



METABOLICS

# MIX IT UP WITH GMPro Mix-In<sup>®</sup>

Recipes created especially for use with  
PKU **GMPro Mix-In**

PKU GMPro Mix-In is a Food for Special Purposes for the dietary management of phenylketonuria. This product must be used under medical supervision.



*Serving suggestion*



**NUTRICIA**  
LIFE-TRANSFORMING NUTRITION

METABOLICS

## A NOTE ON OUR INSPIRATION

The recipes in this booklet were developed especially for use with your **GMPPro Mix-In**. **PKU GMPPro Mix-In** is a specialized medical food product that is virtually tasteless and odourless. It can be added to your favourite low-protein drinks and foods to help boost protein intake.

The nutritional information included in the recipes is provided as a guide only and does not include the contribution from **PKU GMPPro Mix-In**. Please check the protein content on individual ingredients and food labels. Always consult your healthcare professional before making any changes to your low-protein diet.

We hope this book helps add variety to your low-protein diet.

Nutricia's Metabolic Team





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# TIPS AND TRICKS



Think of your GMPPro Mix-In as a new ingredient you need to get to know. It might take practice to get it right, but stick with it. Here are our best tips and tricks for success:



Add GMPPro Mix-In to your individual serving (**not the total recipe**).



Warm up your food before adding your **GMPPro Mix-In**.



Recipes can be prepared in advance, but we recommend adding **GMPPro Mix-In** to your portion when you are ready to eat it.



Once mixed with food or drinks, **GMPPro Mix-In** can be refrigerated in a covered container for up to 24 hours. Shake or stir immediately before use.



For optimum taste experience **do not overheat or freeze the GMPPro Mix-In**.



Be sure to consume the entire portion of the food or drink to have your complete portion of **GMPPro Mix-In**.



You may find it easier to mix with a whisk.



Adding the **GMPPro Mix-In** and mixing may change the texture of the recipe a bit. If necessary, let it chill for a few minutes and then check it again.



Recipes (without the added **GMPPro Mix-In**) can be shared with friends and family. They can add additional protein to their portion as desired.



Leftover liquids (e.g. juice, without the added **GMPPro Mix-In**) can be frozen in an ice cube tray and reused in another portion.



Leftover fresh fruits can be frozen and reused in another portion.



Using frozen fruits (including frozen bananas) will make drinks colder.



Be patient. You will get the hang of this.

## A FLEXIBLE AND CONCENTRATED SOURCE OF GMP-BASED PROTEIN



One sachet of PKU GMPPro Mix-In provides:

42  
KCAL

10g  
PE

18mg  
PHE

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Both products must be used under medical supervision





# DRINKS AND SNACKS



*Food photography by Maria Depenweiller.*







Enjoy the **flavours of the beach** anytime with this delicious smoothie.

**NUTRITION INFORMATION**

**Per serving**  
**Calories** **194kcal**  
**Exchange free\***

\*Nutrition information does not include GMP Pro Mix-In.

*Serving suggestion*



# MANGO, PEACH AND BANANA SMOOTHIE

1

Servings: 1 (430ml)


## Ingredients

- 70g fresh or frozen mango pieces
  - 70g fresh or frozen peach pieces
  - ½ banana
  - 180ml unsweetened coconut drink<sup>#</sup>
- 
- 1 sachet of **GMPro Mix-In**

## Directions

1. Add all ingredients except **GMPro Mix-In** into a blender and blend for 10 seconds.
2. Add 1 sachet of **GMPro Mix-In** and blend until well combined.

**Note:** To ensure you get all the **GMPro Mix-In**, you may need to swish the blender with a bit of water and add it to your smoothie.



A **perfect** way to start your day—or add a little umbrella and serve it as a dessert!

## NUTRITION INFORMATION

Per serving

Calories **202kcal**

Exchange free\*

\*Nutrition information does not include GMPro Mix-In.

