

DAY

BREAKFAST

LUNCH

DINNER

1

## Quick & Easy Pancakes w/ Syrup

### Ingredients

2/3 cup water, 1 cup (100g) MixQuick, 2 Tbs syrup

**Directions:** Mix the ingredients with a fork until blended. Pour the batter onto a lightly greased hot skillet. Cook until golden, then turn and cook on other side until golden brown.

**PHE 6 MG PRO 0.2 G KCAL 500**

## Omelet & Homefries

### Ingredients

¾ cup (48g) Eggz, 6-8 Tbs water, 2 Tbs sliced & sautéed onion, 2 Tbs sliced and sautéed peppers, 1 large mushroom sliced and sautéed, 2 Tbs Cheddar Shreds, 76g Yuca Tater Home Fries

**Directions:** Combine in bowl Eggz & water. Mix ingredients with fork until blended. Pour the batter onto a lightly greased hot skillet (like a pancake). Top with onions, peppers, mushroom and Cheddar Shreds. Fold over to make omelet & heat until cheese is melted. Prepare Yuca Tater Home Fries according to package directions.

**PHE 101 MG PRO 2.5 G KCAL 394**

## Cranberry Scone & Fresh Fruit

### Ingredients

1 Cranberry Scones, 1 Tbs butter, 76g fresh strawberries, 46g grapes

**Directions:** Warm scone and serve with butter and fresh fruit.

**PHE 33 MG PRO 1.4 G KCAL 374**



3

## Cinnamon Raisin Toast w/ Apples

### Ingredients

2 slices Cinnamon Raisin Swirl Bread, 1 Tbs butter, 138g apple slices

**Directions:** Toast Cinnamon Raisin Swirl Bread and spread with butter. Serve with apple slices.

**PHE 41 MG PRO 0.8 G KCAL 462**

## Pear Fritters

### Ingredients

1/2 cup MixQuick, 6 Tbs nondairy liquid creamer, 1 tsp vanilla extract, 1 large pear sliced, 1 Tbs vegetable oil

**Directions:** Whisk together MixQuick, nondairy creamer and vanilla until smooth & creamy. Heat oil in a skillet. Dip pear slices into batter and place in hot oil. Fry until golden brown.

**PHE 38 MG PRO 1.1 G KCAL 520**

5

## French Toast

### Ingredients

3 Tbs MixQuick, 1/4 cup of nondairy creamer, 1/2 tsp vanilla, 2 slices of HomeStyle Sliced White Bread, 2 Tbs maple syrup

**Directions:** Mix MixQuick, non dairy creamer and vanilla in bowl.

Dip bread in mixture and saute in pan, turning once browned. Serve with maple syrup.

**PHE 19 MG PRO 0.4 G KCAL 340**



6

## Toaster Topz Banana Chip w/ Bread & Pea-Not Butter

### Ingredients

1 Toaster Topz Banana Chip, 1 slice Homestyle Bread, 2 Tbs Pea-Not Butter

**Directions:** Heat or toast Toaster Topz Banana Chip. Heat or toast Homestyle Bread and spread with Pea-Not Butter.

**PHE 42 MG PRO 0.8 G KCAL 390**

7

## Mexican Fiesta Salad

### Ingredients

Romaine Lettuce, Cherry Tomatoes, Avocado, Sea Salt Tortilla Chips

**Directions:** Chop 1.5 cups romaine lettuce, crush one bag Sea Salt Tortilla chips, dice 1/4 cup avocado, half 10 cherry tomatoes. Add all to bowl. Top with favorite dressing. (Phe, Pro and Kcal do not include dressing).

**PHE 110 MG PRO 3.9 G KCAL 244**

## California Veggie Wrap

### Ingredients

4 Tortillas Wraps, 1/2 cup diced red tomatoes, 1/3 cup (85g) sliced mushrooms, 1/4 cup (60g) black olives, 1/3 cup Cheddar Shreds, 1/2 cup lettuce, shredded, 4 Tbs salsa

**Directions:** Prepare the ingredients then divide them evenly between each of the 4 tortillas. Layer all the ingredients in a small rectangle on the bottom half of each round tortilla. Fold in two sides until they meet in the center. Fold the bottom of the tortilla to the center over the filling, and continue rolling. Makes 4 servings.

