

## Two Week Sample Menu for Peritoneal Dialysis Patients (Provides 100 grams of Protein)

	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>
<b>BREAKFAST</b>	Scrambled Eggs, 2+ White Toast, 1 slice Margarine, 1 tsp. Cranberry Juice Coffee/Tea	Cheerios®, 1/2 cup with Non-Dairy Creamer, 1/2 cup White Toast, 1 slice Margarine, 1 tsp. Orange Juice Coffee/Tea	French Toast, 2 slices: Eggs, 2+ White Bread, 2 slices Margarine, 2 tsp. Maple Syrup, 4 tbsp. Strawberry/Banana Juice Coffee/Tea	Cornflakes, 1/2 cup with Non-Dairy Creamer, 1/2 cup Bagel, 1 Jam/Jelly, 2 tsp. or Cream Cheese, 2 tsp. Grapefruit, 1 whole Coffee/Tea
<b>LUNCH</b>	Sliced Turkey Sandwich (1): Turkey, 4 oz. Sourdough Bread, 2 slices Mayonnaise, 1 tbsp. Tomatoes, 2 slices Lettuce, 1 leaf Orange, 1 medium Regular/Diet Sprite®	Hamburger (1): Lean Beef Patty, 4 oz., on a Hamburger Bun Tomatoes, 2 slices Lettuce, 1 leaf Chopped Onion, 1 tbsp. Sliced Mushrooms, 1/4 cup Orange Sherbet, 3/4 cup Iced Tea	Grilled Salmon, 4 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. Kiwi, 1 Regular/Diet Sprite®	Tuna Sandwich (1): Low Sodium/Water Packed Tuna, flaked, 4 oz. Mayonnaise, 1 tbsp. Chopped Onions, 1 tbsp. Chopped Celery, 1 tbsp. Swiss Cheese, 1 oz. Hard Bread Roll, 1 Apple, 1 medium Regular/Diet Root Beer
<b>DINNER</b>	Broiled Garlic Shrimp, 4 oz.* Rice, 1/2 cup Asparagus, 4 spears Dinner Roll, 1 Margarine, 1 tsp. Pineapple Tidbits, 1/2 cup Regular/Diet Root Beer	Oven-Baked Chicken, 4 oz. Baked Potato, 1 small Margarine, 2 tsp. Carrots, 1/2 cup Applesauce, 1/2 cup Crystal Light®	Salisbury Steak, 4 oz., with: Sliced Mushrooms, 1/2 cup Chopped Onions, 1/4 cup Dinner Roll, 1 Margarine, 1 tsp. Artichokes, 1/2 cup Jell-O®, 1/2 cup Lemonade	Baked Pork Chop, 4 oz. Rice, 1/2 cup Steamed Broccoli, 1/2 cup Margarine, 1 tsp. Fresh Apricots, 4 Iced Tea
<b>SNACK</b>	Graham Crackers, 2 squares Canned Figs, 3 medium	Tuna Salad, 1/4 cup Crackers, unsalted tops 6	Baked Apple with: Sugar, 2 tsp. Margarine, 2 tsp. Cinnamon, 1 tsp.	Chili Wheat Treats, 1/2 cup*

\*Living Well on Dialysis  
PD Regular

\*\* Southwest Cookbook

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

	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	Oatmeal, 1/2 cup made with: Non-Dairy Creamer, 1/2 cup Raisins, 2 tbsp. Coffee/Tea  (Optional: add 1 tbsp. of protein powder to oatmeal)	Mushroom Omelet: Eggs, 2 <sup>+</sup> Sliced Mushrooms, green peppers, onions, 1/4 cup White Toast, 2 slices Margarine, 2 tsp. Tangerine Juice Coffee/Tea	English Muffin Sandwich (1): English Muffin, 1 Scrambled Eggs, 2 <sup>+</sup> Natural Cheese, 1 oz. Watermelon, cubed, 1 1/4 cup Coffee/Tea
<b>LUNCH</b>	Egg Salad Sandwich (1): Hard Boiled Eggs: 3 whites, 1 yolk Mayonnaise, 1 tbsp. Chopped Celery, 1 tbsp. Lettuce, 1 leaf White Toast, 2 slices Plum, Red, 1 Regular/Diet 7-Up®	Roast Beef Sandwich (1): Roast Beef, 4 oz. White Bread, 2 slice Mayonnaise, 1 tbsp. Green Beans, 1/2 cup Banana, 1 medium Regular/Diet Root Beer	Lemon Curry Chicken Salad, 1 cup* Crackers, Unsalted Tops, 6 Sorbet, 3/4 cup Iced Tea
<b>DINNER</b>	Baked Cod, 4 oz. in: Margarine, 1 tsp. Lemon Juice, 2 tbsp. Black Pepper, 1/2 tsp. Baked Potato, 1 small, with: Margarine, 1 tsp. Chives, 1 tsp. Mustard Greens, 1/2 cup Sourdough Bread, 1 slice Margarine, 1 tsp. Fresh Peach, 1 Iced Tea	Mexican Chicken and Rice, 1 cup** Zucchini, 1/2 cup Cantaloupe, 1/3 melon Regular/Diet Sprite®	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. Fresh Pear Crystal Light®
<b>SNACK</b>	Sorbet, 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  
PD Regular

