

RENAL DIET HQ PRESENTS

7 DAY LOW POTASSIUM MEAL PLAN



Designed for Low Potassium Diet
1 week Meal Plan
www.renaldiethq.com/mealplans

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

I created a 7 day meal plan with breakfast, lunch and dinner for you to use as a sample for low potassium diet. For more low potassium recipes head over to : **RenalDietHQ.com** - and in our meal plans at **renaldiethq.com/mealplans**

This 7 day meal plan includes of plenty healthy and yummy foods.

- Day 1

- Breakfast

- Scrambled eggs with herbs
- Toast with unsalted butter
- Apple slices

- Lunch

- Chicken salad with lettuce, cucumber, and a low-potassium dressing
- Unsalted crackers

- Snacks

- Rice cakes with cream cheese

- Dinner

- Baked cod with lemon
- Steamed green beans
- White rice

- Day 2

- Breakfast

- Oatmeal with blueberries and a drizzle of honey
- Low-fat milk (limited quantity) or Apple Juice

- Lunch

- Turkey sandwich on white bread with lettuce and mayonnaise
- Sliced pear

- Snack

- Unsalted popcorn

- Dinner
 - Grilled chicken breast
 - Steamed cauliflower
 - Mashed potatoes (without skin)
- Day 3
 - Breakfast
 - Pancakes with a small amount of maple syrup
 - Strawberries (1/2 cup)
 - Lunch
 - Tuna salad with lettuce and cucumber
 - White bread roll
 - Snacks
 - Graham crackers
 - Dinner
 - Roast pork with herbs
 - Boiled carrots
 - Pasta with olive oil
- Day 4
 - Breakfast
 - Greek yogurt with blueberries and honey
 - Slice of toast
 - Lunch
 - Chicken wrap with lettuce and mayonnaise
 - Sliced cucumber
 - Snacks
 - Apple slices with a small amount of peanut butter
 - Dinner
 - Baked cod with steamed broccoli (1/2 cup)
 - Cauliflower (1/2 cup)
 - Side of green beans (1/2 cup)

- Day 5
 - Breakfast
 - Scrambled eggs with chives
 - Toast with a small amount of jam
 - Strawberries (1/2 cup)
 - Lunch
 - Grilled chicken Caesar salad (no tomatoes, low-potassium dressing)
 - Slice of white bread
 - Snacks
 - Sliced apple
 - Dinner
 - Roast beef
 - Steamed zucchini
 - Mashed cauliflower
- Day 6
 - Breakfast
 - Oatmeal with strawberries (1/2 cup)
 - 1 medium mandarin orange
 - Lunch
 - Ham and cheese sandwich on white bread
 - Sliced pear
 - Snack
 - Cucumber slices with a small amount of cream cheese
 - Dinner
 - Baked chicken with herbs
 - Steamed carrots
 - Brown rice

- Day 7
 - Breakfast
 - Greek yogurt with raspberries (1/2 cup)
 - 1 medium apple
 - Lunch
 - Turkey wrap with lettuce
 - Side of celery sticks (1/2 cup)
 - 1/2 cup of strawberries
 - Snacks
 - Carrot sticks with hummus (limit hummus to 1-2 tbsp)
 - Dinner
 - Grilled shrimp
 - Steamed green beans
 - Pasta with olive oil and garlic

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.