

RenalTracker

Behavior change to help patients delay dialysis

Meal Plan

FOR CHRONIC KIDNEY DISEASE



3-DAY MEAL PLAN TO DELAY CKD PROGRESSION

We are

RenalTracker



We're here to help you delay dialysis.

Worsening kidneys are scary. But the good news is that when changes are made early, CKD progression can be slowed and even halted.

It's all about changing your diet.



This program won the **2019 KidneyX Redesign Dialysis Prize**, sponsored by the U.S. Department of Health and Human Services Office of the Chief Technology Officer and the American Society of Nephrology.

KidneyX awards innovative medical breakthroughs that improve patients' quality of life, reduce disease and treatment complications, and minimize burden on the family and care partner(s).



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Congratulations!

By getting this FREE 3-Day Meal Plan, you are closer to implementing the full ECS Method and achieving your goals of delaying dialysis.

Inside this eBook are 3-days worth of breakfast, lunch, snacks, and dinner menus for you.

There are also two categories available here:

(1) for average men (**1,800 calorie intake**), and
(2) for average women (**1,500 calorie intake**)

These are dietitian-created for kidney disease patients, so you can be sure these are kidney-safe foods and well within your nutrient limits.

We also advise to drink infused water instead of any commercial soda or sweetened beverages. **Infuse water with recommended fruits, vegetables or herbs, i.e. lemon, cucumber, ginger, celery.**

Just a reminder, below are is the renal diet daily **SPPP Limits:**

Sodium	2000 mg/day
Protein	51 g/day
Potassium	2000 mg/day
Phosphorus	1000 mg/day

*These are only estimated limits. It may vary per individual. Ask help from your doctor or dietitian.

Here's to your health!

Sincerely,
The RenalTracker Team

Day 1

1800 Calories

MEN

Meal	Qty	Unit	Item	Sodium (mg)	Potassium (mg)	Phosphorus (mg)	Protein (g)
Breakfast	2	pieces	English muffins	238	61	51.6	5
	2	pieces	scrambled eggs, with 1/2 cup mix of mushrooms, garlic, bell peppers, onions	535	331	216	13
	1/2	cup	cubed pineapple and grapes	0.2	84	7.8	0.4
Lunch	1	cup	white rice, cooked	0.0	53.9	68.8	4.4
	2	oz	roasted chicken breast (no skin)	41.4	143.4	127.6	17.4
	1	bowl	green salad (medium bowl)	23.4	177	22.1	1.9
	1	tbsp	Raspberry Vinaigrette	120	0.0	0.0	0.0
	1	slice	pineapple	0.6	61	4.5	0.3
Snacks	1/2	cup	natural yogurt	52	175	107	3.9
	1/4	cup	almond slivers	0.0	0.0	0.0	6
	1	piece	ripe peach, cubed	0.0	190	20	0.9
Dinner	1 1/2	cup	pasta, cooked	2	91.6	121	12
	1/2	cup	Vegetable Bolognese, with zucchini, tofu, ground turkey (20g each)	216	78	48	6.55
	1	bowl	green salad (small bowl) w/ lemon, olive oil dressing	14	103	13	1.14
	1/4	cup	diced apples/melon	3.4	54.5	5.2	0.19

*Drink infused water after every meal.

LEGEND:

1 cup = 8 ounces (oz)

