

















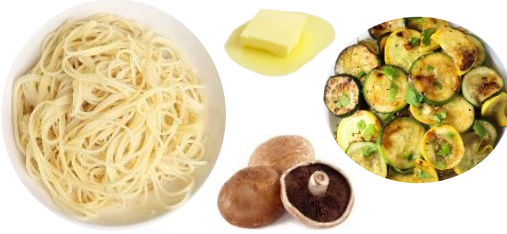



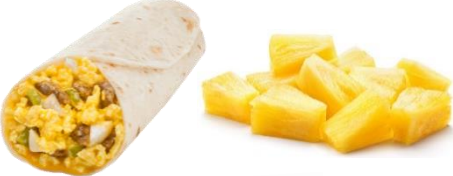




Vegetarian (Lacto/Ovo), 1500 Calorie, 7-day Meal Plan

Kidney and Diabetic Healthy

Meal	Day 1	Menu Picture
Breakfast	<ul style="list-style-type: none"> Veggie Scramble: 1 egg with 1 cup raw spinach and 1/2 cup chopped bell peppers + onions, 1/8 tsp salt and pepper cooked in 1 tsp olive oil 1 slice toast with 1 Tbsp light butter 1 medium orange 	
Lunch	<ul style="list-style-type: none"> Tempeh Stir-Fry: 2oz tempeh, 2/3 cup cooked brown rice, 1/2 cup shredded cabbage, 1/2 cup no salt green peas, 1 Tbsp olive oil, 1 Tbsp Mrs. Dash salt-free marinade, and 1/8 tsp salt 	
PM Snack	<ul style="list-style-type: none"> 1 Asian pear 1 cup baby carrots with 2 Tbsp reduced fat ranch dressing 	
Dinner	<ul style="list-style-type: none"> Tofu & Lentils: 3oz tofu cooked in 1 Tbsp Mrs. Dash salt-free marinade and 1/8 tsp salt, 1/2 cup cooked lentils, and 1 cup sliced zucchini cooked in 2 tsp olive oil 	
Evening Snack	<ul style="list-style-type: none"> 2 sheets honey graham crackers 1 Tbsp natural peanut butter 	
Meal	Day 2	Menu Picture
Breakfast	<ul style="list-style-type: none"> Blueberry Almond Oatmeal: 1/2 cup dry oats, 1/2 cup blueberries, 2 Tbsp sliced almonds, 1 cup unsweetened almond milk 	
Lunch	<ul style="list-style-type: none"> Veggie Soup: 1 cup low sodium vegetable soup with 3 ounces tofu cooked in 1 tsp olive oil added into the soup 1 slice toasted sourdough bread 1 cup mixed salad greens with 1 Tbsp dressing (1 tsp olive oil + 2 tsp balsamic vinegar) 	
PM Snack	<ul style="list-style-type: none"> 8 whole wheat crackers with 1 Tbsp cream cheese 	
Dinner	<ul style="list-style-type: none"> 3oz tempeh cooked in 1 Tbsp Mrs. Dash salt free marinade, 1 tsp olive oil, and 1/8 tsp salt 1 dinner roll with 1/2 Tbsp light butter 1/2 cup no salt corn and 1/2 cup no salt green beans with 1/2 Tbsp light butter 	
Evening Snack	<ul style="list-style-type: none"> 3 cups low sodium popcorn 1/4 cup unsalted mixed nuts 	

