## Renal Diet Meal Plan

## Patient Information

Patient name: Harry Jones
Date of birth: 1960/01/24
Medical history (include any medications and diagnoses):
Harry has been experiencing high blood pressure over the last 2 years and is currently on medication to lower his blood pressure.

Current health status:
After experiencing muscle cramps and high blood pressure, it has been identified that Harry is at risk of developing chronic kidney disease.

Reasons for the renal diet:
To mitigate his symptoms and the worsening of his kidney health, the renal diet has been recommended by Harry's general practitioner.

Additional notes:

## Renal Diet Information

Nutrients to control:
Sodium
(V) Potassium
(v) Phosphorous
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Fluids

Allergies (if known):
No known allergies.

Patient dietary needs and preferences:
Harry has no particular dietary needs or preferences. He notes that he may need some help acquiring kidney-friendly recipes and guidance to more plant-based substitutes.

Harry and his practitioner have agreed that it would be beneficial to devise a few meal plans for the next month to help give home some ideas. It has also been discussed that regular consultations with his general practititioner or a renal dietician would be greatly beneficial to monitor his progress, and provide ongoing support.

## 7-Day Renal Diet Meal Plan

| Day | Meal 1 | Meal 2 | Meal 3 | Snacks | Beverages |
| :---: | :--- | :--- | :--- | :--- | :--- |
| Day 1 | Oats with <br> berries and <br> low-fat greek <br> yoghurt | Toasted <br> sourdough <br> bread with <br> avocado | Oven baked <br> salmon, cous <br> cous and <br> asparagus. | Vegetable <br> sticks with <br> hummus. <br> Sliced apple. | Water |
| Day 2 | Chia seed <br> pudding with <br> berries and <br> walnuts | Tuna <br> sandwich <br> with rye <br> bread. | Lean beef <br> burger with <br> side salad. | Unsalted <br> popcorn. <br> Handful of <br> walnuts. | Water <br> Herbal tea |
| Day 3 | Egg omelet with <br> tomato, spinach <br> and aslice of <br> sourdough | Shredded <br> chicken <br> salad. | Black bean <br> tacos, with <br> shredded <br> cabbage and <br> fresh salsa. | Greek yoghurt <br> with berries. <br> Unsalted <br> popcorn. | Water |

Additional notes:

