

Renal Diet

			Calories	Protein (g)	Potassium (mg)	Phosphorous (mg)	Sodium (mg)	Water (ml)
Breakfast		2 scrambled eggs	182	12	161	201	177	
8:30 AM		6 Tbsp cream of wheat	237	8	100	110	5	
		1 cup almond milk	91	1	120	19	151	236
		1/2 cup grapes	52	0	144	15	2	60
Morning Snack		1 medium apple	95	0	195	20	2	120
10:30 AM		2 Tbsp cream cheese	60	2	74	46	108	
		1 plain bagel	360	14	132	126	699	
		1/2 cup water						120
Lunch	Rosemary Chicken Salad	2 tsp rosemary	8	0	23	2	1	
12:30 PM		4 oz chicken breast	136	26	379	242	51	
		1 1/2 cup romaine lettuce	12	1	174	21	6	
		1/4 cup garbanzo beans	67	4	119	69	3	
		1/2 cup red onion	32	1	117	23	3	
		1 Tbsp olive oil	119	0	0	0	0	
		1 Tbsp lemon juice	3	0	16	1	0	
		1 cup water	0	0	0	0	7	236
Afternoon Snack		2 cups air popped popcorn	62	2	53	57	1	
2:30 PM		2 Tbsp butter	204	0	7	7	3	
		1/2 cup orange sherbet	107	1	71	30	34	60
		1/2 cup water						120
Dinner		3 1/2 oz roast beef	237	24	190	143	39	
5:00 PM		1 cup white rice	205	4	55	68	2	
		1 dinner roll	133	5	60	52	201	
		1/2 cup green beans	22	1	91	18	1	
		1 Tbsp margarine	102	0	2	1	0	
		1 cup water	0	0	0	0	7	236
Evening Snack		1 sugar cookie	79	1	15	17	65	
7:00 PM		1 cup water						236
Total			2605	107	2298	1288	1568	1424