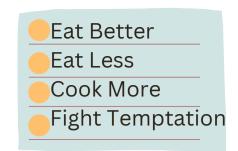
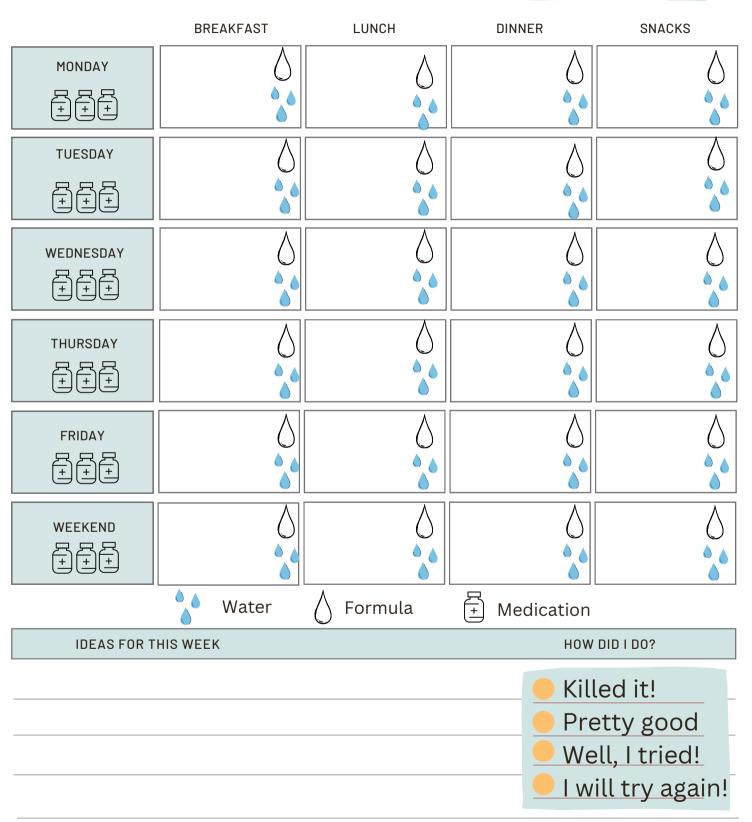


Goal: WHAT I ATE





Low Protein Items May be products from specialty shops or alternatives from a grocery store

Grocery List



Fruit

Apples Bananas Oranges Berries Grapes Melons

Canned Items

Fruit Salsa Soup Spaghetti Sauce **Tomato Sauce** Vegetables

Frozen Foods

Fruit Hashbrowns Fries Vegetables Gluten Free:

Snacks

Applesauce Apple Chips Crackers **Dried Fruit** Rice Cakes

Vegetables

Broccoli Carrots Cauliflower Cucumbers Lettuce Mushrooms **Peppers Potatoes** Squash **Tomatoes** Zucchini

Condiments & Baking

Butter Jam Ketchup Maple Syrup Oil Spice: Sugar Ranch Dressing Vinegar

Paper and Wraps

Aluminum Foil Garbage Bags Toilet Paper

Low Protein Items

Formula
Bread
Cereal
Cheese Alternative
Crackers
Flour Alternative
Meat Alternatives
Milk Alternatives
Spreads
Pasta
Rice

Household Items

Hair Product: Laundry: Cleaning: Light Bulbs Pet Food Soap:

Oh Ya.. AND

A CAMP E

Meal Planner

Date:

Breakfasi	Grocery Lisi
Lunch	
Dinner	
Snack	



CANADIAN PKU AND ALLIED DISORDERS INC. PCU ET MALADIES APPARENTÉES CANADA INC.

Because Knowledge Leads to Better Health Parce que la connaissance mène à une meilleure santé