

ALLERGEN INDICATORS

SHOPPING LIST

KIDNEY

DISEASE COOKBOOK

FOR BEGINNERS

80+ Quick & Easy Renal Diet Recipes, Low Sodium, Potassium & Phosphorus, with a 28-Day Meal Plan for CKD Stages 1-3

By R. Skott Stone with Laura Bennett, MS, RDN

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INTRODUCTION: More Than a Diet – A Way to Live Well with CKD

“You have kidney disease.” Those words can feel heavy, even frightening. But here’s the truth: this diagnosis does not define you. Stages 1–3 are also the moment when your daily choices can make the most difference — which means there is real power in what you do next.

When I began researching kidney-friendly diets, I noticed the same challenges again and again: advice that felt too clinical, recipes that seemed bland, or instructions that were simply overwhelming. I wanted to create something different — a cookbook that is practical, supportive, and full of flavor. This book is not about limits; it’s about showing how much you can still enjoy while protecting your health.

Food is more than fuel — it’s comfort, connection, and joy. My goal is to give you simple, tasty recipes that support your kidneys *and* make mealtime something to look forward to.

How to Use This Book

Think of this cookbook as both a guide and a companion. Inside, you’ll find:

- **80+ recipes** (including drinks that are safe for the kidneys) designed for kidney health, not boring and not monotonous - with seasoning, texture and aroma, with clear nutrition info. Ingredients are easy to find in regular stores, recipes are quick to prepare.
- **28-day meal plan** to make everyday choices easier and also recommendations for keeping a food diary.
- **Allergen indicators** so you can quickly adapt recipes to your needs.
- **Diabetic-friendly options** for those managing more than one condition.
- **Copycat favorites and eating-out tips** — because food should be fun and social, not stressful.

The recipes are organized to be quick and easy, using ingredients you can find at any grocery store. Whether you’re cooking for yourself, your partner, or your whole family, these meals are meant to be doable even on busy days.

Your Diagnosis Is Not a Life Sentence

A diagnosis of chronic kidney disease can feel overwhelming. But with the right approach, you can still enjoy variety, flavor, and even your favorite dishes — just with a few smart adjustments.

This book is here to remind you that you’re not alone. With the right tools, you can take control of your diet, one meal at a time, and protect your health without giving up the joy of eating.

Let’s make kidney-friendly cooking something that nourishes both your body and your spirit.

What You Will NOT Find in This Book

Before we dive into the recipes and tips, let's be clear: this book is not about fear or restriction. It's about enjoying food and finding peace of mind while caring for your kidneys. So here's what you definitely won't see here:

- **⊘ No “forbidden food” lists.**

You won't be scared away from tomatoes or apples. Instead, we'll talk about *how* and *how much* you can enjoy them—because food isn't black and white.

- **⊘ No one-size-fits-all diet.**

We're all different: age, lifestyle, lab results, energy levels. This book is a guide, not a rigid formula. Flexibility is part of the plan.

- **⊘ No trendy extremes.**

Forget detox smoothies or promises that one “miracle grain” will save your kidneys. No fads, no gimmicks—just food that works and tastes good.

- **⊘ No boring meals.**

Nobody here is suggesting you live on plain chicken breast or unsalted noodles. Recipes in this book are colorful, aromatic, and easy to make at home.

- **⊘ No medical jargon overload.**

Everything is explained simply and clearly. No complicated terms, no head-spinning abbreviations—just the essentials, in plain English.

- **⊘ No guilt trips.**

Eating isn't a test. If you have something outside the “ideal” plan, it's not the end of the world. What matters is the bigger picture, not every single bite.

So, if you were expecting a strict rulebook full of “don'ts” and dull recipes—you might be disappointed. But if you're here for clarity, support, and ideas to make your meals tasty, nourishing, and flexible—you're exactly where you need to be.



PART 1: BASICS & PEACE OF MIND

What Is Chronic Kidney Disease — In Simple Words

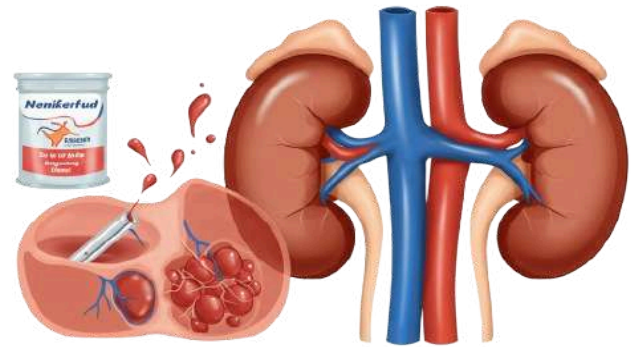
Your kidneys are like your body's natural filters. They clean your blood, remove waste and extra fluid, balance minerals, and even help control blood pressure. When they're healthy, you don't even notice all the work they're doing in the background.

Chronic Kidney Disease (CKD) means your kidneys are not working as well as they used to. It doesn't usually happen overnight — it develops slowly, often over many years. In the early stages (Stages 1–3), most people still feel fine. You may not notice any symptoms at all. That's why many people are surprised or even frightened when they first hear the diagnosis.

But here's the most important thing to remember: CKD at these early stages is not the end of the road. It's a sign that your kidneys need some extra care. And the choices you make about food, fluids, and lifestyle can make a huge difference in keeping them working for many years to come.

Nutrition and Kidneys: What's Important to Know

When you have CKD, what you eat matters — but it doesn't have to feel like a punishment or a strict set of rules. The goal is simple: give your kidneys a little extra support, keep your body energized, and still enjoy your meals.



Your kidneys help balance minerals like sodium, potassium, and phosphorus. If they're not working perfectly, some foods can build up in your body and cause problems over time. That's why paying attention to certain nutrients can make a big difference in slowing down CKD.

Here are the basics you need to know:

When your kidneys aren't working at full speed, some everyday foods need a little extra attention. It's not about giving them up — it's about knowing what to watch for and why.



Sodium (salt): Too much salt makes your body hold onto water and pushes blood pressure up. You don't have to eat "bland" food, though — swapping salt for herbs, spices, lemon, or garlic can bring meals to life. Daily target: **1,500–2,000 mg** unless your doctor advises otherwise.

Potassium: This mineral helps your muscles and heart, but when the kidneys slow down, too much can build up in your blood. Foods like bananas, tomatoes, and potatoes are still good foods, but the *portion* is what matters most. Safe daily intake usually **2,000–3,000 mg**, adjusted individually by lab results.





Phosphorus: Hidden in dairy, beans, nuts, and lots of packaged foods. If levels climb too high, your bones and blood vessels may suffer.

Reading labels and choosing fresh, simple foods helps you stay in balance. Daily target: **800–1,000 mg**; avoid added phosphates — well covered.



Protein: It keeps you strong and fuels your body, but extra-large portions can overwork your kidneys. The right amount depends on your health and stage, so a dietitian can help tailor it to you. Target: **0.6–0.8 g per kg** body weight per day for CKD stages 1–3.

Cholesterol: Not emphasized, but should be noted: **≤ 200 mg/day is safest for CKD + cardiovascular health.**

The key is balance, not restriction. You don't have to give up all your favorite foods. With simple swaps, portion guidance, and meal planning, you can still enjoy delicious, satisfying meals that are safe for your kidneys.

You're not "on a diet for sick people" — you're learning how to eat wisely and kindly for your body, and for the people you care about.

10 Most Common Fears and Questions

When you first hear "you have CKD," it's normal to feel a mix of confusion, worry, and even a little panic. Questions pop up constantly: "What can I eat? Is this food safe? Can I ever enjoy a meal again?" You're not alone — these are exactly the concerns millions of people

share. Here are the most common fears, and what you can do about them:



How many calories should I eat daily if I have CKD stage 1–3?

Great question **!** — it depends on your stage of CKD, age, gender, activity level, and weight.

For stages 1–3 of chronic kidney disease (CKD), dietitians usually recommend:

Daily calorie needs: about **25–35 kcal per kilogram of body weight**. Examples:

	Person weighing	Kcal/day
1	60 kg (132 lbs)	1,500–2,100
2	70 kg (154 lbs)	1,750–2,450
3	80 kg (176 lbs)	2,000–2,800
! If you are overweight or not very active → aim closer to the lower end (25 kcal/kg).		
! If you are thin, physically active, or older but need to maintain weight → aim closer to the higher end (30–35 kcal/kg).		

Protein at this stage is usually **0.6–0.8 g per kilogram of body weight** to protect your muscles without overloading the kidneys. But in practical examples, make sure portion sizes match this — some examples slightly exceed (e.g., "oily fish ≤ 120 g" → better: ≤ 80–100 g to stay safe).

In practice, most people with CKD stage 1–3 **fall around 1,800–2,200 kcal/day** with the possibility of adjustment.

Nutrition is more flexible at these stages compared to later CKD, but mindful choices help support your kidneys long term.

2

What am I allowed to eat?

Many people hope for a strict “yes/no” food list. The truth is, no one can realistically provide a complete list that covers every food, and we will talk about the most significant recommendations in the next part of the book. Instead, what matters most is understanding the principles of kidney-friendly eating and how certain nutrients (like sodium, potassium, phosphorus, and protein) affect your body. With that knowledge, you can make confident choices — at home, when visiting friends, or even while eating out — without fear or unnecessary restrictions.

3

If I switch to sea salt or Himalayan pink salt instead of regular table salt, will it be better for me? Can I use more of it?

No, not really. Sea salt, Himalayan salt, and regular table salt all contain almost the same amount of sodium. For kidney health, it's the sodium that matters most—not the color or type of salt. While some salts may taste a little different or contain tiny amounts of minerals, they do not make them safer for your kidneys. The safest choice is always to keep your overall sodium intake low, no matter which salt you use.

**Salt (sodium) norm for CKD stages 1–3:**

Recommendations: $\leq 2,300$ mg sodium per serving ($\approx 5\text{--}6$ g kitchen salt).

In recipes, it is better to set the goal: **no more than 0.5–1–1.5 g of salt per herb/serving**, and sometimes cook **without salt**, replacing with herbs, lemon juice, garlic.

4

Are bananas, potatoes, and tomatoes off-limits?

“They seem healthy, but I’ve heard people with CKD shouldn’t eat them — why?”

These foods are high in potassium, which can build up when kidneys don’t filter well. That doesn’t always mean “never” — sometimes **small portion and frequency or special cooking methods** (like leaching potatoes) are allowed. Always check with your doctor or dietitian about what’s safe for *your* stage.

**Portions:**

- *Banana*: 1/3–1/2 medium ($\approx 30\text{--}50$ g)
- *Potato*: if used, then only after soaking (cut and soak in water for 2–3 hours, drain the water). Serving - 1/2 of a medium tuber (≈ 70 g when cooked).
- *Tomato*: 1 small or a few slices ($\approx 50\text{--}70$ g)

Frequency:

- Usually 1–2 times per week is safe.
- If potassium levels are high, reduce to once every 2–3 weeks or avoid until stabilized.

Tips:

- Don’t combine several high-potassium foods in the same meal.

- Alternate with low-potassium fruits and vegetables like apples, grapes, berries, cucumbers, or zucchini.
- Always follow your blood test results and your doctor's guidance.
- For potatoes, beets, and carrots → boil, drain, rinse; removes up to 50% potassium.

5

Can food really slow down CKD?

“Or is it all about pills anyway?”

Diet can't cure CKD, but it's a powerful tool to protect your kidneys. Eating the right balance of protein, sodium, potassium, and phosphorus helps reduce the stress on your kidneys, which can slow the progression of the disease. Think of food as daily support that works alongside your medication. Food isn't magic, but it's a powerful tool in your favor.

6

How do I build a balanced plate or meal for CKD stages 1–3? What is the ideal proportion for a balanced CKD-friendly plate?

Think simple: start with a small portion of lean protein (chicken, fish, egg white), add a moderate serving of safe carbs (white rice, pasta, bread without added salt), and always include vegetables or fruit that are kidney-friendly. The goal is balance - not overload.

Approximate distribution in the “kidney” plate:

- **40% Vegetables & Fruits (low-potassium)** - if the potassium level is normal, with excess % it decreases. Examples: cucumber, zucchini, pumpkin, cauliflower, apples, berries - 70-150 g (2-5 oz) *steamed zucchini and carrots drizzled with olive oil.*

- **35% Lean Protein (light and easy to digest)** - The exact amount depends on your doctor's recommendations and the level of protein in your blood. Examples: chicken breast, turkey, cod, hake, egg whites - 90-120 g (3-4 oz) *baked cod fillet with lemon juice and fresh herbs*
- **20% Carbohydrates (low in potassium and phosphorus).** Examples: white rice, rice noodles, small portions of potatoes (after soaking or double boiled to reduce potassium.), low-salt pasta - 20-70 g (1-2.5 oz) *cooked white rice.*
- **5% Healthy Fats.** Examples: olive oil, limited avocado (avoid unless your doctor approves), flaxseed oil.
- **Extras:** lemon wedge and fresh parsley for aroma
- **Drink (sugar-free, low-sodium):** warm herbal tea with chamomile or lemon balm.



Tips for building healthy meals

- Always combine protein + vegetables + a small portion of safe carbs.
- Vary your vegetables. Potassium and phosphorus: controlled - it is better to

alternate products and avoid large portions of one vegetable/fruit.

- Add healthy fats at the end of cooking to preserve nutrients.

7

How can I make kidney-friendly food taste good?

“Most CKD recipes I’ve seen are bland! Is there a tasty alternative?”

Flavor doesn’t have to come from salt. Herbs, garlic, lemon zest, vinegars, safe spices, and even roasting or grilling methods bring out natural flavor. Many kidney-friendly recipes taste fresh, bright, and comforting once you learn the tricks:

☑ ***Roast instead of boil*** – roasting vegetables (like carrots, pumpkin, or cauliflower) brings out their natural sweetness and adds a caramelized flavor without needing salt.

☑ ***Marinate proteins*** – a quick mix of olive oil, lemon juice, garlic, and herbs can make chicken or fish taste rich and flavorful before cooking, even with no added salt.

☑ ***Finish with freshness*** – a sprinkle of chopped parsley, dill, or cilantro added right before serving brightens up the whole dish. However, like a bay leaf added to broth or soup at the end of cooking, just don’t forget to remove it.

☑ ***Use citrus zest*** – lemon or orange zest gives a punch of flavor stronger than juice alone, and it doesn’t add sodium or potassium overload.

☑ ***Pan-sear in a small amount of oil (1 tablespoon, no more), preferably without a crust, then simmer*** – lightly searing meat or veggies in olive oil before finishing them in

broth adds depth and that “restaurant” flavor. But give preference to boiling, baking and steaming.

8

How do I cook for my husband/mom with CKD if I’m feeding the whole family?

“Do I need to make two separate meals?”

Usually not! Most family-style meals can be adapted with small changes: serve protein without salty sauces, keep veggies plain with herbs, and let others add extra salt at the table if they want. This way, your loved one eats safely, and no one feels left out.

9

What can I eat for breakfast, snacks, or when I’m out of the house?

“I need quick ideas, especially if I’m not home.”

Simple choices work best that fit perfectly into a lunch box: low-sodium oatmeal with berries, toast with egg white, unsalted rice cakes, fruit like apples or grapes, small sandwiches with chicken or tuna, or a veggie wrap. For on-the-go, keep a snack bag with unsalted crackers, carrot sticks, or a portion of nuts (if allowed).



Tip: Preparing snacks at home ensures you control sodium, potassium, and phosphorus, making it easy to enjoy safe, tasty food wherever you are.

10

I feel lost with nutrients — sodium, potassium, phosphorus, protein — how do I keep track?

You don't need to memorize numbers. Simple tables, clear labels, and practical meal examples take the guesswork out of eating. This is how you regain confidence with each meal.

The most important thing to remember: these questions are normal, and your feelings are valid. CKD can feel overwhelming at first, but step by step, you can turn confusion into clarity. With the right guidance, each meal becomes an opportunity for care, not stress.

Think of this book as your friend at the table — providing practical tips, reassurance, and a sense of calm, so you can eat without fear, support your kidneys, and still enjoy life.

How to Read Labels — Sodium, Potassium, Phosphorus, Protein

Readng food labels can feel like deciphering a secret code — numbers, percentages, and ingredients you've never heard of. But with a few simple tips, it becomes easy to know what's safe for your kidneys and what to enjoy in moderation.

How to Read a Food Label for Kidney Health – 4 Steps

Element	What to watch, where and how	Warning	Tip
Sodium (Salt)	Check the “Sodium” or “Salt” line. Less than 140 mg per serving is low — a good choice for CKD.	Hidden salt in processed foods like canned soups, sauces, deli meats, and snacks can be much higher than expected.	Fresh or frozen vegetables, plain meats, and unsalted nuts are safer options. Use herbs, lemon, and spices to boost flavor instead of salt.
Potassium	If potassium is listed, compare numbers and choose lower options. If it's not listed, be mindful of foods naturally high in potassium (like bananas, tomatoes, potatoes) and keep portions moderate.	Too much potassium can be dangerous for CKD patients, causing irregular heart rhythms.	Ask your dietitian for personalized targets. Small portions of high-potassium foods are generally safe.
Phosphorus	Watch for additives: anything that says “phosphate” or “phosphoric acid” is extra phosphorus you may want to avoid. Often found in dairy, beans, nuts, and processed foods.	Excess phosphorus can weaken bones and cause itching. Added phosphates in processed foods are absorbed faster than natural ones.	Whole foods are safer than processed versions. If a product contains several “phos” ingredients, it is better to refuse it.
Protein	Check grams of protein per serving.	Too much protein strains kidneys; too little leaves you weak. The right amount depends on CKD stage and health goals.	Choose high-quality protein (chicken, fish, eggs, some dairy). Divide protein across meals — small, balanced portions are easier on kidneys.

On a food label, elements is usually listed *per serving*, and sometimes *per 100 g* of the product.

! How to understand: Serving / Per Serving: If it says *Sodium 100 mg per serving*, it means 100 mg of sodium in the specific serving listed on the label.

The serving can be smaller or larger than 100 g, so check the Serving Size.



Example: Serving = 30 g of cereal, Sodium = 100 mg → if you eat 60 g, the sodium will be 200 mg.

In addition, ingredients list matters

Don't just look at the numbers. Scan the ingredients for hidden sodium, phosphorus additives, and processed items.

Tip: The shorter the list, usually the safer the product.

Simple strategy:

- *Make reading labels part of your routine* — like checking the weather before leaving the house.
- *Keep a small notebook or use a phone app* to track sodium, potassium, and phosphorus if needed.
- *Over time*, you'll start recognizing safe choices without even thinking.

Remember: labels are tools, not rules. They give you clarity and confidence, helping you choose foods that support your kidneys — and enjoy every meal without fear.



Food Diary & Self-Monitoring

Keeping a **food and wellness diary** is a simple but highly effective tool for **supporting kidney health**. It helps you track how your body responds to certain foods, adapt your nutrition to your personal needs, and discuss your diet more effectively with your doctor or dietitian.

Why Keep a Food Diary

- **Track your body's reactions** → Notice how specific foods affect your energy, swelling, digestion, or overall well-being.
- **Balance key nutrients** → Helps you monitor and adjust your intake of sodium, potassium, phosphorus, and protein.
- **Improve communication with your doctor** → Accurate records make it easier for your healthcare team to identify what works and what doesn't.

- **Identify hidden patterns** → For example, when swelling, fatigue, or discomfort occur in relation to certain foods or meal timings.

How to Keep the Diary

- **Make entries daily** → Record after every meal or at least once a day for the best insights.
- **Choose a format that works for you** → Use a notebook, a printed tracking sheet, or a notes app — the key is consistency.
- **No need for perfection** → Approximate portion sizes and short notes about your sensations are enough.
- **Focus on trends, not stress** → This diary is a **self-care tool**, not a strict control mechanism.
- **Consistency is more important than precision** → Small, regular notes give you better long-term insights than occasional detailed logs.



Food & Wellness Diary

Day ____ / Date: _____



Meal / What You Ate

Breakfast:

Foods / Drinks: _____ / _____
 Portion / Amount: _____ / _____
 Sodium / Potassium / Phosphorus / Protein: _____ / _____ / _____ / _____

Lunch:

Foods / Drinks: _____ / _____
 Portion / Amount: _____ / _____
 Sodium / Potassium / Phosphorus / Protein: _____ / _____ / _____ / _____

Snack:

Foods / Drinks: _____ / _____
 Portion / Amount: _____ / _____
 Sodium / Potassium / Phosphorus / Protein: _____ / _____ / _____ / _____

Dinner:

Foods / Drinks: _____ / _____
 Portion / Amount: _____ / _____
 Sodium / Potassium / Phosphorus / Protein: _____ / _____ / _____ / _____



Wellness & Energy

Energy Level (1–5): _____

Comments: _____

Energy Level (1–5): _____

Comments: _____

Energy Level (1–5): _____

Comments: _____

Energy Level (1–5): _____

Comments: _____



Body Reactions

- Swelling: _____
- Blood Pressure: _____
- Sleep: _____
- Other reactions: _____



Medications

- Name / Dose: _____ / _____
- Time taken: _____
- Effect on appetite or well-being: _____

? Questions / Observations for Your Doctor

- _____
- _____
- _____



Fluid Intake

Time	Beverage	Amount (ml)

! Tip: This is not a template or an obligation, but a visual reminder for your convenience. We've designed a sample printable diary sheet that you can Scan, Print and Use daily to collect a consistent record of your meals, mood, and health markers, which are convenient to take to your doctor's appointment.

How to Talk to Your Doctor — Questions, Menus, Confidence

Visiting the doctor can feel intimidating, especially when you have CKD. You might worry about asking “the wrong question” or forgetting something important. But remember: your doctor is there to help, and the more prepared you are, the more confident you’ll feel.

1 Bring your questions

Write down anything that’s on your mind before your appointment. Examples:

- *What stage of kidney disease am I in, and what does that mean for me?*
- *How quickly does my condition usually change?*
- *What should I watch for in my daily life that might signal a problem?*
- *Are there specific foods I should focus on eating more often?*
- *Which foods should I limit, and how strict do I need to be?*
- *How much protein is right for me each day?*
- *Do I need to be careful with potassium, phosphorus, or sodium right now?*
- *How much water should I drink in a day?*
- *Is exercise safe for me, and what kind is best?*
- *Are there over-the-counter medicines, vitamins, or supplements I should avoid?*
- *How often should I have blood or urine tests?*
- *Can you recommend a dietitian who specializes in kidney health?*
- *What resources or patient groups are available for support?*
- *“Can I eat this food while cooking for my family?”*

Having your questions written down keeps the conversation focused and ensures nothing gets

forgotten.

2

Share your daily menu

If you can, bring a sample of what you usually eat in a day. Your doctor can see what’s working, what might need adjustment, and give practical advice — not just generic rules.

3

Ask for clear guidance

Don’t be afraid to say, “Can you explain that in simple terms?” or “What exactly does this mean for my meals?” You have the right to understand your own care.

4

Take notes

Write down instructions and recommendations. It’s easy to forget details, and having a written reference gives you confidence at home.

5

Remember: it’s a partnership

Your doctor wants you to do well. Think of the relationship as a team effort — you bring the daily reality of eating and living with CKD, and your doctor brings expertise. Together, you can make choices that support your kidneys and your lifestyle.

6

Leave with confidence, not fear

After each visit, aim to feel clear and empowered. Even small steps — adjusting one meal, clarifying one nutrient, or planning snacks for the week — make a big difference over time.

Talking to your doctor doesn’t have to be stressful. With preparation, clear questions, and a partnership mindset, each appointment can boost your confidence and help you take control of your CKD journey — while still enjoying food, life, and family.

PART 2: EATING WITH CONFIDENCE

In this part of the book, we shift the focus from limitations to possibilities. Instead of long lists of “don’t,” you will find clear, friendly guidance on what you can enjoy. From safe everyday foods to simple ways of adding flavor without excess salt, the goal is to make eating feel natural again. We will also look at practical solutions for snacks, easy meal ideas, and tips for eating out—because life doesn’t stop at the kitchen table.

Most importantly, this section is designed to help you feel calm and confident. With the right knowledge, food becomes less about fear and more about balance. Even small changes—choosing lower-sodium options, balancing protein portions, or using fresh herbs—can support your kidneys while keeping meals enjoyable.

Foods: What to Eat and What to Limit

Living with chronic kidney disease (CKD) stages 1–3 doesn’t mean giving up on tasty meals. The right nutrition can help protect your kidneys while keeping your energy and well-being high.

Everyone’s body is unique, and your kidneys respond differently depending on age, stage of CKD, medications, activity level, and overall health. What works well for one person may not be ideal for another. That’s why this table is meant to give direction, not prescription. It helps you see patterns, spot foods that are generally considered safer, and identify items that may need moderation or closer monitoring.

Remember, CKD management is a long-term process, and your diet should be flexible. Adjust recipes, swap ingredients, and tailor meals to your preferences while following the principles outlined here. With this approach, you can enjoy a wide range of foods, protect your kidneys, and maintain energy and well-being without feeling deprived.

The table below is a tool, not a rulebook. It is meant to simplify choices, highlight patterns, and give you confidence at the grocery store or in the kitchen. It also encourages mindfulness—paying attention to portion sizes, mixing foods for balanced nutrition, and listening to your body’s signals. Over time, these habits help build a sustainable, enjoyable, kidney-friendly eating pattern.

You’re not expected to follow it perfectly; instead, it shows options and ideas so you can adapt meals to your needs, preferences, and lab results. Use it to plan shopping trips, build meals, or find inspiration for creative substitutions. Over time, this approach helps reduce anxiety around food and makes cooking more enjoyable.

A key principle is flexibility. You may find that certain vegetables or grains affect you differently from day to day, or that portion sizes need adjusting. That’s normal. The table encourages variety and rotation, so you can enjoy different flavors, textures, and nutrients without overloading your system. It also reminds you that moderation is not deprivation—it’s a way to support your kidneys while still enjoying a satisfying, colorful plate.

Kidney-Friendly Food Guide (CKD 1–3)

(Stages 1–3, moderate restrictions, focus on variety and portion control)

Category	Safe to Eat Regularly 	Allowed in Moderation  (with frequency & portions)	Better to Avoid / Exclude  (and why)
Proteins	Chicken, turkey (fillet and other parts, skinless); fish (cod, flounder, trout, pike perch, hake, pike); quail eggs (1–2 pcs/week); egg whites	Lean beef, veal, rabbit — $\leq 1-2\times/\text{week}$ (≤ 100 g); oily fish (salmon, tuna, mackerel) $\leq 1\times/\text{week}$, $\leq 80-120$ g; shellfish occasionally ($\leq 1\times/\text{month}$)	Smoked meats and fish, bacon, sausages, pâtés, canned meat, organ meats — high sodium & phosphates/ Plant-based proteins (lentils, dry chickpeas, dry beans) — individually, allowed occasionally and in small portions only if potassium and phosphorus are stable.
Dairy & Alternatives	Rice milk, almond milk, unsweetened coconut yogurt; plain yogurt ≤ 100 ml	Low-fat cottage cheese — $1\times$ per week, ≤ 50 g (as recommended by your doctor); Soft, lightly salted cheese (≤ 30 g $\leq 1\times/\text{week}$) and heavy cream, Low-fat kefir ≤ 100 ml	Whole milk, salted cheeses (feta, brined cheese), hard cheeses, sweetened condensed milk, store-bought milkshakes, cream — high phosphorus & sodium
Grains	White rice, rice noodles, plain pasta, salt-free bread, cornmeal, rolled oats, oatmeal (in moderation)	Buckwheat (rarely, in small portions), whole-grain bread — $2-3\times$ per week, ≤ 40 g, chia seeds ≤ 1 tsp for texture only; bulgur, couscous, pearl barley - no more than for filling and texture - 30 g	Bran, quinoa, millet (high in phosphorus and potassium), whole-grain bread with seeds — too high in phosphorus
Vegetables	Zucchini (courgette), cucumber, iceberg lettuce, Chinese & Savoy cabbage, pumpkin ≤ 70 g; Bell peppers (red, yellow, green), eggplant (aubergine), green beans ≤ 70 g Lettuce (iceberg), Romaine lettuce (small amounts), Radish, Celery (small sticks), Turnip, Rutabaga (swede), Courgette flowers, Endive	Broccoli $\leq 3\times/\text{week}$ ≤ 70 g; Brussels sprouts $\leq 2\times/\text{week}$; cauliflower $\leq 3\times/\text{week}$ ≤ 70 g; carrots (and boiled, small portions) ≤ 50 g boiled; tomatoes (fresh or cherry — small portion) ≤ 50 g; beets (boiled, small portions) ≤ 40 g; potatoes (soak before cooking, small portions) ≤ 50 g; Butternut squash, Green peas (fresh or frozen), Kale, Asparagus, Leeks, Onions (avoid large amounts), Parsnip, Corn (on the cob or kernels), Bok choy (pak choi);	Spinach (cooked/fresh), Sorrel, Swiss chard, Sweet potato, Potato (baked/boiled, without leaching), Yam, Edamame (soybeans), Mushrooms (especially portobello, shiitake), Seaweed (nori, kelp), Artichoke, Jerusalem artichoke, Molokhia (Jew's mallow): avocado (exclude in case of elevated potassium levels in the blood) - for beauty and texture in very small quantities
Fruits	Apples, pears, blueberries, raspberries, lingonberries, cranberries, cherries, watermelon ≤ 50 g, watermelon ≤ 80 g	Bananas, grapes — $1/2\times$ per week, ≤ 50 g, Strawberries ≤ 50 g; melon ≤ 50 g; kiwi $\leq 1\times/\text{week}$; apricots $\leq 1\times/\text{week}$	Dried fruits (dried apricots, raisins, prunes), mango, persimmons — too much potassium & sugar; Pomegranate - for beauty and texture in very small quantities
Sweets & Desserts	Sugar-free berry desserts, baked apples, rice puddings	Honey — ≤ 1 tsp/day	Chocolate, caramel, cakes, ice cream — added sugars & phosphates
Drinks	Herbal teas (mint, chamomile, lemon balm), infused water, compotes from permitted berries, plain water	Weak black/green tea ≤ 1 cup/day, decaf coffee ≤ 150 ml	Soda, energy drinks, packaged juices, alcohol, strong coffee — sugar & additives

The main focus is: less salt, fewer phosphate additives, moderate protein, and potassium control based on lab results.

