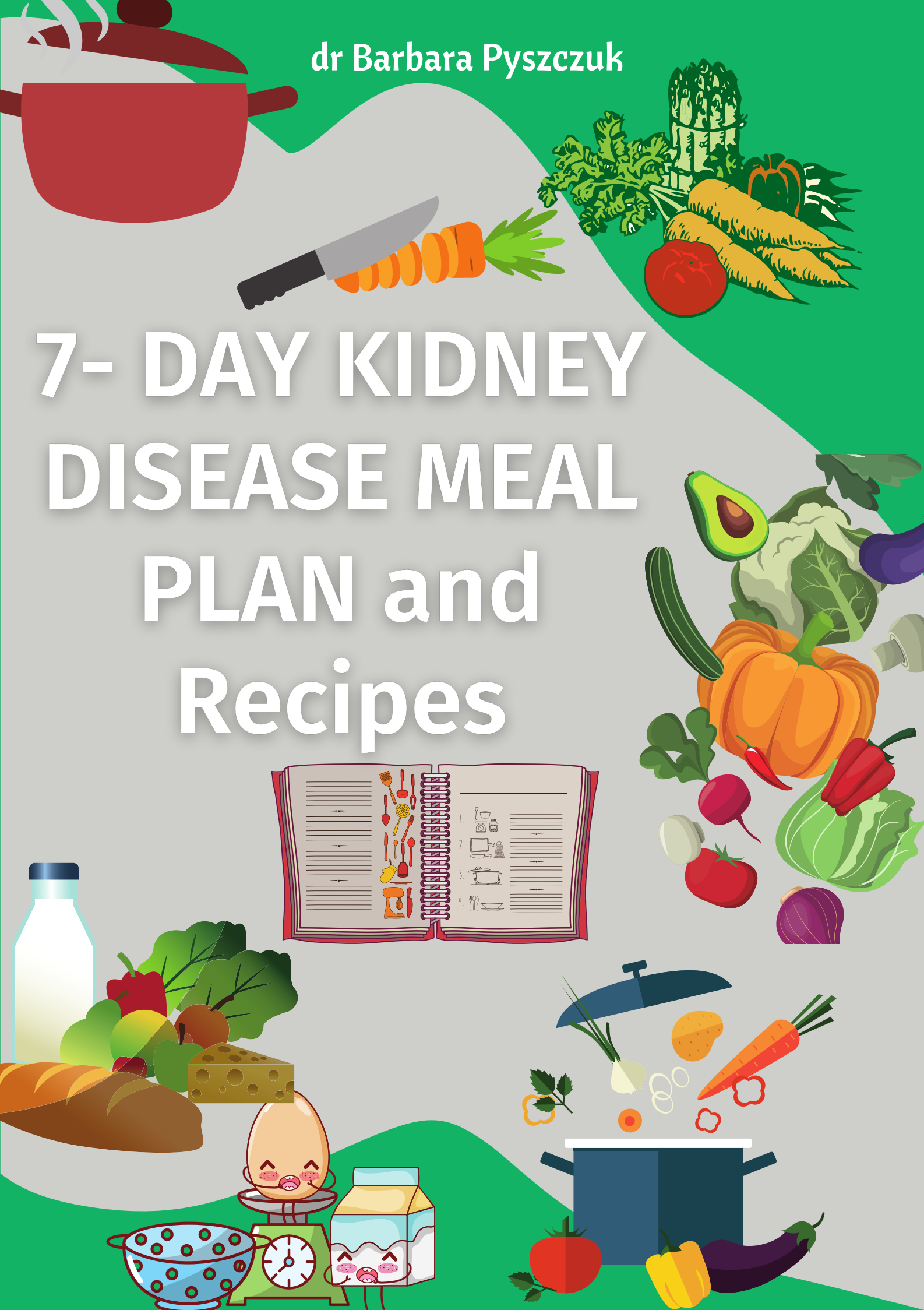


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# 7- DAY KIDNEY DISEASE MEAL PLAN and Recipes



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## ***IMPORTANT***

*You need to have a kidney-friendly meal plan when you have chronic kidney disease (CKD). Watching what you eat, and drink will help you stay healthier. The information in this section is for people who have kidney disease but are not on dialysis.*

*This information should be used as a basic guide*





## Stages of Chronic Kidney Disease

There are five stages of chronic kidney disease. They are shown in the table below. Your doctor determines your stage of kidney disease, based on the presence of kidney damage and your glomerular filtration rate (GFR), which is a measure of your level of kidney function. Your treatment is based on your stage of kidney disease.

