

# Sample Meal Plans for Peritoneal Dialysis (PD)

Here you will find 5 sample meal plans and snack ideas for people on peritoneal dialysis. These are only examples. On the last page, you can plan your own meals and snacks.

## What's in the meal plans?

The sample meals on pages 2 and 3 are lower in phosphorus and sodium, and are higher in protein.

Foods are cooked without salt, but other herbs and spices can be added to give flavour. You may also use flavoured extracts, vinegar, and lemon or lime juice to add flavour to your food. You can use as much of these as you like.

The dialysate solutions that you use for peritoneal dialysis have dextrose (sugar) in them. This gives you extra calories. You may need to limit the amount of high calorie foods that you eat because of the extra calories you get from dialysis.

**Your dietitian can help you make meal plans with snacks that are right for you.**

## Recipe ideas

The menu items on pages 2 and 3 in **bold type** are recipes found at:

- [ahs.ca/nutritionhandouts](https://www.ahs.ca/nutritionhandouts)  
Select the *Kidney Disease* topic.

The [Vegetable Chili](#) and [Lemony Orzo Salad](#) are from the Kidney Community Kitchen website. Find those recipes and more at:

- [kidneycommunitykitchen.ca](https://www.kidneycommunitykitchen.ca)  
Search for *Recipes*.

**Remember to take your phosphorus binders as prescribed.**



## If you have diabetes

Snacks between meals may help prevent low blood sugar when:

- Your meals are more than 6 hours apart.
- You're more active than usual.

Limit sweet foods and foods with added sugars. Use the tips below to reduce the amount of added sugar you eat and drink.

- Drink water or sugar-free drinks instead of juice or drinks with added sugar, like regular pop and sugar-sweetened coffee and tea.
- Limit sugar, jam, honey, desserts, candy, syrup, and sweet sauces.
- Use low-calorie or no-calorie sugar substitutes.

## If you have trouble eating enough food

Some people on peritoneal dialysis have trouble eating enough food. This can be caused by:

- nausea and vomiting when you start on dialysis
- feeling full quickly due to the solution in your tummy area
- being too tired to make meals

Try these tips to help you eat enough in a day:

- Split your meals into 5 or 6 smaller ones. For example, eat a small breakfast, and then eat again mid-morning.
- Eat snacks to get extra nutrients.

## For more support



- Talk to your healthcare team.
- Call Health Link at 811 and ask to talk to a dietitian.
- Visit [ahs.ca/nutrition](https://www.ahs.ca/nutrition).

# Sample Meal Plans

## Day 1

### Breakfast

¾ cup (175 mL) oatmeal, cooked  
½ cup (125 mL) 2% milk  
1 slice 100% whole wheat toast  
1 Tbsp (15 mL) peanut butter  
2 tsp (10 mL) jam  
1 cup (250 mL) nectarine, sliced  
1 cup (250 mL) coffee, 1 tsp (5 mL) sugar or sugar substitute, 2 tsp (10 mL) milk

### Lunch

Egg salad sandwich:

2 slices 100% whole wheat bread  
1 boiled egg  
2 Tbsp (30 mL) mayonnaise  
¼ cup (50 mL) chopped celery  
Pepper and chopped onion to taste  
½ cup (125 mL) each of carrots and cucumber  
Dip: 2 Tbsp (30 mL) 2% plain Greek yogurt mixed with herbs  
½ cup (125 mL) cantaloupe  
½ cup (125 mL) water

### Supper

3 oz (90 g) baked chicken, sliced  
1 cup (250 mL) cooked pasta tossed with 1 tsp (5 mL) olive oil  
½ cup (125 mL) no-salt added tomato sauce with 1 tsp (5 mL) Italian seasoning  
½ cup (125 mL) **Dill-icious Green Beans**  
3 Digestive cookies  
½ cup (125 mL) canned peaches, liquid drained  
1 cup (250 mL) water

## Day 2

### Breakfast

2 eggs, scrambled  
½ cup (125 mL) 2% milk  
1 cup (250 mL) corn flakes  
1 medium banana, sliced  
1 cup (250 mL) coffee, 1 tsp (5 mL) sugar or sugar substitute, 2 tsp (10 mL) milk

### Lunch

Tuna Salad and Crackers:

8 squares (32 g) low sodium, whole wheat crackers  
½ cup (125 mL) no salt added tuna, drained  
2 Tbsp (30 mL) mayonnaise  
¼ cup (60 mL) chopped celery  
½ cup (125 mL) bell pepper, sliced  
1 medium kiwi  
½ cup (125 mL) water

### Supper

1 cup (250 mL) [Vegetable Chili](#)  
1 slice French bread with 1 tsp (5 mL) soft margarine  
1 cup (250 mL) tossed salad with ½ cup (125 mL) cucumber and ½ tomato  
Salad dressing: 2 tsp (10 mL) lime juice and 2 tsp (10 mL) olive oil  
½ cup (125 mL) 2% Greek yogurt, plain with ½ cup (125 mL) frozen mixed berries, thawed, drizzled with 1 tsp (5 mL) honey  
1 cup (250 mL) water

★May contain phosphorus additives. Check the label every time you shop.