Safe Spices & Flavor Solutions

Another important point is mindful preparation. Cooking methods, seasoning choices, and meal composition can make a big difference. Fresh herbs, lemon juice, spices, and homemade sauces can transform simple ingredients into meals that feel indulgent and comforting. By paying attention to how you prepare food, you can create dishes that are both kidney-friendly and enjoyable, keeping meals exciting and appealing.

In kidney-friendly cooking, flavor matters — but we must achieve it **without excess salt, sugar, or artificial additives**. The goal is to enhance the natural taste of ingredients using **herbs, spices, citrus, and healthy oils** while staying within safe potassium, sodium, and phosphorus limits.

Below is a maximally complete **Kidney-Safe Spice & Flavor Guide** divided into three categories:

Kidney-Safe Spices, Herbs & Flavor Enhancers

Category	Safe to Use Regularly  (unlimited or minimal restrictions)	Allowed in Moderation  (portion & frequency)	Better to Avoid / Exclude  (and why)
Herbs	Dill, parsley, thyme, oregano, rosemary, basil, cilantro, mint, chives, other dried herbs	Bay leaf ≤1 leaf per dish; tarragon ≤1 tsp/week	Dried herbs with added salt or flavor enhancers
Spices	Turmeric, coriander, cumin, sweet paprika, mild chili powder, cinnamon, nutmeg	Smoked paprika (if there is no gastrointestinal irritation) ≤1 ×/week; mustard seeds ≤1/2 tsp	Avoid pre-made spice blends and pickled seasonings → many contain hidden sodium & phosphates.
Citrus & Aromatics	Fresh lemon/lime juice, lemon zest, orange zest	Lime juice ≤2 tsp/day if potassium is elevated	Dried citrus peel with additives or sulfites
Flavor Bases	Garlic (fresh or roasted), onion (fresh or sautéed), green onion tops, shallots	Cooked onion ≤25 g if potassium sensitivity exists	Garlic/onion powders with salt, pre-made onion soups
Natural Extracts	Vanilla extract, almond extract, natural fruit essences	Use ≤½ tsp/day for flavor only	Artificial extracts with coloring and preservatives
Healthy Oils	Extra-virgin olive oil, flaxseed oil, avocado oil (tiny amounts)	Sesame oil ≤1 tsp/week for aroma only	Margarine, refined seed oils with trans fats
Condiments	Yogurt-based dressing → highlight unsweetened coconut yogurt only, not dairy yogurt, since regular yogurt is high in phosphorus. Fresh homemade Pesto → use unsalted nuts or seeds sparingly (≤1 tsp), sugar-free mustard	Low-sodium soy sauce ≤1 tsp/day, balsamic vinegar ≤1 tsp/week, mild vinegar ≤1 tsp/week	Regular salt, seasoning cubes, pre-made sauces, tomato paste / sundried tomatoes, mayonnaise and soy mayonnaise — too much sodium, seasonings with glutamate, pickles — high sodium

How to Enhance Flavor Without Salt or Sugar

- Use citrus juice and zest to brighten dishes.
- Combine fresh herbs with olive oil for natural aroma.
- Roast vegetables at low temperatures for natural caramelization.
- Add a few drops of garlic-infused olive oil for richness.
- Include natural sweeteners from fruit like baked apples or roasted pumpkin.

5 Mini Recipes: Kidney-Safe Sauces & Dressings

Even simple meals can feel exciting with the right sauces and dressings. These mini recipes are designed to be kidney-friendly, flavorful, and easy to prepare, adding color, aroma, and a little indulgence to your plate.

LEMON-HERB YOGURT DRESSING

On salads, baked chicken or fish, steamed zucchini

Ingredients: 1/2 cup (120 g) plain low-fat yogurt, juice of 1/2 lemon (15 g), 1 tsp dill, 1 tsp parsley, black pepper

Mix well in blender and drizzle over warm food just before serving.

Nutrition (per 2 tbsp / 40 g):

Calories: ~25 kcal | Protein: 1.8 g | Fat: 0.9 g
| Carbs: 2.2g | Phosphorus: ~35 mg |
Potassium: ~100 mg | Sodium: ~30 mg



GARLIC-LIME OLIVE OIL DIP

Brush on fish, drizzle over roasted veggies, or dip breadsticks

Ingredients: 2 tbsp olive oil (27 g), juice of 1/2 lime (10 g), 1 garlic clove (3 g, lightly sautéed), pinch oregano

Mix well in blender or whisk and drizzle over warm food just before serving.

To make a tzatziki-like dressing, add a tablespoon of grated fresh cucumber to the mixture.

Nutrition (per 1 tbsp / 15 g):

Calories: ~125 kcal | Protein: 0 g | Fat: 14 g | Carbs: 1 g | Phosphorus: ~5 mg |
Potassium: ~10 mg | Sodium: ~2 mg



HONEY-MUSTARD LIGHT DRESSING

Salad dressing, drizzle on turkey or chicken

Ingredients: 2 tsp honey (10 g), 1 tsp Dijon mustard (5 g, low-sodium), 1 tbsp olive oil (15 g), 1 tsp lemon juice

Mix well in blender or whisk and drizzle over warm food just before serving.

Nutrition (per 40 g):

Calories: ~110 kcal | 0.2 g | Fat: 9.5 g | Carbs: 7.5 g | Phosphorus: ~8 mg |
Potassium: ~15 mg | Sodium: ~40 mg



MINT-CUCUMBER YOGURT SAUCE

Great with turkey and chicken patties, chicken and other meats, eggplant, or fishcakes, sandwiches.

Ingredients: 1/2 cup (120 g) yogurt (or 1/2 cup (120 g) low-fat sour cream), 1/4 cup (30 g) grated cucumber, 1 tbsp mint, black pepper.

Mix well in blender or whisk and drizzle over warm food just before serving.

Nutrition (2 tbsp / 40 g):

Calories: ~22 (60) kcal | Protein: 1.5 g | Fat: 0.7 g | Carbs: 2.1 g | Phosphorus: ~30 mg |
Potassium: ~90 mg | Sodium: ~25 mg

APPLE-CINNAMON SAUCE

Sweet dip for muffins, topping for oatmeal, or glaze for chicken

Ingredients: 1/2 cup (120 g) unsweetened applesauce, 1/4 tsp cinnamon, 1/2 tsp lemon juice, optional pinch ginger

Nutrition (2 tbsp / 40 g):

Calories: ~35 kcal | Protein: 0 g | Fat: 0 g | Carbs: 9 g | Phosphorus: ~5 mg |
Potassium: ~45 mg | Sodium: ~1 mg

Eating Out Without Worry: A Guide for CKD Stages 1–3

Eating out with CKD stages 1–3 can feel stressful, but with the right strategy, it's absolutely possible to enjoy meals safely and confidently.

Safe Snack Ideas for Work, Travel, and Walks

Keeping a small “emergency snack pack” helps you avoid risky choices:

- **For work (Office Energy Pack):** Unsalted rice cakes; Apple slices or fresh berries; Carrot/cucumber sticks; Small sandwich with chicken or egg white; Low-sodium cottage cheese; Plain air-popped popcorn; Oat biscuits/low-salt crackers with honey.
- **For travel (Travel-Friendly Pack):** Unsalted crackers; Portioned nuts (if allowed); Hard-boiled egg white; Banana (if potassium intake allows); Unsweetened dried cranberries; Homemade chicken wrap; Rice pudding (unsweetened, low-sodium).
- **For walks/outdoors (Walk & Go Pack):** Fresh berries; Cucumber slices with lemon; Boiled egg white; Homemade low-salt muffin; Small chicken-and-lettuce sandwich; Apple chips (baked, no added sugar); Veggie sticks with light yogurt dip; roasted pumpkin cubes with olive oil; Unsweetened berry compote in a small thermos.



Tip: Pack snacks in reusable containers or zip bags — easy to carry, portion-controlled, and safe.

How to Choose Safe Meals in Cafés and Restaurants

Understanding the Menu

For CKD stages 1–3 focus on:

- ☒ Words like “grilled,” “steamed,” “baked,” “roasted,” “poached”.
- ☐ Avoid dishes labeled “crispy,” “breaded,” “marinated,” “smoked,” “cured,” “glazed,” “battered” — hidden salt, sugars, phosphates, and potassium.

Watch for Sodium Bombs

Ask directly about **how dishes are prepared:**

- Sauces, creamy sauces, gravies, and soups often contain **bouillon cubes** and **phosphate-rich additives**.
- Tomato-based sauces (can be potassium-heavy).
- Pickled vegetables, cheese-based toppings, processed meats, soy sauce (tamari), soups and broths made from bouillon cubes can triple your daily sodium intake.
- “Healthy” salads may hide pre-made dressings with high phosphates.

Choose the Safest Meal Components - Quick Checklist

- **Lean protein:** grilled chicken breast, turkey medallions, white fish (cod, hake, pike perch), or trout. Choose grilled, steamed, or baked dishes.

- **Vegetable sides:** steamed zucchini or cucumber ribbons, bell peppers, pumpkin, broccoli ($\leq 70\text{g}$), or cauliflower purée.
- **Carbohydrates:** small portion of white rice, rice noodles, unsalted potatoes (pre-soaked, boiled or mashed).
- Ask for **saucers and dressings on the side**.
- Request **“no added salt”** when ordering.
- Opt for plain, fresh sides — avoid **pre-marinated items**.

Political Requests and proper behavior in cafés and restaurants

When you order food outside the home, it's important to be clear but kind. Here are ready-to-use polite phrases:

- *“Could you please prepare this without extra salt?”*
- *“Can I swap the fries for steamed vegetables?”*
- *“May I have the dressing on the side, please?”*
- *“Could I have lemon and olive oil separately?”*
- *“Could I substitute the fries for a side salad or steamed vegetables?”*
- *“Is it possible to have grilled chicken instead of fried?”*
- *“Could you tell me if this dish contains cheese/cream/soy sauce?”*
- *“I need a low-sodium option — which dish would you recommend?”*

Sample Dialogues for Restaurants, Cafés, and Coffee Shops

At a restaurant:

Guest: *“Hello, I’m on a special kidney-friendly diet. Could you tell me if the chicken soup is made with salt or stock cubes?”*

Server: *“Yes, it’s made with a low-sodium broth.”*

Guest: *“Perfect, I’ll have a small portion of that, please, and could you serve the bread without butter?”*

At a café:

Guest: *“Could I get decaf coffee with skim milk, please, no sugar?”*

Barista: *“Of course, would you like it hot or iced?”*

Guest: *“Hot, please. And could you serve it in the smallest cup size?”*

At a coffee shop with snacks:

Guest: *“Do you have any unsalted crackers or fresh fruit cups?”*

Staff: *“Yes, we have apple slices and plain yogurt.”*

Guest: *“Great, I’ll take both, thank you.”*

Tips: How to React Quickly if the Dish Isn’t Suitable

Order with errors - what to do

Sometimes food arrives not exactly as requested. Stay calm, smile, and respond politely:

“I’m sorry, I asked for this without cheese. Could you please replace it?”

“This seems saltier than I expected — could I swap it for plain vegetables?”

“Thank you, but I can’t have fried food. Would you mind grilling this instead?”

Tip: Never hesitate to ask — most restaurants are used to dietary requests and happy to adjust.

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Eating out with CKD **does not mean deprivation**. With smart ordering, portion awareness, and a few polite requests, you can enjoy flavorful meals without overloading your kidneys. Think **fresh, simple, and balanced** — your plate can be both delicious and safe.

PART 3: BEFORE YOU BEGIN THE 28-DAY MEAL PLAN

This 28-day plan is here to make life easier—not harder. Think of it as a gentle roadmap, not a strict set of rules. It is not meant to replace an individualized diet, but to give you a solid base for a calm and confident start.

The daily menus add up to **about 2,000–2,200 calories on average**, but these numbers are only a guide. *Remember from Part 1: your nutrition should always adapt to you*—your age, sex, stage of CKD, level of activity, and of course, your doctor’s advice.

That means flexibility is built in. You can adjust portions, skip or swap meals, and even add something extra if it makes sense for your body and your lifestyle. If you have other health conditions, or if you ever feel this plan does not match your needs, check in with your doctor or a dietitian before following it. And if your health changes, reach out to your healthcare team—bringing along the self-observation notes

we discussed earlier can be especially helpful (*see Part 1, before the chapter “How to Talk to Your Doctor”*).

Each meal here is designed to be complete and satisfying, with proteins, carbs, and healthy fats included. We’ve avoided “empty” meals so you can feel nourished and energized. The menu is varied and flavorful:

- No more than two repeats of the same dish in a week
- Plenty of aromatic, hearty recipes like omelets, toasts, roasted vegetables, and colorful sauces
- Simple meals are boosted with toppings, herbs, dressings, or bread to make them look and taste appealing

In other words, this is not a bland prescription—it’s a collection of meals meant to bring comfort, variety, and joy to your table while supporting your kidneys.



Table 1: Days 1-14

Day	Breakfast	Lunch	Snack	Dinner
Day 1	Blueberry and Apple Oatmeal – p.32	Light Vegetable Soup with Zucchini and Carrots – p.37	Cucumber Salad with Dill and Yogurt – p.62	Lemon and Rosemary Baked Chicken Breast – p.42
Day 2	Zucchini and Parsley Omelet – p.32	Cod and Rice Soup with Parsley – p.40	Baked Pears with Cinnamon – p.66	Chicken Fillet with Zucchini and Carrots – p.45
Day 3	Bulgur Porridge with Strawberries – p.33	Cabbage and Carrot Vegetable Stew – p.41	Herbal Tea with Chamomile and Mint – p.71	Turkey Meatballs in Light Sauce – p.45
Day 4	Cauliflower and Green Onion Scramble – p.33	Cauliflower and Dill Cream Soup – p.37	Carrot and Apple Salad with Yogurt – p.64	Baked Cod with Lemon and Dill – p.52
Day 5	Baked Apple with Cinnamon and Yogurt – p.34	Fresh Tomato and Konjac Noodle Soup (No Concentrate) – p.40	Apple Muffins with Oat Flour – p.67	Chicken with Lemon Herb Dressing – p.46
Day 6	Creamy Rice Porridge with Applesauce – p.34	Barley Soup with Carrots and Celery – p.38	Homemade Lemon Water – p.72	Oven-Baked Salmon with Lemon Juice – p.53
Day 7	Pumpkin Custard with Cinnamon (Small Portion) – p.35	Zucchini and Pumpkin Stew with Herbs – p.39	Rice Salad with Cucumber and Parsley – p.63	Garlic and Herb Roasted Chicken Drumsticks – p.44
Day 8	Pear and Oat Pudding with Mint – p.35	Chicken and Rice Soup with Parsley – p.38	Sugar-Free Cranberry Drink – p.71	Turkey with Braised Cabbage and Carrots – p.42
Day 9	Yogurt Cream with Fresh Strawberries – p.36	Poultry Noodle Soup with Fresh Greens – p.39	Coconut-Peach Cream Parfait – p.69	Chicken Stew with Pumpkin, Green Beans and Cauliflower – p.47
Day 10	Cinnamon Oatmeal with Stewed Pear – p.36	Lentil and Butternut Squash Soup with Onions (Small Portion) – p.41	Chinese Cabbage Salad with Parsley – p.64	Steamed Trout with Zucchini – p.52
Day 11	Vanilla Rice Pudding – p.68	Roasted Vegetables with Light Lemon Dressing – p.61	Sugar-Free Berry Soufflé – p.69	Chicken Roulade with Rice Filling – p.49
Day 12	Yogurt Cream with Blueberries – p.68	Roasted Cauliflower with Herbs – p.57	Rosehip Tea with Cinnamon – p.72	Light Mackerel with Lemon Herbs – p.56
Day 13	Carrot Pudding with a Hint of Lemon – p.67	Stuffed Peppers with Rice and Vegetables – p.60	Cucumber Mint Cold Infusion with Lime – p.73	Chicken Baked Casserole with Cauliflower Purée and Eggplant Layer – p.48
Day 14	Berry Pudding with Rice Milk – p.66	Zucchini Stew with Rice – p.61	Cabbage and Carrot Salad with Lemon Juice – p.63	Roasted Chicken Thigh with Bell Peppers and Rutabaga – p.50

Table 2: Days 15–28

Day	Breakfast	Lunch	Snack	Dinner
Day 15	Blueberry and Apple Oatmeal – p.32	Fish Roulade with Vegetable Filling – p.55	Chicken and Apple Salad – p.63	Bulgur Pilaf with Turkey and Parsley – p.46
Day 16	Zucchini and Parsley Omelet – p.32	Steamed Broccoli with Lemon Dressing (small portion) – p.60	Sugar-Free Berry Lemonade – p.73	Hake in Yogurt Sauce – p.55
Day 17	Bulgur Porridge with Strawberries – p.33	Warm Rice and Vegetable Salad – p.65	Zucchini and Herb Salad – p.65	Turkey Fillet with Steamed Vegetables – p.49
Day 18	Cauliflower and Green Onion Scramble – p.33	Baked Eggplant with Onions and Parsley – p.58	Herbal Tea with Chamomile and Mint – p.71	Grilled Chicken with Light Lemon Sauce – p.51
Day 19	Baked Apple with Cinnamon and Yogurt – p.34	Stuffed Peppers with Rice and Vegetables – p.60	Rice Salad with Cucumber and Parsley – p.63	Tuna with Rice and Fresh Cucumber – p.54
Day 20	Creamy Rice Porridge with Applesauce – p.34	Zucchini with Lemon-Garlic Dressing – p.57	Homemade Lemon Water – p.72	Oven-Baked Salmon with Lemon Juice – p.53
Day 21	Pumpkin Custard with Cinnamon (Small Portion) – p.35	Cabbage with Dill and Olive Oil – p.59	Rosehip Tea with Cinnamon – p.72	Chicken with Peas and Pumpkin Purée with Lime – p.51
Day 22	Pear and Oat Pudding with Mint – p.35	Braised Carrots with Onion and Herbs – p.59	Sugar-Free Cranberry Drink – p.71	Lime-Marinated Turkey with Herbs – p.48
Day 23	Yogurt Cream with Fresh Strawberries – p.36	Light Vegetable Soup with Zucchini and Carrots – p.37	Baked Pears with Cinnamon – p.66	Chicken Meatballs with Rice and Onion – p.47
Day 24	Cinnamon Oatmeal with Stewed Pear – p.36	Cauliflower and Dill Cream Soup – p.37	Chinese Cabbage Salad with Parsley – p.64	Grilled Fish Steak with Carrot Garnish – p.56
Day 25	Vanilla Rice Pudding – p.68	Fresh Tomato and Konjac Noodle Soup (No Concentrate) – p.40	Coconut-Peach Cream Parfait – p.69	Chicken Baked Casserole with Cauliflower Purée and Eggplant Layer – p.48
Day 26	Yogurt Cream with Blueberries – p.68	Cod and Rice Soup with Parsley – p.40	Cabbage and Carrot Salad with Lemon Juice – p.63	Light Mackerel with Lemon Herbs – p.56
Day 27	Apple Muffins with Oat Flour – p.67	Zucchini Stew with Rice – p.61	Sugar-Free Berry Soufflé – p.69	Turkey Pilaf with Rice, Fresh Herbs and Barberry (Oven-Baked) – p.50
Day 28	Carrot Pudding with a Hint of Lemon – p.67	Poultry Noodle Soup with Fresh Greens – p.39	Cucumber Mint Cold Infusion with Lime – p.73	Steamed Chicken Patties with Rice – p.43

28-Day Meal Plan – Shopping List

Overview

This shopping list is built to match your 28-day kidney-friendly meal plan for one person, assuming one portion per dish per day. It is organized by week (Weeks 1–4) and by category (produce, protein, grains, dairy alternatives, stocks/oils, spices). Every line shows US units first with metric in parentheses for shoppers in the USA and the UK.

How to use it

Shop once per week using the matching weekly list. This limits food waste and keeps produce fresh.

Items with “optional” give you a permitted swap from the recipes (for example, heavy cream or olive oil, coconut yogurt or low-protein Greek-style yogurt).

Quantities include a 5–10% buffer for trimming, peels, and minor losses.

Kidney-friendly standards it follows

Sodium: choose low-sodium broths and no-salt spice blends; do not salt during cooking.

Phosphorus & potassium: uses white rice, bulgur in small amounts, lower-K vegetables, and plant milks; dairy is minimal and optional.

Protein: moderate portions of poultry and white fish, with salmon once per week and mackerel at most once every two weeks. Standard protein pack size is ~4 oz raw (120 g).

Organization by category

Produce: sized to weekly menus (zucchini, carrots, onions, cabbage, pumpkin/butternut, cucumbers, apples/pears, berries, fresh herbs, citrus).

Protein: chicken breast, turkey, white fish (cod, hake, flounder), trout; small amounts of liquid egg whites and a few whole eggs.

Grains & starches: gluten-free rolled oats, small bulgur amounts, white rice, konjac or rice noodles for soups.

Dairy alternatives & “creaminess”: almond or rice milk, coconut yogurt, coconut cream; heavy cream only if you’re not swapping for olive oil.

Stocks, oils, sweeteners, spices: low-sodium vegetable/chicken broth, extra-virgin olive oil, stevia/erythritol, cinnamon, sweet paprika, turmeric, coriander, oregano, black pepper, vanilla, lemon/lime zest.

Prep and storage tips

Portion proteins into 120 g (4 oz) packs and freeze; thaw in the fridge overnight. Use fresh fish within 24–48 hours.

Batch-cook rice and grains for 2–3 days; cool quickly and refrigerate in shallow containers.

Store herbs wrapped in paper inside a vented bag; refresh with a quick rinse and dry before use.

Keep cut pumpkin/squash wrapped and chilled; roast leftovers and freeze in 1/2 cup (120 ml) portions for purées.

Use glass jars for spice mixes and clearly label no-salt.

Swaps & allergies

Dairy-free: prefer almond/rice milk and coconut yogurt; low-protein Greek-style yogurt is acceptable if tolerated.

Gluten-free: oats labeled GF; rice noodles instead of wheat pasta; bulgur is optional and used sparingly. If potassium needs are tighter, replace a portion of carrots/pumpkin with zucchini or green beans and increase cucumber.

Label guidance (US & UK)

Low sodium = ≤ 140 mg per serving (US) / check front-of-pack “low salt” claims (UK).

Choose unsweetened plant milks and yogurts.

Fish: look for wild-caught or responsibly farmed, skin-on fillets for better texture and omega-3s.

Food safety

Refrigerate cooked dishes within 2 hours; eat within 3–4 days.

Reheat to 165°F (74°C).

Separate boards/knives for raw poultry/fish and ready-to-eat produce.

Grocery Shopping List for 7-Day Meal Plan

Produce

Zucchini: 4 medium —
~1.8–2.0 lb / 800–900 g
Carrots: 8 medium — ~2.0 lb /
~900 g
Onions: 4 medium — ~1.1 lb /
~500 g
Celery: 3 stalks — ~6–8 oz /
180–230 g
Garlic: 1 head — ~2–3 oz /
60–90 g
Pumpkin or butternut: 1 small
— ~1.8–2.2 lb / 800–1000 g
White cabbage: 1 small head —
~2–2.5 lb / ~900–1100 g
Cucumbers: 3 medium —
~1.5–2 lb / 700–900 g
Apples: 4 medium — ~1.8–2 lb
/ 800–900 g
Pears: 2 small — ~0.7–1 lb /
300–450 g
Blueberries: 3.5–4.5 oz /
100–125 g

Parsley: 2 bunches — ~4–6 oz /
120–180 g
Dill: 1 bunch — ~2–3 oz /
60–90 g
Thyme + rosemary: small
bunches — ~1–2 oz each /
30–60 g
Lemons: 4 — ~14–18 oz /
400–500 g
Limes: 2 — ~4–6 oz /
120–180 g
Fresh mint: 1 bunch — ~2–3 oz
/ 60–90 g

Protein

Chicken breast
(boneless/skinless): ~1.05 lb /
~480 g
Chicken drumsticks (skin-on): 2
pieces — ~7 oz / ~200 g
Turkey breast: ~4 oz / 120 g
Cod: ~4 oz / 120 g
Hake: ~4 oz / 120 g
Salmon: ~4 oz / 120 g
Whole eggs: 3 — ~6–7 oz /
170–200 g
Liquid egg whites: ~19–20 fl oz
/ 550–600 g

Grains, noodles, starches

Rolled oats (GF): 2.8–3.5 oz /
80–100 g
Bulgur: 0.7–1.1 oz / 20–30 g
White rice: 2.5–3.2 oz / 70–90 g
Konjac noodles: 1 pack —
~7–10 oz / 200–300 g

Dairy alternatives & creaminess

Almond milk (unsweetened):
~10 fl oz / 300 ml
Rice milk (unsweetened): ~5–7
fl oz / 150–200 ml
Coconut yogurt (unsweetened):
~4.2 oz / ~120 g
Coconut cream: 1 small can or
0.5–1 oz / 15–30 g
Heavy cream (optional): up to
~3.5 fl oz / 100 ml

Stocks, oils, sweeteners, spices

Low-sodium vegetable broth:
~2.1–2.6 qt / 2–2.5 L
Low-sodium chicken broth: ~17
fl oz / 0.5 L
Extra-virgin olive oil: ~12–14 fl
oz / 350–400 ml
Stevia/erythritol: to taste
Vanilla extract, cinnamon,
sweet paprika, turmeric,

coriander, oregano, black pepper, lemon/lime zest

Grocery Shopping List for 8-14 Day Meal Plan

Produce

Zucchini: 3 medium — ~1.4–1.6 lb / 600–700 g
 Carrots: 7 medium — ~1.6–1.8 lb / ~750–800 g
 Onions: 4 medium — ~1.1 lb / ~500 g
 Garlic: 1 head — ~2–3 oz / 60–90 g
 Cauliflower: 1 medium head — ~1.7–2 lb / ~800 g
 White cabbage: 1 small — ~2–2.5 lb / ~900–1100 g
 Tomatoes: 3 medium — ~1–1.3 lb / 450–600 g
 Cucumbers: 3 medium — ~1.5–2 lb / 700–900 g
 Pumpkin or butternut: 1 small — ~1.8 lb / ~800 g
 Bell peppers: 2 medium — ~12–16 oz / 350–450 g
 Parsley: 2 bunches — ~4–6 oz / 120–180 g
 Dill: 1 bunch — ~2–3 oz / 60–90 g
 Basil: small bunch — ~1–1.5 oz / 30–45 g
 Lemons: 4–5 — ~1.1–1.6 lb / 500–700 g
 Limes: 2 — ~4–6 oz / 120–180 g
 Apples: 2 medium — ~1 lb / ~450 g
 Mixed berries: 5–7 oz / 150–200 g

Protein

Chicken breast: ~0.7–0.8 lb / ~300–350 g

Ground chicken: ~4 oz / 120 g
 Turkey breast: ~0.25–0.5 lb / 120–240 g
 Ground turkey: ~4 oz / 120 g
 Cod (incl. soup): ~0.25–0.5 lb / 120–240 g
 Flounder: ~4 oz / 120 g
 White fish steak: ~4–5 oz / 120–140 g
 Mackerel (if scheduled): ~4 oz / 120 g
 Whole eggs: 2 — ~4–5 oz / 110–130 g
 Liquid egg whites: ~16–17 fl oz / 450–500 g

Grains & noodles

White rice: ~5.3–6.3 oz / 150–180 g
 Bulgur: ~0.7–1.1 oz / 20–30 g
 Rolled oats or oat flour: ~2.8–3.5 oz / 80–100 g
 Rice noodles (GF): small pack — ~7–10 oz / 200–300 g

Dairy alternatives & creaminess

Almond milk: ~8–10 fl oz / 250–300 ml
 Rice milk: ~8–10 fl oz / 250–300 ml
 Coconut yogurt: ~5–7 oz / 150–200 g
 Heavy cream (optional): up to ~3.5 fl oz / 100 ml

