

Renal Low K+ / Low Phos Cycle Menu (Week 1)

Swaps and tweaks for renal low potassium and low phosphorus management

- Use white bread, rice and pasta instead of whole grains and bran cereals (whole grains are often higher in phosphorus and potassium).
- Avoid high-potassium staples unless the RD orders otherwise: potatoes (including sweet), tomatoes and tomato sauces, beans and legumes, spinach, avocados, bananas and large servings of orange and melon products.
- Prioritize lower-potassium produce in portion-controlled servings: green beans, cabbage, cauliflower, cucumbers, lettuce, peppers, onions, zucchini; fruits like apples, berries, grapes, pears, peaches (serving sizes matter).
- Minimize dairy (milk, cheese, yogurt) because it can raise phosphorus load (use only if allowed by the RD and within portions).
- Avoid phosphorus additives: choose fresh foods over processed and scan ingredients for "PHOS" (phosphoric acid, pyrophosphate, tripolyphosphate, etc.).
- Choose fresh proteins (eggs and egg whites, grilled chicken, turkey, fish, lean pork and beef). Avoid deli meats and "enhanced" meats when possible.
- Beverages: water, unsweetened tea and coffee. Avoid cola and dark sodas (often contain phosphoric acid) and limit milk.
- Desserts: fruit-based only, small portions.
- Portions: serving size is everything; eating multiple portions can turn a "low potassium" food into a high potassium intake day.

Week 1 menu (renal low K+ / low phos)

Monday

Breakfast (moderate): Cream of rice cereal (small portion, made with water) + scrambled eggs (1 whole egg + egg whites, no cheese) + white toast (1 slice) + apple slices. Beverages: coffee/tea, water.

Lunch (main, largest): Grilled chicken + white rice + green beans (1/2 cup) + side salad (lettuce + cucumber, oil/vinegar). (Boost vegetables for volume, keep rice moderate.)

Dinner (light): Turkey on white bread (fresh turkey, not deli, no cheese) + chicken rice soup (scratch-made or verified no "PHOS" additives, no tomato base). Beverages: water, decaf tea.

Tuesday

Breakfast (moderate): Rice cereal or corn-based low-bran cereal (small portion) + berries (1/2 cup) + egg whites. Beverages: coffee/tea, water.

Lunch (main, largest): Baked white fish + white rice pilaf + cauliflower (1/2 cup) + cucumber/lettuce side salad.

Dinner (light): Egg salad on white bread (no cheese) + cucumber/lettuce side salad + applesauce (no sugar added). Beverages: herbal tea, water.

Wednesday

Breakfast (moderate): Egg-white omelet (peppers/onions) + white English muffin + grapes (small portion). Beverages: coffee/tea, water.

Lunch (main, largest): Turkey meatloaf (homemade; avoid "PHOS" additives in breadcrumbs/mixes) + white pasta + cabbage (1/2 cup).

Dinner (light): Chicken noodle soup (scratch-made or verified additive-free) + white roll + side salad (lettuce + cucumber). Beverages: water, decaf.

Thursday

Breakfast (moderate): Pancakes (plain, from scratch; avoid boxed mixes with additives if possible) + apple compote + egg whites. Beverages: coffee/tea, water.

Lunch (main, largest): Pork loin (lean) + white rice + sauteed peppers/onions + side salad (lettuce/cucumber).

Dinner (light): Tuna salad (small portion; no cheese) on white bread + lettuce salad + fruit cup (pears/peaches, drained). Beverages: water, herbal tea.

Friday

Breakfast (moderate): French toast (white bread, small portion) + strawberries (1/2 cup) + egg whites. Beverages: coffee/tea, water.

Lunch (main, largest): Roast beef (unprocessed) + white pasta + green beans + cucumber salad.

Dinner (light): Chicken and rice bowl (small portion; no tomato sauce) + cauliflower (1/2 cup) + applesauce. Beverages: water, decaf tea.

Saturday

Breakfast (moderate): Veggie omelet (egg whites + peppers/onions) + white toast (1 slice) + canned pears (drained) or apple. Beverages: coffee/tea, water.

Lunch (main, largest): Chicken herb pasta (scratch seasoning, no salty blends) + cabbage + cucumber salad.

Dinner (light): Hamburger patty (no cheese, not processed patty if possible) on white bun + lettuce/cucumber + grapes (small). Beverages: water, herbal tea.

Sunday

Breakfast (moderate): Scrambled eggs (1 whole egg + egg whites) + white toast + fruit cup (pears/peaches, drained). Beverages: coffee/tea, water.

Lunch (main, largest): Roast turkey (fresh, not deli) + white-bread stuffing (homemade; avoid additives) + green beans + side salad.

Dinner (light): Chicken rice soup (scratch-made/verified no "PHOS") + dinner roll + side salad (lettuce). Beverages: water, decaf.