**PHE 60 MG PRO 1.7 G KCAL 90 (PER WRAP)**

## Pizza Primavera

### Ingredients

1 Pizza Primavera

**Directions:** Prepare the Pizza Primavera according to package directions. Serve with salad or bread to add calories.

**PHE 80 MG PRO 2.5 G KCAL 290**



## Bigger Pizza Bagel

### Ingredients

1 Bigger Bagel (any flavor), 1/3 cup Mozzarella Shreds, 1 individual Marinara Mini

**Directions:** Slice Bigger Bagel into halves, spread marinara evenly on each side. Top with Mozzarella Shreds. Preheat and bake in 400 degrees F oven for 10-12 minutes or until cheese melts (oven times may vary).

**PHE 93 MG PRO 2.2 G KCAL 275**

## Medley Meal - BBQ Bake

### Ingredients

1 BBQ Bake Medley Meal

**Directions:** Peel film seal back partially to allow for proper venting. Microwave on high 2-3 minutes, stir and cook for an additional 2 minutes (oven times may vary). Carefully open cover and serve.

**PHE 60 MG PRO 1.9 G KCAL 470**

## Toasted Pierogis in Marinara

### Ingredients

6 Toasted Pierogies, 1 Marinara Mini

**Directions:** Preheat oven to 375 degrees F. Place frozen pierogi on baking sheet and heat for approximately 20 minutes or until hot. For refrigerator-thawed pierogi, heat for 15 minutes. Serve with Marinara Mini.

**PHE 70 MG PRO 1.8 G KCAL 395**



## PB&J Cracker Sandwiches

### Ingredients

2-4 Savory Cracker Thins, Pea-Not Butter, jelly or jam of choice

**Directions:** Spread 2 Tbs Pea-Not Butter and 1 Tbs jam onto 1 Savory Cracker Thin, top with second cracker, repeat depending on number of cracker sandwiches desired.

**PHE 45 MG PRO 1 G KCAL 217 (PER SANDWICH)**

## Soft Taco Night

### Ingredients

1 Tortilla Wrap, 1 Camburger, 72g shredded iceberg lettuce, 2 Tbs Cheddar Wizard, 1 Tbs salsa

**Directions:** Prepare Camburger according to package directions; then chop finely. Place chopped Camburger, iceberg lettuce, warmed Cheddar Wizard and salsa inside Tortilla Wrap and wrap to create burrito or open taco.

**PHE 112 MG PRO 3.3 G KCAL 354**

## Cheesy Rice Casserole w/ Toast

### Ingredients

37.5g Short Grain Rice (dry), 28g fresh or frozen broccoli chopped, 3/4 Tbs (8g) Cheddar Wizard, 1 Tbs nondairy creamer, 1 slice Homestyle Bread, 1 Tbs Butter

**Directions:** Cook rice according to package instructions. Steam broccoli in a large skillet until tender; drain. Lower heat and return pan to stove. Add Cheddar Wizard and nondairy creamer and whisk until smooth and thickened. Add rice and broccoli to the cheese mixture and stir until blended. Toast Homestyle Bread and spread with butter..

**PHE 63 MG PRO 1.4 G KCAL 411**

## Tomato Soup & Grilled Cheese

### Ingredients

1 cup canned tomato soup, 2 slices Homestyle Bread, 2 American Cheese Singles

**Directions:** Cook soup according to package directions. Defrost Homestyle Bread; place cheese singles between the slices and grill using a frying pan until toasted.

**PHE 113 MG PRO 2.3 G KCAL 430**

## Lemon Grass Ravioli

### Ingredients

8 Portabella Spinach Ravioli, 2 lemon grass leaves chopped, 1/4 tsp lemon juice, 1 tsp canola oil, 1 Tbs red pepper chopped, 4 medium black olives chopped, 1/2 Tbs butter

**Directions:** Steam the ravioli for 3-4 minutes or until tender. Melt the butter and add the oil. Saute the lemon grass leaves, lemon juice, red peppers, and black olives in the butter/oil mixture. Serve over the steamed ravioli.

