

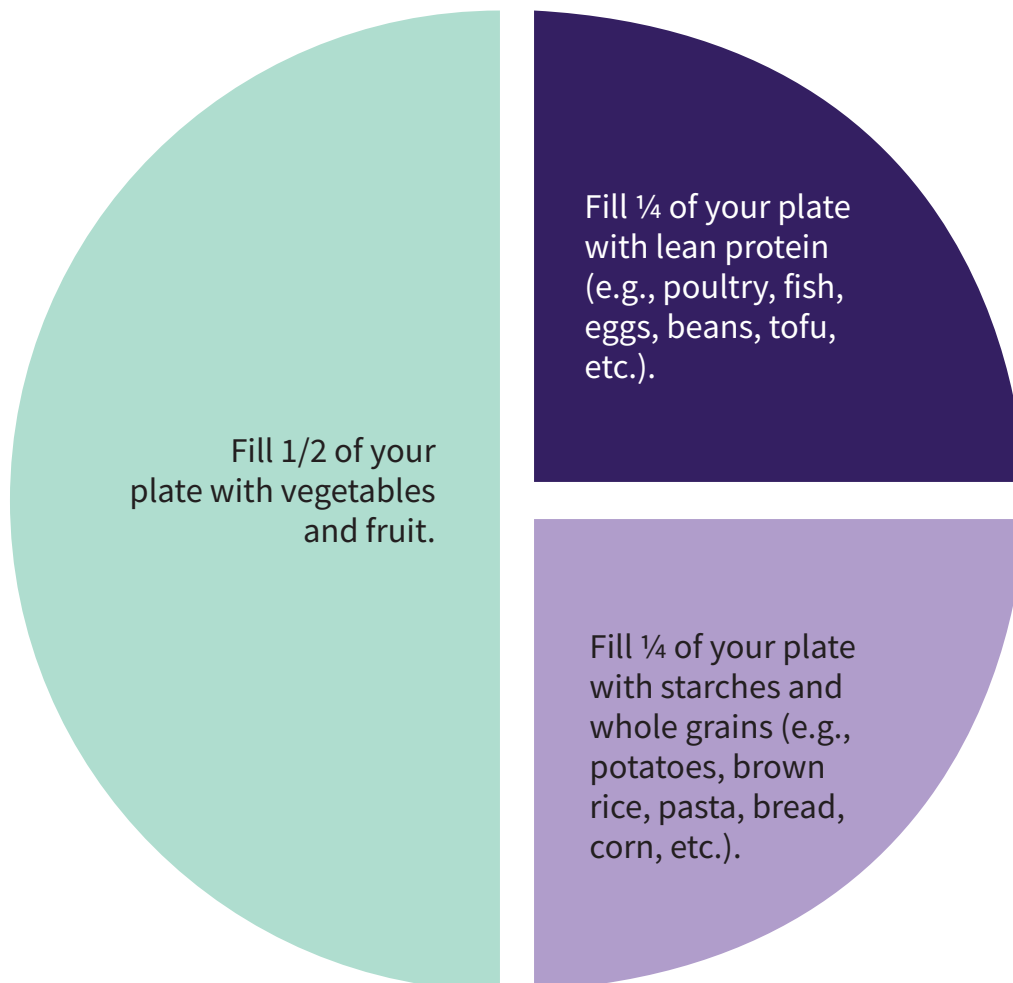
Meal planning 101: the basics

Meal planning is a great way to cut down on spending—and helps your overall health too. Use these tips to enjoy delicious, well-balanced, kidney-friendly meals with less stress!

