

Sample meal plan for ESRD patient

	Meal choice	Protein (g)
Breakfast (before dialysis)	Protein shake	25
Lunch (after dialysis)	Protein bar and ½ apple	20
Snack	Cheese stick 85	6
Dinner	Chicken breast 4oz, ½ C broccoli, ½ C rice	38
Total	779 kcal	89 g



\$2/scoop



\$1.09 / Fl Oz



\$1.67/bar



\$1.54/bar

Sample meal idea



Vegetable and Tofu Stir-Fry

Diet Type Low Phosphorus | Low Potassium | Low Sodium Meal Type Vegan - Plant-based | Vegetarian main dishes
Modified from Real Simple Recipes

Nutrient Analysis

- Calories: 404 Kcal
- Protein: 16 g
- Carbohydrates: 55 g
- Fiber: 2 g
- Total Fat: 11 g
- Sodium: 231 mg
- Phosphorus: 282 mg
- Potassium: 728 mg

Servings per recipe: 4

Serving size: 1/2 cup cooked rice with 1/4 tofu and vegetables

Sample meal idea



Lemony Orzo Salad

Diet Type Low Phosphorus | Low Potassium | Low Sodium Meal Type Grains & pasta | Salads | Vegan - Plant-based
Recipe developed by Chef Leslie Cairns

Nutrient Analysis

- Calories: 148 Kcal
- Protein: 4 g
- Carbohydrates: 24 g
- Fiber: 1.6 g
- Total Fat: 4 g
- Sodium: 6 mg
- Phosphorus: 65 mg
- Potassium: 164 mg

Servings per recipe: 4

Serving size: 1/2 cup