

Manitoba Renal Program

Sample Meal Planner

For

Chronic Kidney Disease



To be used in conjunction with advice from a Registered Dietitian.



Weekly Meal Planner : ~ 1800 calories, controlled protein, limited Potassium, Phosphorus & Sodium

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<p><u>BREAKFAST</u> 1 cup Oatmeal ½ cup raspberries ½ cup Milk or Rice Dream Original®</p> <p><u>LUNCH</u> 1 pita pocket with 3 oz chicken, salmon or left over Pork Souvlaki* ½ cup celery stick & sliced peppers 1 apple</p> <p><u>DINNER/SUPPER</u> Onion Smothered Steak* 1 cup mashed potatoes* ½ cup green beans 1 tsp margarine ½ cup salad & 1 Tbsp dressing</p> <p><u>SNACK</u> 4 cups air-popped Popcorn 3 tsp margarine</p>	<p><u>BREAKFAST</u> 2 slice Toast 1 poached egg ½ cup Blueberries 2 tsp margarine</p> <p><u>LUNCH</u> Turkey & Pasta Salad* ½ cup pineapple ½ cup Milk</p> <p><u>DINNER/SUPPER</u> Grilled Fish in Foil* 1 cup Rice/ 1 tsp margarine Grilled Corn on the cob* Or 1 cup boiled corn</p> <p><u>SNACK</u> 1 Renal Friendly Wheat Bran Muffin* 2 tsp margarine</p>	<p><u>BREAKFAST</u> 3 Low Phosphorus Pancakes* with syrup ½ cup Strawberries 3 Tbsp Whipping cream</p> <p><u>LUNCH</u> 1 hamburger bun 2 oz left over sliced Steak 1 tsp mustard 1 cup salad/1 Tbsp dressing 1 cup vegetable broth soup ½ cup Watermelon</p> <p><u>DINNER/SUPPER</u> 1 serving Cranberry Spareribs* 1 cup potassium Friendly Potato Salad</p> <p><u>SNACK</u> 1 Toast/bread with margarine and 1 oz Cheddar Cheese</p>	<p><u>BREAKFAST</u> ½ cup Special K 2 slices Toast 1 Tbsp Peanut Butter ½ cup canned peaches ½ cup Milk or Rice Dream Original®</p> <p><u>LUNCH</u> 2 oz left over spareribs 1 dinner bun With 2 tsp margarine ½ cup coleslaw 1 mandarin orange</p> <p><u>DINNER/SUPPER</u> 3 oz Herbed Chicken* 1 cup boiled potatoes & 2 tsp margarine 1 cup green peas/ 1 tsp margarine</p> <p><u>SNACK</u> 2 rice cakes with 2 tsp margarine & jam</p>

***=see recipe**

Weekly Meal Planner : ~ 1800 calories, controlled protein, limited Potassium, Phosphorus & Sodium

<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>	<u>NOTES</u>
<p><u>BREAKFAST</u> 1 ½ cups Cream of Wheat ½ cup Blueberries ½ cup Milk or Rice Dream Original®</p> <p><u>LUNCH</u> Linguine with Garlic & Shrimp* ½ cup Fruit Cocktail</p> <p><u>DINNER/SUPPER</u> Beef & Barley Stew* 1 slice Bread or Bannock* 1 cup garden salad 2 Tbsp salad dressing</p> <p><u>SNACK</u> 2 cups air-popped popcorn 1 ½ tsp margarine</p>	<p><u>BRUNCH</u> Vegetable Omelet* 3 patties Potassium friendly Homemade Hash browns*</p> <p><u>SNACK</u> Blueberry Lemon Muffin* 1 mandarin orange 1 tsp margarine</p> <p><u>DINNER/SUPPER</u> Roasted Red Pepper Pizza* ½ cup green Salad 1 Tbsp salad dressing</p> <p><u>SNACK</u> 1 cup cornflakes 1 medium Apple ½ cup Milk</p>	<p><u>BREAKFAST</u> 1 cup Cherrios 1 Tangerine ½ cup Milk or Rice Dream Original®</p> <p><u>LUNCH</u> Left over Beef & Barley Stew* 1 slice bread or bannock 2 tsp margarine</p> <p><u>DINNER/SUPPER</u> Pork Souvlaki* 1 cup Rice 1 cup grilled Asparagus (12 spears) 2 tsp margarine ½ cup Quick Pear Dessert*</p>	<p>Fluids: -limit Coffee to 3 cups per day -limit Tea to 5 cups per day -water is encouraged throughout the day and at mealtimes</p> <p>Other Suggested Fluids Crystal Lite Nestea flavour crystals 7-up®, Sprite®, Ginger ale</p> <p>(* =see recipe)</p>

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Bannock



Ingredients:

- 1 $\frac{1}{2}$ cups All-purpose flour
- 2 Tsp powdered milk
- 2 Tbsp vegetable oil
- $\frac{1}{2}$ cup water



Directions:

Preheat oven to 400°F.

