

Low-Pro Menu



Thursday

DINNER	PRO (g)	PHE (mg)
Baked Mac & Cheese	0.8	42
Roasted Butternut Squash	0.9	36
Kentucky Fried Cauliflower	1.3	50
Chocolate Cake w/Ganache	0.7	37

MEAL TIPS

- Every breakfast will have cold cereal, Cambrooke Breakfast Bars*, and So Delicious Yogurts.
- Every lunch will have a salad bar and a low-pro sandwich bar.
- Every dinner will have a salad bar and a low-pro pasta bar with Aprotin Pasta.
- Fresh fruit and low-pro snacks will be available in the dining hall throughout camp.
- Milk options: coconut, rice, soy, oat, and cow's milk.
- The theme of the cooking workshop is Back to Basics: What to have in your low-pro pantry and staple Cook for Love recipes.
- 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!

Friday

BREAKFAST	PRO (g)	PHE (mg)
French Toast*	Δ	Δ
Cinnamon-Apple Topping	0.2	7
Cambrooke Yuca Fries	0.9	17
Sweet Potato Bacon	0.3	17
Blueberry Muffins	0.6	27
LUNCH	PRO (g)	PHE (mg)
Vegetable Tacos	1.6	53
La Tortilla Factory Tortillas	0.4	8
Siete Tortilla Chips	0.9	42
Chocolate Chip Cookies	0.2	13
DINNER	PRO (g)	PHE (mg)
Pulled Jackfruit	1.3	45
Auntie B's Pretzel Buns*	0.7	36
Cole Slaw	0.2	6
Berry Crumble	1.3	49

FOOD DONATIONS PROVIDED BY:



- Δ Options on these menu items will affect PRO/PHE content. All items will be labeled with exact values at camp.
- * These items contain wheat/gluten



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

Saturday

BREAKFAST	PRO (g)	PHE (mg)
Pancakes*	0.3	13
Berry Topping	0.6	16
Cambrooke Yuca Fries	0.9	17
Sweet Potato Bacon	0.3	17
Apple Muffins*	0.5	22
LUNCH	PRO (g)	PHE (mg)
Veggie Burger #2*	2	86
Auntie B's Pretzel Buns*	0.7	36
French Fries	1.8	76
Snickerdoodles*	0.1	7
DINNER	PRO (g)	PHE (mg)
Aproten Pasta*	0.3	17
Marinara Sauce	1.3	39
Garlic Herb Bread*	0.5	22

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 of Sky Pajak, Kim Schmidt, Katie Corn, Roslynn Sitler, and Xavier Beazer!

Low-Pro Menu



Sunday

BREAKFAST	PRO (g)	PHE (mg)
Breakfast Strata Bake*	0.9	39
Cambrooke Yuca Fries	0.9	17
Sweet Potato Bacon	0.3	17
Pumpkin Muffins*	0.8	25
TO-GO LUNCH	PRO (g)	PHE (mg)
TuNo Phesh Salad	1.3	53
So Delicious Yogurts	0.6	30
Absolutely GF Crackers	0.3	16
Fresh Fruit	△	△
Iced Sugar Cookie*	△	△
Snyder Pretzels	0.1	6
Wise Onion Rings*	0.3	13

LIKE OUR RECIPES?

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



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



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