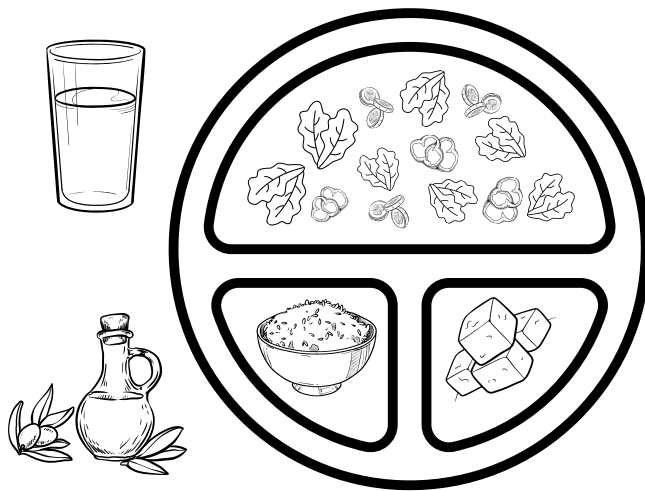


# Kidney Friendly Plate

By  Cukebook.org



**50%** veggies/fruit

**25%** protein

**25%** whole grains

Oils sparingly

Water

Cukebook.org



\*Choose veggies and protein based on your specific needs. A renal dietitian can help.

## Example Meals

### Breakfast

- Oatmeal, apples, walnut
- Non-dairy yogurt, berries, granola
- Tofu scramble with sautéed veggies

### Lunch

- Tuscan kale soup with a side salad
- Chickpea salad with veggies and crackers
- Quinoa kale bowl with sautéed veggies

### Dinner

- Broccoli tofu stir fry
- Veggie curry with brown rice
- Pesto pasta with veggies and white beans

## Building a Satisfying Salad



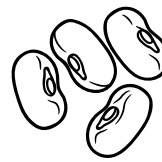
Leafy Greens



Veggies



Nuts & Seeds



Beans & Legumes



Dressings