*Serving suggestion*



# MANGO, PEACH AND PINEAPPLE SMOOTHIE



Servings: 1 (430ml)


## Ingredients

- 70g fresh or frozen mango pieces
  - 70g fresh or frozen peach pieces
  - 70g fresh or frozen pineapple chunks
  - 180ml unsweetened coconut drink<sup>#</sup>
- 
- 1 sachet of **GMPro Mix-In**

## Directions

1. Add all ingredients except **GMPro Mix-In** into a blender and blend for 10 seconds.
2. Add 1 sachet of **GMPro Mix-In** and blend until well combined.

**Note:** To ensure you get all the **GMPro Mix-In**, you may need to swish the blender with a bit of water and add it to your smoothie.



Add a **tropical twist** to your morning routine with this low-protein take on a classic.

## NUTRITION INFORMATION

Per serving

Calories **230kcal**

Exchange free\*

\*Nutrition information does not include GMPro Mix-In.

*Serving suggestion*





# PINEAPPLE AND COCONUT SMOOTHIE

1

Servings: 1 (430ml)

## Ingredients

- 160ml pineapple juice
- 35g fresh or frozen pineapple chunks
- 30ml unsweetened canned coconut milk<sup>#</sup>.
- 80ml unsweetened coconut drink<sup>#</sup>

- 
- 1 sachet of **GMPro Mix-In**

## Directions

1. Add all ingredients except **GMPro Mix-In** into a blender and blend for 10 seconds.
2. Add 1 sachet of **GMPro Mix-In** and blend until well combined.

**Note:** To ensure you get all the **GMPro Mix-In**, you may need to swish the blender with a bit of water and add it to your smoothie.

*- this ingredient may contribute to exchanges of natural protein if eaten in large amounts*

*#Be sure to read the nutrition composition table, on the label as protein and calories may vary by product.*



A delicious and **satisfying** way to start your day—or enjoy it as a mid-day pick-me-up.

## NUTRITION INFORMATION

Per serving

Calories **149kcal**

0.5 exchanges\*

\*Nutrition information does not include GMPRO Mix-In.

Serving suggestion



# YOGURT PARFAIT WITH BERRIES, HONEY AND CINNAMON

1

Servings: 1

## Ingredients

- 38g strawberries (or about 3 strawberries halved)
  - 37g blueberries
  - 31g raspberries
  - ½ tsp honey (2.5 ml)
  - 150g plain coconut yogurt alternative<sup>#, \*</sup>
  - A pinch of ground cinnamon
- 
- 1 sachet of **GMPro Mix-In**

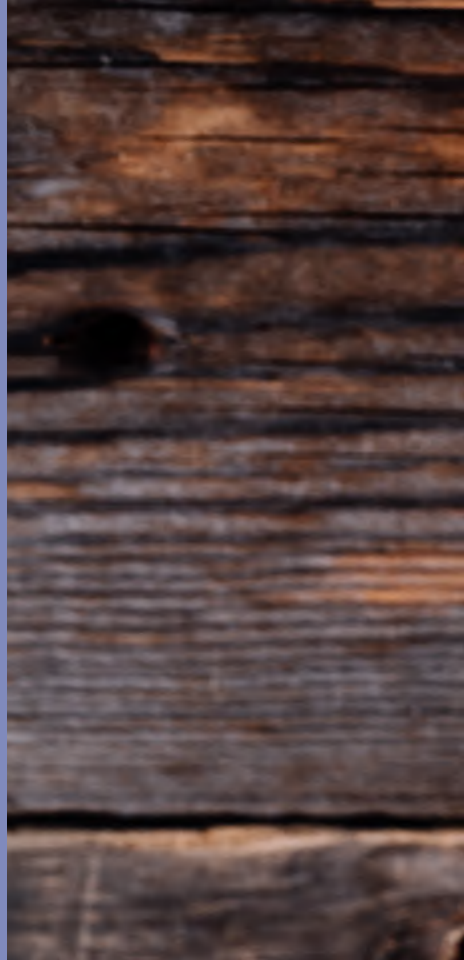
## Directions

1. Combine fruit into a bowl. Drizzle with honey and toss.
2. In another bowl, combine the yogurt alternative with 1 sachet **GMPro Mix-In**. Whisk until uniform.
3. Top with mixed berries.
4. Sprinkle with cinnamon and serve.

