

Sample Menus for People with Chronic Kidney Disease (CKD)

Below are 7 days of sample menus to help you plan your meals when you have chronic kidney disease.

A look at the menu

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 help add flavour to your food. These can be used in unlimited amounts.

If you are on a fluid restriction, ask your dietitian how much fluid is right for you.

Ask your dietitian if any changes should be made to the meal plans to meet your nutrition needs.

If you have trouble eating enough food

Nausea and vomiting may be a problem when you have CKD. This can cause poor appetite. If this is a problem, try splitting your meals into 5 or 6 smaller meals. For example, if you can't eat a full breakfast, you could save part of it to have mid-morning.

You can eat the foods below to add calories when you have trouble eating enough to meet your needs. **Ask your dietitian how much is right for you:**

- margarine (non-hydrogenated), vegetable oil, mayonnaise
- cream cheese, sour cream
- honey, sugar, jelly, jams, syrups, hard clear candy, gum drops, jelly beans, jujubes, marshmallows

Day 1

Breakfast

- 1 boiled egg
- ½ cup (125 mL) 1% milk
- 1 cup (250 mL) corn flakes
- ½ cup (125 mL) blueberries
- ½ cup (125 mL) coffee, 1 tsp (5 mL) sugar

Lunch

- Peanut butter and jelly sandwich:
- 2 slices 60% whole wheat bread
 - 2 Tbsp (30 mL) peanut butter
 - 1 Tbsp (15 mL) jam
- 3 vanilla wafers
 - 1 apple
 - ½ cup (125 mL) pink lemonade

Supper

- 3 oz (90 g) baked chicken
- 2 Tbsp (30 mL) unsalted gravy
- 1 cup (250 mL) white rice with 2 tsp (10 mL) non-hydrogenated margarine
- 1 cup (250 mL) green beans
- 1 slice angel food cake, ¼ cup (60 mL) Cool Whip®
- ½ cup (125 mL) frozen strawberries
- ½ cup (125 mL) apple juice

Evening Snack

- ½ small pita, toasted with:
 - 1 tsp (5 mL) non-hydrogenated margarine
 - 1 Tbsp (15 mL) cinnamon sugar mix
- ½ cup (125 mL) water

Remember to take your phosphorus binders if they have been prescribed for you.

Day 2

Breakfast

2 (4") homemade pancakes
2 tsp (10 mL) non-hydrogenated margarine
2 Tbsp (30 mL) syrup
½ cup (125 mL) raspberries
½ cup (125 mL) 1% milk
½ cup (125 mL) coffee, 1 tsp (5 mL) sugar

Lunch

Tuna sandwich:
2 slices white bread
2 oz (60 g) canned tuna (low sodium, well rinsed)
1 Tbsp (15 mL) mayonnaise
¼ cup (50 mL) chopped celery
½ cup (125 mL) grapes
2 shortbread cookies
½ cup (125 mL) Crystal Light®

Supper

2½ oz (75 g) roast turkey
2 Tbsp (30 mL) unsalted gravy
½ cup (125 mL) boiled potatoes, shredded or cubed, then boiled
½ cup (125 mL) carrots
1 dinner roll, 2 tsp (10 mL) non-hydrogenated margarine
½ cup (125 mL) cranberry juice cocktail
½ cup (125 mL) canned pears, drained

Evening Snack

2 unsalted rice cakes
2 Tbsp (30 mL) cream cheese, 1 Tbsp (15 mL) jelly
½ cup (125 mL) grape juice

Day 3

Breakfast

1 egg, poached
2 slices white toast
2 tsp (10 mL) non-hydrogenated margarine
2 tsp (10 mL) jam
1 small tangerine
½ cup (125 mL) coffee, 1 tsp (5 mL) sugar

Lunch

Turkey sandwich:
2 slices 60% whole wheat bread
2 oz (60 g) leftover turkey breast
1 Tbsp (15 mL) mayonnaise
½ tomato
2 Tbsp (30 mL) alfalfa sprouts
½ cup (125 mL) strawberries
2 graham crackers
½ cup (125 mL) water

Supper

2½ oz (75 g) fish (baked, broiled, poached)
1 cup (250 mL) spaghetti, no salt Italian seasoning
1 tsp (5 mL) non-hydrogenated margarine
1 cup (250 mL) mixed vegetables
½ cup (125 mL) water
½ cup (125 mL) vanilla ice cream

Evening Snack

1 plain English muffin (toasted)
2 tsp (10 mL) strawberry jam
½ cup (125 mL) cranberry juice cocktail

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Day 4

Breakfast

1 cup (250 mL) Cream of Wheat, 1 tsp (5 mL) sugar
½ cup (125 mL) 1% milk
1 slice white toast
1 Tbsp (15 mL) peanut butter
½ cup (125 mL) grapes
½ cup (125 mL) coffee, 1 tsp (5 mL) sugar

