

Two Week Sample Menu for Hemodialysis Patients (Provides 80 grams of Protein)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	Scrambled Eggs, 2+ White Toast, 1 slice Margarine, 1 tsp. Cranberry Juice, 4 oz. Coffee/Tea, 8 oz.	Cheerios®, 1/2 cup Non-Dairy Creamer, 1/2 cup White Toast, 1 slice Margarine, 1 tsp. Coffee/Tea, 8 oz.	French Toast, 2 slices: Eggs, 2+ White Bread, 2 slices Margarine, 2 tsp. Maple Syrup, 4 tbsp. Grape Juice, 4 oz. Coffee/Tea, 8 oz.	Cornflakes, 1/2 cup Non-Dairy Creamer, 1/2 cup Bagel, 1 Jam/Jelly, 2 tsp. or Cream Cheese, 2 tsp. Grapefruit, 1 half Coffee/Tea, 8 oz.
LUNCH	Sliced Turkey Sandwich (1): Turkey, 3 oz. Sourdough Bread, 2 slices Mayonnaise, 1 tbsp. Lettuce, 1 leaf Tangerine, 1 medium Regular/Diet Sprite®, 4 oz.	Hamburger (1): Lean Beef Patty, 3–4 oz., on a Hamburger Bun Lettuce, 1 leaf Chopped Onion, 1 tbsp. Sliced Mushrooms, 1/4 cup Orange Sherbet, 3/4 cup Iced Tea, 4 oz.	Grilled Salmon, 3 oz. Mexican Pasta, 1 cup** Corn Bread Roll, 1 Margarine, 1 tsp. Mixed Green Salad, 1/2 cup Oil and Vinegar Dressing: Salad/Olive Oil, 2 tsp. Vinegar, 1 tsp. Grapes, 15 medium Regular/Diet Sprite®, 4oz.	Tuna Sandwich (1): Low Sodium/Water Packed Tuna, flaked, 4 oz. Mayonnaise, 1 tbsp. Chopped Onions, 1 tbsp. Chopped Celery, 1 tbsp. Hard Bread Roll, 1 Apple, 1 medium Regular/Diet Root Beer, 4 oz.
DINNER	Broiled Garlic Shrimp, 3 oz.* Rice, 1/2 cup Asparagus, 4 spears Dinner Roll, 1 Margarine, 1 tsp. Pineapple Tidbits, 1/2 cup Regular/Diet Root Beer, 4 oz.	Oven-Baked Chicken, 4 oz. Mashed Potatoes, 1/2 cup Margarine, 2 tsp. Carrots, 1/2 cup Applesauce, 1/2 cup Crystal Light®, 4 oz.	Salisbury Steak, 4 oz., with: Sliced Mushrooms, 1/2 cup Chopped Onions, 1/4 cup Noodles, 1/2 cup Dinner Roll, 1 Margarine, 1 tsp. Green Beans, 1/2 cup Jell-O®, 1/2 cup Lemonade, 4 oz.	Baked Pork Chop, 3 oz. Rice, 1/2 cup Steamed Broccoli, 1/2 cup Margarine, 1 tsp. Canned Apricots, 3 halves Iced Tea, 4 oz.
SNACK	Graham Crackers, 2 squares Canned Pears, 3 halves	Vanilla Wafers, 6 Fruit Cocktail, 1/2 cup	Baked Apple with: Sugar, 2 tsp. Margarine, 2 tsp. Cinnamon, 1 tsp.	Chili Wheat Treats, 1/2 cup*

*Living Well on Dialysis
HD Regular

** Southwest Cookbook

*Egg substitute/egg whites can be used in place of whole eggs

	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Oatmeal, 1/2 cup made with: Non dairy creamer, 1/2 cup Raisins, 2 tbsp. Coffee/Tea, 8 oz. (Optional: add 1 tbsp. of protein powder to oatmeal)	Mushroom Omelet: Eggs, 2 ⁺ Sliced Mushrooms, green peppers, onions, 1/4 cup White Toast, 2 slices Margarine, 2 tsp. Cranberry Juice, 4 oz. Coffee/Tea, 8 oz.	English Muffin Sandwich (1): English Muffin, 1 Scrambled Eggs, 2 ⁺ Natural Cheese, 1 oz. Grapefruit, 1 half Coffee/Tea, 8 oz.
LUNCH	Egg Salad Sandwich (1): Hard Boiled Eggs: 2 whites, 1 yolk Mayonnaise, 1 tbsp. Chopped Celery, 1 tbsp. Lettuce, 1 leaf White Toast, 2 slices Strawberries, 1/2 cup Regular/Diet 7-Up®, 4 oz.	Roast Beef Sandwich (1): Roast Beef, 3 oz. White Bread, 2 slice Mayonnaise, 1 tbsp. Green Beans, 1/2 cup Apple, 1 medium Regular/Diet Root Beer, 4 oz.	Lemon Curry Chicken Salad, 1 cup* Crackers, Unsalted Tops, 6 Sorbet, 3/4 cup Iced Tea, 4 oz.
DINNER	Baked Cod, 4 oz. in: Margarine, 1 tsp. Lemon Juice, 2 tbsp. Black Pepper, 1/2 tsp. Baked Potato (without skin), 1 small: Margarine, 2 tsp. Chives, 1 tsp. Mustard Greens, 1/2 cup Sourdough Bread, 1 slice Margarine, 1 tsp. Canned Peaches, 1/2 cup Iced Tea, 4 oz.	Mexican Chicken and Rice, 1 cup** Zucchini, 1/2 cup Canned Plums, 1/2 cup Regular/Diet Sprite®, 4 oz.	Beef Stew, 1/2 cup*** Noodles, 1/2 cup Mixed Green Salad, 1/2 cup Oil and Vinegar Dressing: Salad/Olive Oil, 2 tsp. Vinegar, 1 tsp. Canned Pears, 2 halves Crystal Light®, 4 oz.
SNACK	Sherbet, 3/4 cup Graham Crackers, 2 squares	Cheese Crisp, 1 made with: Flour Tortilla, 1, 6-inch Natural Cheese, 1 oz.	Cinnamon Crispies, 1 tortilla*

*Living Well on Dialysis
HD Regular

** Southwest Cookbook

+Egg substitute/egg whites can be used in place of whole eggs

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	Fried Eggs, 2 White Toast, 2 slices Margarine, 2 tsp. Apple Juice, 4 oz. Coffee/Tea, 8 oz.	French Toast, 2 slices: Eggs, 2+ White Bread, 2 slices Margarine, 2 tsp. Maple Syrup, 4 tbsp. Grapefruit, 1 half Coffee/Tea, 8 oz.	Oatmeal, 1/2 cup made with: Non-Dairy Creamer, 1/2 cup Maple Syrup, 1 tbsp. Cinnamon, 1/2 tsp. Blueberries, 1/2 cup White Toast, 1 slice Margarine, 1 tsp. Coffee/Tea, 8 oz.	Grape-Nuts® Flakes, 1/2 cup Non-Dairy Creamer, 1/2 cup White Toast, 1 slice Margarine, 1 tsp. Cranberry Juice, 4 oz. Coffee/Tea, 8 oz.
LUNCH	Chicken, 3 oz. on an Onion Roll Mayonnaise, 1 tbsp. Lettuce, 1 leaf Carrot Sticks, 1/2 cup Lemonade, 4 oz	Grilled Cheese Sandwich (1): White Bread, 2 slices Natural Cheese, 2 oz. Celery Sticks, 1/2 cup Low Sodium Dressing, 1 tbsp. Vanilla Pudding (cooked, not instant), 1/2 cup Iced Tea, 4 oz.	Egg Salad Sandwich (1): Hard Boiled Eggs: 2 whites, 1 yolk Mayonnaise, 1 tbsp. White Toast, 2 slices Sliced cucumbers, 1/2 cup Apple, 1 medium Regular/Diet 7-Up®, 4 oz.	Tuna Pasta Salad (1): Shell Pasta, 1 cup Tuna ,1/2 cup. Mayonnaise, 1 tbsp. Chopped Onions, 1 tbsp. Chopped Celery, 1 tbsp. Green Peppers, Radishes, sliced 1/2 cup Orange Sherbet, 3/4 cup Iced Tea, 4 oz.
DINNER	Roast Beef, 3 oz. Mashed Potatoes, 1/2 cup Margarine, 1 tsp. Steamed Carrots & Peas, 1/2 cup Dinner Roll, 1 Margarine 1 tsp. Grapes, 15 medium Iced Tea, 4 oz	Baked Pork Chop, 4 oz. Pasta Noodles, 1/2 cup Green Beans, 1/2 cup Dinner Roll, 1 Margarine, 1 tsp. Applesauce, 1/2 cup Lemonade, 4 oz	Scampi Linguini, 1/2 cup* Mixed Green Salad, 1/2 cup Oil and Vinegar Dressing: Salad/Olive Oil, 2 tsp. Vinegar, 1 tsp Dinner Roll, 1 Margarine, 1 tsp. Pineapple Tidbits, 1/2 cup Iced tea, 4 oz.	Roast Beef, 3 oz. French Bread, 2 slices Margarine, 2 tsp. Sauteed Broccoli, 1/2 cup in: Olive Oil, 1/2 tsp. Thyme, 1/8 tsp. Caramel Custard, 1/2 cup** Regular/Diet Root Beer, 4 oz.
SNACK	Vanilla Wafers, 6 Fruit Cocktail, 1/2 cup	Crackers, Unsalted Tops, 6 Flavored Cream Cheese, 2 oz.	Strawberry Ice Cream, 1/2 cup*	Graham Crackers, 2 squares Strawberries, 1/2 cup