Stocks, oils, sweeteners, spices

Low-sodium vegetable broth: ~2.1–2.6 qt / 2–2.5 L
Low-sodium chicken broth: ~17 fl oz / 0.5 L
 Extra-virgin olive oil: ~12–14 fl oz / 350–400 ml
 Stevia/erythritol; same spice set as Week 1

Grocery Shopping List for 15-21 Day Meal Plan

Produce

Zucchini: 3–4 medium — ~1.4–2.0 lb / 600–900 g
 Carrots: 7–8 medium — ~1.6–2.0 lb / ~750–900 g
 Onions: 4–5 medium — ~1.3–1.6 lb / 600–750 g
 Garlic: 1 head — ~2–3 oz / 60–90 g
 Eggplants: 2 small — ~1.3–1.7 lb / 600–800 g
 Cauliflower: 1 large head — ~2.2–2.6 lb / 1–1.2 kg
 Broccoli: 1 small head — ~10–12 oz / 300–350 g
 Green beans: 1 bag — ~10–12 oz / ~300 g
 Bell peppers: 2 medium — ~12–16 oz / 350–450 g
 Cucumbers: 4 medium — ~2–2.6 lb / 900–1200 g
 Pumpkin or butternut: 1 small — ~1.8 lb / ~800 g
 White cabbage: 1 small — ~2–2.5 lb / 900–1100 g
 Parsley: 2 bunches — ~4–6 oz / 120–180 g
 Dill: 1 bunch — ~2–3 oz / 60–90 g
 Thyme/rosemary: small bunches — ~1–2 oz each / 30–60 g
 Lemons: 5 — ~1.4–1.8 lb / 650–800 g
 Limes: 2 — ~4–6 oz / 120–180 g
 Apples: 2 medium — ~1 lb / ~450 g
 Pears: 2 small — ~0.7–1 lb / 300–450 g

Mixed berries: ~5 oz / 150 g

Protein

Chicken breast: ~1.3–1.4 lb / ~600–650 g

Chicken thigh (bone-in): 1 — ~5–6 oz raw / 150–170 g

Turkey breast: ~0.5–0.8 lb / 240–360 g

Salmon: ~4 oz / 120 g

Tuna: ~4 oz / 120 g

Whole eggs: 3 — ~6–7 oz / 170–200 g

Liquid egg whites: ~16–17 fl oz / 450–500 g

Grains & starches

Bulgur: ~3.5–4.6 oz / 100–130 g

White rice: ~5.6–7.1 oz / 160–200 g

Rolled oats or oat flour: ~2.1–2.8 oz / 60–80 g

Dairy alternatives & creaminess

Almond milk: ~8.5 fl oz / 250 ml

Rice milk: ~5–7 fl oz / 150–200 ml

Coconut yogurt: ~5–7 oz / 150–200 g

Heavy cream (optional): up to ~4 fl oz / 120 ml

Stocks, oils, sweeteners, spices

Low-sodium vegetable broth: ~2.1–2.6 qt / 2–2.5 L

Extra-virgin olive oil: ~13.5–15.2 fl oz / 400–450 ml

Stevia/erythritol; vanilla, cinnamon, sweet paprika, turmeric, coriander, oregano, black pepper, citrus zest

Grocery Shopping List for 22-28 Day Meal Plan

Produce

Zucchini: 4 medium — ~1.8–2.0 lb / 800–900 g

Carrots: 7 medium — ~1.6–1.8 lb / ~750–800 g

Onions: 4 medium — ~1.1 lb / ~500 g

Garlic: 1 head — ~2–3 oz / 60–90 g

Cauliflower: 1 medium head — ~1.7–2 lb / ~800 g

Green beans: 1 bag — ~10–12 oz / ~300 g

Bell peppers: 2–3 medium — ~1.3–2.0 lb / 600–900 g

Cucumbers: 4 medium — ~2–2.6 lb / 900–1200 g

Pumpkin or butternut: 1 small — ~1.8 lb / ~800 g

White cabbage: 1 small — ~2–2.5 lb / 900–1100 g

Parsley: 2 bunches — ~4–6 oz / 120–180 g

Dill: 2 bunches — ~4–6 oz / 120–180 g

Basil: small bunch — ~1–1.5 oz / 30–45 g

Thyme: small bunch — ~1–1.5 oz / 30–45 g

Lemons: 5 — ~1.4–1.8 lb / 650–800 g

Limes: 3 — ~6–9 oz / 180–270 g

Apples: 2 medium — ~1 lb / ~450 g

Pears: 2 small — ~0.7–1 lb / 300–450 g

Mixed berries: 5–7 oz / 150–200 g

Protein

Chicken breast: ~1.3 lb / ~600 g
Turkey breast: ~0.5–0.8 lb / 240–360 g

Hake: ~4 oz / 120 g

Mackerel (1× per 2 weeks): ~4 oz / 120 g

Additional white fish or hake (dinners): ~0.25–0.5 lb / 120–240 g

Trout or white-fish steak (optional swap one night): ~4–5 oz / 120–140 g

Whole eggs: 2 — ~4–5 oz / 110–130 g

Liquid egg whites: ~12–14 fl oz / 350–400 g

Grains & starches

White rice: ~7–8 oz / 200–230 g

Bulgur: ~1–1.4 oz / 30–40 g

Rolled oats or oat flour: ~1.4–2.1 oz / 40–60 g

Dairy alternatives & creaminess

Coconut yogurt or low-protein

Greek yogurt: ~9–10.5 oz / 250–300 g

Rice milk: ~5–7 fl oz / 150–200 ml

Almond milk: ~5 fl oz / 150 ml

Heavy cream (optional): up to ~3.5 fl oz / 100 ml

Stocks, oils, extras

Low-sodium vegetable broth: ~2.1–2.6 qt / 2–2.5 L

Extra-virgin olive oil: ~13.5–15.2 fl oz / 400–450 ml

Dried barberries (unsweetened): small pack — you'll use ~1–2 tsp / 5–10 g

Stevia/erythritol; same spice set as earlier weeks

How to Adapt Your Meal Plan for Yourself and Loved Ones

No two people are the same, and the same is true for nutrition. Even with kidney disease, your meal plan does not have to look identical to someone else's. The most important thing is to create a way of eating that works for your health, your taste preferences, and your daily routine.

Start with the basics: focus on limiting salt, keeping protein moderate, and adjusting potassium and phosphorus based on your lab results. Once you understand these pillars, you can begin to adapt. For example, if you love bread, choose low-sodium or homemade options. If you enjoy vegetables, explore the wide variety of lower-potassium choices and rotate them, so meals feel fresh and colorful.

When cooking for the whole family, there's no need to prepare two separate dinners. Instead, make small adjustments. You might cook chicken or fish without adding salt during cooking, then let others season their portion at the table. Serve a side of fresh salad or vegetables that works for everyone, while you keep your portion size mindful. Over time, many families naturally start eating in a healthier way together, which benefits everyone.

Adapting also means being kind to yourself. If a certain food feels too complicated to track or measure, it's okay to simplify. Consistency in small steps is more important than perfection.

What to Do if Someone Else Cooks for You

Many people with CKD rely on a spouse, partner, or family member to prepare meals. This can bring comfort but also raise questions:

How can I make sure the food is safe without making my loved one feel stressed or criticized?

The key is communication and teamwork. Share the simple rules first: less salt, fewer processed foods, and moderate protein. Instead of handing over a long “do not eat” list, explain what you *can* enjoy. For example: “I can have chicken, fish, or eggs—just try not to add too much salt.” This feels easier for the cook than memorizing restrictions.

If possible, cook together once in a while. Even joining for chopping vegetables or measuring portions helps you feel more in control and gives your loved one confidence. You can also keep a few “safe” side dishes ready in the fridge—like rice, cucumbers, or unsalted crackers—so that if a meal isn't perfect, you still have something kidney-friendly to add.

When eating food prepared by friends or extended family, don't panic. Focus on portion size and balance. You can eat a small serving, enjoy the company, and then return to your usual plan at the next meal.

Remember, kidney health is about patterns over time, not one single plate.

PART 4: CKD-FRIENDLY RECIPES: FOOD THAT LOVES YOU BACK

And now, let's dive into the recipes part! There are 80 in total, offering plenty of variety. Most of them are also “**diabetic-friendly**”, as they contain fewer fast-acting carbohydrates and are suitable for those who need to manage their blood sugar levels. The exceptions are:

! *Bulgur Porridge with Strawberries, Creamy Rice Porridge with Applesauce, Chicken and Rice Soup with Parsley, Cod and Rice Soup with Parsley, Lentil and Butternut Squash Soup with Onions, Stuffed Peppers with Rice and Vegetables, Zucchini Stew with Rice, Rice Salad with Cucumber and Parsley, Apple Muffins with Oat Flour, Carrot Pudding with a Hint of Lemon, Vanilla Rice Pudding*

These foods require minimal adjustments controlling the amount of grains or portion control to be made diabetes-friendly.



How to Read the Recipes: Icons, Allergens & Safety

Also, some of the recipes in this book may contain potential allergens such as honey, dairy, soy, gluten, nuts, and others.

That's why every recipe comes with small, **clear icons**. These symbols are here to save you time—you'll know at a glance if a recipe fits your needs.—like Gluten-Free or, when honey is used, Contains Honey. Where possible, we suggest simple substitutions for allergenic ingredients, but we cannot guarantee complete avoidance of cross-contact or allergens.

Enjoy your food safely because you, not the author, are responsible for checking ingredients and ensuring they suit your individual tolerance or dietary needs.

Please remember: allergen labeling is an extra layer of our care, not the main focus of this book. This book does not replace professional advice—if you have known allergies or experience any adverse reactions, consult your doctor or allergist before trying a recipe.

Safety First: These recipes are designed to be flexible and safe for most people with CKD stages 1–3. But nutrition is never “one-size-fits-all.” Always check the micronutrient information at the end of each recipe. Adapt portions, ingredients, or seasonings to match your lab results (phosphorus, potassium, and protein levels in the blood), medical advice, and personal preferences. If you notice new or worsening symptoms, stop and reach out to your healthcare provider.

Enjoy the recipes with confidence, keeping in mind your personal needs, and let these icons serve as a helpful guide rather than a strict rule.

KIDNEY-FRIENDLY BREAKFASTS



5 minutes



1

Individuals



9-12 minutes

Blueberry and Apple Oatmeal



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



SOY-FREE



HONEY WARNING

INGREDIENTS:

- Finely ground oat flakes (whole grain): 4 tsp | 12 g
- Fresh blueberries: 1 tsp | 5 g
- Very finely diced apple: 1 tsp | 5 g
- Water: 1/2 cup | 120 ml
- Cinnamon: 1/2 tsp | 1 g
- Stevia or honey (or low-carb sweetener): to taste
- Heavy cream: 2 tbsp | 30 g
- Egg whites: 3 large | 99 g
- Vanilla: pinch | 0.5 g

COOKING INSTRUCTIONS:

1. In a small pot, combine oats and water. Bring to a boil, then reduce heat and simmer for 5–7 minutes, stirring occasionally.
2. In a thin stream, whisk in egg whites; stir on low 1–2 minutes until silky (don't boil).
3. Add the diced apple and continue to cook for another 2–3 minutes until the oats are soft and creamy.
4. Stir in blueberries, cream, cinnamon, vanilla, and cook for an additional 2 minutes.
5. Remove from heat, sweeten with stevia to taste, and serve warm.

✦ **Serve in a transparent bowl, top with an egg more berries, sprinkle with flaxseed, and arrange the apples beautifully.**

✦ **For a more filling/complete breakfast, it is better to combine with a light omelette or herbal tea.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 210 kcal	Fiber: 4 g
Healthy Fats: 11.9 g	Sugar: 2 g (natural sugars from apple and blueberries)
Cholesterol: 34 mg	Potassium: 308 mg
Sodium: 175 mg	Phosphorus: 148 mg
High-Protein: 13.5 g	Low Glycemic Index: 35 Low
Low Carbohydrates 11.7g	



5 minutes



1

Individuals



6-7 minutes

Zucchini and Parsley Omelet



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



SOY-FREE

INGREDIENTS:

- Eggs: 1 large | 50 g + egg white: 3 large | 99 g
- Zucchini, grated: 2/3 cup | 60 g
- Fresh parsley, chopped: 1 tbsp | 3 g
- Olive oil: 3 tsp | 15 ml
- Heavy cream: 2 tsp | 10 g
- Salt and pepper: to taste - **but no more than 0.5-1 g per serving during the day, in case of exacerbation - without it at all**
- **Optional:** turmeric, paprika (each) or dried basil: pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Heat olive oil in a non-stick skillet over medium heat.
2. Zucchini, squeezed to remove excess moisture, then placed in a skillet and sautéed until lightly caramelized (2 minutes).
3. In a bowl, whisk the cream, eggs with a pinch of salt and pepper. Pour the mixture into the skillet, tilting to evenly coat the pan. Cook for 1-2 minutes.
4. Add chopped parsley on top of the eggs. Add turmeric, paprika or dried basil, if using. Cook for 1 minutes until edges are set, then carefully fold in half.
5. Cook for another minute until fully set, then serve immediately.

✦ **Carefully fold the omelette on a plate, like mini omelettes, serve with a lemon wedge or a fresh leafy green salad, or a dollop of Greek yogurt (optional, dairy-free).**

✦ **Perfect with oatmeal or berry smoothie.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 327 kcal	Fiber: 1 g
Healthy Fats: 27 g	Sugar: 3 g (from zucchini and cream)
Cholesterol: 197 mg	Potassium: 280 mg
Sodium: 246 mg	Phosphorus: 145 mg
High-Protein: 18 g	Low Glycemic Index: 15 Low
Low Carbohydrates: 3 g	



5 minutes 1 Individuals 10-12 minutes

Bulgur Porridge with Strawberries



INGREDIENTS:

- Bulgur, raw: 1 tbsp | 10 g
- Fresh strawberries, chopped: 1/4 cup | 35 g
- Water: 1/2 cup | 120 ml
- Almond milk (unsweetened): 1/4 cup | 60 ml
- Heavy cream: 4 tbsp | 60 ml - *can be replaced with olive oil*
- Olive oil: 1 tsp | 5 ml
- Egg whites, lightly beaten: 3 large | 99 g
- Cinnamon: 1/4 tsp | 0.5 g
- Stevia or low-carb sweetener: to taste
- Chia seeds, lightly toasted: 1 tsp | 5 g
- **Optional:** Lemon zest: 1 tsp | 2 g, Vanilla extract: 1/4 tsp | 1.5 g

COOKING INSTRUCTIONS:

1. Rinse the raw bulgur thoroughly under cold water.
2. Place it in a small pot with water, bring to a boil, then reduce heat and simmer for 25 minutes. (If necessary, add a little extra water during cooking.)
3. Meanwhile, lightly toast the chia seeds in a dry pan.
4. Whisk in egg whites in a thin stream, stirring constantly, 1–2 minutes until silky (do not boil).
5. Once the bulgur is cooked, drain any excess liquid.
6. Add almond milk to the cooked bulgur, bring to a gentle boil again, then reduce heat and simmer for 5–7 minutes until the mixture thickens.
7. Stir in cinnamon, heavy cream, olive oil, vanilla extract, if you use, and sweetener to taste.
8. Add chopped strawberries and cook 2 minutes.
9. Remove from heat, sprinkle with chia seeds, and serve warm.

✦ **Serve in a ceramic bowl, place strawberries and egg whites on top, sprinkle with lemon zest.**

✦ **Ideal served with a soft omelette or yoghurt cream.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 389 kcal
Healthy Fats: 29.5 g
Cholesterol: 68 mg
Sodium: 219 mg
High-Protein: 15 g
Low Carbohydrates: 14 g

Fiber: 4.7 g
Sugar: 4.6 g
Potassium: 453 mg
Phosphorus: 174 mg
Low Glycemic Index: 30 Low



5 minutes 1 Individuals 5-7 minutes

Cauliflower and Green Onion Scramble



INGREDIENTS:

- Eggs: 1 large | 50 g + egg white: 4 large | 132 g
- Cauliflower riced, grated: 2/3 cup | 40 g
- Green onion, chopped: 1 tbsp | 5 g
- Olive oil: 3 tsp | 15 ml
- Heavy cream: 2 tsp | 10 ml - *can be replaced with olive oil*
- Turmeric: 1/4 tsp | 0.5 g
- **Optional:** Fresh parsley or dill: 1 tbsp | 3 g
- Smoked paprika: a pinch | 0.3 g
- Salt and pepper: to taste - **but no more than 0.5-1 g per serving during the day, in case of exacerbation - without it at all**

COOKING INSTRUCTIONS:

1. Heat olive oil in a non-stick skillet over medium heat. In a bowl, whisk the eggs with a pinch of salt, pepper, smoked paprika if using, and turmeric until smooth and slightly frothy. Pour the mixture into the skillet, tilting to evenly coat the pan, and let it sit for a moment to start setting.
2. Add grated cauliflower (you can pre-fry the cauliflower separately until slightly golden brown for added flavor) and chopped green onion, gently folding them into the eggs.
3. Stir the cream occasionally, cooking for 4–5 minutes until the eggs are fully set, and the cauliflower is tender but still has a bit of bite. The aroma of turmeric and fresh vegetables will fill the kitchen.
4. Garnish with fresh parsley, give it one last gentle stir, and serve immediately while warm and fragrant.

✦ **Serve warm on a black flat plate with a side of steamed vegetables or fresh herbs and a slice of avocado (optional).**

✦ **Pairs perfectly with baked apples and berry drink.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 349 kcal
Healthy Fats: 26.7 g
Cholesterol: 197 mg
Sodium: 303 mg
High-Protein: 22 g
Low Carbohydrates: 5 g

Fiber: 2 g
Sugar: 2 g
Potassium: 384 mg
Phosphorus: 153 mg
Low Glycemic Index: 15 Low



5 minutes

1

Individuals



12-14 minutes



Baked Apple with Cinnamon and Yogurt



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Apple, cored and sliced: 3/4 medium | 75 g
- Cinnamon: 1/2 tsp | 1 g
- Stevia or low-carb sweetener: to taste
- Olive oil: 3 tsp | 15 ml
- Coconut cream: 1 tbsp | 15 g
- Almond or coconut yogurt (unsweetened): 1/4 cup | 60 g
- Chopped almonds (optional, for garnish): 1 1/2 tbsp | 13 g
- Ground vanilla: a pinch | 0.3 g or lemon zest: 1 tsp | 2 g
- Dried barberry: a small handful | 15 g | 0.5 oz

COOKING INSTRUCTIONS:

1. Preheat the oven to 350°F (175°C) and line a baking tray with parchment paper or lightly grease it.
2. Arrange the sliced apple evenly on the tray, then sprinkle with cinnamon and your preferred sweetener. Make sure each slice is coated, so the flavors meld beautifully. Bake for 15–20 minutes, until the apples are tender, slightly golden, and caramelized at the edges, filling your kitchen with a warm, inviting aroma.
3. Remove from the oven and immediately sprinkle with a pinch of ground vanilla or lemon zest for a bright, fragrant finish. Let the apples cool for a minute or two before serving.
4. In a small bowl, whisk yogurt with coconut cream until smooth.
5. Serve warm with a spoonful of dairy-free yogurt and a sprinkle of chopped almonds for garnish.

✦ *Place baked apples in a fan shape on a white plate warm with a spoonful of dairy-free yogurt and a sprinkle of chopped almonds for garnish. You can add a small handful of barberries for color.*

✦ *Goes well with oatmeal or a light omelette.*

NUTRITIONAL VALUE (PER SERVING):

Calories: 377 kcal
Healthy Fats: 28 g
Cholesterol: 0 mg
Sodium: 13 mg
High-Protein: 4 g
Low Carbohydrates: 28 g

Fiber: 6 g
Sugar: 19 g (natural sugars)
Potassium: 422 mg
Phosphorus: 92 mg
Low Glycemic Index: 35
Low



5 minutes

1

Individuals



15-18 minutes



Creamy Rice Porridge with Applesauce



GLUTEN-FREE



PEANUT-FREE



SOY-FREE

INGREDIENTS:

- White rice, raw: 1/4 cup | 40 g
- Water: 1/2 cup | 120 ml
- Unsweetened homemade applesauce: 1 tbsp | 15 g
- Cinnamon: 1/4 tsp | 0.5 g
- Almond milk (unsweetened): 1/4 cup | 60 ml
- Eggs white: 2 large | 66 g
- Heavy cream: 3 tsp | 45 ml - *can be replaced with olive oil*
- Olive oil: 2 tsp | 10 ml
- Stevia or low-carb sweetener: to taste
- Ground nutmeg or vanilla: a pinch | 0.3 g

COOKING INSTRUCTIONS:

1. Rinse the raw white rice under cold water until the water runs clear. You can lightly toast the rice in a dry frying pan for a nutty flavor.
2. Place the rice in a small pot with 3/4 cup water. Bring to a boil, then reduce the heat and simmer for 12–15 minutes until the grains are soft, and the water is absorbed.
3. Once the rice is cooked, add almond milk, olive oil and cook over low heat for another 5–7 minutes, stirring occasionally, until the mixture becomes creamy.
4. Stir in heavy cream, nutmeg or vanilla, if use applesauce, cinnamon, and sweetener to taste.
5. Remove from heat and let it sit for 2 minutes to thicken slightly.
6. Meanwhile, lower heat. Slowly whisk in egg whites; cook 1–2 minutes until silky (do not boil).
7. Serve warm, in a clear bowl, top with a egg whites and a little applesauce, and a pinch of cinnamon.

✦ *For homemade applesauce, simply peel and chop apples, simmer them in a little water until soft (10–15 minutes), then mash or blend until smooth.*

✦ *Pairs well with berry smoothie? small cup of herbal tea or yogurt cream.*

NUTRITIONAL VALUE (PER SERVING):

Calories: 439 kcal
Healthy Fats: 27 g
Cholesterol: 51 mg
Sodium: 157 mg
High-Protein: 11 g
Low Carbohydrates: 36 g

Fiber: 0 g
Sugar: 4 g (natural sugars)
Potassium: 228 mg
Phosphorus: 125 mg
Low Glycemic Index: 40
Low



Pumpkin Custard with Cinnamon (Small Portion)



INGREDIENTS:

- Pumpkin puree (unsweetened): 1/3 cup | 80 g
- Egg: 1 large | 50 g + Eggs white: 2 large | 66 g
- Cinnamon: 1/2 tsp | 1 g
- Olive oil: 3 tsp | 15 ml
- Stevia or low-carb sweetener: to taste
- Almond milk (unsweetened): 1/4 cup | 60 ml
- Ground nutmeg or ginger: a pinch | 0.3 g

COOKING INSTRUCTIONS:

1. Preheat the oven to 350°F (175°C) and lightly grease a small baking dish or line it with parchment paper.
2. In a medium bowl, whisk together the pumpkin puree, eggs, cinnamon, olive oil, sweetener, ground nutmeg or ginger, and almond milk until smooth and fully combined.
3. Pour the mixture evenly into the prepared baking dish, smoothing the top with a spatula. Bake for 20–25 minutes, or until the custard is set in the center and slightly golden on the edges.
4. Remove from the oven and let it cool slightly.
5. Serve warm or at room temperature, garnished if desired.

✦ *Serve in small ceramic cups with a sprig of fresh mint or coconut flakes, optional.*

✦ *Excellent as a standalone dessert breakfast or with a cup of herbal tea.*

NUTRITIONAL VALUE (PER SERVING):

Calories: 313 kcal
 Healthy Fats: 24 g
 Cholesterol: 186 mg
 Sodium: 212 mg
 High-Protein: 15 g
 Low Carbohydrates: 10 g

Fiber: 2 g
 Sugar: 4 g (natural sugars from pumpkin)
 Potassium: 409 mg
 Phosphorus: 143 mg
 Low Glycemic Index: 35 Low



Pear and Oat Pudding with Mint



INGREDIENTS:

- Rolled oats, gluten-free: 2 tbsp | 18 g
- Fresh pear, peeled and diced: 1/4 medium | 30 g
- Unsweetened almond milk: 1/2 cup | 120 ml
- Olive oil: 2 tsp | 10 ml
- Egg whites, lightly beaten: 1 large | 33 g
- Chia seeds, lightly toasted: 1 tsp | 3 g
- Fresh mint leaves, chopped: 1 tbsp | 3 g
- Stevia or low-carb sweetener: to taste
- A drop of lemon juice

COOKING INSTRUCTIONS:

1. In a small pot, combine oats, 1/2 olive oil, almond milk, and chia seeds. Bring to a boil, then reduce heat and simmer for 5–7 minutes, stirring occasionally until thickened.
2. Heat a dry frying pan over medium heat. Add the pears and lightly caramelize them without oil (1–3 minutes).
3. Remove from heat. While still warm, whisk in egg whites, the remaining olive oil, mint, lemon juice, and sweetener.
4. Add the diced pear and continue to cook for another 2–3 minutes.
5. Remove from heat and stir in fresh mint and sweetener to taste. Sprinkle with a drop of lemon juice.
6. Let it cool slightly before serving.

✦ *Serve warm like in a transparent bowl in layers, fresh mint on top.*

✦ *Pairs well with a light omelette or a cup of herbal tea.*

NUTRITIONAL VALUE (PER SERVING):

Calories: 218 kcal
 Healthy Fats: 13 g
 Cholesterol: 0 mg
 Sodium: 116 mg
 High-Protein: 8 g
 Low Carbohydrates: 17 g

Fiber: 4 g
 Sugar: 4 g (natural sugars from pear)
 Potassium: 249 mg
 Phosphorus: 129 mg
 Low Glycemic Index: 35 Low



5 minutes

1

Individuals



5 minutes



Yogurt Cream with Fresh Strawberries



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Coconut or almond yogurt (unsweetened): 1/4 cup | 60 g
- Fresh strawberries, chopped: 2 tbsp | 30 g
- Ripe avocado, mashed until creamy: 2 tbsp | 30 g
- Olive oil: 1 tbsp | 15 ml
- Stevia or low-carb sweetener: to taste
- Chia seeds, lightly toasted: 1 tsp | 3 g
- Vanilla extract or lemon zest: 1/2 tsp | 1 ml

COOKING INSTRUCTIONS:

1. In a small bowl, combine the yogurt with avocado purée and olive oil until smooth and mousse-like, add vanilla extract or lemon zest, and sweetener to taste. Whisk gently until smooth, and lightly beat the yogurt if you'd like a fluffier, airier texture.
2. Gently fold in the chopped strawberries and chia seeds, making sure the fruit is evenly distributed without breaking it down too much.
3. Transfer the mixture to a serving dish or keep it in the bowl, then let it chill in the refrigerator for 10–15 minutes.

✦ **Serve in glasses, layered, chilled with a sprinkle of extra chia seeds for garnish. Optionally, garnished with a few whole berries.**

✦ **Pairs well with herbal tea, or with oatmeal or unsalted whole grain toast - for a full, not light breakfast.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 230 kcal
Healthy Fats: 22 g
Cholesterol: 0 mg
Sodium: 9 mg
High-Protein: 3 g
Low Carbohydrates: 8 g

Fiber: 4 g
Sugar: 2 g (natural sugars from strawberries)
Potassium: 305 mg
Phosphorus: 76 mg
Low Glycemic Index: 30
Low



5 minutes

1

Individuals



20 minutes



Cinnamon Oatmeal with Stewed Pear



GLUTEN-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Rolled oats, whole grain, gluten-free: 2 tbsp | 15 g
- Fresh pear, peeled and diced: 1/4 medium | 30 g
- Water: 1/2 cup | 120 ml
- Almond milk, unsweetened: 1/4 cup | 60 ml
- Olive oil: 2 tbsp | 30 ml
- Egg whites, lightly beaten: 3 large | 99 g
- Cinnamon: 1/2 tsp | 1 g
- Stevia or low-carb sweetener: to taste
- Ground nutmeg or vanilla: a pinch | 0.3 g

COOKING INSTRUCTIONS:

1. Toast oats lightly in a dry pan. In a small pot, combine the oats and water. Bring to a gentle boil over medium heat, then reduce the heat and simmer for 5–7 minutes, stirring occasionally to prevent sticking and to achieve a creamy consistency.
2. Lower heat. Slowly whisk in egg whites, stirring constantly, 1–2 minutes until silky (do not boil).
3. Add almond milk and the diced pear, then continue cooking for another 2–3 minutes, until the fruit is tender and slightly softened, releasing its natural sweetness.
4. Stir in the cinnamon, olive oil, ground nutmeg or vanilla, and sweetener, mixing well, so the spices are evenly distributed.
5. Serve warm, optionally garnished with a few extra pear cubes or a sprinkle of cinnamon for a cozy, comforting breakfast.

