

20 Day
BREAKFAST
RECIPES *for*
CKD STAGE 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.



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.

4

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).



Healthy Food **SUBSTITUTES**

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 Food **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 Food **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 Food **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

TRY THESE FOODS

8 oz milk



8 oz non-dairy creamer or 4 oz milk

cheese spread (processed)



1/4 cup cottage or cream cheese

bran cereal or granola



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

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



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

lima/pinto beans



mixed vegetables or green beans

chocolate bars



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.

Berry Almond Millet Porridge



Why It's Friendly

Oats provide essential nutrients without straining the kidneys. Cranberries can be a valuable addition to a kidney-friendly diet due to their low phosphorus content and array of health benefits.

Ingredients:

- 1/2 cup millet, rinsed
- 2 cups water
- 1/2 cup almond milk
- 1 tbsp honey
- 1/2 cup mixed berries (fresh or frozen)
- 2 tbsp slivered almonds

Directions:

- 1 In a pot, combine millet and water. Bring to a boil.
- 2 Reduce heat to low and simmer until millet is tender (about 15 minutes).
- 3 Add almond milk and honey, stirring until well combined.
- 4 Serve topped with berries and slivered almonds.

Nutrition:

Protein	4 g
Potassium	150 mg
Phosphorus	120 mg
Sodium	30 mg

Quinoa and Berry Breakfast Bowl

Why It's Friendly

Quinoa is a great low-potassium alternative to traditional grains.

Ingredients:

- 1/2 cup quinoa, rinsed
- 1 cup water
- 1/2 cup low-fat milk or milk alternative
- 1 tbsp honey
- 1/2 cup mixed berries
- 2 tbsp chopped nuts (optional)



Directions:

- 1 Combine quinoa and water in a pot and bring to a boil.
- 2 Reduce heat to simmer, cover, and cook until quinoa is tender and water is absorbed (about 15 minutes).
- 3 Stir in milk and honey, then top with berries and nuts.

Nutrition:

Protein	5 g
Potassium	200 mg
Phosphorus	150 mg
Sodium	40 mg

Creamy Vanilla Almond Oatmeal



Why It's Friendly

A warm, nutritious start to your day, oatmeal is excellent for kidney health.

Ingredients:

- 1 cup rolled oats
- 2 cups water
- 1/2 cup almond milk
- 1 tsp vanilla extract
- 2 tbsp almond slivers
- 1 tbsp honey (optional)

Directions:

- 1 In a pot, combine oats and water, bringing to a boil.
- 2 Reduce heat, simmer until oats are soft.
- 3 Stir in almond milk and vanilla extract.
- 4 Serve topped with almond slivers and a drizzle of honey.

Nutrition:

Protein	5 g
Potassium	195 mg
Phosphorus	150 mg
Sodium	40 mg

Vegetable Omelette

Why It's Friendly

Eggs are a great protein source, and vegetables add essential nutrients.

Ingredients:

- 2 eggs
- 1/2 cup diced bell peppers
- 1/4 cup chopped spinach
- 1/4 cup diced tomatoes
- 1 tsp olive oil
- Salt and pepper to taste



Directions:

- 1 Whisk eggs in a bowl and set aside.
- 2 Heat olive oil in a skillet and sauté bell peppers, spinach, and tomatoes.
- 3 Pour eggs over the vegetables, cook until set, then fold the omelette in half.
- 4 Season with salt and pepper, serve hot.

Nutrition:

Protein	12 g
Potassium	220 mg
Phosphorus	180 mg
Sodium	70 mg

Greek Yogurt with Honey and Nuts



Why It's Friendly

Greek yogurt is a good source of protein, and nuts add healthy fats.

Ingredients:

- 1 cup Greek yogurt (low-fat)
- 2 tbsp honey
- 1/4 cup mixed nuts (almonds, walnuts), chopped

Directions:

- 1 In a bowl, serve Greek yogurt.
- 2 Drizzle with honey and sprinkle with chopped nuts.

Nutrition:

Protein	12 g
Potassium	240 mg
Phosphorus	180 mg
Sodium	50 mg

Spinach and Mushroom Omelette

Why It's Friendly

Spinach and mushrooms are low in potassium and high in nutrients.

