c.) minced onions
5 gm (1 ½ tsp) chili powder
3 gm (1 clove) garlic, minced
425 gm (15 oz can) plain canned tomato sauce
2 tablespoons vinegar
24 gm (2 tablespoons) Worcestershire sauce
40 gm (2 tablespoons) molasses
28 gm {2 tablespoons) dark brown sugar
5 gm (1 teaspoon) minced chipotle in adobo
½ tsp dry mustard
salt & pepper

Melt butter, add onion and cook 3 minutes. Stir in chili powder and garlic until fragrant, 30 seconds.

Stir in tomato sauce, vinegar, Worcestershire, molasses, brown sugar, chipotle and mustard. Simmer, stirring occasionally until the sauce is thickened, about 35 minutes. Season with salt & pepper.

Makes 1 ½ cups

* Adapted from Cook's Illustrated



Sloppy Janes

30 gm (2 tablespoons) olive oil

Three 20 ounce cans young jackfruit in brine, 510 gm once prepped [168 mg]

150 gm (1/2) onion, finely chopped [38 mg]

10 gm (2 cloves) garlic, minced [17 mg]

½ teaspoon chili powder (optional) [2 mg]

2 tablespoons brown sugar [1 mg]

266 gm (1 cup) canned tomato sauce, not marinara [104 mg]

120 gm (1/2 cup) ketchup [72 mg]

30 gm (2 tablespoons) water

½ teaspoon salt

10 gm (2 teaspoons) yellow mustard [16 mg]

10 gm (2 teaspoons) Worcestershire sauce [8 mg]

2 tablespoons butter, cold and cut into 8 pieces [12 mg]

Tabasco to taste

Drain the jackfruit. Soak in cold water, swish around. Drain, soak in fresh water, swish, drain and repeat to remove the brine. Remove the core, which kind of looks like the center of a pineapple. Discard the seeds. Squeeze dry in a clean kitchen towel. In the end, you will only have about 510 gm of jackfruit.

In a large skillet, heat the olive oil over medium heat. Add the prepared jackfruit and brown lightly, about 8 minutes. Add the tablespoon of butter and onions to the pot. Cook until the onions become translucent and just begin to brown, about 5 minutes. Stir in the garlic and chili powder and cook just until fragrant.

Stir in the brown sugar, tomato sauce, ketchup, water, salt, mustard and Worcestershire sauce. Simmer for twenty minutes. Season with Tabasco and additional salt and pepper to taste. Add the remaining butter and allow it to melt into the sauce. Add a little extra water if the sauce gets too thick.

To freeze: Line a baking sheet with waxed or parchment paper. Place 90 gm mounds on the paper. Once frozen, transfer to a Ziploc bag.

Use the same sauce for high protein chopped meat version.

Even Easier: find sauces in the supermarket such as Frontier brand for other quick ideas on using Jackfruit, buy BBQ sauce

Use a slow cooker, just finish off by spreading an even layer on a baking sheet and baking for about 15 minutes at 400 degrees to give it a bit more chew, caramelization

Easiest: buy seasoned and prepared Jackfruit (Upton's or The Jackfruit Company)



Mushroom Replacer

To replace ground beef in most recipes use the Mushroom Replacer recipe below:

30 gm (2 tablespoons) olive oil

300 gm (about 15) cremini or (3) Portobello mushroom, finely diced [231 mg]

150 gm (1 small) eggplant, peeled and finely diced [66 mg]

150 gm (1/2) onion, finely chopped [38 mg]

10 gm (2 cloves) garlic, minced [17 mg]



SouthWestern Portobello Burger

Ingredients

60 gm fresh lime juice (1/4 cup), from 2 to 3 limes	5.4 mg
15 gm La Choy soy sauce (1 tablespoon)	45 mg
9 gm garlic (3 cloves), minced	15.03mg
30 gm olive oil (2 tablespoons)	
1 tablespoon brown sugar	
8 gm Serrano chile (2 small), stem, minced	5.04 mg
Fresh ground black pepper	
480 gm (6 large) portobellos, stems and gills removed [370 mg]	

Directions:

In a large Ziploc bag, combine the lime juice, soy sauce, garlic, olive oil, brown sugar and chile peppers. Blend and add mushrooms. Toss well. Add the fresh ground pepper to taste, and toss again. Set aside and marinate at least one hour (up to 8 is fine in fridge).

Remove the mushrooms from the marinade. Place the mushrooms gill side up on a medium hot grill. Turn over after 5 minutes, and grill for another 4 to 5 minutes.

Serve on a toasted low protein bun with sliced avocado, red onion, tomatoes, jicama slaw and chipotle mayonnaise.

Chipotle mayo: Combine 1 cup mayonnaise, 1 tablespoon lime juice, 1/2 chipotle chile in adobo sauce minced, 1 teaspoon adobo sauce, 1 tablespoon minced cilantro and salt & pepper in a bowl and let rest at least 10 minutes for flavors to combine.