*- this ingredient may contribute to exchanges of natural protein if eaten in large amounts*

*#Be sure to read the nutrition composition table, on the label as protein and calories may vary by product.*

# SIDES







A **delicious** way to enjoy some crudités.

#### NUTRITION INFORMATION

Per recipe (dip only)

Calories 327kcal

Exchange free\*

Per recipe (dip with vegetables)

Calories 415kcal

Exchange free\*

Per serving (dip only)

Calories 164kcal

Exchange free\*

Per serving (dip with vegetables)

Calories 208kcal

Exchange free\*

\*Nutrition information does not include GMPPro Mix-In.

Serving suggestion



# GARLICKY EGGPLANT DIP WITH FRESH VEGETABLES

2 Servings: 2

## Ingredients

- 1 aubergine (420g)
  - 2 tbsp olive oil (30ml)
  - 2 garlic cloves, smashed
  - Salt and pepper to taste
  - 8g coarsely chopped fresh coriander
  - 2 carrots (120g), cut into sticks
  - ½ cucumber (150g), peeled and cut into sticks
  - 2 stalks of celery (130g), cut into sticks
- 
- 1 sachet of **GMPro Mix-In** added to an individual serving (see directions)

## Directions

1. Pierce the whole aubergine 4–5 times with a fork or knife.
2. Place on a microwave-safe dish and microwave on high for 6 minutes or until fork-tender.
3. Allow to cool, then remove the peel and discard.
4. Roughly chop the remaining aubergine and place in a blender.
5. Add the olive oil, garlic, salt, and pepper, and blend on a medium setting for 1 minute and 30 seconds.
6. Separate out your portion and add 1 sachet of **GMPro Mix-In**. Whisk until uniform.
7. Top the aubergine dip with coriander and serve with fresh vegetable sticks.



Keep things **fresh**  
with this cool and  
creamy dip.

#### NUTRITION INFORMATION

Per serving (375ml)

Calories **68kcal**

0.5 exchanges\*

\*Nutrition information does not include GMPro Mix-In.

Serving suggestion





# TZATZIKI DIP

**1** Servings: 1 (375ml)

## Ingredients

- 125g plain unsweetened coconut yogurt alternative<sup>#</sup>-
- 1 tsp salt (5ml)
- 2 tsp fresh lemon juice (10ml)
- 2 tbsp grated fresh cucumber (10g)
- 1 garlic clove, minced
- Olive oil (optional)


- 
- 1 sachet of **GMPro Mix-In**

## Directions

1. In a serving dish, combine yogurt, salt, lemon juice, cucumber, and garlic, and stir well.
2. Let the dip chill for about 15 minutes before serving to allow the flavours to come together.
3. Add 1 sachet of **GMPro Mix-In** and whisk until uniform.
4. Optional: Drizzle with olive oil before serving.

- this ingredient may contribute to exchanges of natural protein if eaten in large amounts

#Be sure to read the nutrition composition table, on the label as protein and calories may vary by product.



Fresh, **crunchy**, and  
a great companion  
to meals

Or make it a tangy-  
sweet addition to a  
low-protein sandwich or  
burger!

#### NUTRITION INFORMATION

Per recipe

Calories **490kcal**

Exchange free\*

Per serving

Calories **82kcal**

Exchange free\*

\*Nutrition information does not include GMP Pro Mix-In.