Mix together flour, baking powder and powdered milk. Bending in oil until mixture looks crumbly. Add water. Stir until evenly blended.

Pour in pan.

Bake for 15 minutes.

Makes 8 servings

1 serving = 1 starch and 1 fat

(16 gram Carbohydrate, 3 grams Fat)

Adapted from Diabetes Dialogue 1994

Beef and Barley Stew

Ingredients:

- 1 cup uncooked pearl barley
- 1 pound lean beef stew meat, cut into 1 ½ inch cubes
- 2 tablespoons flour
- ¼ teaspoon black pepper
- ½ teaspoon salt
- 2 tablespoons oil
- ½ cup diced onion
- 1 large stalk celery, sliced
- 1 clove garlic, minced
- 2 carrots, sliced ¼ inch thick
- 2 bay leaves
- 1 teaspoon Mrs. Dash onion herb seasoning

Directions:

Soak barley in 2 cups of water for 1 hour.

Place flour, black pepper and stew meat in a plastic bag. Shake to dust stew meat with flour.

Heat oil in a heavy 4-quart pot and brown the stew meat. Remove meat from pot.

Sauté onion, celery and garlic in meat drippings for 2 minutes. Add 2 quarts of water and bring to a boil. Return meat to the pot. Add bay leaves and salt. Return heat to a simmer.

Drain and rinse barley, then add to the pot. Cover and cook for 1 hour. Stir every 15 minutes.

After 1 hour add carrots and Mrs. Dash seasoning. Simmer for another hour. Add additional water if needed to prevent sticking.

6 servings, 1¼ cup each (3 Meat & Alternate, 1 Bread & Starch, 1 Medium Potassium Vegetable)





Blueberry Lemon Muffins

Ingredients:

- 1 cup All-purpose flour and $\frac{3}{4}$ cup Whole Wheat flour
- $\frac{1}{2}$ cup granulated sugar and 2 tsp. Baking powder and $\frac{1}{2}$ tsp. Baking soda
- 1 Tbsp. Grated lemon or orange peel
- 1 $\frac{1}{2}$ cups Coffee Rich®
- $\frac{1}{2}$ cup Margarine, melted
- 2 egg whites
- 1 cup Fresh or frozen unsweetened blueberries



Directions:

Preheat oven to 375°F.

In a large bowl, stir flours with sugar, baking powder, baking soda, and lemon peel until well mixed.

In a medium bowl, whisk Coffee Rich® with margarine and egg whites until blended.

Stir Coffee Rich® mixture into flour mixture just until combined.

Fold in blueberries.

Spoon batter into lightly greased, non-stick or paper lined muffin tins.

Bake for 20-22 minutes, until lightly golden on top and a toothpick inserted in centre comes out clean.

Makes 12 muffins;

1 serving = 1 muffin (1 starch and $\frac{1}{2}$ low potassium fruit)

Adapted from Foods for Life, Morden Dialysis Unit

Cranberry Spareribs

Ingredients:

Spareribs	3 lbs (1.5 kg)
Brown Sugar	$\frac{1}{4}$ cup (50 ml)
Flour	3 Tbsp (45 ml)
Dry Mustard	$\frac{1}{4}$ tsp (1 ml)
Ground cloves	$\frac{1}{4}$ tsp (1 ml)
Cranberry sauce	14 oz can (355 ml)
Vinegar	2 Tbsp (30 ml)
Lemon juice	1 Tbsp (15 ml)
Water	2 cups (500 ml)



Directions:

Place ribs on broiler rack. Broil until brown. Turn to brown other side.

Pour off drippings and rinse ribs under warm water. Place ribs in casserole dish.

Mix sugar, flour, mustard and cloves in saucepan. Add remaining ingredients.

Cook and stir over medium heat until slightly thick.

Pour sauce over ribs. Cover. Bake 350⁰F for 1 hour, uncover for last 15-20 minutes.