\*\* Southwest Cookbook

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

	<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>
<b>BREAKFAST</b>	Fried Eggs, 2 White Toast, 2 slice Margarine, 2 tsp. Orange Juice Coffee/Tea	French Toast, 2 slices: Eggs, 2+ White Bread, 2 slices Margarine, 2 tsp. Maple Syrup, 4 tbsp. Grapefruit, 1 whole Coffee/Tea	Oatmeal, 1/2 cup made with: Non-Dairy Creamer, 1 cup Maple Syrup, 1 tbsp. Cinnamon, 1/2 tsp. White Toast, 1 slice Margarine, 1 tsp. Honeydew Melon, cubed, 1 cup Coffee/Tea	Grape-Nuts® Flakes, 1/2 cup Non-Dairy Creamer, 1/2 cup Hard Boiled Egg, 1 White Toast, 1 slice Margarine, 1 tsp. Cranberry Juice Coffee/Tea
<b>LUNCH</b>	Chicken, 4 oz. on an Onion Roll with: Mayonnaise, 1 tbsp. Tomatoes, 2 slices Lettuce, 1 leaf Carrot Sticks, 1/2 cup Lemonade	Grilled Cheese Sandwich (1): White Bread, 2 slices Natural Cheese, 2 oz. Low Sodium Tomato Soup, with water, 1/2 cup Celery Sticks, 1/2 cup Low Sodium Dressing, 1 tbsp. Vanilla Pudding (cooked, not instant), 1/2 cup Iced Tea	Egg Salad Sandwich (1): Hard Boiled Eggs: 3 whites, 1 yolk Mayonnaise, 1 tbsp. White Toast, 2 slices Tomatoes, 2 slices Sliced cucumbers, 1/2 cup Apple, 1 medium Regular/Diet 7-Up®	Tuna Pasta Salad: Shell Pasta, 1 cup Tuna, 3/4 cup Mayonnaise, 1 tbsp. Chopped Onions, 1 tbsp. Chopped Celery, 1 tbsp. Radishes, sliced, 1/4 cup Tomatoes, 2 slices Orange Sherbet, 3/4 cup Iced Tea
<b>DINNER</b>	Roast Beef, 4 oz. Mashed Potatoes, 1/2 cup Margarine, 1 tsp. Steamed Carrots & Peas, 1/2 cup Dinner Roll, 1 Margarine 1 tsp. Watermelon, cubed, 1 1/4 cup Iced Tea	Baked Pork Chop, 4 oz. Pasta Noodles, 1/2 cup Margarine, 1 tsp. Spinach, 1/2 cup Applesauce, 1/2 cup Lemonade	Scampi Linguini, 1/2 cup* (double shrimp in recipe) 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	Roast Beef, 4 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
<b>SNACK</b>	Vanilla Wafers, 6 Fruit Cocktail, 1/2 cup	Chicken Salad, 1/4 cup Crackers, Unsalted Tops, 6	Strawberry Ice Cream, 1/2 cup*	Graham Crackers, 2 squares Strawberries, 1/2 cup

\*Living Well on Dialysis  
PD Regular

\*\* Southwest Cookbook

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

	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Scrambled Eggs, 2+ Bagel, 1/2 Cream Cheese, 1 oz. Melon, cubed, 1 cup Coffee/Tea	Cream of Wheat, 1/2 cup made with: Non-Dairy Creamer, 1/2 cup Raisins, 2 tbsp. Fresh Fruit Salad, 1/2 cup Sourdough Toast, 1 slice Margarine, 1 tsp. Coffee/Tea (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 Coffee/Tea
LUNCH	Sliced Turkey Sandwich (1): Turkey, 4 oz. Rye Bread, 2 slices Mayonnaise, 1 tbsp. Tomatoes, 2 slices Lettuce, 1 leaf Papaya, 1/2 cup Regular/Diet Root Beer	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 Green Salad, 1/2 cup Oil & Vinegar Dressing, 1 tbsp. Iced Tea	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
DINNER	Hamburger (1): Lean Beef Patty, 4 oz. on a Hamburger Bun Mustard, 1 tbsp. Catsup, 1 tbsp. Lettuce, 1/2 cup Coleslaw, 1/2 cup Banana, 1 medium Iced Tea	Broiled Skinless Chicken Breast, 4 oz. Rice, 1/2 cup Steamed Broccoli, 1/2 cup Margarine, 1 tsp. Fresh Pear, 1 Regular/Diet Sprite®	Broiled Halibut, 4 oz, in: Lemon Juice, 2 tbsp. Cilantro, 2 tbsp. Black Pepper, 1/4 tsp. Asparagus, 4 spears Dinner Roll, 1 Margarine, 1 tsp. Fresh Apricots, 4 Lemonade
SNACK	Unsalted Popcorn with Melted Margarine, 3 cups popped Cran-Raspberry Juice	Cottage Cheese, 1/2 cup Pineapple, 1/2 cup	Jell-O®, 1/2 cup, topped with Cool Whip®, 2 tbsp.

\*Living Well on Dialysis  
PD 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)