

Dialysis Diet Menu

BREAKFAST

2 Scrambled Eggs Whites
¼ cup Green Peppers
1 slice White Toast
2 Tbs. Butter
1 cup Cranberry Apple Juice

LUNCH

Tacos
4 oz. Grilled Chicken Breast
½ cups Iceberg Lettuce
¼ cup Cooked Black Beans
2 Corn Tortillas
2 Tbs. Avocado
2 Tbs. Salsa
1 cup Grape Juice
1 Brownie

SNACK

1 cup Grapes
8 Graham Crackers
2 Tbs. Hazelnut Spread
1 cup Cranberry Apple Juice

DINNER

4 oz. Grilled Lemon Chicken Breast
½ cup Couscous
½ cup Peas
1 Wheat Roll
2 Tbs. Butter
1 cup 2% Milk
1 Chocolate Chip Cookie

Food Item	Serving Size	Kcals	Protein	Phosphorus	Potassium	Sodium	Fluid
Breakfast							
Scrambled Egg Whites	2	33	7 g	8 mg	95 mg	109 mg	0 ml
Green Pepper	¼ cup	9	0 g	6 mg	56 mg	0 mg	0 ml
White Toast	1 slice	67	2 g	23 mg	30 mg	85 mg	0 ml
Butter	2 Tbs.	203	0 g	7 mg	7 mg	3 mg	0 ml
Cranberry Apple Juice	1 cup	154	0 g	5 mg	41 mg	5 mg	250 ml
AM Snack							
Granola Bar	1 cup	119	1 g	54 mg	65 mg	61 mg	0 ml
Water	1 cup	0	0 g	0 mg	0 mg	0 mg	250 ml
Lunch							
Iceberg Lettuce	½ cup	5	0 g	7 mg	50 mg	4 mg	0 ml
Grilled Chicken Breast	4 oz.	180	35 g	60 mg	50 mg	85 mg	0 ml
Black Beans	¼ cup	57	4 g	120 mg	199 mg	130 mg	0 ml
Corn Tortilla	2	115	2 g	163 mg	80 mg	5 mg	0 ml
Avocado	2 Tbs.	30	0 g	9 mg	88 mg	1 mg	0 ml
Salsa	2 Tbs.	10	0 g	9 mg	81 mg	129 mg	0 ml
Brownie	1 small	112	1 g	31 mg	42 mg	82 mg	0 ml
Grape Juice	1 cup	142	0 g	15 mg	82 mg	22 mg	250 ml
PM Snack							
Grapes	1 cup	104	1 g	30 mg	288 mg	3 g	0 ml
Graham Crackers	8	140	2 g	0 mg	20 mg	190 mg	0 ml
Hazelnut Spread	2 Tbs.	200	2 g	56 mg	150 mg	15 mg	0 ml
Cranberry Apple Juice	1 cup	154	0 g	5 mg	41 mg	5 mg	250 ml
Dinner							
Grilled Chicken	4 oz.	180	35 g	60 mg	50 mg	85 mg	0 ml
Couscous	½ cup	87	3 g	17 mg	45 mg	4 mg	0 ml
Peas	½ cup	62	4 g	61 mg	88 mg	57 mg	0 ml
Butter	2 Tbs.	203	0 g	7 mg	7 mg	3 mg	0 ml
Wheat Roll	1 small	74	2 g	62 mg	76 mg	145 mg	0 ml
2% Milk	1 cup	123	8 g	226 mg	344 mg	115 mg	250 ml
Chocolate Chip Cookie	1	55	0 g	8 mg	17 mg	33 mg	0
Totals		2,618 kcals	108 g	1,049 mg	2,092 mg	1,375 mg	1,250 ml