

7 Day Meal Plan for Kidney Disease

7 Day Meal Plan for Kidney Disease patients and patients on dialysis is formulated and presented in a table format. A link to a PDF downloadable format is given at the end.

Diet for dialysis and kidney patients, also called **Renal Diet**, is aimed at **preventing or slowing down** the complications that may develop as a **result of non-functioning kidneys**.

While limiting protein is recommended, **avoiding muscle wasting** is also important. Similarly, people with kidney disease are advised to limit salt, potassium, and phosphates, but what amount is acceptable?

Diet charts for patients with kidney disease are formulated here. You can download them (the link is given at the end of the post).

Read:

- 1500-calorie diet [Meal plan for Diabetes and Kidney disease](#)

What is the Importance of Renal Diet?

Kidney disease is a serious medical condition that impairs the kidneys' ability to filter waste and excess fluids from the blood.

Its severity might range from minor to severe. Kidney failure, often known as end-stage renal disease (ESRD), is the most advanced stage of kidney disease.

Toxin buildup and electrolyte imbalances arise when the kidneys cannot properly filter waste and fluids, causing serious health risks.

Individuals may need to change their diet to ease symptoms and prevent complications that may develop.

Monitoring certain meals and nutrients becomes critical because they directly impact renal function.

Read:

- [Obesity and Kidney Diseases: Kidney stones, AKI, CKD](#)

Easy Changes to Make Your Diet Kidney-friendly:

You must follow dietary guidelines to effectively manage kidney disease and ensure optimal health while minimizing consequences.

These principles serve as a helpful road map, allowing informed choices that benefit health.

- **Keep a Check on Sodium (Salt) Intake:**

The first and most crucial step is to **keep track of your sodium consumption.**

When your kidneys are compromised, it is difficult to maintain correct sodium concentrations, which can **lead to fluid retention and high blood pressure.**

Sodium, or simply table salt is widely used. It is also present in processed meals and sea foods.

Individuals suffering from kidney illness are frequently recommended to decrease their sodium consumption to maintain fluid balance and blood pressure.

Some sodium-reduction strategies include:

- Always read food labels and go for low-sodium options
- Limit salt in cooking and at the table
- Use fresh herbs and low-sodium seasonings

The **daily sodium intake should be less than 1500 mg per day.** In dialysis patients, and those with symptoms of fluid overload, the daily sodium intake may be reduced to **as low as 750 mg.**

So, the daily sodium intake should be between **750 and 1500 mg** which is equal to 1/6th of a teaspoon to **1/3rd of a teaspoon.**

- **Balanced Protein Intake:**

Another important component is your daily protein consumption. You need to balance it to save the body from catabolism and also to prevent extra load on your kidneys.

Opt for HBV (high biological value) proteins but with a small portion size to keep the balance.

Generally, protein intake should be restricted to **0.6 - 0.8 g/kg per day in patients with kidney disease but not on dialysis.** Those on dialysis may take **up to 1 - 1.2 g/kg per day** [[Ref](#)]

- **Manage Your Daily Fluids:**

Controlling fluid intake is also **essential for people with kidney disease.**

The kidneys **manage the fluid balance in the body**, and abnormalities in this complex process can cause edema and fluid retention.

Adhering to recommended fluid allowances and adjusting intake based on factors such as urine output aids in the maintenance of this equilibrium.

- **Potassium and Phosphorus**

Potassium excess can be life-threatening. It is one of the main causes of death in patients with kidney diseases and dialysis.

Dietary potassium should be kept to a minimum. Where required, your doctor may also advise you to take a potassium-binding resin such as [Lokelma](#), [Veltassa](#), or [kayexalate](#).

Phosphorus is another electrolyte, excretion of which is markedly impaired in patients with kidney disease.

Diets high in phosphorus such as dairy products should be minimized. Your doctor may also advise you to take medications to lower your phosphorus levels such as **Sevelamer**.

