

# Sample 7 Day Renal Menu

## 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, you will need to make changes to your diet.

These changes include watching how much protein you consume. You should eat more protein if you are on dialysis and less protein if you are *not* on dialysis. You should also drink fewer liquids and eat less:

- sodium
- phosphorus
- potassium.

Use the following menu as a guide. Work with your dietitian to determine what is good for you to eat and drink. This can change depending on your lab levels.

## Sample Day 1

### Breakfast

- 2 ounces scrambled eggs
- 1 slice toast
- 2 tablespoons peanut butter
- ½ cup pear slices

### Lunch

- 3 ounce hamburger with lettuce, onion
- ½ cup corn (low sodium, frozen or canned)
- 2 cups tossed salad
- 1 tablespoon low sodium salad dressing
- ½ cup applesauce

### Dinner

- 3 ounces seared cod
- 1 tablespoon tartar sauce
- ⅓ cup brown rice
- ½ cup green beans
- ½ cup orange sherbet
- 1 small dinner roll
- 1 teaspoon butter

**(over)**

## Sample Day 2

### Breakfast

- 1 small blueberry muffin
- ½ cup peaches
- 4 ounces skim milk
- ¾ cup Cheerios®

### Lunch

- 3 ounces low sodium turkey breast sandwich with lettuce, onion
- 1 teaspoon mayo
- 1 cup baby carrots
- 1 small apple

### Dinner

- 3 ounces pot roast with low sodium gravy
- ½ cup mashed potatoes
- ½ cup broccoli, cauliflower and carrot blend
- 1 sugar cookie

## Sample Day 3

### Breakfast

- 2 egg omelet with onion and green pepper
- ½ cup blackberries
- 1 English muffin
- 1 teaspoon grape jelly

### Lunch

- 3-ounce grilled chicken on bun with lettuce, onion
- 1 teaspoon mayo
- 2 to 3 celery sticks
- 1 tablespoon low sodium ranch dressing
- 1 mandarin orange

### Dinner

- ⅔ cup penne pasta with pesto sauce and veggies
- 2 cups salad
- 2 tablespoons low sodium salad dressing
- 1 breadstick
- ½ cup fresh strawberries

## Sample Day 4

### Breakfast

- ½ cup oatmeal
- ½ cup blueberries
- 1 slice toast
- 2 tablespoons peanut butter
- 1 boiled egg

### Lunch

- 3-ounce marinated chicken breast with low sodium gravy
- ½ cup cooked carrots
- ⅓ cup rice
- 1 dinner roll
- ½ cup raspberry sherbet

### Dinner

- 3-ounce grilled pork chop
- ½ cup mashed potatoes
- 6 spears asparagus
- 2 cups tossed salad
- 1 tablespoon low sodium dressing
- 1 sugar cookie

## Sample Day 5

### Breakfast

- 2 slices French toast
- 1 boiled egg
- ½ cup raspberries
- 2 tablespoons syrup
- 1 teaspoon butter

### Lunch

- 2 ounces turkey
- 2 slices whole wheat bread, lettuce, onion
- 1 teaspoon mayo
- ½ cup mandarin oranges
- 1 cup baby carrots

### Dinner

- 3 ounces low sodium chicken veggie stir fry
- ⅔ cup rice
- ½ cup fruit cocktail

## Sample Day 6

### Breakfast

- 2 scrambled eggs
- ½ cup Cream of Wheat®
- 1 slice whole wheat toast
- 1 teaspoon butter
- ½ cup peaches

### Lunch

- 6 ounces low sodium chicken noodle soup
- 4 low sodium crackers
- 2 cups salad
- 2 tablespoons low sodium salad dressing
- 1 cup grapes
- 1 dinner roll

### Dinner

- 3 ounces meatloaf
- ½ cup mashed potatoes
- ½ cup broccoli, carrot, cauliflower blend
- 1 small apple
- 1 small chocolate chip cookie

## Sample Day 7

### Breakfast

- 1 hard boiled egg
- 1 small bagel
- 2 tablespoons cream cheese
- ½ cup raspberries

### Lunch

- 3 ounces tuna salad on wheat bread
- ½ cup cole slaw
- ½ cup pear slices

### Dinner

- 2 tacos:
  - 2, 6-inch flour tortillas
  - 3 ounces ground beef or ground turkey
  - onion and lettuce
  - 1 teaspoon sour cream
  - 1 teaspoon shredded cheese
  - low sodium seasoning

### Snack Ideas

- 1 small apple or pear
- 1 cheese stick
- 2 graham cracker or rice cakes
- 2 tablespoons peanut butter or hummus
- 3 cups air-popped popcorn
- ½ pita
- ½ cup carrot and celery sticks
- ¼ cup almonds