110 g = 1/2 cup cooked pasta

1 dessert slice = 2" widest side of pie or cake

1 square brownie or squares = size of domino chip

Day 1
1500 Calories

WOMEN

Meal	Qty	Unit	Item	Sodium (mg)	Potassium (mg)	Phosphorus (mg)	Protein (g)
Breakfast	1	piece	English muffin	119	30.5	25.8	2.5
	1	piece	scrambled egg, with 1/2 cup mix of arugula, garlic, bell peppers, onions	468	162	106	6.65
	1/2	cup	cubed pineapple and grapes	0.2	84	7.8	0.4
Lunch	3/4	cup	white rice, cooked	0.0	40	52	3.3
	2	oz	roasted chicken breast (no skin)	41	143	128	17
	1	bowl	green salad (medium bowl)	23	177	22.1	1.9
	1	tbsp	Raspberry Vinaigrette	120	0.0	0.0	0.0
	1	slice	pineapple	0.6	61	4.5	0.3
Snacks	1/2	cup	natural yogurt	52	175	107	3.9
	1/4	cup	almond slivers	0.0	0.0	0.0	6
	1	piece	ripe peach, cubed	0.0	190	20	0.9
Dinner	3/4	cup	pasta, cooked	1	46	61	6
	1/2	cup	Vegetable Bolognese, with zucchini, tofu, ground turkey (20g each)	216	78	48	6.55
	1/4	cup	diced apples/melon	3.4	54.5	5.2	0.19

*Drink infused water after every meal.

LEGEND:

1 cup = 8 ounces (oz)

110 g = 1/2 cup cooked pasta

1 dessert slice = 2" widest side of pie or cake

1 square brownie or squares = size of domino chip

Day 2

1800 Calories

MEN

Meal	Qty	Unit	Item	Sodium (mg)	Potassium (mg)	Phosphorus (mg)	Protein (g)
Breakfast	4	oz	almond or rice milk	47	33	67	0.34
	1	piece	small cucumber, sliced	2	162	25	0.0
	1/2	cup	blueberries & strawberries	1.8	113	13.4	0.4
	1/4	cup	plain yogurt	26	88	54	1.97
	<i>*blend into a smoothie</i>						
Lunch	1	piece	soft taco shell (large)	460	35	0.0	4
	1	oz	thinly sliced beef	19	65	37	4
	1/4	cup	refried beans	126	188	62	3
	1	oz	sharp cheddar	174	27	143	7
	1/2	cup	shredded lettuce	1.9	58	7	0.0
	1/4	cup	diced ripe tomatoes (no seeds)	2.25	107	11	0.4
	1	tbsp	Balsamic Vinaigrette	105	0.0	0.0	0.0
	1/2	cup	fruit cocktail	14.5	215	26.6	0.5
Snacks	1	slice	Apple Strudel	191	106	23.4	2.3
Dinner	1 1/4	cups	Couscous Salad (large bowl)	380	379	0.0	7.75
	1	oz	Tuna-and-Firm-Tofu (30 g) Ke-bab	17.1	129	123	11
	1/2	cup	lemon sorbet	6.4	0.0	0.0	0.0

*Drink infused water after every meal.

LEGEND:

1 cup = 8 ounces (oz)

110 g = 1/2 cup cooked pasta

1 dessert slice = 2" widest side of pie or cake

1 square brownie or squares = size of domino chip

Day 2

1500 Calories

WOMEN

Meal	Qty	Unit	Item	Sodium (mg)	Potassium (mg)	Phosphorus (mg)	Protein (g)
Breakfast	4	oz	almond or rice milk	47	33	67	0.34
	1	piece	small cucumber, sliced	2	162	25	0.0
	1/2	cup	blueberries & strawberries	1.8	113	13.4	0.4
	1/4	cup	plain yogurt	26	88	54	1.97
	<i>*blend into a smoothie</i>						
Lunch	1	piece	soft taco shell (medium)	460	35	0.0	4
	1	oz	thinly sliced beef	19	65	37	4
	1	oz	sharp cheddar	174	27	143	7
	1/2	cup	shredded lettuce	1.9	58	7	0.0
	1/4	cup	diced ripe tomatoes (no seeds)	2.25	107	11	0.4
	1	tbsp	Balsamic Vinaigrette	105	0.0	0.0	0.0
	1/2	cup	fruit cocktail	14.5	215	26.6	0.5
Snacks	1	slice	Baked Apple-Pear Crumble	10	125	49	6.5
Dinner	1 1/4	cups	Couscous Salad (large bowl)	380	379	0.0	7.75
	1	oz	Tuna-and-Firm-Tofu (30 g) Kebab	17.1	129	123	11
	1/4	cup	lemon sorbet	6.4	0.0	0.0	0.0

*Drink infused water after every meal.

LEGEND:

- 1 cup = 8 ounces (oz)
- 110 g = 1/2 cup cooked pasta
- 1 dessert slice = 2" widest side of pie or cake
- 1 square brownie or squares = size of domino chip

Day 3

1800 Calories

MEN

Meal	Qty	Unit	Item	Sodium (mg)	Potassium (mg)	Phosphorus (mg)	Protein (g)
Breakfast	2	pieces	French Toast	466	174	152	10
	1/4	cup	mixed fruit compote	2.25	69	15	0.4
	8	oz	rice/nut milk	180	175	20	1
Lunch	1	cup	steamed white rice	6	26	44	4
	2	oz	chicken-basil stir fry (with tofu and cashew nuts)	218	474	216	17.2
	3/4	cup	garlic Bok Choy	170	201	41	2.25
	1	slice	strawberry cake	260	110	0.0	5
Snacks	1/4	cup	silken tofu	5	180	62	4.8
	1/2	cup	frozen berries	0.4	21	4.3	0.12
	1/2	cup	frozen peaches	0.0	73	0.4	0.35
	1/2	cup	nut milk	43	44	5	1
	<i>*blend into a smoothie</i>						
Dinner	1	bowl (large)	Pasta-Minestrone Soup (beef, pasta and veggies)	431	403	109	8
	1	piece	sliced grilled pineapple brushed w/ honey, sprinkled w/ cinnamon	1.6	102.6	7.5	0.6

*Drink infused water after every meal.

LEGEND:

1 cup = 8 ounces (oz)

110 g = 1/2 cup cooked pasta

1 dessert slice = 2" widest side of pie or cake

1 square brownie or squares = size of domino chip

Day 3

1800 Calories

WOMEN

Meal	Qty	Unit	Item	Sodium (mg)	Potassium (mg)	Phosphorus (mg)	Protein (g)
Breakfast	1	piece	French Toast	233	87	62	5
	1/4	cup	mixed berries compote	2.25	69	15	0.4
	8	oz	rice/nut milk	180	175	20	1
Lunch	1/2	cup	steamed white rice	3	13	22	2.1
	3	oz	chicken-basil stir fry (with tofu and cashew nuts)	218	474	216	17.2
	3/4	cup	garlic Bok Choy	170	201	41	2.25
	1	slice	strawberry cake	260	110	0.0	5
Snacks	1/2	cup	silken tofu	5	180	62	4.8
	1/4	cup	frozen berries	0.4	21	4.3	0.12
	1/4	cup	frozen peaches	0.0	73	0.4	0.35
	1/2	cup	nut milk	43	44	5	1
	<i>*blend into a smoothie</i>						
Dinner	1	bowl (medium)	Pasta-Minestrone Soup (beef, pasta and veggies)	323	310	82	6
	1	piece	0.5" sliced grilled pineapple brushed w/ honey, sprinkled w/ cinnamon	1.6	103	7.5	0.6

*Drink infused water after every meal.

LEGEND:

1 cup = 8 ounces (oz)

110 g = 1/2 cup cooked pasta

1 dessert slice = 2" widest side of pie or cake

1 square brownie or squares = size of domino chip

Here's your next step...

Join the RenalTracker Family!

Here in RenalTracker, we think of you, our coachees, as family. We don't just want to provide you with education about kidney disease management. We want to give you all the emotional support you can have as well. And so...

We would love to have you on our RenalTracker Support Group in Facebook!

Anyone who needs help and/or wants to help is very welcome to join. Talk to your co-coachees, share experiences and insights, and let's thrive with CKD together.

Just click on the button below to join the support group:

[Click here to join the RenalTracker Family on Facebook](#)