Serves: 6

(3 protein, 1 starch, 2 $\frac{1}{2}$ fruits & vegetables, 2 fats)

Adapted from Foods for Life; Morden Dialysis Unit

July 2010



Grilled Fish in Foil

Ingredients:

- 1 pound fish fillets, fresh or frozen (and thawed)
- 2 tablespoons margarine
- Mrs. Dash® (or McCormick's No Salt Added®)
- Pepper
- 1 medium onion thinly sliced
- 1 lemon, cut into wedges



Directions:

Preheat outdoor grill for medium heat

On 4 large buttered squares of aluminum foil, place equal amounts of fish (about 3oz per foil packet).

Sprinkle each serving of fish with Mrs. Dash (season well) and pepper.

Top each serving with onion slices and lemon wedge (squeeze lemon wedge over fish fillet first).

Tightly wrap fillets in foil (to prevent leaking) and place on grill

Grill 5 to 7 minutes on each side or until fish flakes with fork.

Note: Thick fish fillets may take longer to cook.

Makes 4 servings

Nutrients per 1 foil package: 3 meat servings



Grilled Corn on the Cob



Ingredients:

4 Corn on the cob with husks on

Margarine,

pepper to taste

4 squares of aluminum foil, large enough to wrap individual corn on the cobs



Directions:

Preheat outdoor grill for high heat (400F). Peel back corn husks and remove silk (the hair on the corn). Place margarine and pepper on each piece of corn. Close husks.

Wrap each ear of corn tightly in aluminum foil; make sure edges are sealed tightly to prevent leaking. Place on the prepared grill. Cook approximately 25 to 30 minutes until corn is tender, turning occasionally to prevent burning.

This recipe can also be done in an oven using the above cooking directions.

Makes 4 servings

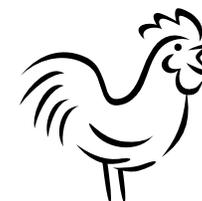
Nutrients per 1 whole corn on the cob: 2 medium potassium vegetable

Be careful - it is very hot when husking corn

Herbed Chicken

Ingredients:

- 4 chicken breasts (fresh)
- 2 tablespoons herbed seasoned flour (see recipe below)
- 2 tablespoons butter
- $\frac{1}{2}$ cup low sodium chicken stock



Directions:

- 1) Dredge chicken in seasoned flour.
- 2) Melt butter, cook chicken until browned, approximately 3-5 minutes each side.
- 3) Pour chicken stock and cook, stirring until lightly thickened. Reduce heat to medium and cook, covered for 3-4 minutes each side or until chicken is no longer pink.

For oven-baked:

- 1) Place chicken in a shallow dish and sprinkle with seasoned flour.
- 2) Pour $\frac{1}{2}$ cup water onto chicken and bake at 400°F, basting occasionally, for approximately 45 minutes or until chicken is no longer pink.

Makes: 4 servings.

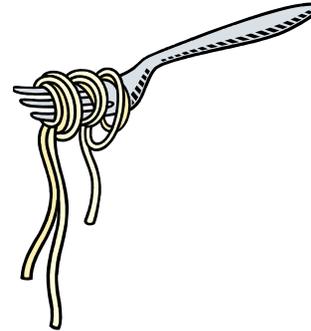
Herbed-Seasoned Flour:

Mix together: $\frac{1}{2}$ cup flour, 1 teaspoon oregano, 2 teaspoons thyme, 2 teaspoon basil
1 teaspoon tarragon, 1 teaspoon paprika and $\frac{1}{2}$ teaspoon ground black pepper

Linguine with Garlic and Shrimp

Ingredients:

- 2 $\frac{1}{2}$ quarts water
- $\frac{3}{4}$ pound linguine pasta, uncooked
- 2 Tbsp olive oil
- $\frac{1}{2}$ pound shrimps, peeled and cleaned
- 1 cup flat-leaf parsley
- 1 Tbsp lemon juice
- Black pepper to taste



Directions:

Boil water in a large pot. Add pasta and cook for 10 minutes or until tender.

While cooking pasta, separate garlic cloves, leaving skin on. Heat cloves in frying pan over medium heat, stirring frequently. Garlic is ready when it darkens and becomes soft to touch. Skin will be easy to remove. Remove garlic from pan and peel off skin.

Heat olive oil in the frying pan and return peeled garlic to the pan. Cook garlic until golden. (Cloves can be cut in half or left whole).

Add parsley and shrimp and cook 1 to 2 minutes, until shrimp turns pink.