Serving suggestion



# APPLE AND CABBAGE SLAW

6 Servings: 6

## Ingredients

- 105g green cabbage, shredded
- 105g iceberg lettuce, shredded
- 3 carrots (180g), sliced into thin strips
- 1 apple (180g), cored and cut into sticks
- ½ red onion (80g), sliced lengthwise

Vinaigrette:

- 1 tbsp lime juice (15ml)
- 2 tbsp olive oil (30ml)
- 1 tsp ground cumin (5ml)
- Salt and pepper to taste

- 
- 1 sachet of **GMPPro Mix-In** added to an individual serving (see directions)

## Directions

1. Combine the cabbage with the lettuce, carrots, apple, and onion, and toss.
2. Combine lime juice, olive oil, cumin, salt, and pepper, and mix until uniform.
3. Toss the slaw with the vinaigrette to coat.
4. Separate out your portion and add 1 sachet of **GMPPro Mix-In**. Toss until evenly distributed.

# MIX IT-UP!

Combine the **Loprofin** kitchen essentials with **GMPro Mix-In** to prepare your favourite meals and snacks from breakfast to dinner.



**MILK REPLACEMENTS**



**CEREAL**



**PASTA/RICE**



**CRACKERS**



**BAKING**

All Loprofin products are classified as Food for Special Medical Purposes (FSMP) and must be used under medical supervision.






# MAINS







You may never buy ready-made tomato sauce again after seeing how **easy** it is to make your own.

#### NUTRITION INFORMATION

Per recipe (800ml)

Calories 739kcal

Exchange free\*

Per serving (100ml)

Calories 92kcal

Exchange free\*

\*Nutrition information does not include GMPro Mix-In.

Serving suggestion





# FRESH TOMATO SAUCE

8 Servings: 8 (100ml per serving)


## Ingredients

- 60ml olive oil
  - ½ yellow onion (80g), chopped
  - 3 garlic cloves, minced
  - ½ tbsp salt (7.5ml)
  - 1 tsp pepper (5l)
  - 1 tsp dried oregano (5ml) or 1 tbsp coarsely chopped fresh oregano (1g)
  - 1 tsp dried basil (5ml) or 1 tbsp coarsely chopped fresh basil (1.5g)
  - 1 (796ml) can of whole tomatoes
- 
- 1 sachet of **GMPPro Mix-In** added to an individual serving (see directions)

## Directions

1. In a medium saucepan, heat the olive oil on a medium setting. Add the onion and garlic. Sauté until lightly golden. Add the salt, pepper, oregano, and basil, and mix.
2. Add the canned tomatoes and slowly stir. Reduce the heat and simmer on low for 20 minutes.
3. Separate out your portion and add 1 sachet of **GMPPro Mix-In** to cooled-down, ready-to-eat sauce. Whisk until uniform.

\*Serve with prepared **Loprofin** pasta or rice, or any other low-protein food.



Perfect for those days  
when you need a warm  
**hug** of a meal.

#### NUTRITION INFORMATION

Per recipe

Calories 612kcal

Exchange free\*

Per serving (296ml)

Calories 153kcal

Exchange free\*

\*Nutrition information does not include GMP Pro Mix-In.

*Serving suggestion*



# CARROT AND SQUASH SOUP WITH GINGER

④ Servings: 4 (296ml per serving)

## Ingredients

- 2 tbsp olive oil (30ml)
  - ½ yellow onion (80g), diced
  - 1 tsp salt (5ml)
  - ½ tsp pepper (2.5ml)
  - ½ tsp ground cumin (2.5ml)
  - 1½ tbsp fresh ginger (9g), chopped
  - 560g butternut squash, peeled and cubed
  - 3 carrots (180g), peeled and diced
  - 2 cups of water (500ml)
- 
- 1 sachet of **GMPro Mix-In** added to an individual serving (see directions)

## Directions

1. In a stock pot, heat the olive oil on a medium setting. Add the onion, salt, pepper, and cumin, and mix. Let the flavours blend for 2-3 minutes.
2. Add the ginger and sauté for another minute.
3. Add the squash, carrot, and water. Stir, put on a lid, and bring to a boil. Once boiling, cook on medium heat for 30 minutes or until the squash and carrot are soft.
4. Blend in a blender or with an immersion blender until smooth.
5. Separate out your portion and add 1 sachet of **GMPro Mix-In** to cooled-down, ready-to-eat soup. Whisk until uniform.