Five Stages of Chronic Kidney Disease		
Stage	Description	Glomerular Filtration Rate (GFR) (ml/min/1,73m <sup>2</sup> )
G1	Kidney damage (e.g., protein in the urine) with normal GFR	90 or above
G2	Kidney damage with mild decrease in GFR	60 to 89
G3a	Moderate decrease in GFR	45 to 59
G3b	Moderate decrease in GFR	30 to 44
G4	Severe reduction in GFR	15 to 29
G5	Kidney failure	Less than 15

\*Your GFR number tells your doctor how much kidney function you have. As chronic kidney disease progresses, your GFR number decreases.



## Steps to eating right for chronic kidney disease

### 1. Choose and prepare foods with less salt

#### Why?

Sodium (salt) is a mineral found in almost all foods. Too much sodium can make you thirsty, which can lead to swelling and raise your blood pressure. This can damage your kidneys more and make your heart work harder.

One of the best things that you can do to stay healthy, is to limit how much sodium you eat. Do not add salt to your food when cooking or eating. Try cooking with fresh herbs, lemon juice or other salt-free spices.

## Note about measurements:

US Customary cup = 236ml is defined as 8 oz or 1/2 pint and was used customarily throughout United States. But it seems this is no longer popular. US Metric cup = 250ml is what you will find in most stores. Betty Crocker defines 1 cup as 250 ml. Therefore, this book uses the metric of 1 cup = 250ml.

Those tables provide imperial and metric equivalents of volume and weight measurements commonly used in recipes.

Weight	
Imperial	Metric
½ oz	14 g
1 oz	28 g
2 oz	56 g
¼ lb	113 g
½ lb	227 g
¾ lb	340 g
1 lb (16 oz)	454 g

Volume	
Imperial	Metric
1/8 tsp	0.5 mL
¼ tsp	1 mL
½ tsp	2.5 mL
1 tsp	5 mL
1 tbsp	15 mL
2 tbsp	30 mL
1 fl oz	30 mL
¼ cup	60 mL
1/3 cup	80 mL
½ cup	125 mL
2/3 cup	165 mL
¾ cup	190 mL
1 cup	250 mL
1 gallon (Can)	4.5 L
1 quart (Can)	1.1 L
1 gallon (US)	3.8 L
1 quart (US)	950 mL



# Flexitarian 7-day menu with recipes (average kcal 1800, protein 55g)



## DAY 1

## BREAKFAST

## Tofu for breakfast

Tofu 80 g	1. Fry the tofu in a pan with the addition of fat.
Yeast flakes, inactive (Vita Natura) - 5 g (1 teaspoon)	2. Then add spices, water, and fry, stirring until golden brown.
Black pepper	3. When ready, sprinkle with chives.
Water - 50 ml	
Chives - 8 g (1 tablespoon)	4. Serve with bread and vegetables.

Cold pressed rapeseed oil - 15 g (1 ½ tablespoons)

## ADDITION

Graham rolls - 50 g (1 piece)

Plain wheat rolls - 70 g (2 small pieces)

Butter extra - 20 g (4 portions)

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potassium - 386.2 mg | phosphorus - 227.4 mg | protein - 18.8 g | sodium - 1960.2 mg | energy - 656.4 kcal | weight - 295 g





## SUPPER

### Quinoa salad with tomato and parsley

Quinoa, cooked - 100 g (1/2 cup)	1. Make a sauce from the mustard, vinegar, agave syrup, lemon, and oil.
Tomatoes, sun-dried, in oil, drained - 12 g (4 pieces)	
Parsley, leaves - 15 g	
Garlic - 3 g (1 small clove)	2. Dice the tomatoes, parsley, and garlic.
Fresh lemon juice - 12 ml	3. Mix all ingredients with the cooked quinoa.
Black pepper - pinch	
Agave syrup or similar- 11 g (1½ teaspoons)	
Balsamic vinegar - 5 g (1 teaspoon)	
Cold pressed rapeseed oil - 8 g (1 tablespoon)	
Mustard - 3 g (1/4 teaspoon)	

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potassium - 494.9 mg | phosphorus - 188.4 mg | protein - 6.0 g | sodium - 65.8 mg | energy - 269.4 kcal | weight - 165 g

## SUMMARY OF THE DAY

potassium - 2941.4 mg | phosphorus - 982.5 mg | protein - 55.1 g | sodium - 1750 mg | energy - 1837.2 kcal



