



Your Weekly Evening Meal Plan

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Diet: Renal (Pre-Dialysis)

Meal: Baked Asparagus Omelette RPD

Recipe	Ingredients	Instructions	Nutritionals
Baked Asparagus Omelet Serves: 6 Serving Size: 1/6 pie	16 Ounces Vegetable, Asparagus Fresh 1 Cup Cheese, Mozzarella Part Skim 0.25 Cup Vegetable, Green Onion 0.5 Cup Egg Substitute 1 Each Egg, Whole 0.5 tsp Salt 2 tsp Spice, Black Pepper 1 cup Fat Free Half and Half Cream	Microwave asparagus in 1/2 cup water for 2-3 minutes or until crispy-tender. Drain and arrange in bottom of pie pan that has been sprayed with pan spray. Sprinkle cheese and chopped onions evenly on top. Combine egg substitute, eggs, half & half, salt and pepper. Pour over asparagus slowly. Bake for 40 minutes at 350'	Calories 157 Sodium: 425 Protein: 13.8 Phos 277 Fat: 7.8 Carbs: 8.9 Chol: 118 Pot: 354 Sat Fat: 3.3 Fiber: 1.7 Sugar: 2.5

Recipe	Ingredients	Instructions	Nutritionals
Pear Serves: 6 Serving Size: 1 medium pear	6 Fruit Fruit, Pear Raw	Piece of fruit	Calories 115.5 Sodium: 0 Protein: 1.3 Phos 30.2 Fat: 0.6 Carbs: 29.3 Chol: 0 Pot: 332.8 Sat Fat: 0 Fiber: 9.9 Sugar: 19.4

Recipe	Ingredients	Instructions	Nutritionals
Corn On The Cob Serves: 6 Serving Size: 1 ear of corn	6 Each Vegetable, Corn on Cob, sm/med, ckd w/o fat or salt	Shuck and clean corn. Boil until tender, about 4-6 minutes.	Calories 82.7 Sodium: 1.5 Protein: 2.5 Phos 78.8 Fat: 0.9 Carbs: 19.2 Chol: 0 Pot: 190.6 Sat Fat: 0.1 Fiber: 2.8 Sugar: 0

Meal: *Patty Melt with Onions RPD*

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p><i>Patty Melts with Grilled Onions Lighter</i></p> <p><i>Serves: 4</i></p> <p><i>Serving Size: 1 sandwich</i></p>	1 Cup Vegetable, Onions, Vidalia, raw	<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 thin patty. Sprinkle patties evenly with pepper. Add patties to pan; cook 2 minutes on each side or until done.</p> <p>3. Spread about 2 teaspoon mustard blend over 4 bread slices; layer each slice with 2 tablespoons cheese, 1 patty, 2 onion slices.</p> <p>4. Heat pan over medium heat. Coat pan with cooking spray. Add sandwiches to pan. Cook 3 minutes on low heat or until bread is toasted and cheese is melted.</p>	<p>Calories 226.2 Sodium: 297.8 Protein: 18.1 Phos 225</p> <p>Fat: 9.995 Carbs: 16.9 Chol: 42.3 Pot: 273.8</p> <p>Sat Fat: 3.499 Fiber: 2.755</p> <p>Sugar: 3.717</p>
	1 Tablespoon Vinegar, balsamic		
	8 ounces Beef, Ground (95% lean)		
	0.25 tsp Spice, Black Pepper		
	3 Tablespoon Mustard, Dijon		
	0.5 Cup Cheese, Mozzarella Part Skim		
4 Each Bread, White, reduced kcal			

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p><i>Asparagus</i></p> <p><i>Serves: 6</i></p> <p><i>Serving Size: 1/2 Cup</i></p>	54 Ounces Vegetable, Asparagus Fresh	<p>Wash and clean asparagus by cutting off hard ends of stalk. Steam for 10 minutes in steamer or cook in 1 in water in microwaveable bowl for 5-7 minutes until desired tenderness.</p>	<p>Calories 21.5 Sodium: 1.8 Protein: 2.3 Phos 48.3</p> <p>Fat: 0.2 Carbs: 3.7 Chol: 0 Pot: 143.2</p> <p>Sat Fat: 0 Fiber: 1.5</p> <p>Sugar: 0</p>

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p><i>Grapes</i></p> <p><i>Serves: 6</i></p> <p><i>Serving Size: 1.5 cups of grapes</i></p>	9 Cup Fruit, Grapes, raw	<p>Wash and remove stems from grapes prior to eating.</p>	<p>Calories 92.5 Sodium: 2.7 Protein: 0.8 Phos 13.8</p> <p>Fat: 0.4 Carbs: 23.7 Chol: 0 Pot: 263.6</p> <p>Sat Fat: 0.1 Fiber: 1.2</p> <p>Sugar: 22.4</p>

