

Sample Meal Plans for Chronic Kidney Disease (CKD)

Here you will find 5 sample meal plans and snack ideas for people with chronic kidney disease. These are only examples. On the last page, you can plan your own meals and snacks.

What's in the meal plans?

The sample meals on pages 2 and 3 include mainly foods that are lower in potassium, phosphorus, and sodium.

Foods are cooked without salt, but other herbs and spices can be added to give flavour. You may also use flavoured extracts, vinegar, and lemon or lime juice to add flavour to your food. You can use as much of these as you like.

Your dietitian can help you make meal plans with snacks that are right for you.

Recipe ideas

The menu items on pages 2 and 3 in **bold type** are recipes found at:

- [ahs.ca/nutritionhandouts](https://www.ahs.ca/nutritionhandouts)
Select the *Kidney Disease* topic.

The [Vegetable and Tofu Stir-fry](#) and [Lemony Orzo Salad](#) recipes are from the Kidney Community Kitchen website. Find those recipes and more at:

- [kidneycommunitykitchen.ca](https://www.kidneycommunitykitchen.ca)
Search for *Recipes*.

If you have diabetes

Snacks between meals may help prevent low blood sugar when:

- Your meals are more than 6 hours apart.
- You're more active than usual.

Limit sweet foods and foods with added sugars. Use the tips below to reduce the amount of added sugar you eat and drink.

- Drink water or sugar-free drinks instead of juice or drinks with added sugar, like regular pop and sugar-sweetened coffee and tea.
- Limit sugar, jam, honey, desserts, candy, syrup, and sweet sauces.
- Use low-calorie or no-calorie sugar substitutes.

If you have trouble eating enough food

Sometimes you may not feel hungry. This may be due to nausea and vomiting. Try these tips to help you eat enough in a day:

- Split your meals into 5 or 6 smaller ones. For example, eat a small breakfast, and then eat again mid-morning.
- Eat snacks to get extra nutrients.
- Add healthy fats to your food, like olive oil or canola oil, to get extra calories.

For more support



- Talk to your healthcare team.
- Call Health Link at 811 and ask to talk to a dietitian.
- Visit [ahs.ca/nutrition](https://www.ahs.ca/nutrition).

Sample Meal Plans

Day 1

Breakfast

¾ cup (175 mL) oatmeal, cooked
½ cup (125 mL) 2% milk
1 tsp (5 mL) brown sugar
1 slice 100% whole wheat toast
1 Tbsp (15 mL) peanut butter
2 tsp (10 mL) jam
20 grapes
1 cup (250 mL) coffee, 1 tsp (5 mL) sugar or sugar substitute, 2 tsp (10 mL) milk

Lunch

Tuna salad and crackers:
8 squares (32 g) low sodium, whole wheat crackers
¼ cup (60 mL) no salt added tuna, drained
1 Tbsp (15 mL) mayonnaise
¼ cup (60 mL) chopped celery
Seasoned with ¼ tsp (1 mL) Dijon mustard,
½ tsp (2 mL) lemon juice and pepper to taste
½ cup (125 mL) bell pepper, sliced
Dip: 1 Tbsp (15 mL) sour cream mixed with herbs
1 medium mandarin orange

Supper

2 oz (60 g) baked chicken, sliced
1 cup (250 mL) cooked pasta
¼ cup (60 mL) no added salt tomato sauce with 1 tsp (5 mL) Italian seasoning
½ cup (125 mL) **Dill-icious Green Beans**
½ cup (125 mL) vanilla ice cream
½ cup (125 mL) blueberries

Day 2

Breakfast

1 egg, scrambled
½ cup (125 mL) 2% milk
1 cup (250 mL) corn flakes
½ cup (125 mL) blackberries
1 cup (250 mL) coffee, 1 tsp (5 mL) sugar or sugar substitute, 2 tsp (10 mL) milk

Lunch

1 cup (250 mL) **Minestrone Soup**
1 whole wheat dinner roll with 2 tsp (10 mL) soft margarine
1 oz (30 g) cheddar cheese
1 cup (250 mL) tossed salad topped with 2 Tbsp (30 mL) sliced almonds
Salad dressing: 1 tsp (5 mL) balsamic vinegar and 2 tsp (10 mL) olive oil
½ cup (125 mL) pineapple

Supper

¼ recipe of [Vegetable and Tofu Stir-fry](#)
1 cup (250 mL) white rice
3 Digestive cookies
½ cup (125 mL) canned pears

★ May contain phosphorus additives. Check the label every time you shop.

