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## **Nutrition Resources for Patients with Chronic Kidney Disease, Type 2 Diabetes, and Heart Disease: A Resource Guide for Teaching Kitchens and Medical Professionals**

Desirae Suggs

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Nutrition Resources for Patients with Chronic Kidney Disease, Type 2 Diabetes, and Heart  
Disease:  
A Resource Guide for Teaching Kitchens and Medical Professionals

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A Master's Project Submitted to the Graduate Committee  
in the Department of Nutrition at Georgia State University in Partial Fulfillment of the  
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## **Literature Review**

### **Origins and Purpose of Culinary Medicine and Teaching Kitchens**

The shift from traditional pharmacological treatments to more holistic approaches, led to the creation of a new field known as culinary medicine.<sup>1</sup> Culinary medicine is aimed at helping people make good personal medical decisions about accessing and eating high-quality meals that help prevent and treat disease and restore well-being.<sup>1</sup> Culinary Medicine can be defined as the evidence-based approach to translate nutrition research into common use in the home kitchen.<sup>2</sup>

As early as 2003, State University of New York Upstate Medical University Upstate offered cooking and nutrition as an elective. A few years later in 2007, the first annual Harvard Healthy Kitchens, Healthy Lives offered a postgraduate course for medical professionals. In 2013, Des Moines University, in conjunction with Santa Barbara Cottage Hospital offered the first senior elective in culinary medicine.<sup>1</sup> Founded in 2012, the Goldring Center for Culinary Medicine at Tulane University with a mission to train future medical personnel to understand and apply nutrition principles in order to support patients with chronic diseases positively modify diet and lifestyle. At Tulane, a dedicated team of chefs, registered dietitians, and doctors lead medical students, professionals, and participants from the community through their Health meets Food curriculum. Culinary medicine is taught in spaces known as teaching kitchens.<sup>2</sup> Teaching Kitchens are learning environments that include a kitchen that students, professionals, and community members can gather to receive instruction in nutrition, cooking skills, physical activity, mindfulness, internet focused resources, and even health coaching. They are designed as an incubator of life skills education that emphasizes health and wellness.<sup>3</sup>

Several clinical trials conducted by the Cleveland Clinic<sup>4</sup>, McGill University<sup>5</sup>, and Tulane University<sup>6</sup> have shown that nutrition education in conjunction with hands-on culinary

instruction and behavior change strategies can positively influence behaviors, biomarkers such as blood pressure and lipid levels, as well as clinical outcomes in various patient populations.<sup>3</sup>

## **Etiologies and nutritional intervention of Diabetes, Heart Disease, and Chronic Kidney Disease**

### **Diabetes**

According to the Centers for Disease Control and Prevention, Diabetes has decreased over the last decade.<sup>7</sup> Even though there is a downward trend in new cases, there is still ample need to prevent diabetes complications. 34.2 million Americans have diabetes and about 88 million have prediabetes. New cases were most common among youth in the United States, especially, non-Hispanic African Americans.<sup>7</sup> Diabetes is also one of the top 10 leading causes of death in the United States.<sup>8</sup> If left untreated, diabetes can cause a variety of complications such as neuropathy, poor eye health, nephropathy, and cardiovascular disease. First line treatments usually address lifestyle factors such as dietary guidance, weight loss, and physical activity. Second line treatments involve pharmacological intervention such as insulin and different classes of medications such as sulfonylureas and glitazones. As with any medication, there are risks of unintended side effects or interactions with other medications.<sup>9</sup> According to a 2018 study published in the American Health & Drug Benefits estimates that direct costs of health care associated with diabetes were over \$300 billion in 2014.<sup>10</sup>

Dietary Intervention is not a one size fits all approach according to the American Diabetes Association<sup>11,12</sup>. However, there are some general guidelines that individuals with Diabetes should consider. The Diabetes Plate Method provides a visual guide to building nutritious meals that help manage blood sugar. With this method, half the plate is filled with non-starchy vegetables, such as broccoli. Proteins, like chicken or fish, account for a quarter and carbohydrates or starchy vegetables, like bread or corn, make the other quarter of the plate.

The meal can be accompanied with water or other zero calorie beverages.<sup>11</sup>

### **Chronic Kidney Disease**

Along with Diabetes, Chronic Kidney Disease (CKD) ranks among the top 10 leading causes of death in the United States.<sup>13</sup> This condition occurs when the kidneys are no longer able to filter nutrients, minerals, and electrolytes from the blood which can cause toxic wastes to accumulate in the body and cause other complications. CKD affects more than 37 million adults in the United States. Risks of developing CKD are escalated in the presence of diabetes, high blood pressure, and heart disease. Ethnic and racial minorities have a greater probability of developing CKD due to the increased rates of diabetes and high blood pressure that disproportionately affect these groups.<sup>14</sup> Treatment begins with medications and dietary intervention. Even though nutrition recommendations may be individualized and vary by the stage, dietary guidance is usually based on reducing sodium, incorporating lean sources of protein, and monitoring the intake of phosphorus, and potassium.<sup>15</sup>