A **classic** for a reason, this pasta dish is destined to become a weeknight go-to.

## NUTRITION INFORMATION

Per recipe

Calories 1704kcal

Exchange free\*

Per serving

Calories 426kcal

Exchange free\*

\*Nutrition information does not include GMPro Mix-In.

Serving suggestion



# FUSILLI WITH ROASTED TOMATO SAUCE

④ Servings: 4

## Ingredients

- 16 cherry tomatoes (300g), halved
  - 3 tbsp olive oil (45ml)
  - 1 yellow onion (160g), diced
  - 3 garlic cloves (9g), smashed
  - Salt and pepper to taste
  - 6g coarsely chopped fresh basil
  - 180ml water
  - 336g uncooked **Loprofin Fusilli\***
- 
- 1 sachet of **GMPro Mix-In** added to an individual serving (see directions)

## Directions

1. Preheat the oven to 190 °C (375 °F).
2. Place the tomatoes in a roasting pan and drizzle with 1 tbsp olive oil. Roast for 20 minutes.
3. In a medium saucepan, heat the remaining 2 tbsp of olive oil. Add the onion and garlic. Sauté on medium heat until lightly golden. Season with salt and pepper.
4. Add the roasted tomatoes, followed by the basil and the water. Slowly stir. Reduce the heat and allow the sauce to slowly cook and thicken (approximately 25 minutes). Set aside to cool.
5. Cook the **Loprofin Fusilli** according to the directions.
6. Separate out your portion and add 1 sachet of **GMPro Mix-In** to cooled-down, ready-to-eat sauce. Whisk until uniform. Toss your portion of pasta into the sauce.

*\*Be sure to calculate any additional phenylalanine, tyrosine, and/or protein from the food you eat with the tomato sauce.*



A vegetarian chili that is perfect to **warm** you up on chilly days.

## NUTRITION INFORMATION

Per recipe

Calories 1075kcal

2.5 exchanges\*

Per serving

Calories 215kcal

Exchange free\*

\*Nutrition information does not include GMPro Mix-In.

Serving suggestion



# VEGETABLE-PACKED CHILLI

5 Servings: 5

## Ingredients

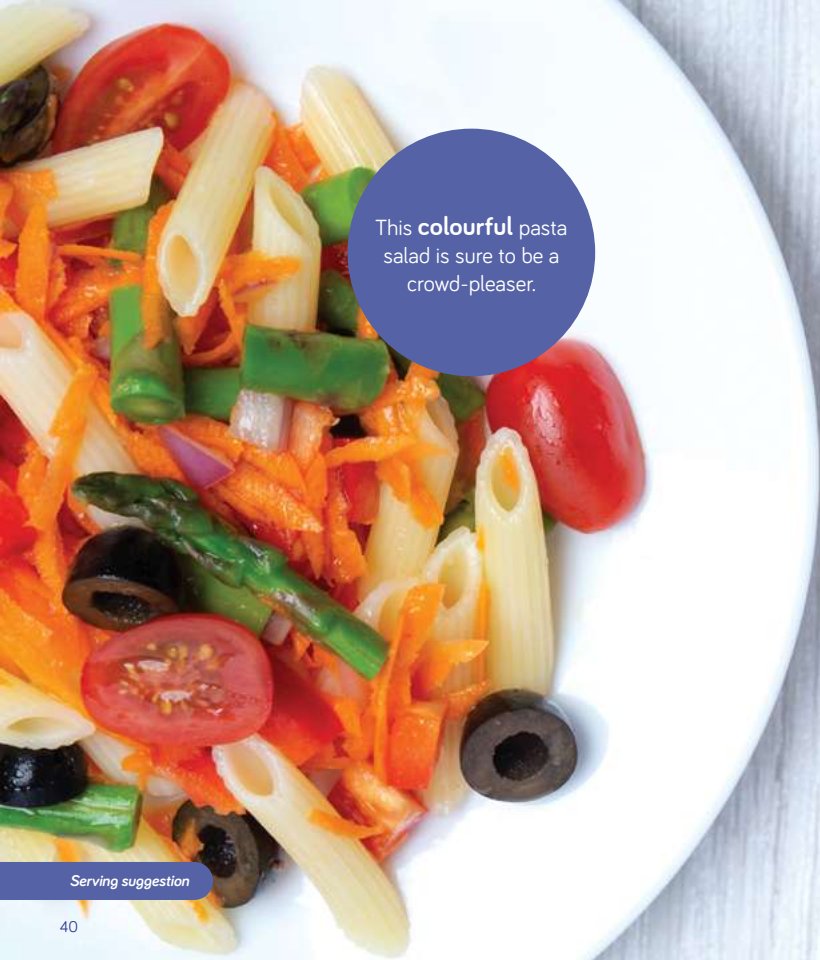
- 60ml canola oil
- 1 yellow onion (160g), chopped
- 1 tsp cayenne pepper (5ml)
- 1 tsp chilli powder (5ml)
- 1 tsp salt (5ml)
- 1 tsp pepper (5ml)
- 1 green bell pepper (180g), chopped
- 1 red bell pepper (180g), chopped
- 1 zucchini (180g), chopped
- 90g frozen corn
- 3 carrots (180g), chopped
- 1 (796ml) can of whole tomatoes
- 8g coarsely chopped fresh coriander
- 1 lime