HOW MUCH PHE



JICIMA SLAW

Ingredients

60 gm fresh lime juice (1/4 cup), from 2 to 3 limes	5.4 mg
2 gm Serrano chile (1/2 small), minced	1.26 mg
1 tablespoon honey	2 mg
1/2 teaspoon salt	
330 gm jicama (1), peeled and cut into matchsticks	56.1 mg
210 gm carrots (3), coarsely grated	67.2 mg
10 gm finely chopped fresh cilantro leaves(1/4 cup)	10 mg

Directions:

Whisk together lime juice, honey, serrano pepper and salt in a bowl.

Combine jicama and carrots in a medium sized bowl. Pour the dressing over the mixture and toss to coat. Mix in the cilantro. Let sit at room temperature for at least 15 minutes before serving.

Phe: 142 mg phe total, .21 mg/gm



Asian Style Portobello Burger

Ingredients:

30 gm La Choy Soy Sauce (2 tablespoons)	89mg
20 gm honey (1 tablespoon)	2 mg
30 gm rice vinegar (2 tablespoons)	0 mg
6 gm garlic (2 cloves)	10 mg
4 gm freshly grated ginger (1 teaspoon)	2 mg
30 gm peanut oil (2 tablespoons)	0 mg
480 gm (6 large) portobellos, stems and gills removed [370 mg]	

Directions:

In a large Ziploc bag, combine the soy sauce, honey, vinegar, garlic, ginger and peanut oil. Blend and add mushrooms. Toss well. Set aside and marinate at least one hour (up to 8 is fine in fridge).

Remove the mushrooms from the marinade. Place the mushrooms gill side up on a medium hot grill. Turn over after 5 minutes, and grill for another 4 to 5 minutes.

Serve on a toasted low protein bun with Asian slaw and hoisin ketchup.

Asian Slaw

Ingredients:

1 package coleslaw mix, or 400 gm cabbage, shredded	184 mg
100 gm carrots (2), peeled and shredded	61 mg
50 gm red bell pepper, very thinly sliced	13 mg
30 gm scallions (5), trimmed and thinly sliced	10 mg
10 gm cilantro, minced (1/4 cup)	10 mg
60 gm crushed pineapple (1/4 cup)	9 mg
4 gm freshly grated ginger (1 teaspoon)	2 mg
30 gm rice vinegar (2 tablespoons)	0 mg
30 gm lime juice (2 tablespoons)	2.7 mg
2 tablespoons dark brown sugar	0 mg
30 gm vegetable oil (2 tablespoons)	0 mg
10 gm sesame oil (2 teaspoons)	0 mg
30 gm La Choy soy sauce (2 tablespoons)	89 mg
5 gm sriracha red pepper sauce (1 tsp)	5* mg
salt and pepper to taste	0 mg

Directions: Shred the cabbage and place in a large bowl. Using a peeler or a grater, peel or grate the carrots and place in bowl with the cabbage along with the bell pepper. Add scallions, cilantro and pineapple. Toss well to combine. In a small bowl or measuring cup, combining the ginger, oils, vinegar, lime juice, sugar, soy sauce and sriracha. Drizzle over coleslaw and toss well.

HOW MUCH PHE



Hoisin Ketchup

30 gm hoisin sauce (2 tablespoons)	73.5 mg
15 gm rice wine vinegar (1 tablespoon)	0 mg
60 gm ketchup (1/4 cup)	24 mg
15 gm La Choy soy sauce (1 teaspoon)	45 mg

Directions: Combine in a small bowl and set aside.

ITALIAN STYLE PORTOBELLO BURGER

Ingredients

30 gm balsamic vinegar	0mg
12 gm garlic (4 cloves), minced	20.04 mg
30 gm olive oil (2 tablespoons)	0 mg
1/2 teaspoon salt	0 mg
¼ teaspoon crushed red pepper	2 mg
Fresh ground black pepper	0 mg
480 gm (6 large) portobellos, stems and gills removed	370 mg

Directions:

In a large Ziploc bag, combine the vinegar, garlic, oil, salt, pepper and red pepper. Blend and add mushrooms. Toss well.. Set aside and marinate at least one hour (up to 8 is fine in fridge). Remove the mushrooms from the marinade. Place the mushrooms gill side up on a medium hot grill. Turn over after 5 minutes, and grill for another 4 to 5 minutes. Serve on a toasted low protein bun with bruschetta and pesto mayonnaise.

Pesto mayo: Combine 1 cup mayonnaise, 1 tablespoon balsamic vinegar, 2 tablespoons pesto and salt & pepper in a bowl and let rest at least 10 minutes for flavors to combine. Approximately .7 mg/gm



BRUSCHETTA

216 gm tomato (2), diced	49.68 mg
6 gm garlic (2 clove), minced	10.02 mg
5 gm fresh basil, minced	6.65 mg
40 gm diced cucumber	8.8 mg
30 gm red onion, diced	8.7 mg
2 tablespoons olive oil	0 mg
1 tablespoon balsamic vinegar	0 mg
salt & pepper to taste	0 mg

Directions:

Combine ingredients in a bowl and let sit for 30 minutes to let flavors combine.

Marinate and grill extra portobellos for salads during the week.

You can marinate chicken breasts or flank steak in the same marinade or just add a mushroom on top of a hamburger for the high protein version.

Marinate crimini mushrooms and other veggies for shish-kebabs.

Marinate crimini mushrooms, grill and serve on tiny low pro buns to make bite sized sliders for an appetizer.

Phe: .22 mg/gm