



The Kidney Dietitian

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# Low Oxalate Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	<p>1 cup oatmeal made with skim milk            ¾ cup blueberries            2 tablespoons unsalted walnuts            1 cup coffee w/ 1 Tbs cream &amp; 1 tsp sugar</p>	<p>1 boiled egg            2 slices whole wheat toast w/ 2 teaspoons margarine            1 banana            1 cup skim milk            1 cup coffee w/ 1 Tbs cream &amp; 1 teaspoon sugar</p>	<p>1 cup cornflakes            1 cup sliced strawberries            1 cup skim milk            1 cup coffee w/ 1 Tbs cream &amp; 1 tsp sugar</p>	<p>1 scrambled egg with 1 oz mozzarella cheese            1 slice whole wheat toast w/ 1 tsp            ½ cup canned peaches            ½ cup orange juice            1 cup coffee w/ 1 Tbs cream &amp; 1 tsp sugar</p>	<p>½ cup plain low-fat yogurt            ½ cup mandarin oranges            1 slice whole wheat toast w/ 1 tsp margarine            1 cup coffee w/ 1 Tbs cream &amp; 1 tsp sugar</p>
Lunch	<p>Low Sodium Turkey Sandwich w/ whole wheat bread, 2 oz low sodium turkey, lettuce, tomato, 1 slice swiss cheese &amp; 1 tablespoon mayo            1 cup baby carrots            1 small bag unsalted pretzels            1 cup skim milk</p>	<p>3 cups salad w/ ½ cup black beans, mixed greens, cucumbers, carrots, onions &amp; 1 tablespoon oil/vinegar dressing            1 whole wheat roll with 2 tsp margarine            1 pear            1 cup skim milk</p>	<p>1 cup low sodium chicken noodle soup with carrots &amp; celery            1 slice whole wheat bread w/ 2 tsp margarine            1 cup melon            1 cup skim milk</p>	<p>2 small tacos with roasted poblano peppers &amp; onions, lettuce, tomato, onion and 1 Tbs sour cream            ½ cup corn            ½ cup brown rice            1 cup skim milk</p>	<p>Egg salad sandwich with whole wheat bread            1 cup cucumber slices w/ 1 Tbs oil &amp; vinegar dressing            1 apple            1 cup unsweetened iced green tea</p>
Dinner	<p>2 oz whole wheat pasta with cottage cheese sauce and roasted asparagus            1 cup arugula salad with walnuts, tomatoes &amp; balsamic vinegar            1 cup sugar free lemonade</p>	<p>2 cups Indian veggie curry made with cauliflower, green beans, onion, chicken and plain yogurt            ½ cup brown basmati rice</p>	<p>3 oz broiled tilapia w/ lemon            1 cup brown rice            1 cup green beans w/ 1 tsp margarine            ½ cup sorbet            1 cup skim milk</p>	<p>3 oz grilled chicken            ½ cup green peas            ½ cup egg pasta            Romaine salad w/ 2 tsp oil &amp; vinegar dressing            1 cup skim milk</p>	<p>3 oz baked salmon            1 cup sautéed kale w/ garlic and 1 tsp olive oil and garlic            ½ cup wild rice            1 whole wheat dinner roll w/ 1 tsp margarine            ½ cup chocolate pudding            1 cup skim milk</p>
Snacks	<p>1 orange</p>	<p>¾ cup low-fat plain yogurt with ½ cup mixed berries</p>	<p>¼ cup unsalted trail mix</p>	<p>½ grapefruit</p>	<p>2 cups low sodium popcorn</p>