

Renal Diet: *Sample meals*

Breakfast

3 scrambled eggs
1 slice toast
1 tsp. butter
1/2 cup orange juice

Snack

1/2 can pineapple
1/2 cup cottage cheese

Lunch

1 8" tortilla
1/4 cup lettuce
3 oz. baked chicken
1/8 cup tomato
1/8 cup onion

Snack

1 apple
2 tbsp. caramel

Dinner

1 cup white rice
4 oz. pork
1/2 cup asparagus