**PHE 52 MG PRO 1 G KCAL 320**

## Make Your Own Pizza Night

### Ingredients

1 Tuscan Pizza Crusts, 1 Marinara Minis, 30g Cheddar Shreds

**Directions:** Defrost/thaw Tuscan Pizza Crust; top with Marinara Mini and Cheddar Shreds. Bake on baking sheet in oven at 425° F for 10-12 minutes..

**PHE 83 MG PRO 2.9 G KCAL 635**

## BBQ Brooklyn Dog Wrap

### Ingredients

1 Brooklyn Dog thawed, 1 Tortilla Wrap, 2 Tbs barbecue sauce

**Directions:** Cook Brooklyn Dog on the grill/skillet. Just before it is done, lay a tortilla on the grill until it becomes more pliable. Place dog on tortilla, fill with your favorite condiments and roll up. Leave on the grill for a few seconds to toast. Remove and serve.

**PHE 32 MG PRO 1.5 G KCAL 250**

## Tomato Dumplings

### Ingredients

1 1/2 oz can stewed tomatoes, 1 8 oz can tomato sauce, 1/2 cup water, 1 cup MixQuick, 1/4 cup water

**Directions:** Combine first four ingredients, bring to rolling boil. Reduce heat to low. Combine MixQuick and 1/4 cup of water. Drop by teaspoonfuls into broth. Simmer uncovered for 10 min and then cover and simmer 15 minutes longer. Serve immediately. Makes 2 servings.

**PHE 80 MG PRO 3.4 G KCAL 280 (PER SERVING)**

DAY

BREAKFAST

LUNCH

DINNER

1

### Bigger Bagel w/ Butter & Banana

*Ingredients*

1 Bigger Bagel (any flavor), 1 medium banana, 2 tsp butter

*Directions:* Toast Bigger Bagel, spread with butter and serve with banana.

**PHE 85 MG PRO 1.6 G KCAL 316**

### Blueberry Muffins

*Ingredients*

2 cups (270g) packed MixQuick, 1/3 cup sugar, 3/4 cup nondairy liquid creamer, 1/4 cup water, 2 Tbs vegetable oil, 3/4 cup (100g) blueberries, fresh or frozen

*Directions:* Heat oven to 400 degrees F. In a medium bowl mix all ingredients, except blueberries, until well blended. Fold blueberries into batter. Divide batter evenly among 6 greased muffin tins or line with paper baking cups. Bake 15-18 minutes or until golden brown.

**PHE 8 MG PRO 0.2 G KCAL 310 (PER MUFFIN)**

### Grab & Go Apple Bar

*Ingredients*

1 Apple Breakfast Bar, 1 Tbs butter

*Directions:* Toast or warm & serve with butter.



**PHE 28 MG PRO 0.5 G KCAL 311**

### Eggz and Cheesy Home Fries

*Ingredients*

16g Eggz, 7 Tbs nondairy creamer, 76g Yuca Tater Home Fries, 28g Cheddar Wizard

*Directions:* Scramble Eggz according to package directions with nondairy creamer. Prepare Yuca Tater Home Fries according to package directions and top with warmed Cheddar Wizard.

**PHE 86 MG PRO 1.7 G KCAL 370**

### Crepes w/Strawberries

*Ingredients*

1 cup (135g) tightly packed MixQuick, 1 cup water, 1 Tbs sugar, 228g fresh Strawberries

*Directions:* Mix ingredients (except strawberries) together until evenly blended. Refrigerate 30 minutes. Brush 8 or 9-inch nonstick skillet lightly with oil. Heat pan on medium-high heat for 2 minutes. Quickly pour 1/4 cup of batter into pan and tilt to coat evenly. Cook for 1 minute. Flip with spatula and cook 30 seconds. Place waxed paper between cooked crepes to prevent sticking. Fill and/or top with strawberries. Makes 2 servings.

**PHE 22.5 MG PRO 1.4 G KCAL 317 (PER SERVING)**

### Gingerbread Doughnuts

*Ingredients*

1 cup (135g) MixQuick tightly packed, 1/4 cup water, 1/4 cup molasses, 2 Tbs sugar, 1/4 tsp ground ginger, 1/4 tsp ground cloves, 1/4 tsp ground cinnamon

*Directions:* Combine MixQuick, sugar, and spices. Combine water and molasses. Stir the water/molasses mixture into the MixQuick mixture and blend thoroughly. Pour into any mini doughnut maker, mold or dispenser and bake according to manufacturer's instructions. Makes 3 servings.

