

Sample 7-day menu plan for people with kidney disease

DAY 1		Potassium content
Breakfast	French toast (2 slices white bread) with cinnamon and syrup	275 mg
	½ apple	
	1 cup cashew milk	
Lunch	Egg salad (2 eggs, 1 Tbsp mayo) on a small flour tortilla with iceberg lettuce	350 mg
	½ cup canned pineapple (drained)	
Dinner	Grilled pork loin (3 oz)	510 mg
	1 cup buttered orzo pasta	
	½ cup steamed green beans	

DAY 2		Potassium content
Breakfast	Rice cereal (½ cup) with unsweetened coconut milk (1 cup)	275 mg
	½ cup diced canned peaches (drained)	
Lunch	Chicken salad (3 oz chicken with 1 Tbsp mayo) on a small white roll	350 mg
	Celery sticks	
Dinner	3 oz lemon herb turkey breast	450 mg
	½ cup mashed turnips	
	½ cup roasted zucchini	

DAY 3		Potassium content
Breakfast	Scrambled eggs (2 eggs) with 1 English muffin and butter	380 mg
	½ medium pear; 1 cup unsweetened almond milk	
Lunch	Turkey sandwich (2 oz turkey) on a croissant with lettuce/mustard	280 mg
	½ cup canned mandarin oranges (drained)	
Dinner	Baked cod (3oz), 1 cup roasted cauliflower	400 mg
	1 cup buttered spaghetti	

DAY 4		Potassium content
Breakfast	½ cup Cream of rice cereal with 1 Tbsp maple syrup	160 mg
	½ cup canned fruit (drained)	
	1 cup almond milk	
Lunch	Chicken wrap (small flour tortilla, lettuce, and 1 Tbsp mayo)	400 mg
	Celery sticks	
Dinner	Baked tilapia(3 oz) with lemon	480 mg
	2/3 cup buttered white rice	
	½ cup steamed broccoli	

DAY 5		Potassium content
Breakfast	Scrambled eggs (2 eggs) with diced bell peppers	400 mg
	1 slice white toast with butter	
	½ cup grapes	
Lunch	Tuna salad (2 oz tuna with 1 Tbsp mayo) on a small white bun	225 mg
	Cucumber slices	
Dinner	3 oz meatballs	310 mg
	1 cup buttered spaghetti (white pasta)	
	½ cup sautéed cabbage	

DAY 6		Potassium content
Breakfast	Cream of wheat (1/2 cup) with 1 Tbsp flaxseeds and cinnamon	120 mg
	½ cup canned mandarin oranges (drained)	
Lunch	Roast beef (2 oz)sandwich on 2 slices white bread with mustard	315 mg
	Celery sticks	
Dinner	Herb-crusted chicken breast (3 oz)	400 mg
	½ cup roasted cauliflower	
	2 slices white garlic bread	

DAY 7		Potassium content
Breakfast	Scrambled eggs (2 eggs) with a small white bun and butter	300 mg
	½ cup diced canned pears	
	1 cup cashew milk	
Lunch	Turkey (2 oz) and 1 slice cheese in a small flour tortilla	250 mg
	Lettuce salad with oil and vinegar	
Dinner	Grilled salmon (3 oz)	550 mg
	2/3 cup white rice	
	½ cup steamed carrots	