

20-Day
Easy to do

KIDNEY DIET DINNER RECIPES

For ckd stages 3-5

By RenalTracker



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Coach Ginny

Hi! WELCOME!

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.

A better overall health can be achieved by reducing your kidney's workload through good nutrition. This includes eating an appropriate amount of protein, limiting salt (sodium), potassium and phosphorus, limiting total fat (especially saturated fat), and maintaining a healthy weight. Limiting your fluids is needed if your urine output is small and you are swelling (edema).

If you have CKD, your kidney may have problems doing these functions. By watching your diet, you can help reduce the strain on the kidney.

The Purpose OF THIS MEAL PLAN

Most renal diet patients we've come across have a problem with creating their own kidney-friendly meal plans. This actually is a normal thing as renal dieting is not intuitive. Most of what you considered as good and healthy food before is now detrimental to your kidneys. You're here because you need to:

01 YOU NEED TO MAKE CHANGES TO YOUR DIET.

A kidney-friendly diet should help slow the progression of kidney failure, reduce proteinuria, and lower the risk of CKD-related complications such as hypertension, cardiovascular disease, and bone disease.

02 YOU NEED TO LIMIT YOUR SPPP.

These changes in diet may include limiting your Sodium, Potassium, Protein, and Phosphorus (also known as your SPPP) to keep them below dangerous levels. You may need to restrict ALL of SPPP or only one of those nutrients. This would then change what food you can eat and what food you should avoid. This is why it's important to start with finding out what restriction is applicable to you by consulting a dietitian first.

03 YOU NEED TO IMPROVE YOUR KIDNEY LAB RESULTS

Chronic Kidney Disease, as you may well know, means that your kidneys are not working as well as they once did. It is often a progressive disease which means it can get worse over time. One way to combat this is to start undergoing a renal diet. By choosing the right foods to eat, you can greatly help lessen the burden on your kidneys. You could go with these kidney-boosting food items for starters. However, you also need to learn to keep tabs of your kidney disease lab results to make sure you are in the right track and are keeping your kidneys in the "safe zone".

CKD Stages

The kidneys filter blood, remove waste through urine, balance minerals, maintain fluid balance, and produce hormones. When you have kidney disease, the kidney function declines such that the kidneys could no longer filter waste materials in the body properly. Fluid and waste can build up in the blood, which could result in serious complications.

STAGE 01 AND 02

People in the early stages of CKD don't usually show symptoms and may only be diagnosed through urine or blood test. Their Glomerular Filtration Rate (GFR) at a normal or higher level greater than 90 ml/min. Since kidneys still perform their function even when they're not at their 100 percent capacity, most people are unaware they have stage 1 CKD. They typically find out they are in stage 1 if they were being tested for a health condition that is a CKD risk factor such as diabetes and high blood pressure.

STAGE 03

An optimal estimated GFR (eGFR) is higher than 90. Your GFR decreases moderately when you are at Stage 3 of CKD. This stage has two subtypes depending on your eGFR readings. If your eGFR is between 45 and 59, you may be at stage 3a whereas eGFR between 30 and 44 is under stage 3b subtypes. CKD symptoms become more noticeable in stage 3 unlike in stages 1 and 2. The kidneys still function in stage 3 in such a way that they can still remove fluid, potassium, and a moderate amount of waste.

STAGE 04

An optimal estimated GFR (eGFR) is higher than 90. Your GFR decreases moderately when you are at Stage 3 of CKD. This stage has two subtypes depending on your eGFR readings. If your eGFR is between 45 and 59, you may be at stage 3a whereas eGFR between 30 and 44 is under stage 3b subtypes. CKD symptoms become more noticeable in stage 3 unlike in stages 1 and 2. The kidneys still function in stage 3 in such a way that they can still remove fluid, potassium, and a moderate amount of waste.