**PHE 1.3 MG PRO 0.2 G KCAL 300 (PER SERVING)**

### Quick & Easy Waffles w/ Syrup

*Ingredients*

1 cup (100g) MixQuick, 2/3 cup water, 1 Tbs butter, 2 Tbs syrup

*Directions:* Preheat waffle iron. In a mixing bowl blend MixQuick & water with a fork until smooth & creamy. Bake in a hot waffle iron; follow instructions for waffle iron use. Serve with butter & syrup.

**PHE 12 MG PRO 0.3 G KCAL 601**

3

### Avocado Toast

*Ingredients*

Homestyle Bread, 1/2 cup avocado, tomato

*Directions:* Toast 2 slices Homestyle Bread, spread avocado on toasted bread. Top with sliced tomato, salt and pepper.

**PHE 105 MG PRO 2.6 G KCAL 397**

### Grilled Cheese w/ Tomato & Grapes

*Ingredients*

1 Tbs butter, 2 slices Homestyle Bread, 2 slices American Cheese, 1 roma tomato, 10 red grapes

*Directions:* Warm skillet to medium heat, melt 1/2 Tbs butter, place 1 slice bread into pan. Top with cheese slices and sliced tomato. Spread remaining 1/2 Tbs butter on other slice bread. Place bread butter side up on top of melting tomato and cheese. Flip with spatula and warm until browned on both sides. Serve with side of grapes.

**PHE 81 MG PRO 2 G KCAL 477**

### Tweekz & Carrots w/ Ranch Dressing

*Ingredients*

3 Tweekz, 1 cup carrots, 1 Tbs ranch dressing

*Directions:* Prepare Tweekz according to package. Serve sliced carrots and ranch dressing for dipping on the side.

**PHE 111 MG PRO 2.7 G KCAL 335**

### Celery w/ Pea-Not Butter & Crackers

*Ingredients*

3 stalks celery halved, 2 Tbs Pea-Not Butter, 9 Original Flavor Crackers

*Directions:* Spread 2 Tbs Pea-Not Butter into celery stalks, serve with Original Flavor Cracker.

**PHE 65 MG PRO 1.8 G KCAL 178**

### Open Face Meatball Sub

*Ingredients*

6 Veggie Meatballs, 1 Artisan Bread roll, olive oil, 6 Tbs spaghetti sauce, 3 Tbs Mozzarella Shreds

*Directions:* Preheat oven to 350 degrees F. Thaw meatballs in microwave. Bake on a greased cookie sheet for 20 minutes. Cut Artisan Bread roll in half and scoop out inside of roll by hand. Brush the inside of each side with olive oil and sprinkle with garlic salt. Broil 2 minutes until brown. Spread 2 Tbs spaghetti sauce in the bottom of each side of roll. Top with 3 Veggie Meatballs, 1Tbs of spaghetti sauce and 1Tbs Mozzarella Shreds. Makes 2 servings.

**PHE 77 MG PRO 1.9 G KCAL 220 (PER SERVING)**

### Veggie Taco & Chips

*Ingredients*

1 cup summer squash/zucchini, 1 Tortilla Wrap, 1 Tbs olive oil, 1 bag Sea Salt Tortilla Chips

*Directions:* Slice squash or zucchini into circular pieces, toss in olive oil, place on grill for several minutes until browned or roast in oven at 350 degrees F, for about 30 minutes. Warm tortilla in oven. Remove & fill with cooked veggies. Serve with bag of Tortilla Chips.

**PHE 53 MG PRO 1.8 G KCAL 462**

### Pizza Blanca

*Ingredients*

1 Pizza Blanca

*Directions:* Prepare Pizza Blanca according to package directions.

**PHE 51 MG PRO 1.1 G KCAL 300**



4

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### Spaghetti & Cheese Filled Meatballs

*Ingredients*

62g Aproten Spaghetti (dry), 2 Cheese Filled Meatballs, 1 Marinara Mini

*Directions:* Prepare Aproten Spaghetti and Cheese Filled Meatballs according to package directions. Top Aproten Spaghetti with Marinara Mini and Cheese Filled Meatballs.