Meal: *Chicken Cordon Bleu RPD*

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p><i>Chicken Cordon Bleu Lighter</i></p> <p>Serves: 4</p> <p><i>Serving Size: 1 Rolled Chicken Breast</i></p>	0.25 cup Soup, Chicken Broth Low Sodium	<p>Preheat oven to 350°.</p> <p>Place broth in a small microwave-safe bowl; microwave at high 15 seconds or until warm. Stir in butter and garlic. Combine breadcrumbs, Parmesan, and paprika in a medium shallow bowl; set aside.</p> <p>Place each chicken breast half between 2 sheets of heavy-duty plastic wrap, and pound each to 1/4-inch thickness using a meat mallet or rolling pin. Sprinkle both sides of chicken with oregano, and pepper. Top each breast half with 1/2 slice of prosciutto. Roll up each breast half jelly-roll fashion. Dip each roll in chicken broth mixture; dredge in breadcrumb mixture. Place rolls, seam side down, in an 8-inch square baking dish coated with cooking spray. Pour remaining broth mixture over chicken. Bake at 350° for 28 minutes or until juices run clear and tops are golden.</p>	Calories 151.4 Sodium: 363.8 Protein: 18.2 Phos 195.2
	1.5 tablespoon Butter, Light w/no added salt		Fat: 5.695 Carbs: 6.034 Chol: 54.8 Pot: 339.1
	0.25 Teaspoon Herb, Garlic, Raw		Sat Fat: 2.489 Fiber: 0.661
	0.25 cup Breadcrumbs, Seasoned		Sugar: 0.517
	0.5 Ounces Cheese, Parmesan, dry grated - Romano, grated		
	1 teaspoon Spice, Paprika		
	10 ounces Chicken, Breast Boneless		
	0.25 Teaspoon Herb, Oregano, Ground		
	0.25 tsp Spice, Black Pepper		
2 ounces Ham, prosciutto			

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p><i>Green Beans</i></p> <p>Serves: 6</p> <p><i>Serving Size: 1/2 Cup</i></p>	3 Cup Vegetable, Beans, String, Green, raw	<p>Rinse green beans, cook until just tender in steamer or microwave.</p>	Calories 17 Sodium: 3.3 Protein: 1 Phos 20.9
			Fat: 0 Carbs: 3.9 Chol: 0 Pot: 115
			Sat Fat: 0 Fiber: 0.9 Sugar: 0

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p><i>Rice and Noodle Pilaf</i></p> <p>Serves: 6</p> <p><i>Serving Size: 2/3 cup</i></p>	2 tablespoon Butter, Light w/no added salt	<p>Break spaghetti noodles into small sections about 1-2 inches long. Melt the butter in a large saucepan over medium heat, and add spaghetti.</p> <p>Sauté spaghetti for 5 minutes or until lightly browned. Add the rice, stirring to coat. Stir in the boiling water, salt, and pepper, and bring to a boil. Cover; reduce heat, and simmer for 20 minutes or until the liquid is absorbed. Remove pilaf from heat, and let stand for 10 minutes. Fluff with a fork.</p>	Calories 188.2 Sodium: 103.8 Protein: 4.4 Phos 131.1
	0.3 Cup Pasta, Spaghetti		Fat: 3.4 Carbs: 34.5 Chol: 4.5 Pot: 105.3
	1 Cup Rice, Medium Brown		Sat Fat: 1.6 Fiber: 1.5
	16 oz Water		Sugar: 0.6
	0.25 tsp Salt		
	0.25 tsp Spice, Black Pepper		

Meal: *Turkey Jambalaya RPD*

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p>Turkey Jambalaya Light</p> <p>Serves: 6</p> <p>Serving Size: 1 1/4 cup</p>	<p>3 Teaspoon Oil, Olive</p> <p>1.5 Cup Vegetable, Onions</p> <p>0.25 Teaspoon Herb, Garlic, Raw</p> <p>1 Cup Vegetable, Pepper, Green</p> <p>1 Cup Vegetable, Pepper, Sweet, Red, raw</p> <p>3 teaspoon Spice, Paprika</p> <p>0.5 tsp Salt</p> <p>0.5 Teaspoon Herb, Oregano, Ground</p> <p>0.5 teaspoon Spice, Red Pepper</p> <p>0.5 tsp Spice, Black Pepper</p> <p>1 Cup Grain, Rice, White, Long grain, Parboil, enriched, ckd</p> <p>2 cup Soup, Chicken Broth Low Sodium</p> <p>16 Oz Vegetable, Tomatoes, canned, low sodium crushed</p> <p>0.75 Pound Turkey, Ground Raw</p> <p>3 Ounce Sausage, Kielbasa</p> <p>0.25 Cup Vegetable, Onions, Young Green, raw</p>	<p>Heat oil in a large Dutch oven over medium-high heat. Brown turkey and set aside. Add onion and garlic; sauté 6 minutes or until lightly browned. Stir in bell peppers, paprika, salt, oregano, red pepper, and black pepper; sauté 1 minute. Add rice; sauté 1 minute. Stir in broth and tomatoes; bring to a boil. Cover, reduce heat, and simmer 15 minutes. Add turkey and chopped sausage; cover and cook 5 minutes. Sprinkle with green onions.</p>	<p>Calories 322.5 Sodium: 413.5 Protein: 17.3 Phos 217.6</p> <p>Fat: 11.9 Carbs: 37 Chol: 54.1 Pot: 631.1</p> <p>Sat Fat: 3.181 Fiber: 3.524</p> <p>Sugar: 5.85</p>

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p>Asparagus</p> <p>Serves: 6</p> <p>Serving Size: 1/2 Cup</p>	<p>54 Ounces Vegetable, Asparagus Fresh</p>	<p>Wash and clean asparagus by cutting off hard ends of stalk. Steam for 10 minutes in steamer or cook in 1 in water in microwaveable bowl for 5-7 minutes until desired tenderness.</p>	<p>Calories 21.5 Sodium: 1.8 Protein: 2.3 Phos 48.3</p> <p>Fat: 0.2 Carbs: 3.7 Chol: 0 Pot: 143.2</p> <p>Sat Fat: 0 Fiber: 1.5</p> <p>Sugar: 0</p>

Meal: *Pan Grilled Halibut RPD*

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p><i>Pan Grilled Halibut Light</i></p> <p><i>Serves: 4</i></p> <p><i>Serving Size: 3 ounces fillet +2 teasp</i></p>	0.18 Cup Herb, Cilantro Raw	<p>1. Combine cilantro, basil, onions, olive oil, fresh lemon juice in a medium bowl; stir in 1/4 teaspoon salt and 1/8 teaspoon pepper.</p> <p>2. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Sprinkle remaining 1/4 teaspoon salt and 1/8 teaspoon pepper over fish. Add fish to pan; cook 4 minutes on each side or until desired degree of doneness. Serve with sauce.</p>	<p>Calories 141.2 Sodium: 338.3 Protein: 17.8 Phos 191.2</p> <p>Fat: 7.044 Carbs: 0.737 Chol: 27.2 Pot: 400.4</p> <p>Sat Fat: 0.981 Fiber: 0.135</p> <p>Sugar: 0.25</p>
	2 Tablespoon Herb, Basil, fresh		
	0.15 Cup Vegetable, Onions		
	1.5 Tablespoon Oil, Vegetable or Olive		
	0.667 ounces Lemon Juice, Bottled		
	0.5 tsp Salt		
	0.25 tsp Spice, Black Pepper		
12 Ounces Fish, Halibut, Atlantic & Pacific, raw			

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p><i>Roasted Parmesan Zucchini</i></p> <p><i>Serves: 5</i></p> <p><i>Serving Size: 1/2 cup</i></p>	2 Cup Vegetable, Zucchini, slices	<p>Preheat oven to 450°. Coat a roasting pan with cooking spray. Place zucchini, sliced in 2 inch wedges in pan. Drizzle olive oil over zucchini, and sprinkle evenly with garlic and Parmesan cheese. Roast for approximately 20 min.</p>	<p>Calories 33.1 Sodium: 50 Protein: 1.236 Phos 41.6</p> <p>Fat: 2.562 Carbs: 1.769 Chol: 2.64 Pot: 135.5</p> <p>Sat Fat: 0.69 Fiber: 0.508</p> <p>Sugar: 1.246</p>
	2 Teaspoon Oil, Olive		
	1 Teaspoon Herb, Garlic, Raw		
	3 Tablespoon Cheese, Parmesan, dry grated, reduced fat		

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p><i>Minute Rice</i></p> <p><i>Serves: 6</i></p> <p><i>Serving Size: 1/2 Cup Ric</i></p>	1.5 Cup Rice, white, cooked, instant	<p>Bring water to a boil. Stir in rice, cover and remove from heat. Let stand for 5 minutes or until water is absorbed. Fluff with fork.</p>	<p>Calories 96.3 Sodium: 294.8 Protein: 1.7 Phos 30.7</p> <p>Fat: 0.4 Carbs: 20.6 Chol: 0 Pot: 8</p> <p>Sat Fat: 0 Fiber: 0.4</p> <p>Sugar: 0</p>
	12 oz Water		

