**Nutrient Data / Shopping List**

<table>
<thead>
<tr>
<th>Grocery Item</th>
<th>Serving Size</th>
<th>Phe, mg</th>
<th>Pro, g</th>
<th>Calories</th>
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<tr>
<td>Apples, raw</td>
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<tr>
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(code can only be used once)

cambrooke.com or 866 456 9776, opt. 2

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**Island Smoothie**

**Ingredients:**

1. BetterMilk packet (or BetterMilk Lite for less calories), 1/2 cup pineapple chunks, 1/2 cup ginger ale, 1/2 cup ice

**Directions:** Combine ingredients in a blender; blend until thoroughly mixed and enjoy.

**PHE 32 MG**  **PRO 15 G**  **KCAL 330**

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**Swirl Strawberry Yogurt Parfait**

**Ingredients:**

1. Swirl packet, 2-3 oz water, 76g fresh strawberries

**Directions:** Combine Swirl packet with water and top with fresh strawberries.

**PHE 39.4 MG**  **PRO 15.8 G**  **KCAL 324**

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**Lemon Lime Power Chug**

**Ingredients:**

1. Restore Lemon Lime, 1 BetterMilk packet

**Directions:** Drink to indentation in Restore bottle (above the label), add BetterMilk, shake and enjoy.

**PHE 38 MG**  **PRO 25 G**  **KCAL 330**

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**Chocolate Strawberry Smoothie**

**Ingredients:**

Ice, 1, Glytactin RTD 15g Chocolate, 76g fresh strawberries

**Directions:** Combine ingredients in a blender; blend until thoroughly mixed and enjoy.

**PHE 41.4 MG**  **PRO 15.8 G**  **KCAL 224**

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**BetterMilk Mexican Horchata**

**Ingredients:**

8oz rice milk, 1 BetterMilk packet, 1 tbsp ground cinnamon, 1 tsp vanilla extract

**Directions:** Combine ingredients in a blender; blend until thoroughly mixed. Place in freezer for 10 minutes, then serve.

**PHE 79.8 MG**  **PRO 16.2 G**  **KCAL 297**

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**Banana Smoothie**

**Ingredients:**

1 medium banana, 1 Glytactin RTD 15g Chocolate, ice

**Directions:** Combine ingredients in a blender; blend until thoroughly mixed and serve cold.

**PHE 76 MG**  **PRO 16.1 G**  **KCAL 289**

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**BetterMilk Waffles**

**Ingredients:**

1/2 cup water, 1 cup (100g) MixQuick, 1/2 BetterMilk packet, 2 Tbs syrup, 1 Tbs butter

**Directions:** Heat waffle iron; grease with vegetable oil or shortening. Stir ingredients in a bowl until blended. Pour onto center of hot waffle iron and close lid. Bake about 5 minutes or until golden brown and crispy. Carefully remove waffle and serve with butter and syrup. NOTE: Each waffle (without syrup/butter) delivers 7.7g of protein equivalent.

**PHE 23.5 MG**  **PRO 7.8 G**  **KCAL 681**

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**Very Berry Smoothie**

**Ingredients:**

1/2 cup strawberries, 1/2 cup raspberries, 1/2 cup water, 1 Tbs sugar, 1/2 cup ice, 1 BetterMilk packet (or BetterMilk Lite for less calories), 

**Directions:** Combine ingredients in a blender; blend until thoroughly mixed and enjoy.

**PHE 24 MG**  **PRO 10 G**  **KCAL 210**
Menu week 1

Please speak with your physician before trying a new program. This menu is intended to be used along with your current formula, if applicable. Phenylalanine, Protein and Calorie counts are estimates.

1. Bigger Bagel w/ Butter & Banana
   **Ingredients:**
   - 1 Bigger Bagel (any flavor)
   - 1 medium banana, 2 tsp butter
   **Directions:** Toast Bigger Bagel, spread with butter and serve with banana.