**PHE 77 MG PRO 2.5 G KCAL 380**

### Mac-A-Weenie & Cheese

*Ingredients*

1 box (7 oz) Pasta Duets - Mac & Cheese, 1 cup nondairy creamer, 1 Tbs unsalted butter, 2 Brooklyn Dogs

*Directions:* Pan fry the two Brooklyn Dogs and cut into 1/4 inch slices. Prepare Mac & Cheese according to package directions. Blend the dogs and Mac & Cheese into a greased casserole. Bake at 350 degrees F for 10-15 minutes or until golden brown. Makes 3 servings.

**PHE 58 MG PRO 1.1 G KCAL 430 (PER SERVING)**



### Instant Stivaletti Alfredo w/ Carrot Sticks

*Ingredients*

Instant Stivaletti Alfredo, 2 Tbs butter, 1 cup nondairy creamer, 156g carrot sticks

*Directions:* Prepare Instant Stivaletti Alfredo according to package directions. Serve with carrot sticks on the side. Makes 3 servings.

**PHE 62 MG PRO 1.3 G KCAL 418 (PER SERVING)**

### Haluski

*Ingredients*

1 small onion chopped, 1 8 oz package coleslaw or shredded cabbage, 1/2 cup (1 stick) butter or margarine, 2 servings (100-120g) of your favorite Cambrooke pasta cooked & drained

*Directions:* Using a large pot, melt butter and sauté the onion until tender. Add the cabbage and noodles. Stir to combine. Heat thoroughly. Makes 4 servings.

**PHE 44 MG PRO 1.1 G KCAL 310 (PER SERVING)**

### Camburger w/ Cucumbers & Dip

*Ingredients*

1 Camburger, 1 Camburger Bun, 1 American Cheese Single, 52g cucumber slices, 1 Tbs ranch dressing

*Directions:* Prepare Camburger according to package directions. Place Camburger and American Cheese Single in between toasted Camburger Bun; serve with cucumber slices and ranch dressing for dipping on the side.

**PHE 99 MG PRO 2.6 G KCAL 411**

### Rice Pilaf with Sautéed Vegetables

*Ingredients*

75g Short Grain Rice, 1/4 tsp Chicken Consommé, 2 Tbs olive oil, 1/4 tsp turmeric, 46g onion, 39g red pepper, 39g yellow pepper, 5g garlic clove minced

*Directions:* Cook Short Grain Rice according to package instructions. Add 1 Tbs olive oil, Chicken Consommé and turmeric; mix and set aside. Heat 1 Tbs oil in a medium skillet over medium heat. Saute onions, peppers and garlic until tender, but not wilted. Mix half the vegetables and rice together and top with the remaining vegetables and serve.

**PHE 68 MG PRO 2 G KCAL 560**

### Chicken Soup w/ Artisan Bread & Butter

*Ingredients*

1 packet Instant Noodle Soup Chicken, 1/4 Baby Boule Artisan Bread, 1 Tbs Butter

*Directions:* Prepare soup according to package directions. Warm or toast bread and spread with butter.

**PHE 38 MG PRO 1.4 G KCAL 381**



Week 1

Week 2

Nutrient Data / Shopping List

DAY FORMULA MEAL REPLACEMENTS

1

**BetterMilk Mexican Horchata**

*Ingredients*

8 oz rice milk, 1 BetterMilk packet, 3/4 tsp ground cinnamon, 1/2 tsp vanilla extract

*Directions:* Combine ingredients in a blender; blend until thoroughly mixed. Place in freezer for 10 minutes, then serve.

**PHE 79.8 MG PRO 16.2 G KCAL 297**

**Swirl Strawberry Parfait**

*Ingredients*

1 Swirl packet, 2-3 oz water, 76g fresh strawberries

*Directions:* Combine Swirl packet with water and top with cut fresh strawberries.

**PHE 39.4 MG PRO 15.8 G KCAL 324**

**BetterMilk Mochalatte**

*Ingredients*

1/2 cup cooled strong coffee or espresso, 4 Tbs sugar or Splenda®, 2 Tbs Nestle Nesquik® chocolate syrup, 1/2 tsp vanilla extract, 1/4 tsp almond extract, 1 BetterMilk packet, 2 cups ice

*Directions:* Combine all ingredients in blender until smooth and serve.



