

# 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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