

Kidney-friendly meal plan and grocery list

Check out a sample meal plan and grocery list created by an Interwell Health dietitian. The plan has kidney-friendly meal options and a list of exactly what to buy at the store.

Talk to your dietitian to make sure these foods work for your nutritional goals. They can also help with other food ideas and meal planning tips!

Your meal plan



Breakfast:

- ½ cup rolled oats cooked in 1 cup of water with a pinch of cinnamon
- Top with one tablespoon of peanut butter or 2 tablespoons of chopped nuts such as walnuts, almonds, or pecans.
 - Don't care for nuts? No problem! Add a hard-boiled egg on the side.

½ cup blueberries



Lunch:

Tuna sandwich

- ½ can (~ 2 ounces) low-sodium or no-salt-added canned tuna mixed with 1-2 tablespoons of mayonnaise
- Lettuce or mixed greens
- 2 slices of whole grain bread

1 cup of chopped raw vegetables like carrots sticks, celery, bell peppers, or cucumbers

1 medium sized apple



Dinner:

3 ounces of baked chicken breast

½ cup cooked brown rice

1 cup of green beans or any other vegetable listed on the grocery list on the next page

½ cup canned peaches with no sugar added



Snacks:

Choose one to two of the following options per day

6 ounces of plain low-fat yogurt topped with ½ cup of sliced strawberries

One medium sized piece of fruit like apples or pears or 1 cup of fruit such as blueberries or cherries

¼ cup unsalted nuts

2 tablespoons of hummus with ½ cup of raw vegetables (peppers, cucumbers, or carrots)

3 cups of low-sodium popcorn or 2 rice cakes

Your grocery list

Produce

- ✓ Apples
- ✓ Blueberries
- ✓ Cherries
- ✓ Strawberries
- ✓ Frozen vegetables (green beans, mixed vegetables, cauliflower, or broccoli)
- ✓ Lettuce or mixed greens
- ✓ Baby carrots
- ✓ Celery
- ✓ Bell peppers
- ✓ Cucumbers

Protein

- ✓ Chicken breast
- ✓ Low-sodium canned tuna
- ✓ Eggs
- ✓ Hummus
- ✓ Unsalted nuts
- ✓ Peanut butter

Dairy

- ✓ Plain yogurt

Pantry

- ✓ Oatmeal
- ✓ Brown rice
- ✓ Low-sodium popcorn or rice cakes
- ✓ Whole grain bread



Want to make your own meal plan?

Building healthy, balanced meals can be the hardest part of meal planning. Using the USDA's MyPlate method is a great way to make meal planning easier and ensure you are eating well! Ask your doctor or dietitian for tips if you're feeling stuck.

The MyPlate method: Using a 9" dinner plate

- Fill 1/2 of your plate with non-starchy vegetables and fruit.
- Fill 1/4 of your plate with lean protein (e.g., poultry, fish, eggs, beans, tofu, etc.).
- Fill 1/4 of your plate with starches and whole grains (e.g., potatoes, rice, pasta, bread, corn, etc.).

If you have diabetes, your plate will look slightly different to reduce carbohydrates. Your dietitian can help you with meal planning with diabetes.