

# Low-Pro Menu



## Thursday

DINNER	PRO (g)	PHE (mg)
<b>Veggie Tacos</b>	<b>1.6</b>	<b>53</b>
Gluten Free Cassava Tortillas	0.3	8
Tomato Salad	△	△
<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 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 Cambrooke Pasta.
- Fresh fruit and low-pro snacks will be available in the dining hall throughout camp.

## Friday

BREAKFAST	PRO (g)	PHE (mg)
<b>Camp Waffle Sandwich**</b>	<b>1.8</b>	<b>85</b>
LUNCH	PRO (g)	PHE (mg)
TuNo Phesh	<b>1.3</b>	<b>53</b>
<b>Croissants*</b>	<b>0.9</b>	<b>46</b>
House-Made Potato Chips	△	△
DINNER	PRO (g)	PHE (mg)
<b>Cauliflower Steak</b>	<b>1.9</b>	<b>66</b>
Camburgers*	1.3	50
<b>Auntie B's Pretzel Buns*</b>	<b>0.7</b>	<b>36</b>
Cucumber Tomato Salad	△	△
Fingerling Potatoes	△	△
<b>Chocolate Chip Cookies*</b>	<b>0.2</b>	<b>13</b>

- 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!



△ 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
- \*\* These items contain eggplant and 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](http://CookForLove.org)

# Saturday

BREAKFAST	PRO (g)	PHE (mg)
<b>Breakfast Strata Bake*</b>	<b>0.9</b>	<b>39</b>
<b>Camp Sweet Potato Bacon</b>	<b>0.3</b>	<b>17</b>
LUNCH	PRO (g)	PHE (mg)
Cambrooke Chicken Patty	0.5	18
House-Made Potato Chips	△	△
<b>Auntie B's Pretzel Buns*</b>	<b>0.7</b>	<b>36</b>
DINNER	PRO (g)	PHE (mg)
<b>Baked Mac and Cheese*</b>	<b>0.8</b>	<b>42</b>
Roasted Broccoli	0.9	45
Promin Bread Garlic Toast*	0.1	5
<b>Carrot Cake*</b>	<b>0.8</b>	<b>38</b>

**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 kitchen volunteers!

A big thank you to Chef Wilfredo Morales and the entire Belknap Kitchen Crew! We deeply appreciate your partnership.



△ 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
- \*\* These items contain eggplant and wheat/gluten

# Low-Pro Menu



## Sunday

BREAKFAST	PRO (g)	PHE (mg)
<b>Pancakes*</b>	<b>0.3</b>	<b>13</b>
<b>Breakfast Sausage Patties**</b>	<b>0.6</b>	<b>25</b>
LUNCH	PRO (g)	PHE (mg)
<b>Buffalo Pinwheel</b>	<b>2.5</b>	<b>80</b>
House-Made Potato Chips	△	△
<b>Snickerdoodles*</b>	<b>0.1</b>	<b>7</b>

## LIKE OUR RECIPES?

Keep an eye out for our post-camp survey. After you fill it out we'll send you the whole recipe book!

## FOOD DONATIONS PROVIDED BY:



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](http://CookForLove.org)