

# 7 DAY MEALS FOR CKD



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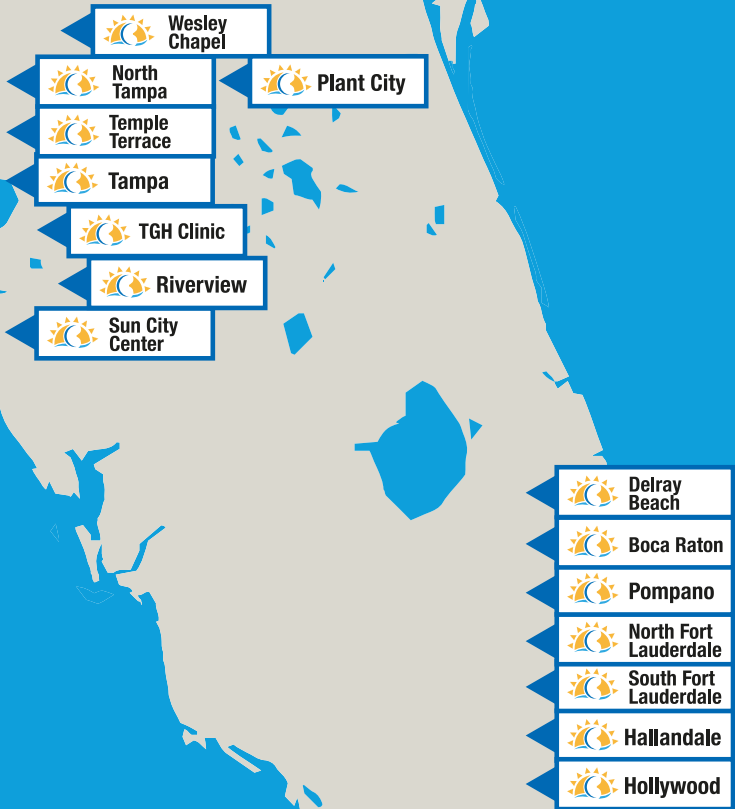
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# Locations



## Dear Reader,

*These recipes will help you take healthy, wholesome ingredients and turn them into mouth-watering meals for the whole family.*

*Simple and straightforward, the recipes will show you how to bring out the natural flavors of the ingredients and combine them in creative ways for delicious results. Get started cooking new and exciting recipes that will turn into instant family classics!*

*Our very first cookbook, we are so happy to share the recipes our doctors, nutritionists, and patients have sworn by for years. The meals in these pages prove that living with a kidney condition does not mean eating boring or uninspired food—quite the opposite! Roasted cauliflower appetizer, smoked sea bass dinner, and a blueberry pie for dessert? This is the kind of diet that anyone can get behind.*

*Rather than reaching for the salt, you can explore a whole host of kidney-friendly spices just waiting for their turn on your plate. Instead of piling on the sugar, you can feature fruits and vegetables that will add heaps of flavor to your dishes.*

*This cookbook is here to help you pick the ideal foods for your stage of chronic kidney disease. We hope you enjoy the many scrumptious options awaiting you in its pages!*

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# Friendly Foods

Choose foods that strengthen your kidneys, not stress them! Foods that are low in oxalates, phosphorous, calcium, purine, and sodium are your friends. Here are some of the best kidney-friendly foods for your diet:

## Vegetables

Red bell peppers  
Cabbage  
Cauliflower  
Garlic  
Onions  
Arugula  
Shiitake Mushrooms

## Fruits

Apples  
Cranberries  
Blueberries  
Raspberries  
Strawberries  
Cherries  
Red grapes

## Protein

Egg whites  
Sea Bass  
Skinless chicken  
Macadamia nuts

## Fat

Olive oil

## Grains

Bulgur  
Buckwheat

Remember to always discuss your food choices with your healthcare provider to ensure that you are following the best diet for your individual needs.



# Enemy Foods

The foods you want to avoid are foods high in oxalates, phosphorous, calcium, purine, and sodium. The list is long, but here are some of the main offenders you want to avoid:

## Snacks

Chocolate  
Coca Cola  
Chips

## Fruits and Vegetables

Oranges, Corn, Apricots, Potatoes  
Pickles, Olives, Avocados

## Dairy

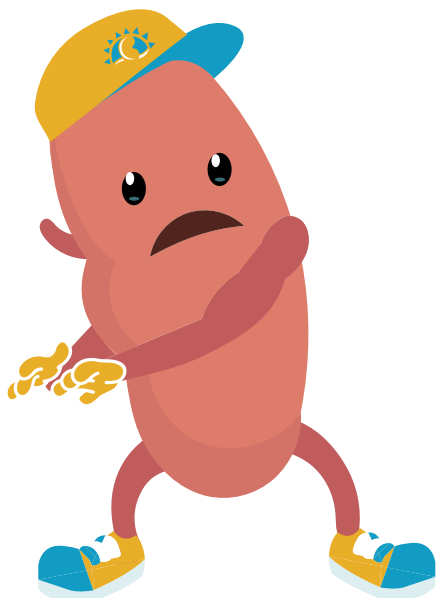
Cheese  
Milk  
Butter

## Grains

Whole wheat bread  
Brown rice  
Processed foods

## Processed Foods

Canned food  
Processed meats  
Packaged/Instant meals





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DAY 1

# BREAKFAST

## **Berry Delicious Breakfast Smoothie**

/ PORTIONS : 1 /



## Ingredients

---

1 medium cucumber, peeled and sliced

½ cup fresh blueberries

½ cup fresh or frozen strawberries

½ cup unsweetened rice milk

Stevia to taste (optional)

Optional add-ins for extra nutrients: wheat grass or mint!

## Preparation

---

Just mix the ingredients together in a blender and serve!

## Helpful Hints

Be aware if you have a fluid restriction and check to see if this recipe will work with your diet.

Make sure you only fill your blender ¾ full at the most. If it seems like your blender is struggling to crush all the ingredients, add some extra rice milk or water!

## Kidney-Friendly Smoothie Tips

Most frozen fruit works well in smoothies – it lets you use less ice (great if you have a fluid restriction), plus you can always have your favorite flavors on hand. If you have a potassium restriction, be careful with your consumption of plums, peaches, spinach and kale.

Consult your doctor to learn more about the fruits and vegetables that are right for you.

**Fruits:** blueberries, plums, pineapple, raspberries, strawberries, blackberries, cherries, apricots, peaches

**Vegetables:** spinach, parsley, kale, asparagus, wheat grass, cilantro, cucumber, celery

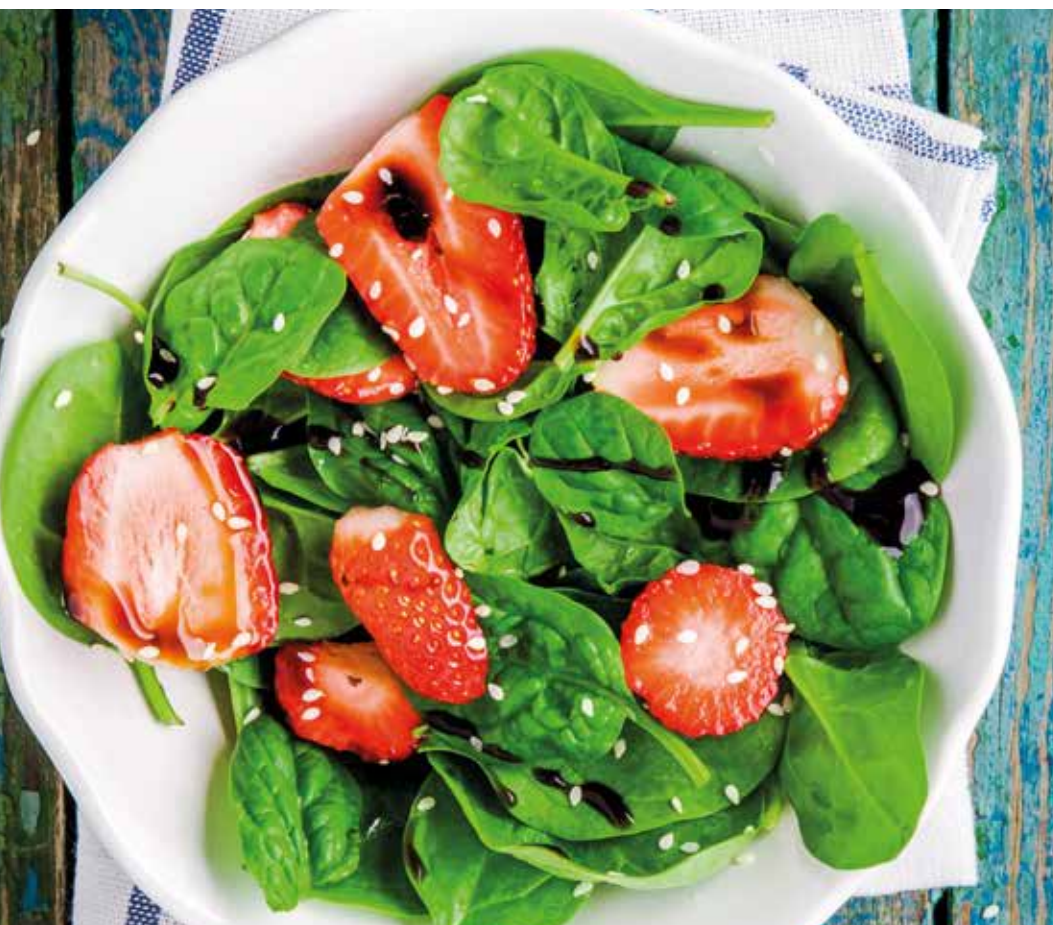
**Perfect Add-Ins:** (Always check that your add-ins have low levels of potassium and phosphorus – brands can vary) Water/ice, Whey protein powder, Egg white protein powder, Pasteurized egg whites, Liquid renal supplements, Soft silken tofu, Rice milk (unenriched), Soy milk (unsweetened) Almond milk (unsweetened), Sorbet, Sherbet, Honey, Stevia.