Read:	<ul style="list-style-type: none">• Lokelma Vs Veltassa• Lokelma Vs Kayexalate: Comparing two Potassium Binding Resins
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Diet for Dialysis and Kidney Disease: Foods to Avoid!

Managing kidney disease necessitates a conscious approach to dietary choices, particularly in steering clear of foods that could exacerbate the condition and contribute to complications.

By avoiding certain foods, individuals can alleviate the burden on their kidneys and promote better overall health.

- **High-Sodium Foods:**

Excessive sodium intake can lead to fluid retention and elevated blood pressure, straining compromised kidneys.

Processed foods, canned soups, fast food, and salty snacks are notorious culprits.

Opt for fresh, whole foods and read labels for low-sodium alternatives. Aim for a daily sodium intake of less than 1500 mg per day (1/3rd of a teaspoon)

- **High-Potassium Foods**

Elevated potassium levels can disrupt heart rhythm and affect muscle function.

Bananas, oranges, potatoes, tomatoes, and avocados are **examples of high-potassium foods** to limit.

Instead, opt for low-potassium alternatives like apples, berries, and cauliflower.

- **High-Phosphorus Foods**

Kidney dysfunction can lead to difficulty regulating phosphorus levels, impacting bone health and blood vessels.

Dairy products, nuts, seeds, and cola beverages are rich in phosphorus and should be consumed in moderation.

Opt for low-phosphorus options like rice, pasta, and lean protein sources. Keep your blood phosphate levels less than **5.5 mg/dl**.

- **Excessive Protein**

Protein is essential for the body but consuming too much can strain your kidneys.

Reducing consumption of high-protein foods like red meat, processed meats, and certain dairy products can help manage kidney workload.

Choose lean protein sources like poultry, fish, and legumes in smaller portions.

Eat up to **0.8 g/kg of proteins daily**. If you are on dialysis, eat up to **1.2 g/kg of proteins daily**.

- **Processed and Fast Foods**

These often contain high amounts of sodium, saturated fats, and additives that can aggravate kidney disease and increase the risk of heart-related complications.

[Homemade meals](#) using fresh ingredients are a **healthier alternative**.

- **Sugary Foods and Beverages**

Consuming excessive sugars can contribute to weight gain and high blood sugar levels, which can negatively impact kidney function.

Limit sugary snacks, desserts, and sugary beverages.

- **High-Oxalate Foods**

Oxalates can contribute to the formation of kidney stones. **Foods high in oxalates** include spinach, beets, rhubarb, and sweet potatoes.

While not all individuals with kidney disease need to avoid high-oxalate foods, those prone to kidney stones may need to moderate their intake.

- **Alcohol**

Excessive alcohol consumption can dehydrate the body and strain the kidneys.

[Limit alcohol intake](#) and consult a healthcare professional about any potential risks.

- **Caffeine**

Caffeine can increase blood pressure and contribute to dehydration.

Moderation is key, and opting for herbal teas and **decaffeinated beverages** is a wiser choice.

- **Salt Substitutes**

Many salt substitutes contain high levels of potassium, which can be detrimental for individuals with kidney disease.

Avoid using these unless recommended by a healthcare professional.

Diet for Dialysis and Kidney Disease: Best Foods for the Kidney

- **Red bell peppers:**

These are rich in vitamins A, C, and B6, and low in potassium therefore a great choice for kidney patients.

- **Cabbage:**

This cruciferous vegetable is packed with phytochemicals, vitamins, and minerals, making it an excellent addition to a kidney-friendly diet.

- **Cauliflower:**

Cauliflower is low in potassium and high in vitamin C, making it a great alternative to potatoes for those with kidney disease.

- **Garlic:**

Not only does garlic add flavor to meals, but it also contains antioxidants that may help reduce inflammation and protect against certain chronic diseases.

- **Onions:**

Onions are low in potassium and a good source of chromium, a mineral that helps with blood sugar control.

- **Apples:**

Apples are high in fiber and packed with beneficial antioxidants, Apples are a healthy choice for individuals with kidney disease.