## DAY 2

## BREAKFAST

## Milk soup with pasta

Egg-free pasta - 40 g	Eat 1/2 servings
Linseed oil - 8 g (1 tablespoon)	Recipe per serving.
Oat drink e.g., (Alpro) - 250 ml (1 cup)	1. Cook the pasta in a vegetable drink.
Apricots - 45 g (1/2 small piece)	2. After cooking, add the oil and the chopped peeled apricots.
	3. Enjoy

## ADDITION

Wheat bread - 50 g	4. Eat with bread.
Bee honey - 14 g (1 teaspoon)	
Butter extra - 15 g (3 servings)	

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potassium - 175.5 mg | phosphorus - 77.4 mg | protein - 6.4 g | sodium - 268.3 mg | energy - 458.2 kcal | weight - 250 g



## DINNER

## Lazy dumplings

Semi-fat cottage cheese - 200 g (1 cube)	Eat 1 serving.
Wheat flour, type 500 - 100 g	Recipe for 2 servings.
Whole chicken eggs - 50 g (1 piece (weight class M))	1. Knead the cheese, egg, flour (leave 2 tablespoons on the dough) and salt into a dough.
Butter extra - 25 g (1 heaped spoonful)	2. Form a cylinder and cut into pieces.
Salt - pinch	3. Cook the dumplings in boiling water.
Sugar, white - 10 g (2 teaspoons)	4. Heat the butter in a saucepan, add sugar and breadcrumbs, pour over the dumplings on a plate.
Breadcrumbs - 20 g (2 tablespoons)	5. Enjoy

## Tomato soup

Tomato pulp (mashed tomatoes, with seeds), canned - 130 g (1/2 cups)	Recipe for 350 g.
Tomato paste, 30% - 7 g (1/2 teaspoons)	Prepare a larger amount but serving is 350g.
Black pepper - pinch	1. Blend the tomatoes until smooth.
Dill - 2. g (1/2 teaspoons)	2. Boil the broth together with the garlic.
Cream, 10% fat - 5 g (1/2 tablespoons)	3. Add tomatoes and concentrate to the cooking broth.
Carrots - 20 g (1/2 small piece)	4. Finally, add spices. Meanwhile, cook the noodles (40g dry) in salted water.
Celery - 10 g	5. Put a portion of pasta into a bowl, pour in the soup, add a portion of
Leek 10 g	



## DINNER

**Buckwheat with leek and mushroom sauce**

Unroasted buckwheat, boiled 200 g Eat 1 serving.

Leek - 50 g

Carrot - 50 g

Celery - 30 g (1 piece)

White mushroom - 200 g

Tarragon, fresh - 1 g

Universal rapeseed oil - 16 g (2 tablespoons)

Salt - pinch

Black pepper - pinch

Parmesan cheese - 20 g

Cream 18% - 150 g

Recipe for 2 servings.

1. Cut the vegetables into small pieces.

2. Fry the mushrooms in oil, then add the remaining vegetables.

3. Simmer over low heat, you may add a little water, if needed.

4. Add spices and pour in the cream.

5. Continue cooking until the cream evaporates.

5. Mix the sauce with the cooked porridge, sprinkle with cheese.

6. Enjoy

**Celery soup**

Parsley, leaves - 2 g (1 teaspoon)

Eat 240 g.

Vegetable broth - 280 g (2 ladles)

Cream, 10% fat - 100 g (5 tablespoons)

Rice drink, unsweetened - 240 ml (1 cup)

Celeriac (celery root) - 60 g (1 small piece for soup)

Potatoes - 40 g

1. Wash and peel the vegetables.

Dice the celery and potatoes. Cook in broth until soft.

2. Add the rice drink and continue to cook.

3. Finally, season with salt and pour in the cream. Before serving, sprinkle with parsley.

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potassium - 1053.5 mg | phosphorus - 460.8 mg | protein - 15.2 g |  
sodium - 536.6 mg | energy - 454.2 kcal | weight - 600 g



## Drop Scones



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## About the Author



### Dr Barbara Pyszczuk

A graduate of the Faculty of Human Nutrition and Consumption Sciences at the Warsaw University of Life Sciences. Speaker at national and international scientific conferences. Author of numerous scientific and

popular science publications in the field of nutrition. She cooperates daily, with patients with kidney diseases.

Published books and E-books.

#### Title:

1. A walk through the diet in urolithiasis". e-book and book
2. Low-protein diet in CKD- ebook
3. Gout - Dietotherapy - ebook
4. CKD tables - ebook
5. With Dialysis in the Land of Tastes" e-book and book
6. Diet in Kidney Disease Before Dialysis e -book

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