LUNCH

## Strawberry Spinach Salad

/ PORTIONS: 6 /



## Ingredients

---

3 cups fresh spinach  
1 cup fresh strawberries  
1 tablespoon vinegar  
1 tablespoon lemon juice  
2 tablespoons honey  
1/8 teaspoon dry mustard  
3 tablespoons olive oil

## Preparation

---

Wash and dry the spinach leaves. Tear into bite-sized pieces and place in a bowl. Thinly slice strawberries.

Top spinach with sliced strawberries.

Mix together the vinegar, lemon juice, honey, dry mustard and oil.

Pour dressing over spinach and strawberries. Toss well and serve immediately.

## Helpful Hints

- A serving of raw spinach is lower in potassium than a serving of cooked spinach. This is because the raw spinach loses its structure and "shrinks" during cooking. Many more cooked spinach leaves are required to make a serving. For comparison: 1/2 -cup cooked, fresh spinach weighs 3 ounces and has 419 mg potassium, while 1/2 -cup raw, fresh spinach weighs 1 ounce and has 156 mg potassium. A 6-ounce package of pre-washed spinach contains 3 cups.
- You could add a protein option like grilled chicken or grilled turkey.



DINNER

## All American Meatloaf

/ PORTIONS: 6 /



## Ingredients

---

20 squares saltine-type crackers, unsalted  
2 tablespoons onion  
2 cloves of garlic  
1 pound lean ground beef (10% fat)  
1 large egg  
1/4 teaspoon black pepper  
1/2 teaspoon dried thyme, optional  
1/2 teaspoon paprika, optional  
1/3 cup ketchup  
1 tablespoon brown sugar  
1/2 teaspoon apple cider vinegar  
1 teaspoon water

## Preparation / OVEN TO 350° F /

---

Place crackers in a large zip-lock type plastic bag and crush with a rolling pin. Finely chop onion and mince garlic.

Coat a loaf pan lightly with nonstick cooking spray.

In large bowl, combine crushed crackers, onion, garlic, ground beef, egg, thyme, paprika, and black pepper. Mix well.

Place mixture into a loaf. Bake for 40 minutes.

To make topping sauce, mix ketchup, brown sugar, vinegar and water in a small bowl.

Remove cooked meatloaf from oven and cover with sauce.

Return pan to oven and bake for 10 additional minutes or until internal temperature reaches 160° F.

Slice into 6 portions and serve.

## Helpful Hints

Use leftover meatloaf to make sandwiches or salads.





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DAY 2

# BREAKFAST

## **Dilly Scrambled Eggs**

/ PORTIONS: 1 /



## Ingredients

---

*1 whole egg*

*1-2 egg whites*

*1/8 teaspoon black pepper*

*1 teaspoon dried dill weed (or fresh dill if preferred)*

*1 tablespoon unsalted goat cheese or other low-fat cheese*

## Preparation

---

*Beat the eggs in a bowl; pour them into a nonstick skillet over medium heat.*

*Add black pepper and dill weed to eggs.*

*Cook until eggs are scrambled.*

*Top with crumbled goat cheese before serving.*

## Helpful Hints

- *1/2 cup low cholesterol egg product can be substituted for the eggs for a lower fat and cholesterol dish.*
- *You can also choose to cook fewer eggs if that better fits your low-protein diet.*
- *Substitute one tablespoon fresh dill for dried dill weed if desired.*
- *You can freeze the cheese beforehand to make it easier to grate.*

# LUNCH

## Sheet-Pan Salmon

/ PORTIONS: 4 /



## Ingredients

---

4 salmon fillets 5- to 6-oz. each  
1 pound butternut squash cubes  
1 pound fresh Kale  
5 tablespoons Olive Oil  
1 lemon halved  
Garlic, parsley and pepper to taste

## Preparation / O V E N T O 4 0 0 ° F /

---

Add squash cubes to a large bowl.