STAGE 05

Stage 5 Chronic Kidney Disease (CKD), also known as end-stage renal disease (ESRD), represents the most severe level of kidney dysfunction. At this stage, the kidneys have lost nearly all of their ability to filter waste and fluids from the blood, leading to a buildup of toxins and fluids in the body.

Patients in Stage 5 CKD often require advanced medical interventions such as dialysis or kidney transplantation to manage their condition. Adopting a carefully tailored diet becomes crucial to alleviate stress on the compromised kidneys, manage symptoms, and support overall well-being.



Kidney Shopping **GUIDE**

Kidney-friendly grocery shopping shouldn't be hard work. So to make it easier for you, here are some tips on how you should fill your cart when on a CKD-friendly diet.

PLAN AHEAD

With the help of your renal dietitian, come up with a list of CKD-friendly meals, snacks, and beverages that you'd like to have for the week. Break down the ingredients for each meal and snack. Planning your meals before the start of every week prevents you from making impulsive food choices that are often dictated by your cravings. When you have all the ingredients ready in your fridge, you tend to cook more and avoid ordering takeouts. It helps to have a recipe board that details all the meals you'd like to have for the entire week. The board should cover your breakfasts, lunches, snacks, and dinners. Update the items on the board as you please. Identify the ingredients you will need, then list them down. Make sure to specify the exact quantity next to every item.

MAKE A RUNNING LIST

Does remembering every item in your fridge or pantry seem like a chore? Having a running list of all your staple food items eliminates the need to create a new list each time your shopping schedule comes around. It also saves you the hassle of having to comb your memory for your recent purchases. Create an inventory on a whiteboard or post-it notes. Hang the list on your fridge or any visible area in the kitchen. You can also use a mobile app that lets you create an online list and take it with you anywhere. Every time you take out and use an item, make sure to update the quantity to track how many items are left. A day before you shop, check the inventory to know which items to buy and restock.

LIST DOWN WHAT YOU'RE ONLY ALLOWED TO EAT BASED ON YOUR CKD STAGE

When rounding up your grocery list, keep in mind the advice of your healthcare provider. Every person with kidney disease has unique nutritional requirements, and your dietary needs can evolve depending on your CKD stage. This is why it's necessary to closely work with your doctor and dietitian in keeping track of your diet. If you're just starting out with a plant-based diet, consult with your dietitian about the plant foods that are healthy for your kidneys. Figure out the right amount and portioning of every food you must consume daily. Note that you need to strike the right balance of protein, potassium, phosphorus, sodium, calories, vitamins, and minerals per day.



INTRODUCE NEW PLANT-BASED FOODS TO YOUR MEALS EACH WEEK

Adding new foods into your diet every week helps you expand your choices and take in more nutrients. It also allows your palate to get increasingly accustomed to plant-based foods. For instance, if you're swapping meat with plant protein like tofu, vegetarian burger, or seitan but you're unsure which ones you'd like, consider trying one of these options every week. Doing so gives you the chance to discover which one you like best.

AS MUCH AS POSSIBLE, STICK TO YOUR LIST

At the grocery store, the temptation to chuck unhealthy foods in your cart or to spend more than your budget allows can come from all sides. Be prepared. Maintain the resolve to eat healthy for the sake of your kidneys. Pick only the foods reflected on your list.

Shopping TIPS

- Eat before you shop. You're more prone to buying more foods than you need when you're hungry.
- If you have little kids, leave them at home to avoid extra spending on snacks, candies, and toys (unless you have the budget for it).
- If there's an item on sale, pause to think if it's aligned with your healthy meal plans. It also helps to follow grocery stores on social media (or check their websites) so you can be kept in the loop of the latest sales.

Knowing which products are on sale informs your meal plans ahead of time, as opposed to bumping into random products on sale and having to think on the spot what meals you can make out of them.