Ingredients:

- 2 eggs
- 1/2 cup chopped spinach
- 1/4 cup diced mushrooms
- 1 tbsp olive oil
- Salt and pepper to taste



Directions:

- 1 In a bowl, whisk eggs with a pinch of salt and pepper.
- 2 Heat olive oil in a pan, sauté spinach and mushrooms until soft.
- 3 Pour eggs over veggies and cook until the omelette sets. Fold and serve.

Nutrition:

Protein	12 g
Potassium	230 mg
Phosphorus	190 mg
Sodium	70 mg

Carrot and Coriander Soup



Why It's Friendly

Carrots are low in potassium and coriander adds a fresh twist.

Ingredients:

- 4 large carrots, peeled and diced
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tsp ground coriander
- 4 cups low-sodium vegetable broth
- 1 tbsp olive oil
- Salt and pepper to taste

Directions:

- 1 In a large pot, heat olive oil and sauté onions and garlic until soft.
- 2 Add carrots, coriander, and vegetable broth.
- 3 Bring to a boil, then simmer until carrots are tender.
- 4 Blend until smooth and season with salt and pepper.

Nutrition:

Protein	2 g
Potassium	180 mg
Phosphorus	70 mg
Sodium	55 mg

Chia Seed Pudding with Berries

Why It's Friendly

Chia seeds are a great source of fiber and omega-3 fatty acids.

Ingredients:

- 1/4 cup chia seeds
- 1 cup almond milk
- 1 tbsp honey or maple syrup
- 1/2 cup fresh berries



Directions:

- 1 In a bowl, mix chia seeds with almond milk and sweetener.
- 2 Let sit for at least 30 minutes or overnight in the fridge.
- 3 Top with fresh berries before serving.

Nutrition:

Protein	4 g
Potassium	150 mg
Phosphorus	200 mg
Sodium	30 mg

Herbed Egg Scramble



Why It's Friendly

Eggs are a good protein source, and fresh herbs add flavor without extra potassium or sodium.

Ingredients:

- 2 eggs
- 1/4 cup diced bell pepper
- 1 tbsp chopped fresh herbs (parsley, chives, basil)
- 1 tsp olive oil
- Salt and pepper to taste

Directions:

- 1 In a bowl, whisk eggs with a pinch of salt and pepper.
- 2 Heat olive oil in a skillet, add bell pepper, and cook until soft.
- 3 Pour eggs over the peppers, sprinkle in fresh herbs, and scramble.

Nutrition:

Protein	12 g
Potassium	220 mg
Phosphorus	190 mg
Sodium	70 mg

Warming Vanilla Cinnamon Porridge

Why It's Friendly

This comforting breakfast is high in fiber and low in potassium.

Ingredients:

- 1 cup of oats
- 2 cups of almond milk
- 1 teaspoon of cinnamon
- 1 teaspoon of vanilla extract
- 1 teaspoon of honey



Directions:

- 1 Cook oats with cinnamon and vanilla extract in the almond milk until creamy.
- 2 Sweeten with honey and serve warm.

Nutrition:

Protein	5 g
Potassium	150 mg
Phosphorus	120 mg
Sodium	100 mg

Mixed Berry Yogurt Parfait



Why It's Friendly

Yogurt is a great source of calcium and protein, and berries add a burst of antioxidants.

Ingredients:

- 1 cup low-fat Greek yogurt
- 1/2 cup mixed berries (strawberries, blueberries, raspberries)
- 2 tbsp granola
- A drizzle of honey (optional)

Directions:

- 1 In a glass, layer Greek yogurt and mixed berries.
- 2 Top with granola and a drizzle of honey if desired.

Nutrition:

Protein	15 g
Potassium	250 mg
Phosphorus	200 mg
Sodium	50 mg

Avocado and Tomato Toast

Why It's Friendly

Avocado provides healthy fats, and tomatoes are low in potassium.

Ingredients:

- 2 slices whole-grain bread, toasted
- 1 ripe avocado, mashed
- 1 tomato, sliced
- Salt and pepper to taste



Directions:

- 1 Spread mashed avocado on toasted bread.
- 2 Top with tomato slices.
- 3 Season with salt and pepper.

Nutrition:

Protein	6 g
Potassium	250 mg
Phosphorus	150 mg
Sodium	60 mg

Warm Spiced Pear Oatmeal



Why It's Friendly

Oats are great for kidney health, and pears add natural sweetness.

Ingredients:

- 1 cup rolled oats
- 2 cups water
- 1 ripe pear, diced
- 1/2 tsp cinnamon
- 1 tbsp honey or maple syrup

Directions:

- 1 Cook oats in water according to package instructions.
- 2 When almost done, add diced pear and cinnamon.
- 3 Serve warm with a drizzle of honey or maple syrup.

Nutrition:

Protein	5 g
Potassium	200 mg
Phosphorus	150 mg
Sodium	30 mg

Strawberry Banana Smoothie Bowl

Why It's Friendly

Strawberries are low in potassium, and bananas provide natural sweetness.

Ingredients:

- 1/2 cup fresh strawberries
- 1 ripe banana
- 1/2 cup Greek yogurt (low-fat)
- 1/4 cup almond milk
- Toppings: Sliced almonds, chia seeds



Directions:

- 1 Blend strawberries, banana, Greek yogurt, and almond milk until smooth.
- 2 Pour into a bowl and garnish with almonds and chia seeds.

Nutrition:

Protein	8 g
Potassium	300 mg
Phosphorus	150 mg
Sodium	40 mg

Spring Vegetable Quinoa Salad

Why It's Friendly

Quinoa is a complete protein and a great source of fiber.

Ingredients:

- 1 cup quinoa, cooked and cooled
- 1 cup cherry tomatoes, halved
- 1 cup cucumber, diced
- 1 cup bell peppers (assorted colors), diced
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh parsley, chopped
- Dressing: 2 tablespoons olive oil, 1 tablespoon lemon juice, 1 teaspoon honey, salt, and pepper to taste



Directions:

- 1 In a large bowl, combine the cooked quinoa, cherry tomatoes, cucumber, bell peppers, red onion, and parsley.
- 2 In a small bowl, whisk together the olive oil, lemon juice, honey, salt, and pepper to make the dressing.
- 3 Pour the dressing over the salad and toss gently to combine. Serve chilled or at room temperature.

Nutrition:

Protein	6 g
Potassium	350 mg
Phosphorus	150 mg
Sodium	50 mg

Mango Banana Smoothie



Why It's Friendly

Mangos are lower in potassium compared to many other fruits and bananas are portion-controlled. A safe and tropical way to start your day!

Ingredients:

- 1/2 of a fresh mango
- 1/2 of a medium-sized banana
- 1 cup of almond milk
- 1 tablespoon of honey

Directions:

- 1 Blend mango, banana, and almond milk until smooth.
- 2 Sweeten with honey and serve chilled.

Nutrition:

Protein	2 g
Potassium	200 mg
Phosphorus	60 mg
Sodium	40 mg

Almond Milk Chia Pudding with Fresh Berries

Why It's Friendly

Chia seeds are packed with fiber and omega-3 fatty acids, and berries are low in potassium.

Ingredients:

- 1/4 cup of chia seeds
- 1 cup of almond milk
- 1 tablespoon of honey
- 1/2 cup of fresh berries (strawberries, blueberries)



Directions:

- 1 Mix chia seeds and almond milk, let it sit overnight in the fridge.
- 2 In the morning, sweeten with honey and top with fresh berries.

Nutrition:

Protein	6 g
Potassium	210 mg
Phosphorus	90 mg
Sodium	70 mg

Berry Oatmeal with Almond Milk



Why It's Friendly

Oats are high in fiber and berries are low in potassium, making this a kidney-friendly breakfast.

Ingredients:

- 1/2 cup of oats
- 1 cup of almond milk
- 1 tablespoon of honey
- 1/2 cup of mixed berries (strawberries, blueberries)

Directions:

- 1 Cook oats and almond milk over medium heat until creamy.
- 2 Sweeten with honey and top with fresh berries.
- 3 Serve warm.