**PHE 51 MG PRO 15.5 G KCAL 420**

**Midday Snack Bar**

*Ingredients*

1 Complete 10g Fruit Frenzy bar

*Directions:* Grab and go!

**PHE 22 MG PRO 10 G KCAL 220**

**Chocolate Popsicle**

*Ingredients*

1 Glytactin RTD 15g Chocolate

*Directions:* Pour 1 RTD carton into popsicle mold, place in freezer for about 4 hours or overnight to freeze. Serve.

**PHE 27 MG PRO 15 G KCAL 200**

**High Cal, High Protein Power Chug**

*Ingredients*

1 Restore (Lemon Lime or Tangerine), 1 BetterMilk packet

*Directions:* Drink to indentation in Restore bottle (above the label), add BetterMilk, shake and enjoy.

**PHE 38 MG PRO 25 G KCAL 330**

**BetterMilk Waffles**

*Ingredients*

1/2 cup water, 1 cup (100g) MixQuick, 1/2 BetterMilk packet, 2 Tbs syrup, 1 Tbs butter

*Directions:* Heat waffle iron; grease with vegetable oil or shortening. Stir ingredients in a bowl until blended. Pour onto center of hot waffle iron and close lid. Bake about 5 minutes or until golden brown and crispy. Carefully remove waffle and serve with butter and syrup.



**PHE 23.5 MG PRO 7.8 G KCAL 681**

**Island Smoothie**

*Ingredients*

1 BetterMilk packet (or BetterMilk Lite for less calories), 1/2 cup pineapple chunks, 1/3 cup ginger ale, 1/2 cup ice

*Directions:* Combine ingredients in a blender; blend until thoroughly mixed and enjoy.

**PHE 36.6 MG PRO 15.6 G KCAL 228**



**Milk & Cookies**

*Ingredients*

1 BetterMilk Lite packet, 1 Peanut Butter Chocolate Chip Cookie

*Directions:* Prepare BetterMilk Lite according to package directions and serve with cookie.

**PHE 29 MG PRO 20.2 G KCAL 310**

**Chocolate Chip Ice Cream**

*Ingredients*

1 BetterMilk packet, 4 oz water, 2 Tbs vanilla instant pudding & pie filling, 1 Tbs mini chocolate chips

*Directions:* Blend BetterMilk, water and pudding. Mix vigorously with a wire whisk until mixture is smooth and creamy. Add chocolate chips and pour into miniature ice cream maker and follow manufacturer's instructions. For firmer ice cream, place in freezer for several hours.

**PHE 42 MG PRO 15.8 G KCAL 280**

**Complete 15g Peanut Butter Bar**

*Ingredients*

1 Complete 15g Peanut Butter bar

*Directions:* Grab and go!

**PHE 37 MG PRO 15 G KCAL 320**

**Raspberry Rush Smoothie**

*Ingredients*

3 oz cranberry juice, 2 Tbs (15g) fresh raspberries, 1/4 (20g) medium banana, 1 Camino Pro PKU Fruit Punch pouch

*Directions:* Combine in blender until smooth and serve.

**PHE 13.8 MG PRO 15.3 G KCAL 212**

**Low Cal, High Protein Power Chug**

*Ingredients*

1 Restore Lite (Lemon Lime or Tangerine), 1 BetterMilk Lite packet

*Directions:* Drink to indentation in Restore Lite bottle (above the label), add BetterMilk Lite, shake and enjoy.

**PHE 50 MG PRO 30 G KCAL 220**

**BetterMilk Chocolate Custard**

*Ingredients*

6 oz water, 1/2 tsp (1g) Agar flakes, 1 BetterMilk packet, 2 Tbs Chocolate Pudding & Pie Filling

*Directions:* Place water and Agar in a small saucepan, heat over medium high heat and stir occasionally until the Agar has dissolved completely. Let stand for 5 minutes at room temperature then quickly whisk in the BetterMilk and pudding mix until blended completely. Pour into 1 lightly greased mini mold or ramekin. Refrigerate until the custard sets, about 1 hour. Unmold the custard onto a plate or in a bowl, decorate with fruit, whip cream, coulis sauce, etc.