- **Berries:**

These are rich in antioxidants and low in potassium. Strawberries, blueberries, and raspberries make for a delicious and kidney-friendly snack.

- **Egg whites:**

Egg whites are an excellent source of high-quality protein and can be included in a kidney-friendly diet. However, it's important to limit whole eggs due to their phosphorus content.

- **Fish:**

Incorporating fish into your diet provides high-quality protein and omega-3 fatty acids, which have been shown to benefit kidney health.

- **Olive oil:**

Rich in heart-healthy monounsaturated fats, olive oil serves as a healthy alternative to saturated fats while adding flavor to meals.

Read:

- [Ultimate Liver Detox Diet Plan: 7 Day Liver Cleanse Diet](#)

7 Day Meal Plan for Kidney Disease: 100 KCal Per Day:

Here is a 7-Day Meal Plan for Kidney Disease patients. Each day's meal is divided into three main meals and two snacks.

The first 7-Day Meal Plan for Kidney Disease has about **1000 kcal** while the second has **1500 kcal per day** which can be modified.

Simple modifications to these diet charts may include **omitting mid-day snacks**. However, one **should not avoid any of the major meals**.

Day 1	Meal	Food Item	Calories (Kcal)
Monday	Breakfast	Oatmeal (prepared with water) + 1 small apple	260
	Snack	Rice crackers	120
	Lunch	1 oz steamed chicken breast sprinkled with herbs (without salt) + roasted carrots	370
	Snack	½ cup low-fat yogurt	140
	Dinner	Vegetable rice (low sodium) Cooked edamame ½ cup	240

Day 2	Meal	Food Item	Calories (Kcal)
Tuesday	Breakfast	Scrambled egg whites + 1 pear	180
	Snack	Red bell peppers with hummus	170
	Lunch	Barley soup + green salad	290
	Snack	1 cup red grapes	120
	Dinner	Quinoa bowl with roasted veggies	240

Day 3	Meal	Food Item	Calories (Kcal)
Wednesday	Breakfast	Strawberry pancakes	210
	Snack	Boiled corn	100
	Lunch	1-ounce ground turkey tortilla wrap with lettuce	230
	Snack	1 cup pomegranate	120
	Dinner	Cauliflower rice	290

Day 4	Meal	Food Item	Calories (Kcal)
Thursday	Breakfast	Amaranth muffin	120
	Snack	Roasted celery sticks	80
	Lunch	½ cup Balsamic marinated mushrooms with tortilla	230
	Snack	Almond cookie (no added salt)	130
	Dinner	Zucchini noodles	210

Day 5	Meal	Food Item	Calories (Kcal)
Friday	Breakfast	1 cup Greek yogurt + blueberries	220
	Snack	Roasted celery sticks with sprinkled lemon	110
	Lunch	Steamed chicken leg + 1 cup rice	370
	Snack	Sliced apple	60
	Dinner	Tuna salad with vegetables (small portion of low-sodium canned tuna)	350

Day 6	Meal	Food Item	Calories (Kcal)
Saturday	Breakfast	French toast (made in olive oil)	190
	Snack	Watermelon smoothie	110
	Lunch	Edamame salad with quinoa	240
	Snack	½ cup garlic & onion popcorn	140
	Dinner	Vegetable macaroni (low-salt)	250

Day 7	Meal	Food Item	Calories (Kcal)
Sunday	Breakfast	Apple corn muffins (2)	220
	Snack	½ cup pineapple	120
	Lunch	Apple & and cranberry salad with sprinkled olive oil	230
	Snack	1 cup Beets and cabbage salad	100
	Dinner	1 cup Cauliflower soup	320

Summary of 7-Day Meal Plan for Kidney Disease Patients (1000 Kcal/day):

Here is a summary of the whole one-week meal menu for kidney patients. This is a **7-day Meal Plan for Kidney Disease patients** who may or may not require dialysis.

Each day's meal plan has **three major meals and two snacks**. The total calories are roughly calculated to a target of 1000 kcal/day.

