

## Continuous Ambulatory Peritoneal Dialysis (CAPD) Sample Diet Plan: No Added Salt, Low Phosphorus (Suitable for people with diabetes)

| Day | Breakfast  | Lunch   | Supper  |
|-----|--|---|---|
| 1   | 1 medium orange<br>1 poached egg<br>1 slice white toast<br>1 tbsp peanut butter<br>1 tbsp jam<br>½ cup tea or coffee                   | 1½ cups macaroni and cheese<br>1 cup tossed salad (lettuce, radish, onion, cucumber)<br>1 tbsp dressing<br>½ banana   | 4 to 5 oz steak<br>½ cup onions<br>½ cup carrots<br>½ cup wax beans<br>1 boiled potato<br>½ cup tea or coffee   |
| 2   | 1 fruit smoothie (1 cup berries, 1 cup rice milk, ½ cup yogurt)<br>1 slice raisin toast<br>1 to 2 tsp margarine<br>½ cup tea or coffee | ½ cup tuna<br>white tortilla bread (8 inch)<br>2 tbsp mayo<br>1 cup veggies (lettuce, peppers, onions, cucumbers)<br>1 apple (sliced, sprinkled with cinnamon)                  | 4 to 5 oz baked chicken<br>½ cup mashed potatoes<br>½ cup turnips<br>½ cup green beans<br>½ cup ice cream<br>½ cup tea or coffee                            |
| 3   | French toast (¾ cup egg whites, cinnamon)<br>2 tbsp syrup<br>14 grapes<br>½ cup tea or coffee  | Homemade chicken and potato soup (use leftover chicken)<br>1 white dinner roll<br>2 tsp margarine<br>3 Arrowroot® or plain cookies<br>½ cup strawberries<br>½ cup tea or coffee | 1 large pork chop<br>½ cup rice<br>1 cup (total) stir-fry veggies (peppers, onions, celery, carrots, [3 mushrooms])<br>½ cup applesauce and whipped topping |

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|-----|--|--|--|
| 4   | Breakfast bean burrito<br>( $\frac{1}{3}$ cup seasoned pinto/black beans, 1 tbsp sour cream, fresh tomatoes)<br>1 piece fruit<br>$\frac{1}{2}$ cup tea or coffee           | Grilled cheese sandwich<br>( $1\frac{1}{2}$ oz cheddar, white bread)<br>1 cup (total) cucumber slices, celery sticks<br>1 tbsp ranch dressing<br>$\frac{1}{2}$ cup strawberries with whipped topping | 4 to 5 oz fillet of sole<br>1 boiled potato<br>4 spears asparagus<br>1 cup corn<br>2 slices pineapple<br>$\frac{1}{2}$ cup tea or coffee   |
| 5   | Egg white veggie omelette<br>1 slice white toast<br>2 tsp margarine<br>2 tsp jam<br>10 cherries<br>$\frac{1}{2}$ cup yogurt or milk<br>$\frac{1}{2}$ cup tea or coffee     | Pita bread pizza<br>(ground meat, peppers, onions, cheese, garlic, oregano, 2 tbsp tomato sauce)<br>1 peach<br>$\frac{1}{2}$ cup tea or coffee   | 4 oz roast beef<br>$\frac{1}{2}$ cup mashed potatoes<br>2 tbsp gravy (homemade)<br>$\frac{1}{2}$ cup carrots<br>$\frac{1}{2}$ cup broccoli<br>$\frac{1}{2}$ cup mixed berries with whipped topping                                 |
| 6   | 1 boiled egg<br>1 slice white toast<br>2 tsp margarine<br>2 tsp jam<br>$\frac{1}{2}$ piece of fruit<br>$\frac{1}{2}$ cup cottage cheese<br>$\frac{1}{2}$ cup tea or coffee | Roast beef sandwich<br>(2 oz beef, $\frac{1}{2}$ tsp mustard, white bread)<br>$\frac{3}{4}$ cup veggie slices (carrots, celery, radishes, cucumber)<br>1 kiwi<br>$\frac{1}{2}$ cup tea or coffee     | 5 to 6 meatballs<br>$\frac{1}{2}$ cup white rice<br>$\frac{1}{2}$ cup green beans<br>$\frac{1}{2}$ cup cauliflower<br>1 boiled potato<br>1 peach<br>$\frac{1}{2}$ cup Jello and whipped topping<br>$\frac{1}{2}$ cup tea or coffee |
| 7   | 1 cup Kellogg's Special K® cereal<br>$\frac{1}{2}$ cup milk<br>1 slice white toast<br>1 tbsp peanut butter<br>$\frac{1}{2}$ banana<br>$\frac{1}{2}$ cup tea or coffee      | Chicken salad sandwich<br>(2 oz chicken, 1 to 2 tbsp regular mayo, lettuce, white bread)<br>1 cup veggies (same as Day 2)<br>1 cup blueberries<br>$\frac{1}{2}$ cup tea or coffee                    | 5 oz baked fish<br>$\frac{1}{2}$ cup mashed potatoes<br>$\frac{1}{2}$ cup squash<br>$\frac{1}{2}$ cup fried zucchini<br>$\frac{1}{2}$ cup mixed fruit<br>$\frac{1}{2}$ cup tea or coffee   |

Dietitian: \_\_\_\_\_

Phone: \_\_\_\_\_