*Living Well on Dialysis
HD Regular

** Southwest Cookbook

*Egg substitute/egg whites can be used in place of whole eggs

	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Scrambled Eggs, 2+ Bagel, 1 Cream Cheese, 2 oz. Canned Peaches, 2 halves Coffee/Tea, 8 oz.	Cream of Wheat, 1/2 cup made with: 1% Milk, 1/2 cup Raisins, 2 tbsp. Sourdough Toast, 1 slice Margarine, 1 tsp. Coffee/Tea, 8 oz. (Optional: add 1 tbsp. of protein powder to the cream of wheat)	French Toast, 2 slices: Eggs, 2+ White Bread, 2 slices Margarine, 2 tsp. Maple Syrup, 4 tbsp. Sausage Patty, 1 oz.: Lean Ground Pork, 1 oz. Black Pepper & Ground Cumin Grape Juice, 4 oz. Coffee/Tea, 8 oz.
LUNCH	Sliced Turkey Sandwich (1): Turkey, 3 oz. Rye Bread, 2 slices Mayonnaise, 1 tbsp. Lettuce, 1 leaf Fruit Cocktail, 1/2 cup Regular/Diet Root Beer, 4 oz.	Roast Beef Sandwich (1/2): Roast Beef, 2 oz. White Bread, 1 slice Mayonnaise, 1/2 tbsp. Low Sodium Vegetable Soup, 1 cup Crackers, Unsalted Tops, 6 Fresh Fruit Salad, 1/2 cup: Apples, Grapes, Mandarin Oranges Iced Tea, 4 oz.	Stir-Fried Chicken and Vegetables: Cubed Chicken, 1/2 cup Zucchini, Carrots, Onions Egg Fried Rice, 1 cup* Chinese Almond Cookies, 3 cookies* Apple Cider, 4 oz.
DINNER	Hamburger (1): Lean Beef Patty, 3–4 oz. on a Hamburger Bun Mustard, 1 tbsp. Catsup, 1 tbsp. Lettuce, 1 leaf Coleslaw, 1/2 cup Apple, 1 medium Iced Tea, 4 oz.	Broiled Skinless Chicken Breast, 3 oz. Rice, 1/2 cup Steamed Broccoli, 1/2 cup Margarine, 1 tsp. Dinner Roll, 1 Margarine, 1 tsp. Pineapple, 1/2 cup Regular/Diet Sprite®, 4 oz.	Broiled Halibut, 4 oz. in: Lemon Juice, 2 tbsp. Cilantro, 2 tbsp. Black Pepper, 1/4 tsp. Steamed Green Beans, 1/2 cup Dinner Roll, 1 Margarine, 1 tsp. Canned Apricots, 3 halves Lemonade, 4 oz.
SNACK	Unsalted Popcorn with Melted Margarine, 3 cups popped Cran-Raspberry Juice, 1/2 cup	Graham Crackers, 2 squares Canned Pears, 2 halves	Jell-O®, 1/2 cup, topped with Cool-Whip®, 2 tbsp.

*Living Well on Dialysis
HD Regular

** Southwest Cookbook

*Egg substitute/egg whites can be used in place of whole eggs

Lunch Recipes for Menu

Egg Fried Rice

Servings: 6 (1 cup each)

Ingredients:

3 tbsp. oil
2 cloves garlic, minced
1/4 cup chopped green onions
1/2 cup cooked chopped pork
4 cups cooked rice
1 tsp. low-sodium soy sauce
1/2 cup frozen green peas
1/4 tsp. dry mustard
6 eggs or 1 1/2 cups low cholesterol egg substitute,
scrambled and chopped

Directions:

Heat oil in large skillet over moderate heat. Add garlic and cook until soft. Stir in onions and cook for 2 minutes. Add rice, pork, and soy sauce. Stir and cook for 3 minutes. Add remaining ingredients; cook until heated thoroughly.