   **PHE 85 MG**  **PRO 1.6 G**  **KCAL 316**

2. Breakfast Burrito
   **Ingredients:**
   - ¼ cup (48g) Egg, 6-8 Tbs water, 2 Tbs sliced & sautéed onion, 2 Tbs sliced and sautéed peppers, 1 large mushroom sliced and sautéed, 2 Tbs Cheddar or Mozzarella Shreds, 1 Tortilla Wrap
   **Directions:** Combine in bowl Egg & water. Mix ingredients with fork until blended. Pour the batter onto a lightly greased hot skillet (like a pancake). Top with onions, peppers, mushroom and Cheddar or Mozzarella shreds. Fold over to make omlet & heat until cheese is melted. Place omlet in warmed Tortilla Wrap and wrap.

   **PHE 82 MG**  **PRO 1.9 G**  **KCAL 484**

3. Quick & Easy Pancakes w/ Syrup
   **Ingredients:**
   - 1 cup (100g) MinQuick, 2 Tbs syrup
   **Directions:** Mix the ingredients with a fork until blended. Pour the batter onto a lightly greased hot skillet. Cook until golden, then turn and cook on other side until golden brown.

   **PHE 6 MG**  **PRO 0.2 G**  **KCAL 500**

4. Veggie & Cheese Omelet
   **Ingredients:**
   - ¾ cup (48g) Egg, 6-8 Tbs water, 2 Tbs sliced & sautéed onion, 2 Tbs sliced and sautéed peppers, 1 large mushroom sliced and sautéed, 2 Tbs Cheddar or Mozzarella Shreds
   **Directions:** Combine in bowl Egg & water. Mix ingredients with fork until blended. Pour the batter onto a lightly greased hot skillet (like a pancake). Top with onions, peppers, mushroom and Cheddar or Mozzarella shreds. Fold over to make omlet & heat until cheese is melted.

   **PHE 78 MG**  **PRO 1.7 G**  **KCAL 304**

5. Grab & Go Apple Bar
   **Ingredients:**
   - 1 apple breakfast bar, 1 Tbs butter
   **Directions:** Toast or warm & serve with butter.

   **PHE 28 MG**  **PRO 0.5 G**  **KCAL 311**

6. Cinnamon Raisin Toast w/ Apples
   **Ingredients:**
   - 2 slices Cinnamon Raisin Swirl Bread (or 1 to 2 cups of breakfast bread), 1 Tbs butter or jelly, 130g apple slices
   **Directions:** Toast Cinnamon Raisin Swirl Bread and spread with butter or jelly. Serve with apple slices.

   **PHE 41 MG**  **PRO 0.8 G**  **KCAL 462**

7. Banana Muffins
   **Ingredients:**
   - 2 cups (200g) MixQuick, 2 cups (200g) mashed bananas (2 small), 3/4 cup water, ½ tsp cinnamon
   **Directions:** Mix all the ingredients together in a bowl with a wire whisk. Pour batter into greased muffin tins. Bake until the sides separate from the pan and the muffin tops begin to brown, about 9-10 minutes. Makes 12 servings.

   **PHE 9 MG**  **PRO 0.2 G**  **KCAL 80**

8. PB&J Sandwich w/ Grapes
   **Ingredients:**
   - 2 slices Homestyle Bread, 2 Tbs Pea-Not Butter, 2 Tbs jelly, 46g grapes
   **Directions:** Defrost or toast Homestyle Bread; spread one half with Pea-Not Butter and the other with jelly and combine to make sandwich. Serve with grapes.

   **PHE 47 MG**  **PRO 1.2 G**  **KCAL 497**

9. Mac & Cheese w/ Cucumbers and Dip
   **Ingredients:**
   - 66g dry Pasta Duets - Mac & Cheese, 1/3 cup non-dairy creamy, 1/3 cups butter, 52g cucumber slices, 1 Tbs ranch dressing
   **Directions:** Boil pasta according to package directions; drain and rinse. Combine pasta with non-dairy creamy, butter, and 1/2 seasoning packet. Serve with cucumber slices and ranch dressing for dipping on the side.

