

Kidney Disease Meal Plan

	Breakfast	Lunch	Dinner	Snacks
Monday	<ul style="list-style-type: none"> • 2 scrambled eggs • 2 slices of whole-wheat toast • 1 medium apple 	<ul style="list-style-type: none"> • Grilled chicken breast (4oz) • Mixed green salad w/ light vinaigrette • 1 small pear 	<ul style="list-style-type: none"> • Baked salmon (4oz) • 1 c green beans • 3/4 c mashed cauliflower 	<ul style="list-style-type: none"> • 1/4 c macadamia nuts • 1 small yogurt • 1/2 c strawberries • 1 slice whole-wheat bread w/ 1 tbsp peanut butter
Tuesday	<ul style="list-style-type: none"> • 1 c oatmeal w/ cinnamon • 1/2 c blueberries • 1 tbsp almond slices 	<ul style="list-style-type: none"> • Turkey sandwich on whole-wheat bread • 1 small apple • 1 cup carrot sticks • 2 tbsps hummus 	<ul style="list-style-type: none"> • 1 c cooked quinoa w/ vegetables • 4oz grilled chicken • Salad w/ light dressing 	<ul style="list-style-type: none"> • Greek yogurt • 1/2 c raspberries • 1/4 c pumpkin seeds • 2 whole-wheat crackers with 1oz of cheddar cheese • 1 medium peach
Wednesday	<ul style="list-style-type: none"> • Greek yogurt with a tbsp of honey • 1/2 c cherries • 1/4 c granola 	<ul style="list-style-type: none"> • Tuna salad w/ whole-wheat crackers • 1 c of grapes • Small salad w/ light dressing 	<ul style="list-style-type: none"> • 4oz grilled lean steak • 1 c broccoli • 3/4 c cooked brown rice 	<ul style="list-style-type: none"> • 1 small peach • A handful of almonds • 1 apple w/ 1 tbsp peanut butter
Thursday	<ul style="list-style-type: none"> • 2 boiled eggs • 1 slice of whole-wheat toast w/ avocado 	<ul style="list-style-type: none"> • Salad with 4oz grilled shrimp • 1 small pear 	<ul style="list-style-type: none"> • 4oz baked cod • 3/4 c cooked quinoa • 1 c steamed zucchini 	<ul style="list-style-type: none"> • 1 c strawberries • Small bag of popcorn • 1/4 c mixed nuts • 1 small yogurt • 2 rice cakes w/ 1 tbsp almond butter
Friday	<ul style="list-style-type: none"> • 2 pancakes (made with low-protein mix) • 1 tbsp maple syrup • 1/2 c raspberries 	<ul style="list-style-type: none"> • 1 c vegetable soup • 1 small whole-wheat roll • Salad with 1 tbsp Italian dressing 	<ul style="list-style-type: none"> • 4oz pork tenderloin • 1 c Brussels sprouts • 3/4 c couscous 	<ul style="list-style-type: none"> • 1 apple w/ string cheese • Greek yogurt w/ 1 tbsp honey • 1/4 c walnuts • 1 medium plum • 2 whole-wheat crackers with 1oz cheese
Saturday	<ul style="list-style-type: none"> • French toast (2 slices of low-protein bread) • 1 tbsp honey 	<ul style="list-style-type: none"> • Grilled cheese w/ whole-wheat bread & low-sodium cheese • Salad w/ light dressing 	<ul style="list-style-type: none"> • 4oz chicken breast • 1 c steamed asparagus • 3/4 c cooked wild rice 	<ul style="list-style-type: none"> • 1/2 c cottage cheese • 1 small pear • 1 c of berries • 1/4 c almonds • 1 c blueberries • 2 rice cakes
Sunday	<ul style="list-style-type: none"> • 1 smoothie made with low-protein yogurt & berries 	<ul style="list-style-type: none"> • Egg salad sandwich (whole-wheat bread, 2 boiled eggs) • 1 c watermelon 	<ul style="list-style-type: none"> • 4oz grilled tilapia • 1 c green peas • 3/4 c mashed cauliflower 	<ul style="list-style-type: none"> • 1/2 c pineapple • Small bag of pretzels • 1 small yogurt • 1/4 c granola • 2 slices whole-wheat toast with 2 tbsps peanut butter

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Consult with your doctor, dietitian, or healthcare provider before making any drastic diet changes.