



The Kidney
Dietitian

MELANIE BETZ MS, RD

Low Oxalate Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	<p>1 cup oatmeal made with skim milk $\frac{3}{4}$ cup blueberries 2 tablespoons unsalted walnuts 1 cup coffee w/ 1 Tbs cream & 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 & 1 teaspoon sugar</p>	<p>1 cup cornflakes 1 cup sliced strawberries 1 cup skim milk 1 cup coffee w/ 1 Tbs cream & 1 tsp sugar</p>	<p>1 scrambled egg with 1 oz mozzarella cheese 1 slice whole wheat toast w/ 1 tsp $\frac{1}{2}$ cup canned peaches $\frac{1}{2}$ cup orange juice 1 cup coffee w/ 1 Tbs cream & 1 tsp sugar</p>	<p>$\frac{1}{2}$ cup plain low-fat yogurt $\frac{1}{2}$ cup mandarin oranges 1 slice whole wheat toast w/ 1 tsp margarine 1 cup coffee w/ 1 Tbs cream & 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 & 1 tablespoon mayo 1 cup baby carrots 1 small bag unsalted pretzels 1 cup skim milk</p>	<p>3 cups salad w/ $\frac{1}{2}$ cup black beans, mixed greens, cucumbers, carrots, onions & 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 & 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 & onions, lettuce, tomato, onion and 1 Tbs sour cream $\frac{1}{2}$ cup corn $\frac{1}{2}$ cup brown rice 1 cup skim milk</p>	<p>Egg salad sandwich with whole wheat bread 1 cup cucumber slices w/ 1 Tbs oil & 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 & balsamic vinegar 1 cup sugar free lemonade</p>	<p>2 cups Indian veggie curry made with cauliflower, green beans, onion, chicken and plain yogurt $\frac{1}{2}$ cup brown basmati rice</p>	<p>3 oz broiled tilapia w/ lemon 1 cup brown rice 1 cup green beans w/ 1 tsp margarine $\frac{1}{2}$ cup sorbet 1 cup skim milk</p>	<p>3 oz grilled chicken $\frac{1}{2}$ cup green peas $\frac{1}{2}$ cup egg pasta Romaine salad w/ 2 tsp oil & 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 $\frac{1}{2}$ cup wild rice 1 whole wheat dinner roll w/ 1 tsp margarine $\frac{1}{2}$ cup chocolate pudding 1 cup skim milk</p>
Snacks	<p>1 orange</p>	<p>$\frac{3}{4}$ cup low-fat plain yogurt with $\frac{1}{2}$ cup mixed berries</p>	<p>$\frac{1}{4}$ cup unsalted trail mix</p>	<p>$\frac{1}{2}$ grapefruit</p>	<p>2 cups low sodium popcorn</p>