Low-Pro Menu



Thursday

DINNER	PRO (g)	PHE (mg)
Veggie Tacos	**1.6**	**53**
Mushroom Carnitas	3.1	79
La Tortilla Factory Tortillas	0.4	8
Lemon Pound Cake	**0.7**	**35**

MEAL TIPS

- Every breakfast will have cold cereal, fresh fruit, Cambrooke Breakfast Bars, Cook for Love Granola, and So Delicious Yogurt as side dishes or alternatives to the entree.
- Every lunch and dinner will have a salad bar, as well as a low-protein sandwich or pasta as an alternative to the entree.
- All meals include a Camp Belknap buffet with higher protein options. Need a little more or a little less? We have you covered.
- Fresh fruit and low-pro snacks will be available in the dining hall throughout camp.
- Get ready for a surprise dish each day!

Friday

BREAKFAST	PRO (g)	PHE (mg)
Waffles	**0.6**	**29**
Granola	**0.8**	**31**
Sweet Potato Bacon	**0.3**	**17**
So Delicious Yogurt	0.6	30
LUNCH	**PRO (g)**	**PHE (mg)**
Aji Verde Yuca Salad	3	104
La Tortilla Factory Tortillas	0.4	8
Chips (variety)	△	△
DINNER	**PRO (g)**	**PHE (mg)**
Veggie Burger #2	**2**	**86**
Auntie B's Pretzel Buns	**0.7**	**36**
Chocolate Chip Cookies	**0.2**	**13**

- Feel free to reach out to our low-pro kitchen crew with any questions or additional diet needs during camp.
- Any leftover supplies & low-pro snacks will be given away at the end of camp!

FOOD DONATIONS PROVIDED BY:

Daiya Dairy-Free · Solutions For Every Diet PKU PERSPECTIVES · REELIE · PROMIN · ZOIA PHARMA

flok FAMILY CAMP EAST

△ Options on these menu items will affect PRO/PHE content. All items will be labeled with exact values at camp.

COOK FOR LOVE

Menu items in bold were developed by **Cook for Love** Founder Brenda Winiarski specifically for the low-protein community and are all on CookForLove.org

Low-Pro Menu



Saturday

BREAKFAST		
Breakfast Strata Bake	**0.9**	**39**
Sweet Potato Bacon	**0.3**	**17**
Granola	**0.8**	**31**
So Delicious Yogurt	0.6	30
LUNCH	PRO (g)	PHE (mg)
Po' Boy Sandwich	**0.8**	**31**
Auntie B's Hoagie Buns	**1.2**	**60**
Chips (variety)	△	△
DINNER	PRO (g)	PHE (mg)
Baked Mac & Cheese	**0.8**	**42**
Roasted Broccoli	0.9	45
Carrot Cake w/Sour Cream Frosting	**0.8**	**38**

Sunday

BREAKFAST	PRO (g)	PHE (mg)
Pancakes	**0.3**	**13**
Hashbrowns	△	△
Sweet Potato Bacon	**0.3**	**17**
LUNCH	PRO (g)	PHE (mg)
Grilled Cheese Extravaganza	△	△
Chips (variety)	△	△
Snickerdoodles	**0.1**	**7**

COOKING WORKSHOPS

- Friday: Pickle-making. Learn how "quick pickling" works and take home a jar for yourself (kids must be accompanied by an adult)
- Saturday: Sauce Theory - 10 sauces you can use on any base, from pasta to crackers and everything in between!
- Saturday: Kids Cooking Activity

SHOUT OUT TO OUR CHEFS! They make it look easy, but months of planning and long hours of work go into developing, prepping, cooking, and serving these wonderful meals. Thank you to Molly Atkins, Ann Marie Stauber, and Madeline Dwight; to RDs Suzanne Hollander, Erin MacLeod, Eileen Mahoney, and Katie Potter; and to Cooking Workshop leader Amanda Sitler.

LIKE OUR RECIPES?

We'll send you the whole recipe book after camp!

flok FAMILY CAMP EAST

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