Drain pasta and reserve 1 cup of liquid. Add pasta to pan with shrimp and garlic. Mix all ingredients together and add the reserved cup of liquid.

Add lemon juice, black pepper, mix and serve.

Portions: 4 Serving size: 2 cups

Nutrients per serving: 3 meat (approx. 15 $\frac{1}{2}$ large shrimp); 4 bread/starch; 1 vegetable, low potassium

July 2010

Adapted from DaVita



Low Phosphorus Pancakes



Pancakes from mixes contain a large amount of phosphorus because of the baking powder they contain. Baking powder is high in phosphorus. This recipe has two-thirds less phosphorus than pancake mixes.

Ingredients:

$\frac{1}{2}$ cup Rice Dream® or Coffeerich® milk substitute

$\frac{1}{2}$ cup flour

1 egg

1 tsp sugar or Splenda®

1 Tbsp vegetable oil



Directions:

Mix all ingredients well.

Melt enough non-hydrogenated margarine to cover the bottom of the skillet which should be quite hot. Pour about $\frac{1}{4}$ cup of the pancake mix in the skillet and gently tip slightly in all directions so the batter covers the bottom.

Cook for about one minute, or until the edges start to turn golden, then turn with a spatula to cook the other side.

Repeat for each pancake.

Makes 4 pancakes.

1 pancake = 1 serving breads and starch



Onion Smothered Steak



Ingredients:

- 1/4 cup flour
- 1/8 teaspoon pepper
- 1 1/2 lb round steak, 3/4-inch thick
- 2 tablespoons oil
- 1 cup water
- 1 tablespoon vinegar
- 1 clove garlic, minced
- 1 bay leaf
- 1/4 teaspoon dried thyme, crushed
- 3 medium onions, sliced



Directions:

1. Cut steak into 8 equal servings. Combine flour and pepper and pound into meat.
2. Heat oil in a skillet and brown meat on both sides. Remove from skillet and set aside.
3. Combine water, vinegar, garlic, bay leaf and thyme in the skillet. Bring to a boil.
4. Place meat into this mixture and cover with sliced onions. Cover and simmer 1 hour.

Serves 8 - 2 oz Meat per Serving

Renal and Renal Diabetic Exchanges:

2 Meat, 1 Low Potassium Vegetable, 1 Medium Potassium Vegetable, 2 Fat

Adapted from: Living Well on Dialysis

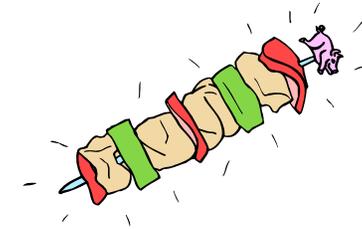


Pork Souvlaki



Ingredients:

Pork, cut in 1 inch cubes	1 pound (454 g)
Oil	$\frac{1}{4}$ cup
Lemon Juice	3 Tbsp
Oregano, ground	1 tsp
Pepper, black	$\frac{1}{4}$ tsp
Garlic clove, minced	1 large



Directions:

Trim fat from pork and cut in cubes. Set aside.

In a bowl, add remaining ingredients and mix well.

Add pork to marinade mixture in bowl and let sit 1-4 hours.

Stir fry pork in a pan over medium heat for 7-10 minutes until browned.

Or

Place pork on skewers and grill over medium heat on barbeque until done turning once during cooking.

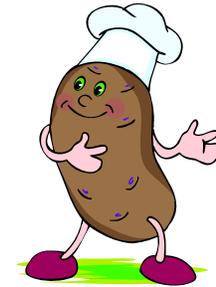
Serves 4

1 serving = 3 protein choices

Potassium Friendly Hash browns

Ingredients:

2 cups potassium friendly mashed potatoes*
1 egg, beaten
1 onion, minced
1/8th tsp pepper
2-3 Tbsp Olive Oil



Directions:

1. Mix together mashed potatoes, beaten egg and onion in a medium bowl and add pepper.
2. Over medium heat, heat olive oil in a medium size non-stick frying pan.
3. Drop about $\frac{1}{4}$ cup of the potato mixture into the frying pan, patting it into 4 inch circles that are $\frac{1}{2}$ inch thick.
4. Cook until bottom is browned and crisp, about 3-4 minutes.
5. Carefully turn the patty over and cook the second side until brown and crisp, 3-4 minutes.

