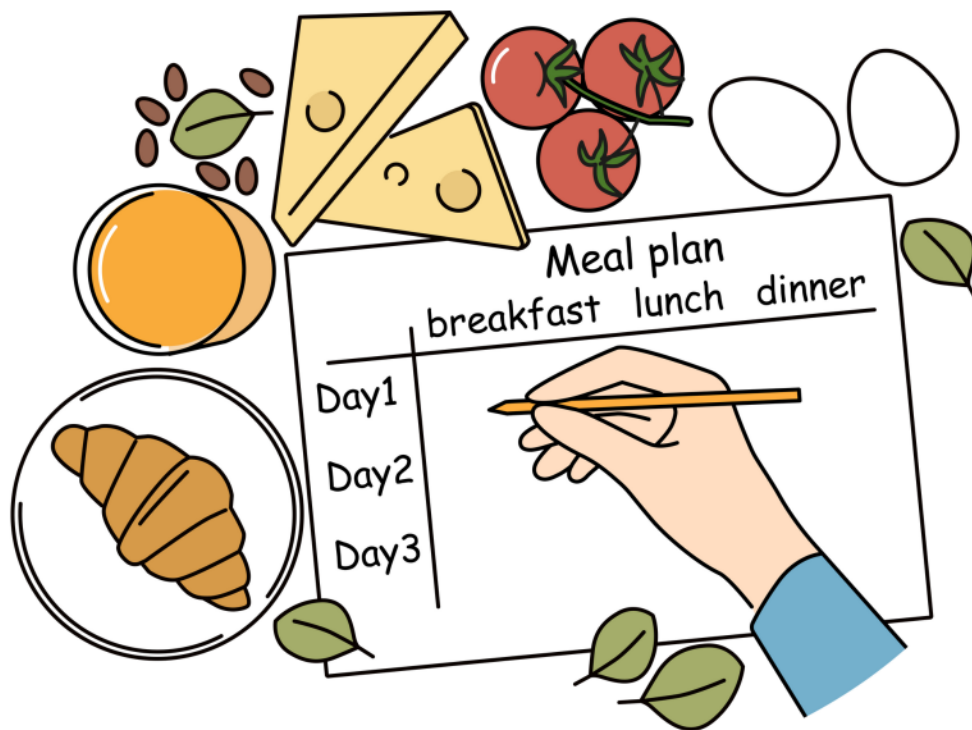


# RENAL DIET HQ

## PRESENTS

### 7 SUPPER MEALS FOR CKD PATIENTS



Designed For People With Chronic Kidney Disease Stages 3-5

1 week of Supper Recipes with  
Nutritional Information Included

Created to serve 2 people

**[www.renaldiethq.com/mealplans](http://www.renaldiethq.com/mealplans)**

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Hi, I'm **Mathea Ford** - a Registered Dietitian Nutritionist specializing in Chronic Kidney Disease.

I create delicious recipes that meet the needs of someone who needs a lower protein and lower sodium meal plan because they have CKD. You can find many of these recipes on my website, **RenalDietHQ.com** - **and in our meal plans at [renaldiethq.com/mealplans](https://renaldiethq.com/mealplans)**

*This is a 7 day dinner meal plan that includes plenty of kidney friend and healthy foods.*

- Day 1
  - Baked Asparagus Omelet
  - Pear
  - Asparagus with Pasta
- Day 2
  - Patty Melt with Onions
  - Roasted Asparagus
  - Red Grapes
- Day 3
  - Chicken Cordon Bleu Lighter
  - Green Beans
  - Rice and Noodle Pilaf

- Day 4
  - Bacon Wrapped Turkey Breast Tenderloins
  - Peas and Carrots
- Day 5
  - Lemon Herb Cod Fillets
  - Roasted Parmesan Zucchini
  - Minute Rice
- Day 6
  - Spicy Szechuan Beef Light
  - Steamed Carrots
  - Minute Rice
- Day 7
  - Pork Tenderloin Medallions
  - Corn on the Cob

The recipes are mostly from scratch but are easy to create and I hope they become some of your favorites for any day of the year.