Day 3

Breakfast

2 (10 cm) **Apple Cinnamon Pancakes**
2 tsp (10 mL) soft margarine
2 Tbsp (30 mL) pancake syrup★
½ cup (125 mL) raspberries
½ cup (125 mL) low-sodium cottage cheese
1 cup (250 mL) coffee, 1 tsp (5 mL) sugar or sugar substitute, 2 tsp (10 mL) milk

Lunch

Egg salad sandwich:
2 slices 100% whole wheat bread
1 boiled egg
1 Tbsp (15 mL) mayonnaise
¼ cup (50 mL) chopped celery
Pepper and chopped onion to taste
½ cup (125 mL) each of carrots and cucumber
½ cup (125 mL) honeydew melon

Supper

2½ oz (75 g) steak marinated with **Rosemary and Lemon Marinade**
½ cup (125 mL) mashed potatoes
½ cup (125 mL) frozen peas, boiled
1 slice French bread with 2 tsp (10 mL) soft margarine
½ cup (125 mL) raspberry sherbet

Day 4

Breakfast

1 egg, poached
2 slices 100% whole wheat toast
2 tsp (10 mL) each soft margarine and jam
½ medium mango
1 cup (250 mL) coffee, 1 tsp (5 mL) sugar or sugar substitute, 2 tsp (10 mL) milk

Lunch

Chicken wrap:

1 flour tortilla (15.2 cm)
2 oz (60 g) leftover chicken
1 Tbsp (15 mL) mayonnaise
¼ tomato
2 lettuce leaves
½ cup (125 mL) each of cauliflower and bell pepper slices with 2 Tbsp (30 mL)

Italian Bean Dip

1 medium apple
½ cup (125 mL) 2% milk or plant-based beverage ★

Supper

2½ oz (75 g) **Lemon Dill Fish**
1 cup (250 mL) steamed white rice with 1 tsp (5 mL) soft margarine
½ cup (125 mL) mixed vegetables (peas, carrots, corn)
½ cup (125 mL) vanilla yogurt
½ cup (125 mL) frozen mixed berries, thawed

Day 5

Breakfast

2 pieces of French toast:
Whip 1 egg with cinnamon. Dip each slice of 100% whole wheat bread in egg. Pan fry until browned.
2 Tbsp (30 mL) pancake syrup ★
2 tsp (10 mL) soft margarine
1 medium pear
1 cup (250 mL) coffee, 1 tsp (5 mL) sugar or sugar substitute, 2 tsp (10 mL) milk

Lunch

Cheese and vegetable pita:
1 medium pita (16.5 cm)
1 oz (30 g) mozzarella cheese, shredded
1 cup (250 mL) lettuce
½ cup (125 mL) cucumber
½ tomato, chopped
1 Tbsp (15 mL) mayonnaise
8 baby carrots with 1 Tbsp (15 mL) hummus
½ cup (125 mL) canned fruit cocktail

Supper

2½ oz (75 g) roast pork
½ cup (125 mL) [Lemony Orzo Salad](#)
½ cup (125 mL) frozen broccoli, boiled topped with 1 tsp (5 mL) olive oil
½ cup (125 mL) 2% milk
15 g dark chocolate
½ cup (125 mL) strawberries, sliced

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Fluid

Ask your dietitian how much fluid is best for you.

Snacks

Eating snacks is your choice. Snacks can help you:

- Get important nutrients like protein, fibre, vitamins, minerals, and healthy fats.
- Satisfy hunger if there is a long time between your meals.

Smaller snacks

A small snack can be as simple as vegetables and dip or a piece of fruit. For example:

- ½ cup (125 mL) or 1 medium piece fruit
- ½ cup (125 mL) raw vegetable sticks with 1 Tbsp (15 mL) salad dressing ★
- 3 cups (750 mL) unsalted popcorn
- 3 stoned wheat crackers with 1 Tbsp (15 mL) cream cheese
- ½ cup (125 mL) yogurt ★

Larger snacks

A large snack may include a protein food with a carbohydrate choice. For example:

- ½ plain bagel (toasted) with 1 Tbsp (15 mL) peanut butter
- 1 whole wheat English muffin with 1 oz (30 g) hard cheese
- 2 Tbsp (30 mL) nuts and 20 grapes
- 1 apple with 1 Tbsp (15 mL) nut butter

My sample meal and snack ideas



In the space below, write some ideas for your own meals and snacks. You can use foods, meals, or snacks from the sample menus, or make your own.

If you use foods on pages 2 and 3, but change the portion sizes, the nutrient amounts will also change.

My Sample Day 1		My Sample Day 2	
Breakfast	Time:	Breakfast	Time:
Lunch	Time:	Lunch	Time:
Supper	Time:	Supper	Time:
Snacks	Times:	Snacks	Times:
Number of snacks each day: _____		Number of snacks each day: _____	