

Emergency Renal Diet

3 Day Meal Plan

The sample meal plan given contains approximately 42 gm of protein, 1200 mg. sodium, 1200mg potassium, 630 mg phosphorus and 1925 calories.

Day 1

Breakfast	Lunch	Dinner
½ cup non-dairy creamer	2 slices white bread	2 slices white bread
¾ cup dry cereal	2 ounces unsalted tuna fish *	2 ounces unsalted chicken *
1 tablespoon sugar	1 tablespoon mayonnaise * margarine, or oil	1 tablespoon mayonnaise * margarine, or oil
½ cup drained pineapple	½ cup low sodium green beans	½ cup drained canned pears
	½ cup cranberry juice or drink from powdered mix	½ cup cranberry juice or drink from powdered mix
Morning Snack	Afternoon Snack	Evening Snack
10 candies (see grocery list)	10 marshmallows	5 vanilla wafers or 5 sugar wafers or 3 Graham cracker squares or 6 unsalted crackers
	½ cup of applesauce	2 tablespoons honey or jelly as desired on cookies/crackers
	10 candies	10 candies

*If unable to keep food chilled in refrigerator, after opening, keep packed in cooler with ice or snow and discard at the end of the day.

Day 2

Breakfast	Lunch	Dinner
½ cup non-dairy creamer	2 slices white bread	2 slices white bread
¾ cup dry cereal	2 ounces unsalted turkey *	2 ounces unsalted chicken *
1 tablespoon sugar	1 tablespoon mayonnaise * margarine, or oil	1 tablespoon mayonnaise * margarine, or oil
½ cup drained peaches	4 spears low sodium asparagus	½ cup drained pineapple
	½ cup cranberry juice or drink from powdered mix	½ cup cranberry juice or drink from powdered mix
Morning Snack	Afternoon Snack	Evening Snack
½ cup applesauce	10 marshmallows	5 vanilla wafers or 5 sugar wafers or 3 Graham cracker squares or 6 unsalted crackers
10 candies	10 candies	2 tablespoons honey or jelly as desired on cookies/crackers
		10 candies

Day 3

Breakfast	Lunch	Dinner
½ cup non-dairy creamer	2 slices white bread	2 slices white bread
¾ cup dry cereal	2 ounces unsalted tuna fish *	2 ounces unsalted chicken *
1 tablespoon sugar	1 tablespoon mayonnaise* margarine, or oil	1 tablespoon mayonnaise* margarine, or oil
½ cup drained pears	½ cup low sodium carrots	½ cup drained cherries
	½ cup cranberry juice or drink from powdered mix	½ cup cranberry juice or drink from powdered mix
Morning Snack	Afternoon Snack	Evening Snack
10 marshmallows	10 candies	5 vanilla wafers or 5 sugar wafers or 3 Graham cracker squares or 6 unsalted crackers
½ cup applesauce		2 tablespoons honey or jelly as desired on cookies/crackers
		10 candies

*If unable to keep food chilled in refrigerator, after opening, keep packed in cooler with ice or snow and discard at the end of the day.

Suggested Emergency Grocery List

Bread/cereal (choose 5-6 servings per day) (No Raisin Bran)

Loaf of White Bread Graham Crackers Unsalted Crackers (plain)
Vanilla or Sugar Wafers Dry cereal – Puffed Wheat, Puffed Rice, Crisp Rice

Fruits/ Juices (Choose 2-4 servings per day)

Canned: applesauce, pears, peaches, cherries, or pineapple.

Fish/ Meats 4 ounces per day (4oz is size of deck of playing cards)

Canned and water packed- Tuna, Chicken or Turkey.

Frozen or Shelf stable non-dairy creamer- 4 ounces per day

Sweets Choose from: Marshmallows Honey Jelly Sugar

Assorted Candies: Jelly Beans, sourballs, mints, Life Savers, etc

Vegetables (1/2 cup per day)

Choose from canned- low sodium green beans, asparagus, or carrots

Fats (Choose 6 or more servings per day) * Individual packets of mayo and margarine

Margarine*, Mayonnaise*, are recommended to avoid spoilage
Oil (Olive or Vegetable)

Other Beverages (limit to ½ cup per day in addition to meal plan)

1 gallon Spring Water Ginger Ale or Lemon-Lime Soda
Cranberry Juice Powdered Juice mix (Kool-Aid, Tang)

Other Herbal seasoning, Breath Spray, garlic powder, Chewing gum, fresh or reconstituted lemon juice