   **PHE 50 MG**  **PRO 1.6 G**  **KCAL 443**

10. Mini Pockets Pizza w/ Carrots, Apples & Chips
    **Ingredients:**
    - 2 Mini Pockets Pizza, 52g carrot sticks, 138g apple slices, 1 bag Tortilla Chips Sea Salt
    **Directions:** Prepare Mini Pockets Pizza according to package directions. Serve with Tortilla Chips Sea Salt, apple slices and carrot sticks on the side.

    **PHE 63 MG**  **PRO 1.8 G**  **KCAL 430**

11. Go Pockets Burrito w/ Chips & Salsa
    **Ingredients:**
    - 2 Go Pockets Burrito, 1 bag Tortilla Chips Sea Salt, 2 Tbs salsa
    **Directions:** Prepare Go Pockets Burrito according to package directions. Serve with Tortilla Chips Sea Salt and salsa on the side.

    **PHE 65 MG**  **PRO 2.8 G**  **KCAL 613**

12. Cheese Ravioli w/ Breadstick
    **Ingredients:**
    - 8 Cheese Ravioli, 1 Marinara Mini, 1 Focaccia Stick Italian Style
    **Directions:** Prepare Cheese Ravioli according to package directions; top with Marinara Mini. Serve with a warmed Focaccia Stick Italian Style on the side.

    **PHE 73 MG**  **PRO 2.1 G**  **KCAL 395**

13. Artisan Bread Sandwich w/ Grapes
    **Ingredients:**
    - 1 Artisan Bread, 1 American Cheese Single, 36g shredded iceberg lettuce, 91g tomato slices, 1 Tbs Italian dressing, 46g grapes
    **Directions:** Defrost Artisan Bread and make a partial cut (not all the way through) lengthwise; place American Cheese Single, tomato slices and iceberg lettuce inside and drizzle with Italian dressing. Serve with grapes on the side.

    **PHE 77 MG**  **PRO 2.8 G**  **KCAL 454**

14. Grilled Cheese & Tomato w/ Apples
    **Ingredients:**
    - 2 slices Homestyle Bread, 2 slices American Cheese Singles, 92g tomato slices, 138g apple slices
    **Directions:** Defrost Homestyle Bread; place American Cheese Singles and tomato slices between the Homestyle Bread and grill using a frying pan until Homestyle Bread is toasted. Serve with apple slices on the side.

    **PHE 78 MG**  **PRO 2.1 G**  **KCAL 428**

15. Toasted Pierogi w/ Salad
    **Ingredients:**
    - 3 Toasted Pierogi, 1 Marinara Mini, 72g shredded iceberg lettuce, 26g cucumber slices, 2 Tbs Italian dressing
    **Directions:** Prepare Toasted Pierogi according to package directions; serve with Marinara Mini for dipping and a salad (iceberg lettuce, cucumber slices and Italian dressing).

    **PHE 77 MG**  **PRO 2.4 G**  **KCAL 367**

16. Spaghetti & Cheese Filled Meatballs
    **Ingredients:**
    - 62g Aproten Spaghetti (dry), 2 Cheese Filled Meatballs, 1 Marinara Mini
    **Directions:** Prepare Aproten Spaghetti and Cheese Filled Meatballs according to package directions. Top Aproten Spaghetti with Marinara Mini and Cheese Filled Meatballs.

    **PHE 77 MG**  **PRO 2.5 G**  **KCAL 380**

17. Cheese Pizza w/ Carrots & Dip
    **Ingredients:**
    - 1 Cheese Pizza, 52g carrot sticks, 1 Tbs ranch dressing
    **Directions:** Prepare Cheese Pizza according to package directions. Serve with carrot sticks and ranch dressing for dipping on the side.

    **PHE 77 MG**  **PRO 1.9 G**  **KCAL 403**

18. Brooklyn Dog w/ French Fries
    **Ingredients:**
    - 1 Brooklyn Dog, 1 Brooklyn Dog Bun, 1 Tbs ketchup, 25g frozen french fries
    **Directions:** Prepare Brooklyn Dog and frozen french fries according to package directions. Defrost and warm/toast Brooklyn Dog Bun; place Brooklyn Dog inside and top with ketchup. Serve with french fries on the side.