Drizzle with 2 tablespoons olive oil and season with garlic, parsley and pepper; toss to coat.

Arrange squash cubes on a rimmed baking sheet and roast until squash cubes are tender, 10-15 minutes.

While the squash cubes roast, trim the kale and place in the same large bowl used for the squash.

When squash cubes are tender, remove from oven and preheat broiler to high.

Arrange salmon in center of baking sheet with squash cubes and add kale.

Drizzle remaining tablespoon olive oil over the salmon and season with garlic, parsley and pepper.

Squeeze lemon halves over entire baking sheet and, if desired, slice lemon slices and add to baking sheet.

Broil salmon, kale, squash, and lemons 10 minutes, or until salmon is no longer translucent but still moist in center and kale, squash, and lemons are lightly browned.

Serve with home made vinaigrette, if desired.

## Helpful Hints

■ You can replace de salmon for any fish you like!



DINNER

**Spiralized Squash with  
Garlic and Basil with Shrimp**

/ PORTIONS: 6 /



## Ingredients

---

3 to 4 small to medium yellow summer squash or zucchini, rinsed and dried  
2 teaspoons olive oil or butter  
4 tablespoons basil (chopped)  
2 medium cloves garlic (pressed)  
1/4 cup fresh Parmesan cheese (grated, plus more for serving)  
2lb of cleaned and deveined shrimp  
1 cup of low-sodium vegetable broth

## Preparation

---

Gather the ingredients.

Cut the stem ends off the squash and discard them, but keep the skin and the other end intact. Using a spiralizer, shred the squash into long strands, then cut them to a manageable spaghetti-like length before you cook them. Alternatively, draw a julienne peeler down the squash, making spaghetti-like strands. You can use a peeler to make thin, broader noodle-like slices as well. The spiralizer automatically removes the core, but if you use a peeler, stop just before you reach the seedy center.

Cook 2 cloves of minced garlic in a skillet with 4 tablespoons of olive oil. Add 2 pounds of cleaned and deveined shrimp to the skillet and cook until they turn opaque. Remove the shrimp with a slotted spoon and add 1 cup of low-sodium vegetable broth. Bring to a simmer and simmer for about 4 to 5 minutes to reduce.

Heat the olive oil in a large skillet over medium heat. Add the squash noodles and garlic. Cook, stirring constantly, for a few minutes or until just slightly softened. Add the basil and continue cooking for about 30 seconds to 1 minute. Add salt and pepper to taste.

Serve it over zucchini or summer squash pasta.





DAY 3

# BREAKFAST

## Egg White Frittata

/ PORTIONS: 12 /



## Ingredients

---

2 tablespoons olive oil  
1 red pepper (chopped)  
1 green pepper (chopped)  
1/4 yellow onion (chopped)  
1 tablespoon black pepper  
8 egg whites  
1/2c. Feta cheese (crumbled)  
2c. Fresh spinach

## Preparation / O V E N T O 3 7 5 ° F /

---

Preheat the oven to 375°F.

In a heavy skillet, add olive oil and bring to medium-low heat.

Saute onions and peppers until vegetables are tender, about 7 minutes.

Sprinkle the mixture with salt and pepper.

Pour egg whites into the skillet and cook for 3 minutes.

Sprinkle the top with feta and spinach.

Put skillet in oven and bake, uncovered, for 8 to 10 minutes.

(If you use whole eggs instead of egg whites, bake at 400°F.)

Loosen the edges of the frittata with a rubber spatula, and then invert onto a plate.

## Helpful Hints

- An alternative to spraying muffin tin with cooking spray is to line tins with paper muffin cups.
- Freeze extra muffins then microwave for 30 seconds to serve later.



# LUNCH

## Grilled Chicken Salad

/ PORTIONS: 4 /



## Ingredients

---

3 tablespoons olive oil  
3 tablespoons red wine vinegar  
2 teaspoons garlic herb seasoning blend (we recommend Mrs. Dash)  
1/4 teaspoon salt  
4 boneless, skinless chicken breasts  
6 cups butterhead lettuce  
1/2 small red onion  
12 medium strawberries  
8 plain breadsticks, 9-1/4" x 3/8" size

## Preparation

---

Make dressing by combining olive oil, vinegar, seasoning and salt.

Place chicken in a zip top bag and add 2 tablespoons of the dressing to coat chicken pieces.

Heat a grill to medium high heat.

Place chicken breasts on grill and cook 8 to 10 minutes until juices are clear and chicken is cooked through. Remove from heat and rest 5 minutes.

Tear lettuce into peices. Cut onion into rings.

Arrange lettuce, onion rings and strawberries on a plate.

Slice each breast diagonally and place on lettuce bed.

Pour 1 tablespoon remaining dressing over each salad.

Serve each salad with 2 breadsticks.

## Helpful Hints

- If using a thermometer, temperature should be at least 165° F.
- For a fancy presentation, leave lettuce leaves whole and serve sliced chicken breast on top.
- If you are on a lower protein diet decrease portion to 2 ounces cooked chicken per salad or ask your dietitian to recommend the best protein for your individual diet.



DINNER

**Fresh & Fun Ceviche**

/ PORTIONS: 6 /



## Ingredients

---

12 large shrimp, frozen, peeled  
2 green onions  
1 medium tomato  
1 medium yellow banana pepper  
1 small fresh hot chili pepper  
2 tablespoons fresh cilantro  
3 tablespoons lime juice  
2 tablespoons distilled white vinegar  
1 teaspoon garlic powder  
1 cup fresh pineapple  
1 tablespoon olive oil

## Preparation

---

Thaw the shrimp and discard the tails. Chop into bite-sized pieces.

In a food processor, add green onions, tomato, peppers and cilantro; pulse on-off button to chop to a very coarse consistency. Chunky texture is desired. Add lime juice, vinegar and garlic powder to the mixture.

Place mixture in a serving bowl and add the chopped shrimp and olive oil.

Peel and core the fresh pineapple. Place in the food processor and pulse to chop to coarse consistency. Add pineapple to the bowl with shrimp and vegetables. Fold ingredients together.

Chill for 30 minutes or more before serving.

## Helpful Hints

■ Substitute one-quarter of a medium white onion for green onions if desired.

■ Serving suggestions:

Serve over a mixture of cooked rice and peas  
(2 cups cooked rice plus 1/3 cup boiled sweet green peas).

Serve as an appetizer with low sodium crackers.

Serve over fish as a salsa.





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DAY 4

# BREAKFAST

## **Simple & Satisfying Breakfast Burritos**

/ P O R T I O N S : 2 /



## Ingredients

---

*½ pound of ground turkey or leftover turkey meatloaf, cubed small*  
*4 6-inch flour tortillas*  
*¼ olive oil*  
*4 eggs, beaten*  
*1/2 cup diced onions*  
*1/2 cup fresh bell peppers (red, yellow or green), diced*  
*1 tablespoon seeded, minced jalapeno peppers*  
*2 tablespoons fresh scallions, chopped*  
*1 tablespoons fresh cilantro, chopped*  
*½ teaspoon chili powder*  
*½ teaspoon smoked paprika*  
*1/2 cup shredded Monterey Jack and Cheddar cheese*

## Preparation

---

*Sauté turkey, onions, peppers, scallions and cilantro in half the oil until the onion begin to turn translucent. Stir in spices.*

*Increase the heat to medium and add in the remaining oil, scrambled eggs and cheese. Mix ingredients all together until eggs are cooked.*

*Use a spatula to transfer the egg mixture to the burrito shells, fold the shells over, and serve!*

# LUNCH

## **Jambalaya**

/ P O R T I O N S : 1 2 /



## Ingredients

---

2 cups onion  
1 cup bell pepper  
2 garlic cloves  
2 cups converted white rice, uncooked  
1/2 teaspoon black pepper  
8 ounces canned low-sodium tomato sauce  
2 cups low-sodium beef broth  
2 pounds raw shrimp  
3 tablespoons olive oil

## Preparation / O V E N T O 3 5 0 ° F /

---

*Chop onion, bell pepper and garlic. Peel shrimp.*

*In a large bowl combine all ingredients except oil/butter.*

*Pour into a 9" x 13" baking dish and spread out evenly.*

*Pour oil or slice butter and place over top of ingredients.*

*Cover with a lid or foil.*

*Bake for 1 hour and 15 minutes. Serve hot.*

## Helpful Hints

- For variation, try substituting cooked cubed chicken for shrimp.
- For stricter diets, you could replace the broth with 1 cup of extra low-sodium tomato sauce and 1 cup of water.



DINNER

**Thai Red Curry  
Vegetables and Rice**

/ PORTIONS: 4 /



## Ingredients

---

1 small shallot  
2 cups cauliflower florets  
1 cup green pepper  
2 medium carrots  
1 lime  
1 tablespoon olive oil  
2 tablespoons red curry paste  
8 ounces plain coconut milk  
14 ounces low-sodium vegetable broth  
1 kaffir lime leaf, fresh or dried  
2 cups cooked white rice

## Preparation

---

Mince the shallot. Cut cauliflower and green pepper into 1" pieces  
Cut carrots into 1/2" circles. Cut lime into wedges for garnish. Set aside.

