

# PLANT BASED MEAL IDEAS

FOR CHRONIC KIDNEY DISEASE

## BREAKFAST

- oatmeal or cream of wheat with berries
- fruit smoothie
- whole wheat toast with jelly and side of fruit
- bagel with peanut butter
- omelet with peppers and onions

## LUNCH

- peanut butter and jelly with carrots and apple
- vegetable pasta salad
- vegetable and hummus wrap
- chickpea curry with rice
- home made vegetable soup with unsalted crackers

## DINNER

- tofu and vegetable stirfry
- black bean burger with salad
- lentil tacos
- home made vegetable pizza
- pasta with pesto and vegetables

## SNACKS

- apple or pear with peanut butter
- rice cakes
- unsalted popcorn
- 1/2 cup yogurt with berries
- celery and carrots with hummus