Serves 4

** see recipe*





Potassium Friendly Mashed Potatoes



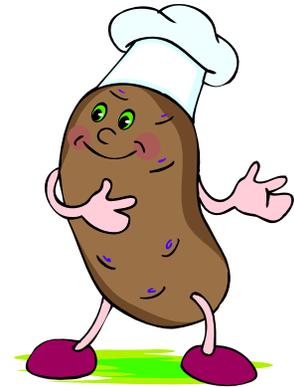
Ingredients:

- Large cooking pot or pan of water
- 2 cups baking potatoes (2 large potatoes)
- $\frac{1}{4}$ cup polyunsaturated margarine
- $\frac{1}{4}$ cup Coffee Rich® or Original Rice Dream®

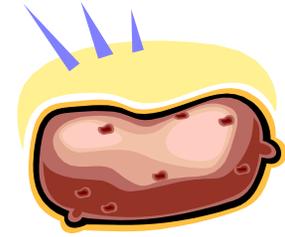
Directions:

- Peel and slice the potatoes into small pieces then add to a large pot of water.
- Bring slowly to boil; boil for 10 minutes; throw out water.
- Cover with more cold water, bring slowly to boil, cook until done.
- Throw out the water.
- Mash potatoes with a potato masher until soft.
- Slowly add margarine and Coffee Rich® or Original Rice Dream® until creamy.

Serves 4, Serving Size $\frac{1}{2}$ cup



Potato Salad



Ingredients:

- 2 cups diced potato (2 large potatoes)
- 3 Tablespoons finely chopped celery
- 3 Tablespoons finely chopped onion
- 3 Tablespoons finely chopped green pepper
- 2 chopped hard boiled eggs
- $\frac{1}{4}$ cup mayonnaise
- 2 teaspoons vinegar
- $\frac{1}{8}$ teaspoon dry mustard
- $\frac{1}{8}$ teaspoon dried parsley
- $\frac{1}{8}$ teaspoon paprika
- 1 pinch pepper
- 1 pinch garlic powder

Directions:

- Boil or Double boil the potatoes
- Drain and refrigerate
- Add the chopped vegetables and eggs to the potatoes
- In a separate bowl, combine the mayonnaise, vinegar, dry mustard, parsley, paprika, pepper and garlic powder
- Pour the seasoned mayonnaise over the cooled potato mixture
- Stir lightly to mix
- Garnish with paprika and dried parsley

Double Boil Method:

if you have been advised to do this by your Dietitian or doctor

- Peel and slice the potatoes into small pieces then add to a large pot of water.
- Bring slowly to boil; boil for 10 minutes; throw out water.
- Cover with more cold water, bring slowly to boil, cook until done.
- Throw out the water.

Makes: 4 servings of $\frac{1}{2}$ cup each. Each serving equals one vegetable exchange and one bread/cereal exchange.



Quick Canned Pear Dessert

Ingredients:

1/3 cup unsifted flour

1/4 cup Sugar

1/4 cup unsalted Butter or Margarine

3 cups canned pears

2 Tbsp. Lemon juice

1/4 cup Sherry

1/4 tsp. Nutmeg



Directions:

Preheat oven to 350°F

In a medium bowl, stir flour and sugar together.

With two knives or pastry blender, cut margarine or butter and flour until mixture is crumbly.
Set aside.

Drain canned pears. Place sliced pears into a well greased 9-inch pie plate.

Sprinkle fruit with lemon juice, sherry and nutmeg;

Scatter flour mixture over top.

Bake in hot oven for 15 minutes or until browned

Makes 5 servings; 1 serving = 1/2 cup (1 starch and 1 low potassium fruit, 2 fat)

Renal Friendly Bran Muffins

Preheat oven to 400°F and lightly grease muffin tins

MIX:

$\frac{1}{4}$ cup oil

1 egg

1 tsp vanilla

$\frac{1}{3}$ cup honey

1 cup applesauce or crushed pineapple drained

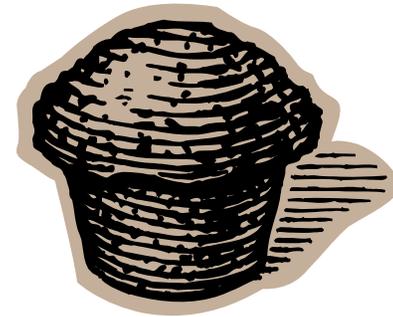
ADD:

1 cup white flour

1 cup wheat bran

1 1/2 tsp baking soda

$\frac{1}{4}$ tsp cream of tartar



Mix together, spoon into muffin tins and bake immediately.

Cream of tartar and baking soda will only rise once so do not delay getting the muffins into the oven. Bake for 15-20 minutes.

