

Sample Phe-restricted menu Day of week: Monday	Your menu Day of week:
Breakfast:	Breakfast:
Puffed rice (1 cup)	
Apple juice (4 ounces)	
Phe-free formula (8 ounces)	
Lunch:	Lunch:
Low-protein bread (2 slices)	
Low-protein peanut butter (2 tablespoons)	
Strawberry jam (1 tablespoon)	
Apple sauce (½ cup)	
Snack:	Snack:
Low-protein chocolate chip cookies (2)	
Phe-free formula (8 ounces)	
Dinner:	Dinner:
Iceberg lettuce (1½ cups)	
Tomatoes (¼ cup)	
Shredded carrots (2 tablespoons)	
Salad dressing (2 tablespoons)	
Low-protein macaroni and cheese (1½ cups)	
Snack:	Snack:
Cereal (¾ cup)	
Phe-free formula (8 ounces)	
Phe-free formula:	Phe-free formula:
195 grams plus 15 grams amino acid blend,	
mixed to 28 ounces	