



Citrin Foundation



PFC%

Recipe Book

This booklet is specially crafted for those managing citrin deficiency. Inside, you'll find a variety of delicious recipes, each with a breakdown of the protein (15%-25%), fat (40%-50%), and carbohydrate (30%-40%) (PFC) ratio which seems suitable for patients based on published literature. Our goal is to help you enjoy balanced, nutritious meals that cater to your unique dietary needs that can also be enjoyed by the entire family.

Breakfast

Spinach and Feta Breakfast Wrap

Ingredients

- 1 whole wheat tortilla
- 2 large eggs
- 1/2 cup spinach, chopped
- 1/4 cup feta cheese, crumbled
- 1 teaspoon olive oil
- Salt and pepper to taste

Macronutrients

Per serving (assuming 1 serving):

- Protein: 22g (30%)
- Fat: 22g (50%)
- Carbohydrates: 30g (20%)

Instructions

- In a bowl, whisk the eggs with salt and pepper.
- Heat olive oil in a non-stick pan over medium heat.
- Add spinach and sauté for 1-2 minutes until wilted.
- Pour the eggs over the spinach and cook until scrambled.
- Place the scrambled eggs and spinach on the tortilla.
- Sprinkle feta cheese on top and roll up the tortilla.



Turkey and Avocado Breakfast Sandwich

Ingredients

- 1 whole grain English muffin
- 2 slices turkey breast
- 1/4 avocado, sliced
- 1 slice tomato
- 1 egg
- 1 teaspoon olive oil
- Salt and pepper to taste

Macronutrients

Per serving (assuming 1 serving):

- Protein: 20g (28%)
- Fat: 18g (42%)
- Carbohydrates: 28g (30%)

Instructions

- Toast the English muffin.
- In a non-stick pan, heat olive oil over medium heat.
- Crack the egg into the pan and cook until the white is set but the yolk is still runny (or to your desired doneness).
- Layer the turkey, avocado, and tomato on one half of the English muffin.
- Top with the cooked egg and the other half of the muffin.
- Season with salt and pepper to taste.



Veggie and Cheese Breakfast Quesadilla

Ingredients

- 1 whole wheat tortilla
- 1/2 cup bell peppers, diced
- 1/4 cup spinach, chopped
- 1/4 cup shredded cheese (cheddar or your choice)
- 2 large eggs
- 1 teaspoon olive oil
- Salt and pepper to taste

Instructions

- In a non-stick pan, heat olive oil over medium heat.
- Add bell peppers and spinach; sauté for 2-3 minutes.
- In a bowl, whisk the eggs with salt and pepper and pour into the pan with veggies.
- Cook until the eggs are scrambled and set.
- Place the mixture on one half of the tortilla, sprinkle with cheese, and fold the tortilla over.
- Cook the quesadilla in the pan for 2-3 minutes on each side until the tortilla is golden brown and the cheese is melted.

Macronutrients

Per serving (assuming 1 serving):

- Protein: 22g (28%)
- Fat: 20g (40%)
- Carbohydrates: 32g (32%)



Blueberry Almond Flour Pancakes with Whipped Mascarpone Topping

Ingredients

- 1 cup almond flour
- 2 large eggs
- 1/4 cup unsweetened almond milk
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1/4 cup fresh blueberries
- 1 tablespoon coconut oil (for cooking)
- 1/2 cup mascarpone cheese
- 1 tablespoon honey or maple syrup

Instructions

- In a bowl, whisk together the almond flour, eggs, almond milk, vanilla extract, and baking powder until smooth.
- Gently fold in the fresh blueberries.
- Heat coconut oil in a non-stick pan over medium heat.
- Pour small amounts of batter into the pan to form pancakes.
- Cook until bubbles form on the surface, then flip and cook until golden brown. Repeat until all batter is used.
- In a bowl, combine mascarpone cheese, honey or maple syrup, and vanilla extract.
- Using a hand mixer or whisk, beat the mixture until it becomes light and fluffy.
- Serve the pancakes topped with a dollop of whipped mascarpone topping.
- Optionally, garnish with additional fresh blueberries and a drizzle of honey or maple syrup.