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GUIDELINES TO SAFELY PREPARE AND STORE YOUR MEALS

During food preparation, it is important that as much as possible, food doesn't get contaminated at any point during the process. Thus, in line with the goal of keeping kidneys healthy, the following basic guidelines should be observed to keep your food preparation relatively safe.

RULE 1: CLEAN

Maintaining cleanliness while preparing food is of utmost importance. Germs and other disease-causing microorganisms can come from anywhere, even from the air and your hands.

- Always start with clean hands and kitchen surfaces. Wash your hands in warm, soapy water for at least 20 seconds before preparing food.
- For cutting boards, knives, and other utensils; wash them thoroughly in hot soapy water before & after use.
- Wash thoroughly all fruits and vegetables before eating.
- Clean all canned goods lids before opening; rust and other contaminants may have settled on them.



RULE 2: SEPARATE

The simple separation of your used utensils from the unused or to-be-used ones can greatly reduce the risk of spreading bacteria and diseases that could endanger your kidney health.

- Use a separate cutting board for fresh produce (fruits and vegetables), and another one for raw meats, poultry, and fish, to prevent diseases from spreading easily. Meats and poultry tend to carry bacteria and other microorganisms while raw.
- Never put cooked food back on the plate where raw meat was placed prior to cooking.
- Don't reuse any marinade that came into contact with raw meats unless you bring it to a boil first to kill off any harmful elements in it.

RULE 3: COOK

Even during cooking, there are procedures to be followed to ensure food safety. These will also help in promoting healthy kidney function; a well-prepared, well-cooked dish is a friend to the kidneys.

- Always cook foods to their proper temperature. Some microorganisms are more resistant to heat than others, so to make sure no harmful bacteria survives, refer to the chart below for the minimum internal temperatures required.

Food Type	Minimum Internal Temperature
Steaks & Roasts	145°F (62.8°C)
Fish	145°F (62.8°C)
Pork	160°F (71.1°C)
Ground Beef	160°F (71.1°C)
Egg Dishes	160°F (71.1°C)
Chicken	165°F (73.9°C)

- Always use a food thermometer to make sure food reaches its cooking temperature. Do not guess at whether it's done or not.

RULE 4: CHILL

The tips below will help you keep your renal diet foods fresh and safe for as long as possible.

- Refrigerate all foods promptly to slow bacterial growth. If possible, put all foods in shallow containers to promote quicker cooling.
- Fridge temperature should be equal to or below 40°F (about 4.4°C), while the freezer must stay at 0°F (about -17°C) or below.
- All perishable food items should be refrigerated within 2 hours of cooking, or 1 hour, if outside temperature is greater than or equal to 90°F (about 32.2°C).



As your Chronic Kidney Disease condition progresses, you may need to look for renal diet food substitutes to manage your disease and improve your lab results. As a kidney patient, your food substitutes depend on your SPPP limits: sodium, protein, potassium, and phosphorus.

SODIUM ALTERNATIVES

INSTEAD OF THESE FOODS

Regular Canned Vegetables



Hot dogs and canned meat



Packaged noodles with sauce



Frozen vegetables with sauce



Canned soup



Snack foods



TRY THESE FOODS



Low-sodium Canned Foods



Fresh, cooked meat



Plain noodles without sauce, hand-pulled noodles



Fresh vegetables, frozen vegetables without sauce



Homemade soup with fresh ingredients



Unsalted pretzels, unsalted popcorn

Healthy Kidney **SUBSTITUTES**

There is some confusion when it comes to choosing limiting protein sources. One thing to remember, though, is this: you can control your protein intake by controlling your portions. For example, milk has high-to-moderate protein and phosphorus content, but that doesn't mean that you'll have to totally swear away from milk. Unless your doctor and dietitian says otherwise, you can still drink milk in small amounts. So instead of drinking 1 glass of milk, you can reduce it to 1/2 cup to avoid going over your nutrient limits. That aside, below are some low-protein options you can go for.