In a pot with a lid, add oil and shallots, and sauté on low heat until shallots are translucent.

Add the red curry paste and cook for one minute until fragrant.

Add coconut milk, vegetable broth and kaffir lime leaf. Cover and bring to a simmer.

Add cauliflower, green pepper and carrots. Cover and cook for 8-12 minutes or until soft enough to easily cut with a fork. Turn off heat when a fork easily pierces the vegetables.

Remove lime leaf and discard.

Spoon 1/2-cup cooked rice into a bowl and then top with 1-1/2 cups of vegetables and sauce.

Garnish with a wedge of lime to squeeze over the dish.







DAY 5

# BREAKFAST

## **Spicy Tofu Scrambler**

/ PORTIONS: 1 /



## Ingredients

---

1 teaspoon olive oil  
¼ cup red bell pepper, chopped  
¼ cup green bell pepper, chopped  
1 cup firm tofu (choose less than 10% calcium)  
1 teaspoon onion powder  
¼ teaspoon garlic powder  
1 clove garlic, minced  
½ teaspoon turmeric

## Preparation

---

*In a medium-sized, nonstick skillet, sauté garlic and both bell peppers in olive oil. Rinse and drain tofu and crumble it into the skillet. Add the remaining ingredients.*

*Stir and cook on low to medium heat until the tofu turns a slight golden brown, about 20 minutes. Water will evaporate out of the mixture.*

*Serve tofu scrambler warm.*

## Helpful Hints

■ Check Nutrition Label and choose Tofu options with less than 10% calcium

# LUNCH

## **Pan Pork Chops & Vegetables with Parsley Vinaigrette**

/ PORTIONS: 4 /



## Ingredients

---

1 pound Yukon Gold potatoes  
1 pound carrots  
1 fennel  
5 garlic cloves  
1/3 cup extra-virgin olive oil  
1/2 teaspoon dried rosemary  
1 teaspoon paprika  
4 (12-ounce) bone-in center-cut pork chops, 1 to 1 1/2 inches thick

1 small shallot  
1 handful fresh parsley  
4 teaspoons red wine vinegar  
1/8 teaspoon sugar

## Preparation / OVEN TO 450° F /

---

Heat oven to 450°F. Cut potatoes into 1/2-inch-thick slices.

Peel carrots and cut into 3-inch lengths, quartering thick ends lengthwise.

Discard fennel stalks, halve bulb, and cut into 1/2-inch-thick wedges. Peel garlic.

Toss 1 tablespoon oil, rosemary, potatoes, carrots, fennel, garlic, 1/4 teaspoon pepper together in a bowl.

Spread vegetables in single layer on rimmed baking sheet.

Roast until beginning to soften, about 25 minutes.

While vegetables roast, combine paprika, 1 teaspoon pepper and 1 teaspoon olive oil in a bowl. Season chops thoroughly with spice mixture.

Lay chops on top of vegetables and continue to roast until chops is well done and vegetables are tender, 10 to 15 minutes, rotating sheet halfway through roasting.

While pork cooks, mince 2 tablespoons parsley. Whisk vinegar, remaining 1/4 cup oil, shallot parsley and 1/4 teaspoon pepper together in a bowl.

When pork is cooked, drizzle vinaigrette over pork and serve!

DINNER

## Festive Fish Tacos

/ PORTIONS: 6 /



## Ingredients

---

1-1/2 cups cabbage  
1/2 cup red onion  
1/2 bunch cilantro  
1 garlic clove  
2 limes  
1 pound cod fillets  
1/2 teaspoon ground cumin  
1/2 teaspoon chili powder  
1/4 teaspoon black pepper  
1 tablespoon olive oil  
1/2 cup low-fat cheese without salt  
1/4 cup sour cream  
2 tablespoons milk  
12 corn tortillas, 6-inch size (choose a brand without salt)

## Preparation

---

Shred cabbage and chop onion and cilantro. Set aside. Mince garlic. Place the fish fillets in a dish and squeeze lime juice from half a lime over fish. Sprinkle fillets with minced garlic, cumin, chili powder, black pepper and olive oil. Turn filets to coat with marinade and refrigerate for 15 to 30 minutes.

Make salsa blanca by combining mayonnaise, sour cream, milk and juice of half a lime. Stir to combine and place in refrigerator to chill.

Turn oven on to broil. Cover broiler pan with foil. Broil fish until the flesh turns opaque and white, and the fish flakes easily, about 10 minutes. Remove from oven, cool slightly and flake fish into large pieces.

Heat the corn tortillas, one by one, in a pan, until soft and warm. Wrap them in a clean dish towel to keep them warm.

