

Sample Meal Plans For Kidney Disease (Dialysis)



Allina Health

Why Eating Well is Important

Healthy kidneys remove waste products and extra fluid from your blood. When your kidneys are not able to remove all of the waste products and fluid, the level of waste in your bloodstream rises. This can be harmful and make you feel ill.

Eating well is important to control the buildup of waste products in your body. When your kidneys are not working well, there are several important changes you will need to make, which includes consuming:

- high protein
- low sodium
- fewer liquids
- low phosphorus
- low potassium.

The following sample meal plans will help you eat well as you follow the guidelines above.

What About Seasonings?

You can use a blend of herbs and spices (without salt) or black pepper to season your meals and snacks, if desired. Do not add any seasoning that contain salt (sodium).

Sample Day 1

Breakfast

- 2 eggs, scrambled
- 1 slice white toast with 2 tablespoons peanut butter
- ½ cup sliced pear
- 4 ounces 100% grape juice

Lunch

- 3-ounce 93% lean ground beef patty
 - 1 leaf romaine lettuce
 - 1 slice onion
- ½ cup steamed corn (fresh, frozen or no-salt-added canned) with 1 teaspoon trans fat-free margarine
- 2 cups chopped lettuce with 1 tablespoon low-sodium Italian dressing
- ½ cup unsweetened applesauce
- 1 small sugar cookie
- 6 ounces lemonade

Dinner

- 3 ounces seared cod
 - 2 tablespoons low-sodium mango salsa
 - 1 tablespoon low-sodium tartar sauce
- ⅓ cup cooked white rice
- ½ cup steamed green beans (fresh, frozen or no-salt-added canned)
- ⅓ cup pasta salad
- 1 small white dinner roll with 1 teaspoon trans fat-free margarine
- ½ cup orange sherbet
- 4 ounces 100% cranberry juice

Snack

- 2 vanilla wafers
- 4 ounces 100% apple juice

Daily total: 2,241 calories, 78 grams (g) protein, 2,154 milligrams (mg) sodium, 1,054 mg phosphorus, 2,110 mg potassium

Sample Day 2

Breakfast

- 1 small blueberry muffin with 1 teaspoon trans fat-free margarine
- ½ cup sliced peaches
- ¾ cup (dry) unsweetened oat cereal
 - 4 ounces fat-free milk
 - 1 teaspoon sugar
- 4 ounces 100% apple juice

Lunch

- 3 ounces low-sodium turkey breast on 2 slices white bread
 - 1 leaf romaine lettuce
 - 1 slice onion
 - 1 teaspoon light mayonnaise
- 1 cup baby carrots
- ½ cup sliced pear
- ½ cup apple crisp
- 4 ounces 100% cranberry juice

Dinner

- 3 ounces pot roast with 2 tablespoons low-sodium gravy
- ⅓ cup cooked white rice
- ½ cup steamed broccoli, cauliflower and carrot blend (fresh, frozen or no-salt-added canned) with 1 teaspoon trans fat-free margarine
- 1 small sugar cookie
- 4 ounces 100% apple juice

Snack

- ½ pita
- 2 tablespoons low-sodium hummus

Daily total: 1,992 calories, 79 g protein, 2,601 mg sodium, 1,056 mg phosphorus, 2,044 mg potassium

Sample Day 3

Breakfast

- 2-egg omelet
 - 2 tablespoons chopped onion
 - 2 tablespoons chopped green pepper
- ½ cup cooked farina cereal (Cream of Wheat®) with 1 teaspoon brown sugar
- ½ cup unsweetened applesauce
- 1 English muffin with 1 teaspoon grape jelly
- 4 ounces 100% cranberry juice

Lunch

- 3 ounces grilled chicken on a bun
 - 1 leaf romaine lettuce
 - 1 slice onion
 - 1 teaspoon light mayonnaise
- ½ cup cooked white rice with 1 teaspoon trans fat-free margarine
- 2 cups chopped lettuce with 1 tablespoon low-sodium honey mustard dressing
- ½ cup sliced peaches
- 6 ounces lemonade

Dinner

- ⅔ cup cooked penne pasta with ¼ cup pesto sauce
- ½ cup steamed broccoli, cauliflower and carrot blend (fresh, frozen or no-salt-added canned) with 1 teaspoon trans fat-free margarine
- 6 ounces low-sodium chicken noodle soup
- 3 low-sodium saltine crackers
- ½ cup steamed green beans (fresh, frozen or no-salt-added canned)
- ½ cup unsweetened applesauce
- 1 small slice angel food cake with ½ cup sliced strawberries
- 6 ounces unsweetened decaf hot tea

Snack

- 2 whole graham crackers
- 2 tablespoons peanut butter

Daily total: 2,342 calories, 81 g protein, 2,335 mg sodium, 993 mg phosphorus, 1,796 mg potassium

Sample Day 4

Breakfast

- $\frac{3}{4}$ cup (dry) cereal with 4 ounces fat-free milk
- 1 small bagel
 - 1 teaspoon trans fat-free margarine
 - 2 tablespoons peanut butter
- 1 small apple
- 6 ounces black coffee with 1 tablespoon non-dairy creamer