LOW PROTEIN OPTIONS

INSTEAD OF THESE FOODS

Ground beef



Pork



Halibut



Shrimp, other seafood



TRY THESE FOODS



Beef (lean cuts, reduced portion), beef stew



Chicken (reduced portion, no skin), eggs and egg substitutes, tofu



Tuna (fresh, reduced portion)



Imitation crab meat

Healthy Kidney

SUBSTITUTES

For your potassium needs, here is a list of some high- and low-potassium food items that might be in your pantry:

POTASSIUM SUBSTITUTES

INSTEAD OF THESE FOODS

Oranges, orange juice



Apricots



Bananas



Potatoes, sweet potatoes



Tomatoes



Cooked spinach



TRY THESE FOODS



Apples, apple juice



Cranberries, cranberry juice



Strawberries, blueberries, raspberries



Cabbage



Pineapple



Boiled cauliflower

Healthy Kidney

SUBSTITUTES

Phosphorus is not often shown in the Nutrition Facts section of food labels, but one way to limit that is to avoid foods with "phos-" ingredients. Some alternatives to high-phosphorus products can be found below:

LOW PHOSPHORUS REPLACEMENTS

INSTEAD OF THESE FOODS

8 oz milk



cheese spread
(processed)



bran cereal or
granola



bread (whole
grain, 100% whole
wheat, multi-grain,
dark rye)



lima/pinto beans



chocolate bars



TRY THESE FOODS



8 oz non-dairy creamer
or 4 oz milk



1/4 cup cottage or cream
cheese



non-bran cereal,
shredded wheat, rice
cereals, cornflakes,
cream of wheat, cream
of rice



bread (white, 60%
whole wheat,
cracked wheat, light
rye, sourdough)



mixed vegetables or
green beans



hard / fruit-flavored
candy, jelly beans

Healthy and Delicious

RECIPES

Mix and match recipes as you wish as long as they match the calories and nutrients of the correct recipe outlined in the meal plan schedule.

Herb-Roasted Turkey Breast



Why It's Friendly

Turkey is a lean source of protein, suitable for CKD diets.

Ingredients:

- 1 turkey breast (about 2 lbs)
- 2 tbsp olive oil
- 1 tsp sage
- 1 tsp rosemary
- 1 tsp thyme
- Salt and pepper to taste

Directions:

- 1 Preheat oven to 375°F (190°C).
- 2 Rub turkey breast with olive oil, sage, rosemary, thyme, salt, and pepper.
- 3 Roast for 45-60 minutes or until fully cooked (internal temperature of 165°F).
- 4 Let rest before slicing.

Nutrition:

Protein	25 g
Potassium	210 mg
Phosphorus	220 mg
Sodium	80 mg

Baked Salmon with Dill and Lemon

Why It's Friendly

Salmon is rich in omega-3 fatty acids and suitable for a kidney diet.

Ingredients:

- 2 salmon fillets (4 oz each)
- 1 tbsp olive oil
- 1 tsp dried dill
- 1 lemon, sliced
- Salt and pepper to taste



Directions:

- 1 Preheat oven to 375°F (190°C).
- 2 Place salmon on a baking sheet and drizzle with olive oil.
- 3 Season with dill, salt, and pepper, and top with lemon slices.
- 4 Bake for 15-20 minutes or until salmon flakes easily with a fork.

Nutrition:

Protein	23 g
Potassium	300 mg
Phosphorus	250 mg
Sodium	70 mg

Baked Lemon Pepper Cod



Why It's Friendly

Cod is a kidney-friendly fish, low in phosphorus and potassium.

Ingredients:

- 2 cod fillets (4 oz each)
- 1 lemon, juiced and zested
- 1 tsp black pepper
- 1 tbsp olive oil
- Salt to taste

Directions:

- 1 Preheat oven to 375°F (190°C).
- 2 Place cod on a baking sheet and drizzle with lemon juice, zest, and olive oil.
- 3 Season with black pepper and a pinch of salt.
- 4 Bake for 15-20 minutes or until fish flakes easily.

