

THE 7-DAY LOW-POTASSIUM SWAP-AND-GO MEAL PLAN

Delicious, Stress- Free Renal Eating Without the Guesswork

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Welcome to Simple Renal Eating!

Managing your potassium levels doesn't mean eating bland or boring meals, no does it mean spending hours double-boiling every single vegetable you buy.

This 7 day meal plan focuses on naturally low-potassium ingredients combined with easy kitchen swaps so you can enjoy everyday meals with confidence.

Quick Swap Cheat Sheet

Before diving into the meal plan, use this quick reference table whenever you are cooking or dining out:

High Potassium Food	Lower potassium Swap
Mashed potatoes	Steamed mashed cauliflower or Mashed Turnips
French Fries/Hashbrowns	Pan seared radish hash or Crispy Zucchini Wedges
Tomato Sauce/ Marinara	Roasted Red Pepper Puree
Bananas/Oranges	Berries (Blueberries, Blackberries) Apples or Grapes
Orange Juice/Tomato Juice	Cranberry juice, apple juice, or lemon infused water
Brown rice/whole wheat pasta	White rice, couscous, or regular white pasta
Chocolate/Nuts	Shortbread cookies, graham crackers, or popcorn (un-salted)

The 7 Day “Swap and Go” Menu

Note: Portion sizes should be tailored to your specific energy and protein needs. Keep fluid and sodium guidelines in mind as advised by your care team.

Day 1:

- Breakfast: Oatmeal cooked with water or rice milk, topped with ½ cup fresh blueberries and a drizzle of honey.
- Lunch: Turkey and cucumber sandwich on white or sourdough bread with light mayonnaise; served with a small apple.
- Dinner: Grilled chicken breast with roasted green beans (olive oil, lemon, garlic) and white jasmine rice.
- Snack: Air-popped popcorn seasoned with herbs or garlic powder (no added salt).

Day 2:

- Breakfast: Scrambled eggs (2) with diced red bell peppers and leeks, served with 1 slice of white toast.
- Lunch: Egg salad wrapped in a flour tortilla with crisp iceberg lettuce, served with ½ cup of fresh grapes.
- Dinner: Baked salmon fillet, served over couscous with a side of steamed cauliflower florets.
- Snack: ½ cup of fresh raspberries or blackberries

Day 3:

- Breakfast: Rice cereal with almond milk or rice milk and sliced strawberries (½ cup).
- Lunch: Grilled chicken Caesar salad (using romaine lettuce, cucumber, croutons, and light Caesar dressing).
- Dinner: Pork chops with sauteed cabbage and apples, served alongside pan-seared radish halves (seasoned with paprika, herbs, and olive oil for a crispy breakfast-potato feel)
- Snack: Graham crackers with a spread of cream cheese

Day 4:

- Breakfast: Blueberry pancakes (made from scratch or mix using water/rice milk) with maple syrup
- Lunch: Tuna salad on a white roll with sliced cucumbers; served with a small bowl of pineapple tidbits.
- Dinner: Stir-fried shrimp with snow peas, carrots, and water chestnuts over white basmati rice (seasoned with garlic, ginger, and low sodium sesame oil)
- Snack: Rice cakes topped with honey or a light spread of cream cheese

Day 5:

- Breakfast: Scrambled egg whites with sauteed zucchini and a slice of sourdough toast
- Lunch: Chicken noodle soup (low sodium broth base with carrots, celery, and white pasta noodles), served with unsalted soda crackers.
- Dinner: Baked cod with a lemon-herb crust, served alongside steamed asparagus spears and creamy mashed cauliflower.
- Snack: Fresh apple slices dipped in a dash of cinnamon

Day 6:

- Breakfast: Cinnamon sugar french toast made with white bread and egg batter, topped with syrup and fresh raspberries
- Lunch: Cold pasta salad (white pasta, diced cucumber, red bell pepper, black olives, and olive oil/vinegar dressing)
- Dinner: Lean ground turkey meatloaf (made without tomato paste topping-substitute roasted red pepper glaze), steamed broccoli florets, and white buttered rice.
- Snack: Shortbread cookies (2-3) or vanilla wafers.

Day 7:

- Breakfast: Breakfast burrito (flora tortilla, scrambled eggs, diced onions and green bell peppers)
- Lunch: Turkey slice wrap with lettuce, cucumber, and honey mustard, served with canned peaches in juice (drained)
- Dinner: Herbed roasted chicken thighs, served with double-boiled sliced sweet potato (see our prep guide for leaching instructions) and green beans
- Snack: ½ cup of fresh blueberries or air-popped popcorn

Weekly Categorized Grocery List**Produce:**

- Berries (Blueberries, Strawberries, Raspberries, Blackberries)
- Apples, Grapes, Lemons, Pineapple, Peaches (canned in juice)
- Greenbeans, cabbage, zucchini, cauliflower, broccoli florets, asparagus, snow peas
- Red and green bell peppers, cucumbers, romaine lettuce, iceberg lettuce, radishes
- Carrots, celery onions, garlic, leeks
- Sweet potato (for double boiling)

Grains & Bakery

- White bread, sourdough bread, flour tortillas, white rolls
- White rice (jasmine or Basmati), couscous, white pasta noodles
- Oatmeal, rice cereal
- Air popped popcorn, graham crackers, soda crackers, shortbread, rice cakes

Proteins & Dairy/Alternatives

- Eggs & egg whites
- Chicken breast and chicken thighs
- Lean ground turkey and turkey deli slices
- Pork chops
- Salmon fillets, cod fillets, shrimp
- Canned tuna
- Rice milk or almond milk
- Cream cheese, light mayonnaise, butter

Take Control of Your Kidney Health

Every individual with kidney disease has unique lab targets. Factors like stage of CKD, medications, and individual lab trends all change how much potassium your body needs or excretes.

Want a meal plan tailored to your exact blood work?

Work 1:1 with a Board Certified Specialist in Renal Nutrition to create a customized diet plan that fits and keep your lab values in a safe range.

Book a 1:1 Virtual Consultation: <https://signup.nourish.com/providers/stephanie-suhai>

Questions? Email: stephanie.suhai@usenourish.com