

# Low-Pro Menu



## Thursday

DINNER	PRO (g)	PHE (mg)
<b>Veggie Tacos</b>	<b>1.6</b>	<b>53</b>
La Tortilla Factory Tortillas	0.4	8
<b>Lemon Pound Cake</b>	<b>0.7</b>	<b>35</b>

## 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.
- Every lunch and dinner will also have low-protein sandwich or pasta as an alternate 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.

## Friday

BREAKFAST	PRO (g)	PHE (mg)
<b>Waffles</b>	<b>0.6</b>	<b>29</b>
LUNCH	PRO (g)	PHE (mg)
<b>Po' Boy Sandwich</b> (Camp premiere!)	△	△
<b>Auntie B's Hoagie Buns</b>	△	△
DINNER	PRO (g)	PHE (mg)
<b>Veggie Burger #2</b>	<b>2</b>	<b>86</b>
<b>Auntie B's Pretzel Buns</b>	<b>0.7</b>	<b>36</b>
<b>Chocolate Chip Cookies</b>	<b>0.2</b>	<b>13</b>

- Fresh fruit and low-pro snacks will be available in the dining hall throughout camp.
- Feel free to reach out to our low-pro kitchen crew with any questions or additional diet needs during camp.
- Any left-over supplies & low-pro snacks will be given away at the end of camp!

## FOOD DONATIONS PROVIDED BY:



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



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](https://CookForLove.org)

# Saturday

BREAKFAST	PRO (g)	PHE (mg)
<b>Breakfast Strata Bake</b>	<b>0.9</b>	<b>39</b>
<b>Sweet Potato Bacon</b>	<b>0.3</b>	<b>17</b>
LUNCH	PRO (g)	PHE (mg)
<b>TuNo Phesh Salad</b>	<b>1.3</b>	<b>53</b>
<b>Croissant</b>	<b>0.9</b>	<b>46</b>
DINNER	PRO (g)	PHE (mg)
<b>Baked Mac &amp; Cheese</b>	<b>0.8</b>	<b>42</b>
<b>Carrot Cake w/Sour Cream Frosting</b>	<b>0.8</b>	<b>38</b>

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## Sunday

BREAKFAST	PRO (g)	PHE (mg)
<b>Pancakes</b>	<b>0.3</b>	<b>13</b>
Cambrooke Yuca Fries	0.9	17
LUNCH	PRO (g)	PHE (mg)
<b>Pinwheels</b>	△	△
<b>Snickerdoodles</b>	<b>0.1</b>	<b>7</b>

## COOKING WORKSHOPS

- Friday, we will have cooking activity at 3:45pm. Stay tuned for what we're making!
- On Saturday, flok dietician, Jenn Beazer will host Back to Basics: What to have in your low-pro pantry and staple Cook for Love recipes.
- During Back to Basics, we will also have a Kids Cooking Activity!
- All cooking workshops will take place in the dining hall.

**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 Brenda Winiarski and Jennifer Beazer for your tireless efforts to develop the menu, and to our amazing low pro sous chef crew members Sky Pajak and Suzanne Hollander!

## LIKE OUR RECIPES?

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



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