**PHE 58 MG PRO 15.6 G KCAL 270**



Product	Serving Size	Phe, mg	Pro, g	Calories	Product	Serving Size	Phe, mg	Pro, g	Calories
□ BetterMilk*	1 packet	23	15	160	□ Restore Lemon Lime*	1 bottle	15	10	170
□ BetterMilk Lite*	1 packet	35	20	150	□ Restore Tangerine*	1 bottle	15	10	170
□ Camino Pro PKU Fruit Punch*	1 pouch	0	15	140	□ Restore Lemon Lime Lite*	1 bottle	15	10	70
□ Complete 10g Fruit Frenzy*	1 bar	22	10	220	□ Restore Tangerine Lite*	1 bottle	15	10	70
□ Complete 15g Peanut Butter*	1 bar	37	15	320	□ Swirl*	1 packet	25	15	300
□ Glytactin RTD 15g Chocolate*	1 carton	27	15	200					

\* Prescription required to order formula

□ American Cheese Singles	1 slice	20	0.4	35	□ MixQuick	100g	6	0.2	400
□ Apple Breakfast Bars	1 bar	22	0.4	210	□ Mozzarella Shreds	30g	35	0.7	80
□ Aproten Penne	62g, dry	17	0.3	215	□ Pasta Duets - Instant Stivalletti Alfredo	66g, dry	24	0.6	220
□ Aproten Spaghetti	62g, dry	17	0.3	215	□ Pasta Duets - Mac & Cheese	66g, dry	25	0.5	230
□ Artisan Bread	1/3 roll, 52g	6	0.3	130	□ Pea-Not Butter	2 Tbs, 28g	31	0.65	100
□ Baby Boule Artisan Bread	1/4 boule, 56g	6	0.3	130	□ Peanut Butter Chocolate Chip Cookie	1 cookie	6	0.2	160
□ Bagel Bars French Toast	1 bagel	23	0.5	140	□ Pizza Blanca	1 pizza	51	1.1	300
□ Brookelyn Dogs	1 dog	27	0.5	80	□ Pizza Primavera	1 pizza	80	2.5	290
□ Camburger Buns	1 bun	6	0.3	200	□ Portabella Spinach Ravioli	4 raviolis	21	0.6	120
□ Camburgers	1 burger	50	1.3	90	□ Savory Cracker Thins	2 crackers	14	0.3	60
□ Cheddar Shreds	30g	37	0.7	80	□ Short Grain Rice	50g	11	0.3	180
□ Cheddar Wizard	2 Tbs, 28g	36	0.75	70	□ The Bigger Bagel Apple Cinnamon	1 bagel	34	0.6	170
□ Cheese Filled Meatballs	2 veggie balls	34	1.2	130	□ The Bigger Bagel Garlic	1 bagel	34	0.6	160
□ Chicken Consommé	3g	1	0.4	5	□ The Bigger Bagel Plain	1 bagel	32	0.5	160
□ Cinnamon Raisin Swirl Bread	1 slice	14	0.2	140	□ Toasted Pierogi	3 pierogies	22	0.4	180
□ Crackers - Original	9 crackers	10	0.3	60	□ Toaster Topz Banana Chip	1 topz	6	0.1	160
□ Cranberry Scones	1 scone	7	0.2	220	□ Tortilla Chips Sea Salt	1 bag	3	0.2	145
□ Eggz	1/4 cup (16g)	6	0.1	70	□ Tortilla Wraps	1 tortilla	4	0.2	180
□ HomeStyle Bread	1 slice	5	0.1	130	□ Tuscan Pizza Crusts	1/4 crust, 52g	5	0.3	130
□ Instant Noodle Soup - Chicken	1 packet	26	1	150	□ Tweekz	3 pieces	48	1.2	200
□ Marinara Minis	1 marinara cup	26	1	35	□ Veggie Meatballs	2 veggie balls	30	1	110
□ Medley Meals Barbecue Bake	1 tray	60	1.9	470	□ Yuca Tater Home Fries	76g	23	0.8	90

**SAVE 20%**

on your next order!

(code can only be used once)

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