Renal and Renal Diabetic Exchanges:

2 starch
1 meat
1 fat
1 low potassium vegetable

(source: Living Well on Dialysis Cookbook)

Lemon Curry Chicken Salad

Servings: 4 (1 cup per serving)

Ingredients:

1/4 cup oil
4 tbsp. frozen lemonade concentrate, thawed
1/4 tsp. ground ginger
1/4 tsp. curry powder
1/8 tsp. garlic powder
1 1/2 cups cooked, diced chicken
1 1/2 cups grapes, halved
1/2 cup sliced celery

Directions:

In a large bowl, combine oil, lemonade concentrate, and spices. Add remaining ingredients and toss lightly. Chill.

Renal and Renal Diabetic Exchanges:

2 meat
1 starch
2 fat

(source: Living Well on Dialysis Cookbook)

Lunch Recipes for Menu

Mexican Pasta

Servings: 5 (1 cup each)

Ingredients:

5 ounces fideo (vermicelli) pasta (break into 1-inch pieces)

1 tbsp. oil

2 tbsp. onion (chopped)

1/4 cup tomato sauce

1 1/2 cups water

Directions:

Heat oil in skillet and fry pasta until golden. Add onion and saute. Stir in tomato sauce and water. Cover and cook over low heat until liquid is absorbed. This traditional dish makes an ideal substitute for beans in the diet. It is easy to prepare, complements many foods, and is low in potassium, phosphorus, and sodium.

Nutrients: (1 serving)

Calories	84	Phosphorus	19 mg.
----------	----	------------	--------

Fat	5 gm.	Potassium	66 mg.
-----	-------	-----------	--------

Protein	1 gm.	Sodium	76 mg.
---------	-------	--------	--------

Exchanges:

1 Starch

1 Fat

(source: Southwest Cookbook)

Dinner Recipes for Menu

Beef Stew

Servings: 10

Ingredients:

1 1/2 pounds beef chuck, chopped
10 cups water
1 clove garlic, chopped
2 carrots cut into bite-size pieces
1 potato cut into bite-size pieces
3 stalks celery cut into bite-size pieces
1/2 pound cabbage, cut into bite-size pieces
1/2 cup *each* of fresh onion and fresh cilantro, chopped
1/2 cup low-salt tomato sauce

Directions:

Place meat, water, and garlic in a large pot and simmer for about 1 hour. Add remaining ingredients and simmer until vegetables are tender. *Note:* For lower potassium, do not drink broth

Nutrients:

Calories	261	Phosphorus	176 mg.
Fat	16 gm.	Potassium	413 mg.
Protein	20 gm.	Sodium	142 mg.

Exchanges:

2 meat
3 vegetable

(source: Southwestern Cookbook)

Scampi Linguini

Servings: 4 (1/2 cup per serving)

Ingredients:

1 tbsp. olive oil
1 clove garlic, minced
1/2 pound shrimp, peeled and cleaned
1/4 cup dry white wine
1 tbsp. lemon juice
1/2 tsp. basil
1 tbsp. chopped fresh parsley
4 ounces linguini

Directions:

Heat oil in large skillet. Add garlic and shrimp. Cook and stir until shrimp turns pink. Add wine, lemon juice, basil, and parsley. Cook 5 minutes longer. Meanwhile, boil linguini in unsalted water until tender. Drain. Serve the linguini topped with the shrimp and any remaining liquid.

Renal Exchanges:

2 meat
1 starch
1/2 high calorie

Renal Diabetic Exchanges:

2 meat
1 starch
1 low potassium fruit

(source: Living Well on Dialysis Cookbook)

Dinner Recipes for Menu

Broiled Garlic Shrimp

Servings: 5 (2 1/2 ounces. shrimp per serving)

Ingredients:

1 pound shrimp in shells
1/2 cup unsalted margarine, melted
2 tsp. lemon juice
2 tbsp. lemon juice
2 tbsp. chopped onion
1 clove garlic, minced
1/8 tbsp. fresh parsley, chopped

Directions:

Preheat broiler. Wash and dry shrimp. Pour margarine in a shallow baking pan and add lemon juice, onion, garlic, and pepper. Add shrimp and toss to coat. Broil for 5 minutes, turn and broil for 5 more minutes. Serve on platter with strained pan juices. Sprinkle with parsley.

