

Sample Meal Plan for Kidney Disease

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Day	Breakfast	Lunch	Supper
1	<p>1/2 orange</p> <p>Special K[®] cereal</p> <p>1/2 cup milk</p> <p>toast</p> <p>1 tsp margarine</p> <p>1 tsp jam</p> <p>1/2 cup tea or coffee</p>	<p>mac and cheese roll(s)</p> <p>1/2 cup canned fruit cocktail (drained)</p> <p>1 lemon square</p> <p>1/2 cup tea</p>	<p>oz steak</p> <p>1/2 cup onions</p> <p>1/2 cup carrots</p> <p>1 small boiled potato</p> <p>roll(s)</p> <p>1/2 cup applesauce</p> <p>1/2 cup tea</p>
2	<p>1/2 cup apple juice</p> <p>boiled egg(s)</p> <p>toast</p> <p>1 tsp margarine</p> <p>1 tsp jam</p> <p>1/2 cup tea or coffee</p>	<p>1 cup tossed salad: (lettuce, radish, peppers, onion, cucumber)</p> <p>1 hamburger with bun</p> <p>1 apple</p> <p>shortbread cookies</p> <p>1/2 cup tea</p>	<p>oz baked chicken</p> <p>1/2 cup mashed potatoes</p> <p>1/2 cup turnips</p> <p>roll(s)</p> <p>3/4 cup ice cream</p> <p>1 slice pie (blueberry, apple, lemon)</p> <p>1/2 cup tea</p>
3	<p>Corn Flakes[®]</p> <p>1/2 cup milk</p> <p>toast</p> <p>1 tsp margarine</p> <p>1 tsp jam</p> <p>14 grapes</p> <p>1/2 cup tea</p>	<p>egg salad sandwich</p> <p>3 arrowroot cookies</p> <p>1/2 cup applesauce</p> <p>1/2 cup tea</p>	<p>oz pork chop</p> <p>cup rice</p> <p>1/2 cup green beans</p> <p>1/2 cup corn</p> <p>1 slice lemon loaf</p> <p>1/2 cup canned pears (drained)</p> <p>1/2 cup tea</p>

Day	Breakfast	Lunch	Supper
4	½ cup yogurt _____ scrambled egg(s) _____ toast 1 tsp margarine 1 tsp jam 3 prunes ½ cup tea or coffee	_____ ½ cup cucumber slices ½ cup strawberries with Cool Whip® 1 slice lemon loaf ½ cup tea	_____ oz fillet of sole 1 boiled potato (small) ½ cup carrots ½ cup peas _____ roll(s) ½ cup canned peaches (drained) ½ cup sherbet ½ cup tea
5	_____ waffles _____ syrup or jam ½ cup strawberries ½ cup milk ½ cup tea	_____ chicken salad sandwich 2 peach halves 2 ginger cookies ½ cup tea	_____ oz roast beef ½ cup mashed potatoes 2 Tbsp gravy ½ cup turnips ½ cup broccoli _____ roll(s) 1 slice lemon loaf 1 slice pineapple ½ cup tea
6	_____ poached egg(s) _____ toast 1 tsp margarine 1 tsp jam ½ orange ½ cup milk ½ cup tea	_____ roast beef sandwich: (½ tsp mustard) _____ carrot sticks (1 carrot) 14 grapes 1 lemon square ½ cup tea	_____ meatballs _____ cup rice ½ cup green beans ½ cup cauliflower _____ roll(s) ½ cup canned fruit cocktail (drained) ½ cup tea