Nutrition:

Protein	22 g
Potassium	300 mg
Phosphorus	210 mg
Sodium	60 mg

Roasted Vegetable Medley

Why It's Friendly

A variety of vegetables provides essential nutrients without overloading the kidneys.

Ingredients:

- 1 zucchini, sliced
- 1 bell pepper, chopped
- 1 cup broccoli florets
- 2 tbsp olive oil
- 1 tsp dried Italian herbs
- Salt and pepper to taste



Directions:

- 1 Preheat oven to 400°F (200°C).
- 2 Toss vegetables with olive oil, herbs, salt, and pepper.
- 3 Spread on a baking sheet and roast for 25-30 minutes.

Nutrition:

Protein	3 g
Potassium	250 mg
Phosphorus	80 mg
Sodium	70 mg

Baked Lemon Garlic Tilapia



Why It's Friendly

Tilapia is a low-phosphorus fish, great for kidney health.

Ingredients:

- 2 tilapia fillets
- 1 lemon, juiced
- 2 cloves garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste

Directions:

- 1 Preheat oven to 375°F (190°C).
- 2 Place tilapia on a baking sheet.
- 3 Mix lemon juice, garlic, olive oil, salt, and pepper; pour over fish.
- 4 Bake for 12-15 minutes or until fish flakes easily.

Nutrition:

Protein	22 g
Potassium	300 mg
Phosphorus	210 mg
Sodium	65 mg

Creamy Cauliflower Soup

Why It's Friendly

Cauliflower is kidney-friendly and gives a creamy texture without heavy cream.

Ingredients:

- 1 head cauliflower, chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 cups low-sodium vegetable broth
- 1/2 cup almond milk
- 1 tbsp olive oil
- Salt and pepper to taste



Directions:

- 1 In a pot, heat olive oil and sauté onion and garlic.
- 2 Add cauliflower and vegetable broth.
- 3 Simmer until cauliflower is tender.
- 4 Blend with almond milk until smooth. Season with salt and pepper.

Nutrition:

Protein	3 g
Potassium	150 mg
Phosphorus	100 mg
Sodium	60 mg

Baked Chicken with Herb Roasted Potatoes



Why It's Friendly

Chicken is a lean protein and potatoes are potassium controlled.

Ingredients:

- 2 chicken breasts
- 1 lb baby potatoes, halved
- 1 tbsp olive oil
- Herbs (rosemary, thyme, parsley)
- Salt and pepper to taste

Directions:

- 1 Preheat oven to 400°F (200°C).
- 2 Season chicken and potatoes with olive oil, herbs, salt, and pepper.
- 3 Bake for 30-35 minutes until chicken is cooked and potatoes are tender.

Nutrition:

Protein	25 g
Potassium	300 mg
Phosphorus	220 mg
Sodium	70 mg

Garlic and Thyme Roasted Vegetables

Why It's Friendly

Garlic and thyme enhance flavors without the need for salt.

Ingredients:

- Mixed vegetables (zucchini, bell peppers, carrots)
- 2 cloves garlic, minced
- 1 tsp thyme
- 1 tbsp olive oil
- Salt and pepper to taste



Directions:

- 1 Preheat oven to 400°F (200°C).
- 2 Toss vegetables with olive oil, garlic, thyme, salt, and pepper.
- 3 Roast until tender and lightly caramelized.

Nutrition:

Protein	3 g
Potassium	250 mg
Phosphorus	80 mg
Sodium	70 mg

Roasted Herb Cod with Steamed Green Beans



Why It's Friendly

Cod, a low-potassium fish, paired with green beans makes a kidney-friendly dinner.

