

A vibrant collage of various vegetables and legumes, including tomatoes, broccoli, carrots, cucumbers, and bowls of lentils, set against a teal background. The image features a variety of fresh produce: several ripe red and orange tomatoes, green broccoli florets, bright orange carrots, green cucumbers, and a large green bell pepper. There are also two wooden bowls; one contains a mix of green, white, and brown lentils, and the other contains orange lentils with a wooden spoon resting inside. A small wooden spoon also holds a mix of lentils. The background is a solid teal color, and the overall composition is a top-down view of the ingredients.

Eating the right types of food can slow down kidney damage. It can also keep your blood sugar and blood pressure within range. Here are a few steps you can take to eat for kidney health:

- Enjoy a day's worth of kidney-friendly meals that will delight your taste buds and keep you healthy.



Breakfast

Egg veggie muffin

Ingredients

Cooking spray
1 cup bell peppers
(red, yellow, and orange)
1 cup onion
½ lb ground pork
(or turkey or beef)
¼ tsp poultry seasoning
¼ tsp garlic powder
¼ tsp onion powder
½ tsp Mrs. Dash®
herb seasoning blend
8 large eggs
2 Tbsp milk or milk substitute
¼ tsp salt (optional)

Preparation

Makes: 12 servings
Preparation time: 20 minutes
Cook time: 20 minutes

Preheat the oven to 350°F and spray a regular-size muffin tin with cooking spray. Finely dice bell peppers and onion. In a bowl, combine pork, poultry seasoning, garlic powder, onion powder, and Mrs. Dash seasoning to make sausage. In a nonstick skillet, cook sausage crumbles until done; drain. Beat eggs together with the milk or milk substitute and salt. Add the sausage crumbles and vegetables; mix.

Pour egg mixture into prepared muffin tin, leaving space for muffins to rise. Bake for 18-22 minutes.

Helpful hints: Freeze extra muffins and reheat for 30-40 seconds in the microwave for a quick breakfast entrée.

Nutrition per serving (1 muffin)

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fiber	Sugars	Protein	Phosphorus	Potassium
154	10 g	2 g	155 mg	230 mg	3 g	1 g	2 g	12 g	154 mg	200 mg



Lunch

Pear & cranberry salad with grilled chicken

Ingredients

½ cup watercress
 1 cup baby green leaf lettuce
 ½ small Bartlett pear
 1 Tbsp dried, sweetened cranberries
 1 Tbsp pecan pieces
 1 Tbsp apple cider vinegar
 1 Tbsp honey
 2 Tbsp extra-virgin olive oil
 ½ tsp ginger paste (or minced ginger)
 ½ tsp Dijon mustard
 6 oz grilled chicken,
 cut into bite-size pieces

Preparation

Makes: 2 servings
Preparation time: 15 minutes

Clean the watercress; core and slice pear, then cut each slice into three pieces. In a large bowl, combine watercress, lettuce, pear, cranberries, and pecan pieces. In a jar, combine vinegar, honey, olive oil, ginger, and mustard. Cover with a lid and shake until well mixed. Add grilled chicken to the salad. Pour dressing over salad and toss before serving.

Nutrition per serving (½ salad per serving)

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fiber	Sugars	Protein	Phosphorus	Potassium
303	16 g	3 g	81 mg	53 mg	20 g	2 g	17 g	20 g	0 mg	384 mg



Dinner

Homestyle meatloaf

Ingredients

1 lb 93% lean ground beef or ground turkey
¾ cup finely diced onion
4 cloves garlic, minced
2 Tbsp olive oil
1 egg, beaten
½ cup panko bread crumbs (or quick oatmeal)
¼ cup tomato sauce
1 tsp ground black pepper
1 tsp salt (or less)
1 tsp dried thyme
1 tsp brown sugar
1 Tbsp low-sodium Worcestershire sauce

Preparation

Makes: 6 servings
Preparation time: 10 minutes
Cook time: 1 hour and 15 minutes

Preheat the oven to 350°F. Sauté onion in 1 tablespoon olive oil until tender, add garlic, cook an additional 2 minutes, remove from heat. Mix all ingredients, including the onion/garlic mixture, until well blended. Place mixture into a meatloaf pan. Bake until it reaches an internal temperature of 155°F, about 45-55 minutes.

Nutrition per serving (⅙ meatloaf; approximately 3 oz)

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fiber	Sugars	Protein	Phosphorus	Potassium
256	14 g	3 g	156 mg	62 mg	10 g	1 g	3 g	23 g	225 mg	291 mg



Dinner

Mashed-cauliflower with chives

Ingredients

1 medium head cauliflower, separated into florets
6 cups water
1 Tbsp cream cheese, softened
1 Tbsp butter
2 Tbsp grated Parmesan cheese
2 cloves garlic, minced
2 Tbsp milk
Salt and pepper to taste
1/8 tsp chives (fresh or dry)

Preparation

Makes: 4 servings
Preparation time: 8 minutes
Cook time: 12 minutes

Bring 6 cups of water to boil in a large pot. Add cauliflower and cook for 7 minutes. Drain into a colander and immediately return to the pot. Add cream cheese, butter, Parmesan cheese, garlic, milk, salt, and pepper. Puree with immersion wand until creamy and smooth. If you don't have an immersion wand, blend all ingredients in a food processor until smooth. Garnish with chopped chives.

Helpful hints: Use fresh, finely diced onion and minced fresh garlic to add flavor. Finely ground black pepper increases the “kick” and maximizes the flavor. Adding 1 teaspoon of brown sugar adds some sweetener to heighten flavors as well.

Nutrition per serving (1/2 cup)

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fiber	Sugars	Protein	Phosphorus	Potassium
102	6 g	4 g	221 mg	16 mg	9 g	4 g	1 g	6 g	52 mg	451 mg

Dinner

Steamed green beans



Nutrition per serving (1 cup)

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fiber	Sugars	Protein	Phosphorus	Potassium
44	0 g	0 g	1 mg	0 mg	10 g	4 g	2 g	2 g	38 mg	182 mg

Snack

Vegetable dip

Ingredients

1 cup plain, low-fat
Greek yogurt

½ lemon, juiced

1 tsp dried dill weed

¼ tsp garlic powder

⅛ tsp black pepper

⅛ tsp salt

Preparation

Makes: 4 servings

Preparation time: 5 minutes

Combine all ingredients. Mix.
Refrigerate until ready to use.

Helpful hints: Serve this tasty
dip with your favorite veggies.
Try cucumbers, bell peppers,
cauliflower, or broccoli.



Nutrition per serving (¼ cup)

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fiber	Sugars	Protein	Phosphorus	Potassium
50	1 g	1 g	61 mg	5 mg	3 g	0 g	0 g	7 g	63 mg	101 mg