- 
- 1 sachet of **GMPPro Mix-In** added to an individual serving (see directions)

- this ingredient may contribute to exchanges of natural protein if eaten in large amounts

## Directions

1. In a stock pot, heat the canola oil on a medium setting. Add the onion, cayenne pepper, chili powder, salt, and pepper. Sauté for 2-3 minutes.
2. Add the bell peppers, zucchini, corn, and carrots. Sauté for another 5 minutes.
3. Add the canned tomatoes and slowly stir. Reduce the heat and simmer on low for 20 minutes.
4. Separate out your portion and add 1 sachet of **GMPPro Mix-In** to cooled-down, ready-to-eat chilli. Mix until evenly distributed.
5. Top with coriander and a spritz of freshly squeezed lime.



This **colourful** pasta salad is sure to be a crowd-pleaser.

*Serving suggestion*

## NUTRITION INFORMATION

Per recipe

Calories **1892kcal**

2 exchanges\*

Per serving

Calories **315kcal**

Exchange free\*

\*Nutrition information does not include GMP Pro Mix-In.

*Recipe by Akeela Jakhura and food photography by Maria Deppenweiller.*





# PENNE SALAD WITH FRESH VEGETABLES

⑥ Servings: 6

## Ingredients

- 300g uncooked **Loprofin Penne** pasta
- 3 carrots (180g), chopped
- 1 red bell pepper (180g), chopped
- 1 red onion (160g), chopped
- 15 pitted black olives (50g), chopped in half
- 3 plum tomatoes (310g), chopped
- 8 asparagus- stalks (128g), chopped
- 3 tbsp coarsely chopped fresh parsley (11g)