Macronutrients

Per serving (assuming 2 servings):

- Protein: 18g (20%)
- Fat: 34g (60%)
- Carbohydrates: 26g (20%)



Veggie and Cheese Breakfast Quesadilla

Ingredients

- 2 large eggs
- 1/4 cup chorizo sausage, diced or crumbled
- 2 slices of bread (whole wheat or your choice)
- 1 tablespoon butter
- Salt and pepper to taste
- Optional toppings: chopped fresh herbs (such as parsley or chives), hot sauce

Macronutrients

Per serving (assuming 1 serving):

- Protein: 22g (31%)
- Fat: 27g (54%)
- Carbohydrates: 26g (15%)

Instructions

- Heat a non-stick skillet over medium heat.
- Add diced or crumbled chorizo sausage to the skillet. Cook until browned and crispy, about 5-7 minutes, breaking it apart with a spoon as it cooks.
- While the chorizo is cooking, toast the slices of bread until golden brown.
- In a bowl, whisk eggs with salt and pepper.
- Push the cooked chorizo to one side of the skillet and add butter to the empty side. Allow butter to melt and coat the skillet.
- Pour whisked eggs into the skillet and cook, stirring gently with a spatula, until eggs are scrambled and cooked to your liking.
- Remove from heat and spoon scrambled eggs and chorizo mixture onto the toasted bread slices.
- Optionally, garnish with chopped fresh herbs and serve with hot sauce on the side



Fried Egg and Smoked Salmon Bagel

Ingredients

- 1 bagel, sliced and toasted
- 1 large egg
- 1 ounce smoked salmon
- 1 tablespoon cream cheese
- 1 teaspoon capers (optional)
- Fresh dill, chopped (optional)
- Salt and pepper to taste

Macronutrients

Per serving (assuming 1 serving):

- Protein: 22g (35%)
- Fat: 18g (49%)
- Carbohydrates: 37g (16%)

Instructions

- Heat a non-stick skillet over medium heat.
- Crack the egg into the skillet.
- While the egg is cooking, spread cream cheese on one half of the toasted bagel.
- Place the smoked salmon on top of the cream cheese.
- When the egg is cooked, carefully transfer it onto the other half of the toasted bagel.
- Season the egg with salt and pepper.
- Optionally, sprinkle capers and fresh dill on top.



Soups

Creamy Broccoli and Cheddar Soup

Ingredients

- 2 cups broccoli florets
- 1 cup shredded cheddar cheese
- 1 cup heavy cream
- 1 cup chicken broth
- 1/2 cup chopped onion
- 2 cloves garlic, minced
- 2 tablespoons butter
- Salt and pepper to taste

Macronutrients

Per serving (assuming 4 servings):

- Protein: 15g (20%)
- Fat: 30g (50%)
- Carbohydrates: 18g (30%)

Instructions

- In a large pot, melt butter over medium heat.
- Add chopped onion and minced garlic, cooking until softened.
- Add broccoli florets and chicken broth. Bring to a boil, then reduce heat and simmer until broccoli is tender.
- Blend the mixture using an immersion blender until smooth.
- Stir in heavy cream and shredded cheddar cheese until the cheese is melted and the soup is creamy.
- Season with salt and pepper to taste.
- Serve hot.



Chicken and Wild Rice Soup

Ingredients

- 1 lb boneless, skinless chicken breasts, diced
- 1 cup uncooked wild rice
- 6 cups chicken broth
- 2 carrots, diced
- 2 celery stalks, diced
- 1 onion, diced
- 3 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1/2 teaspoon dried sage
- 1/2 teaspoon dried oregano
- Salt and pepper to taste
- 2 tablespoons olive oil
- Fresh herbs for garnish (optional)

Macronutrients

Per serving (assuming 4 servings):

- Protein: 25g (25%)
- Fat: 10g (40%)
- Carbohydrates: 30g (35%)

Instructions

- In a large pot, heat olive oil over medium heat.
- Add diced chicken breasts to the pot and cook until browned on all sides. Remove from pot and set aside.
- In the same pot, add diced onion, carrots, and celery. Cook until vegetables are softened, about 5-7 minutes.
- Add minced garlic, dried thyme, dried rosemary, dried sage, and dried oregano to the pot. Cook for another 1-2 minutes until fragrant.
- Return cooked chicken to the pot. Add uncooked wild rice and chicken broth. Stir to combine.
- Bring the soup to a boil, then reduce heat to low, cover, and simmer for about 45-50 minutes, until the wild rice is cooked and tender.
- Season with salt and pepper to taste.
- Serve hot, garnished with fresh herbs if desired.



Lentil and Vegetable Soup

Ingredients

- 1 cup dry green lentils, rinsed and drained
- 4 cups vegetable broth
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 2 cloves garlic, minced
- 1 can (14 oz) diced tomatoes
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon smoked paprika
- Salt and pepper to taste
- 2 tablespoons olive oil

Macronutrients

Per serving (assuming 4 servings):

- Protein: 15g (25%)
- Fat: 8g (40%)
- Carbohydrates: 25g (35%)

Instructions

- Heat olive oil in a large pot over medium heat.
- Add diced onion, carrots, and celery. Cook until vegetables are softened, about 5-7 minutes.
- Add minced garlic, ground cumin, ground coriander, and smoked paprika. Cook for another 1-2 minutes until fragrant.
- Add rinsed lentils and diced tomatoes (with their juices) to the pot. Stir to combine.
- Pour in vegetable broth and bring the soup to a boil.
- Reduce heat to low, cover, and simmer for about 20-25 minutes, until lentils are tender.
- Season with salt and pepper to taste.
- If desired, use an immersion blender to partially blend the soup for a thicker texture.
- Serve hot, garnished with fresh parsley or cilantro if desired.



Salads

Greek Salad with Grilled Chicken

Ingredients

- 2 cups mixed salad greens
- 1 cup cherry tomatoes, halved
- 1/2 cup cucumber, sliced
- 1/4 cup red onion, thinly sliced
- 1/4 cup olives
- 1/4 cup feta cheese, crumbled
- 2 grilled chicken breasts, sliced
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon dried oregano
- Salt and pepper to taste

Macronutrients

Per serving (assuming 4 servings):

- Protein: 22g (25%)
- Fat: 25g (45%)
- Carbohydrates: 18g (30%)

Instructions

- In a large bowl, combine mixed salad greens, cherry tomatoes, cucumber, red onion, olives, and feta cheese.
- Top with sliced grilled chicken breasts.
- In a small bowl, whisk together olive oil, red wine vinegar, and dried oregano.
- Pour the dressing over the salad and toss to combine.
- Season with salt and pepper to taste.
- Serve immediately.



Avocado Chicken Salad

Ingredients

- 2 cups cooked chicken breast, shredded
- 1 large avocado, diced
- 1/4 cup red onion, finely chopped
- 1/2 cup cherry tomatoes, halved
- 2 tablespoons mayonnaise
- 1 tablespoon lime juice
- Salt and pepper to taste

Macronutrients

Per serving (assuming 4 servings):

- Protein: 20g (20%)
- Fat: 28g (50%)
- Carbohydrates: 18g (30%)

Instructions

- In a large bowl, combine the shredded chicken, diced avocado, red onion, and cherry tomatoes.
- In a small bowl, mix the mayonnaise and lime juice.
- Pour the dressing over the chicken mixture and toss gently to combine.
- Season with salt and pepper to taste.
- Serve immediately or chill for later.



Main Dishes

Salmon with Creamy Spinach

Ingredients

- 4 salmon fillets
- 2 tablespoons olive oil
- 1 cup heavy cream
- 2 cups fresh spinach, chopped
- 1/4 cup grated Parmesan cheese
- 2 cloves garlic, minced
- Salt and pepper to taste
- Lemon (optional)

Macronutrients

Per serving (assuming 4 servings):

- Protein: 30g (25%)
- Fat: 36g (50%)
- Carbohydrates: 14g (25%)

Instructions

- Heat olive oil in a large skillet over medium heat.
- Season the salmon fillets with salt and pepper.
- Cook the salmon fillets in the skillet for 4-5 minutes per side, or until cooked through. Remove and set aside.
- In the same skillet, add minced garlic and cook for 1 minute.
- Add heavy cream and bring to a simmer.
- Stir in chopped spinach and Parmesan cheese, cooking until the spinach is wilted and the sauce is creamy.
- Spoon the creamy spinach into dishes to make a bed for the salmon fillets.
- Serve with a lemon wedge for some extra flavour.



Lemon Herb Baked Cod

Ingredients

- 4 cod fillets
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 2 tablespoons fresh lemon juice
- 1 teaspoon lemon zest
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon fresh dill, chopped
- Salt and pepper to taste
- Lemon wedges for serving

Macronutrients

Per serving (assuming 4 servings):

- Protein: 30g (25%)
- Fat: 14g (45%)
- Carbohydrates: 3g (30%)

Instructions

- Preheat the oven to 400°F (200°C). Lightly grease a baking dish.
- In a small bowl, whisk together olive oil, minced garlic, lemon juice, lemon zest, chopped parsley, chopped dill, salt, and pepper.
- Place the cod fillets in the prepared baking dish.
- Pour the lemon herb mixture over the cod fillets, making sure they are evenly coated.
- Bake in the preheated oven for 12-15 minutes, or until the fish is cooked through and flakes easily with a fork.
- Remove from the oven and serve hot, garnished with lemon slices.



Beef and Broccoli Stir-Fry

Ingredients

- 1 lb beef sirloin, thinly sliced
- 3 cups broccoli florets
- 2 tablespoons vegetable oil
- 1/4 cup soy sauce
- 1 tablespoon cornstarch
- 1/4 cup water
- 1 tablespoon honey
- 1 teaspoon sesame oil
- 2 cloves garlic, minced
- 1 teaspoon ginger, minced
- Cooked rice (1/4 cup per serving)

Macronutrients

Per serving (assuming 4 servings):

- Protein: 24g (20%)
- Fat: 27g (45%)
- Carbohydrates: 24g (35%)

Instructions

- In a small bowl, mix the soy sauce, cornstarch, water, honey, sesame oil, garlic, and ginger.
- Heat vegetable oil in a large skillet over medium-high heat.
- Add the sliced beef and cook until browned, about 5-7 minutes. Remove and set aside.
- In the same skillet, add the broccoli florets and stir-fry for 3-4 minutes.
- Return the beef to the skillet and pour the sauce over the beef and broccoli.
- Cook for another 2-3 minutes, until the sauce thickens.
- Serve the beef and broccoli stir-fry over cooked rice.



Chicken Alfredo with Zoodles (Zucchini Noodles)

Ingredients

- 4 boneless, skinless chicken breasts
- 4 medium zucchinis, spiralized
- 1 cup heavy cream
- 1 cup grated Parmesan cheese
- 2 tablespoons butter
- 2 cloves garlic, minced
- Salt and pepper to taste
- Fresh parsley, chopped (optional)

Macronutrients

Per serving (assuming 4 servings):

- Protein: 36g (25%)
- Fat: 32g (50%)
- Carbohydrates: 18g (25%)

Instructions

- Season the chicken breasts with salt and pepper.
- In a large skillet, melt butter over medium heat. Add chicken breasts and cook until golden brown and cooked through, about 6-7 minutes per side. Remove from skillet and set aside.
- In the same skillet, add minced garlic and cook until fragrant, about 1 minute.
- Add heavy cream and bring to a simmer. Reduce heat and stir in grated Parmesan cheese until the sauce is smooth and thickened.
- Add the spiralized zucchini noodles (zoodles) to the skillet and toss to coat in the Alfredo sauce. Cook for 2-3 minutes, until the zoodles are tender.
- Slice the cooked chicken breasts and arrange on top of the zoodles.
- Garnish with fresh parsley, if desired.



Coconut Curry Chicken

Ingredients

- 4 boneless, skinless chicken breasts, cut into bite-sized pieces
- 1 tablespoon coconut oil
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 1 tablespoon grated ginger
- 2 tablespoons curry powder
- 1 can (14 oz) coconut milk
- 1 cup chicken broth
- 2 cups mixed vegetables (such as bell peppers, carrots, and peas)
- Salt and pepper to taste
- Fresh cilantro for garnish (optional)

Macronutrients

Per serving (assuming 4 servings):

- Protein: 30g (25%)
- Fat: 20g (45%)
- Carbohydrates: 10g (30%)

Instructions

- In a large skillet, heat coconut oil over medium heat.
- Add chopped onion and cook until softened, about 3-4 minutes.
- Add minced garlic and grated ginger, and cook for another 1-2 minutes until fragrant.
- Add curry powder to the skillet and toast for a minute to release its flavors.
- Add chicken pieces to the skillet and cook until browned on all sides.
- Pour in coconut milk and chicken broth, stirring to combine.
- Bring the mixture to a simmer, then reduce heat to low and let it simmer for 15-20 minutes, or until the chicken is cooked through and the sauce has thickened.
- Add mixed vegetables to the skillet and cook for an additional 5-7 minutes, until the vegetables are tender.
- Season with salt and pepper to taste.



