

20-Day  
**LUNCH**  
**RECIPES**  
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.

# Vegetable Stew



## Why It's Friendly

A variety of vegetables provides nutrients without excess potassium.

## Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 2 carrots, chopped
- 2 stalks celery, chopped
- 1 turnip, peeled and cubed
- 4 cups low-sodium vegetable broth
- 1 tsp thyme
- Salt and pepper to taste

## Directions:

- 1 In a large pot, heat olive oil over medium heat. Add onions, carrots, and celery, cooking until softened. Add turnips and vegetable broth, bringing to a boil. Lower heat and simmer for 20 minutes. Season with thyme, salt, and pepper.

## Nutrition:

Protein	3 g
Potassium	200 mg
Phosphorus	85 mg
Sodium	70 mg

# Grilled Chicken Salad with Citrus Dressing

## Why It's Friendly

Lean chicken and fresh vegetables make for a light, nutritious meal.

## Ingredients:

- 2 chicken breasts, grilled and sliced
- Mixed greens (lettuce, spinach, arugula)
- 1 orange, segmented
- 1/4 cup sliced almonds
- Dressing: 2 tbsp olive oil, 1 tbsp lemon juice, 1 tsp honey, salt, and pepper



## Directions:

- 1 Toss mixed greens, orange segments, and sliced chicken in a large bowl.
- 2 Whisk together olive oil, lemon juice, honey, salt, and pepper for the dressing.
- 3 Drizzle dressing over the salad and sprinkle with almonds.

## Nutrition:

Protein	28 g
Potassium	350 mg
Phosphorus	260 mg
Sodium	80 mg

# Carrot Ginger Soup



## Why It's Friendly

Carrots are low in potassium, and ginger adds a warming touch.

## Ingredients:

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

## Directions:

- 1 In a pot, heat olive oil and sauté onions, garlic, and ginger until fragrant.
- 2 Add carrots and vegetable broth, bringing to a boil.
- 3 Simmer until carrots are tender.
- 4 Blend the mixture until smooth. Season with salt and pepper.

## Nutrition:

Protein	2 g
Potassium	220 mg
Phosphorus	70 mg
Sodium	55 mg

# Chickpea and Cucumber Salad

## Why It's Friendly

Chickpeas are a good source of plant-based protein and fiber.

## Ingredients:

- 1 can chickpeas, rinsed and drained
- 1 cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup parsley, chopped
- 2 tbsp lemon juice
- 2 tbsp olive oil
- Salt and pepper to taste



## Directions:

- 1 In a bowl, combine chickpeas, cucumber, red onion, and parsley.
- 2 Whisk together lemon juice, olive oil, salt, and pepper for dressing.
- 3 Pour dressing over the salad and toss to coat evenly.

## Nutrition:

Protein	6 g
Potassium	190 mg
Phosphorus	120 mg
Sodium	40 mg

# Tomato Basil Soup



## Why It's Friendly

Tomatoes are rich in vitamins and low in potassium.

## Ingredients:

- 4 cups low-sodium tomato juice
- 1 onion, chopped
- 2 cloves garlic, minced
- 1/4 cup fresh basil, chopped
- 1 tbsp olive oil
- Salt and pepper to taste

## Directions:

- 1 In a pot, heat olive oil and sauté onion and garlic until soft.
- 2 Add tomato juice and bring to a simmer.
- 3 Stir in basil and season with salt and pepper.
- 4 Simmer for 20 minutes, then serve hot.

## Nutrition:

Protein	2 g
Potassium	210 mg
Phosphorus	70 mg
Sodium	60 mg

# Butternut Squash and Chickpea Stew

## Why It's Friendly

Lentils are a great source of plant-based protein and fiber.

## Ingredients:

- 1 cup dried lentils, rinsed
- 1 carrot, diced
- 1 celery stalk, diced
- 1 onion, diced
- 1 can diced tomatoes (low sodium)
- 4 cups low-sodium vegetable broth
- 1 tsp thyme
- 1 tbsp olive oil
- Salt and pepper to taste



## Directions:

- 1 In a pot, heat olive oil and cook onions, carrots, and celery.
- 2 Add lentils, tomatoes, thyme, and broth.
- 3 Bring to a boil, then reduce heat and simmer until lentils are tender.