✦ **Serve hot sprinkle with chia seeds or grated coconut, arrange the pears beautifully.**

✦ **Good with yoghurt cream or herbal tea.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 375 kcal
Healthy Fats: 29 g
Cholesterol: 0 mg
Sodium: 194 mg
High-Protein: 13 g
Low Carbohydrates: 15 g

Fiber: 4 g
Sugar: 3 g (natural sugars from pear)
Potassium: 263 mg
Phosphorus: 88 mg
Low Glycemic Index: 35
Low

SOUPS & STEWS



5 minutes

1

Individuals



15-18 minutes



Light Vegetable Soup with Zucchini and Carrots



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Zucchini and carrots, chopped: 1/2 medium | 60 g (each)
- Celery, chopped: 1/4 stalk | 25 g
- Extra-virgin olive oil, divided: 3 tbsp | 45 ml
- Vegetable broth (low sodium): 1 1/4 cups | 300 ml
- Egg white: 1/3–1/2 egg white | 10–15 g
- Fresh parsley, chopped: 1 tbsp | 3 g
- Fresh lemon juice: 1 tsp | 5 ml
- Dried basil or lemon zest: pinch | 2 g
- Black pepper to taste (*no added salt*)
- **Optional:** pumpkin seeds, lightly toasted: 4–5 seeds | 2 g

COOKING INSTRUCTIONS:

1. Heat 2 tbsp olive oil in a pot over medium heat. Add carrot, zucchini, and celery. Sauté for 4–5 minutes until vegetables begin to caramelize slightly.
2. Pour in the vegetable broth, bring to a boil, then reduce heat and simmer gently for 10–12 minutes until tender.
3. Beat with yolk lemon juice, zest, basil, and black pepper. Carefully stir into soup and remove from heat.
4. Plate in a wide white bowl. Finish with 1 tbsp olive oil drizzled in a thin stream, fresh parsley, and a few pumpkin seeds for a refined look.

✦ **Serve in a deep white bowl, drizzle with olive oil, sprinkle with fresh parsley and a 'slice' of lemon zest, pumpkin seeds.**

✦ **Ideally combined with whole unsalted grain bread or a light protein omelette for a complete breakfast.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 443 kcal	Fiber: 3 g
Healthy Fats: 42 g	Sugar: 5 g
Cholesterol: 0 mg	Potassium: 642 mg
Sodium: 230 mg	Phosphorus: 91 mg
High-Protein: 4 g	Low Glycemic Index: 25
Low Carbohydrates: 14 g	Low



5 minutes

1

Individuals



15-18 minutes



Cauliflower and Dill Cream Soup



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Cauliflower, chopped: 1/2 cup | 50 g
- Chicken breast or white fish, diced (raw): 2/3 cup | 40 g
- Onion, chopped: 1/4 medium | 25 g
- Garlic, minced: 1 clove | 3 g
- Extra-virgin olive oil, divided: 3 tbsp | 45 ml
- Vegetable broth, low sodium: 2 cups | 480 ml
- Fresh dill, chopped: 1 tsp | 2 g
- Almond milk (unsweetened): 2 tbsp | 30 ml
- Fresh lemon juice: 1 tsp | 5 ml
- Lemon zest: pinch | 2 g
- Ground nutmeg: pinch | 0.3 g
- Black pepper to taste (*no added salt*)
- **Optional:** pumpkin seeds, lightly toasted: 4–5 seeds | 2 g

COOKING INSTRUCTIONS:

1. Heat 2 tbsp olive oil in a pot over medium heat. Add onion and garlic; sauté 3–4 minutes until lightly golden.
2. Add cauliflower, chicken or white fish, and broth. Bring to a boil, then simmer gently 10–12 minutes until fully cooked (chicken opaque and white, fish firm and opaque).
3. Stir in almond milk, nutmeg, lemon zest, and black pepper. Blend until smooth and velvety with a blender.
4. Finish with lemon juice and the remaining 1 tbsp olive oil for a glossy, silky mouthfeel.
5. Plate in a wide white soup bowl, sprinkle with dill, and add a few toasted sunflower seeds for crunch.

✦ **Garnish the surface of the soup with a "spiral" of a drop of olive oil, a dill and sunflower seeds on top.**

✦ **Great served with a slice of whole grain bread, or a small unsalted cracker.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 486 kcal	Fiber: 2 g
Healthy Fats: 42 g	Sugar: 3 g
Cholesterol: 20 mg	Potassium: 469 mg
Sodium: 285 mg	Phosphorus: 140 mg
High-Protein: 11 g	Low Glycemic Index: 20 Low
Low Carbohydrates: 11 g	



Chicken and Rice Soup with Parsley



INGREDIENTS:

- Chicken breast, raw: 3 1/2 oz | 100 g
- White rice, raw: 1 tbsp | 10 g
- Carrots, chopped: 1/2 medium | 60 g
- Celery, chopped: 1/4 stalk | 25 g
- Chicken broth, low sodium: 1 1/2 cups | 360 ml
- Extra-virgin olive oil, divided: 2 tbsp | 30 ml
- Fresh parsley, chopped: 1 tbsp | 3 g
- Freshly ground black pepper to taste (*salt not added*)
- Fresh lemon juice: 1 tsp | 5 ml
- Fresh thyme: pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Heat 1 tbsp olive oil in a medium pot. Add carrot and celery; sauté 3–4 minutes until lightly caramelized.
2. Pour in chicken broth, add raw chicken breast and rice. Bring to a boil, reduce heat, and simmer gently 15 minutes until chicken is cooked through and rice is soft.
3. Remove chicken, shred with two forks, and return to the pot. Add thyme and black pepper.
4. Stir in lemon juice and remaining 2 tbsp olive oil off the heat for a silky finish.
5. Plate in a deep bowl, garnish with parsley and a fine drizzle of oil for shine.

✦ **Serve in a deep bowl, top with a drizzle of olive oil and lemon zest, and fresh thyme. You can also add 2-3 toasted pumpkin seeds on top for texture.**

✦ **For a Greek-inspired twist, whisk one egg with a squeeze of lemon juice, then slowly stir it into the hot (but not boiling) soup.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 447 kcal	Fiber: 2 g
Healthy Fats: 30 g	Sugar: 4 g
Cholesterol: 68 mg	Potassium: 632 mg
Sodium: 283 mg	Phosphorus: 278 mg
High-Protein: 30 g	Low Glycemic Index: 30
Low Carbohydrates: 19g	Low



Barley Soup with Carrots and Celery



INGREDIENTS:

- Barley, raw, gluten-free: 1 tsp | 5 g
- Carrots, chopped: 1/2 medium | 60 g
- Celery & onion, chopped: 1/4 stalk/medium | 25 g each
- Chicken breast, diced, raw: 2/3 cup | 40 g
- Garlic, minced: 1 clove | 3 g
- Extra-virgin olive oil, divided: 2 tbsp | 30 ml
- Vegetable broth, low sodium: 2 cups | 480 ml
- Freshly ground black pepper to taste (*salt not added*)
- Fresh lemon juice: 1 tsp | 5 ml
- Fresh thyme, chopped: 1 tsp | 1 g
- **Optional garnish:** a few parsley leaves + drizzle of olive oil

COOKING INSTRUCTIONS:

1. Toast the dry barley in a pan for 1–2 minutes until a nutty aroma appears, then simmer gently in water for 12–15 minutes until softened (you need only a small amount for body).
2. In a pot, warm 2 tbsp olive oil. Sauté onion and garlic 2–3 minutes until fragrant.
3. Add carrot and celery; cook 3–4 minutes to bring out natural sweetness.
4. Pour in broth, add chicken, thyme, and simmer gently 10 minutes until vegetables are tender.
5. Stir in pre-cooked barley, lemon juice, and black pepper. For a creamier texture, blend some of the soup in a blender. Simmer 2 more minutes. Serve warm.

✦ **Serve in a deep bowl, top with fresh thyme and a drizzle of olive oil.**

✦ **Can be combined with a light salad or a low-fat protein side dish.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 370 kcal	Fiber: 3 g
Healthy Fats: 27 g	Sugar: 5 g
Cholesterol: 27 mg	Potassium: 521 mg
Sodium: 316 mg	Phosphorus: 155 mg
High-Protein: 13 g	Low Glycemic Index: 25
Low Carbohydrates: 18 g	Low



Zucchini and Pumpkin Stew with Herbs



INGREDIENTS:

- Zucchini, chopped: 1 medium | 120 g
- Pumpkin, chopped: 1/2 medium | 60 g
- Onion, chopped: 1/4 medium | 25 g
- Garlic, minced: 1 clove | 3 g
- Extra-virgin olive oil, divided: 3 tbsp | 45 ml
- Vegetable broth, low sodium: 1 1/2 cups | 360 ml
- Fresh thyme, chopped: 1 tsp | 1 g
- Black pepper to taste (*no added salt*)
- **Optional:** pumpkin seeds, lightly toasted: 4–5 seeds | 2 g

COOKING INSTRUCTIONS:

1. Heat 2 tbsp olive oil in a pot over medium heat. Add onion and garlic, sauté 3–4 minutes until fragrant and lightly golden.
2. Add pumpkin and zucchini. Cook 5 minutes, stirring, until vegetables begin to caramelize.
3. Pour in vegetable broth, bring to a boil, then reduce heat and simmer 10–12 minutes until tender.
4. Stir in thyme, lemon zest, and black pepper.
5. Finish with the remaining 1 tbsp olive oil for aroma and richness.

✦ **Serve with a drizzle of olive oil and a sprinkle of fresh thyme.**

✦ **Pairs well with a small piece of whole grain bread unsalted or a protein snack.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 449 kcal
Healthy Fats: 42 g
Cholesterol: 0 mg
Sodium: 187 mg
High-Protein: 5 g
Low Carbohydrates: 17g

Fiber: 2 g
Sugar: 6 g
Potassium: 740 mg
Phosphorus: 103 mg
Low Glycemic Index: 20
Low



Poultry Noodle Soup with Fresh Greens



INGREDIENTS:

- Chicken or turkey breast, raw: 2 oz | 60 g
- Rice noodles, dry, gluten-free: 2 tbsp | 15 g
- Carrots, chopped: 1/2 medium | 60 g
- Garlic, minced: 1 clove | 3 g
- Celery, chopped: 1/4 stalk | 25 g
- Chicken broth (low sodium): 1 1/2 cups | 360 ml
- Olive oil, divided: 2 tbsp | 30 ml
- Fresh spinach, chopped: 1 small handful | 10 g
- Fresh parsley, chopped: 1 tbsp | 3 g
- Dried thyme or basil: pinch | 0.5 g
- Black pepper to taste (*no added salt*)

COOKING INSTRUCTIONS:

1. Heat olive oil in a large pot over medium heat. Add garlic, sauté for 1–2 minutes.
2. In a large pot, bring the chicken broth to a gentle boil. Add the raw chicken breast, garlic, carrots, and celery. Simmer for 15–18 minutes, until the chicken is fully cooked and vegetables are tender.
3. Remove the chicken breast, shred it with two forks, and return it to the pot. To enhance the flavor, you can lightly fry the chicken in a dry frying pan until golden brown before cooking, then the broth will be richer.
4. Add dry rice noodles and cook for 5–7 minutes, until tender.
5. Stir in fresh spinach and parsley. Cook for another 2–3 minutes until the spinach is wilted.
6. Season with pepper to taste.

✦ **Serve in a deep bowl, top with fresh spinach, thyme or basil, parsley and a drop of olive oil.**

✦ **Can be served with a lemon wedge or a light green salad.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 420 kcal
Healthy Fats: 28 g
Cholesterol: 41 mg
Sodium: 276 mg
High-Protein: 19 g
Low Carbohydrates: 23 g

Fiber: 2 g
Sugar: 4 g
Potassium: 597 mg
Phosphorus: 196 mg
Low Glycemic Index: 30
Low



10 minutes

1



Individuals



20 minutes



Cod and Rice Soup with Parsley



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Cod fillet, raw: 3 oz | 85 g
- White rice, raw: 1 tbsp | 10 g
- Carrots, chopped: 1/4 small | 20 g
- Celery, chopped: 1/4 stalk | 20 g
- Onion, chopped: 1/4 small | 20 g
- Chicken or vegetable broth, low sodium: 1 1/2 cups | 360 ml
- Extra-virgin olive oil, divided: 3 tbsp | 45 ml
- Fresh parsley, chopped: 1 tbsp | 3 g
- Lime zest: 1/2 tsp | 1 g and lime wedge: 1 piece | 5 g
- Black pepper to taste (*no added salt*)

COOKING INSTRUCTIONS:

1. Heat olive oil in a large pot over medium heat. Add onions and carrots, sauté for 3–4 minutes.
2. In a large pot, bring the chicken or vegetable broth to a gentle boil. Add raw rice, carrots, celery, and onion. Reduce heat and simmer for 15 minutes, until the rice is almost tender.
3. Add the raw cod fillet and cook for 5–6 minutes, until the fish is opaque and flakes easily with a fork.
4. Remove the cod, flake it into small pieces, and return it to the pot.
5. Stir in fresh parsley, lime zest, season with pepper to taste, and simmer for another 2 minutes. Serve warm.

✦ **Serve in a white bowl, with a drizzle of olive oil in the center of the plate, a few micro leaves of parsley and a lime wedge.**

✦ **Can be paired with a small salad of cucumber and greens without salt or a small whole grain side dish.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 514 kcal	Fiber: 1 g
Healthy Fats: 41 g	Sugar: 3 g
Cholesterol: 32 mg	Potassium: 487 mg
Sodium: 268 mg	Phosphorus: 220 mg
High-Protein: 20 g	Low Glycemic Index: 30
Low Carbohydrates: 17g	Low



7 minutes

1



Individuals



15-18 minutes



Fresh Tomato and Konjac Noodle Soup (No Concentrate)

World-Favorite Kidney-Safe Recipes

A kidney-safe twist on **Spanish gazpacho**. Fresh tomatoes, silky konjac noodles, and delicate seasoning create a dish that feels like summer in a bowl — cooling, bright, and light on the kidneys.



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Fresh tomatoes, peeled & diced: 1 medium | 120 g
- Konjac noodles, rinsed & chopped: 2 tbsp | 30 g (*or zucchini: 1 cup | 90 g; or rice, gluten-free: 1 tbsp | 10 g - maximum amount for carbs*)
- Carrots, chopped: 1/2 medium | 60 g
- Onion, chopped: 1/4 medium | 25 g
- Garlic, minced: 1 clove | 3 g
- Vegetable broth (low sodium): 1 1/2 cups | 360 ml
- Extra-virgin olive oil, divided: 3 tbsp | 45 ml
- Fresh basil, chopped: 1 tbsp | 3 g; Lemon zest: 1/2 tsp | 1 g
- Black pepper to taste (*no added salt*)
- Balsamic vinegar: 1/2 tsp | few drops | 1 g

COOKING INSTRUCTIONS:

1. Heat 2 tbsp olive oil in a pot over medium heat. Add onion and garlic, sauté 2–3 minutes until soft and fragrant.
2. Add carrot and diced tomato, cook another 3 minutes to release sweetness. Deglaze with a few drops of balsamic vinegar.
3. Pour in vegetable broth, bring to a boil, then simmer 10 minutes until vegetables are tender.
4. Add noodles and simmer just 2–3 minutes, until slightly softened but still al dente. If you use zucchini noodles, before adding to the soup, lightly dry their in a dry frying pan - this will help them retain their elasticity and prevent them from losing excess moisture.
5. Remove from heat, stir in remaining 1 tbsp olive oil, lemon zest, basil, and pepper.

✦ **Serve in a wide white bowl, top with fresh basil and a drizzle of olive oil.**

✦ **Pairs well with an unsalted whole grain bread.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 452 kcal	Fiber: 4 g
Healthy Fats: 41 g	Sugar: 8 g
Cholesterol: 0 mg	Potassium: 611 mg
Sodium: 232 mg	Phosphorus: 77 mg
High-Protein: 4 g	Low Glycemic Index: 25
Low Carbohydrates: 18 g	Low



10 minutes

1



Individuals



25-30 minutes



Lentil and Butternut Squash Soup with Onions (Diabetic-Friendly, Small Portion)



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Lentils red, raw, rinsed: 2 tbsp | 20 g
- Butternut squash, chopped: 1/2 medium | 60 g
- Onion, chopped: 1/4 medium | 25 g
- Chicken breast, diced (raw, skinless): 1.2 oz | 35 g - **use tofu if you prefer only plant-based protein**
- Garlic, minced: 1 clove | 3 g
- Vegetable broth, low sodium: 1 cup | 240 ml
- Extra-virgin olive oil, divided: 2 tbsp | 30 ml
- Fresh parsley, chopped: 1 tbsp | 3 g
- Fresh lemon juice: 1 tsp | 5 ml
- Ground cumin, turmeric (sweet paprika): pinch | 0.5 g (each)
- Black pepper to taste (*no added salt*)

COOKING INSTRUCTIONS:

1. Heat 1 tbsp olive oil in a saucepan and sauté the onion and garlic for 3–4 minutes. Add chicken, sear lightly for 2–3 minutes.
2. Add the squash and lentils (pre-washed), stir well, and cook for 2 minutes — this enhances their nutty flavor.
3. Pour in the broth, bring to a boil, then reduce the heat and simmer for 18–20 minutes, until tender.
4. Stir in the spices, lemon juice, and black pepper at the end.
5. Remove from the heat and either blend into a silky purée or leave chunky for a rustic style.
6. When serving, drizzle with the remaining 1 tbsp olive oil and sprinkle with fresh parsley.

✦ **Serve the soup in a deep white bowl, draw a drop of butter on top and place a thin ribbon of squash as decoration.**

✦ **Diabetic option:** Add 1/2 tsp fennel seeds or a pinch of ground coriander for better sugar control and a mildly sweet finish.

NUTRITIONAL VALUE (PER SERVING):

Calories: 401 kcal	Fiber: 4 g
Healthy Fats: 27 g	Sugar: 5 g
Cholesterol: 24 mg	Potassium: 515 mg
Sodium: 143 mg	Phosphorus: 206 mg
High-Protein: 15 g	Low Glycemic Index: 25 Low
Low Carbohydrates: 22g	



10 minutes

1



Individuals



30 minutes



Cabbage and Carrot Vegetable Stew



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Cabbage, chopped: 2/3 cup | 60 g
- Carrots, beetroot & onion, chopped: 1/4 medium | 30 g each
- Garlic, minced: 1 clove | 3 g
- Extra-virgin olive oil: 2 tbsp | 30 ml
- Vegetable broth, low sodium: 1 1/2 cups | 360 ml
- Fresh dill, chopped: 1 tbsp | 3 g
- Smoked paprika and lemon zest: 1/2 tsp | 1 g (each)
- Lemon juice: 1 tsp | 5 ml
- Black pepper to taste (*no added salt*)
- **Optional:** pumpkin seeds, lightly toasted: 1 tsp | 3 g

COOKING INSTRUCTIONS:

1. Heat 2 tbsp olive oil in a heavy pot over medium heat. Add onion and garlic, sauté 3–4 minutes until golden.
2. Add carrot and beet; cook gently 4–5 minutes until they release natural sweetness and develop a light caramelized edge.
3. Stir in cabbage, pour in broth, add smoked paprika and black pepper. Simmer 12–15 minutes until all vegetables are tender.
4. Remove from heat, stir in lemon juice, zest, fresh dill, and drizzle with remaining 1 tbsp olive oil.

✦ **Serve in a bowl, like layer the vegetables (carrots on top), garnish with a drop of oil and fresh dill.**

✦ **Pairs well with a light protein side dish or unsalted whole grain bread.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 463 kcal	Fiber: 4 g
Healthy Fats: 42 g	Sugar: 7 g
Cholesterol: 0 mg	Potassium: 699 mg
Sodium: 238 mg	Phosphorus: 105 mg
High-Protein: 5 g	Low Glycemic Index: 25 Low
Low Carbohydrates: 19g	

POULTRY & MEAT



10 minutes

1

Individuals



25-30 minutes



Lemon and Rosemary Baked Chicken Breast



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Chicken breast, boneless: 1 medium | 120 g
- Fresh rosemary, chopped: 1 tsp | 1 g
- Lemon zest: 1 tsp | 1 g
- Olive oil: 1 tsp | 5 ml
- Garlic, minced: 1 clove | 3 g
- Fresh lemon juice: 2 tsp | 10 ml
- Black pepper: a pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C). Line a small tray with parchment paper.
2. Rinse the chicken breast under cold water, pat dry with paper towel.
3. In a bowl, whisk olive oil, lemon juice, rosemary, garlic, zest, and pepper. Rub this mixture all over the chicken, let it marinate 10 minutes at room temperature.
4. Place chicken on the tray and bake 25–30 minutes, until golden on the surface and internal temperature reaches 165°F (74°C).
5. Rest for 3–4 minutes before slicing to keep juices inside.

★ **Place sliced chicken diagonally on a warm white plate, drizzle with pan juices and a few drops of olive oil. Garnish with a sprig of rosemary and a thin lemon wedge.**

★ **Best with a small side salad of cucumbers and lettuce, or a cup of unsweetened herbal tea (Not in nutrition)**

NUTRITIONAL VALUE (PER SERVING):

Calories: 200 kcal	Fiber: 1 g
Healthy Fats: 8 g	Sugar: 1 g
Cholesterol: 85 mg	Potassium: 368 mg
Sodium: 56 mg	Phosphorus: 204 mg
High-Protein: 28 g	Low Glycemic Index: 15
Low Carbohydrates: 2 g	Low



10 minutes

1

Individuals



25-30 minutes



Turkey with Braised Cabbage and Carrots



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Turkey breast, raw, diced: 4 oz | 120 g
- Cabbage, shredded: 1 cup | 90 g
- Carrots, sliced: 1/2 medium | 60 g
- Onion, chopped: 1/4 medium | 25 g
- Garlic, minced: 1 clove | 3 g
- Olive oil: 2 tbsp | 30 ml
- Low-sodium vegetable broth: 1 1/4 cups | 300 ml
- Fresh dill, chopped: 1 tbsp | 3 g
- Smoked paprika (or sweet, or dried thyme): 1/2 tsp | 1 g
- Lemon juice: 1 tsp | 5 ml
- Black pepper to taste (no added salt)

COOKING INSTRUCTIONS:

1. Rinse turkey breast under cold water and pat dry. Cut into bite-size cubes.
2. Heat 2 tbsp olive oil in a heavy skillet over medium heat. Add turkey cubes and sear 4–5 minutes. Transfer to a plate.
3. In the same pan, add onion, garlic, carrot, and cabbage. Sauté gently for 5 minutes until slightly caramelized.
4. Return turkey to the pan, add broth, paprika, and black pepper. Cover and simmer 12–15 minutes.
5. Stir in lemon juice, dill, and remaining 1 tbsp olive oil before serving.

★ **Serve in a shallow white bowl, arrange turkey cubes on top of the braised vegetables, drizzle with olive oil and garnish with a sprig of fresh dill.**

★ **Best with a slice of unsalted white bread or a cup of herbal tea.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 482	Fiber: 4 g
Healthy Fats: 40 g	Sugar: 5 g
Cholesterol: 82 mg	Potassium: 347 mg
Sodium: 243 mg	Phosphorus: 192 mg
High-Protein: 35 g	Low Glycemic Index: 20 Low
Low Carbohydrates: 12 g	



12 minutes

1



Individuals



25 minutes



Steamed Chicken Patties with Rice



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Chicken breast, raw, ground: 4 oz | 120 g
- Rice, white, raw: 2 tbsp | 20 g
- Onion, finely grated: 2 tsp | 10 g
- Garlic, minced: 1/2 clove | 1.5 g
- Egg white, raw: 1 large | 33 g
- Olive oil: 2 tbsp | 30 ml
- Fresh parsley, chopped: 1 tbsp | 3 g
- Fresh dill, chopped: 1 tbsp | 5 g
- Lemon zest: a pinch | 0.5–1 g
- Black pepper: a pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Rinse rice under cold water until clear. Place in a small pot with water. Bring to a boil, then simmer 12–14 minutes until half-cooked. Drain and let cool slightly.
2. In a bowl, combine ground chicken, cooled rice, onion, garlic, egg white, parsley, pepper, dill, lemon zest and 1 tbsp olive oil. Mix until smooth. Shape into 2–3 small patties.
3. Place patties into a steamer basket lined with parchment. Steam over medium heat for 15–18 minutes, until patties are firm and reach an internal temperature of 165°F (74°C).
4. Brush with remaining 1 tbsp olive oil for shine.

✦ **Place patties stacked slightly overlapping on a shallow plate, drizzle with olive oil, and garnish with a parsley leaf.**

✦ **Best with a small salad of cucumber ribbons and a cup of green tea.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 438	Fiber: 0 g
Healthy Fats: 29 g	Sugar: 0 g
Cholesterol: 62 mg	Potassium: 338 mg
Sodium: 184 mg	Phosphorus: 269 mg
High-Protein: 34 g	Low Glycemic Index: 15
Low Carbohydrates: 14 g	Low



15 minutes

1



Individuals



30 minutes



Turkey with Light Vegetable Sauté



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Turkey breast, raw, sliced into strips: 4 oz | 120 g
- Eggplant, cubed: 1/2 cup | 75 g
- Pumpkin, cubed: 1/2 cup | 75 g
- Tomato (peeled, deseeded, sliced): 1/2 medium | 40 g
- Onion, chopped: 1/4 medium | 25 g
- Garlic, minced: 1 clove | 3 g
- Olive oil: 2 tbsp | 30 ml
- Low-sodium vegetable broth: 1/2 cup | 120 ml
- Fresh parsley or dill, chopped: 1 tbsp | 3 g
- Lemon juice: 1 tsp | 5 ml
- Black pepper: a pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Preheat oven to 375°F (190°C). Rinse turkey, pat dry, and cut into thin strips. Rub with 1 tbsp olive oil, garlic, and black pepper.
2. In a skillet, heat 1 tbsp olive oil and sear turkey 5–6 minutes until lightly golden. Remove to a plate.
3. In the same pan, sauté onion, eggplant, and pumpkin 5–6 min until slightly caramelized.
4. Transfer vegetables to a small baking dish, mix with tomato slices, add turkey, pour in broth, and drizzle with remaining oil.
5. Cover with foil and bake 15–20 minutes, until turkey is fully cooked and vegetables tender.
6. Finish with lemon juice and sprinkle with fresh herbs before serving.

✦ **Serve directly in a shallow white ceramic dish, showing vibrant cubes of pumpkin and eggplant with golden turkey strips on top, garnished with fresh parsley.**

✦ **Best with an endive–apple salad or lightly pickled radish and a warm cup of herbal tea.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 580 kcal	Fiber: 4 g
Healthy Fats: 41 g	Sugar: 6 g
Cholesterol: 75 mg	Potassium: 759 mg
Sodium: 266 mg	Phosphorus: 292 mg
High-Protein: 31 g	Low Glycemic Index: 20
Low Carbohydrates: 17 g	Low

**1****12 minutes Individuals 18-20 minutes**

Chicken in Yogurt Dill Sauce



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Chicken breast, boneless, raw: 4 oz | 120 g
- Coconut yogurt, unsweetened: 1/4 cup | 60 g
- Garlic, minced: 1 clove | 3 g
- Fresh dill, chopped: 1 tbsp | 3 g
- Olive oil: 2 tbsp | 30 ml
- Fresh lemon juice: 1 tsp | 5 ml
- Smoked paprika: 1/4 tsp | 0.5 g
- Black pepper: a pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Rinse chicken breast, pat dry, and slice into 2 thin cutlets.
2. In a bowl, whisk half olive oil, garlic, paprika, lemon juice, and pepper. Rub mixture over the cutlets and let marinate 10 minutes at room temperature.
3. Preheat a grill pan (or grill) to medium-high. Brush lightly with olive oil.
4. Grill chicken cutlets 5–6 minutes per side, until golden grill marks appear, and internal temperature reaches 165°F (74°C).
5. Rest for 2–3 minutes before serving to keep the meat juicy.
6. In a bowl, mix coconut yogurt, the second half garlic, lemon juice, paprika, and half of the dill.

✦ **Serve sliced chicken on a white plate, spoon sauce around the meat, drizzle with olive oil, and decorate with a sprig of dill and a thin lemon wedge.**

✦ **Best with lightly steamed zucchini or from bell peppers and radishes salad.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 435 kcal
 Healthy Fats: 33 g
 Cholesterol: 85 mg
 Sodium: 65 mg
 High-Protein: 29 g
 Low Carbohydrates: 3 g

Fiber: 0 g
 Sugar: 1 g
 Potassium: 386 mg
 Phosphorus: 288 mg
 Low Glycemic Index: 20
 Low

**1****12 minutes Individuals 35-40 minutes**

Garlic and Herb Roasted Chicken Drumsticks



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Chicken drumsticks, raw, skin-on: 2 medium | 200 g
- Garlic, minced: 2 cloves | 6 g
- Olive oil: 1 tbsp | 15 ml
- Fresh rosemary, chopped: 1 tsp | 1 g
- Fresh thyme, chopped: 1 tsp | 1 g
- Smoked paprika: 1/2 tsp | 1 g
- Fresh lemon juice: 2 tsp | 10 ml
- Orange zest: 1/2 tsp | 1 g
- Cucumber, peeled into ribbons: 1/2 medium | 50 g
- Black pepper: a pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Rinse drumsticks under cold water and pat dry.
2. In a bowl, whisk olive oil, garlic, rosemary, thyme, paprika, lemon juice, orange zest, and pepper. Rub mixture over the drumsticks. Marinate 10–15 minutes at room temperature.
3. Preheat oven to 400°F (200°C). Line a tray with parchment.
4. Roast drumsticks 35–40 minutes, turning once halfway, until skin is golden and internal temperature reaches 175°F (80°C).
5. Rest drumsticks 3–4 minutes before serving.
6. Meanwhile, peel cucumber into thin ribbons with a vegetable peeler. Toss with a drizzle of olive oil and a drop of lemon juice.

