

One Day Sample Renal Diet

Meal	Food	Serving	Calories	Protein (g)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Fluid (mL)
Breakfast	Egg White	2 eggs	33	7	9	96	110	--
	Hot Cereal Multigrain	1 cup	143	5	150	176	7	--
	Cranberries	1 cup	45	0	12	0	0	--
	Butter, unsalted	2 Tbsp	204	0	7	7	3	--
	Soy Milk	1.5 cup	197	12	190	430	186	355
	Peaches	1 cup	60	1	31	293	0	--
Morning Snack	Yellow Corn Tortilla Chips	2 oz	263	4	122	124	223	--
	Cheddar Cheese, low sodium	0.25 cup	112	7	137	32	6	--
Lunch	Tuna, light, canned in water	4 oz	98	22	158	203	280	--
	Iceberg Lettuce	1 cup	10	1	14	102	7	--
	Olive Oil	2 Tbsp	239	0	0	0	1	--
	Diced Celery	0.5 cup	8	0	12	131	40	--
	Black Pepper	1/8 tsp	1	0	1	4	0	--
Afternoon Snack	Sourdough Toast	2 slices	376	15	149	165	850	--
	Butter, Unsalted	2 tbsp	204	0	7	7	3	--
Dinner	Couscous, cooked	1 cup	176	6	35	91	8	--
	Lamb Chop, braised	5 oz	435	40	259	391	129	--
Totals			2604	120	1293	2252	1853	355*

*You can have an additional 1145 mL of water.