## Nutrition:

Protein	10 g
Potassium	240 mg
Phosphorus	180 mg
Sodium	70 mg



# Lentil and Vegetable Stew



## 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

# Quinoa Salad with Grilled Vegetables

## Why It's Friendly

Quinoa is a high-protein, low-potassium grain.

## Ingredients:

- 1 cup cooked quinoa
- 1 zucchini, grilled and sliced
- 1 bell pepper, grilled and sliced
- 1/4 cup diced red onion
- Dressing: 2 tbsp olive oil, 1 tbsp lemon juice, 1 tsp Dijon mustard



## Directions:

- 1 Mix quinoa with grilled vegetables and red onion.
- 2 Whisk together dressing ingredients and pour over salad.
- 3 Toss to combine.

## Nutrition:

Protein	8 g
Potassium	250 mg
Phosphorus	150 mg
Sodium	60 mg

# Lemon Herb Roasted Chicken Salad



## Why It's Friendly

Lemon and herbs bring bright, fresh flavors without extra potassium.

## Ingredients:

- 1 chicken breast, roasted with lemon and herbs
- Mixed greens
- 1/4 cup cherry tomatoes, halved
- Dressing: Lemon juice, olive oil, minced garlic, herbs

## Directions:

- 1 Slice roasted chicken and place over a bed of mixed greens and tomatoes.
- 2 Whisk together lemon juice, olive oil, garlic, and herbs for the dressing.
- 3 Drizzle dressing over the salad.

## Nutrition:

Protein	28 g
Potassium	350 mg
Phosphorus	260 mg
Sodium	80 mg

# Hearty Turkey Vegetable Soup

## Why It's Friendly

Low in sodium and high in lean protein, this soup warms you up from the inside out.

## Ingredients:

- 1 pound of turkey breast, cut into cubes
- 1 chopped onion
- 2 diced celery sticks
- 1 cup of chopped carrots
- 2 tablespoons of olive oil
- 4 cups of low-sodium vegetable broth



## Directions:

- 1 Sauté turkey, onion, celery, and carrots in olive oil until browned.
- 2 Add vegetable broth and simmer until flavors meld.
- 3 Serve hot.

## Nutrition:

Protein	25 g
Potassium	210 mg
Phosphorus	100 mg
Sodium	130 mg

# Warm Quinoa Salad with Roasted Vegetables



## Why It's Friendly

Quinoa is a kidney-friendly grain, and roasted vegetables add fiber and nutrients.

## Ingredients:

- 1 cup cooked quinoa
- 1 cup roasted vegetables (bell peppers, zucchini, cherry tomatoes)
- 1 tbsp olive oil
- Salt and pepper to taste
- A sprinkle of fresh parsley

## Directions:

- 1 Toss cooked quinoa with roasted vegetables.
- 2 Drizzle with olive oil and season with salt and pepper.
- 3 Garnish with fresh parsley before serving.

## Nutrition:

Protein	8 g
Potassium	300 mg
Phosphorus	150 mg
Sodium	60 mg

# Spring Greens Salad with Lemon Vinaigrette

## Why It's Friendly

Fresh spring greens are light and kidney-friendly.

## Ingredients:

- Mixed spring greens (spinach, arugula, lettuce)
- 1/4 cup sliced cucumber
- 1/4 cup shredded carrot
- Dressing: 2 tbsp olive oil, 1 tbsp lemon juice, 1 tsp honey, salt, and pepper



## Directions:

- 1 Toss spring greens, cucumber, and carrot in a bowl.
- 2 Whisk together olive oil, lemon juice, honey, salt, and pepper for the dressing.
- 3 Drizzle over the salad before serving.

## Nutrition:

Protein	3 g
Potassium	180 mg
Phosphorus	100 mg
Sodium	50 mg

# Lentil Vegetable Soup



## Why It's Friendly

Lentils and vegetables provide essential nutrients and are kidney-friendly.