# GROCERY LIST

- Produce
  - Asparagus – 16 ounces
  - Broccoli Florets – 2 cups
  - Carrots – 2 cups
  - Corn on the Cob – 2 cups
  - Egg Substitute – 1 cup
  - Garlic Cloves – 2
  - Garlic, Minced – 4 Tbsp
  - Green Beans – 1 cup
  - Green Onions – 1 cup
  - Hot Chili Pepper – 1 each
  - Lemon – 1 each
  - Onion – 2 cups
  - Pear – 2 each
  - Peas, Sugar Snap – 2 cup
  - Red Grapes – 2 cups
  - Whole Egg – 1 each
  - Zucchini – 1 cup
- Dry Goods
  - Balsamic Vinegar – 1 Tbsp
  - Bamboo Shoots – 1 cup
  - Capers – 1 Tbsp
  - Cashew Nuts – 1 cup
  - Cornstarch – 2 tsp
  - Dijon Mustard – 2 Tbsp
  - Flour, All Purpose – 1 Cup
  - Olive Oil – 4 Tbsp
  - Panko Bread Crumbs – 1 cup
  - Reduced Cal Bread – 2 slices
  - Sesame Oil, 1 tsp
- Meat, Poultry & Fish
  - Beef, Ground – 4 oz
  - Beef Tenderloin – 4 oz
  - Chicken Breast – 5 oz
  - Cod Fillets – 1 pound
  - Ham, Prosciutto – 1 oz
  - Low Sodium Bacon – 2 slices
  - Pork Tenderloin – 8 oz
  - Turkey Breast – 6 oz
- Spices and Seasonings
  - Basil, Dried – 2 tsp
  - Black Pepper – 4 tsp
  - Garlic Powder – 2 tsp
  - Italian Seasoning – 1 tsp
  - Lemon Juice – 1 Tbsp
  - Lemon Pepper – 1 tsp
  - Mrs. Dash – 1 tsp
  - Oregano, Dried – 1 tsp
  - Paprika – 2 tsp
  - Red Pepper Flakes – 1 tsp
  - Salt – 1 tsp
  - Soy Sauce, Low Sodium – 2 Tbsp
  - Tabasco Pepper Sauce, 1 tsp
  - Thyme, Fresh – 1 tsp

# GROCERY LIST

- Dairy ☐

---
- Butter, 3 Tbsp ☐

---
- Cheese, Parmesan - 6 Tbsp ☐

---
- Cheese, Mozzarella - 1 cup ☐

---
- Cheese, Provolone - 1 ounce ☐

---
- Half and Half Cream - 1 cup ☐

---
- Heavy Whipping Cream - 1 cup ☐

---
- Soups, Sauces and Gravies ☐

---
- Chicken Broth, Low Sodium - 3 cups ☐

---
- Frozen Foods ☐

---
- Frozen Peas - 1 cup ☐

---
- Pasta & Rice ☐

---
- Pasta, Spaghetti - 1 cup ☐

---
- Pasta, Ziti - 2 oz ☐

---
- Rice, Brown - 1 cup ☐

---
- Rice, White Instant - 1 cup ☐

---
- ☐

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- ☐

---
- ☐

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# Need A Plan For Everyday of the Week?

I love helping you plan meals and snacks. Join our monthly membership for any kind of renal diet (pre-dialysis, dialysis, pre-dialysis with diabetes) and have your meals planned for the week in no time! And know all the nutritional information you need to have. Check it out here: **<https://www.renaldiethq.com/mealplans>**

Thank you for reading and making these meals, it means the world to me to be able to help you enjoy your life with CKD.

# Baked Asparagus Omelet

## Servings

2

## Time

Prep Time 0 mins  
Total Time 50 mins



## Meal Type

Breakfast, Lunch, Dinner

## Ingredients

- 5 1/3 oz Asparagus Fresh
- 1/3 cup Mozzarella Cheese Part Skim
- 1 1/3 Tbs Green Onions
- 2 2/3 Tbs Egg Substitute
- 1/3 each Egg, Whole
- 1/8 tsp Salt
- 2/3 tsp Spice, Black Pepper
- 1/3 cup Half and Half Cream Fat Free

