

## Sample Renal Diet Plan

Day	Breakfast	Lunch	Supper
1	1/2 orange _____ Special K® 1/2 cup milk _____ white toast 1 tsp margarine 1 tsp jam 1/2 cup tea/coffee	_____ macaroni and cheese _____ white roll(s) 1/2 cup fruit cocktail 1 lemon square 1/2 cup tea	_____ oz steak 1/2 cup onions 1/2 cup carrots 1 small boiled potato _____ white roll(s) 1/2 cup applesauce 1/2 cup tea
2	1/2 cup apple juice _____ egg(s) _____ white toast 1 tsp margarine 1 tsp jam 1/2 cup tea/coffee	1 cup tossed salad: (lettuce, radish, peppers, onion, cucumber) 1 hamburger on a bun 1 apple _____ shortbread cookies 1/2 cup tea	_____ oz baked chicken 1/2 cup mashed potato 1/2 cup turnip _____ white roll(s) 3/4 cup ice cream 1 slice pie (blueberry, apple, lemon) 1/2 cup tea
3	_____ Corn Flakes® 1/2 cup milk _____ white toast 1 tsp margarine 1 tsp jam 14 grapes 1/2 cup tea	_____ egg salad sandwich 3 arrowroot biscuits 1/2 cup applesauce 1/2 cup tea	_____ oz pork chop _____ cup rice 1/2 cup green beans 1/2 cup corn 1 slice lemon loaf 1/2 cup drained pears 1/2 cup tea
4	1/2 cup yogurt _____ scrambled egg(s) _____ white toast 1 tsp margarine 1 tsp jam 3 prunes 1/2 cup tea/coffee	_____ grilled cheese sandwich: (cheddar) 1/2 cup cucumber slices 1/2 cup strawberries with Cool Whip® 1 slice lemon loaf 1/2 cup tea	_____ oz fillet of sole 1 small boiled potato 1/2 cup carrots 1/2 cup peas _____ white roll(s) 1/2 cup drained peaches 1/2 cup sherbet 1/2 cup tea
5	_____ waffles _____ syrup or jam 1/2 cup strawberries 1/2 cup milk 1/2 cup tea	_____ chicken salad sandwich 2 peach halves 2 ginger cookies 1/2 cup tea	_____ oz roast beef 1/2 cup mashed potatoes 2 Tbsp gravy 1/2 cup turnips 1/2 cup broccoli _____ white roll(s) 1 slice lemon loaf 1 slice pineapple 1/2 cup tea
6	_____ poached egg(s) _____ white toast 1 tsp margarine 1 tsp jam 1/2 orange 1/2 cup milk 1/2 cup tea	_____ roast beef sandwich: (1/2 tsp mustard) _____ carrot sticks (1 carrot) 14 grapes 1 lemon square 1/2 cup tea	_____ meatballs _____ cup rice 1/2 cup green beans 1/2 cup cauliflower _____ white roll(s) 1/2 cup drained fruit cocktail 1/2 cup tea

Day	Breakfast	Lunch	Supper
7	<p>_____ Special K® cereal 1/2 cup milk _____ white toast 1 Tbsp peanut butter 1/2 cup blueberries 1/2 cup tea</p>	<p>_____ tuna salad sandwich: (regular mayo, lettuce) 1 cup coleslaw 3/4 cup strawberries 2 shortbread cookies 1/2 cup tea</p>	<p>_____ piece(s) of fried chicken (breaded with Corn Flakes®) 1/2 cup mashed potatoes 1/2 cup corn _____ white roll(s) 1/2 cup applesauce 1/2 cup tea</p>
8	<p>_____ boiled egg(s) _____ white toast 1 tsp margarine 1 tsp jam 1/2 cup apple juice 1/2 cup tea/coffee</p>	<p>_____ egg(s) cheese omelet _____ white toast 1/2 cup tossed salad (same as Day 2) 1 Tbsp oil and vinegar dressing 2 peach halves 1 slice zucchini loaf 1/2 cup milk 1/2 cup tea</p>	<p>_____ oz pork chop 1/2 cup noodles (buttered) 1/2 cup broccoli 1/2 cup cauliflower 1 slice pie (blueberry, apple, lemon) 1 apple 1/2 cup tea</p>
9	<p>_____ blueberry muffin _____ oatmeal 1/2 cup milk 1/2 orange 1/2 cup tea</p>	<p>_____ roast beef sandwich 1/2 cup cucumber slices on lettuce 1/2 cup fruit cocktail 2 sugar cookies 1/2 cup tea</p>	<p>_____ oz fish 1 small boiled potato 1/2 cup peas 1/2 cup carrots _____ white roll(s) 14 grapes 1/2 cup tea</p>
10	<p>2 prunes _____ Corn Flakes® 1/2 cup milk _____ white toast 1 Tbsp peanut butter 1/2 cup tea</p>	<p>_____ salmon salad sandwich _____ carrot sticks (1 carrot) 1/2 cup drained mandarin orange sections 1 slice cranberry bread 1/2 cup tea</p>	<p>_____ Shepherd's pie (potato on top) 1/2 cup green/wax beans _____ white roll(s) 3/4 cup ice cream 1/2 cup strawberries 1/2 cup tea</p>
11	<p>1 cup blueberries _____ scrambled egg(s) _____ white toast 1 tsp margarine 1 tsp jam 1/2 cup milk 1/2 cup tea</p>	<p>_____ cheese melt: (slice of bread with _____ oz melted cheddar cheese) 3 arrowroot biscuits 2 pear halves 1/2 cup tea</p>	<p>_____ oz steak _____ rice 1/2 cup corn 1 slice cranberry bread 1 pear 1/2 cup tea</p>
12	<p>1/2 cup apple juice _____ waffles _____ syrup or jam 1 oz cheese 1/2 cup tea</p>	<p>_____ egg salad sandwich 1/2 cup tossed salad (same as Day 2) 1/2 cup ice cream 2 ginger cookies 1/2 cup tea</p>	<p>_____ oz roast chicken 1/2 cup mashed potatoes 1/2 cup peas _____ white roll(s) 2 canned pear halves 1/2 cup tea</p>
13	<p>1/2 cup strawberries _____ poached egg(s) _____ white toast 1 tsp margarine 1 tsp jam 1/2 cup milk 1/2 cup tea</p>	<p>_____ chicken sandwich 3/4 cup coleslaw 1 apple 1 slice lemon loaf 1/2 cup tea</p>	<p>_____ oz breaded fillet of fish 1 small boiled potato 1/2 cup broccoli 1/2 cup wax beans _____ white roll(s) _____ zucchini loaf 1/2 cup tea</p>
14	<p>14 grapes _____ blueberry muffin _____ boiled egg(s) 1-2 tsp margarine 1/2 cup milk 1/2 cup tea</p>	<p>_____ roast beef sandwich _____ pear 1 lemon square 1/2 cup tea</p>	<p>_____ spaghetti and meat sauce _____ slice(s) French bread with margarine and garlic powder 1/2 cup drained mandarin orange sections 1/2 cup tea</p>