## Ingredients:

- 1 cup dried lentils, rinsed
- 1 carrot, diced
- 1 stalk celery, diced
- 1 onion, diced
- 4 cups low-sodium vegetable broth
- 1 tsp dried thyme
- 1 tbsp olive oil
- Salt and pepper to taste

## Directions:

- 1 In a pot, heat olive oil and cook onions, carrots, and celery.
- 2 Add lentils, thyme, and broth.
- 3 Bring to a boil, then reduce heat and simmer until lentils are tender.

## Nutrition:

Protein	10 g
Potassium	240 mg
Phosphorus	180 mg
Sodium	70 mg

# Spring Vegetable Stir-Fry with Quinoa

## Why It's Friendly

Fresh spring vegetables are light and nutritious.

## Ingredients:

- 1 cup cooked quinoa
- 1 cup mixed spring vegetables (asparagus, peas, carrots)
- 1 tbsp olive oil
- 1 garlic clove, minced
- Soy sauce (low sodium) to taste
- Salt and pepper to taste



## Directions:

- 1 Heat olive oil in a pan, sauté garlic and spring vegetables.
- 2 Add cooked quinoa, a splash of soy sauce, salt, and pepper.
- 3 Stir-fry until vegetables are tender.

## Nutrition:

Protein	6 g
Potassium	250 mg
Phosphorus	120 mg
Sodium	70 mg



# Spring Vegetable Salad

## Why It's Friendly

Fresh, crisp vegetables combine for a nourishing, kidney-friendly lunch.

## Ingredients:

- 1 cup of mixed lettuce
- 1/2 cup of cucumber slices
- 1/2 cup of radish slices
- 2 tablespoons of your favorite kidney-safe dressing



## Directions:

- 1 Combine all the vegetables in a bowl.
- 2 Drizzle with dressing and enjoy.

## Nutrition:

Protein	2 g
Potassium	150 mg
Phosphorus	60 mg
Sodium	100 mg

# Bright Spring Salad



## Why It's Friendly

Light, vibrant, and packed with kidney-friendly veggies.

## Ingredients:

- 1 cup of mixed lettuce
- 1/2 cup of cucumber slices
- 1/2 cup of cherry tomatoes
- 2 tablespoons of your favorite kidney-safe dressing

## Directions:

- 1 Combine all the vegetables in a large bowl.
- 2 Drizzle with dressing and enjoy.

## Nutrition:

Protein	2 g
Potassium	180 mg
Phosphorus	70 mg
Sodium	100 mg

# Grilled Chicken Salad with Citrus Dressing

## Why It's Friendly

Chicken is a lean protein source, and the citrus dressing adds a refreshing burst of flavor without adding sodium.

## Ingredients:

- 1 grilled chicken breast, sliced
- 1 cup of mixed salad greens
- 1/2 cup of sliced cucumber
- 1/2 cup of diced bell peppers
- 2 tablespoons of homemade citrus dressing (lemon juice, olive oil, herbs)



## Directions:

- 1 Arrange salad greens, cucumber, bell peppers, and grilled chicken on a plate.
- 2 Drizzle with homemade citrus dressing.

## Nutrition:

Protein	28 g
Potassium	340 mg
Phosphorus	185 mg
Sodium	160 mg

# Kidney-Friendly Tuna Salad



## Why It's Friendly

Tuna is a good source of omega-3 fatty acids and when portion-controlled, it can be part of a kidney-friendly diet.

## Ingredients:

- 1 can of low-sodium tuna
- 1/2 cup of diced celery
- 1/2 cup of diced cucumber
- 1 tablespoon of mayonnaise
- 1 tablespoon of lemon juice

## Directions:

- 1 Mix tuna, celery, and cucumber in a bowl.
- 2 Blend in mayonnaise and lemon juice.
- 3 Serve chilled.