Lunch

- 3 ounces marinated chicken breast with 2 tablespoons low-sodium gravy
- $\frac{1}{3}$ cup cooked white rice
- $\frac{1}{2}$ cup steamed carrots (fresh, frozen or no-salt-added canned) with 1 teaspoon trans fat-free margarine
- $\frac{1}{2}$ cup sliced pear
- $\frac{1}{2}$ cup raspberry sherbet
- 4 ounces 100% grape juice

Dinner

- 3 ounces low-sodium chicken
 - $\frac{1}{3}$ cup cooked white rice
 - $\frac{1}{2}$ cup steamed broccoli, cauliflower and carrot blend (fresh, frozen or no-salt-added canned) with 1 teaspoon trans fat-free margarine
- 6 ounces low-sodium garden vegetable soup
- 3 low-sodium saltine crackers
- 1 small slice yellow cake with chocolate frosting
- 4 ounces 100% cranberry juice

Snacks

- 1 hard-boiled egg
- $\frac{1}{2}$ cup sliced peaches

Daily total: 1,899 calories, 78 g protein, 1,539 mg sodium, 975 mg phosphorus, 2,564 mg potassium

Sample Day 5

Breakfast

- 1 slice French toast
 - 1 teaspoon trans fat-free margarine
 - 1 tablespoon 100% pure maple syrup
- 1 hard-boiled egg
- ¾ cup (dry) unsweetened corn flakes
 - 4 ounces fat-free milk
 - 1 teaspoon sugar
- ½ cup blueberries

Lunch

- 3 ounces seared cod
 - 2 tablespoons low-sodium mango salsa
 - 1 tablespoon low-sodium tartar sauce
- ⅓ cup cooked tri-color rotini pasta
- ½ cup steamed broccoli, cauliflower and carrot blend (fresh, frozen or no-salt-added canned) with 1 teaspoon trans fat-free margarine
- 1 slice bread with 1 teaspoon trans fat-free margarine
- 6 ounces lemonade

Dinner

- 3-ounce 93% lean ground beef patty
 - 1 leaf lettuce
 - 1 slice onion
- ½ cup steamed corn (fresh, frozen or no-salt-added canned) with 1 teaspoon trans fat-free margarine
- 2 cups chopped romaine lettuce with 1 tablespoon low-sodium Italian dressing
- ½ cup unsweetened applesauce
- 1 small sugar cookie
- 4 ounces 100% grape juice

Snacks

- 1 cup carrot and celery sticks
- 2 tablespoons low-sodium hummus

Daily total: 1,948 calories, 78 g protein, 2,322 mg sodium, 1,054 mg phosphorus, 2,131 mg potassium

Sample Day 6

Breakfast

- 2 eggs, scrambled
- ½ cup cooked farina cereal (Cream of Wheat®) with 1 teaspoon brown sugar
- 1 small blueberry muffin with 1 teaspoon trans fat-free margarine
- ½ cup sliced peaches
- 6 ounces black coffee with 1 tablespoon non-dairy creamer

Lunch

- 3 ounces grilled chicken on a bun
 - 1 leaf romaine lettuce
 - 1 slice onion
 - 1 teaspoon light mayonnaise
- 6 ounces low-sodium garden vegetable soup
- 3 low-sodium saltine crackers
- ½ cup steamed carrots (fresh, frozen or no-salt-added canned) with 1 teaspoon trans fat-free margarine
- ½ cup low-sodium vanilla pudding
- 4 ounces 100% apple juice

Dinner

- 3 ounces meatloaf (made with 93% lean ground beef) with 2 tablespoons low-sodium gravy
- ⅓ cup cooked tri-color rotini pasta
- ½ cup steamed broccoli, cauliflower and carrot blend (fresh, frozen or no-salt-added canned) with 1 teaspoon trans fat-free margarine
- 1 small apple
- 1 small chocolate chip cookie
- 6 ounces unsweetened decaf hot tea

Snacks

- 2 vanilla wafers
- 6 ounces lemonade

Daily total: 2,139 calories, 85 g protein, 2,222 mg sodium, 1,049 mg phosphorus, 2,307 mg potassium

Sample Day 7

Breakfast

- 1 hard-boiled egg
- 1 small bagel
 - 1 teaspoon trans fat-free margarine
 - 2 tablespoons peanut butter
- ½ cup raspberries
- 4 ounces 100% grape juice

Lunch

- ⅔ cup cooked penne pasta with ¼ cup pesto sauce
- ½ cup steamed broccoli, cauliflower and carrot blend (fresh, frozen or no-salt-added canned) with 1 teaspoon trans fat-free margarine
- ½ cup baby carrots
- ½ cup sliced pear
- ½ cup apple crisp
- 4 ounces fat-free milk

Dinner

- 3 ounces marinated chicken breast with 2 tablespoons low-sodium gravy
- ⅓ cup cooked brown rice
- ½ cup steamed corn (fresh, frozen or no-salt-added canned) with 1 teaspoon trans fat-free margarine
- 6 ounces low-sodium chicken noodle soup
- 3 low-sodium saltine crackers
- 1 garlic breadstick
- 1 small slice angel food cake with ½ cup sliced strawberries
- 4 ounces 100% apple juice

Snack

- 1 cup carrot and celery sticks
- 2 tablespoons peanut butter

Daily total: 2,182 calories, 78 g protein, 2,005 mg sodium, 1,056 mg phosphorus, 2,148 mg potassium

Whom to Call With Questions

Call your health care provider or dietitian if you have questions.





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