✦ **Cross drumsticks on a white plate, drizzle with pan juices, arrange cucumber ribbons on the side, and garnish with fresh thyme and a sliver of orange zest.**

✦ **Excellent with a small slice of unsalted white bread or a cup of herbal tea.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 707 kcal
 Healthy Fats: 59 g
 Cholesterol: 186 mg
 Sodium: 185 mg
 High-Protein: 36 g
 Low Carbohydrates: 5 g

Fiber: 0 g
 Sugar: 1 g
 Potassium: 603 mg
 Phosphorus: 377 mg
 Low Glycemic Index: 20
 Low

**1****12 minutes****Individuals****20-22 minutes**

Turkey Meatballs in Light Sauce



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Turkey breast, ground, raw: 4 oz | 120 g
- Onion, finely grated: 2 tsp | 10 g
- Garlic, minced: 1 clove | 3 g
- Egg white, raw: 1 large | 33 g
- Olive oil: 2 1/2 tbsp | 37 ml
- Low-sodium vegetable broth: 3/4 cup | 180 ml
- Red bell pepper, chopped: 1/2 medium | 60 g
- Fresh parsley, chopped: 1 tbsp | 3 g
- Fresh lemon juice: 1 tsp | 5 ml
- Smoked paprika: 1/4 tsp | 0.5 g
- Black pepper: a pinch | 0.5 g

COOKING INSTRUCTIONS:

1. In a bowl, mix turkey, onion, garlic, egg white, parsley, paprika, and 1 tbsp olive oil. Form into 4–5 small meatballs.
2. Heat 1 tbsp olive oil in a skillet over medium heat. Add meatballs and cook 3–4 minutes, turning until lightly golden. Remove and set aside.
3. In the same pan, add chopped red pepper and remaining garlic. Sauté 4–5 minutes until pepper softens and caramelizes. Add vegetable broth, simmer 5 minutes, then blend into a smooth sauce. Return sauce to skillet.
4. Place meatballs back into the pan, cover, and simmer in the sauce 8–10 min until cooked through (internal temp 165°F / 74°C).
4. Finish with lemon zest and a drizzle of remaining olive oil.

✦ **Place meatballs in a shallow white bowl with a spoon of light red pepper sauce around, and garnish with a sprig of parsley and a lemon wedge.**

✦ **Perfect with lightly sautéed zucchini or cabbage and dill salad.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 489 kcal
 Healthy Fats: 34 g
 Cholesterol: 75 mg
 Sodium: 204 mg
 High-Protein: 34 g
 Low Carbohydrates: 8 g

Fiber: 2 g
 Sugar: 3 g
 Potassium: 593 mg
 Phosphorus: 253 mg
 Low Glycemic Index: 25
 Low

**1****12 minutes****Individuals****20 minutes**

Chicken Fillet with Zucchini and Carrots



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Chicken fillet, raw: 4 oz | 120 g
- Zucchini, sliced: 1/2 medium | 60 g
- Carrot, julienned: 1/2 medium | 60 g
- Onion, chopped: 1/4 medium | 25 g
- Garlic, minced: 1 clove | 3 g
- Olive oil: 2 tbsp | 30 ml
- Fresh parsley, chopped: 1 tbsp | 3 g
- Lemon juice: 1 tsp | 5 ml
- Oregano: 1/4 tsp | 0.5 g
- Black pepper: a pinch | 0.5 g

For the Side Salad

- Iceberg lettuce, torn: 1 cup | 40 g
- Cucumber, thin slices: 1/4 medium | 25 g
- Radish, thin slices: 2 pcs | 20 g
- Olive oil: 1 tsp | 5 ml
- Lemon zest: 1/2 tsp | 1 g

COOKING INSTRUCTIONS:

1. Rinse chicken fillet, pat dry, and cut into medallions.
2. Heat 2 tbsp olive oil in a skillet over medium heat. Add chicken and sear 3–4 minutes per side until golden. Transfer to a plate.
3. In the same pan, add zucchini, carrot, onion, and garlic. Sauté gently 5–6 minutes until vegetables are softened and slightly caramelized.
4. Return chicken to the pan, sprinkle with oregano or marjoram and pepper, add lemon juice, and cook 2–3 minutes to glaze. Drizzle with remaining 1 tbsp olive oil before serving.
5. Meanwhile, prepare the salad: combine iceberg, cucumber, and radish. Dress with olive oil and lemon zest.

✦ **Arrange chicken medallions on one side of a wide plate, sautéed vegetables beside them. Serve the crisp salad separately in a small bowl.**

✦ **Excellent with a cup of herbal tea or a slice of unsalted white bread.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 619 kcal
 Healthy Fats: 48 g
 Cholesterol: 85 mg
 Sodium: 108 mg
 High-Protein: 30 g
 Low Carbohydrates: 12 g

Fiber: 4 g
 Sugar: 4 g
 Potassium: 892 mg
 Phosphorus: 334 mg
 Low Glycemic Index: 25 Low



10 minutes

1



Individuals



18-20 minutes



World-Favorite Kidney-Safe Recipes

A softer version of **Turkish bulgur pilavı**. Made with lean turkey, less oil, and a fragrant touch of fresh parsley, this dish captures the spirit of the original without being heavy.

Bulgur Pilaf with Turkey and Parsley



NUT-FREE

PEANUT-FREE

DAIRY-FREE

SOY-FREE

INGREDIENTS:

- Turkey breast, raw, diced: 4 oz | 120 g
- Bulgur, raw: 2 tbsp | 30 g
- Onion, chopped: 1/4 medium | 25 g
- Carrot, finely diced: 1/4 medium | 30 g
- Garlic, minced: 1 clove | 3 g
- Olive oil: 2 tbsp | 30 ml
- Low-sodium vegetable broth: 1 cup | 240 ml
- Fresh parsley, chopped: 1 tbsp | 3 g
- Lemon zest: 1/2 tsp | 1 g
- Black pepper: a pinch | 0.5 g
- **Optional:** dried cranberries: 1 tsp | 2 g

COOKING INSTRUCTIONS:

1. Rinse bulgur under cold water. Place in a small pot with broth, bring to a boil, then simmer on low heat 15–18 minutes until tender. Drain any excess liquid.
2. Meanwhile, heat 2 tbsp olive oil in a skillet. Add turkey cubes and sear 5–6 minutes. Remove to a plate.
3. In the same skillet, sauté onion, carrot, and garlic for 4–5 minutes until softened and lightly caramelized.
4. Return turkey to the skillet, add cooked bulgur, season with pepper and lemon zest, dried cranberries, if using. Stir well, drizzle with remaining 1 tbsp olive oil, and cook together 2–3 minutes. Finish with fresh parsley.

✦ **Spoon bulgur pilaf neatly into a ring mold on a plate, arrange golden turkey cubes on top, and garnish with parsley and lemon zest ribbons.**

✦ **Great with a cucumber-radish salad or lightly steamed zucchini ribbons.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 650 kcal
Healthy Fats: 41 g
Cholesterol: 75 mg
Sodium: 200 mg
High-Protein: 33 g
Low Carbohydrates: 33g

Fiber: 6 g
Sugar: 4 g
Potassium: 548 mg
Phosphorus: 288 mg
Low Glycemic Index: 30
Low



12 minutes

1



Individuals



15 minutes



Chicken with Lemon Herb Dressing



GLUTEN-FREE

NUT-FREE

PEANUT-FREE

DAIRY-FREE

SOY-FREE

INGREDIENTS:

- Chicken breast, boneless, raw: 4 oz | 120 g
- Garlic, minced: 1 clove | 3 g
- Olive oil: 2 tbsp | 30 ml
- Fresh lemon juice: 2 tsp | 10 ml
- Lemon zest: 1/2 tsp | 1 g
- Fresh parsley, chopped: 1 tbsp | 3 g
- Fresh thyme, chopped: 1 tsp | 1 g
- Black pepper: a pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Rinse chicken breast, pat dry, and slice into thin cutlets for quicker cooking.
2. Heat 2 tbsp olive oil in a skillet over medium heat. Add chicken cutlets, season with black pepper, and sear 4–5 minutes per side until golden and fully cooked (internal temp 165°F / 74°C). Remove from heat and rest 2–3 minutes.
3. In a small bowl, whisk remaining olive oil with lemon juice, zest, parsley, and thyme to make a fresh dressing.
4. Slice chicken and drizzle with the lemon herb dressing.

✦ **Slice the chicken very thinly and roll them into roses, arrange them attractively on a square plate diagonally, spoon dressing over the meat, and garnish with a sprig of thyme and a thin lemon ribbon.**

✦ **Best with a crisp salad of cucumber and iceberg lettuce, dressed lightly with olive oil.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 524 kcal
Healthy Fats: 44 g
Cholesterol: 85 mg
Sodium: 58 mg
High-Protein: 28 g
Low Carbohydrates: 2 g

Fiber: 0 g
Sugar: 0 g
Potassium: 356 mg
Phosphorus: 272 mg
Low Glycemic Index: 20 Low



1



12 minutes Individuals 18-20 minutes



Chicken Stew with Pumpkin, Green Beans and Cauliflower



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Chicken breast, boneless, raw, diced: 4 oz | 120 g
- Pumpkin, diced: 1/2 cup | 80 g
- Green beans (string beans), trimmed and cut: 1/2 cup | 70 g
- Cauliflower florets, chopped: 1/2 cup | 70 g
- Onion, chopped: 1/4 medium | 25 g
- Garlic, minced: 1 clove | 3 g
- Olive oil: 2 tbsp | 30 ml
- Low-sodium vegetable broth: 1 1/4 cups | 300 ml
- Fresh parsley, chopped: 1 tbsp | 3 g
- Lemon juice: 1 tsp | 5 ml
- Black pepper: a pinch | 0.5 g
- **Optional:** thyme or oregano, dried: 1/4 tsp | 0.5 g

COOKING INSTRUCTIONS:

1. Rinse chicken, pat dry, and cut into small cubes.
2. Heat 2 tbsp olive oil in a deep skillet or pot. Add chicken, sear 4–5 minutes. Remove to a plate.
3. In the same pot, add onion, garlic, pumpkin, green beans, and cauliflower. Sauté gently 5–6 minutes until vegetables start to soften.
4. Return chicken, pour in broth, season with black pepper (and herbs if using). Cover and simmer 12–15 minutes until vegetables and chicken are tender.
5. Finish with lemon juice and drizzle with remaining 1 tbsp olive oil. Sprinkle with fresh parsley before serving.

✦ **Serve stew in a wide shallow bowl, arrange bright orange pumpkin, green beans, and cauliflower on top for color contrast, drizzle with olive oil, and garnish with parsley.**

✦ **Goes perfectly with a crisp radish–cucumber salad or a slice of unsalted white bread.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 614 kcal
Healthy Fats: 44 g
Cholesterol: 85 mg
Sodium: 226 mg
High-Protein: 33 g
Low Carbohydrates: 22g

Fiber: 6 g
Sugar: 9 g
Potassium: 953 mg
Phosphorus: 371 mg
Low Glycemic Index: 30
Low



1



12 minutes Individuals 35-40 minutes



Chicken Meatballs with Rice and Onion



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Chicken breast, ground, raw: 4 oz | 120 g
- Rice, white, raw: 2 tbsp | 20 g
- Onion, finely grated: 2 tsp | 10 g
- Garlic, minced: 1/2 clove | 1.5 g
- Egg white, raw: 1 large | 33 g
- Olive oil: 2 tbsp | 30 ml
- Low-sodium vegetable broth: 3/4 cup | 180 ml
- Fresh parsley, chopped: 1 tbsp | 3 g
- Lemon zest: 1/2 tsp | 1 g
- Black pepper: a pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Rinse rice thoroughly, then boil in 1/2 cup (120 ml) water for 10–12 minutes until half-cooked. Drain and let cool slightly.
2. In a bowl, mix ground chicken, onion, garlic, rice, egg white, parsley, pepper, and 1 tbsp olive oil. Shape into 4–5 small meatballs.
3. Heat 1 tbsp olive oil in a skillet. Sear meatballs 2–3 minutes, turning until lightly golden.
4. Add broth, cover, and simmer gently 10–12 minutes until fully cooked (internal temp 165°F / 74°C).
5. Finish with lemon zest and drizzle with remaining 1 tbsp olive oil (optionally infused with lemon juice or peel for aroma).

✦ **Arrange meatballs neatly in the center of a flat white plate, spoon a little broth around, garnish with parsley, and place cucumber ribbons twisted like spirals on the side for freshness.**

✦ **Pairs beautifully with a crisp lettuce–radish salad.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 606 kcal
Healthy Fats: 42 g
Cholesterol: 75 mg
Sodium: 202 mg
High-Protein: 36 g
Low Carbohydrates: 20 g

Fiber: 0 g
Sugar: 1 g
Potassium: 392 mg
Phosphorus: 251 mg
Low Glycemic Index: 25
Low



Lime-Marinated Turkey with Herbs



INGREDIENTS:

- Turkey breast, raw, sliced: 4 oz | 120 g
- Garlic, minced: 1 clove | 3 g
- Olive oil: 2 tbsp | 30 ml
- Fresh lime juice: 2 tsp | 10 ml
- Lime zest: 1/2 tsp | 1 g
- Fresh parsley, chopped: 1 tbsp | 3 g
- Fresh thyme, chopped: 1 tsp | 1 g
- Black pepper: a pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Rinse turkey, pat dry, and cut into thin strips.
2. In a bowl, combine olive oil, garlic, lime juice, lime zest, parsley, thyme, and pepper. Add turkey and marinate 10–15 minutes.
3. Heat a grill pan or skillet over medium-high heat. Brush lightly with olive oil.
4. Cook turkey strips 3–4 minutes per side, until golden grill marks appear and meat is cooked through (internal temp 165°F / 74°C).
5. Remove, rest for 2 minutes, and drizzle with a little of the leftover lime-herb marinade.

✦ **Arrange turkey strips fanned out on a matte white plate, drizzle with olive oil and fresh lime juice, garnish with lime wedge and a sprig of thyme.**

✦ **Perfect with a fresh salad of iceberg lettuce and cucumber ribbons.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 509 kcal	Fiber: 0 g
Healthy Fats: 41 g	Sugar: 0 g
Cholesterol: 75 mg	Potassium: 304 mg
Sodium: 63 mg	Phosphorus: 220 mg
High-Protein: 29 g	Low Glycemic Index: 20
Low Carbohydrates: 2 g	Low



Chicken Baked Casserole with Cauliflower Purée and Eggplant Layer



INGREDIENTS:

- Chicken breast, boneless, raw: 4 oz | 120 g
- Cauliflower florets, raw: 1 cup | 100 g
- Eggplant, thinly sliced: 3–4 slices | 60 g
- Garlic, minced: 1 clove | 3 g
- Olive oil: 2 tbsp | 30 ml
- Lemon juice: 1 tsp | 5 ml
- Fresh parsley, chopped: 1 tbsp | 3 g
- Black pepper, thyme, rosemary: a pinch | 0.5 g each

COOKING INSTRUCTIONS:

1. Preheat oven to 375°F (190°C). Line a small baking dish with parchment.
2. Salt the eggplants and leave for 10 minutes. Brush eggplant slices with 1 tbsp olive oil, grill or pan-fry lightly 2–3 minutes per side until golden. Spread evenly on the bottom of the baking dish.
3. Steam cauliflower florets until tender (8–10 minutes). Drain well and blend into a smooth purée with 1 tbsp olive oil, garlic, and black pepper. Arrange in a thin layer on top of the eggplant.
4. Rinse chicken breast, pat dry, and cut into thin cutlets. Season with lemon juice, thyme, rosemary and black pepper.
5. Place the chicken over the purée layer. Cover with foil and bake 15–20 minutes until the chicken is fully cooked (internal temp 165°F / 74°C).
6. Remove from oven, rest for 3 minutes, and sprinkle with fresh parsley before serving.

✦ **Cut into a neat square or circle, showing visible layers of cauliflower purée, eggplant, and chicken on top. Drizzle with olive oil and garnish with parsley.**

✦ **Excellent with a cucumber-lettuce salad or a small portion of radishes for crunch.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 563 kcal	Fiber: 4 g
Healthy Fats: 44 g	Sugar: 4 g
Cholesterol: 85 mg	Potassium: 699 mg
Sodium: 88 mg	Phosphorus: 331 mg
High-Protein: 30 g	Low Glycemic Index: 30
Low Carbohydrates: 10 g	Low



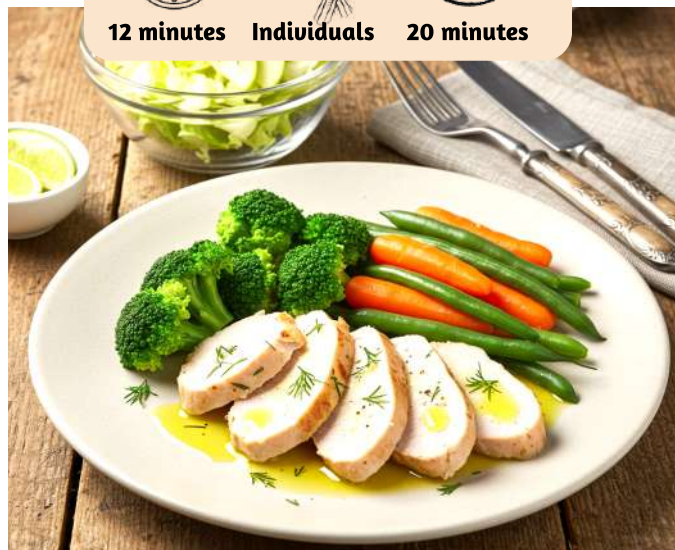
1



Individuals



20 minutes



Turkey Fillet with Steamed Vegetables



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Turkey fillet, raw: 4 oz | 120 g
- Broccoli florets, chopped: 1/2 cup | 70 g
- Green beans, trimmed: 1/2 cup | 70 g
- Carrot, cut into sticks: 1/4 medium | 30 g
- Olive oil: 2 1/2 tbsp | 37 ml
- Fresh dill, chopped: 1 tbsp | 3 g
- Fresh lime juice: 1 tsp | 5 ml
- Garlic, minced: 1 clove | 3 g
- Black pepper: a pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Rinse turkey, pat dry, and cut into medallions. Rub with garlic and 1 tbsp olive oil.
2. Steam turkey medallions over boiling water 12–14 minutes until cooked (internal temp 165°F / 74°C).
3. Steam vegetables separately for 6–8 minutes, so they keep color and light crunch.
4. Drizzle turkey and vegetables with remaining olive oil and lime juice. Sprinkle dill and black pepper.

✦ *Arrange turkey slices in the center of a plate, steamed vegetables around like a colorful wreath, drizzle with olive oil, and garnish with dill sprigs.*

✦ *Works beautifully with a small Iceberg salad with apple and dill.*

NUTRITIONAL VALUE (PER SERVING):

Calories: 501 kcal
Healthy Fats: 34 g
Cholesterol: 75 mg
Sodium: 108 mg
High-Protein: 33 g
Low Carbohydrates: 15g

Fiber: 6 g
Sugar: 4 g
Potassium: 775 mg
Phosphorus: 308 mg
Low Glycemic Index: 25
Low



1



Individuals



30 minutes



Chicken Roulade with Rice Filling

**World-Favorite
Kidney-Safe Recipes**
Elegant rolls inspired by **French roulades and Italian involtini**. A simple rice filling keeps it hearty but light, while the rolled presentation makes it look festive and classic.



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Chicken breast, boneless, raw: 5 oz | 140 g
- Rice, white, raw: 2 tbsp | 20 g
- Onion, finely chopped: 2 tsp | 10 g
- Garlic, minced: 1/2 clove | 1.5 g
- Olive oil: 3 tbsp | 30 ml
- Fresh parsley, chopped: 1 tbsp | 3 g
- Lime zest: 1/2 tsp | 1 g
- Black pepper, dried thyme and dill: a pinch each | 0.5 g

COOKING INSTRUCTIONS:

1. Rinse rice, then boil in water 10 minutes until half-cooked. Drain.
2. In a pan, sauté onion and garlic in 1 tbsp olive oil for 2–3 minutes. Mix with rice, parsley, dried thyme, dill and lime zest.
3. Slice chicken breast thinly and pound lightly into a rectangle. Place filling in the center, roll up tightly, and secure with toothpicks.
4. Heat oven to 375°F (190°C). Sear roulade in skillet with 1 tbsp olive oil until golden. Transfer to baking dish, drizzle remaining oil, cover with foil, and bake 15–18 minutes until cooked through.
5. Rest 3 minutes, then slice diagonally.

✦ *Arrange roulade slices in a fan on a white plate, spoon a little oil over, and garnish with parsley sprigs.*

✦ *Pairs beautifully with a Cabbage and carrot salad (very finely).*

NUTRITIONAL VALUE (PER SERVING):

Calories: 619 kcal
Healthy Fats: 44 g
Cholesterol: 99 mg
Sodium: 65 mg
High-Protein: 34 g
Low Carbohydrates: 18 g

Fiber: 0 g
Sugar: 1 g
Potassium: 423 mg
Phosphorus: 336 mg
Low Glycemic Index: 25 Low



12 minutes

1

Individuals



35 minutes



Roasted Chicken Thigh with Bell Peppers and Rutabaga



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Chicken thigh, bone-in, skin-on, raw: 1 medium | 150 g
- Bell peppers (red, yellow, green), mix sliced: 1/2 cup | 70 g
- Rutabaga (swede), diced: 1/2 cup | 70 g
- Garlic, minced: 1 clove | 3 g
- Olive oil: 2 tbsp | 30 ml
- Fresh thyme, chopped: 1 tsp | 1 g
- Fresh parsley, chopped: 1 tbsp | 3 g
- Lime juice: 1 tsp | 5 ml
- Black pepper: a pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. Rub chicken thigh with garlic, thyme, lime juice, black pepper, and 2 tbsp olive oil.
3. Place rutabaga cubes and bell pepper slices on a parchment-lined baking tray, drizzle with remaining olive oil, and lay chicken thigh on top.
4. Roast 30–35 minutes, turning vegetables once, until chicken skin is golden and crispy, rutabaga tender, and peppers caramelized.
5. Rest chicken 3 minutes, garnish with parsley, and serve.

★ **Place roasted vegetables in a fan shape, set chicken thigh on top, drizzle with pan juices, sprinkle with parsley.**

★ **Works beautifully with a crisp endive and chicory salad, lightly dressed with olive oil and lime juice.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 715 kcal
Healthy Fats: 61 g
Cholesterol: 111 mg
Sodium: 115 mg
High-Protein: 27 g
Low Carbohydrates: 13g

Fiber: 4 g
Sugar: 7 g
Potassium: 698 mg
Phosphorus: 263 mg
Low Glycemic Index: 25
Low



10 minutes

1

Individuals



30-35 minutes



Turkey Pilaf with Rice, Fresh Herbs and Barberry (Oven-Baked)

World-Favorite Kidney-Safe Recipes

A healthier version of Uzbek plov; lean turkey replaces lamb, oil is kept minimal, and fresh herbs and barberries bring the signature aroma. Comforting and familiar, but easier on your body.



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Turkey breast, diced: 4 oz | 120 g
- Rice, white, raw: 3 tbsp | 30 g
- Onion, finely chopped: 1/4 medium | 25 g
- Garlic, minced: 1 clove | 3 g
- Olive oil: 2 tbsp | 30 ml
- Low-sodium vegetable broth: 1 cup | 240 ml
- Fresh parsley, chopped: 1 tbsp | 3 g
- Fresh dill, chopped: 1 tbsp | 3 g
- Dried barberry (unsweetened): 1 tsp | 3 g
- Black pepper: a pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. In a skillet, heat 1 tbsp olive oil. Add onion and garlic, sauté 3–4 minutes until fragrant.
3. Lightly rinse rice, then stir it into the skillet with onion and garlic for 2 minutes, coating the grains in oil.
4. Transfer rice mixture to a small ovenproof dish. Add diced turkey, barberries, broth, and black pepper. Drizzle with another 1 tbsp olive oil and mix gently.
5. Cover with foil and bake 20–25 minutes, until rice is tender and turkey fully cooked.
6. Remove foil, drizzle remaining 1 tbsp olive oil, and bake 5 minutes uncovered to get a light golden top.
7. Garnish with parsley and dill before serving.

★ **Pack pilaf into a small round mold, unmold onto a flat white plate, top with golden turkey cubes and ruby barberries, drizzle with olive oil, and decorate with fresh herbs.**

★ **Excellent with a side of endive and chicory salad.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 646 kcal
Healthy Fats: 41 g
Cholesterol: 75 mg
Sodium: 146 mg
High-Protein: 32 g
Low Carbohydrates: 31 g

Fiber: 2 g
Sugar: 5 g
Potassium: 621 mg
Phosphorus: 269 mg
Low Glycemic Index: 25
Low



12 minutes 1 Individuals 20 minutes

Grilled Chicken with Light Lemon Sauce



INGREDIENTS:

- Chicken breast, boneless, raw: 4 oz | 120 g
- Olive oil: 2 1/2 tbsp | 37 ml
- Garlic, minced: 1 clove | 3 g
- Fresh lemon juice: 2 tsp | 10 ml
- Lemon zest: 1/2 tsp | 1 g
- Fresh parsley, chopped: 1 tbsp | 3 g
- Thyme, fresh: 1/2 tsp | 0.5 g
- Green beans, trimmed: 1/2 cup | 70 g
- Black pepper: a pinch | 0.5 g
- Marjoram: a pinch | 0.5 g

COOKING INSTRUCTIONS:

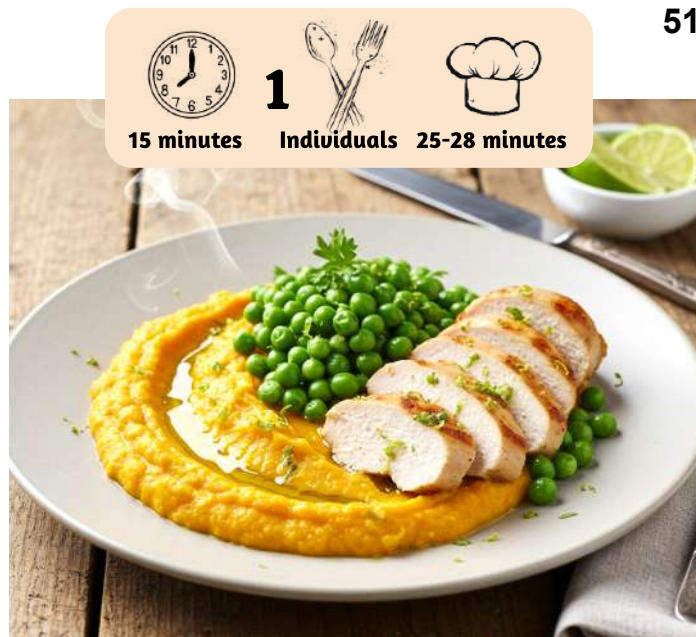
1. Rinse chicken, pat dry, and rub with garlic, thyme, black pepper, and 1 tbsp olive oil. Let rest 5–7 minutes.
2. Heat grill pan to medium-high, brush with oil. Grill chicken 5–6 minutes per side until golden with grill marks and internal temp reaches 165°F / 74°C. Rest 2–3 minutes.
3. While chicken rests, sauté green beans in 1 tsp olive oil with a pinch of garlic for 3–4 minutes until slightly blistered but still crisp.
4. For the dressing: whisk remaining olive oil with lemon juice, zest, and parsley.
5. Slice chicken, arrange on plate, drizzle with lemon herb sauce, and serve with green beans on the side.

✦ *Fan sliced chicken diagonally on a flat white plate, drizzle glossy lemon-herb dressing over the meat, place sautéed green beans alongside in a neat bundle, garnish with parsley and a lemon twist.*

✦ *Best with a crisp salad of Chinese cabbage and endive leaves.*

NUTRITIONAL VALUE (PER SERVING):

Calories: 598 kcal	Fiber: 3 g
Healthy Fats: 50 g	Sugar: 2 g
Cholesterol: 85 mg	Potassium: 504 mg
Sodium: 64 mg	Phosphorus: 302 mg
High-Protein: 30 g	Low Glycemic Index: 25
Low Carbohydrates: 7 g	Low



15 minutes 1 Individuals 25-28 minutes

Chicken with Peas and Pumpkin Purée with Lime



INGREDIENTS:

- Chicken breast, boneless, raw: 4 oz | 120 g
- Pumpkin, peeled and cubed: 1 cup | 100 g
- Green peas (shelled, fresh or frozen, **not canned**): 1/4 cup | 35 g
- Olive oil: 2 tbsp | 30 ml
- Fresh lime juice: 1 tsp | 5 ml
- Garlic, minced: 1 clove | 3 g
- Ground nutmeg and coriander: a pinch each | 0.3 g
- Black pepper: a pinch | 0.5 g
- Fresh parsley, chopped: 1 tbsp | 3 g

COOKING INSTRUCTIONS:

1. Steam pumpkin cubes until tender (12–15 minutes). Mash into a smooth purée with 1 tbsp olive oil, lime juice, nutmeg, coriander, and black pepper. Keep warm.
2. Meanwhile, blanch green peas in boiling water for 3 min, then drain. Toss with 1/2 tbsp olive oil and parsley.
3. Rinse chicken breast, pat dry, cut into thin fillets. Rub with garlic and 1 tbsp olive oil. Grill or pan-sear over medium heat 4–5 minutes per side, until golden and internal temp reaches 165°F / 74°C. Rest 3 minutes.
4. Slice chicken and serve over the pumpkin purée, with green peas arranged neatly on the side. Drizzle with remaining 1/2 tbsp olive oil.