Ingredients:

- 1 cod fillet
- A sprinkle of mixed herbs (rosemary, thyme)
- A dash of olive oil
- 1 cup of green beans

Directions:

- 1 Season cod with mixed herbs and a drizzle of olive oil.
- 2 Roast until flaky.
- 3 Steam the green beans and serve on the side.

Nutrition:

Protein	22 g
Potassium	300 mg
Phosphorus	150 mg
Sodium	180 mg

Grilled Chicken with Steamed Broccoli

Why It's Friendly

Lean chicken provides high-quality protein, and broccoli is low in potassium.

Ingredients:

- 2 chicken breasts
- 1 tbsp olive oil
- Salt and pepper to taste
- 1 head of broccoli, cut into florets



Directions:

- 1 Brush chicken breasts with olive oil and season with salt and pepper.
- 2 Grill chicken until fully cooked.
- 3 Steam broccoli until tender.
- 4 Serve chicken with a side of steamed broccoli.

Nutrition:

Protein	26 g
Potassium	320 mg
Phosphorus	250 mg
Sodium	85 mg

Grilled Salmon with Asparagus



Why It's Friendly

Salmon is rich in omega-3s, and asparagus is a great spring vegetable.

Ingredients:

- 2 salmon fillets
- 1 bunch asparagus, trimmed
- 1 tbsp olive oil
- Lemon wedges for serving
- Salt and pepper to taste

Directions:

- 1 Brush salmon and asparagus with olive oil, season with salt and pepper.
- 2 Grill salmon and asparagus until salmon is cooked through and asparagus is tender.
- 3 Serve with lemon wedges.

Nutrition:

Protein	23 g
Potassium	350 mg
Phosphorus	250 mg
Sodium	70 mg

Baked Herb Chicken with Roasted Brussels Sprouts

Why It's Friendly

Chicken is a lean protein, and Brussels sprouts are low in potassium.

Ingredients:

- 2 chicken breasts
- 2 cups Brussels sprouts, halved
- 1 tbsp olive oil
- Herbs (rosemary, thyme)
- Salt and pepper to taste



Directions:

- 1 Preheat oven to 375°F (190°C).
- 2 Season chicken with herbs, salt, and pepper.
- 3 Toss Brussels sprouts in olive oil and season.
- 4 Bake chicken and Brussels sprouts for 25-30 minutes.

Nutrition:

Protein	26 g
Potassium	320 mg
Phosphorus	250 mg
Sodium	85 mg

Lemon Herb Baked Cod with Steamed Spinach



Why It's Friendly

Cod is a great low-phosphorus fish, and spinach is packed with nutrients.

Ingredients:

- 2 cod fillets
- 1 lemon, juiced and zested
- 1 tbsp mixed herbs (parsley, dill)
- 2 cups fresh spinach
- 1 tbsp olive oil
- Salt and pepper to taste

Directions:

- 1 Preheat oven to 375°F (190°C).
- 2 Season cod with lemon juice, zest, herbs, salt, and pepper.
- 3 Bake for 15-20 minutes.
- 4 Steam spinach and drizzle with olive oil. Serve with baked cod.

Nutrition:

Protein	22 g
Potassium	300 mg
Phosphorus	210 mg
Sodium	65 mg

Grilled Lemon Herb Chicken with Asparagus

Why It's Friendly

Chicken and asparagus make a tasty and kidney-safe spring dinner.

Ingredients:

- 1 chicken breast
- Juice of 1 lemon
- 1 teaspoon each of rosemary and thyme
- A dash of olive oil
- 1 cup of asparagus spears



Directions:

- 1 Season the chicken breast with lemon juice, rosemary, thyme, and olive oil.
- 2 Grill until juicy.
- 3 Steam the asparagus and serve on the side.

Nutrition:

Protein	22 g
Potassium	300 mg
Phosphorus	150 mg
Sodium	180 mg

Grilled Garlic Herb Turkey with Steamed Zucchini



Why It's Friendly

Turkey is a lean source of protein, and zucchini is a low-potassium vegetable.