    **PHE 81 MG**  **PRO 2 G**  **KCAL 428**

19. Portabella Spinach Ravioli w/ Breadstick
    **Ingredients:**
    - 8 Portabella Spinach Raviolis, 1 Marinara Mini, 1 Focaccia Sticks Italian Style
    **Directions:** Prepare Portabella Spinach Ravioli according to package directions; top with Marinara Mini and serve with warmed Focaccia Stick Italian Style on the side.

    **PHE 81 MG**  **PRO 2.5 G**  **KCAL 395**

20. Make Your Own Pizza Night
    **Ingredients:**
    - 1 Tuscan Pizza Crusts, 1 Marinara Mini, 30g Cheddar Shreds
    **Directions:** Defrost/thaw Tuscan Pizza Crust; top with Marinara Mini and Cheddar Shreds. Bake on baking sheet in oven at 425°F for 10-12 minutes.

    **PHE 83 MG**  **PRO 2.9 G**  **KCAL 635**

21. Cheesy Rice & Veggies w/ Breadstick
    **Ingredients:**
    - 50g Short Grain Rice (dry), 1 Tbs water, 1 tsp Chicken Consommé, 60g chopped celery, 52g chopped carrots, 2 Tbs Cheddar Wizard, 1 Focaccia Stick Italian Style
    **Directions:** Prepare Short Grain Rice according to package directions. Sauté celery, carrots, and Chicken Consommé with 1 Tbs water in non-stick frying pan until cooked. Mix together Short Grain Rice with sautéed vegetables, top with warmed Cheddar Wizard, and serve with warmed Focaccia Stick Italian Style on the side.

    **PHE 90 MG**  **PRO 2.8 G**  **KCAL 409**
Menu week 2

DAY 1

Breakfast

Grab & Go Blueberry Bar
- **Ingredients:** 1 Blueberry Breakfast Bar, 1 Tbs butter
- **Directions:** Toast or warm & serve with butter.

French Toast Bagel Bar w/ Applesauce
- **Ingredients:** 122g unsweetened apple sauce, 1 French Toast Bagel Bar
- **Directions:** Warm French Toast Bagel Bar and serve with unsweetened applesauce.

Fantastic Biscuits & Eggz
- **Ingredients:** ¼ cup and 7 Tbs nondairy creamer, ¼ cup (16g) Eggz, 2 cups (200g) MinQuick
- **Directions:** Mix 7 Tbs nondairy creamer & Eggz and put on hot nonstick pan like pancake; flip. For biscuits: Combine MixQuick with 3/4 cup nondairy creamer. Bake at 450°F on cookie sheet or in muffin tins for 10-12 minutes. Makes 2 servings.

Plain Toast w/ Apples
- **Ingredients:** 2 slices Homestyle bread (or 1 to cut calories), 1 Tbs butter or jelly, 138g apple slices
- **Directions:** Toast Homestyle Bread and top with butter or jelly. Serve with apple slices.

Eggz & Cheese Breakfast Sandwich
- **Ingredients:** ¼ cup (16g) Eggz, 7 Tbs nondairy creamer, 1 Cheese Single (any flavor), 2 slices Homestyle Bread (or 1 to cut calories)
- **Directions:** Prepare 1 serving Eggz according to package directions using nondairy creamer; melt 1 slice Cheese Single (jalapeno, swiss or cheddar) on top of Eggz; set aside. Toast Homestyle bread and combine ingredients into sandwich.

Breakfast Quesadilla
- **Ingredients:** 2 Tortilla Wraps, 30g Cheddar Shreds, ¼ cup (16g) Eggz, 7 Tbs nondairy creamer
- **Directions:** Cook Eggz according to package directions. Place Cheddar Shreds & cooked Eggz in between the Tortilla Wraps. Place onto cookie sheet and place in oven at 350°F for 10-15 minutes or until cheese is melted.