✦ *Spread pumpkin purée in a smooth oval on a flat plate, place sliced chicken breast on top, spoon peas to one side for color contrast, drizzle with olive oil and garnish with parsley.*

✦ *Works beautifully with an endive–chicory salad.*

NUTRITIONAL VALUE (PER SERVING):

Calories: 585 kcal	Fiber: 3 g
Healthy Fats: 44 g	Sugar: 6 g
Cholesterol: 85 mg	Potassium: 707 mg
Sodium: 60 mg	Phosphorus: 335 mg
High-Protein: 31 g	Low Glycemic Index: 30 Low
Low Carbohydrates: 16 g	

FISH & SEAFOOD



10 minutes

1

Individuals



20 minutes

Baked Cod with Lemon and Dill



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Cod fillet, raw: 4 oz | 120 g
- Garlic, minced: 1 clove | 3 g
- Olive oil: 2 tbsp | 30 ml
- Fresh lemon juice: 2 tsp | 10 ml
- Lemon zest: 1/2 tsp | 1 g
- Fresh dill, chopped: 1 tbsp | 3 g
- Black pepper: a pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Preheat oven to 375°F (190°C). Line a small baking dish with parchment.
2. Rinse cod fillet under cold water, pat dry with paper towel.
3. In a bowl, mix 2 tbsp olive oil, garlic, lemon juice, zest, pepper, and half of the dill. Rub mixture over the cod. Let marinate for 8–10 minutes.
4. Place cod in the baking dish. Drizzle remaining 1 tbsp olive oil over the top.
5. Bake uncovered for 15–18 minutes, until cod is flaky and opaque (internal temperature 145°F / 63°C).
6. Remove, rest for 2–3 minutes. Sprinkle with remaining dill and drizzle lightly with pan juices before serving.

✦ **Place cod in the center of a flat plate, drizzle with pan juices, garnish with dill sprigs and lemon or lime ribbon.**

✦ **Best with a side of steamed green beans, broccoli or/and a slice of baked pumpkin. Drink: cup of mild chamomile tea.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 355 kcal	Fiber: 0 g
Healthy Fats: 28 g	Sugar: 1 g
Cholesterol: 45 mg	Potassium: 379 mg
Sodium: 89 mg	Phosphorus: 249 mg
High-Protein: 24 g	Low Glycemic Index: 20
Low Carbohydrates: 2 g	Low



12 minutes

1

Individuals



20 minutes

Steamed Trout with Zucchini



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Trout steak or fillet, raw, skin-on: 4 oz | 120 g
- Zucchini, sliced into ribbons: 1/2 medium | 60 g
- Carrot, shaved into ribbons: 1/4 medium | 30 g
- Olive oil: 1 1/2 tbsp | 22 ml
- Garlic, minced: 1 clove | 3 g
- Fresh dill, chopped: 1 tbsp | 3 g
- Fresh lemon zest: 1/2 tsp | 1 g
- Fresh lemon juice: 2 tsp | 10 ml
- Black pepper: a pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Rinse trout steak (healthier in terms of fatty acids) or fillet and pat dry. Rub with garlic, pepper, and 1 tbsp olive oil.
2. Place trout and zucchini slices in a steamer basket over boiling water. Steam 12–14 minutes until trout is opaque and flakes easily.
3. Steam carrot ribbons separately for 2–3 minutes until tender but bright.
4. Finish fish and vegetables with lemon juice, parsley, and remaining oil.

✦ **Place trout diagonally on a shallow plate, arrange zucchini slices and carrot ribbons alongside, drizzle with olive oil, garnish with parsley.**

✦ **Serve with Chinese cabbage salad and a cup of warm lemon balm tea.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 378 kcal	Fiber: 2 g
Healthy Fats: 27 g	Sugar: 2 g
Cholesterol: 74 mg	Potassium: 718 mg
Sodium: 76 mg	Phosphorus: 318 mg
High-Protein: 24 g	Low Glycemic Index: 20 Low
Low Carbohydrates: 7 g	



13 minutes

1



Individuals



5-15 minutes



World-Favorite Kidney-Safe Recipes

A kidney-friendly take on
British-style fishcakes.
Tender hake, soft herbs, and
gentle seasoning, without the
heavy breading or excess fat.
Still the comfort of the original,
but lighter.

Homemade Fish Cakes with Hake



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Hake fillet, raw: 4 oz | 120 g
- Onion, finely grated: 2 tsp | 10 g
- Garlic, minced: 1/2 clove | 1.5 g
- Egg white: 1 large | 33 g
- Fresh parsley, chopped: 1 tbsp | 3 g
- Olive oil: 2 tbsp | 30 ml
- Apple, finely grated: 1 tbsp | 15 g (*adds light sweetness, keeps moist*)
- Black pepper: pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Rinse the hake fillet carefully under cold water, pat it dry with paper towel, and finely mince with a sharp knife or blend briefly in a food processor until you get a smooth fish base.
2. In a medium bowl, combine the minced fish with onion, garlic, grated apple, parsley, egg white, black pepper, and 1 tbsp of olive oil. Mix well with a spoon or your hands until the mixture becomes uniform and slightly sticky.
3. Shape into 2–3 small patties. Chill 10 minutes to firm.
4. Heat 1 tbsp olive oil in a skillet over medium heat. Cook patties 3–4 minutes per side until golden and cooked through or steam for 12–15 minutes: the cutlets will be softer, with less oxidized fat.
5. Rest for 2 minutes before serving.

✦ *Place fish cakes stacked in the center of a flat plate, garnish with microgreens and a drizzle of olive oil.*

✦ *Best with a small carrot–radish salad and a warm herbal tea.*

NUTRITIONAL VALUE (PER SERVING):

Calories: 363 kcal	Fiber: 1 g
Healthy Fats: 28 g	Sugar: 1 g
Cholesterol: 48 mg	Potassium: 394 mg
Sodium: 130 mg	Phosphorus: 206 mg
High-Protein: 23 g	Low Glycemic Index: 25
Low Carbohydrates: 4 g	Low



5 minutes

1



Individuals



15-18 minutes



Oven-Baked Salmon with Lemon Juice (once a week)



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Salmon fillet, raw: 4 oz | 120 g
- Olive oil: 2 tbsp | 30 ml
- Fresh lemon juice: 2 tsp | 10 ml
- Lemon zest: 1/2 tsp | 1 g
- Fresh dill, chopped: 1 tbsp | 3 g
- Cucumber, thinly sliced: 1/4 medium | 25 g
- Black pepper: pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C). Line a small baking tray with parchment paper.
2. Rinse the salmon fillet under cold water, then pat it thoroughly dry with a paper towel, so the seasoning will adhere well. Rub the fish evenly with 1 tbsp olive oil, fresh lemon juice, zest, and a pinch of black pepper, making sure to coat both sides. Let it rest for a few minutes at room temperature.
3. Transfer the fillet to the tray and place it in the oven. Bake for 15–18 minutes until the flesh is opaque, moist, and flakes easily with a fork when tested (leave the pink center).
4. Remove from the oven, sprinkle generously with fresh dill before serving.

✦ *Place salmon fillet in the center of a white plate, arrange thin cucumber slices and lemon wedges on top in a Scandinavian style. Drizzle lightly with oil for gloss.*

✦ *Excellent with a side of steamed zucchini ribbons and a small glass of diluted berry drink.*

NUTRITIONAL VALUE (PER SERVING):

Calories: 456 kcal	Fiber: 0 g
Healthy Fats: 40 g	Sugar: 1 g
Cholesterol: 55 mg	Potassium: 456 mg
Sodium: 63 mg	Phosphorus: 212 mg
High-Protein: 20 g	Low Glycemic Index: 20 Low
Low Carbohydrates: 2 g	



5 minutes

1



Individuals



18-20 minutes



Flounder Baked with Parsley



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Flounder fillet, raw: 4 oz | 120 g
- Olive oil: 2 1/2 tbsp | 37 ml
- Fresh parsley, chopped: 1 tbsp | 3 g
- Garlic, minced: 1 clove | 3 g
- Lemon juice: 1 tsp | 5 ml
- Oregano, dried: a pinch | 0.5 g
- Black pepper: a pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C). Line a baking tray with parchment paper to prevent sticking and make cleanup easier.
2. Rinse the flounder under cold water, pat dry with paper towels, and brush with 1 tbsp olive oil, garlic, oregano, pepper, and a squeeze of lemon juice for brightness.
3. Place the fillets on the prepared tray, drizzle with another 1/2 tbsp olive oil, and bake for 15–18 minutes, until the flesh is tender, opaque, and lightly golden at the edges. You can test doneness by gently flaking the fish with a fork.
4. Remove from the oven and let rest for 2 minutes. Just before serving, sprinkle with fresh parsley and drizzle the remaining olive oil for a glossy, aromatic finish.

✦ *Place on a flat plate, garnish with baked zucchini and carrot ribbons sprinkled with lemon juice.*

✦ *Excellent with a cup of unsweetened herbal tea.*

NUTRITIONAL VALUE (PER SERVING):

Calories: 415 kcal	Fiber: 0 g
Healthy Fats: 36 g	Sugar: 0 g
Cholesterol: 78 mg	Potassium: 348 mg
Sodium: 90 mg	Phosphorus: 228 mg
High-Protein: 20 g	Low Glycemic Index: 20 Low
Low Carbohydrates: 1 g	



5 minutes

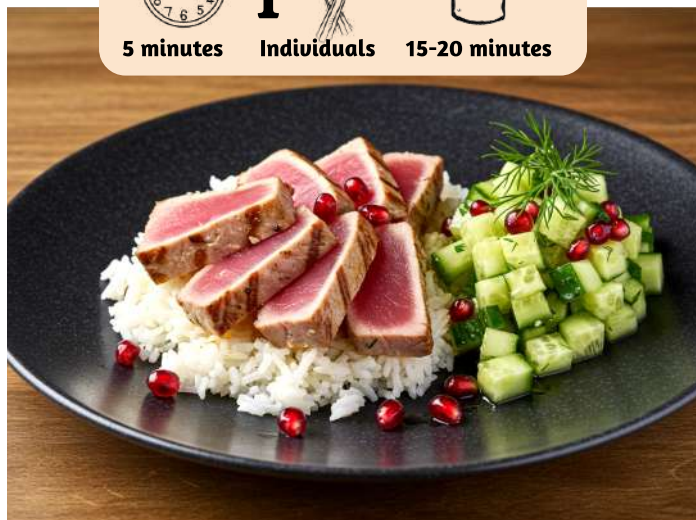
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Individuals



15-20 minutes



Tuna with Rice and Fresh Cucumber



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Tuna fillet, raw: 4 oz | 120 g
- Rice, white, raw: 2 tbsp | 20 g
- Olive oil: 2 1/2 tbsp | 37 ml
- Fresh dill, chopped: 1 tbsp | 3 g
- Lemon juice: 1 tsp | 5 ml
- Fresh cucumber, diced: 1/2 medium | 60 g
- Black pepper: a pinch | 0.5 g
- **Optional:** a few pomegranate seeds for garnish

COOKING INSTRUCTIONS:

1. Rinse rice well and cook in 1/2 cup (120 ml) water until soft, about 12–15 minutes. Drain and let cool slightly.
2. Rinse tuna, pat dry, and brush with 1 tbsp olive oil and black pepper. Grill or pan-sear 2–3 minutes per side until lightly golden on the outside but still moist inside (pink).
3. Dice cucumber and toss with lemon juice, dill, and 1/2 tbsp olive oil.
4. Arrange rice on the plate, top with tuna slices, and scatter cucumber salad around. Drizzle with remaining oil and finish with a few pomegranate seeds for a fresh, colorful accent.

✦ *Arrange the tuna in a beautiful fan shape over the rice, with a light cucumber and dill salad around it.*

✦ *Excellent with a side of steamed zucchini ribbons and a small glass of diluted berry drink.*

NUTRITIONAL VALUE (PER SERVING):

Calories: 535 kcal	Fiber: 1 g
Healthy Fats: 35 g	Sugar: 1 g
Cholesterol: 80 mg	Potassium: 446 mg
Sodium: 50 mg	Phosphorus: 268 mg
High-Protein: 32 g	Low Glycemic Index: 30 Low
Low Carbohydrates: 19 g	



5 minutes

1



Individuals



18-20 minutes



Fish Roulade with Vegetable Filling



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- White fish fillet (hake, cod, or flounder), raw: 4-5 oz | 120-140 g
- Carrot, julienned: 1/4 medium | 30 g
- Red bell pepper, thin strip: 1/4 medium | 30 g
- Zucchini, julienned: 1/4 medium | 30 g
- Olive oil: 2 1/2 tbsp | 37 ml
- Fresh parsley, chopped: 1 tbsp | 3 g
- Garlic, minced: 1 clove | 3 g
- Fresh lemon juice: 1 tsp | 5 ml
- Black pepper: a pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Preheat oven to 375°F (190°C). Line a small baking tray with parchment.
2. Rinse fish fillet, pat dry, and pound lightly to flatten. Rub with 1 tbsp olive oil, garlic, lemon juice, and pepper.
3. Arrange thin strips of carrot, zucchini, and bell pepper across the fish. Roll tightly into a roulade and secure with toothpicks.
4. Place on tray, drizzle with 1 tbsp olive oil, and bake 15–18 minutes until the fish is cooked through and holds its shape. You can use a steam bath in the oven - it retains more moisture and flavor.
5. Rest for 2 minutes, slice diagonally into medallions, and drizzle with the remaining olive oil. Sprinkle parsley on top.

✦ **Serve the rolls with a garnish of lightly poached broccoli and carrot ribbons, sprinkled with lemon juice.**

✦ **Pairs well, with a cup of herbal tea.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 452 kcal	Fiber: 2 g
Healthy Fats: 36 g	Sugar: 3 g
Cholesterol: 80 mg	Potassium: 628 mg
Sodium: 124 mg	Phosphorus: 280 mg
High-Protein: 24 g	Low Glycemic Index: 25 Low
Low Carbohydrates: 8 g	



5 minutes

1



Individuals



5-10 minutes



Hake in Yogurt Sauce



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Hake fillet, raw: 4 oz | 120 g
- Coconut yogurt (unsweetened): 1/4 cup | 60 g - **You can replace coconut yogurt with Greek low-protein yogurt if you need to reduce phosphorus.**
- Olive oil: 2 1/2 tbsp | 37 ml
- Garlic, minced: 1 clove | 3 g
- Fresh dill, chopped: 1 tbsp | 3 g
- Lemon zest: 1/2 tsp | 1 g
- Fresh lemon juice: 1 tsp | 5 ml
- Black pepper: a pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Rinse hake fillet, pat dry, and brush with 1 tbsp olive oil, garlic, and pepper. Let rest 5 minutes.
2. Heat a non-stick skillet with 1 tbsp olive oil and sear hake 3–4 minutes per side until opaque and flaky. Remove and keep warm.
3. In a small bowl, mix coconut yogurt with dill, lemon zest, and lemon juice. Whisk in remaining olive oil for silkiness.
4. Spoon sauce onto the plate and place hake on top. Garnish with dill.

✦ **Serve on a flat plate, frame the fish with the sauce, serve a side dish of steamed cauliflower and a few cucumber slices.**

✦ **Excellent with a cup of green tea.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 493 kcal	Fiber: 0 g
Healthy Fats: 43 g	Sugar: 1 g
Cholesterol: 75 mg	Potassium: 336 mg
Sodium: 114 mg	Phosphorus: 213 mg
High-Protein: 20 g	Low Glycemic Index: 20 Low
Low Carbohydrates: 5 g	



5 minutes

1

Individuals



5-10 minutes



Light Mackerel with Lemon Herbs (Occasional, Limited, Once every 2 weeks)



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Mackerel fillet, raw: 4 oz | 120 g - **choose young small fish - they have lower phosphorus and potassium content**
- Olive oil: 2 1/2 tbsp | 37 ml
- Fresh basil leaves: 3–4 pcs | 2 g
- Garlic, minced: 1 clove | 3 g
- Lemon zest: 1/2 tsp | 1 g
- Lemon juice: 1 tsp | 5 ml
- Black pepper: a pinch | 0.5 g
- Tomato, thinly sliced: 2–3 slices | 40 g

COOKING INSTRUCTIONS:

1. Rinse the mackerel under cold water, pat it dry with paper towels, and brush evenly with 1 tbsp olive oil, garlic, lemon zest, and a light pinch of black pepper. Let it rest for a few minutes to absorb the flavors.
2. Heat a grill pan to medium-high and lightly brush with olive oil. Place the fish skin-side down first, grilling 3–4 minutes per side until the skin is crisp, the flesh is golden, and it flakes easily with a fork.
3. Once removed from the pan, drizzle the fillet with the remaining olive oil and lemon juice while it rests for 1–2 minutes, which keeps the fish moist and fragrant.

★ **Serve on a flat plate with fresh basil leaves and thin slices of ripe tomato and with a side dish of broccoli or cauliflower puree (30–40 g) and fresh cucumber and dill salad.**

★ **Pairs well with a cup of unsweetened green tea.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 552 kcal
Healthy Fats: 49 g
Cholesterol: 72 mg
Sodium: 90 mg
High-Protein: 20 g
Low
Carbohydrates: 3g

Fiber: 1 g
Sugar: 1 g
Potassium: 457 mg
Phosphorus: 222 mg
Low Glycemic Index: 20
Low



5 minutes

1

Individuals



5-10 minutes



Grilled Fish Steak with Carrot Garnish



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- White fish steak cross-section cut, with central bone (cod, pike perch, trout, or hake), raw: 4-5 oz | 120-140 g
- Olive oil: 2 tbsp | 30 ml
- Garlic, minced: 1 clove | 3 g
- Lemon juice: 1 tsp | 5 ml
- Carrot, cut into thin ribbons: 1/2 medium | 60 g
- Pumpkin cubes, roasted: 1/4 cup | 40 g
- Fresh parsley, chopped: 1 tbsp | 3 g
- Black pepper: a pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Rinse the fish steak, pat dry, and rub with garlic, 1 tbsp olive oil, lemon juice, and a pinch of pepper. Let it rest for about 5 minutes so the flavors absorb.
2. Preheat a grill pan to medium-high and brush lightly with olive oil. Place the fish steak and grill for 4–5 minutes per side, until golden with nice grill marks, the flesh firm but still juicy, and it flakes easily (internal temp 145°F / 63°C). - It is better to use a grill with minimal smoke or a steamer to reduce the formation of carcinogens.
3. Meanwhile, prepare the garnish: blanch carrot ribbons in boiling water for 1 minute, then immediately toss them with 1 tsp olive oil and a little lemon juice to keep their bright color and gentle sweetness.

★ **Serve on a warm flat plate, top the steak with carrot ribbons and sides with baked pumpkin cubes for a bright accent.**

★ **Goes well with a light chicory salad with olive oil.**

UTRITIONAL VALUE (PER SERVING):

Calories: 534 kcal
Healthy Fats: 43 g
Cholesterol: 74 mg
Sodium: 90 mg
High-Protein: 25 g
Low Carbohydrates: 11 g

Fiber: 3 g
Sugar: 5 g
Potassium: 697 mg
Phosphorus: 255 mg
Low Glycemic Index: 25 Low

VEGETABLE DISHES



Roasted Cauliflower with Herbs



INGREDIENTS:

- Cauliflower florets, chopped: 1 cup | 100 g
- Olive oil: 1 1/2 tbsp | 22 ml
- Garlic, minced: 1 clove | 3 g
- Lemon zest: 1/4 tsp | 0.5 g
- Lemon juice: 1 tsp | 5 ml
- Fresh parsley, chopped: 1 tbsp | 3 g
- Ground coriander: pinch | 0.3 g
- Thyme, dried and sweet paprika: pinch each | 0.3 g
- Black pepper: pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Preheat oven to 375°F (190°C). Line a baking tray with parchment paper.
2. Place cauliflower florets on the tray, drizzle with 1 tbsp olive oil, sprinkle garlic, thyme, paprika, coriander, and pepper. Toss lightly.
4. If you wish, you can lightly brown the garlic in a dry frying pan before baking.
4. Roast 15–18 minutes, turning once halfway, until lightly golden and tender.
5. Drizzle with lemon juice, sprinkle parsley and zest before serving.

★ **Serve on a flat plate, drizzle with olive oil, sprinkle parsley, garnish with a thin lemon ribbon.**

★ **Best pairing: baked cod or grilled turkey fillet or small portion of zucchini ribbons and mild chamomile tea**

NUTRITIONAL VALUE (PER SERVING):

Calories: 214 kcal	Fiber: 2 g
Healthy Fats: 20 g	Sugar: 2 g
Cholesterol: 0 mg	Potassium: 268 mg
Sodium: 34 mg	Phosphorus: 52 mg
High-Protein: 2 g	Low Glycemic Index: 25
Low Carbohydrates: 7 g	Low



Zucchini with Lemon-Garlic Dressing



INGREDIENTS:

- Zucchini, cut into ribbons: 1 medium | 120 g
- Extra-virgin olive oil: 1 1/2 tbsp | 22 ml
- Garlic, finely minced: 1/2 clove | 1.5 g
- Fresh lemon juice: 1 tsp | 5 ml
- Lemon zest: a pinch | 0.5 g
- Fresh parsley, chopped: 1 tbsp | 3 g
- Dried oregano: a pinch | 0.3 g
- Black pepper: a pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Rinse zucchini, slice into long ribbons using a peeler.
2. Heat 1 tsp olive oil in a non-stick skillet over medium heat. Add garlic and sauté 30 second until aromatic, being careful not to brown it.
3. Add zucchini ribbons, toss gently, and cook for 2–3 minutes.
4. Remove from heat, drizzle with remaining olive oil, lemon juice, and zest. Sprinkle oregano and fresh parsley, toss gently.
5. Serve warm or at room temperature for the freshest flavor.

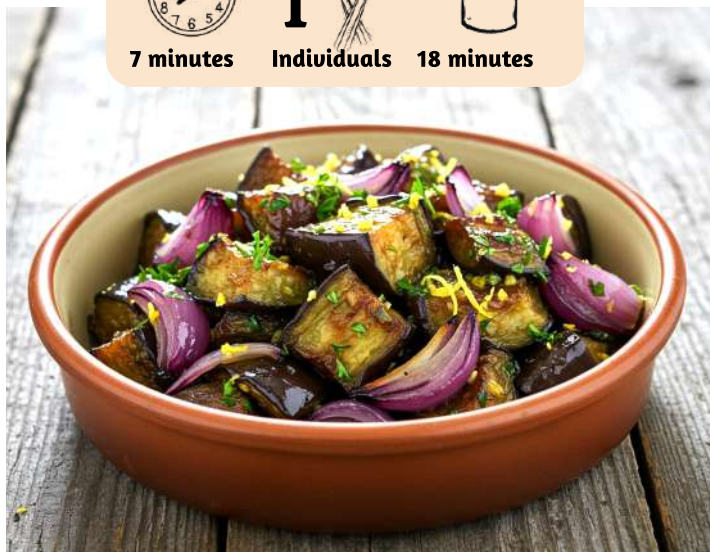
★ **Arrange zucchini ribbons in a spiral on a flat ceramic plate, drizzle with dressing, and garnish with parsley.**

★ **Perfect as a side dish with grilled cod, steamed trout, or roasted chicken breast.**

If there are no contraindications, add a couple of drops of orange juice for freshness. For a slightly creamy twist, add 1 tsp avocado purée on top — kidney-friendly and healthy.

NUTRITIONAL VALUE (PER SERVING):

Calories: 203 kcal	Fiber: 2 g
Healthy Fats: 20 g	Sugar: 3 g
Cholesterol: 0 mg	Potassium: 388 mg
Sodium: 10 mg	Phosphorus: 48 mg
High-Protein: 2 g	Low Glycemic Index: 20
Low Carbohydrates: 6 g	Low



Baked Eggplant with Onions and Parsley



INGREDIENTS:

- Eggplant, cubed: 1 small | 150 g
- Onion red, sliced into wedges: 1/4 medium | 25 g
- Olive oil: 1 1/2 tbsp | 22 ml
- Garlic, minced: 1 clove | 3 g
- Fresh parsley, chopped: 1 tbsp | 3 g
- Lemon zest: 1/4 tsp | 0.5 g
- Lemon juice: 1 tsp | 5 ml
- Paprika (sweet, unsmoked): pinch | 0.3 g
- Black pepper: pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Preheat oven to 375°F (190°C). Line a baking dish with parchment.
2. Toss eggplant cubes. Lightly sprinkle the eggplant with lemon juice or salt and leave for 10 minutes to remove any possible bitterness.
3. Add onion wedges with 1 tbsp olive oil, garlic, paprika, and pepper.
4. Spread evenly in the dish and bake 18–20 minutes, stirring once halfway, until vegetables are soft and caramelized.
5. Drizzle with lemon juice, sprinkle parsley and zest before serving.

★ **Serve eggplant and onion in a shallow bowl, drizzle with olive oil, sprinkle fresh parsley.**

★ **Best pairing: steamed trout steak or grilled chicken medallions or small portion of pumpkin purée and warm lemon balm tea**

NUTRITIONAL VALUE (PER SERVING):

Calories: 231 kcal	Fiber: 3 g
Healthy Fats: 20 g	Sugar: 4 g
Cholesterol: 0 mg	Potassium: 291 mg
Sodium: 6 mg	Phosphorus: 43 mg
High-Protein: 2 g	Low Glycemic Index: 25 Low
Low Carbohydrates: 12 g	



Pumpkin Wedges with Rosemary



INGREDIENTS:

- Pumpkin, cut into wedges: 1 cup | 150 g
- Olive oil: 1 1/2 tbsp | 22 ml
- Fresh rosemary, finely chopped: 1 tsp | 1 g
- Lemon zest: 1/4 tsp | 0.5 g
- Lemon juice: 1 tsp | 5 ml
- Garlic, minced: 1 clove | 3 g
- Sweet paprika (unsmoked): pinch | 0.3 g
- Black pepper: pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Preheat oven to 375°F (190°C). Line a tray with parchment paper.
2. Arrange pumpkin wedges on the tray, drizzle with 1 tbsp olive oil, add garlic, paprika, rosemary, and pepper. If desired, you can add a pinch of nutmeg or coriander. Toss lightly to coat.
3. Bake 18–20 minutes, turning once halfway, until golden and tender.
4. Drizzle with lemon juice, sprinkle lemon zest and remaining rosemary before serving.

★ **Serve on a flat white plate, wedges slightly overlapping, drizzle with olive oil, garnish with rosemary sprigs.**

★ **Best pairing: baked trout or grilled turkey strips or small cucumber-radish salad and mild chamomile tea.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 236 kcal	Fiber: 3 g
Healthy Fats: 20 g	Sugar: 5 g
Cholesterol: 0 mg	Potassium: 337 mg
Sodium: 4 mg	Phosphorus: 45 mg
High-Protein: 2 g	Low Glycemic Index: 30 Low
Low Carbohydrates: 14 g	



5 minutes

1

Individuals



20 minutes



Braised Carrots with Onion and Herbs



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Carrots, sliced into thin sticks: 1 medium | 120 g - **For a better texture, you can cut the carrots into "ribbons" – it will look prettier when served.**
- Onion, thinly sliced: 1/4 medium | 25 g
- Garlic, minced: 1/2 clove | 1.5 g
- Olive oil: 1 1/2 tbsp | 22 ml
- Fresh parsley, chopped: 1 tbsp | 3 g
- Fresh thyme, chopped: 1/2 tsp | 0.5 g
- Lemon zest: 1/4 tsp | 0.5 g
- Black pepper: pinch | 0.5 g
- Low-sodium vegetable broth: 1/4 cup | 60 ml

COOKING INSTRUCTIONS:

1. Heat 1 tbsp olive oil in a skillet over low-medium heat. Add onion and garlic, sauté 2–3 minutes until soft and fragrant.
2. Add carrot sticks and thyme, stir well, and cook for 2 minutes.
3. Pour in broth, cover, and braise 12–15 minutes over low heat until carrots are tender but keep their shape.
4. Drizzle with remaining oil and sprinkle with parsley and lemon zest.