To assemble tacos place a piece of fish on tortilla and top with salsa blanca, cabbage, red onion, cilantro and lime wedges. Add hot sauce if desired.

## Helpful Hints

- Substitute any firm white fish for the cod. Tilapia, catfish, halibut, snapper, mahi mahi, sole and rockfish work well in this recipe.
- If desired cook fish on a grill instead of broiling.





|



DAY 6

# BREAKFAST

## **Quick & Easy Apple Oatmeal Custard**

/ PORTIONS: 1 /



## Ingredients

---

*1/3 cup quick-cooking oatmeal  
1 large egg  
1/2 cup almond milk  
1/4 teaspoon cinnamon  
1/2 medium apple*

## Preparation

---

*Core and finely chop apple half.*

*Combine oats, egg and almond milk in a large mug. Stir well with a fork. Add cinnamon and apple. Stir again until fully mixed.*

*Cook in microwave on high for 2 minutes. Fluff with a fork. Cook an additional 30 to 60 seconds if needed.*

*Stir in a little more milk or water if thinner cereal is desired.*

## Helpful Hints

- *For additional flavor replace ground cinnamon with finely grated stick cinnamon.*
- *Cooking time may vary for different microwaves.*
- *Drizzle oatmeal with 2 teaspoons of honey if desired.*
- *Count as an additional 12 grams of carbohydrate and 1 carbohydrate choice if you follow a carbohydrate counting meal plan for diabetes.*
- *Substitute 1/4 cup 1% low fat milk and 1/4 cup water for almond milk if preferred.*
- *Oatmeal is higher in potassium and phosphorus compared to refined grains, but can be included in most kidney diets. Discuss with your dietitian if you are unsure.*



LUNCH

## Stuffed Green Peppers

/ PORTIONS: 3 /



## Ingredients

---

3 green bell peppers  
1 pound ground beef  
2 teaspoons olive oil  
1/4 cup onion, chopped  
3 tablespoons thick and chunky mild salsa  
1 teaspoon chopped garlic  
2 cups cooked rice  
1/2 cup water  
1 teaspoon poultry seasoning  
1 teaspoon paprika

## Preparation

---

Cut peppers in half from stem to bottom. Remove seeds. Parboil 4 minutes.

In a large frying pan cook ground beef. Remove meat and reserve. Discard pan drippings.

Sauté onion in 1 teaspoon olive oil until translucent. Add chopped garlic, cooked rice and meat. Stir to combine.

Stuff green pepper halves with the meat and rice mixture, and place into a shallow baking dish. Add 1/2 cup water to the pan.

Combine olive oil and chopped garlic. Sprinkle over stuffed peppers.

Cover and bake at 350 F for 30 minutes. Uncover and bake 5 minutes until browned.

## Helpful Hints

- To reduce fat, substitute 7% fat ground turkey for ground beef.
- For variety use red or orange bell peppers instead of green peppers.

DINNER

**Roasted Rosemary  
Chicken and Vegetables**

/ PORTIONS: 4 /



## Ingredients

---

*2 medium zucchini  
1 medium carrots  
1/2 bell pepper  
1/2 large red onion  
8 garlic cloves  
1 tablespoon olive oil  
1/4 teaspoon ground pepper  
4 chicken breasts, bone-in  
1 tablespoon dried rosemary*

## Preparation / OVEN TO 375° F /

---

*Slice the zucchini 1/2" thick; slice the carrot and bell pepper 1/4" thick; cut onion into 1/2" wedges; crush garlic cloves.*

*Combine the zucchini, carrot, bell pepper, onion, garlic and oil in a 13" x 9" roasting pan. Season the mixture with 1/2 teaspoon black pepper and toss to coat. Roast until vegetables are heated through, about 10 minutes.*

*While vegetables are roasting, lift up the skin from the chicken breasts and rub the flesh with black pepper and crumbled rosemary. Replace the skin, and then season the chicken all over with additional pepper and rosemary, as desired.*

*Remove the roasting pan from the oven, and place the chicken, skin side up, on top of the vegetables. Return to the oven and continue roasting until the chicken is cooked through and vegetables are tender (about 35 minutes).*

## Helpful Hints

- *If additional flavor is desired, you can also use an herb seasoning blend or herbed poultry seasoning for the chicken rub.*
- *Goes well with a side of rice.*
- *Chicken should be cooked through until juices run clear when cut into or a temperature of 165° F is reached.*
- *If you are on a lower protein diet, reduce the chicken portion to match your meal plan.*







DAY 7

# BREAKFAST

## Wonton Quiche Minis

/ PORTIONS : 8 /



## Ingredients

---

1 ounce lean cooked ham  
2 tablespoons red onions  
2 tablespoons sweet red pepper  
5 large eggs  
1 tablespoon all-purpose white flour  
24 wonton wrappers (3-1/4" x 3")

