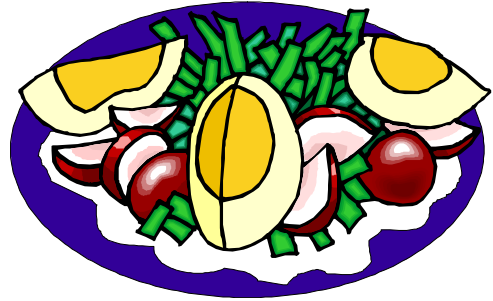


Meal Suggestions for Dialysis Days

Salads

Buy ready-to-use vegetables and salads to decrease preparation time. You can buy small portions by using the salad bar in the super market. Try:

Mixed greens and lettuce
Shredded red and green cabbage
Stir fry vegetable mixes
Diced red and green peppers
Diced onions
Shredded carrots
Radishes



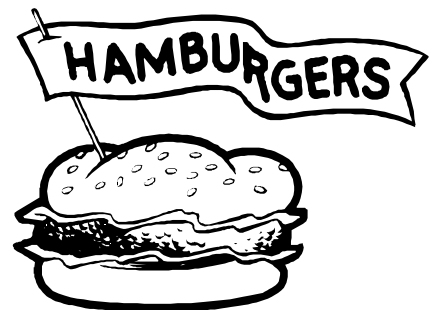
Top the salads with:

Sliced chicken or turkey Roast beef or left-over steak
Cold cooked fish Hard cooked eggs
Tuna (rinse canned tuna with fresh water before using to reduce sodium)
Defrosted, frozen cooked shrimp (soak well to remove added sodium)

Sandwiches

Hot Sandwiches – cook meat, fish, or poultry in a small fry or grill pan on top of the stove.

Boneless, skinless chicken breast, cutlet, or thigh
Boneless, thin pork chop
Ground turkey patties or turkey cutlets
Hamburger or ground lamb patties
Fish fillets
Cubed or minute steak or thin strips of grilled steak



Cold Sandwiches

Make salads out of tuna (rinse with water before using to remove some sodium), left-over chicken or turkey, small bay shrimp, or eggs to use in a sandwich

Use left-over sliced meats such as meatloaf, roasts (beef, pork, lamb), steak, or chicken and turkey

Try different types of bread for more variety:

Rye Bread

Italian Bread

Sourdough Bread

Rolls

French Bread

Croissants

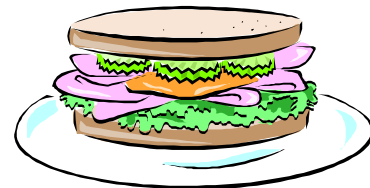
Bagels

Hamburger Buns

English muffin

Pita Pockets

Flour Tortillas (for wraps)



Finger Foods

Cold, easy to eat foods for meals or snacks:

Chicken Wings or Drumsticks

Shrimp

Meatballs or Turkey Cubes on tooth picks



Cook Ahead for Use after Dialysis

Chicken

Small turkey breast or roasts

Steak for sliced meat

Meatloaf or Meatballs

Frozen Entrees

Buy frozen meals that contain at least 20 grams protein with less than 600 milligrams sodium. Avoid entrees with cheese, tomato sauce, and dried beans.

Breakfast Foods

Eggs are high in protein and easy to prepare. Scramble, fry, poach, or boil them. Serve with toast, English muffin, or bagel. Add some low potassium fruit and you've got a meal!