✦ **Serve carrots elegantly stacked on a flat plate, drizzle with glossy sauce, add a thyme sprig for decoration.**

✦ **Best with small portion of mashed pumpkin, chicken, fish and mild mint tea.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 247 kcal	Fiber: 3 g
Healthy Fats: 20 g	Sugar: 7 g
Cholesterol: 0 mg	Potassium: 508 mg
Sodium: 71 mg	Phosphorus: 53 mg
High-Protein: 3 g	Low Glycemic Index: 30 Low
Low Carbohydrates: 15 g	



5 minutes

1

Individuals



12 minutes



Cabbage with Dill and Olive Oil



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- White cabbage, shredded: 1 cup | 100 g
- Olive oil: 1 1/2 tbsp | 22 ml
- Fresh dill, chopped: 1 tbsp | 3 g
- Garlic, lightly crushed: 1/2 clove | 1.5 g
- Fresh lemon juice: 1 tsp | 5 ml
- Lemon zest: 1/4 tsp | 0.5 g
- Ground coriander: pinch | 0.3 g
- Black pepper: pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Heat 1 tbsp olive oil in a skillet. Add garlic and coriander, sauté gently 1 min to release aroma.
2. Add cabbage and stir-fry 2–3 minutes until slightly softened.
3. Cover and cook on low heat 8–10 minutes until cabbage is tender but not overcooked.
4. Finish with lemon juice, zest, dill, and remaining olive oil.

✦ **Place cabbage in a shallow ceramic bowl, garnish with fresh dill sprigs and a delicate lemon zest ribbon. If there are no contraindications, add lemon zest or a drop of apple cider vinegar.**

✦ **Serve with light cucumber salad or poultry and cup of chamomile tea.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 209 kcal	Fiber: 2 g
Healthy Fats: 20 g	Sugar: 3 g
Cholesterol: 0 mg	Potassium: 216 mg
Sodium: 19 mg	Phosphorus: 38 mg
High-Protein: 2 g	Low Glycemic Index: 15
Low Carbohydrates: 8 g	Low



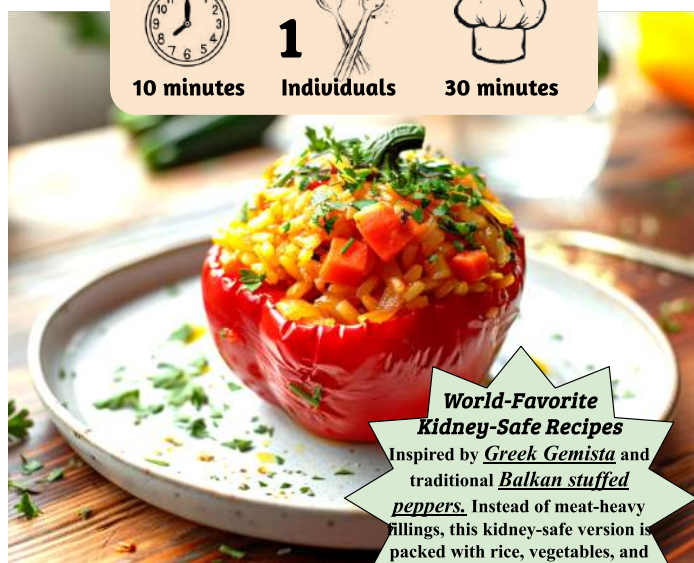
10 minutes

1

Individuals



30 minutes



World-Favorite Kidney-Safe Recipes

Inspired by *Greek Gemista* and traditional *Balkan stuffed peppers*. Instead of meat-heavy fillings, this kidney-safe version is packed with rice, vegetables, and herbs. Colorful, aromatic, and wholesome.

Stuffed Peppers with Rice and Vegetables



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Bell pepper, medium, whole: 1 pc | 120 g
- Rice, white, raw: 2 tbsp | 20 g
- Carrot, finely diced: 1/4 medium | 30 g
- Zucchini, finely diced: 1/4 medium | 30 g
- Onion, chopped: 1/4 medium | 25 g
- Olive oil: 2 tbsp | 30 ml
- Fresh parsley, chopped: 1 tbsp | 3 g
- Lemon zest: pinch | 0.5 g
- Dried oregano or thyme: pinch | 0.3 g
- Black pepper: pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Rinse rice thoroughly, then boil in 1/2 cup (120 ml) water for 10 min until half-cooked. Drain and set aside.
2. In a skillet, heat 1 tbsp olive oil. Add onion, carrot, and zucchini, sauté 3–4 minutes until slightly softened. Mix with rice, parsley, oregano, and pepper. If you wish, you can add a little dried basil for flavor.
3. Cut the top off the bell pepper and remove seeds. Stuff with the rice-vegetable mixture.
4. Place pepper upright in a small baking dish, drizzle remaining olive oil over the top, and cover with foil.
5. Bake at 375°F (190°C) for 20–25 minutes until pepper softens but holds shape.

✦ *Place the pepper upright on a flat plate, garnish with parsley and lemon zest.*

✦ *Perfect with grilled white fish or a small portion of roasted chicken breast.*

NUTRITIONAL VALUE (PER SERVING):

Calories: 376 kcal	Fiber: 6 g
Healthy Fats: 27 g	Sugar: 9 g
Cholesterol: 0 mg	Potassium: 612 mg
Sodium: 29 mg	Phosphorus: 83 mg
High-Protein: 3 g	Low Glycemic Index: 30
Low Carbohydrates: 32 g	Low



5 minutes

1

Individuals



12 minutes



Steamed Broccoli with Lemon Dressing (small portion)



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Broccoli florets: 1/2 cup | 70 g
- Olive oil: 1 tbsp | 15 ml
- Fresh lemon juice: 1 tsp | 5 ml
- Lemon zest: pinch | 0.3 g
- Fresh dill, chopped: 1 tsp | 2 g
- Black pepper: pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Rinse the broccoli thoroughly under cold running water and cut it into even-sized florets so they cook uniformly. If the stems are thick, peel the tough outer layer and slice them into smaller pieces to avoid waste.
2. Steam the broccoli over boiling water for 3–4 minutes, just until tender yet still bright green and slightly crisp. Check doneness with a fork — it should pierce easily but not feel mushy.
3. Transfer the broccoli to a serving bowl, drizzle with olive oil and fresh lemon juice, then sprinkle with lemon zest and chopped dill. Toss lightly to coat, letting the flavors absorb for a minute before serving warm.

✦ *Arrange broccoli florets in a fan shape on a small flat plate, drizzle dressing, and garnish with dill.*

✦ *Complements baked cod, steamed trout, or chicken medallions perfectly.*

NUTRITIONAL VALUE (PER SERVING):

Calories: 147 kcal	Fiber: 2 g
Healthy Fats: 14 g	Sugar: 2 g
Cholesterol: 0 mg	Potassium: 251 mg
Sodium: 25 mg	Phosphorus: 50 mg
High-Protein: 2 g	Low Glycemic Index: 15
Low Carbohydrates: 6 g	Low



Zucchini Stew with Rice



INGREDIENTS:

- Zucchini, diced: 1/2 medium | 60 g
- Rice, white, raw: 2 tbsp | 20 g
- Onion, finely chopped: 1/4 medium | 25 g
- Garlic, minced: 1 clove | 3 g
- Olive oil: 1 1/2 tbsp | 22 ml
- Fresh parsley, chopped: 1 tbsp | 3 g
- Lemon zest: 1/4 tsp | 0.5 g
- Ground coriander: pinch | 0.3 g
- Black pepper: pinch | 0.5 g
- Low-sodium vegetable broth: 3/4 cup | 180 ml

COOKING INSTRUCTIONS:

1. Heat 1 tbsp olive oil in a non-stick saucepan over medium heat. Add onion and garlic, sauté 2–3 minutes until fragrant.
2. Add zucchini, coriander, and rice, stir for 2 minutes to enhance flavor.
3. Pour in broth, cover, and simmer 10–12 minutes over low heat until rice is tender and zucchini soft but not mushy.
4. Drizzle remaining oil, sprinkle parsley and lemon zest before serving. If there are no contraindications, you can add dried basil and a couple of drops of orange juice for flavor.

✦ **Serve stew in a shallow ceramic bowl, drizzle with glossy broth, and garnish with parsley leaves.**

✦ **Best with light cucumber ribbons salad, shredded chicken, boiled or steamed and mild lemon balm tea.**

NUTRITIONAL VALUE (PER SERVING):

Healthy Fats: 20 g	Fiber: 2 g
Cholesterol: 0 mg	Sugar: 2 g
Sodium: 59 mg	Potassium: 267 mg
High-Protein: 4 g	Phosphorus: 66 mg
Low Carbohydrates: 23 g	Low Glycemic Index: 30 Low



Roasted Vegetables with Light Lemon Dressing



INGREDIENTS:

- Bell peppers (red & yellow), sliced: 1/2 medium | 60 g
- Zucchini, sliced: 1/2 medium | 60 g
- Eggplant, cubed: 1/4 medium | 40 g
- Onion, wedges: 1/4 medium | 25 g
- Olive oil: 1 1/2 tbsp | 22 ml
- Fresh parsley, chopped: 1 tbsp | 3 g
- Lemon juice: 1 tsp | 5 ml
- Lemon zest: 1/4 tsp | 0.5 g
- Ground thyme, rosemary or oregano: pinch each | 0.3 g
- Black pepper: pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Preheat oven to 375°F (190°C). Line a baking tray with parchment.
2. Place vegetables on the tray, drizzle with 1 tbsp olive oil, sprinkle thyme, rosemary or oregano and pepper, toss well.
3. Roast 15–18 minutes, turning once, until vegetables are soft and lightly caramelized.
4. Mix lemon juice, zest, parsley, and remaining olive oil into a light dressing. Drizzle over hot vegetables before serving.

✦ **Arrange vegetables in a colorful fan shape on a flat white plate, drizzle with lemon dressing, garnish with parsley.**

✦ **Best served with mall baked pumpkin slice, chicken thighs or breast and warm herbal tea.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 228 kcal	Fiber: 3 g
Healthy Fats: 20 g	Sugar: 5 g
Cholesterol: 0 mg	Potassium: 416 mg
Sodium: 15 mg	Phosphorus: 68 mg
High-Protein: 2 g	Low Glycemic Index: 25 Low
Low Carbohydrates: 11 g	

SALADS



7 minutes

1

Individuals



5 minutes



Cucumber Salad with Dill and Yogurt



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Fresh cucumber, thinly sliced: 1 medium | 100 g
- Coconut yogurt (unsweetened): 1 ½ tbsp | 25 g (**can be replaced with 2% plant-based Greek yogurt**)
- Olive oil, extra-virgin: 1 tbsp | 15 ml
- Fresh dill, finely chopped: 1 tsp | 2 g
- Fresh lemon juice: 1 tsp | 5 ml
- Lemon zest: pinch | 0.3 g
- Garlic, finely grated: 1/4 clove | 0.8 g
- Black pepper: pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Slice cucumber into very thin rounds or half-moons for an airy texture.
2. In a small bowl, whisk yogurt with lemon juice, zest, grated garlic, and half the dill until smooth.
3. Gently fold cucumber slices into the dressing. Drizzle olive oil on top and toss lightly.
4. Transfer to a chilled shallow bowl, sprinkle with remaining dill, and serve immediately.

✦ **Lay cucumber slices in a spiral on a matte white plate, drizzle yogurt sauce in a swirl, and garnish with fresh dill tips.**

✦ **Best with a baked cod or steamed trout and warm chamomile tea.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 177 kcal	Fiber: 2 g
Healthy Fats: 17 g	Sugar: 2 g
Cholesterol: 0 mg	Potassium: 160 mg
Sodium: 29 mg	Phosphorus: 27 mg
High-Protein: 2 g	Low Glycemic Index:
Low Carbohydrates: 6 g	20 Low



10 minutes

1

Individuals



5 minutes



Cabbage and Carrot Salad with Lemon Juice



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- White cabbage, finely shredded: 1 cup | 100 g
- Carrot, grated: 1/2 medium | 40 g
- Olive oil, extra-virgin: 1 tbsp | 15 ml
- Fresh lemon juice: 1 tsp | 5 ml
- Lemon zest: pinch | 0.3 g
- Fresh parsley, chopped: 1 tsp | 2 g
- Ground coriander: pinch | 0.3 g
- Dried thyme: pinch | 0.3 g
- Black pepper: pinch | 0.5 g

COOKING INSTRUCTIONS:

1. In a large bowl, combine shredded cabbage and grated carrot.
2. In a small jar, whisk olive oil, lemon juice, zest, coriander, thyme, and pepper into a light dressing.
3. Pour dressing over vegetables, toss thoroughly, and let sit for 5 minutes to soften the fibers naturally.
4. Sprinkle with parsley before serving.

✦ **Serve salad in a chilled glass bowl, sprinkle parsley leaves on top, add a lemon twist for freshness.**

✦ **Serve with roasted chicken breast or steamed hake and mild mint tea.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 165	Fiber: 3 g
Healthy Fats: 14 g	Sugar: 5 g
Cholesterol: 0 mg	Potassium: 328 mg
Sodium: 45 mg	Phosphorus: 48 mg
High-Protein: 2 g	Low Glycemic Index: 25 Low
Low Carbohydrates: 11 g	



10 minutes

1

Individuals



12 minutes



Rice Salad with Cucumber and Parsley



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Rice, white, raw: 2 tbsp | 20 g
- Cucumber, diced: 1/2 medium | 60 g
- Fresh parsley, chopped: 1 tbsp | 3 g
- Olive oil: 1 1/2 tbsp | 22 ml
- Lemon juice: 1 tsp | 5 ml
- Lemon zest: pinch | 0.5 g
- Ground coriander: pinch | 0.3 g
- Black pepper: pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Rinse rice thoroughly and cook in 1/2 cup water (120 ml) until soft, about 10–12 minutes. Drain well and let cool slightly.
2. In a bowl, combine cooled rice, cucumber cubes, parsley, coriander, lemon juice, zest, and 1 tbsp olive oil.
3. Toss gently to coat, making sure the flavors blend evenly. Let rest for 3–4 minutes before serving for better taste.

✦ **Serve salad in a shallow ceramic bowl, sprinkle with parsley, drizzle lightly with remaining olive oil, garnish with lemon zest ribbons.**

✦ **Perfect pairing: grilled cod, baked turkey fillet, or steamed trout. Drink: mild mint tea.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 264 kcal	Fiber: 1 g
Healthy Fats: 20 g	Sugar: 2 g
Cholesterol: 0 mg	Potassium: 130 mg
Sodium: 5 mg	Phosphorus: 34 mg
High-Protein: 2 g	Low Glycemic Index: 30
Low Carbohydrates: 19 g	Low



12 minutes

1

Individuals



10 minutes



Chicken and Apple Salad



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Chicken breast, cooked & cooled, diced: 1.4 oz | 40 g
- Apple, peeled and diced: 1/4 medium | 30 g
- Cucumber, diced: 1/4 medium | 30 g
- Fresh parsley, chopped: 1 tbsp | 3 g
- Olive oil: 1 1/2 tbsp | 22 ml
- Fresh lemon juice: 1 tsp | 5 ml
- Lemon zest: pinch | 0.5 g
- Ground turmeric: pinch | 0.3 g
- Black pepper: pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Boil or steam chicken breast until fully cooked (8–10 minutes), then cool and dice into small cubes.
2. In a bowl, combine chicken, cucumber, apple, parsley, turmeric, lemon juice, zest, and 1 tbsp olive oil.
3. Mix gently until well coated. Let sit 2–3 minutes so the flavors blend.

✦ **Serve salad on a flat white plate, sprinkle parsley on top, drizzle lightly with olive oil, and garnish with thin apple slices.**

✦ **Best pairing: baked salmon, steamed broccoli, or zucchini ribbons. Drink: chamomile or lemon balm tea.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 268	Fiber: 2 g
Healthy Fats: 21 g	Sugar: 4 g
Cholesterol: 35 mg	Potassium: 207 mg
Sodium: 35 mg	Phosphorus: 102 mg
High-Protein: 13 g	Low Glycemic Index: 25 Low
Low Carbohydrates: 6 g	



5 minutes



1 Individuals



5 minutes



Carrot and Apple Salad with Yogurt



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Carrot, grated: 1 medium | 80 g
- Apple, sweet, peeled, grated: 1/2 medium | 60 g
- Greek yogurt, plain 2% (or unsweetened coconut yogurt): 2 tbsp | 30 g
- Olive oil, extra virgin: 1 tsp | 5 ml
- Fresh lemon juice: 1 tsp | 5 ml
- Fresh parsley, finely chopped: 1 tsp | 2 g
- Ground cinnamon: pinch | 0.3 g
- Black pepper: pinch | 0.3 g

COOKING INSTRUCTIONS:

1. Rinse, peel, and grate carrot and apple on a medium grater.
2. In a bowl, combine yogurt, olive oil, lemon juice, cinnamon, and black pepper.
3. Add grated carrot and apple, mix gently to coat without crushing.
4. Sprinkle parsley on top just before serving.

✦ **Place the salad in a small white ceramic bowl, garnish with a parsley sprig and a light drizzle of yogurt.**

✦ **Best pairing: Steamed trout fillet, roasted chicken breast, or a side of baked pumpkin.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 154
Healthy Fats: 9 g
Cholesterol: 0 mg
Sodium: 51 mg
High-Protein: 2 g
Low Carbohydrates: 19 g

Fiber: 4 g
Sugar: 10 g
Potassium: 362 mg
Phosphorus: 48 mg
Low Glycemic Index: 25
Low



7 minutes



1 Individuals



2 minutes



Chinese Cabbage Salad with Parsley

**World-Favorite
Kidney-Safe Recipes**
Coleslaw/Asian Slaw Light -
Inspired by classic coleslaw but without the fatty mayo and excess salt. This version is bright, crisp, and refreshing, with lemon juice and fresh herbs bringing it to life.



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Chinese cabbage, finely shredded: 1/2 cup | 50 g
- Savoy cabbage, finely shredded: 1/2 cup | 50 g
- Carrot, grated: 1/2 medium | 40 g
- Olive oil, extra virgin: 1 1/2 tsp | 7 ml
- Fresh lemon juice: 1 tsp | 5 ml
- Lemon zest: pinch | 0.3 g
- Fresh parsley, finely chopped: 1 tsp | 2 g
- Ground coriander: pinch | 0.3 g
- Black pepper: pinch | 0.3 g

COOKING INSTRUCTIONS:

1. Finely shred both types of cabbage and grate the carrot on a medium grater.
2. In a small bowl, whisk olive oil, lemon juice, zest, coriander, and black pepper until combined.
3. Toss vegetables with dressing until evenly coated.
4. Sprinkle parsley on top just before serving.

✦ **Serve on a flat ceramic plate, garnish with fresh parsley and a thin lemon zest ribbon.**

✦ **Best pairing: Baked cod fillet, steamed trout steak, or grilled turkey medallions.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 99
Healthy Fats: 6 g
Cholesterol: 0 mg
Sodium: 46 mg
High-Protein: 2 g
Low Carbohydrates: 10 g

Fiber: 3 g
Sugar: 4 g
Potassium: 399 mg
Phosphorus: 54 mg
Low Glycemic Index: 20 Low



8 minutes

1

Individuals



3 minutes



Zucchini and Herb Salad



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Zucchini, thin ribbons: 1 medium | 120 g
- Extra-virgin olive oil: 1 1/2 tbsp | 22 ml
- Fresh lemon juice: 1 tsp | 5 ml
- Garlic, finely grated: 1/2 clove | 1.5 g
- Fresh basil, chopped: 1 tbsp | 3 g
- Fresh dill, chopped: 1 tbsp | 3 g
- Lemon zest: pinch | 0.5 g
- Ground coriander: pinch | 0.3 g
- Black pepper: pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Rinse zucchini and cut into thin ribbons using a peeler.
2. Heat 1/2 tbsp olive oil in a non-stick skillet over medium heat, add garlic, sauté 20–30 sec until fragrant.
3. Add zucchini ribbons, toss gently for 2–3 minutes until slightly softened but still bright.
4. Remove from heat, drizzle with remaining oil and lemon juice, sprinkle herbs, coriander, and zest. Toss lightly.

✦ **Arrange zucchini spirals on a matte plate, drizzle dressing, top with basil leaves and lemon zest ribbons.**

✦ **Best pairing: grilled cod, steamed trout, or baked chicken medallions.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 205	Fiber: 2 g
Healthy Fats: 20 g	Sugar: 2 g
Cholesterol: 0 mg	Potassium: 408 mg
Sodium: 12 mg	Phosphorus: 50 mg
High-Protein: 2 g	Low Glycemic Index: 20
Low Carbohydrates: 6 g	Low



10 minutes

1

Individuals



10 minutes



Warm Rice and Vegetable Salad



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- White rice, raw: 2 tbsp | 20 g
- Zucchini, diced: 1/4 medium | 30 g
- Carrot, finely diced: 1/4 medium | 30 g
- Red bell pepper, diced: 1/4 medium | 30 g
- Fresh parsley, chopped: 1 tbsp | 3 g
- Olive oil: 1 1/2 tbsp | 22 ml
- Fresh lemon juice: 1 tsp | 5 ml
- Garlic, minced: 1/2 clove | 1.5 g
- Oregano, dried: pinch | 0.3 g
- Black pepper: pinch | 0.5 g

COOKING INSTRUCTIONS:

1. Rinse rice, cook in 1/2 cup water for 12 minutes, drain and let cool slightly.
2. Heat 1 tbsp olive oil in a skillet, sauté garlic, carrot, zucchini, and pepper for 3–4 minutes until lightly softened.
3. Add rice, lemon juice, oregano, and parsley, toss gently for 1–2 minutes to warm through.
4. Drizzle with remaining oil before serving.

✦ **Serve warm in a shallow bowl, top with parsley and a lemon wedge on the side.**

✦ **Best pairing: baked trout, steamed chicken fillet, or grilled turkey slices.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 285	Fiber: 3 g
Healthy Fats: 20 g	Sugar: 4 g
Cholesterol: 0 mg	Potassium: 322 mg
Sodium: 29 mg	Phosphorus: 58 mg
High-Protein: 3 g	Low Glycemic Index: 30 Low
Low Carbohydrates: 25 g	

DESSERTS



5 minutes

1

Individuals



15 minutes

Baked Pears with Cinnamon



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE



HONEY WARNING

INGREDIENTS:

- Ripe pear, halved and cored: 1 small | 100 g
- Olive oil: 1 tsp | 5 ml
- Ground cinnamon: pinch | 0.3 g
- Honey or stevia (optional): 1/4 tsp | 1 g
- Lemon juice: 1/2 tsp | 2.5 ml
- Fresh mint leaves: 2–3 pcs | 1 g

COOKING INSTRUCTIONS:

1. Preheat the oven to 350°F (175°C). Line a small baking dish with parchment paper to prevent sticking and make cleanup easier.
2. Place the pear halves cut-side up in the dish. Lightly brush the tops with olive oil, drizzle with a few drops of lemon juice for brightness, and sprinkle evenly with cinnamon for warmth and aroma.
3. Bake for 12–15 minutes, or until the pears are tender when pierced with a fork but still hold their shape.
4. For a finishing touch, you may glaze them with a tiny drizzle of honey or a drop of liquid stevia just before serving, which adds a gentle natural sweetness without overpowering the fruit.

✦ **Place pear halves in the center of a shallow white plate, drizzle pan juices, garnish with fresh mint.**

✦ **Pairs best with: cup of unsweetened chamomile tea and grilled turkey medallions for a light dinner.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 100
 Healthy Fats: 5 g
 Cholesterol: 0 mg
 Sodium: 2 mg
 High-Protein: 1 g
 Low Carbohydrates: 16 g

Fiber: 3 g
 Sugar: 10 g
 Potassium: 130 mg
 Phosphorus: 16 mg
 Low Glycemic Index: 28 Low



5 minutes

1

Individuals



10 minutes

Berry Pudding with Rice Milk



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE



HONEY WARNING

INGREDIENTS:

- Mixed berries (blueberries, raspberries, strawberries): 1/2 cup | 70 g
- Rice milk, unsweetened: 1/3 cup | 80 ml
- Cornstarch: 1 tsp | 3 g
- Stevia or honey (optional): 1/2 tsp | 2 g
- Lemon zest: pinch | 0.3 g
- Fresh mint leaves: 2 pcs | 1 g

COOKING INSTRUCTIONS:

1. In a small saucepan, combine the berries and rice milk. Place over medium-low heat and cook gently, stirring occasionally, until the berries begin to release their juices and soften, about 3–4 minutes.
2. In a separate small bowl, dissolve the cornstarch in 1 tablespoon of cold rice milk until smooth with no lumps. Slowly pour this mixture into the saucepan while stirring constantly. Continue to cook over medium-low heat, stirring without stopping, until the pudding thickens, about 3–5 minutes.
3. Remove the pan from the heat. Stir in the fresh lemon zest and add stevia or a drizzle of honey. Let the pudding cool slightly before serving warm, or chill.

✦ **Spoon pudding into a glass dessert cup, top with a few fresh berries and mint.**

✦ **Pairs best with: herbal green tea.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 88
 Healthy Fats: 1 g
 Cholesterol: 0 mg
 Sodium: 19 mg
 High-Protein: 1 g
 Low Carbohydrates: 19 g

Fiber: 2 g
 Sugar: 6 g
 Potassium: 120 mg
 Phosphorus: 24 mg
 Low Glycemic Index: 30 Low



10 minutes

1



Individuals



18 minutes



Apple Muffins with Oat Flour



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE



HONEY WARNING

INGREDIENTS:

- Oat flour (certified gluten-free): 3 tbsp | 20 g
- Apple, finely grated: 1/2 small | 50 g
- Egg white: 1 large | 33 g
- Olive oil: 1 tsp | 5 ml
- Rice milk (unsweetened): 2 tbsp | 30 ml
- Cinnamon: pinch | 0.3 g
- Lemon zest: pinch | 0.3 g
- Baking powder (aluminum-free): 1/4 tsp | 1 g
- Stevia or honey: 1/4 tsp | 1 g

COOKING INSTRUCTIONS:

1. Preheat the oven to 350°F (175°C). Prepare a muffin mold by lining it with parchment or placing silicone cups inside.
2. In a small mixing bowl, whisk together the egg white, rice milk, oil, stevia, and freshly grated lemon zest until the mixture becomes smooth and lightly frothy.
3. Add the oat flour, baking powder, and a pinch of cinnamon. Fold the dry ingredients gently into the wet mixture, making sure not to overmix so the muffins stay light and tender. Finally, stir in the grated apple.
4. Spoon the batter evenly into the prepared muffin cups, filling them about two-thirds full. Bake for 16–18 minutes, or until the tops are golden, risen, and spring back lightly when touched. Let them cool for a few minutes before serving.

✦ *Place muffin on a small ceramic plate, dust lightly with cinnamon, garnish with a thin apple slice.*

✦ *Pairs beautifully with unsweetened herbal tea for a light dessert plate.*

NUTRITIONAL VALUE (PER SERVING):

Calories: 176	Fiber: 3 g
Healthy Fats: 6 g	Sugar: 7 g
Cholesterol: 0 mg	Potassium: 170 mg
Sodium: 165 mg	Phosphorus: 100 mg
High-Protein: 7 g	Low Glycemic Index: 30
Low Carbohydrates: 23 g	Low



8 minutes

1



Individuals



12 minutes



Carrot Pudding with a Hint of Lemon



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE



HONEY WARNING

INGREDIENTS:

- Carrot, finely grated: 1 small | 80 g
- Rice milk, unsweetened: 1/3 cup | 80 ml
- Cornstarch: 1 tsp | 3 g
- Olive oil: 1 tsp | 5 ml
- Lemon juice: 1 tsp | 5 ml
- Lemon zest: pinch | 0.3 g
- Stevia or honey: 1/4 tsp | 1 g
- Cinnamon: pinch | 0.3 g

COOKING INSTRUCTIONS:

1. In a small saucepan, combine the grated carrot, rice milk, and a touch of stevia. Bring to a gentle simmer over medium-low heat and cook for 6–7 minutes, stirring occasionally, until the carrot softens and blends into the milk.
2. In a separate cup, dissolve the cornstarch in 1 tablespoon of cold rice milk. Slowly pour this mixture into the saucepan, stirring constantly. Continue cooking for another 3–4 minutes until the pudding thickens and turns creamy.
3. Remove the pan from the heat and stir in the fresh lemon juice, zest, and a small drizzle of olive oil to give the pudding a delicate, silky texture. Allow it to cool slightly before serving warm in small bowls or ramekins.

✦ *Spoon pudding into a small bowl, garnish with a thin lemon ribbon, mint and sprinkle of cinnamon.*

✦ *Pairs beautifully with: a light baked cod fillet or grilled turkey slice for a balanced dinner.*

NUTRITIONAL VALUE (PER SERVING):

Calories: 124	Fiber: 2 g
Healthy Fats: 5 g	Sugar: 7 g
Cholesterol: 0 mg	Potassium: 296 mg
Sodium: 47 mg	Phosphorus: 38 mg
High-Protein: 1 g	Low Glycemic Index: 28 Low
Low Carbohydrates: 19 g	



5 minutes

1



Individuals



15 minutes



Yogurt Cream with Blueberries



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE



HONEY WARNING

INGREDIENTS:

- Coconut yogurt, unsweetened: 1/2 cup | 120 g
- Fresh blueberries: 1/4 cup | 40 g
- Low-carb sweetener or honey (if allowed): 1/2 tsp | 2 g
- Lemon zest: a pinch | 0.5 g
- Fresh mint, finely chopped: 1/2 tsp | 0.5 g
- Olive oil (optional, for gloss): 1/2 tsp | 2 ml

COOKING INSTRUCTIONS:

1. In a small bowl, whisk the coconut yogurt with lemon zest and your choice of sweetener until the mixture becomes smooth, light, and slightly airy. This will enhance both flavor and texture.
2. Carefully spoon the cream into a chilled glass or a small ceramic bowl, letting it settle naturally without pressing down.
3. Arrange fresh blueberries on top, then drizzle just a few drops of olive oil to create a glossy finish. Garnish with a sprig of mint for freshness and color.
4. Place the dessert in the refrigerator for about 15 minutes before serving — this short chilling time helps the cream set lightly and makes the flavors more balanced and refreshing.

