

# A kidney-friendly meal plan

Following a meal plan is the easiest way to make sure you get all the nutrients your body needs. To help you get started, here's a one-day meal plan from an Interwell Health dietitian.

## Your meal plan



### Breakfast:

- ½ cup of oatmeal, cooked in water
- 1 hard-boiled egg
- 1 cup of strawberries
- 1 slice of whole grain bread
- 2 tbsp of margarine
- 1 cup of coffee

### Lunch:

- Fish tacos
- 2 oz of salmon
  - 2 tbsp of olive oil-based mayonnaise
  - 1 medium flour tortilla
  - Lettuce
  - Peppers
- 1 peach (to serve as a side dish)

### Dinner:

- 1 cup of veggie stir-fry and 3 tbsp of olive oil
- 1 cup of rice
- ½ cup of beans
- ½ cup of applesauce



### Snacks:

- 1 mandarin orange
- 3 cups of unsalted popcorn

### Dessert:

- 4 oz of yogurt



Connect with your care team to make sure this menu aligns with your nutritional goals and requirements.