

What can I eat?

Now that I am back on diet – what can I eat? A lot of people find that meals are challenging when they have PKU. Eating out is not as easy as it once was. The key to PKU eating is **planning ahead** and **cooking in batches**. This cuts down on the time spent cooking and also the stress of coming up with a PKU meal on the spot. Try to sit down on the weekend when you have time and plan your meals for the week. Make a grocery list and shop for all of the foods you need so that you have everything on hand during the busy workweek.

Breakfast ideas

- Low protein **pancakes** or **waffles** made with MixQuick – all you have to do is add water and cook. You can top with frozen fruit or syrup (phe free!) Cook up a batch of these and then store them in the fridge or freezer. All you have to do is pop them in the toaster in the morning!
- Fresh **fruit salad** – make up a batch on Sunday night and it will last you several days (or have canned fruit cocktail)
- **Apple sauce**
- Low protein **cinnamon toast** (take low protein bread – spread with margarine, add brown sugar and cinnamon and enjoy!)
- Low protein **bagels or toast** with margarine/jam/low protein peanut butter
- Loprofin cereal Loops or other lower phe **cereals** with Rice dream/Richwhip/Coffee Rich/Dairy-free
- **Fruit**
- Low protein **Danishes/cinnamon/buns/muffins/scones** – the AMDC has tonnes of recipes for these baked goods. Make a double batch on the weekend and freeze them in individual baggies so that all you have to do is grab one out of the freezer!
- How about a **Sunripe fruitsource plus veggie bar** if you are on the run?

Lunch and Dinner Ideas

- Bring **salads** from home (again – make a big batch – if you leave the salad dressing off until the last minute it can last for 2-3 days).
- Make a **greek salad** (tomato, red onion, green pepper, cucumber cut up with olives on top – use canola oil, red wine vinegar, salt and pepper for the dressing).
- Make a **cold pasta salad** at home and bring for lunch. Cook up low protein pasta and rinse in cold water. Add cut up onions, cherry tomatoes, snow peas, carrots, mushrooms, red peppers and olives. Make the dressing with canola oil, red wine vinegar/white vinegar, vegetable bouillon powder, salt and pepper. – It is delicious and will keep in the fridge for several days.
- How about a **coleslaw**?
- Try a **Caprese salad** – fresh tomato, fresh basil, red onions, and capers topped with olive oil, balsamic vinegar, salt and pepper. Serve with a fresh bun.

- Get some of those **pre-washed salads** and top with your favorite veggies and dressing. Avocado is really nice on salads – 1/3 cup diced avocado has 26mg phe.
- Boil or microwave a small **potato** and top with margarine and fresh chives or green onion and perhaps a bit of salsa. Or take left over roasted potatoes with you from last night's dinner. Have this along with a salad or some stir-fried vegetables.
- Try some **carrot fries** instead of regular fries...
- Take a bunch of your favorite vegetables and **stir-frying** with a bit of canola oil/sesame oil and some fresh ginger is delicious!
- Experiment with **sauces!** Try: Garlic chili pepper sauce, curry sauce, Sweet'n sour sauce, barbeque sauce, salsa, or small amounts of Teriyaki sauce on your vegetables and serve over rice or pasta (low pro or regular). Use **taco seasoning** to add spice to your vegetables or mix them with **pizza sauce**.
- **Marinate your veggies** and a small amount of potato in your favorite low phe salad dressing and then barbeque/roast in the oven on skewers – serve over low protein rice or pasta. You can also throw these marinated veggies in a piece of tin foil and make a foil bag and barbeque it in there.
- Make some **low protein pizza** with a pre-prepared crust or make your own pizza dough with the wheat starch pizza dough recipe – add your favorite veggies and low protein cheese
- Try our **Asian Spring Rolls** dipped in plum sauce
- There are lots of **vegetable casserole** recipes to try – take a look through the AMDC recipe file
- Make some **homemade vegetable soups** – we have so many recipes for these. You can make a big batch on the stove or in the crock-pot and then freeze the leftovers or take them for lunches.
- Or try Lipton **cup-a-soup's** like Spring Vegetable or tomato. Or take some Campbell's vegetarian or tomato soup with you and heat it up in the microwave.
- **Low protein pasta and spaghetti sauce** is always an easy dinner!
- The '**chicken nugget**' recipe can be used to make nuggets or burgers. **Mushroom burgers** are also an easy dinner
- The **pizza burger** recipe is an easy one, and the filling can be used as a **taco or fajita** filling as well!
- **Stuffed mushrooms** are nice for a change – ask us for a recipe
- How about a **vegetable hash** made with stir-fried veggies mixed with hash-browns
- Buy **stir-fry veggie mixes** from the freezer section – all you have to do is heat them up in a fry pan or microwave – some come already mixed with sauce or you can add your own
- How about a few **tortilla chips** (store bought) or some home made low protein tortilla chips dipped in guacamole and salsa?
- **Sandwiches** are an old standby, but you can spice them up by using **pita bread or wraps** (low pro or regular) **or crackers** and being creative with your fillings:
 - Grated apple, dates and honey
 - Tomato, avocado, red onion and olive
 - Sundried tomato and cream cheese (low pro or regular)

- Salad vegetables/pickles/olives and salad dressing (like at Subway)
- Mayo with chopped celery and raisins
- Sliced banana on raspberry jam
- Lemon curd
- Low protein peanut butter
- Fried mushrooms and onions with seasoning
- Vegetable salsa or pate
- Tamenade (olive or vegetable tamenade)
- Grilled vegetables
- Marinated artichoke hearts (1/2 cup=60mg phe) or roasted red pepper
- Jam
- Low pro/regular foccacia bread dipped in olive oil/balsalmic vinegar/chilli's

Dessert

Pudding - Hunt's lemon meringue pie, lemon pudding or vanilla pudding snack packs are all pretty low in phe

- Hunt's Squeeze-and-go portable pudding (banana, strawberry and vanilla)
- Imagine foods banana, butterscotch, chocolate or lemon natural pudding snacks
- Handi-snacks pudding (banana, butterscotch or vanilla)
- Swiss Miss lemon, smore, or vanilla pudding
- you can also take Jell-O instant pudding (banana cream, butterscotch, French vanilla, and lemon pudding flavors) and mix them with ½ cup Rich's richwhip topping (or other non-dairy creamer) and 1 cup water for a low phe pudding – do this instead of following the package directions.

Candies - there are many candies that are very low or completely free of phe. These can be a nice treat to add to your lunch occasionally (e.g. gobstoppers, gum drops hard candy, jolly ranchers, sweet tarts, jelly beans, skittles, starburst, tootsie rolls etc)

Many frostings are low or phe-free – you can use these to ice a low protein cake or small piece of regular cake or use on top of fruit as a dessert.

Frozen Desserts - Most kinds of Sorbet (Ben & Jerry's, Chapman's, Haagen Daz) are pretty low in phe, as are Imagine foods frozen desserts (many flavors) and Dole soft serve (orange, pineapple, strawberry or vanilla). Most fruit bars, fruit'n juice bars, and popsicles are also very low in phe. Slurpee's are phe free.

Low phe toppings for your sorbet include: strawberry syrup, marshmallow creme, butterscotch sauce, caramel sauce, pineapple topping. Many fruit pie fillings (canned) are also low in phe and can make a nice dessert on their own or as a topping for sorbet.