## Directions

Make

1. Microwave asparagus in 1/2 cup water for 2-3 minutes or until crispy tender.
2. Drain and arrange in bottom of pie pan that has been sprayed with pan spray.
3. Sprinkle cheese and chopped onions evenly on top.
4. Combine egg substitute, eggs, half & half, salt, and pepper.
5. Pour over asparagus slowly.
6. Bake for 40 minutes at 350.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings		<b>Total Fat</b> 2.2g	3%	<b>Total Carbohydrates</b> 8g	2%
		Saturated Fat 1.1g	5%	Dietary Fiber 2g	
		Trans Fat 0.0g		Total Sugars 4g	
		<b>Cholesterol</b> 36mg	11%	<b>Protein</b> 7g	
		<b>Sodium</b> 309mg	13%		
		Vitamin D 1mcg 5% · Calcium 115mg 11% · Iron 2mg 12% · Potassium 315mg 6%			

**Calories**  
per serving

**75**

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

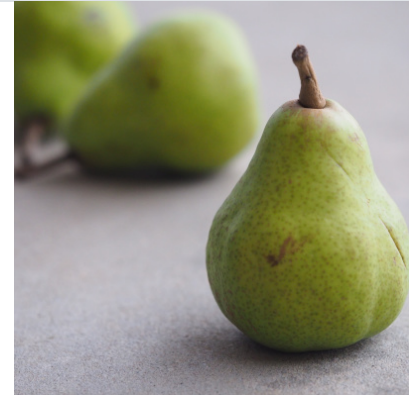
# Pear

**Servings**

2

**Time**

Prep Time 0 mins  
Total Time 0 mins



**Meal Type**

Snack, Side

## Ingredients

- 2 each Pear, *Sliced*

## Directions

Prep

1. Wash and dry pear to remove any residue or dirt prior to eating.
2. Slice pear, removing stem and pit/seed area. Enjoy

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings		<b>Total Fat</b> 0.2g	0%	<b>Total Carbohydrates</b> 21g	7%
		Saturated Fat 0.0g	0%	Dietary Fiber 4g	
		Trans Fat 0.0g		Total Sugars 14g	
		<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 1g	
		<b>Sodium</b> 1mg	0%		
		Vitamin D 0mcg 0% · Calcium 13mg 1% · Iron 0mg 1% · Potassium 162mg 3%			
<b>Calories per serving</b>					
		<b>80</b>			

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Asparagus With Pasta Recipe

**Servings**

2

**Time**

Prep Time 10 mins  
Total Time 30 mins



**Meal Type**

Breakfast, Lunch, Dinner,  
Snack, Side

**Source**

Asparagus With Pasta Recipe

## Asparagus With Pasta Recipe

### Ingredients

- 2 oz asparagus, cut into 2 inch pieces
- 1 Tbs minced garlic
- 1 Tbs lemon juice
- 1 Tbs grated parmesan
- 2 oz ziti pasta
- 1 Tbs olive oil
- 1/4 tsp black pepper
- 1/4 tsp red pepper flakes
- 1 tsp dried basil

### Directions

Make

1. Bring a large pot of water to a boil. Add dried pasta to the boiling water and cook 1 minute less than al dente, or about 9 minutes according to package instructions. Before draining remove 1/2 cup pasta water.
2. While the pasta is cooking, wash and trim the asparagus and cut into 2 inch pieces.
3. Heat 1/2 tbsp of olive oil in a large skillet over medium heat until shimmering. Add the asparagus, black pepper and red pepper flakes. Saute until the asparagus is bright green and crisp-tender, about 3-4 minutes.
4. Add the garlic and saute until fragrant, about 1 minute. Remove the asparagus from heat and stir in the lemon juice.
5. Reserve 1/2 cup of the pasta water, then drain the pasta. Return the skillet with asparagus mixture to medium heat and add the pasta, basil and reserved pasta water.
6. Cook, tossing and stirring the pasta, until the pasta is al dente and almost all of the pasta water is absorbed - 5 to 6 minutes
7. Remove from heat, add the parmesan and remaining 1/2 tbsp oil and toss to combine.
8. Divide into portions and serve warm.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

### Nutrition Facts

2 servings

**Calories**  
per serving **121**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 8.7g	13%	<b>Total Carbohydrates</b> 8g	2%
Saturated Fat 1.9g	9%	Dietary Fiber 1g	
Trans Fat 0.0g		Total Sugars 1g	
<b>Cholesterol</b> 7mg	2%		
<b>Sodium</b> 131mg	5%	<b>Protein</b> 4g	
Vitamin D 0mcg 0% · Calcium 76mg 7% · Iron 1mg 6% · Potassium 166mg 3%			

