

How To Use Your Renal Meal Plan

Menu Plans are not too complicated but a bit of explanation might help! You have downloaded the weekly meal plan, be it part of the free newsletter subscription or part of the paid weekly subscription and you see that it's long. About 7-17 pages, depending on the plan that you choose. Don't let it overwhelm you. The aim is to make it as clear and simple as possible for your use. We post the meal plan and grocery listing separately so you can download what you need.

The Meal Plan Pages — Plans are broken down into sections for your ease of use - each weekly meal plan has 7 meals which contain from 1 - 4 recipes. Always an entree and usually some side dishes.

At the top right of the page, you will see the name of the diet that the meal plan is for and what week it is showing. Those items are not shown in the picture.

Next, you will see the name of the meal - Meal 1, Meal 2, etc. and the first recipe which is always considered the entree. You will see the name of the recipe, and the ingredients as well as the instructions listed. The names for the ingredients are kind of vague, but that is so that you can find the items in your stores. I realize that you may not have every brand so when I planned your menu, I created meals that were flexible. When you are looking at this list, it should be descriptive of the types of items you will need.

With each recipe, you will also have information on how many servings it is supposed to provide. That way you know that the recipe is made for 4. If you only need enough for 2, you could cut the recipe in half. In this case, it's a broccoli side dish, and has 6 servings, so you can measure out what is supposed to be on the plate for that recipe. It helps you to know what you are making and eating on this plan so you can plan your meals easily.



Instructions

1. Arrange onion slices on a plate. Drizzle vinegar over onion slices. Heat a large grill pan over medium heat. Coat pan with cooking spray. Add onion to pan; cover and cook 3 minutes on each side. Remove from pan; cover and keep warm.

2. Heat pan over medium-high heat. Coat pan with cooking spray. Divide beef into 4 equal portions, shaping each into a 1/2-inch-thick patty. Sprinkle patties evenly with salt and pepper. Add patties to pan; cook 3 minutes on

Nutritionals

Calories 391.4 Sodium: 636.8 Protein: 36 Phos 417.

Fat: 16.4 Carbs: 25.9 Chol: 84.7 Pot: 508.6

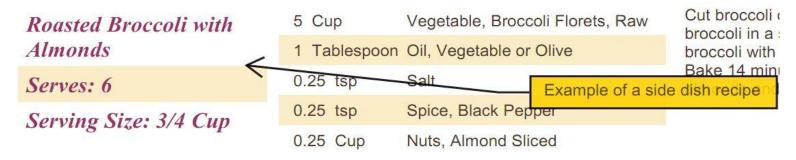
Sat Fat: 6.338 Fiber: 6.044

Sugar: 3.761

Nutritional information is complete for every recipe so you know what you are eating in each portion.



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Finally, you have the nutritional information section by recipe that provides you with information on a **PER SERVING** basis for the recipe above it. While the total amount of the recipe is what you make, and you have the information on the number of portions it makes - a recipe is included based on being right for that diet based on how much it contains per serving. In the case of the renal or kidney disease diets, it is important to know how many calories but also how many grams of protein are in a serving so if you are counting how many grams of protein you can have, it's all right there. We also account for sodium and potassium for your diet, because both of those are very important to your renal diet. In the case of a renal diabetic diet, we also account for carbohydrate. Your dietitian may have told you how many grams of carbohydrate, protein, sodium and potassium to eat per meal. Each of the renal or kidney meal plans is a little different, and I add up the amounts of each nutrient for the entire meal to get your correct amount. CHO = Carbohydrates. All nutrients show up just in case you need to track another component of your diet in the meal plan for your doctor. Renal diets are controlled for **CALORIES**, **PROTEIN**, **SODIUM**, **POTASSIUM** - and if you are on the renal diabetic - CHO (Carbohydrate).

Grocery List

The grocery list is fairly straightforward so that you can use it several different ways. It has the name of the diet and the week on the top of the page. It is sorted by grocery aisle area - breads, meats, frozen, canned, etc. This helps you with your shopping so that all of the items you need in one section of the store are together. You can go around your kitchen area or pantry before going to the grocery store, cross off what you already have, and get a weeks worth of dinners (and any leftovers for lunch the next day) quickly and easily saving you time. We provide two versions of the grocery list, one by area and one by meal. Examples of both are here in the document.

Please let me know if you have any further questions or suggestions about how to make the meal planning system best work for you! After all, that is who it's for!

Produce			Heal	lthu	Grocery List
Quantity		trial trieves for h			
3	Tablespoor		Chick		Example of a grocery list shown by meal, so you can choose to only make that meal for the
0.25	Teaspooh Cup	Herb, Garlic, Raw Vegetable, Broccoli Flore	Chicken	Marsala	week or send someone for just those items.
731		Raw			Grocery Item
1.5	Cup	Vegetable, Cucumber,	0.25	tsp	Salt Spice, Black Pepper
4	cup _	Example of a grocery list	1	Tablespoo	ns Flour, White bleach enriched
-	Сир	arranged by area of the store, you get all the ingredients for	1.666	cup	Soup, Chicken Broth Low Sodium
0.25	Cup	the week added together so you	0.25	Teaspoon	Herb, Garlic, Raw
8	11. Table	can just go to the store and buy	4	cup	Vegetable, Mushrooms, slices,
1	Cup	what you need. Areas are daddefined a such as dry goods,	16	ounces	Chicken, Breast Boneless
0.25	Cup	dairy, meats, etc. You get both	2	Oz	Wine, dessert, swee marsala
		lists every week.	Creamy Herbed Mashed Potatoes		
4	Cup	Vegetable, Potato, Flesh only, diced, raw	0.5	Quantity tsp	Grocery Item Spice, Black Pepper