✦ **Serving:** Present in a clear glass or a low ceramic bowl to showcase layers.

✦ **Pairing:** Complements grilled chicken medallions, steamed cod, or a warm herbal tea.

NUTRITIONAL VALUE (PER SERVING):

Calories: 203	Fiber: 2 g
Healthy Fats: 16 g	Sugar: 6 g (natural)
Cholesterol: 0 mg	Potassium: 79 mg
Sodium: 82 mg	Phosphorus: 43 mg
High-Protein: 4 g	Low Glycemic Index: 30
Low Carbohydrates: 14 g	Low



7 minutes

1



Individuals



20-60 minutes



Vanilla Rice Pudding

**World-Favorite
Kidney-Safe Recipes
British/Indian Rice Pudding**
A gentle reimagining of the beloved rice pudding, popular both in Britain and India. Creamy and lightly sweetened, with just a hint of vanilla — cozy, familiar, and safe for kidneys.



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE



HONEY WARNING

INGREDIENTS:

- Rice, white, raw: 2 tbsp | 20 g
- Rice milk, unsweetened: 3/4 cup | 180 ml
- Low-carb sweetener or honey (if allowed): 1 tsp | 4 g
- Vanilla extract: 1/4 tsp | 1 g
- Lemon zest: a pinch | 0.5 g
- Blueberries or strawberries for garnish: 2–3 pcs | 15 g
- Olive oil (optional, for gloss): 1/2 tsp | 2 ml

COOKING INSTRUCTIONS:

1. Rinse the rice thoroughly under cold water to remove excess starch. Place it in a small saucepan with rice milk and cook gently over low heat for about 15 minutes, stirring often, until the mixture becomes thick and creamy.
2. Add sweetener, vanilla, and lemon zest, mixing until smooth and fragrant.
3. While still hot, pour the pudding into a small ramekin. Allow it to cool on the counter for a few minutes before transferring to the refrigerator. Chill for 20–60 minutes, depending on how firm you want the texture to be.
4. To serve, flip pudding onto a small flat dessert plate.
5. Garnish with fresh berries, a drizzle of olive oil for shine, and a mint sprig for a restaurant-style look.

✦ **Serving:** Arrange berries elegantly around the pudding, dust lightly with lemon zest.

✦ **Pairing:** Perfect with baked salmon, poached trout, or a small glass of diluted berry drink.

NUTRITIONAL VALUE (PER SERVING):

Calories: 162	Fiber: 1 g
Healthy Fats: 2 g	Sugar: 6 g (natural)
Cholesterol: 0 mg	Potassium: 92 mg
Sodium: 40 mg	Phosphorus: 40 mg
High-Protein: 2 g	Low Glycemic Index: 35 Low
Low Carbohydrates: 34 g	



5 minutes

1



Individuals



20 minutes



Sugar-Free Berry Soufflé



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE



HONEY WARNING

INGREDIENTS:

- Mixed berries (blueberries, raspberries, strawberries): 1/2 cup | 70 g
- Egg whites, raw: 2 large | 66 g
- Rice milk, unsweetened: 3 tbsp | 45 ml
- Erythritol, honey or stevia: 1/2 tsp | 2 g (*optional, kidney-safe*)
- Vanilla extract: 1/4 tsp | 1 ml
- Lemon zest: pinch | 0.5 g
- Olive oil: 1/2 tsp | 2 ml (to grease ramekin)

COOKING INSTRUCTIONS:

1. Preheat oven to 350°F (175°C). Lightly grease a small ramekin with olive oil.
2. In a blender, puree berries with rice milk and vanilla until smooth. Set aside.
3. In a clean bowl, whip egg whites with erythritol until firm glossy peaks form.
4. Gently fold berry mixture into the whipped egg whites, keeping volume intact.
5. Transfer the mixture into the prepared ramekin, smooth the top, and bake for 18–20 minutes.
6. Remove, cool for 2 minutes, then carefully invert onto a plate for restaurant-style serving.

✦ *Place the inverted soufflé on a small white ceramic plate, drizzle with a few drops of berry purée, garnish with fresh mint and a few whole berries for a refined look.*

✦ *Pairs perfectly with green tea or a small glass of unsweetened berry water.*

NUTRITIONAL VALUE (PER SERVING):

Calories: 110	Fiber: 2 g
Healthy Fats: 3 g	Sugar: 6 g (natural)
Cholesterol: 0 mg	Potassium: 142 mg
Sodium: 121 mg	Phosphorus: 25 mg
High-Protein: 8 g	Low Glycemic Index: 25
Low Carbohydrates: 14 g	Low



8 minutes

1



Individuals



5 minutes



Coconut-Peach Cream Parfait



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE



HONEY WARNING

INGREDIENTS:

- Fresh peach, peeled and diced: 1/2 medium | 60 g (**can be replaced with nectarine**)
- Coconut yogurt, unsweetened: 3 tbsp | 45 g
- Rice milk, unsweetened: 2 tbsp | 30 ml
- Chia seeds: 1/2 tsp | 1.5 g (**for texture, acceptable in CKD in small quantities**)
- Erythritol, honey or stevia: 1/4 tsp | 1 g (*optional*)
- Lemon zest: pinch | 0.5 g
- Fresh mint leaves: 2 small | 1 g

COOKING INSTRUCTIONS:

1. In a small saucepan, combine half of the peach with rice milk. Simmer gently over low heat for about 2 minutes. Remove from heat and let it cool to room temperature so it blends smoothly with the yogurt.
2. In a mixing bowl, combine the cooled peach puree with coconut yogurt, chia seeds, and stevia. Whisk until the texture becomes lightly creamy, and the chia starts to swell a little.
3. Gently fold in the remaining peach cubes, keeping the shape.
4. Transfer the mixture to a glass or clear bowl.
5. Garnish with lemon zest and fresh mint leaves.

✦ *Serve in a clear glass, in layers: a little puree on the bottom, then cream, and pieces of fresh peach on top.*

✦ *Pairs perfectly with a cup of cold herbal tea or diluted berry juice.*

NUTRITIONAL VALUE (PER SERVING):

Calories: 114	Fiber: 2 g
Healthy Fats: 7 g	Sugar: 7 g (natural)
Cholesterol: 0 mg	Potassium: 160 mg
Sodium: 34 mg	Phosphorus: 50 mg
High-Protein: 2 g	Low Glycemic Index: 25 Low
Low Carbohydrates: 14 g	

DRINKS FOR YOUR KIDNEYS

Imagine a hot summer day: the sun is shining, you're thirsty, and around you are tempting choices - soda, store-bought juices, energy drinks... It can feel tricky to choose something safe. When you have chronic kidney disease, this choice matters even more — your kidneys process everything you drink, and extra stress can affect your health. That is why we decided to make a separate preface to this chapter.

Controlling your fluid intake with kidney disease is just as important as watching what you eat. On average, a safe guideline is about **1.5–2 liters per day**, including soups, teas, water, and even juicy fruits.

But remember: your exact limit should always be determined by your doctor, based on your tests and stage of kidney disease.

Some Drinks Are Better to Limit

Some drinks are best limited or avoided, protecting your kidneys:

- **Soda** - extra sugar, phosphates, and sodium;
- **Energy drinks** - heavy load on kidneys and heart;
- **Store-bought juices** - often high in potassium, sugar, and additives.



Whenever possible, it's a good idea to avoid these drinks entirely and instead carry a small bottle of homemade, kidney-friendly beverages with you. This way, you stay hydrated safely, enjoy the taste, and have full control over what you drink.



The Good News

There's a whole world of safe and delicious drinks you can enjoy. From aromatic water infused with herbs and fruits, to gentle warm beverages for morning or evening, to homemade smoothies and infusions - these drinks can quench your thirst while supporting your kidneys.

Drinking safely doesn't have to be boring. Even on a hot day, during a picnic, or on a long trip, you can enjoy flavorful, refreshing beverages without fear or stress — all it takes is a little preparation and mindful choices.

Here are 6 drinks that go with the main dishes in this book and for takeout. Go for it!



5 minutes

1

Individuals



15 minutes



Herbal Tea with Chamomile and Mint



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE



HONEY WARNING

INGREDIENTS:

- Dried chamomile flowers: 1 tsp | 1 g
- Fresh mint leaves: 3–4 pcs | 2 g
- Water, filtered: 1 cup | 240 ml
- Lemon zest: a pinch | 0.3 g
- Honey or stevia (optional, only if allowed): 1–2 drops

COOKING INSTRUCTIONS:

1. Bring fresh water to a gentle boil in a small pot or kettle, then remove it from the heat, so the herbs don't become bitter.
2. Place chamomile, mint, and lemon zest into a teapot or directly into a large mug.
3. Pour the hot water over the herbs, cover with a lid or small plate, and let steep for about 5 minutes, so the flavors fully open and the aroma becomes calming.
4. Strain the tea into a pre-warmed glass cup, or leave the herbs in for a more rustic look. Serve immediately while hot and fragrant.

✦ **Serving:** Pour into a transparent glass mug, garnish with a fresh mint sprig and a thin lemon twist.

✦ **Perfect pairing:** Complements baked cod, zucchini salad, or light fish dishes.

NUTRITIONAL VALUE (PER SERVING):

Calories: 3 kcal
Healthy Fats: 0 g
Cholesterol: 0 mg
Sodium: 2 mg
High-Protein: 0 g
Low Carbohydrates: 0 g

Fiber: 0 g
Sugar: 0 g
Potassium: 15 mg
Phosphorus: 2 mg
Low Glycemic Index: 5
Low



5 minutes

1

Individuals



10 minutes



Sugar-Free Cranberry Drink



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Fresh or frozen cranberries: 1/4 cup | 30 g
- Water, filtered: 1 1/4 cups | 300 ml
- Lemon zest: a pinch | 0.3 g
- Fresh mint leaves: 2 pcs | 1 g
- Stevia or erythritol (optional): 1–2 drops

COOKING INSTRUCTIONS:

1. Place the cranberries in a small saucepan and add water. Bring to a gentle boil over medium heat, stirring occasionally to prevent sticking.
2. Reduce the heat and let the berries simmer for about 7 minutes, or until they are soft and begin to burst.
3. Mash the cranberries lightly with a spoon to release more juice, then strain the mixture through a fine sieve to achieve a smooth consistency.
4. Stir in fresh lemon zest, a few mint leaves, and stevia if desired. Serve lukewarm immediately or chill in the refrigerator for a refreshing, slightly tart beverage.

✦ **Serve in a transparent glass with floating mint leaves and a few whole cranberries for elegance.**

✦ **Pairs beautifully with grilled turkey, light fish salads, or zucchini ribbons.**

NUTRITIONAL VALUE (PER SERVING):

Calories: 14
Healthy Fats: 0 g
Cholesterol: 0 mg
Sodium: 1 mg
High-Protein: 0 g
Low Carbohydrates: 3 g

Fiber: 0 g
Sugar: 2 g
Potassium: 26 mg
Phosphorus: 4 mg
Low Glycemic Index: 10
Low



5 minutes

1



Individuals



10 minutes



Homemade Lemon Water



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Filtered water: 1 cup | 240 ml
- Fresh lemon juice: 2 tsp | 10 ml
- Lemon slices, thinly cut: 2–3 pcs | 15 g
- Fresh mint leaves: 2–3 pcs | 2 g
- Ice cubes: a few, optional

COOKING INSTRUCTIONS:

1. Wash the lemon thoroughly under running water and slice it into thin, even rounds to release maximum flavor and aroma.
2. Fill a glass or jug with cold, filtered water. Add the freshly squeezed lemon juice, the lemon slices, and a few fresh mint leaves if desired for an added burst of freshness.
3. Allow the water to sit for 5–10 minutes so that the citrus oils, juice, and mint aroma can infuse fully, creating a naturally flavorful beverage.
4. Serve immediately over ice cubes or lightly chilled for a refreshing and revitalizing drink that highlights the bright, zesty flavors.

✦ *Serve in a tall transparent glass, garnish with a lemon wheel and mint sprig.*

✦ *Pairs beautifully with baked cod, steamed trout, or zucchini ribbons salad.*

NUTRITIONAL VALUE (PER SERVING):

Calories: 4	Fiber: 0 g
Healthy Fats: 0 g	Sugar: 1 g
Cholesterol: 0 mg	Potassium: 20 mg
Sodium: 1 mg	Phosphorus: 3 mg
High-Protein: 0 g	Low Glycemic Index: 10
Low Carbohydrates: 1 g	Low



5 minutes

1



Individuals



2 minutes



Rosehip Tea with Cinnamon



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Dried rosehips: 1 tbsp | 8 g
- Water: 1 1/2 cups | 360 ml
- Cinnamon stick: 1 small | 1 g
- Lemon zest: pinch | 0.5 g
- Fresh mint: 1 sprig | 1 g

COOKING INSTRUCTIONS:

1. Rinse the dried rosehips gently under cold water to remove any dust or impurities.
2. In a small saucepan, bring fresh water to a boil, then add the rosehips and a cinnamon stick for warm, aromatic flavor.
3. Reduce the heat and simmer gently for 8–10 minutes, allowing the rosehips to release their natural vitamin C, color, and delicate flavor.
4. Remove the pan from the heat, strain the liquid into a cup, and stir in a touch of fresh lemon zest to brighten the taste.
5. Let the infusion cool slightly before sipping it warm, or chill in the refrigerator for a refreshing, vitamin-rich drink during warmer months.

✦ *Serve in a transparent glass mug, garnish with a cinnamon stick and a lemon curl for an aromatic finish.*

✦ *Perfect alongside steamed trout, grilled turkey, or a light vegetable dish.*

NUTRITIONAL VALUE (PER SERVING):

Calories: 12	Fiber: 0 g
Healthy Fats: 0 g	Sugar: 2 g
Cholesterol: 0 mg	Potassium: 35 mg
Sodium: 1 mg	Phosphorus: 5 mg
High-Protein: 0 g	Low Glycemic Index: 15
Low Carbohydrates: 3 g	Low



5 minutes

1



Individuals



5 minutes



Sugar-Free Berry Lemonade



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Mixed berries (fresh or frozen, unsweetened): ½ cup | 70 g
- Fresh lemon juice: 1 1/2 tsp | 7 ml
- Lemon zest: pinch | 0.3 g
- Fresh mint leaves: 2–3 pcs | 1 g
- Cold filtered water: 1 cup | 240 ml
- Ice cubes: 2–3 pcs (optional)

COOKING INSTRUCTIONS:

1. In a small bowl, gently mash the berries with the back of a spoon, just enough to release their natural juices without turning them into a puree.
2. Add fresh lemon juice, a pinch of lemon zest, and a few mint leaves. Mix gently and let the flavors infuse for about 2 minutes, allowing the citrus and mint aroma to meld with the berries.
3. Pour the mixture into a glass, then top with cold filtered water and ice cubes if desired. Stir lightly to combine, keeping the berries mostly intact for a visually appealing effect.
4. Finish by garnishing with a thin lemon ribbon and a fresh mint sprig for a refreshing and vibrant presentation, perfect for a cooling summer drink.

✦ **Serve in a tall transparent glass, garnish with a few whole berries on top.**

✦ **Best Pairing:** Complements grilled turkey, baked cod, zucchini salads, and light kidney-friendly desserts.

NUTRITIONAL VALUE (PER SERVING):

Calories: 36	Fiber: 3 g
Healthy Fats: 0 g	Sugar: 5 g
Cholesterol: 0 mg	Potassium: 100 mg
Sodium: 2 mg	Phosphorus: 16 mg
High-Protein: 1 g	Low Glycemic Index: 25
Low Carbohydrates: 8 g	Low



5 minutes

1



Individuals



20 minutes



Cucumber Mint Cold Infusion with Lime



GLUTEN-FREE



NUT-FREE



PEANUT-FREE



DAIRY-FREE



SOY-FREE

INGREDIENTS:

- Fresh cucumber, thinly sliced: 1/2 small | 40 g
- Fresh lime juice: 1 tsp | 5 ml
- Lime zest: pinch | 0.3 g
- Fresh mint leaves: 3–4 pcs | 2 g
- Cold filtered water: 1 1/4 cups | 300 ml
- Ice cubes: 2–3 pcs (optional)

COOKING INSTRUCTIONS:

1. In a glass or small pitcher, combine thinly sliced cucumber, fresh mint leaves, lime zest, and freshly squeezed lime juice. Arrange the ingredients evenly for both flavor and visual appeal.
2. Gently press the mint leaves with the back of a spoon to release their essential oils, taking care not to tear them, so the infusion remains bright and fresh.
3. Pour in cold, filtered water and stir gently to mix. Cover and let the mixture infuse in the refrigerator for 15–20 minutes to allow the flavors to meld.
4. Before serving, add ice cubes if desired. Garnish with a long cucumber ribbon curled on the side and a small sprig of mint for a refreshing, visually appealing drink.

✦ **Serve in a tall glass with cucumber ribbon spirals and fresh mint on top.**

✦ **Best Pairing:** Perfect with grilled turkey medallions, baked cod, zucchini salads, or light vegetable stews

NUTRITIONAL VALUE (PER SERVING):

Calories: 4	Fiber: 0 g
Healthy Fats: 0 g	Sugar: 0 g
Cholesterol: 0 mg	Potassium: 25 mg
Sodium: 1 mg	Phosphorus: 3 mg
High-Protein: 0 g	Low Glycemic Index: 10 Low
Low Carbohydrates: 1 g	

FINAL CHAPTER: LIVING WITH CONFIDENCE — STAYING CALM, BUILDING HABITS & PREPARING FOR THE FUTURE

Here at the end of our book, you may still have some concerns or questions about certain foods. That's why we decided to take a closer look at some of the categories from the tables in Chapter 2 and explain them in a bit more detail.



Bread, Dairy and Sugar Choices for CKD (Stages 1–3)

1. Bread and Baked Goods

Not everyone can give up bread on a diet because it is an important source of energy, but some varieties can overload your kidneys with **phosphorus, potassium, and sodium**.

Best Choices (Safe to Eat Regularly):

- **White bread and plain rolls** — minimal potassium and phosphorus.
- **Bread made with refined wheat flour** (all-purpose or “plain” flour).
- **Baguettes, ciabatta, pita, and lavash** — simple recipes without seeds or whole grains.
- **Unsalted bread** — especially helpful if you have swelling or high blood pressure.

But for diabetics, their downside is that they are fast carbohydrates → they increase sugar levels faster. Therefore, for diabetes, it is better to choose small portions and combine them with protein/fats (for example, with chicken, fish, olive oil).

- **Homemade bread** — you can control salt and avoid phosphate additives. - is a very good option for those who control sugar, but only if you reduce it or remove it altogether.

Allowed in Moderation (1–2 times per week):

- **Whole-grain bread** — for diabetes, this is rather a plus (it increases glucose longer, more fiber). But for the kidneys, it is a minus - potassium and phosphorus. Therefore, a compromise: small portions, 1–2 times a week.
- **Unsalted oat crackers or rice cakes** - are suitable for both diabetes and kidneys, but again in small quantities (**2–3 pieces per serving**) so as not to provoke sugar surges.

Better to Avoid / Exclude:

- **Seeded breads** (sunflower, flax, chia) and breads with **nuts or dried fruit** → too much potassium/phosphorus for both kidneys and diabetes (dried fruits increase sugar).
- **Rye bread** → really rich in potassium and harder on the kidneys. Not bad for diabetes in general (slow carbohydrates), but because of the kidneys - better to limit.
- **Salty crackers, chips, and packaged snacks, Industrial “enriched” breads** (often contain phosphate additives (E340, E341, E450)) → are harmful to both the kidneys and sugar (salt + additives + hidden sugar).

2. Dairy Products and Alternatives

Dairy can be an important source of protein and calcium but also tends to be **high in phosphorus and potassium**. Choosing lower-risk options helps protect kidney health.



Best Choices (Safe to Eat Regularly):

- **Rice milk** — one of the safest alternatives for CKD, but check labels: many brands add sugar. Best to use *unsweetened* rice milk for diabetes.
- **Unsweetened coconut milk or coconut yogurt** — good option, naturally low in carbs, safe for both CKD and diabetes.
- **Plain natural yogurt (≤100 ml)** — choose unsweetened, as flavored yogurts often contain added sugar. Provides probiotics, but watch phosphorus.
- **Homemade almond or oat milk** — safe if without phosphate additives. For diabetes, almond milk is the better option (lower carbs than oat).

Allowed in Moderation:

- **Low-fat cow's milk (≤2.5%)** — up to 50 ml in tea/coffee is acceptable. For diabetes, avoid drinking full cups because of natural lactose sugars.
- **Light cream (≤10%)** — up to 1 tbsp, 1–2 times per week. Low carb, but still high in fat → moderation.
- **Soft, low-sodium cheeses** (mozzarella, ricotta) — ≤30 g, once a week. Low carb, but control sodium and phosphorus.
- **Low-fat kefir (≤1%)** — up to 100 ml occasionally. For CKD: watch phosphorus; for diabetes: it can slightly raise sugar but more slowly than milk due to probiotics and fermentation.

Better to Avoid / Exclude:

- **Hard, aged cheeses** (cheddar, parmesan, gruyere) → very high phosphorus and sodium.

- **Salty cheeses** (feta, halloumi, brined cheeses) → excessive sodium.
- **Condensed milk and milkshakes** → → not safe for diabetes (extremely high sugar) and for CKD (phosphorus).
- **Store-bought yogurts with added sugar** → → avoid for both CKD and diabetes (hidden sugars + additives).
- **Products with phosphate additives** — check labels for **E338–E452**.

3. Sugar and Sweets

While occasional treats are fine, it's essential to keep added sugar low to avoid blood sugar spikes and additional stress on your kidneys.

Best Choices (Safe to Eat Regularly):

- **Sugar-free desserts** made with safe ingredients (gelatin, fruit purée without sugar, plain yogurt with berries, etc.). Safe for kidneys and blood sugar.
- **Fresh fruits** — only **kidney-friendly options** like apples, pears, berries, grapes (small portions only → for diabetes, stick to 1 serving at a time).
- **Homemade baked fruits** — like cinnamon-baked apples or poached pears. Baking reduces the glycemic impact compared to raw sweet fruit.
- **Natural sweeteners** in moderation:
 - **Honey** — up to **1 tsp/day** (kidney- and diabetes-safe only as an occasional addition).
 - **Stevia or erythritol** — small amounts, usually safe for CKD and do not raise blood sugar.

Allowed in Moderation:

- **Low-sugar homemade jams** — up to **1 tsp occasionally** (watch sugar if you have diabetes).
- **Occasional fruit-based desserts** — (like sugar-free apple mousse) — acceptable in small portions, especially when eaten with protein or fiber to slow blood sugar spikes.

Better to Avoid / Exclude:

- **White sugar, brown sugar, and cane sugar** — unnecessary kidney stress.
 - **Chocolate, caramel, candy bars** → high potassium, phosphorus, and sugar.
 - **Store-bought cakes, muffins, and pastries** → hidden phosphate additives and sodium.
 - **Sodas, packaged juices, and sweetened beverages** → excess sugar and phosphates.
 - **“Diabetic” cookies made with fructose** → can still spike potassium levels.
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So, what's next? After all the tables, recipes, and tips, it's time to think of yourself not just as a “CKD patient,” but as someone who wants to live fully, enjoy meals, and feel confident without fear.



Staying Calm and Building Healthy Habits

Mindset: Shift from Fear to Balance

Chronic kidney disease (CKD) can feel overwhelming, especially when dietary recommendations change. But with the right mindset, food becomes a tool for **nourishment**, not a source of stress.

- **Focus on what you can enjoy**, not just restrictions. Many delicious, safe options exist: lean proteins, seasonal vegetables, low-potassium fruits, and aromatic herbs.
- **Replace fear with knowledge**: understanding why some foods are limited builds confidence.
- **Practice mindful eating** — eat slowly, notice textures, flavors, and satiety signals.

***Tip:** Instead of obsessing over “perfect choices,” aim for consistent balance. Your body benefits from overall patterns, not individual meals.*

Building Sustainable Routines - Habits are stronger than motivation. Start small:

- **Create a meal rhythm** — breakfast, lunch, dinner, and safe snacks to stabilize energy and blood sugar.
- **Plan ahead**: pre-portion safe snacks, cook small protein batches, and steam low-potassium vegetables.
- **Use your food diary** (from Part 3) to track what works for your body.

***Mini-habit strategy:** Replace one “trigger” habit each week (e.g., swap salty packaged snacks for homemade cucumber chips).*

Managing Anxiety Around Food

It's common to feel stressed about “eating wrong.” Here's how to stay calm:

- **Breathing exercises** before meals lower cortisol and help digestion.
- **Reframe eating out**: instead of fearing unknown menus, prepare safe choices beforehand.
- **Work with your doctor or dietitian** to set realistic, flexible guidelines.

***Quick practice:** Before each meal, pause for 3 deep breaths. Remind yourself: “I choose balance, not perfection.”*

Trusted Resources for CKD-Friendly Living

Reliable Websites

- **National Kidney Foundation** 👉 <https://www.kidney.org> — patient-friendly guides, food lists, webinars.
- **American Kidney Fund** 👉 <https://www.kidneyfund.org> — practical tips on meal planning and lifestyle.
- **DaVita Kidney Care** 👉 <https://www.davita.com> — searchable CKD-safe recipes and grocery tips.
- **Renal Support Network** 👉 <https://www.rsnhope.org> — patient stories, podcasts, and lifestyle advice.
- **National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)** 👉 <https://www.niddk.nih.gov> — evidence-based information for CKD patients.

Books & Community Support

- *“Eating Well with Kidney Disease”* — practical approaches for CKD stages 1–3.
- Online support groups: try CKD-focused Facebook groups, Reddit’s r/kidneydisease, or DaVita forums to connect with others 👉 <https://forums.davita.com>

Apps and Tools

- **MyKidneyCoach** — track meals, lab results, and potassium/phosphorus intake 👉 <https://mykidneycoach.com>
- **MyFitnessPal (custom targets)** — set safe sodium, phosphorus, and potassium limits 👉 <https://www.myfitnesspal.com>
- **WaterMinder** — helps monitor hydration safely, adjusting intake based on your doctor’s advice 👉 <https://waterminder.com>
- **KidneyDiet App** — database of kidney-safe foods and daily nutrition tracking 👉 <https://www.kidneydiet.com>
- **Cronometer** — detailed nutrient tracking with the option to set CKD-friendly targets 👉 <https://cronometer.com>



What's Next: Monitoring & Follow-Up

Preparing for Lab Retests

Regular monitoring is essential for CKD stages 1–3. Blood and urine tests check potassium, phosphorus, creatinine, eGFR, and protein levels.

Steps before your appointment:

- **Keep your food diary for 3–7 days** — your doctor sees real patterns.
- **Note any symptoms:** swelling, fatigue, thirst, or appetite changes.
- **Write down questions beforehand** — it makes consultations more productive.

Understanding Results Calmly

Fluctuations are normal. A single “out-of-range” value **does not** mean your condition worsened.

- **Potassium slightly high?** Review recent food choices with your dietitian.
- **Creatinine increased?** Check hydration and activity levels.
- **Phosphorus spikes?** Look for hidden additives in packaged foods.

***Tip:** Always discuss results with your doctor — avoid making big dietary changes on your own.*

Adjusting Your Plan Over Time - Your needs may change depending on:

- Stage progression or stabilization
- Weight fluctuations
- Medications impacting mineral balance

***Stay flexible:** your “safe list” evolves. Your best tools are **regular check-ups** and a **collaborative approach** with your healthcare team.*

Emotional Well-Being and Motivation

Self-Care Beyond Food

- **Movement:** gentle daily walks, yoga, or stretching improve circulation and energy.
Sleep hygiene: 7–8 hours of quality rest supports kidney function and hormonal balance.
- **Mindfulness:** meditation apps like Headspace or Calm can reduce stress-related eating triggers.



Celebrate Progress, Not Perfection

Tracking improvements — stable lab results, fewer energy dips, or more confidence at restaurants — builds motivation.

***Reminder:** “Kidney-friendly” living isn’t about perfection; it’s about **steady, compassionate choices**.*

Final Words: Living Fully, Without Fear

Your diagnosis doesn’t define your life — it **reshapes** it. By embracing:

- Knowledge about safe food choices
- Consistent healthy habits
- Open conversations with your doctor
- And emotional support when needed

...you gain **control, confidence, and freedom**. Every balanced plate, safe snack, or mindful choice helps your kidneys — and your whole body — thrive.