## Day 3

### Breakfast

2 (10 cm) **Apple Cinnamon Pancakes**  
2 tsp (10 mL) soft margarine  
2 Tbsp (30 mL) pancake syrup★  
½ cup (125 mL) 2% milk  
½ cup (125 mL) raspberries  
½ cup (125 mL) vanilla yogurt  
1 cup (250 mL) coffee, 1 tsp (5 mL) sugar or sugar substitute, 2 tsp (10 mL) milk

### Lunch

1 cup (250 mL) **Chicken Soup** (homemade)  
1 whole wheat dinner roll with 2 tsp (10 mL) soft margarine  
1 cup (250 mL) tossed salad topped with ¼ cup (60 mL) chickpeas  
Salad dressing: 1 tsp (5 mL) balsamic vinegar and 1 Tbsp (15 mL) olive oil  
1 medium navel orange

### Supper

3 oz (90 g) steak marinated with **Rosemary and Lemon Marinade**  
1 medium baked potato  
2 tsp (10 mL) soft margarine  
½ cup (125 mL) frozen peas, boiled  
1 slice (38 g) sponge cake  
½ cup (125 mL) strawberries, sliced  
½ cup (125 mL) water

## Day 4

### Breakfast

Breakfast burrito:

- 1 flour tortilla (15.2 cm)
- 1 egg, scrambled
- 2 Tbsp (30 mL) salsa
- ¼ cup (60 mL) chopped green peppers, cooked
- 3 Tbsp (45 mL) diced onion, cooked
- 1 Tbsp (15 mL) sour cream
- ¼ avocado

20 grapes

1 cup (250 mL) coffee, 1 tsp (5 mL) sugar or sugar substitute, 2 tsp (10 mL) milk

### Lunch

Chicken sandwich:

- 2 slices light rye bread
- 2 oz (60 g) leftover chicken
- 1 Tbsp (15 mL) mayonnaise
- ¼ tomato
- 1 oz (30 g) hard cheese, sliced
- ½ cup (125 mL) each of cucumber and broccoli with ¼ cup (60 mL) **Italian Bean Dip**
- 1 medium pear
- ½ cup (125 mL) water

### Supper

- 3 oz (90 g) **Lemon Dill Fish**
- 1 cup (250 mL) steamed white rice
- ½ cup (125 mL) mixed vegetables (peas, carrots, corn)
- ½ cup (125 mL) vanilla ice cream
- ½ cup (125 mL) blueberries
- 1 cup (250 mL) water

## Day 5

### Breakfast

2 pieces of French toast:

Whip 1 egg with cinnamon. Dip each slice of 100% whole wheat bread in egg. Pan fry until browned.

2 Tbsp (30 mL) pancake syrup ★

2 tsp (10 mL) soft margarine

- ½ cup (125 mL) low sodium cottage cheese
- 1 medium apple
- 1 cup (250 mL) coffee, 1 tsp (5 mL) sugar or sugar substitute, 2 tsp (10 mL) milk

### Lunch

Cheese and vegetable pita:

- 1 medium pita (16.5 cm)
- 1 oz (30 g) mozzarella cheese, shredded
- 1 cup (250 mL) lettuce
- ½ tomato, chopped
- ½ avocado, sliced
- 1 Tbsp (15 mL) mayonnaise
- 8 baby carrots with 2 Tbsp (30 mL) hummus
- ½ cup (125 mL) canned fruit cocktail, liquid drained
- ½ cup (125 mL) water

### Supper

- 3 oz (90 g) roasted pork
- ½ cup (125 mL) [Lemony Orzo Salad](#)
- ½ cup (125 mL) Brussel sprouts with 2 tsp (10 mL) olive oil
- ½ cup (125 mL) orange sherbet
- 1 cup (250 mL) water

★ May contain phosphorus additives. Check the label every time you shop.

## Fluid

Each of the sample meal plans provides 3 cups (750 mL) of fluid. Ask your dietitian how much fluid is best for you.

## Snacks

Eating snacks is your choice. Snacks can help you:

- Get important nutrients like protein, fibre, vitamins, minerals, and healthy fats.
- Satisfy hunger if there is a long time between your meals.

### Smaller snacks

A small snack can be as simple as vegetables and dip or a piece of fruit. For example:

- ½ cup (125 mL) or 1 medium piece fruit
- ½ cup (125 mL) raw vegetable sticks with 1 Tbsp (15 mL) salad dressing ★
- 3 cups (750 mL) unsalted popcorn
- ½ cup (125 mL) yogurt ★

### Larger snacks

A large snack may include a protein food with a carbohydrate choice. For example:

- ½ plain bagel (toasted) with 1 Tbsp (15 mL) peanut butter
- ½ cup (125 mL) Corn Squares® cereal mixed with 3 Tbsp (45 mL) dried cranberries
- 1 whole wheat English muffin with 1 oz (30 g) hard cheese
- 2 Tbsp (30 mL) nuts and 20 grapes
- 1 apple with 1 Tbsp (15 mL) nut butter

# My sample meal and snack ideas



In the space below, write some ideas for your own meals and snacks. You can use foods, meals, or snacks from the sample menus, or create your own.

If you use foods on pages 2 and 3, but change the portion sizes, the nutrient amounts will also change.

My Sample Day 1		My Sample Day 2	
<b>Breakfast</b>	<b>Time:</b>	<b>Breakfast</b>	<b>Time:</b>
<b>Lunch</b>	<b>Time:</b>	<b>Lunch</b>	<b>Time:</b>
<b>Supper</b>	<b>Time:</b>	<b>Supper</b>	<b>Time:</b>
<b>Snacks</b>	<b>Times:</b>	<b>Snacks</b>	<b>Times:</b>
Number of snacks each day: _____		Number of snacks each day: _____	