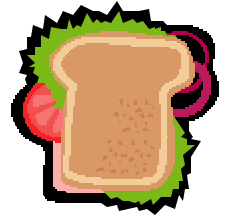


# Build Your Own Sandwich



Choose what toppings you would like on your sandwich, then add up your choices for the total mg of phe.

	<u>Mg phe</u>	<u>My Sandwich</u>
1 slice low protein bread	15	_____
1 Tbsp Miracle Whip (15 gm)	3	_____
1 Tbsp ketchup (15 gm)	7	_____
1 Tbsp chopped olives (15 gm)	5	_____
1 pickle coin (6 gm)	1	_____
1 Tbsp chopped lettuce (4 gm)	2	_____
1 Tbsp apple butter (18 gm)	0	_____
1 Tbsp jelly (20 gm)	0	_____
1 Tbsp Nucoa margarine (15 gm)	0	_____
	Total:	_____



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