Lunch

Chicken salad sandwich:

2 slices 60% whole wheat bread
2 oz (60 g) leftover chicken
2 tsp (10 mL) non-hydrogenated margarine
1 Tbsp (15 mL) mayonnaise
¼ cup (60 mL) chopped celery
1 small pear
½ cup (125 mL) cranberry juice cocktail

Supper

2½ oz (75 g) roast beef
2 Tbsp (30 mL) unsalted gravy
½ cup (125 mL) mashed potatoes, shredded or cubed, then boiled and mashed
½ cup (125 mL) asparagus (boiled)
1 slice French bread
2 tsp (10 mL) non-hydrogenated margarine
½ cup (125 mL) raspberry sherbet
½ cup (125 mL) water

Evening Snack

½ cup Corn Bran[®] cereal
3 Tbsp (45 mL) dried cranberries
½ cup (125 mL) gingerale

Day 5

Breakfast

1 cup (250 mL) Cheerios[®]
½ cup (125 mL) 1% milk
1 mandarin orange
½ cup (125 mL) coffee
1 tsp (5 mL) sugar

Lunch

Roast beef sandwich:

2 oz (60 g) leftover roast beef
2 slices white bread
1 Tbsp (15 mL) mayonnaise
2 tsp (10 mL) non-hydrogenated margarine
¼ cup (60 mL) cucumber slices
1 medium apple
½ cup (125 mL) apple juice

Supper

2½ oz (75 g) meat loaf
2 Tbsp (30 mL) unsalted gravy
1 cup (250 mL) white rice with 2 tsp (10 mL) non-hydrogenated margarine
½ cup (125 mL) green peas (boiled)
1 slice pound cake
½ cup (125 mL) water

Evening Snack

½ plain bagel, toasted
1 Tbsp (15 mL) peanut butter
½ cup (125 mL) Crystal Light[®]

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Day 6

Breakfast

French toast:

- 2 slices white bread
- 1 egg, ¼ cup (60 mL) 1% milk
- 2 tsp (10 mL) non-hydrogenated margarine
- 2 tsp (10 mL) pancake syrup
- ½ cup (125 mL) strawberries
- ½ cup (125 mL) coffee,
- 1 tsp (5 mL) sugar

Lunch

Meat loaf sandwich:

- 2 oz (60 g) meatloaf
- 2 slices 60% whole wheat bread with 2 tsp (10 mL) non-hydrogenated margarine
- 2 lettuce leaves
- ½ cup (125 mL) cucumber and celery sticks
- 2 Tbsp (30 mL) hummus
- ½ cup (125 mL) cranberry juice cocktail

Supper

Chicken burger:

- 2½ oz (75 g) grilled chicken breast
- 1 white hamburger bun
- 1 tsp (5 mL) non-hydrogenated margarine
- 1 Tbsp (15 mL) mayonnaise
- ½ cup (125 mL) shredded lettuce
- ½ cup corn and green bean salad
 - ¼ cup each, corn and green beans
- 1 Tbsp lime juice
- 1 Tbsp olive oil
- 1 slice sponge cake, ½ cup (125 mL) blueberries
- ½ cup (125 mL) water

Evening Snack

- 3 cups (750 mL) unsalted popcorn
- ½ cup (125 mL) lemonade

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Day 7

Breakfast

- 1 poached egg
- 2 slices white toast
- 2 tsp (10 mL) each non-hydrogenated margarine and jam
- ½ cup (125 mL) coffee, 1 tsp (5 mL) sugar
- 1 Tbsp (15 mL) 1% milk
- ½ cup (125 mL) cranberry juice cocktail

Lunch

- ½ cup (125 mL) 2% cottage cheese, unsalted
- 1 homemade bran muffin, 1 tsp (5 mL) margarine
- ½ cup (125 mL) each fresh pineapple and strawberries
- ½ cup (125 mL) carrot sticks
- ½ cup (125 mL) gingerale

Supper

- 2½ oz (75 g) pork chop
- 1 cup (250 mL) steamed white rice with 2 tsp (10 mL) non-hydrogenated margarine
- ½ cup (125 mL) green peas
- ½ (3 inch) cob of corn
- ½ cup (125 mL) Crystal Light®

Evening Snack

- ½ plain bagel (toasted) with 2 tsp (10 mL) strawberry jam
- ½ cup (125 mL) grapes
- ½ cup (125 mL) water

Want to reach a healthy body weight?

The tips below can help you to reach a healthy body weight. Talk to your dietitian for more ideas:

- Practice portion control. Measure your servings to see how much you are really eating.
- Choose low calorie beverages like water, diet pop, Crystal Light® or sugar free Kool-Aid®.
- Limit the added fats featured on the menu (margarine and mayonnaise) or choose low fat varieties.
- Be active every day. Talk to your doctor if you have not been active for awhile.