

## Recipes for day 2 Brazil

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**Diet**  
In Chronic  
Kidney Disease



## Total for day 2 (1 portion for each meal - calculated for a 70-kg person)

Energy (kcal)	2,264	Phosphate (mg)	830
<b>Protein (g)</b>	<b>34.8 <sup>A</sup></b>	Sodium (mg)	791
Carbohydrates (g)	333	<b>Potassium (mg)</b>	<b>3,320 <sup>B</sup></b>
Fat (g)	85	Calcium (mg)	286

<sup>A</sup> Please note that the minimum protein content is not met. Please ask your physician regarding a suitable therapeutic intervention.

<sup>B</sup> Caution if you have to restrict your daily potassium intake!



## Breakfast

### Ingredients

### Sweet tea

70 g Bread

140 ml Lemon tea

15 g Margarine

10 g (2 tsp) Sugar

20 g Mixed fruit jam

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for breakfast:	372	5.2	60	317	104



## Snack

### Ingredients

### Sweet coffee

200 g Watermelon, fresh

80 ml Coffee

40 g Cracker

10 g (2 tsp) Sugar

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for snack:	269	5.7	210	393	210



## Lunch

### Mashed potato pie with vegetables

### Mango

272 g Potatoes, cooked, mashed

150 g Mango

45 g Parsnips, cooked

40 g Peas, fresh

54 g Tomatoes, fresh

1 g Seasonings (onion, garlic, herbs, black pepper)

15 g Rocket, fresh

25 ml Olive oil

### Nutrients

Energy (kcal)

Protein (g)

Phosphate (mg)

Sodium (mg)

Potassium (mg)

Total for lunch:

532

9.9

238

22

1,499

## Cooking instructions

### Mashed potato pie with vegetables

Preheat oven to 180 °C. Steam the parsnip and peas. Mix the vegetables with mashed potatoes and add seasonings. Use half the oil to grease an ovenproof pie plate or gratin dish. Top vegetable mixture with slices of tomatoes and then pour over the remaining oil. Bake for 30-40 minutes until golden brown. Serve potato and vegetable pie with a rocket salad.



## Coffee

### Ingredients

140 g Passion fruits, fresh

20 g Popcorn

10 g (2 tsp) Sugar

20 ml Olive oil

### Nutrients

Energy (kcal)

Protein (g)

Phosphate (mg)

Sodium (mg)

Potassium (mg)

Total for coffee:

381

6.0

144

39

484



## Dinner

### Stuffed courgette

100 g Courgettes, fresh

150 g Rice, cooked

60 g Cassavas, fresh

54 g Tomatoes, fresh

25 g Cabbage, fresh

15 g Onions, fresh

5 g Garlic, fresh

1 g Seasonings (herbs, black pepper)

25 ml Olive oil

### Peach in syrup

120 g Peach in syrup

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for dinner:	605	7.6	164	16	866

## Cooking instructions

### Stuffed courgette

Preheat oven to a medium temperature (180 °C). Cut courgette in half lengthways and scoop out the pulpy centre with a teaspoon, leaving an outside shell, 1cm thick. Chop the pulp, slightly and put it to the side. Place the courgettes in a shallow baking dish or roasting tin, cover with foil and bake for 20 minutes or until tender.

Meanwhile, cook the rice in a pan of lightly salted boiling water for 12-15 minutes until just tender. In a pan, heat 2 tablespoons of olive oil, then add and fry the garlic and onion. Add the chopped cassava, cabbage, tomatoes and fry for 3 minutes. Stir in the courgette pulp and rice and season with salt, pepper and herbs. Fill the cooled courgette shells with the sauce mixture. Bake the filled courgettes on a baking sheet for approximately 15 minutes.



## Evening snack

### Ingredients

120 g Apples, fresh

### Sweet tea

140 ml Cidreira tee

10 g (2 tsp) Sugar

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for snack:	105	0.4	14	4	157