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Patty Melt with Onions RPD

## Servings

2

## Time

Prep Time 20 mins  
Total Time 30 mins



## Meal Type

Lunch, Dinner

## Ingredients

- 1/2 cup White Onion, *Sliced*
- 1 1/2 tsp Balsamic Vinegar
- 4 oz Ground Beef 95% lean
- Black Pepper
- 1 1/2 Tbs Dijon Mustard
- 1/4 cup Mozzarella Cheese, *Shredded*  
Low Moisture, Part Skim
- 2 Slices Reduced Calorie White Bread

## Directions

### Prep

1. Slice onion for cooking

### Make

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 thin patty. Sprinkle patties evenly with pepper. Add patties to pan; cook 2 minutes on each side or until done.
3. Spread about 2 teaspoon mustard blend over 4 bread slices; layer each slice with 2 tablespoons cheese, 1 patty, 2 onion slices.
4. Heat pan over medium heat. Coat pan with cooking spray. Add sandwiches to pan. Cook 3 minutes on low heat or until bread is toasted and cheese is melted.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings		<b>Total Fat</b> 6.2g	9%	<b>Total Carbohydrates</b> 17g	5%
		Saturated Fat 3.0g	14%	Dietary Fiber 3g	
		Trans Fat 0.2g		Total Sugars 3g	
		<b>Cholesterol</b> 44mg	14%		
		<b>Sodium</b> 547mg	23%	<b>Protein</b> 18g	
		Vitamin D 0mcg 1% · Calcium 133mg 13% · Iron 2mg 12% · Potassium 288mg 6%			

**Calories**  
per serving

**205**

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# Roasted Asparagus

**Servings**

2

**Time**

Prep Time 0 mins  
Total Time 10 mins



**Meal Type**

Lunch, Dinner

## Ingredients

- 8 oz Asparagus Fresh
- 1/8 tsp Spice, Garlic Powder
- 1/8 tsp Spice, Lemon Pepper

## Directions

Prep

1. Preheat oven to 450'F

Make

1. Wash and trip asparagus. Place asparagus in a sprayed baking dish and coat with olive oil spray.
2. Sprinkle with garlic powder and lemon pepper.
3. Bake for 8 minutes at 450' F or until done.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings		<b>Total Fat</b> 0.1g	0%	<b>Total Carbohydrates</b> 4g	1%
		Saturated Fat 0.0g	0%	Dietary Fiber 2g	
		Trans Fat 0.0g		Total Sugars 2g	
		<b>Cholesterol</b> 0mg	0%		
		<b>Sodium</b> 2mg	0%	<b>Protein</b> 2g	
		Vitamin D 0mcg 0% · Calcium 27mg 2% · Iron 2mg 13% · Potassium 229mg 4%			

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**Calories**  
per serving

**23**

# Red Grapes

**Servings**

2

**Time**

Prep Time 0 mins  
Total Time 0 mins



**Meal Type**  
Snack

**Contributed By**  
**LivingPlateRx**

**Source**  
Living Plate

## Ingredients

- 2 cups red grapes

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings		<b>Total Fat</b> 0.2g	0%	<b>Total Carbohydrates</b> 27g	9%
		Saturated Fat 0.1g	0%	Dietary Fiber 1g	
		Trans Fat 0.0g		Total Sugars 23g	
		<b>Cholesterol</b> 0mg	0%		
		<b>Sodium</b> 3mg	0%	<b>Protein</b> 1g	
		Vitamin D 0mcg 0% · Calcium 15mg 1% · Iron 1mg 3% · Potassium 288mg 6%			

**Calories**  
per serving

**104**

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Chicken Cordon Bleu Lighter

## Servings

2

## Time

Prep Time 30 mins  
Total Time 1 hr



## Meal Type

Lunch, Dinner

## Ingredients

- 2 Tbs Chicken Broth Low Sodium
- 2 1/4 tsp Butter with no added salt
- 1/8 tsp Garlic, *Minced*
- 2 Tbs Panko Bread crumbs Low Sodium
- 1/4 oz Cheese Parmesan, *Grated Dry* grated - Romano
- 1/2 tsp Spice, Paprika
- 5 oz Chicken Breast Boneless
- 1/8 tsp Oregano Ground
- 1/8 tsp Spice, Black Pepper
- 1 oz Ham, Prosciutto

## Directions

### Prep

1. Preheat oven to 350°
2. Place each chicken breast half between 2 sheets of heavy-duty plastic wrap, and pound each to 1/4-inch thickness using a meat mallet or rolling pin.

### Make

1. Place broth in a small microwave-safe bowl; microwave at high for 15 seconds or until warm.
2. Stir in butter and garlic. Combine breadcrumbs, Parmesan, and paprika in a medium shallow bowl; set aside.
3. Sprinkle both sides of the chicken with oregano, and pepper.
4. Top each breast half with a 1/2 ounce of prosciutto. Roll up each breast in half jelly-roll fashion.
5. Dip each roll in chicken broth mixture; dredge in breadcrumb mixture.
6. Place rolls, seam side down, in an 8- inch square baking dish coated with cooking spray.
7. Pour the remaining broth mixture over the chicken. Bake at 350° for 28 minutes or until juices run clear and tops are golden.
8. Serving Size: 1 Rolled Chicken Breast

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings		<b>Total Fat</b> 8.6g	13%	<b>Total Carbohydrates</b> 1g	0%
		Saturated Fat 3.6g	18%	Dietary Fiber 0g	
		Trans Fat 0.0g		Total Sugars 0g	
		<b>Cholesterol</b> 24mg	8%	<b>Protein</b> 22g	
		<b>Sodium</b> 517mg	22%		
		Vitamin D 0mcg 0% · Calcium 38mg 3% · Iron 0mg 1% · Potassium 272mg 5%			

**Calories per serving** **169**

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# Green Beans

**Servings**

2

**Time**

Prep Time 0 mins  
Total Time 10 mins



**Meal Type**

Side

## Ingredients

- 1 cup Green Beans String

## Directions

Make

1. Rinse green beans, and cook until just tender in a steamer or microwave.
2. Serving Size: 1/2 Cup

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings		<b>Total Fat</b> 0.1g	0%	<b>Total Carbohydrates</b> 3g	1%
		Saturated Fat 0.0g	0%	Dietary Fiber 1g	
		Trans Fat 0.0g		Total Sugars 2g	
		<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 1g	
		<b>Sodium</b> 3mg	0%		
		Vitamin D 0mcg 0% · Calcium 19mg 1% · Iron 1mg 2% · Potassium 106mg 2%			

**Calories per serving**

**16**

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# Rice and Noodle Pilaf

## Servings

2

## Time

Prep Time 5 mins  
Total Time 55 mins



## Meal Type

Lunch, Dinner

## Ingredients

- 2 tsp Butter with no added salt
- 1 3/4 Tbs Pasta, Spaghetti
- 1/3 cup Rice, Medium Brown
- 10 2/3 Tbs Water
- 1/8 tsp Spice, Black pepper

## Directions

Make

1. Break spaghetti noodles into small sections about 1-2 inches long.
2. Melt the butter in a large saucepan over medium heat, and add spaghetti.
3. Sauté spaghetti for 5 minutes or until lightly browned.
4. Add the rice, stirring to coat. Stir in the boiling water and pepper, and bring to a boil.
5. Cover; reduce heat, and simmer for 20 minutes or until the liquid is absorbed.
6. Remove pilaf from heat, and let stand for 10 minutes.
7. Fluff with a fork

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings		<b>Total Fat</b> 4.6g	7%	<b>Total Carbohydrates</b> 28g	9%
		Saturated Fat 2.5g	12%	Dietary Fiber 1g	
		Trans Fat 0.0g		Total Sugars 0g	
		<b>Cholesterol</b> 10mg	3%		
		<b>Sodium</b> 33mg	1%	<b>Protein</b> 3g	
		Vitamin D 0mcg 0% · Calcium 20mg 1% · Iron 1mg 3% · Potassium 97mg 2%			

**Calories per serving** **166**

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# Bacon Wrapped Turkey Breast Tenderloin