Vegetable Stir-Fry with Tofu

Ingredients

- 14 oz (400g) extra-firm tofu, pressed and cubed
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 2 cups broccoli florets
- 1 red bell pepper, sliced
- 1 cup snap peas
- 1 cup sliced mushrooms
- 2 tablespoons hoisin sauce
- 1 tablespoon cornstarch mixed with 1/4 cup water (optional for thickening)
- Salt and pepper to taste

Macronutrients

Per serving (assuming 4 servings)

- Protein: 18g (25%)
- Fat: 20g (45%)
- Carbohydrates: 20g (30%)

Instructions

- In a bowl, marinate the cubed tofu in soy sauce and sesame oil for about 15 minutes.
- Heat olive oil in a large skillet or wok over medium-high heat.
- Add marinated tofu cubes and cook until golden brown on all sides. Remove tofu from skillet and set aside.
- In the same skillet, add a bit more olive oil if needed, then add minced garlic and grated ginger. Cook until fragrant.
- Add broccoli, red bell pepper, snap peas, and mushrooms to the skillet. Stir-fry for 5-7 minutes until vegetables are tender-crisp.
- Return cooked tofu to the skillet and add hoisin sauce. Stir to combine.
- If a thicker sauce is desired, add the cornstarch mixture and cook until the sauce thickens.
- Season with salt and pepper to taste.



Side Dishes

Cauliflower Mash

Ingredients

- 1 large head cauliflower, cut into florets
- 1/2 cup heavy cream
- 1/4 cup grated Parmesan cheese
- 2 tablespoons butter
- 2 cloves garlic, minced
- Salt and pepper to taste
- Fresh chives for garnish

Macronutrients

Per serving (assuming 4 servings):

- Protein: 6g (15%)
- Fat: 20g (50%)
- Carbohydrates: 18g (35%)

Instructions

- Steam cauliflower florets until tender.
- In a large pot, melt butter over medium heat and add minced garlic. Cook until fragrant.
- Add steamed cauliflower, heavy cream, and grated Parmesan cheese. Mash until smooth and creamy.
- Season with salt and pepper to taste.
- Garnish with fresh chives and serve hot.



Roasted Brussels Sprouts with Bacon

Ingredients

- 1 lb Brussels sprouts, trimmed and halved
- 4 slices bacon, chopped
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Salt and pepper to taste
- 1 tablespoon balsamic vinegar (optional)

Macronutrients

Per serving (assuming 4 servings):

- Protein: 7g (15%)
- Fat: 18g (50%)
- Carbohydrates: 14g (35%)

Instructions

- Preheat the oven to 400°F (200°C).
- In a large bowl, toss the Brussels sprouts with olive oil, minced garlic, salt, and pepper.
- Spread the Brussels sprouts on a baking sheet and sprinkle with chopped bacon.
- Roast in the preheated oven for 20-25 minutes, until the Brussels sprouts are tender and the bacon is crispy.
- Drizzle with balsamic vinegar if desired, and serve hot.



Snacks

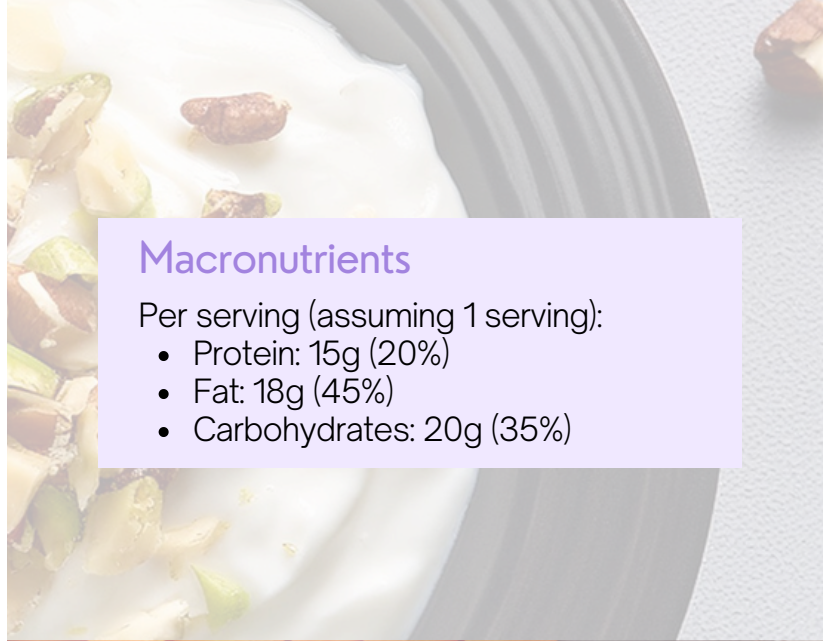
Greek Yogurt with Nuts

Ingredients

- 1 cup full-fat Greek yogurt
- 2 tablespoons mixed nuts (e.g., almonds, walnuts, pecans), chopped
- 1 tablespoon honey (optional)

Instructions

- In a bowl, add the Greek yogurt.
- Top with chopped mixed nuts and drizzle with honey.
- Mix gently and enjoy.