Meal	Day 3	Menu Picture
Breakfast	<ul style="list-style-type: none"> • Spinach Scramble: 1 egg, 1 cup raw spinach, 1/8 cup diced onion, 1/8 tsp salt, and black pepper cooked in 2 tsp olive oil • 1 plain English muffin with 1 Tbsp light butter and 1 Tbsp sugar free jelly 	
Lunch	<ul style="list-style-type: none"> • Tofu Pita: 1 whole wheat pita pocket (6-inches), 3oz tofu cooked in 1 Tbsp balsamic vinegar, 2 tsp olive oil and 1/8 tsp salt, 1 cup shredded lettuce and 1/2 cup chopped cucumber • 1 cup mixed berries 	
PM Snack	<ul style="list-style-type: none"> • 2 small plums and 1 cup baby carrots with 2 Tbsp reduced fat ranch dressing 	
Dinner	<ul style="list-style-type: none"> • Rice & Beans: 1/3 cup cooked kidney beans, 2/3 cup cooked white rice, 1 Tbsp light butter, 1/8 tsp salt, cumin, garlic and onion powder • 8 spears of asparagus cooked in 2 tsp olive oil 	
Evening Snack	<ul style="list-style-type: none"> • Peanut Butter Toast: 1 slice bread with 1½ Tbsp natural peanut butter 	
Meal	Day 4	Menu Picture
Breakfast	<ul style="list-style-type: none"> • Veggie Scramble: 1 egg, 1 cup raw spinach, 1/4 cup chopped red bell pepper, 1/8 tsp salt, and black pepper cooked in 2 tsp olive oil • 1/2 plain bagel with 1 Tbsp cream cheese • 1 cup raspberries 	
Lunch	<ul style="list-style-type: none"> • Tofu Teriyaki Stir-Fry: 3oz firm tofu cooked in 1 Tbsp sesame oil, 1 Tbsp Mrs. Dash Teriyaki marinade, and 1 Tbsp low sodium soy sauce, 1 cup no salt stir-fry vegetable mix and 2/3 cup cooked rice 	
PM Snack	<ul style="list-style-type: none"> • 1 cup fresh pineapple • 1/4 cup unsalted mixed nuts 	
Dinner	<ul style="list-style-type: none"> • Tofu Spaghetti: 2oz crumbled firm tofu, 1 cup cooked pasta, 1/2 cup low sodium pasta sauce, and 1/8 tsp salt • 1 cup mixed salad greens with 1 Tbsp dressing (1 tsp olive oil + 2 tsp balsamic vinegar) 	
Evening Snack	<ul style="list-style-type: none"> • 1 small apple • 1 Tbsp natural peanut butter 	

Meal	Day 5	Menu Picture
Breakfast	<ul style="list-style-type: none"> • Kale Scramble: 1 egg, 1/4 cup chopped kale, 1/8 cup diced onion, 1/8 tsp salt, and black pepper cooked in 1/2 Tbsp olive oil • Cheesy Grits: 1/4 cup dry plain grits, 1 Tbsp nutritional yeast, and 1 Tbsp light butter • 1 cup whole strawberries 	
Lunch	<ul style="list-style-type: none"> • Bean Burrito: 2 flour tortillas (6-inches), 1 cup shredded lettuce, 1/2 cup sauteed onion + bell peppers cooked in olive oil, 1/3 cup no salt beans, 1/4 cup no salt corn, 1/8 cup feta cheese 	
PM Snack	<ul style="list-style-type: none"> • 1/2 cup unsweetened applesauce • 1 celery stalk with 1 Tbsp natural peanut butter 	
Dinner	<ul style="list-style-type: none"> • Fried Quinoa Bowl: 1 cup cooked quinoa, 1 cup no salt mixed vegetables (corn, carrots, peas), 1 Tbsp light butter, 1/2 Tbsp olive oil, 2 tsp low sodium soy sauce, garlic, ginger, onion powder, and black pepper 	
Evening Snack	<ul style="list-style-type: none"> • 1 medium peach (chopped) with 1/2 cup plain nonfat Greek yogurt 	
Meal	Day 6	Menu Picture
Breakfast	<ul style="list-style-type: none"> • Apple Cinnamon Oatmeal: 1/2 cup dry oats, 1/2 small apple (diced), 1/2 scoop vanilla protein powder, 1/2 Tbsp coconut oil, and ground cinnamon cooked in 1 cup unsweet almond milk 	
Lunch	<ul style="list-style-type: none"> • Bean Salad: 1/2 cup no salt chickpeas, 1/4 cup no salt beans, and 1/4 cup no salt corn, 1/4 cup diced red bell peppers, and 1/8 cup diced onion sautéed with garlic + 2 tsp olive oil, 1/4 tsp salt, cumin, chili powder, garlic, cilantro • 2 clementine oranges 	
PM Snack	<ul style="list-style-type: none"> • Cheese Quesadilla: 1 flour tortilla (6-inches) with 1/4 cup shredded Italian cheese blend • 1 cup sliced cucumber 	
Dinner	<ul style="list-style-type: none"> • Garlic-Lemon Butter Pasta: 1 cup cooked spaghetti, 1 cup sliced sauteed yellow squash + zucchini, 1/2 cup sliced shitake mushrooms, 2 Tbsp light butter, 1 tsp olive oil, 1/8 tsp salt, lemon juice, and Mrs. Dash Garlic & Herb blend 	
Evening Snack	<ul style="list-style-type: none"> • 1/2 cup grapes • 1/4 cup unsalted almonds 	