**Servings**

2

**Time**

Prep Time 10 mins  
Total Time 50 mins



**Meal Type**

Breakfast, Lunch, Dinner,  
Snack, Side

**Source**

My Blog

## Bacon Wrapped Turkey Breast Tenderloin

### Ingredients

- 6 oz turkey breast
- 1/2 tsp ground black pepper
- 1 tsp minced garlic
- 1 tsp dried basil
- 1 oz provolone cheese
- 2 low sodium bacon

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings		<b>Total Fat</b> 8.9g	13%	<b>Total Carbohydrates</b> 2g	0%
		Saturated Fat 4.0g	20%	Dietary Fiber 0g	
		Trans Fat 0.0g		Total Sugars 0g	
		<b>Cholesterol</b> 87mg	28%		
		<b>Sodium</b> 291mg	12%	<b>Protein</b> 32g	
		Vitamin D 0mcg 4% · Calcium 133mg 13% · Iron 1mg 7% · Potassium 304mg 6%			

**Calories**  
per serving

**223**

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## Peas and Carrots

**Servings**

2

**Time**

Prep Time 5 mins  
Total Time 15 mins



**Meal Type**

Lunch, Dinner, Snack, Side

**Source**

My Blog

## Peas and Carrots

### Ingredients

- 1/2 tsp black pepper
- 1/2 cup onion
- 1 cup carrot
- 1/2 cup water
- 1 cup frozen peas
- 1 tsp unsalted butter

### Directions

Make

1. Heat water in a large pan over medium heat, and add carrots, onions and pepper.
2. Sauté until the carrots are tender, about 8 minutes. Let the water evaporate as the carrots and onions cook, but add more water if it all evaporates.
3. Add the frozen peas to the pan, and let them gently warm through for a few minutes. Make sure there is some water in the pan when you add the peas, but let it all evaporate completely as you warm the peas.
4. Add the butter and stir into the peas and carrots. Remove from heat. Divide evenly between the 2 people, approximately 1 cup is a serving.
- 5.

### Notes

Chop/dice items prior to starting the recipe to make it go faster. Add water and continue to add water until you add the peas.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings		<b>Total Fat</b> 2.4g	3%	<b>Total Carbohydrates</b> 24g	7%
		Saturated Fat 1.3g	6%	Dietary Fiber 7g	
		Trans Fat 0.0g		Total Sugars 9g	
		<b>Cholesterol</b> 5mg	1%	<b>Protein</b> 6g	
		<b>Sodium</b> 107mg	4%		
		Vitamin D 0mcg 0% · Calcium 60mg 6% · Iron 2mg 9% · Potassium 374mg 7%			
<b>Calories per serving</b>	<b>133</b>				

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# Lemon Herb Cod Fillets

**Servings**

2

**Time**

Prep Time 5 mins  
Total Time 20 mins



**Meal Type**

Lunch, Dinner

**Contributed By**

**LivingPlateRx**

**Source**

Living Plate Teaching Kitchen

## Ingredients

- 2 1/4 tsp olive oil
- 1/2 lemon, *sliced*
- 1 tsp fresh thyme, *chopped*
- 1 Cloves garlic
- 8 oz cod fillets skinless
- 1 Tbs capers, *drained*

## Directions

### Prep

1. Pre-heat oven to 425°F and grease a rimmed baking sheet.
2. Chop thyme and garlic.
3. Slice lemon.

### Make

1. Brush fish with oil, thyme, and garlic.
2. Place a lemon slice on top of each piece of fish and scatter with capers.
3. Roast fish for about 12 to 15 minutes, until the fish is opaque and can flake easily.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

## Nutrition Facts

2 servings

**Calories**  
per serving **146**

Amount/serving	% Daily Value*
<b>Total Fat</b> 5.9g	9%
Saturated Fat 0.9g	4%
Trans Fat 0.0g	
<b>Cholesterol</b> 49mg	16%
<b>Sodium</b> 163mg	7%

Vitamin D 1mcg 10% · Calcium 28mg 2% · Iron 1mg 3% · Potassium 498mg 10%

Amount/serving	% Daily Value*
<b>Total Carbohydrates</b> 2g	0%
Dietary Fiber 1g	
Total Sugars 0g	
<b>Protein</b> 21g	