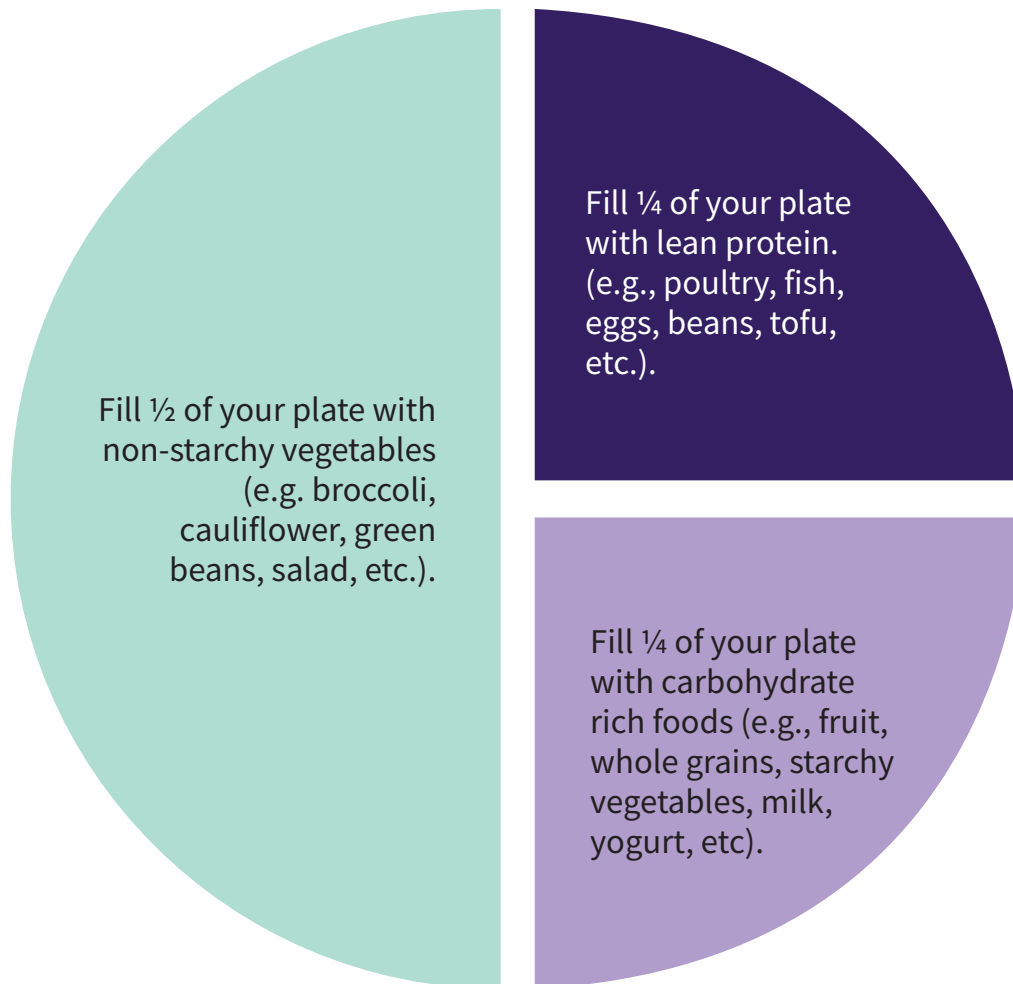
What to know before you start planning

When you have kidney disease, it's important to understand how to build a balanced meal. Aim to include non-starchy vegetables, lean proteins, and whole grains at each meal to get the nutrition you need and to feel satisfied!

The USDA's MyPlate method can help you create a balanced meal with the right mix of nutrients. Here's how to fill your 9" dinner plate:



If you have diabetes, use the Diabetes Plate method to help balance your blood sugar. Using a 9" dinner plate:



Meal planning tips

Once you build your meals, you can then create a list of ingredients you need for each meal. These tips can help make meal planning easier:

- Use the same ingredients for different meals. For example, cook stir fried chicken for dinner and use the leftover chicken in a salad the next day.
- Check what ingredients you already have before planning meals.
- Try batch cooking. Make grains like rice or oatmeal to use over multiple days or cook meals like soups and casseroles to freeze for later.
- Make meal planning fun by choosing a theme for each day such as Meatless Monday or Taco Tuesday.



Make your grocery list

A grocery list helps you stay organized and ensures you have everything you need for your meals.

- List ingredients by category. Group items together, such as fruits, vegetables, proteins, and grains. This makes shopping quicker and easier.
- Be specific. Write down the exact quantities you need. For example, instead of just “broccoli,” list “2 cups broccoli.”
- Check your meal plan. Refer to your meal plan to ensure you have all necessary ingredients for each recipe.



We can help!

Talk to your dietitian for help with meal planning that will meet your nutritional goals.