Day	Breakfast	Snack	Lunch	Snack	Dinner	Total Calories
Monday	Oatmeal (prepared with water) + 1 small apple 260 kcal	Rice crackers 120 kcal	1 oz steamed chicken breast sprinkled with herbs (without salt) + roasted carrots 370 kcal	½ cup low-fat yogurt 140 kcal	Vegetable rice (low sodium) Cooked edamame ½ cup 240 kcal	1060
Tuesday	Scrambled egg whites + 1 pear 180 kcal	Red bell peppers with hummus 170 kcal	Barley soup + green salad 290 kcal	1 cup red grapes 120 kcal	Quinoa bowl with roasted veggies 240	1000 kcal
Wednesday	Strawberry pancakes 210 kcal	Boiled corn 100 kcal	1-ounce ground turkey tortilla wrap with lettuce 230 kcal	1 cup pomegranate 120 kcal	Cauliflower rice 290 kcal	930 kcal
Thursday	Amaranth muffin 120 kcal	Roasted celery sticks 80 kcal	½ cup Balsamic marinated mushrooms with tortilla 230 kcal	Almond cookie (no added salt) 130 kcal	Zucchini noodles 210 kcal	910 kcal
Friday	1 cup Greek yogurt + blueberries 220 kcal	Roasted celery sticks with sprinkled lemon 110 kcal	Steamed chicken leg + 1 cup rice 370 kcal	Sliced apple 60 kcal	Tuna salad with vegetables (small portion of low-sodium canned tuna)	1060 kcal

					350 kcal	
Saturday	French toast (made in olive oil) 190 kcal	Watermelon smoothie 110 kcal	Edamame salad with quinoa 240 kcal	½ cup garlic & onion popcorn 140 kcal	Vegetable macaroni (low-salt) 250 kcal	930 kcal
Sunday	Apple corn muffins (2) 220 kcal	½ cup pineapple 120 kcal	Apple & and cranberry salad with sprinkled olive oil 230 kcal	1 cup Beets and cabbage salad 100 kcal	1 cup Cauliflower soup 320 kcal	940 kcal

Read:

- [IBS Meal Plan: Say Goodbye to IBS with Life-Changing 7-Day Diet Plan!](#)
- [Mounjaro Meal Plan: 7-Day 1500 Calorie Tirzepatide Diet Plan](#)

7 Day Meal Plan for Kidney Disease: 1500 Kcal per day

The following meal plans have about 1500 calories. This 7-Day Meal Plan for Kidney Disease patients can also be used for patients who are on dialysis, however, it is important that dialysis patients need more proteins.

Dialysis patients need up to 1.2 g/kg/day. One can modify these diet menus according to their caloric requirements by simply eliminating the snacks portion which can change the daily calories to 1200 - 1000 kcal per day.

It is also important to reduce salt intake to less than 1500 mg per day which is about 1/3rd of a teaspoon.

Day 1	Meal	Food Item	Calories (Kcal)
Monday	Breakfast	Apple cinnamon pancakes	250
	Snack	Cranberry smoothie	110
	Lunch	Falafel wraps + pineapple chunks	350
	Snack	Zucchini brownie	200
	Dinner	1 oz steamed tilapia with 1 cup rice	410

Day 2	Meal	Food Item	Calories (Kcal)
Tuesday	Breakfast	Oat biscuits + 1 cup low-fat milk	290
	Snack	Coleslaw bowl	150
	Lunch	Vegetable spaghetti + orange juice	410
	Snack	Honey glazed carrots	100
	Dinner	Cauliflower and pear soup with whole wheat gingerbread (low-sodium bread)	450

Day 3	Meal	Food Item	Calories (Kcal)
Wednesday	Breakfast	Spinach + mushroom omelet with low-sodium toast	230
	Snack	Roasted bell peppers	140
	Lunch	Zucchini and carrot soup with low-sodium garlic bread	450
	Snack	Rice cake (1)	120
	Dinner	Vegetable salad bowl + almond milk	430