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# Roasted Parmesan Zucchini

## Servings

2

## Time

Prep Time 3 mins  
Total Time 25 mins



## Meal Type

Side

## Ingredients

- 3/4 cup Zucchini, *Sliced*
- 3/4 tsp Olive oil
- 3/8 tsp Garlic, Raw, *Minced*
- 1 1/4 Tbs Cheese, Parmesan, *Grated*  
Dry grated, Reduced fat

## Directions

### Prep

1. Preheat the oven to 450°.
2. Wash zucchini, then slice into wedges about 2 inches long

### Make

1. Coat a roasting pan with cooking spray.
2. Place zucchini, sliced in 2 inch wedges in the pan.
3. Drizzle olive oil over zucchini, and sprinkle evenly with garlic and Parmesan cheese.
4. Roast for approximately 20 min.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings		<b>Total Fat</b> 0.9g	1%	<b>Total Carbohydrates</b> 3g	0%
		Saturated Fat 0.5g	2%	Dietary Fiber 1g	
		Trans Fat 0.0g		Total Sugars 0g	
		<b>Cholesterol</b> 3mg	0%	<b>Protein</b> 3g	
		<b>Sodium</b> 48mg	2%		
		Vitamin D 0mcg 0% · Calcium 51mg 5% · Iron 1mg 3% · Potassium 373mg 7%			

**Calories**  
per serving

**41**

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Minute Rice

**Servings**

2

**Time**

Prep Time 0 mins  
Total Time 5 mins



**Meal Type**

Breakfast, Side

## Ingredients

- 1/2 cup White Rice, Instant
- 8 Tbs Water

## Directions

Make

1. Bring water to a boil. Stir in rice, cover, and remove from heat.
2. Let stand for 5 minutes or until water is absorbed.
3. Fluff with a fork.
4. Serving Size: 1/2 Cup Rice

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings		<b>Total Fat</b> 0.2g	0%	<b>Total Carbohydrates</b> 11g	3%
		Saturated Fat 0.0g	0%	Dietary Fiber 0g	
		Trans Fat 0.0g		Total Sugars 0g	
		<b>Cholesterol</b> 0mg	0%		
		<b>Sodium</b> 3mg	0%	<b>Protein</b> 1g	
		Vitamin D 0mcg 0% · Calcium 9mg 0% · Iron 1mg 4% · Potassium 4mg 0%			

**Calories**  
per serving

**51**

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# Spicy Szechuan Beef Light

## Servings

2

## Time

Prep Time 10 mins  
Total Time 35 mins



## Meal Type

Lunch, Dinner

## Ingredients

- 1/2 tsp Sesame Oil
- 4 oz Beef Tenderloin Lean
- 2 Tbs Cashew Nuts, *Chopped* Dry Roasted, No salt
- 1 1/2 cups Peas, Snow/Sugar snap w/o fat or salt
- 2 cups Broccoli Florets, Raw
- 1/2 cup Bamboo Shoots Canned, Drained
- 1/4 cup Onions
- 1 cup Chicken Broth Low Sodium
- 1 1/2 Tbs Soy Sauce Low Sodium
- 1 tsp Tabasco Pepper Sauce
- 1 1/2 tsp Cornstarch
- 1 pieces Hot Chilli Pepper Dried

## Directions

### Prep

1. Slice beef into 1-inch strips.

### Make

1. Coat a large nonstick skillet with cooking spray and heat oil over medium-high heat.
2. Add beef and stirfry for 3 min.
3. Remove beef from the pan and keep warm.
4. Spray pan again with cooking spray and add sesame oil to pan; add cashews and stirfry for 1 min.
5. Add sugar snap peas, broccoli, bamboo shoots, and onions and stirfry for 5 min. over medium heat.
6. Add beef back to the pan. In a small bowl, whisk together broth, soy sauce, Tabasco sauce, and cornstarch.
7. Pour over meat and vegetables in the pan.
8. Add chilies. Bring to a boil, reduce heat and simmer for 2 min.
9. Remove chilies before serving.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

## Nutrition Facts

2 servings

**Calories**  
per serving **244**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 9.1g	13%	<b>Total Carbohydrates</b> 20g	6%
Saturated Fat 2.2g	10%	Dietary Fiber 6g	
Trans Fat 0.1g		Total Sugars 6g	
<b>Cholesterol</b> 35mg	11%		
<b>Sodium</b> 525mg	22%	<b>Protein</b> 23g	
Vitamin D 0mcg 0% · Calcium 76mg 7% · Iron 4mg 24% · Potassium 666mg 14%			