Ingredients:

- 1 turkey breast
- 2 cloves of garlic, minced
- 1 teaspoon of mixed herbs (rosemary, thyme)
- A dash of olive oil
- 1 cup of zucchini slices

Directions:

- 1 Season the turkey breast with minced garlic, mixed herbs, and olive oil.
- 2 Grill until cooked through.
- 3 Steam the zucchini and serve on the side.

Nutrition:

Protein	25 g
Potassium	350 mg
Phosphorus	150 mg
Sodium	150 mg

Grilled Chicken with Lemon Herb Marinade & Steamed Green Beans

Why It's Friendly

Chicken is a lean source of protein and green beans are a kidney-friendly vegetable.

Ingredients:

- 1 chicken breast
- Juice of 1 lemon
- 1 teaspoon of mixed herb seasoning (rosemary, thyme)
- A dash of olive oil
- 1 cup of green beans



Directions:

- 1 Season the chicken breast with lemon juice, mixed herbs, and olive oil.
- 2 Grill until cooked through.
- 3 Steam the green beans and serve on the side.

Nutrition:

Protein	27 g
Potassium	310 mg
Phosphorus	190 mg
Sodium	150 mg

Grilled Fish Tacos with Fresh Salsa



Why It's Friendly

Fish is a lean source of protein, and the fresh salsa adds a burst of flavor without adding excess sodium.

Ingredients:

- 2 pieces of white fish
- 2 low-sodium tortillas
- 1 cup of fresh salsa (tomatoes, onions, cilantro)
- 1/4 cup of sliced avocado

Directions:

- 1 Grill the fish until cooked through.
- 2 Place the grilled fish, salsa, and avocado slices on the tortillas.
- 3 Serve warm.

Nutrition:

Protein	25 g
Potassium	400 mg
Phosphorus	200 mg
Sodium	150 mg

Grilled Shrimp Skewers with a Side of Quinoa Salad

Why It's Friendly

Shrimp is a lean protein source and quinoa provides essential amino acids, making this a kidney-friendly dinner.

Ingredients:

- 1/2 pound of shrimp, peeled and deveined
- 1 cup of cooked quinoa
- 1 cup of mixed veggies (bell peppers, tomatoes, cucumber)
- A dash of olive oil
- 1 teaspoon of your favorite mixed herbs
- 2 tablespoons of low-sodium soy sauce



Directions:

- 1 Season the shrimp with olive oil and mixed herbs. Grill until cooked.
- 2 Toss quinoa and veggies with low-sodium soy sauce.
- 3 Serve the skewers with a side of quinoa salad.

Nutrition:

Protein	28 g
Potassium	380 mg
Phosphorus	210 mg
Sodium	200 mg

Shrimp Stir-Fry with Summer Veggies



Why It's Friendly

Shrimp is a lower-phosphorus seafood choice, and an assortment of summer vegetables adds freshness to this dish.

Ingredients:

- 1/2 pound of shrimp
- 1 cup of mixed summer vegetables, chopped (bell peppers, zucchini)
- 2 tablespoons of olive oil
- 1 teaspoon of mixed herb seasoning

Directions:

- 1 Heat oil in a pan. Add the shrimp and cook until pink. Remove and set aside.
- 2 In the same pan, add the vegetables and seasoning. Cook until tender.
- 3 Add the cooked shrimp back to the pan, toss to combine, and heat through.
- 4 Serve warm.

Nutrition:

Protein	25 g
Potassium	500 mg
Phosphorus	250 mg
Sodium	190 mg

Grilled Veggie & Halibut Kabobs

Why It's Friendly

Halibut is a lean source of protein, and grilled veggies add color, flavor, and nutrients to this summertime dinner.

Ingredients:

- 1 halibut fillet, cut into chunks
- 1 cup of mixed bell peppers and onions, cut into chunks
- 2 tablespoons of olive oil
- 1 teaspoon of mixed herb seasoning



Directions:

- 1 Skewer the halibut and vegetables alternately and brush with olive oil and seasoning.
- 2 Grill until the fish is cooked through and veggies are lightly charred.
- 3 Serve warm.

Nutrition:

Protein	30 g
Potassium	500 mg
Phosphorus	250 mg
Sodium	180 mg

Seafood Salad with Lemon Vinaigrette



Why It's Friendly

Shrimps and scallops provide lean protein, and the lemon vinaigrette adds a refreshing tang without the added sodium.

Ingredients:

- 1/2 cup of cooked shrimps
- 1/2 cup of cooked scallops
- 2 cups of mixed salad greens
- 1/2 cup of cherry tomatoes
- 2 tablespoons of lemon vinaigrette (lemon juice, olive oil, herbs)

Directions:

- 1 Toss all ingredients in a bowl.
- 2 Chill in the refrigerator before serving.

Nutrition:

Protein	25 g
Potassium	280 mg
Phosphorus	180 mg
Sodium	250 mg

Grilled Tuna Steak with Summer Squash

Why It's Friendly

Tuna is a great source of omega-3, and summer squash is a low-potassium vegetable that's perfect for a light, summertime dinner.

Ingredients:

- 1 tuna steak
- 1 cup of sliced summer squash
- 2 tablespoons of olive oil
- 1 teaspoon of mixed herb seasoning



Directions:

- 1 Season the tuna steak and squash with olive oil and mixed herbs.
- 2 Grill until the tuna is cooked to your liking and squash is tender.
- 3 Serve warm.

Nutrition:

Protein	40 g
Potassium	500 mg
Phosphorus	300 mg
Sodium	105 mg

Scampi Linguine



Why It's Friendly

This pasta recipe includes a seafood making it delectable and perfect on the dinner table.

Ingredients:

- 1 tbsp olive oil
- 1 clove garlic, minced
- 1/2 lb shrimp, peeled and cleaned
- 1/4 cup dry white wine
- 1 tbsp lemon juice
- 1 tsp basil
- 1 tbsp chopped fresh parsley
- 4 oz dry linguine

Directions:

- 1 Heat oil in a large skillet. Add garlic and shrimp. Cook and stir until shrimp turns pink.
- 2 Add wine, lemon juice, basil and parsley. Cook 5 minutes longer.
- 3 Meanwhile, boil linguini in unsalted water until tender. Drain. Serve the linguini topped with the shrimp and any remaining liquid.

Nutrition:

Protein	15 g
Potassium	189 mg
Phosphorus	167 mg
Sodium	86 mg

Yeast Dinner Rolls

Why It's Friendly

Master the classic bread-making technique with this recipe.

Ingredients:

- 1 cup hot water
- 6 tbsp vegetable shortening
- 1/2 cup sugar
- 1 pc package yeast
- 2 tbsp warm water
- 1 tbsp celery seed
- 1 pc egg
- 3 3/4-4 cup all-purpose flour



Directions:

- 1 Preheat oven to 400°F.
- 2 Combine hot water, shortening, and sugar in a large bowl. Set aside to cool to room temperature.
- 3 Dissolve yeast in warm water.
- 4 Add egg, yeast, and half the flour to the mixture in the large bowl. Beat well.
- 5 Stir in the remaining flour with a spoon until easy to handle.
- 6 Place dough in a greased bowl; grease top and cover top with plastic wrap.
- 7 Allow to rest 1 to 1 1/2 hours or until the dough has doubled in size.
- 8 Cut off amount needed to shape rolls.
- 9 Bake rolls for 12 minutes or until done.

Nutrition:

Protein	30 g
Potassium	500 mg
Phosphorus	250 mg
Sodium	180 mg





Thank you for prioritizing your health and your self!

If you have any questions with any of these recipes, please feel free to send us an email at Support@RenalTracker.com

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