Day 4	Meal	Food Item	Calories (Kcal)
Thursday	Breakfast	Chia seed pudding + sliced apples (2)	210
	Snack	Baked asparagus with low-sodium seasoning	160
	Lunch	Spinach pasta made with cottage cheese and peach juice	470
	Snack	Berry + oatmeal muffins (2)	240
	Dinner	Barley soup with tortilla	380

Day 5	Meal	Food Item	Calories (Kcal)
Friday	Breakfast	Raisin bread + Greek yogurt (half)	290
	Snack	Papaya and pineapple smoothie	150
	Lunch	Grilled turkey sandwich with hummus	370
	Snack	Rice crackers	150
	Dinner	Baked eggplant fries with low-sodium seasoning	390

Day 6	Meal	Food Item	Calories (Kcal)
Saturday	Breakfast	Blueberry pancakes	240
	Snack	Boiled corn	100
	Lunch	Rice noodles with stir-fry veggies	390
	Snack	Rice cakes	240
	Dinner	Mushroom and egg white pie	360

Day 7	Meal	Food Item	Calories (Kcal)
Sunday	Breakfast	1 cup Greek yogurt + 1 boiled egg	230
	Snack	Baked apples with cherries	160
	Lunch	Zucchini lasagna with cottage cheese and low-sodium	450
	Snack	Vegetable salsa bowl	160
	Dinner	Blueberry pie with low-sodium toast and roasted veggies	400

Summarized Table of the 7 Day Meal Plan for Kidney Disease Patients and Dialysis

Here is a summarized table of the whole-week diet chart for patients with kidney disease. A 7-Day Meal Plan for Kidney Disease can also be downloaded as a PDF at the end.

Day	Breakfast	Snack	Lunch	Snack	Dinner	Total Calories
Monday	Apple cinnamon pancakes	Cranberry smoothie	Falafel wraps + pineapple chunks	Zucchini brownie	1 oz steamed tilapia with 1 cup rice	1350 kcal
	250 kcal	110 kcal	350 kcal	200 kcal	410 kcal	
Tuesday	Oat biscuits + 1 cup low-fat milk	Coleslaw bowl	Vegetable spaghetti + orange juice	Honey glazed carrots	Cauliflower and pear soup with whole wheat gingerbread (low-sodium bread)	1400 kcal
	290 kcal	150 kcal	410 kcal	100 kcal	450 kcal	
Wednesday	Spinach + mushroom omelet with low-sodium toast	Roasted bell peppers	Zucchini and carrot soup with low-sodium garlic bread	Rice cake (1)	Vegetable salad bowl + almond milk	1460 kcal
	230 kcal	140 kcal	450 kcal	120 kcal	430 kcal	
Thursday	Chia seed pudding + sliced apples (2)	Baked asparagus with low-sodium seasoning	Spinach pasta made with cottage cheese and peach juice	Berry + oatmeal muffins (2)	Barley soup with tortilla	1440 kcal
	210 kcal	160 kcal	470 kcal	240 kcal	380 kcal	
Friday	Raisin bread + Greek yogurt (half)	Papaya and pineapple smoothie	Grilled turkey sandwich with hummus	Rice crackers	Baked eggplant fries with low-sodium seasoning	1350 kcal
	290 kcal	150 kcal	370 kcal	150 kcal	390 kcal	

Saturday	Blueberry pancakes 240 kcal	Boiled corn 100 kcal	Rice noodles with stir-fry veggies 390 kcal	Rice cakes 240 kcal	Mushroom and egg white pie 360 kcal	1330 kcal
Sunday	1 cup Greek yogurt + 1 boiled egg 230 kcal	Baked apples with cherries 160 kcal	Zucchini lasagna with cottage cheese and low-sodium 450 kcal	Vegetable salsa bowl 160 kcal	Blueberry pie with low-sodium toast and roasted veggies 400 kcal	1400 kcal

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