Meal	Day 7	Menu Picture
Breakfast	<ul style="list-style-type: none"> Breakfast Burrito: 1 egg, 1 cup raw spinach, 1/4 cup chopped shitake mushrooms, and 1/8 cup diced onion cooked in 1 Tbsp olive oil, 1/8 tsp salt, wrap in 1 flour tortilla (6-inches) 1 cup fresh pineapple 	
Lunch	<ul style="list-style-type: none"> Peanut Butter & Jelly Sandwich: 2 slices bread, 2 Tbsp natural peanut butter, and 2 Tbsp sugar free jelly 	
PM Snack	<ul style="list-style-type: none"> 1/4 cup plain low sodium hummus with 6 whole grain crackers and 1 celery stick 	
Dinner	<ul style="list-style-type: none"> Tempeh & Veggie Couscous: 2oz tempeh cooked in 1 tsp olive oil + 1 Tbsp Mrs. Dash marinade, 2/3 cup cooked plain couscous, 1 cup steamed broccoli/cauliflower/carrot, 1 Tbsp light butter, 1/8 tsp salt, oregano, basil, garlic, onion powder 	
Evening Snack	<ul style="list-style-type: none"> 1/2 cup plain nonfat yogurt with 1 cup cherries, and 2 Tbsp unsweetened shredded coconut 	

Meal	Calories	Protein	Carbs	Fat	Sodium
B	318	13	34	15	586
L	453	18	50	21	415
D	333	17	28	18	311
S1	166	3	24	7	355
S2	230	6	28	11	213
Day 1	1500	57 g	164 g	73 g	1880 mg
B	326	10	42	15	267
L	367	14	44	15	493
D	430	22	42	21	541
S1	124	2	10	9	144
S2	253	8	25	15	0
Day 2	1500	56 g	164 g	75 g	1445 mg
B	345	12	30	20	695
L	425	16	62	15	608
D	360	10	47	14	377
S1	170	3	27	7	355
S2	210	9	17	13	200
Day 3	1510	50 g	182 g	69 g	2235 mg
B	409	16	43	21	602
L	393	13	42	19	720
D	318	14	48	9	443
S1	230	6	25	14	0
S2	160	4	18	8	55
Day 4	1510	54 g	177 g	71 g	1820 mg

Meal	Calories	Protein	Carbs	Fat	Sodium
B	393	14	45	18	750
L	435	16	44	19	660
D	430	11	57	16	508
S1	155	4	17	8	89
S2	124	12	20	0	53
Day 5	1535	57 g	183 g	61 g	2060 mg
B	326	14	38	14	243
L	359	11	54	12	593
D	413	12	53	17	470
S1	180	9	15	7	357
S2	222	7	20	15	2
Day 6	1500	52 g	180 g	65 g	1665 mg
B	366	11	33	20	544
L	340	14	38	17	345
D	400	17	44	16	422
S1	225	6	24	12	343
S2	179	7	28	5	76
Day 7	1510	55 g	167 g	71 g	1730 mg

Feel free to mix and match different meals and snacks together! Add up the individual meal and snack amounts from this table to keep track of your total daily intake.