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# Steamed Carrots

**Servings**

2

**Time**

Prep Time 0 mins  
Total Time 5 mins



**Meal Type**

Side

## Ingredients

- 1 cup Carrots, *Slices*
- 1/3 tsp Spice, Mrs. Dash

## Directions

Make

1. Steam carrots until tender, season with Mrs. Dash
2. Serving Size: 1/2 cup

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings		<b>Total Fat</b> 0.1g	0%	<b>Total Carbohydrates</b> 6g	1%
		Saturated Fat 0.0g	0%	Dietary Fiber 2g	
		Trans Fat 0.0g		Total Sugars 3g	
		<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 1g	
		<b>Sodium</b> 42mg	1%		
		Vitamin D 0mcg 0% · Calcium 20mg 2% · Iron 0mg 1% · Potassium 195mg 4%			

**Calories**  
per serving

25

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# Pork Tenderloin Medallion Recipe

## Servings

2

## Time

Prep Time 10 mins  
Total Time 30 mins



## Meal Type

Lunch, Dinner

## Source

Pork Tenderloin Medallion  
Recipe

# Pork Tenderloin Medallion Recipe

## Ingredients

- 8 oz pork tenderloin, *sliced into 8 pieces*
- 1/4 cup all purpose flour
- 1/2 tsp ground pepper
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1 Tbs olive oil
- 2 Tbs minced garlic
- 1/2 tsp dijon mustard
- 1/4 cup low sodium chicken broth
- 1/4 cup onion
- 1/2 tsp italian seasoning
- 1/2 cup heavy whipping cream

## Directions

Make

1. Trim off excess fat and slice the pork tenderloin into 8 slices (rounds) and set aside.
2. Mix together the flour, pepper, garlic powder and paprika. Coat each slice of pork tenderloin using the flour mixture.
3. Add the oil to a skillet over medium high heat. Once the pan is hot, add the pork and cook for about 3 minutes per side, or until they are lightly golden brown. Take the pan off the heat and remove the pork from the pan on a clean plate.
4. Put the pan back on the medium heat, and add the diced onions and stir in the garlic, dijon mustard, chicken broth, and italian seasoning. Let the sauce cook for about 5 minutes and scrape up any brown bits for more flavor.
5. Stir in the cream and let it bubble for about 2 minutes (gentle heat). Add the pork back in and cook for another 5 minutes on low heat until the pork is cooked through and the sauce has thickened to your liking.
6. Serve warm with a generous helping of sauce.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings		<b>Total Fat</b> 33.3g	51%	<b>Total Carbohydrates</b> 21g	7%
		Saturated Fat 16.3g	81%	Dietary Fiber 2g	
		Trans Fat 0.8g		Total Sugars 3g	
		<b>Cholesterol</b> 150mg	49%	<b>Protein</b> 35g	
		<b>Sodium</b> 127mg	5%		
		Vitamin D 1mcg 12% · Calcium 80mg 7% · Iron 3mg 15% · Potassium 691mg 14%			

**Calories**  
per serving

**522**

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Corn On The Cob

**Servings**

2

**Time**

Prep Time 0 mins  
Total Time 0 mins



**Meal Type**

Side

## Ingredients

- 2 cups Corn on the cob 1 Ear of Small/medium corn

## Directions

Prep

1. Shuck and clean corn if necessary

Make

1. Heat a pot of boiling water on stove
2. Once heated, add ears of corn. Boil for 4-6 minutes until hot.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

## Nutrition Facts

2 servings

**Calories**  
per serving **155**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 1.2g	1%	<b>Total Carbohydrates</b> 37g	12%
Saturated Fat 0.2g	0%	Dietary Fiber 5g	
Trans Fat 0.0g		Total Sugars 6g	
<b>Cholesterol</b> 0mg	0%		
<b>Sodium</b> 7mg	0%	<b>Protein</b> 5g	
Vitamin D 0mcg 0% · Calcium 5mg 0% · Iron 1mg 5% · Potassium 414mg 8%			

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.