Makes 12 muffins

1 muffin = 1 starch, 1 low potassium

Roasted Red Pepper Pizza

Ingredients:

Pizza:

- 1 Greek style pita
- 2 tbsp roasted red pepper sauce (recipe included)
- $\frac{1}{4}$ cup cooked ground beef
- 1 tbsp green pepper, diced
- 1 tbsp onion, diced
- 2 tbsp brie, diced
- 2 tbsp mozzarella, grated

Roasted Red Pepper Sauce:

- 1 whole red pepper, roasted
- 1-2 cloves garlic
- Dash of black pepper
- 1 tsp olive oil

Directions:

Pizza: Preheat oven to 350 F. Place pita on baking sheet and spread roasted red pepper sauce on pita. Top with beef, green peppers, onion and cheeses. Bake for 10 minutes or until cheese has melted and pizza is heated through

Roasted Red Pepper Sauce:

Roast pepper in broiler or on BBQ until skin turns black. Let pepper cool and then peel off skin and discard. Puree peppers, garlic, black pepper and olive oil in a food processor or blender until smooth.

Makes 1 Serving: 2 starch, 3 protein, 1 low potassium vegetable



Salad Dressings & Marinades

These dressings may be also used as a marinade for fish, poultry and meat.

Basic Dressing

- $\frac{1}{4}$ cup red wine vinegar
- $\frac{1}{4}$ tsp. garlic powder
- $\frac{1}{4}$ tsp. dry mustard
- $\frac{1}{2}$ tsp. sugar
- $\frac{1}{4}$ cup water
- $\frac{1}{4}$ tsp. ground black pepper
- 2 tbsp. fresh lemon juice
- 1 cup corn or olive oil
- (Makes 1-1 $\frac{1}{2}$ cups)

Combine all ingredients and pour into a container with a tight-fitting lid & shake well. Store, covered in the refrigerator



Curry Dressing

- 1 tsp. curry powder
- $\frac{1}{8}$ tsp ground ginger
- 1 - 1 $\frac{1}{2}$ cup Basic Dressing

Add the curry powder and ginger to the Basic Dressing and mix thoroughly.

Italian Dressing

- 2 Tsp. Dried oregano
- 1 tsp. dried basil
- 1 tsp dried tarragon
- $\frac{1}{2}$ tsp. sugar
- 1 - 1 $\frac{1}{2}$ cup Basic Dressing

Add the oregano, basil, tarragon & sugar to the Basic Dressing and mix thoroughly. Covered and store in the refrigerator.



Turkey & Pasta Salad



Ingredients:

16 oz unsalted cooked Turkey breast cubed
3 cups elbow, shell or bowtie pasta
 $\frac{1}{4}$ cup chopped celery
2 Tbsp chopped red bell pepper
2 Tbsp shredded carrot
2 Tbsp finely chopped purple onion
 $\frac{1}{8}$ tsp pepper
 $\frac{1}{2}$ cup mayonnaise
 $\frac{1}{2}$ tsp sugar
1 Tbsp lemon juice

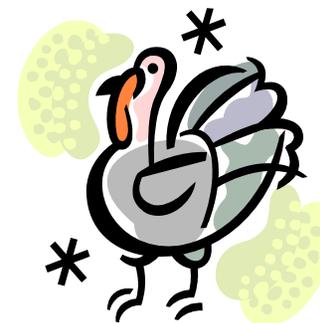
Directions:

Mix turkey, pasta, celery, red bell pepper, carrot and purple onion in a bowl.
In a separate bowl, prepare dressing: blend pepper, mayonnaise, sugar & lemon juice until smooth.
Pour dressing mixture over pasta and vegetables and mix until well coated
Chill and serve.

Serves: 5 Serving Size: 1 cup

Nutrients per serving: 3 meat; $1 \frac{1}{2}$ starch; 1 vegetable

adapted from DaVita



Vegetable Omelet



Ingredients:

$\frac{1}{4}$ cup sliced green pepper

$\frac{1}{2}$ cup sliced onion

$\frac{1}{3}$ cup frozen mixed vegetables, steamed

2 eggs or 1 egg and 2 egg whites

1 Tbsp unsalted margarine

2 Tbsp water

Directions:

Sauté green pepper and onion in unsalted margarine in a small skillet

Beat egg and water; add to skillet; cook until done

Add cooked mixed vegetables

Fold and put on plate

1 serving: 1 protein, 1 low potassium vegetable