Renal and Renal Diabetic Exchanges:

2 meat
1 starch
1 low potassium vegetable

(source: Living Well on Dialysis Cookbook)

Mexican Chicken and Rice

Servings: 8

Ingredients:

4 split or 2 whole chicken breasts
1/2 tsp. garlic salt
1 1/2 cups white rice
1/2 cup onion, chopped
oil for cooking
8 ounce can tomato sauce
1/2 cup fresh cilantro, chopped

Directions:

Boil chicken in water with garlic salt. Bone and shred the chicken after it is done. Brown rice and onion in a little oil until rice is toasted. Add chicken, tomato sauce, and cilantro. Add enough water to cover the rice plus 1 1/2 inches. Mix well. Add more garlic salt if desired. Cook until rice is done. *Note:* For lower sodium, reduce garlic salt.

Nutrients:

Calories	152	Phosphorus	107 mg.
Fat	3 gm.	Potassium	240 mg.
Protein	16 gm.	Sodium	347 mg.

Exchanges:

2 meat
1 starch

(source: Southwestern Cookbook)

Dessert/Snack Recipes for Menu

Caramel Custard

Servings: 8 (1/2 cup per serving)

Ingredients:

4 eggs
1 1/4 cups milk
10 ounces sweetened condensed milk
1 tsp. vanilla
1 cup sugar

Directions:

Beat together eggs, both milks, and vanilla. Melt sugar in a large pan, being careful not to let it burn or scorch. Carefully pour egg mixture into the pan. Cook over water like a double boiler and bake at 350 degrees for 50 minutes to 1 hour or until set. This dish is rather high in phosphorus and potassium and is best for people who have difficulty taking in other sources of protein. It is also suitable for those who have problems chewing or swallowing.

Warning: This dish is not for people with diabetes.

Nutrients:

Calories	308	Phosphorus	202 mg.
Fat	8 gm.	Potassium	268 mg.
Protein	9 gm.	Sodium	115 mg.

Exchanges:

1 milk 1 fat
1 starch 2 high calorie

(source: Southwestern Cookbook)

Chinese Almond Cookies

Servings: 24 (3 cookies per serving)

Ingredients:

1 cup unsalted margarine, softened
1 cup sugar
1 egg
3 cups flour
1 tsp. baking soda
1 tsp. almond extract

Directions:

In a medium mixing bowl, cream margarine and sugar. Add egg and beat well. Sift dry ingredients and add to creamed mixture. Add almond extract and mix well. Roll into balls about 3/4 inch in diameter. Press a small hole in the middle of each cookie. Bake at 400 degrees for 10 to 12 minutes, until cookies are golden brown around the edges.

Renal Exchanges:

1 starch
1 fat

Renal Diabetic Exchanges:

1 starch
2 fat

(source: Living Well on Dialysis Cookbook)

Dessert/Snack Recipes for Menu

Chili Wheat Treats

Servings: 8 (1/2 cup per serving)

Ingredients:

1/2 cup unsalted margarine
1 tbsp. chili powder
1/2 tsp. ground cumin
1/2 tsp. garlic powder
dash cayenne pepper
4 cups spoon-size shredded wheat

Directions:

Preheat oven to 300 degrees F. Melt margarine in a 10 x 15-inch baking pan. Stir in spices. Add cereal and toss to coat evenly. Bake for 15 minutes or until crisp. Store in a covered container.

Renal and Renal Diabetic Exchanges:

1 starch
1 low potassium vegetable
2 fat

(source: Living Well on Dialysis Cookbook)

Cinnamon Crispies

Servings: 4 (1 tortilla per serving)

Ingredients:

1 tbsp. hot water
1/2 tsp. vanilla
1 1/2 tbsp. sugar
1 tsp. cinnamon
4 6-inch flour tortillas
2 tbsp. unsalted margarine, melted

Directions:

Combine water and vanilla in a small bowl; stir well. Combine sugar and cinnamon; stir well. Brush both sides of tortillas with margarine and then brush each side with water mixture. Sprinkle each side with sugar mixture.

Place on a wire rack in a jelly roll pan. Bake at 400 degrees for 6 1/2 minutes or until lightly browned.

Renal and Renal Diabetic Exchanges:

1 starch
2 fat

(source: Living Well on Dialysis Cookbook)

Dessert/Snack Recipes for Menu

Strawberry Ice Cream

Servings: 6 (1/2 cup each)

Ingredients:

1 10 ounce package frozen, sweetened strawberries

1 tbsp. lemon juice

1 cup crushed ice

3/4 cup non-dairy coffee creamer

1/2 cup sugar

Few drops of red food coloring

Directions:

Thaw strawberries just until they break into chunks. Place all ingredients in a blender. Blend until smooth and sugar is dissolved. Pour into a covered dish. Freeze until firm.

Renal and Renal Diabetic Exchanges:

1 starch

1 low potassium fruit

(source: Living Well on Dialysis Cookbook)