

Dialysis Meal Plan

Name: _____ Age: _____ Height: _____ Weight: _____

Medical history				Restrictions					
Dietary goals									
<ol style="list-style-type: none">1. Manage sodium intake to maintain healthy blood pressure and fluid balance.2. Limit phosphorus and potassium to prevent complications associated with kidney disease.3. Monitor protein intake to support muscle health without overloading the kidneys.4. Control fluid intake to prevent fluid overload and swelling.5. Ensure balanced nutrition while considering individual preferences and dietary restrictions									
Day	Time	Breakfast	Time	Lunch	Time	Dinner	Time	Snacks	Notes

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Grocery list

Healthcare provider's information

Name:	Signature:
License number:	Contact number: