



# How To Use Your Renal Meal Plan

*Menu Plans are not too complicated but a bit of explanation might help! You have downloaded the weekly meal plan, be it part of the free newsletter subscription or part of the paid weekly subscription and you see that it's long. About 7-17 pages, depending on the plan that you choose. Don't let it overwhelm you. The aim is to make it as clear and simple as possible for your use. We post the meal plan and grocery listing separately so you can download what you need.*

**The Meal Plan Pages** — Plans are broken down into sections for your ease of use - each weekly meal plan has 7 meals which contain from 1 - 4 recipes. Always an entree and usually some side dishes.

At the top right of the page, you will see the name of the diet that the meal plan is for and what week it is showing. Those items are not shown in the picture.

Next, you will see the name of the meal - Meal 1, Meal 2, etc. and the first recipe which is always considered the entree. You will see the name of the recipe, and the ingredients as well as the instructions listed. The names for the ingredients are kind of vague, but that is so that you can find the items in your stores. I realize that you may not have every brand so when I planned your menu, I created meals that were flexible. When you are looking at this list, it should be descriptive of the types of items you will need.

With each recipe, you will also have information on how many servings it is supposed to provide. That way you know that the recipe is made for 4. If you only need enough for 2, you could cut the recipe in half. In this case, it's a broccoli side dish, and has 6 servings, so you can measure out what is supposed to be on the plate for that recipe. It helps you to know what you are making and eating on this plan so you can plan your meals easily.



**Meal Plan**

[www.healthydietmen.com](http://www.healthydietmen.com)

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**Meal:** *Chicken Marsala DM 1400*

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<i>Recipe</i>	<i>Ingredients</i>	
<i>Chicken Marsala</i>	16 ounces Chicken, Breast Boneless	Coat a large non-stick pan with cooking spray. Over medium heat, cook chicken breasts for 6 minutes. Remove from pan and set aside. Add mushrooms to pan and cook for 5 minutes. Add the liquid is evaporated. Well to coat the mushrooms. Add the flour to the mixture. Incorporate the flour into the mixture. Let simmer for 10 minutes. Add pepper. Serve with rice.
<i>Serves: 4</i>	4 cup Vegetable, Mushrooms, slices, raw	
<i>Serving Size: 4 ounce chicken breast, plus sauce</i>	0.25 Teaspoon Herb, Garlic, Raw	
	1 Tablespoon Flour, White bleached enriched	
	1.666 cup Soup, Chicken Broth Low Sodium	
	0.25 tsp Salt	
	0.25 tsp Spice, Black Pepper	
	2 Oz Wine, dessert, sweet - marsala	

Meal plan has recipes listed with serving sizes, ingredients, and instructions. Recipes are listed by meal with all sides as separate recipes.

<i>Instructions</i>	<i>Nutritionals</i>
<p>1. Arrange onion slices on a plate. Drizzle vinegar over onion slices. Heat a large grill pan over medium heat. Coat pan with cooking spray. Add onion to pan; cover and cook 3 minutes on each side. Remove from pan; cover and keep warm.</p> <p>2. Heat pan over medium-high heat. Coat pan with cooking spray. Divide beef into 4 equal portions, shaping each into a 1/2-inch-thick patty. Sprinkle patties evenly with salt and pepper. Add patties to pan; cook 3 minutes on</p>	<p>Calories 391.4 Sodium: 636.8 Protein: 36 Phos 417.0</p> <p>Fat: 16.4 Carbs: 25.9 Chol: 84.7 Pot: 508.6</p> <p>Sat Fat: 6.338 Fiber: 6.044</p> <p>Sugar: 3.761</p>
	<p>Nutritional information is complete for every recipe so you know what you are eating in each portion.</p>



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## Roasted Broccoli with Almonds

Serves: 6

Serving Size: 3/4 Cup

5 Cup	Vegetable, Broccoli Florets, Raw
1 Tablespoon	Oil, Vegetable or Olive
0.25 tsp	Salt
0.25 tsp	Spice, Black Pepper
0.25 Cup	Nuts, Almond Sliced

Cut broccoli florets into 1/2 inch pieces. Place in a large bowl. Add oil, salt, and pepper. Toss to coat. Bake 14 minutes.

Example of a side dish recipe

Finally, you have the nutritional information section by recipe that provides you with information on a **PER SERVING** basis for the recipe above it. While the total amount of the recipe is what you make, and you have the information on the number of portions it makes - a recipe is included based on being right for that diet based on how much it contains per serving. In the case of the renal or kidney disease diets, it is important to know how many calories but also how many grams of protein are in a serving so if you are counting how many grams of protein you can have, it's all right there. We also account for sodium and potassium for your diet, because both of those are very important to your renal diet. In the case of a renal diabetic diet, we also account for carbohydrate. Your dietitian may have told you how many grams of carbohydrate, protein, sodium and potassium to eat per meal. Each of the renal or kidney meal plans is a little different, and I add up the amounts of each nutrient for the entire meal to get your correct amount. CHO = Carbohydrates. All nutrients show up just in case you need to track another component of your diet in the meal plan for your doctor. Renal diets are controlled for **CALORIES, PROTEIN, SODIUM, POTASSIUM - and if you are on the renal diabetic - CHO (Carbohydrate).**

## Grocery List

The grocery list is fairly straightforward so that you can use it several different ways. It has the name of the diet and the week on the top of the page. It is sorted by grocery aisle area - breads, meats, frozen, canned, etc. This helps you with your shopping so that all of the items you need in one section of the store are together. You can go around your kitchen area or pantry before going to the grocery store, cross off what you already have, and get a weeks worth of dinners (and any leftovers for lunch the next day) quickly and easily saving you time. We provide two versions of the grocery list, one by area and one by meal. Examples of both are here in the document.

Please let me know if you have any further questions or suggestions about how to make the meal planning system best work for you! After all, that is who it's for!

Produce		Healthy Grocery List	
Quantity	Grocery Item	Quantity	Grocery Item
3 Tablespoon	Herb, Chives, raw	0.25 tsp	Salt
0.25 Teaspoon	Herb, Garlic, Raw	0.25 tsp	Spice, Black Pepper
5 Cup	Vegetable, Broccoli Florets, Raw	1 Tablespoons	Flour, White bleach enriched
1.5 Cup	Vegetable, Cucumber, peeled, raw	1.666 cup	Soup, Chicken Broth Low Sodium
4 cup	Vegetable, Onions, Your	0.25 Teaspoon	Herb, Garlic, Raw
0.25 Cup	Herb, Parsley, fresh	4 cup	Vegetable, Mushrooms, slices,
8 Tablespoon	Herb, Parsley, fresh	16 ounces	Chicken, Breast Boneless
1 Cup	Herb, Parsley, fresh	2 Oz	Wine, dessert, sweet marsala
0.25 Cup	Herb, Parsley, fresh	<b>Creamy Herbed Mashed Potatoes</b>	
4 Cup	Vegetable, Potato, Flesh only, diced, raw	0.5 tsp	Spice, Black Pepper

Example of a grocery list arranged by area of the store, you get all the ingredients for the week added together so you can just go to the store and buy what you need. Areas are defined - such as dry goods, dairy, meats, etc. You get both lists every week.

Example of a grocery list shown by meal, so you can choose to only make that meal for the week or send someone for just those items.