## Preparation / O V E N T O 3 5 0 ° F /

---

*Finely chop ham. Chop red onions and red pepper.*

*In a medium bowl, beat together eggs, ham, onions, pepper and flour until well combined and set aside.*

*Lightly coat 24 miniature muffin cups with olive oil.*

*Line cups by gently pressing the center of 1 wonton wrapper into each cup, allowing ends to extend above edges of cup.*

*Spoon the egg mixture into the wonton-lined cups, dividing evenly among all 24 cups.*

*Bake for 12 to 15 minutes or until toothpick inserted near center comes out clean.*

## Helpful Hints

- Mini muffin cup size is 1-3/4" x 3/4".
- Substitute 1-1/4 cups low-cholesterol egg product for the eggs to reduce cholesterol.



LUNCH

## BBQ Chicken Pita Pizza

/ PORTIONS : 12 /



## Ingredients

---

*2 pita breads, 6-1/2" size*

*3 tablespoons low-sodium barbecue sauce*

*1/4 cup purple onion*

*1/4 cup red pepper*

*2 tablespoons low-fat cheese without salt*

*4 ounces chicken, cooked*

*1/8 teaspoon garlic powder*

## Preparation / O V E N T O 3 5 0 ° F /

---

*Spray baking sheet with nonstick cooking spray and place 2 pitas on sheet.*

*Spread 1-1/2 tablespoon BBQ sauce on each pita.*

*Chop pepper, onion and spread over pitas.*

*Cube chicken and spread over pitas.*

*Sprinkle feta cheese and garlic powder over pitas.*

*Bake for 11 to 13 minutes.*

## Helpful Hints

- *Eat pita pizzas promptly after baking; otherwise they may become too crispy.*
- *Check the nutrition labels and buy the brand of feta cheese and pitas with the lowest amount of sodium.*
- *You can make your homemade dow.*

# **Easy and Fast Pizza Dough Recipe**



## Ingredients

---

*3 1/2 to 4 cups bread flour, plus more for rolling*  
*1 envelope instant dry yeast*  
*1/4 teaspoon salt*  
*1 1/2 cups water, 110 degrees F*  
*2 tablespoons olive oil*

## Preparation

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*In a medium bowl, dissolve yeast and sugar in warm water. Let stand until creamy, about 10 minutes.*

*Stir in flour, salt and oil. Beat until smooth. Let rest for 5 minutes.*

*Turn dough out onto a lightly floured surface and pat or roll into a round.*

*Transfer crust to a lightly greased pizza pan or baker's peel dusted with flour.*

*Spread with desired toppings and bake in preheated oven (450 degrees F) for 15 to 20 minutes, or until golden brown.*

DINNER

**Grilled Pork Chops  
With A Suprising Side Dish**

/ PORTIONS : 4 /





## Ingredients

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<i>Pork Chops</i>	<i>¼ cup olive oil</i>
<i>1/4 cup honey</i>	<i>1 teaspoon cinnamon sugar</i>
<i>2 tablespoons olive oil</i>	<i>1 tablespoons granulated sugar</i>
<i>1 tablespoon apple cider vinegar</i>	<i>4 ripe peaches, halved and pitted</i>
<i>1 teaspoon ground cumin</i>	<i>Canola oil</i>
<i>Eight 1/2-inch bone-in pork chops</i>	<i>Mint leaves, for garnish</i>
<i>(about 3 ounces each)</i>	<i>Butter as needed</i>
<i>Salt and freshly ground black pepper</i>	
<i>Grilled peaches with Cinnamon</i>	

## Preparation / O V E N T O 3 5 0 ° F /

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*Begin by making the marinade. In a middle bowl, oil, vinegar, cumin and red pepper flakes.*

*Sprinkle both sides of the pork chops with pepper and place in the bowl with the marinade. Let rest on the counter for 1 hour.*

*Heat a grill or grill pan over medium heat. Remove the pork chops from the bowl. Place on the grill and cook until the pork chop releases from the grill, about 4 minutes. Flip and cook on the other side for another 3 minutes. If using a grill pan be sure to, do in batches so you don't steam the chops. And don't worry if you have neither; you can do this in a pan.*

### *Grilled Peach Halves Preparation*

*In a small bowl add the oil, the cinnamon sugar, granulated sugar and mix until combined.*

*Heat grill to high. Brush peaches with oil and grill until golden brown. Garnish with mint leaves.*

## Helpful Hints

- *Mix paprika and salt together before sprinkling on pork chops.*
- *Cook pork chops to 145° F internal temperature and rest for 3 minutes before serving.*





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