## Nutrition:

Protein	20 g
Potassium	200 mg
Phosphorus	120 mg
Sodium	180 mg

# Spring Greens Wrap

## Why It's Friendly

Packed with kidney-friendly veggies and wrapped in a low-sodium tortilla, it's a quick, healthy lunch.

## Ingredients:

- 1 low-sodium wrap
- 1/2 cup of mixed spring greens (spinach, lettuce)
- 1/2 cup of cucumber slices
- 1/2 cup of shredded carrots
- 2 tablespoons of kidney-safe dressing



## Directions:

- 1 Lay out the wrap and fill with greens, cucumber, and carrots.
- 2 Drizzle with dressing and wrap tightly.

## Nutrition:

Protein	8 g
Potassium	250 mg
Phosphorus	120 mg
Sodium	140 mg

# Chickpea Salad with Fresh Veggies



## Why It's Friendly

Chickpeas are a good source of fiber and protein, and when portion-controlled, they can be part of a kidney-friendly diet.

## Ingredients:

- 1/2 cup of chickpeas
- 1 cup of mixed veggies (lettuce, cucumbers, tomatoes)
- 2 tablespoons of kidney-safe dressing

## Directions:

- 1 Mix chickpeas and veggies in a bowl.
- 2 Drizzle with dressing and toss to combine.

## Nutrition:

Protein	10 g
Potassium	240 mg
Phosphorus	130 mg
Sodium	150 mg

# Light Veggie & Chicken Soup

## Why It's Friendly

Chicken is a lean source of protein, and a variety of veggies ensures you receive a wide spectrum of vitamins and minerals.

## Ingredients:

- 1 chicken breast, cubed
- 2 cups of mixed veggies (carrots, celery, onions)
- 1 liter of low-sodium chicken broth
- 1 teaspoon mixed herb seasoning



## Directions:

- 1 In a pot, combine all ingredients.
- 2 Simmer until chicken is cooked and veggies are tender.
- 3 Serve warm.

## Nutrition:

Protein	20 g
Potassium	300 mg
Phosphorus	150 mg
Sodium	120 mg

# Cold Cucumber Soup



## Why It's Friendly

Cucumbers are hydrating and lower in potassium, and Greek yogurt provides a protein boost, making this a refreshing lunch option.

## Ingredients:

- 2 cups of cucumber, peeled and chopped
- 1/2 cup of Greek yogurt
- 1 clove of garlic
- 1 tablespoon of fresh dill
- Salt & pepper to taste

## Directions:

- 1 Blend all ingredients until smooth.
- 2 Chill in the refrigerator for at least 1 hour before serving.

## Nutrition:

Protein	10 g
Potassium	320 mg
Phosphorus	150 mg
Sodium	100 mg



# Cold Pasta Salad with Veggies & Tuna

## Why It's Friendly

Whole grain pasta adds fiber, and tuna is a lean protein source. The veggies add a variety of vitamins and minerals.

## Ingredients:

- 1 cup of cooked whole grain pasta
- 1/2 cup of mixed veggies (bell peppers, cucumbers)
- 1 small can of tuna
- 2 tablespoons of kidney-safe dressing



## Directions:

- 1 Mix pasta, veggies, and tuna in a bowl.
- 2 Drizzle with dressing and toss to combine.
- 3 Serve chilled.

## Nutrition:

Protein	25 g
Potassium	290 mg
Phosphorus	165 mg
Sodium	200 mg

# Chickpea Salad with Summer Veggies



## Why It's Friendly

Chickpeas provide plant-based protein and fiber, and a mix of fresh, crunchy veggies makes this salad a refreshing lunch option.

## Ingredients:

- 1 cup of cooked chickpeas
- 1/2 cup of diced cucumber
- 1/2 cup of cherry tomatoes
- 1/2 cup of bell peppers
- 2 tablespoons of lemon juice
- 1 tablespoon of olive oil
- Salt and pepper to taste

## Directions:

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

## Nutrition:

Protein	10 g
Potassium	340 mg
Phosphorus	125 mg
Sodium	150 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](mailto:Support@RenalTracker.com)

We're more than happy to help you out!

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