Nutrition:

Protein	6 g
Potassium	200 mg
Phosphorus	140 mg
Sodium	60 mg

Banana Almond Pancakes

Why It's Friendly

Almonds are a good source of protein and bananas are portion-controlled, making this a kidney-friendly breakfast option.

Ingredients:

- 1 ripe banana
- 1/2 cup of almond flour
- 2 eggs
- 1 tablespoon of honey
- A dash of cinnamon



Directions:

- 1 Blend banana, almond flour, and eggs until smooth.
- 2 Cook pancakes on a non-stick pan, flipping halfway.
- 3 Drizzle with honey and a sprinkle of cinnamon.
- 4 Serve warm.

Nutrition:

Protein	12 g
Potassium	220 mg
Phosphorus	120 mg
Sodium	70 mg

Blueberry Almond Oat Muffins



Why It's Friendly

Blueberries are low in potassium, and oats and almonds add fiber and protein, making these muffins a kidney-friendly breakfast treat.

Ingredients:

- 1 cup of oats
- 1/2 cup of almond flour
- 1/2 cup of fresh blueberries
- 2 eggs
- 1/4 cup of honey

Directions:

- 1 Combine oats, almond flour, blueberries, eggs, and honey.
- 2 Spoon the mixture into a muffin tray.
- 3 Bake until golden brown and a toothpick comes out clean.
- 4 Serve warm.

Nutrition:

Protein	5 g
Potassium	95 mg
Phosphorus	75 mg
Sodium	25 mg

Peach Almond Yogurt Parfait

Why It's Friendly

Peaches are low in potassium, and almond-based yogurt is a creamy, dairy-free breakfast treat.

Ingredients:

- 1 cup of almond-based yogurt
- 1 fresh peach, chopped
- 1 tablespoon of honey
- A sprinkle of sliced almonds



Directions:

- 1 Layer almond yogurt, chopped peaches, and a drizzle of honey in a glass.
- 2 Top with a sprinkle of sliced almonds.
- 3 Serve chilled.

Nutrition:

Protein	6 g
Potassium	190 mg
Phosphorus	80 mg
Sodium	40 mg

Tropical Smoothie Bowl



Why It's Friendly

Pineapple is lower in potassium than many other fruits, and chia seeds add fiber and omega-3 fatty acids, making this a kidney-friendly breakfast.

Ingredients:

- 1 cup of chopped pineapple
- 1/2 cup of almond milk
- 1 tablespoon of chia seeds
- 1 tablespoon of honey

Directions:

- 1 Blend pineapple and almond milk until smooth.
- 2 Pour into a bowl and top with chia seeds.
- 3 Drizzle with honey and serve chilled.

Nutrition:

Protein	5 g
Potassium	180 mg
Phosphorus	115 mg
Sodium	50 mg

Avocado Toast with Poached Egg

Why It's Friendly

Avocado provides healthy fats, and egg is a great source of protein. Opt for a whole-grain bread for added fiber.

Ingredients:

- 1 slice of whole-grain bread
- 1/2 an avocado
- 1 egg
- Salt and pepper to taste



Directions:

- 1 Toast the bread.
- 2 Mash the avocado and spread on the toast.
- 3 Poach the egg and place on top of the avocado.
- 4 Season with salt and pepper.

Nutrition:

Protein	12 g
Potassium	240 mg
Phosphorus	150 mg
Sodium	180 mg

Coconut Milk Chia Pudding with Tropical Fruits



Why It's Friendly

Chia seeds are packed with fiber and omega-3 fatty acids, and tropical fruits add a dose of kidney-friendly sweetness.

Ingredients:

- 1/4 cup of chia seeds
- 1 cup of coconut milk
- 1 tablespoon of honey
- 1/2 cup of diced mango and pineapple

Directions:

- 1 Mix chia seeds and coconut milk, let it sit overnight in the fridge.
- 2 In the morning, sweeten with honey and top with fresh fruit.
- 3 Serve chilled.

Nutrition:

Protein	6 g
Potassium	210 mg
Phosphorus	90 mg
Sodium	65 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

We're more than happy to help you out!

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