Macronutrients

Per serving (assuming 1 serving):

- Protein: 15g (20%)
- Fat: 18g (45%)
- Carbohydrates: 20g (35%)

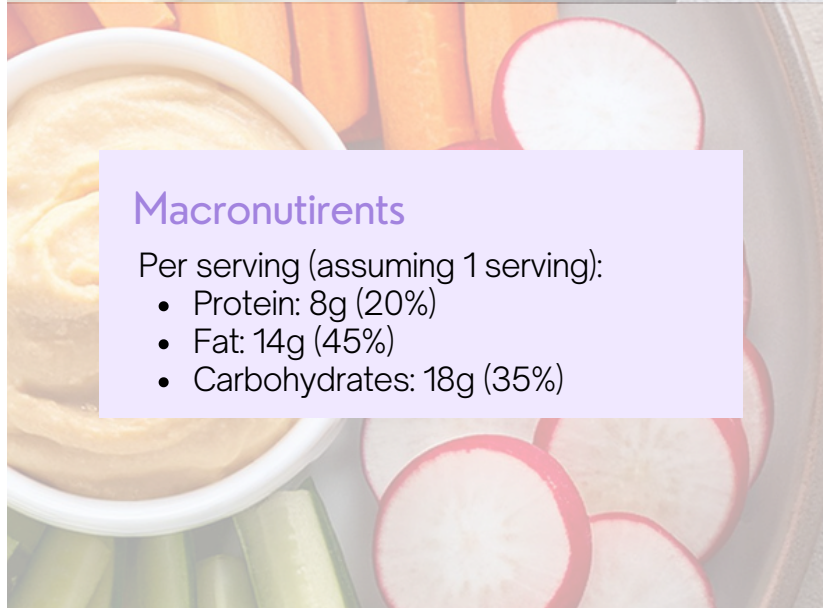
Hummus and Veggie Sticks

Ingredients

- 1/2 cup hummus
- 1 cup mixed veggie sticks (carrots, celery, bell peppers, cucumber)

Instructions

- Arrange the veggie sticks on a plate.
- Serve with hummus for dipping.



Macronutrients

Per serving (assuming 1 serving):

- Protein: 8g (20%)
- Fat: 14g (45%)
- Carbohydrates: 18g (35%)

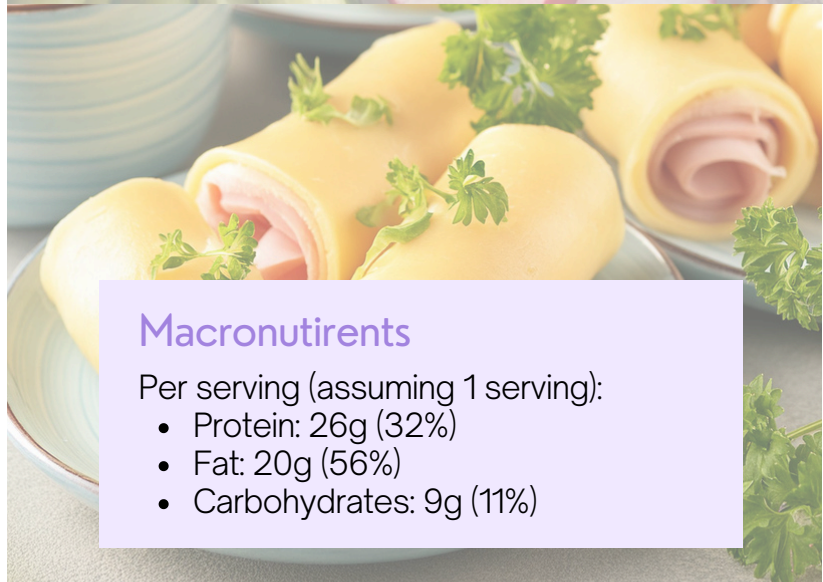
Ham and Cheese Rolls

Ingredients

- Ham slices: 4 slices
- Cheddar cheese slices: 2 slices
- Cucumber: 1 medium cucumber

Instructions

- Slice the cucumber into thin rounds.
- Cut each cheese slice in half to create 4 smaller slices.
- Place a piece of cheese on each slice of ham and roll them up.
- Serve the ham and cheese roll-ups with cucumber slices on the side.



Macronutrients

Per serving (assuming 1 serving):

- Protein: 26g (32%)
- Fat: 20g (56%)
- Carbohydrates: 9g (11%)



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