### Vinaigrette:

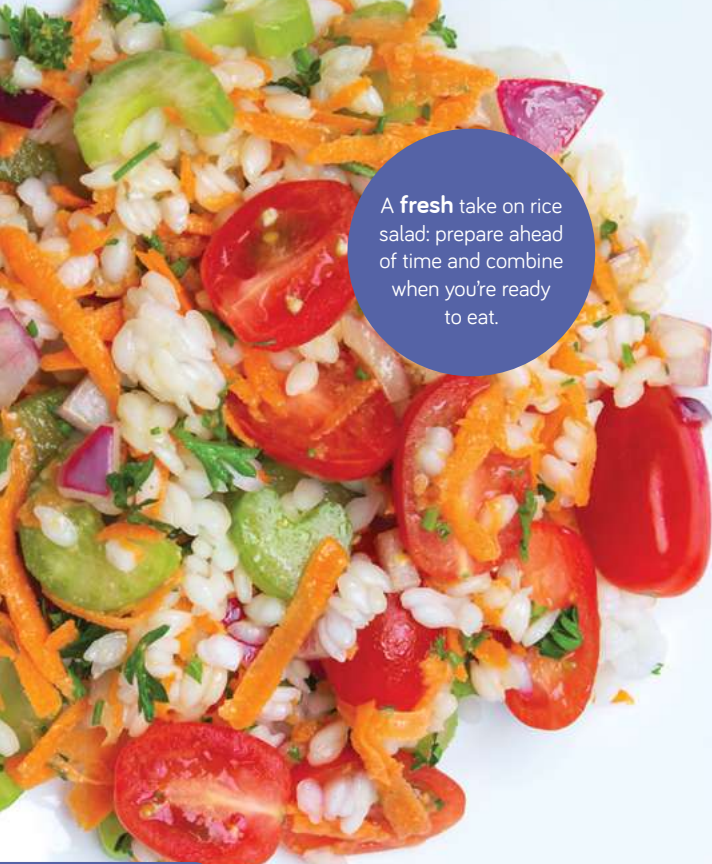
- 2 garlic cloves (6g), minced
- 60ml olive oil
- 2 tbsp balsamic vinegar (30ml)
- 1 tsp salt (5ml)
- 1 tsp pepper (5ml)

- 
- 1 sachet of **GMPPro Mix-In** added to an individual serving (see directions)

- this ingredient may contribute to exchanges of natural protein if eaten in large amounts

## Directions

1. Cook the **Loprofin Penne** according to the directions. Set aside to cool.
2. Combine the prepared low-protein penne with the carrots, bell pepper, onion, olives, tomatoes, and asparagus, and toss.
3. Combine garlic, olive oil, balsamic vinegar, salt, and pepper, and mix until uniform.
4. Toss the salad with the vinaigrette to coat.
5. Separate out your portion and add 1 sachet of **GMPPro Mix-In**. Toss until evenly distributed.
6. Top with parsley.



A **fresh** take on rice salad: prepare ahead of time and combine when you're ready to eat.

## NUTRITION INFORMATION

Per recipe

Calories 1123kcal

1.5 exchanges\*

Per serving

Calories 280kcal

Exchange free\*

\*Nutrition information does not include GMP Pro Mix-In.

Serving suggestion



# RICE SALAD WITH FRESH VEGETABLES

④ Servings: 4

## Ingredients

Salad:

- 220g **Loprofin Rice**<sup>-</sup>
- Olive oil
- 3 celery stalks (195g), chopped
- 2 carrots (120g), chopped
- 1 red onion (160g), chopped
- 200g cherry tomatoes, halved
- 3 tbsp coarsely chopped fresh parsley (11g)

Vinaigrette:

- 1 garlic clove (3g), minced
- 1 tbsp olive oil (15ml)
- 2 tsp Dijon or grainy mustard (10ml)
- 1 tbsp honey (15ml)
- 2 tbsp lime juice (30ml)
- ½ tsp salt (2.5ml)
- 1 tsp pepper (5ml)

- 
- 1 sachet of **GMPPro Mix-In** added to an individual serving (see directions)

*- this ingredient may contribute to exchanges of natural protein if eaten in large amounts*

## Directions

1. Cook the **Loprofin Rice** according to package directions. Pour a bit of olive oil over the cooked rice to prevent it from sticking together. Set aside to cool.
2. Combine the celery, carrots, onion, tomatoes, and parsley, and toss.
3. Combine garlic, olive oil, mustard, honey, lime juice, salt, and pepper, and mix until uniform.
4. Toss the vegetables with the vinaigrette to coat. Do not add the rice until you are ready to eat.
5. Separate out your portion of rice as well as your portion of vegetables mixed with vinaigrette and add 1 sachet of **GMPPro Mix-In**. Toss until evenly distributed.

**Note:** We recommend storing the prepared rice and the vegetable-vinaigrette mixture separately. When ready to eat, mix your portion of rice with your portion of vegetables with vinaigrette and add **GMPPro Mix-In**.

Discover our Loprofin range of kitchen essentials!

