



# Eating well for kidney health:

## 1-Day meal plan



Eating for your kidneys can be a challenge, especially if you have other health conditions such as diabetes, hypertension, or heart disease. But, you don't need to sacrifice taste in order to keep your kidney health on track.

Eating the right types of food can slow down kidney damage. It can also keep your blood sugar and blood pressure within range. Here are a few steps you can take to eat for kidney health:

- **Choose more plant-based foods.** Focus on veggies, fruit, nuts, seeds, legumes, and tofu. Eat beef, chicken, pork, fish, seafood, and other meats in small portions.
- **Spice it up.** You don't need salt! Use herbs, spices, citrus, and low-sodium seasoning to enhance foods instead.
- **Avoid processed foods.** Processed foods like lunch meat, bacon, sausage, chips, and frozen dinners tend to have a lot of salt. They may also contain other chemicals that are harmful to kidneys. Stick with mostly fresh foods. Low-sodium canned beans and plain frozen veggies are great choices, too!

Enjoy a day's worth of kidney-friendly meals that will delight your taste buds and keep you healthy.





Breakfast

## Egg veggie muffin

### Ingredients

Cooking spray  
1 cup bell peppers  
(red, yellow, and orange)  
1 cup onion  
½ lb ground pork  
(or turkey or beef)  
¼ tsp poultry seasoning  
¼ tsp garlic powder  
¼ tsp onion powder  
½ tsp Mrs. Dash®  
herb seasoning blend  
8 large eggs  
2 Tbsp milk or milk substitute  
¼ tsp salt (optional)

### Preparation

*Makes:* 12 servings  
*Preparation time:* 20 minutes  
*Cook time:* 20 minutes

Preheat the oven to 350°F and spray a regular-size muffin tin with cooking spray. Finely dice bell peppers and onion. In a bowl, combine pork, poultry seasoning, garlic powder, onion powder, and Mrs. Dash seasoning to make sausage. In a nonstick skillet, cook sausage crumbles until done; drain. Beat eggs together with the milk or milk substitute and salt. Add the sausage crumbles and vegetables; mix.

Pour egg mixture into prepared muffin tin, leaving space for muffins to rise. Bake for 18-22 minutes.

**Helpful hints:** Freeze extra muffins and reheat for 30-40 seconds in the microwave for a quick breakfast entrée.

### Nutrition per serving (1 muffin)

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Phosphorus	Potassium
154	10 g	2 g	155 mg	230 mg	3 g	1 g	2 g	12 g	154 mg	200 mg



Lunch

## Pear & cranberry salad with grilled chicken

### Ingredients

½ cup watercress  
 1 cup baby green leaf lettuce  
 ½ small Bartlett pear  
 1 Tbsp dried, sweetened cranberries  
 1 Tbsp pecan pieces  
 1 Tbsp apple cider vinegar  
 1 Tbsp honey  
 2 Tbsp extra-virgin olive oil  
 ½ tsp ginger paste (or minced ginger)  
 ½ tsp Dijon mustard  
 6 oz grilled chicken, cut into bite-size pieces

### Preparation

*Makes:* 2 servings  
*Preparation time:* 15 minutes

Clean the watercress; core and slice pear, then cut each slice into three pieces. In a large bowl, combine watercress, lettuce, pear, cranberries, and pecan pieces. In a jar, combine vinegar, honey, olive oil, ginger, and mustard. Cover with a lid and shake until well mixed. Add grilled chicken to the salad. Pour dressing over salad and toss before serving.

### Nutrition per serving (½ salad per serving)

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Phosphorus	Potassium
<b>303</b>	<b>16 g</b>	<b>3 g</b>	<b>81 mg</b>	<b>53 mg</b>	<b>20 g</b>	<b>2 g</b>	<b>17 g</b>	<b>20 g</b>	<b>0 mg</b>	<b>384 mg</b>





Dinner

## Homestyle meatloaf

### Ingredients

1 lb 93% lean ground beef or ground turkey  
¾ cup finely diced onion  
4 cloves garlic, minced  
2 Tbsp olive oil  
1 egg, beaten  
½ cup panko bread crumbs (or quick oatmeal)  
¼ cup tomato sauce  
1 tsp ground black pepper  
1 tsp salt (or less)  
1 tsp dried thyme  
1 tsp brown sugar  
1 Tbsp low-sodium Worcestershire sauce

### Preparation

*Makes:* 6 servings  
*Preparation time:* 10 minutes  
*Cook time:* 1 hour and 15 minutes

Preheat the oven to 350°F. Sauté onion in 1 tablespoon olive oil until tender, add garlic, cook an additional 2 minutes, remove from heat. Mix all ingredients, including the onion/garlic mixture, until well blended. Place mixture into a meatloaf pan. Bake until it reaches an internal temperature of 155°F, about 45-55 minutes.

### Nutrition per serving (⅙ meatloaf; approximately 3 oz)

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Phosphorus	Potassium
256	14 g	3 g	156 mg	62 mg	10 g	1 g	3 g	23 g	225 mg	291 mg



Dinner

## Mashed-cauliflower with chives

### Ingredients

1 medium head cauliflower, separated into florets

6 cups water

1 Tbsp cream cheese, softened

1 Tbsp butter

2 Tbsp grated Parmesan cheese

2 cloves garlic, minced

2 Tbsp milk

Salt and pepper to taste

1/8 tsp chives (fresh or dry)

### Preparation

*Makes:* 4 servings

*Preparation time:* 8 minutes

*Cook time:* 12 minutes

Bring 6 cups of water to boil in a large pot. Add cauliflower and cook for 7 minutes. Drain into a colander and immediately return to the pot. Add cream cheese, butter, Parmesan cheese, garlic, milk, salt, and pepper. Puree with immersion wand until creamy and smooth. If you don't have an immersion wand, blend all ingredients in a food processor until smooth. Garnish with chopped chives.

**Helpful hints:** Use fresh, finely diced onion and minced fresh garlic to add flavour. Finely ground black pepper increases the "kick" and maximizes the flavour. Adding 1 teaspoon of brown sugar adds some sweetener to heighten flavours as well.

### Nutrition per serving (1/2 cup)

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Phosphorus	Potassium
102	6 g	4 g	221 mg	16 mg	9 g	4 g	1 g	6 g	52 mg	451 mg



Dinner

## Steamed green beans



### Nutrition per serving (1 cup)

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Phosphorus	Potassium
44	0 g	0 g	1 mg	0 mg	10 g	4 g	2 g	2 g	38 mg	182 mg

Snack

## Vegetable dip

### Ingredients

1 cup plain, low-fat  
Greek yogurt

½ lemon, juiced

1 tsp dried dill weed

¼ tsp garlic powder

⅛ tsp black pepper

⅛ tsp salt

### Preparation

*Makes:* 4 servings

*Preparation time:* 5 minutes

Combine all ingredients. Mix.  
Refrigerate until ready to use.

**Helpful hints:** Serve this tasty  
dip with your favourite veggies.  
Try cucumbers, bell peppers,  
cauliflower, or broccoli.



### Nutrition per serving (¼ cup)

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Phosphorus	Potassium
50	1 g	1 g	61 mg	5 mg	3 g	0 g	0 g	7 g	63 mg	101 mg