

EASY LUNCH IDEAS FOR A RENAL DIET

Stuck in a rut for lunch? It can sometimes be a challenge to think of new meal ideas which are suitable for you. Here are some lunch ideas that are quick, easy and tasty!

PLANNED-OVERS!

Some people call them leftovers; however try to think of them as "planned overs"! You can make a little extra of your evening meal and keep this in the fridge for your lunch for the next day. Soups and casseroles work really well for this*.

*Soups can be high in potassium and salt so please check with your Dietitian regarding whether these are suitable for you.



TACOS!

Tacos make a great quick lunch. Just warm up some corn tortillas (hard or soft) and fill with beef or chicken seasoned with a low or no sodium taco seasoning. Add your favorite low potassium veggies.

SANDWICHES

Sandwiches can be made in so many different ways and with so many different fillings – they don't have to be boring!

Try different breads or buns.

Toast the bread if you prefer it like this.

Try different fillings such as freshly cooked chicken, beef from a cooked joint, tuna, a small amount of cheese or a small amount of peanut butter.

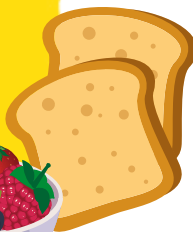
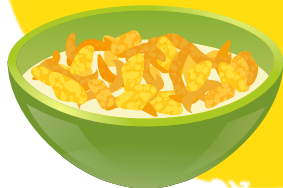
You can try adding different types of salad for added flavour; but remember to choose low potassium salad options if you have been advised to limit your potassium intake.

You can even make a veggie-sandwich with hummus, cucumbers and other low potassium vegetables.



BREAKFAST FOR LUNCH

Who says you can only eat breakfast foods at breakfast time? Consider toast, rolls, suitable cereals and fruit as a lunchtime option. Ask your Dietitian about which types of cereals and fruits you can have.



SALADS

Try a salad, with or without meat, using mixed greens and suitable vegetables. Try adding crunchy items such as a few tortilla strips or sunflower seeds. Add a dressing and you have a quick lunch!



Always check with your Dietitian regarding which foods you can have and which foods you should limit in your diet. Everyone's needs are different.

RECIPE IDEA

Here is a recipe for a quick lunch time option that you may want to try:

ADD THIS CHICKEN SALAD TO A SANDWICH OR EAT IT AS IT IS.

MAKES APPROXIMATELY 8 SERVINGS

QUICK CHICKEN SALAD

450 - 500G OF CHICKEN BOILED AND SHREDDED

ADD A ½ TSP ONION POWDER

3 DICED CELERY STALKS

2 DICED GRANNY SMITH APPLES

1 (CUP / 125G) DRIED CRANBERRIES

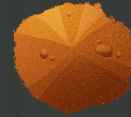
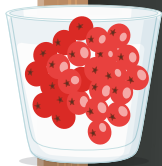
1 (CUP / 125G) CRUSHED PECANS OR WALNUTS

2 TABLESPOONS MAYONNAISE

2 TABLESPOONS RASPBERRY VINAIGRETTE

MIX ALL INGREDIENTS WELL

AND CHILL UNTIL READY TO SERVE



(Recipe kindly provided by Christina Nelms, Dietitian, USA)

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