Lunch

Pita Pocket Sandwich w/ Apples
- **Ingredients:** 1 Pita Pocket, 1 American Cheese Single, 7g shredded iceberg lettuce, 91g tomato slices, 1 Tbs ranch dressing, 138g apple slices
- **Directions:** Defrost Pita Pocket, slice one side to create a “pocket”; fill the pocket with American Cheese Single, iceberg lettuce, tomato slices and ranch dressing. Serve with apple slices on the side.

Tweekz w/ Dip, Chips & Carrots
- **Ingredients:** 3 Tweekz, 1 bag Tortilla Chips Sea Salt, 52g carrot sticks, 1 Tbs ranch dressing
- **Directions:** Prepare Tweekz according to package directions; serve with ranch dressing for dipping, and Tortilla Chips Sea Salt and carrot sticks on the side.

Go Pockets Samosa w/ Garden Salad
- **Ingredients:** 1 Go Pockets Samosa, 72g shredded iceberg lettuce, 45g tomato slices, 52g cucumber slices, 2 Tbs Italian dressing
- **Directions:** Prepare Go Pockets Samosa according to package directions; serve with salad on the side (iceberg lettuce, tomato and cucumber slices mixed with Italian dressing).

Corny Dog w/ Dip, French Fries, Celery & Grapes
- **Ingredients:** 1 Corny Dog, 25g baked french fries, 1 Tbs ketchup, 46g grapes, 60g celery strips, 1 Tbs ranch dressing
- **Directions:** Prepare Corny Dog and baked french fries according to package directions; serve with ketchup for dipping. Serve with celery strips with ranch dressing and grapes on the side.

Penne & Veggie Meatballs w/ Celery & Dip
- **Ingredients:** 62g Aproten Penne (dry), 1 Marinara Mini, 2 Veggie Meatballs, 60g celery strips, 1 Tbs ranch dressing
- **Directions:** Prepare Aproten Penne and Veggie Meatballs according to package directions. Top Aproten Penne with Marinara Mini and Veggie Meatballs and serve with celery strips and ranch dressing for dipping on the side.

Dinner

Brooklyn Dog & Beans
- **Ingredients:** 1 Brooklyn Dog cut up, 1 Medley Meals Barbecue Bake
- **Directions:** Prepare Brooklyn Dog and Medley Meals Barbecue Bake according to package directions. Cut up Brooklyn Dog in bite-size pieces and mix in with the Medley Meals Barbecue Bake.

Camburger w/ Cucumbers & Dip
- **Ingredients:** 1 Camburger, 1 Cumber Buns, 1 American Cheese Single, 52g cucumber slices, 1 Tbs ranch dressing
- **Directions:** Prepare Camburger according to package directions. Place Camburger and American Cheese Single in toasted Cumber Bun; serve with cucumber slices and ranch dressing for dipping on the side.

Penne & Veggie Meatballs w/ Celery & Dip
- **Ingredients:** 62g Aproten Penne (dry), 1 Marinara Mini, 2 Veggie Meatballs, 60g celery strips, 1 Tbs ranch dressing
- **Directions:** Prepare Aproten Penne and Veggie Meatballs according to package directions. Top Aproten Penne with Marinara Mini and Veggie Meatballs and serve with celery strips and ranch dressing for dipping on the side.

Soft Taco Night
- **Ingredients:** 1 Tortilla Wrap, 1 Camburger, 72g shredded iceberg lettuce, 2 Tbs Cheddar Wizard, 1 Tbs salsa
- **Directions:** Prepare Camburger according to package directions; then chop finely. Place chopped Camburger, iceberg lettuce, warmed Cheddar Wizard and salsa inside Tortilla Wrap and wrap to create burrito or open taco.

Pizza Primavera w/ Salad
- **Ingredients:** 1 Pizza Primavera, 72g shredded iceberg lettuce, 45g tomato, 26g cucumber slices, 2 Tbs Italian dressing
- **Directions:** Prepare Pizza Primavera according to package directions. Serve with a salad (iceberg lettuce, tomato slices, cucumber slices and Italian dressing) on the side.

Medley Meals Thai w/ Apples
- **Ingredients:** 1 Medley Meals Thai and 138g apple slices
- **Directions:** Prepare Medley Meals Thai according to package directions. Serve with apple slices on the side.