Meal: *Chipotle Flank Steak RPD*

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>	
<p>Chipotle Rubbed Flank Steak Light</p> <p>Serves: 4</p> <p>Serving Size: 2 oz steak + 3 T sauce</p>	1 Teaspoon Spice, Ancho Chile Powder	1. Preheat broiler to high.	Calories 183.6 Sodium: 316.2 Protein: 19.8 Phos 210.	
	1 teaspoon Spice, Paprika		2. Combine paprika, chili pepper, and salt. Sprinkle steak with chipotle mixture. Place on a broiler pan; broil 5 minutes on each side. Let stand 5 minutes. Cut thinly across grain.	Fat: 8.323 Carbs: 6.633 Chol: 34.2 Pot: 331.5
	0.25 tsp Salt			Sat Fat: 3.908 Fiber: 0.348
	8 Ounces Beef, Flank Lean Trimmed	3. Heat oil in a saucepan over medium heat. Add shallots and garlic; cook 1 minute. Add flour; cook 30 seconds, stirring. Add milk; boil. Cook until reduced by half. Remove from heat; stir in cheese and remaining ingredients.	Sugar: 2.238	
	1 Teaspoon Oil, Olive			
	2 tablespoons Vegetable, Shallots, peeled, raw			
	0.25 Teaspoon Herb, Garlic, Raw			
	1 teaspoon Flour, Wheat or White, All Purpose			
	0.667 Cup Milk, Lowfat, 1% fat w/added vitamin A			
	0.25 Cup Cheese, Gorgonzola			
1 tablespoon Butter, Light w/no added salt				
1 Tablespoon Herb, Parsley, Raw, Chopped				

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>
<p>Steamed Carrots</p> <p>Serves: 6</p> <p>Serving Size: 1/2 cup</p>	3 Cup Vegetable, Carrots	Steam carrots until tender, season with Mrs. Dash	Calories 33 Sodium: 2 Protein: 1 Phos 22
	1 Teaspoon Spice, Mrs. Dash		Fat: 0 Carbs: 8 Chol: 0 Pot: 165
			Sat Fat: 0 Fiber: 3 Sugar: 0

Meal: *Pork Tenderloin Medallions RPD*

<i>Recipe</i>	<i>Ingredients</i>	<i>Instructions</i>	<i>Nutritionals</i>	
<p>Pork Tenderloin Medallions and Sauce Light</p> <p>Serves: 4</p> <p>Serving Size: 3 medallion plus sauce</p>	0.333 Teaspoon Oil, Olive	1. Heat oil in a small saucepan over medium-high heat. Add onions and garlic; sauté 2 minutes. Add vinegar, sugar, Rosemary, Dijon mustard; cook until reduced to 1/2 cup.	Calories 202.4 Sodium: 86.9 Protein: 18.3 Phos 225.	
	1 Tablespoon Vegetable, Onions, chopped, raw		2. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Cut pork into 12 slices. Place pork in pan; cook 2 minutes on each side. Add balsamic reduction; cook 1 minute, turning pork to coat.	Fat: 6.525 Carbs: 14 Chol: 55.3 Pot: 420.5
	0.25 Teaspoon Herb, Garlic, Raw			Sat Fat: 1.271 Fiber: 0.185
	16 Tablespoon Vinegar, balsamic		Sugar: 11.5	
	1.5 Teaspoon Sweet, Sugar, granulated, white			
	1 teaspoon Herb, Rosemary, Dried			
	0.333 Tables Dijon Mustard			
12 ounces Pork, Tenderloin Lean				

Recipe	Ingredients	Instructions	Nutritionals			
<p>Corn On The Cob</p> <p>Serves: 6</p> <p>Serving Size: 1 ear of corn</p>	<p>6 Each</p> <p>Vegetable, Corn on Cob, sm/med, ckd w/o fat or salt</p>	<p>Shuck and clean corn. Boil until tender, about 4-6 minutes.</p>	<p>Calories 82.7</p> <p>Fat: 0.9</p> <p>Sat Fat: 0.1</p>	<p>Sodium: 1.5</p> <p>Carbs: 19.2</p> <p>Fiber: 2.8</p> <p>Sugar: 0</p>	<p>Protein: 2.5</p> <p>Chol: 0</p>	<p>Phos 78.8</p> <p>Pot: 190.6</p>