Day	Breakfast	Lunch	Supper
7	<p>_____ Special K® cereal</p> <p>½ cup milk</p> <p>_____ toast</p> <p>1 Tbsp peanut butter</p> <p>½ cup blueberries</p> <p>½ cup tea</p>	<p>_____ tuna salad sandwich: (regular mayo, lettuce)</p> <p>1 cup coleslaw</p> <p>½ cup strawberries</p> <p>2 shortbread cookies</p> <p>½ cup tea</p>	<p>_____ piece(s) of fried chicken (breaded with Corn Flakes®)</p> <p>½ cup mashed potatoes</p> <p>½ cup corn roll(s)</p> <p>_____ applesauce</p> <p>½ cup tea</p>
8	<p>_____ boiled egg(s)</p> <p>_____ toast</p> <p>1 tsp margarine</p> <p>1 tsp jam</p> <p>½ cup apple juice</p> <p>½ cup tea or coffee</p>	<p>_____ egg(s) cheese omelet</p> <p>_____ toast</p> <p>½ cup tossed salad (see Day 2)</p> <p>1 Tbsp oil and vinegar dressing</p> <p>2 peach halves</p> <p>1 slice zucchini loaf</p> <p>½ cup milk</p> <p>½ cup tea</p>	<p>_____ oz pork chop</p> <p>½ cup noodles (buttered)</p> <p>½ cup broccoli</p> <p>½ cup cauliflower</p> <p>1 slice pie (blueberry, apple, lemon)</p> <p>1 apple</p> <p>½ cup tea</p>

Day	Breakfast	Lunch	Supper
9	<p>_____ blueberry muffin</p> <p>_____ oatmeal</p> <p>½ cup milk</p> <p>½ orange</p> <p>½ cup tea</p>	<p>_____ roast beef sandwich</p> <p>½ cup cucumber slices on lettuce</p> <p>½ cup canned fruit cocktail (drained)</p> <p>2 sugar cookies</p> <p>½ cup tea</p>	<p>_____ oz fish</p> <p>1 boiled potato (small)</p> <p>½ cup peas</p> <p>½ cup carrots</p> <p>_____ roll(s)</p> <p>14 grapes</p> <p>½ cup tea</p>
10	<p>2 prunes</p> <p>_____ Corn Flakes®</p> <p>½ cup milk</p> <p>_____ toast</p> <p>1 Tbsp peanut butter</p> <p>½ cup tea</p>	<p>_____ salmon salad sandwich</p> <p>_____ carrot sticks (1 carrot)</p> <p>½ cup canned mandarin oranges (drained)</p> <p>1 slice cranberry bread</p> <p>½ cup tea</p>	<p>_____ Shepherd's pie</p> <p>½ cup green or wax beans</p> <p>_____ roll(s)</p> <p>¾ cup ice cream</p> <p>½ cup strawberries</p> <p>½ cup tea</p>

Day	Breakfast		Lunch		Supper	
11	1 cup	blueberries	_____	cheese melt: (slice of bread with _____ oz melted cheddar cheese)	_____	oz steak
	_____	scrambled egg(s)			_____	rice
	_____	toast			1/2 cup	corn
	1 tsp	margarine			1 slice	cranberry bread
	1 tsp	jam			1	pear
	1/2 cup	milk	3	arrowroot cookies	1/2 cup	tea
	1/2 cup	tea	2	canned pear halves (drained)		
			1/2 cup	tea		
12	1/2 cup	apple juice	_____	egg salad sandwich	_____	oz roast chicken
	_____	waffles				
	_____	syrup or jam	1/2 cup	tossed salad (see Day 2)	1/2 cup	mashed potatoes
	1 oz	cheese	1/2 cup	ice cream	1/2 cup	peas
	1/2 cup	tea	2	ginger cookies	_____	roll(s)
			1/2 cup	tea	2	canned pear halves (drained)
					1/2 cup	tea
13	1/2 cup	strawberries	_____	chicken sandwich	_____	oz breaded fillet of fish
	_____	poached egg(s)	3/4 cup	coleslaw	1	boiled potato (small)
	_____	toast	1	apple		
	1 tsp	margarine	1 slice	lemon loaf	1/2 cup	broccoli
	1 tsp	jam	1/2 cup	tea	1/2 cup	wax beans
	1/2 cup	milk			_____	roll(s)
	1/2 cup	tea			_____	zucchini loaf
					1/2 cup	tea

Day	Breakfast		Lunch		Supper	
14	14	grapes	_____	roast beef sandwich	_____	spaghetti and meat sauce
	_____	blueberry muffin	_____	pear	_____	slice(s) French bread with margarine and garlic powder
	_____	boiled egg(s)	1	lemon square	_____	canned mandarin oranges (drained)
	1 to 2 tsp	margarine		tea		tea
	½ cup	milk	½ cup		½ cup	
	½ cup	tea			½ cup	

**What are your questions?
Please ask a member of your health care team. We are here to help you.**

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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