Patients may or may not progress through 5 stages of kidney disease before they reach End Stage Renal Disease.<sup>16</sup> In September 2020 the American Journal of Kidney Diseases in conjunction with the Academy of Nutrition and Dietetics published the Kidney Disease Outcomes Quality Initiative (KDOQI) Clinical Practice Guidelines for Nutrition in CKD: 2020. The updated guidelines do not provide dietary guidance for individuals in the first two stages of CKD because of lacking clinical relevance and limited data. Overall energy intake for any stage of CKD or transplant, should consume 25-35 calories (kcal) per kilogram (kg) body weight per day. In adults with CKD stages 3-5, they recommend a low protein diet of 0.55-0.60g/kg body weight/day or dietary intake of 0.28-0.43 g protein/kg body weight/ day with the rest being supplemented by keto or amino acid supplements to meet the 0.55-0.60 g protein

recommendation. KDOQI guidelines recommend the consumption of 0.6 to 0.8g/kg body weight/day for those who are not on dialysis but have Diabetes. For the patients in stage 5 on dialysis who do and do not have diabetes, they suggest consuming 1.0-1.2g/kg body weight per day. There is not enough clear evidence to suggest vegetable or plant protein is more beneficial as it relates to nutritional status. The guidelines also recommend a Mediterranean Diet pattern would be appropriate for patients in any stage of Chronic Kidney Disease. Increased fruit and vegetable intake may decrease various markers such as blood pressure and net acid production. KDOQI has also made recommendations for the electrolytes and major minerals. In CKD stages 3-4, patients who are not taking active vitamin D analog should aim for their calcium intake to fall between 800-1000mg/day. This range includes dietary calcium, supplements, and calcium-based phosphate binders. At stage 5, this range may be adjusted to reduce the risk of developing hypercalcemia or overload. The amount of phosphorus and phosphate are not well established. The previous recommendations ranged from 800mg to 1000mg/day for patients in stages 3-5. Since other factors influence phosphate levels such as bone absorption, the committee thought it better to allow practitioners to create individualized treatment plans. Like phosphorus, the committee advises practitioners to make appropriate recommendations for patients because there is very limited data on how diet effects serum potassium levels. Sodium levels for patients who are in stages 3-5 of CKD should be less than 2.3g per day.<sup>16</sup>

### **Heart Disease**

Heart Disease tops the list as the leading cause of death for all races and ethnicities in the United States.<sup>8,17</sup> Heart Disease is a collection of chronic conditions that include many illnesses such as Coronary Artery Disease, Atherosclerosis, and Hypertension. According to the Centers for Disease Control, risk factors include, high cholesterol, diabetes, and unhealthy diets.<sup>18</sup> Even

more alarming, the United States spent about \$219 billion on health care expenditures, medicines, and lost productivity between 2014 and 2015.<sup>17</sup> Patients and doctors have to work together to evaluate the costs of taking medications as well as potential adverse effects.<sup>19</sup> Typically, there is an increased risk of developing heart disease as systolic and diastolic blood pressure increase. Depending on the form of cardiovascular disease, there may be non-pharmacologic approaches to treat this condition.<sup>20</sup> For instance, to reduce blood pressure, patients may be encouraged to lose weight if they are considered overweight or obese, follow a heart healthy diet such as the Dietary Approaches to Stopping Hypertension (DASH) and the Mediterranean Diet (MD), reduce sodium and alcohol intake, and increase dietary potassium intake unless contraindicated by medication or in the presence of CKD.<sup>20,21</sup> Effective non-pharmacological approaches to treat heart disease have been proven.<sup>20,22</sup> Common nutritional interventions that have been proven effective in treating heart disease are the DASH and MD. DASH emphasizes a high fruits and vegetables and low dairy intake.<sup>22</sup> When combined with weight loss and reduced sodium, DASH was even more effective in lowering blood pressure. The MD emphasizes legumes and monosaturated fat, decreasing red meat consumption, and a moderate intake of wine has also been shown to reduce blood pressure and lipid profiles.<sup>20,22</sup> Sodium reduction has also been proven to work with medications to increase their effectiveness and decrease systolic blood pressure.<sup>20,22</sup> They suggested intake levels for sodium restricted diets was set between 1500mg to 2000mg per day. Regarding potassium, some studies have seen a reduction in blood pressure from both dietary intake and supplementation.<sup>20,22</sup> The 2020-2025 version established the adequate intake levels for adult women ages 19 to 30 at 2,600mg and men in the same age range as 3,400mg.<sup>23</sup>



## **Efficacy of nutrition and teaching kitchen interventions with Diabetes, Heart Disease, and Chronic Kidney Disease**

### **Diabetes**

As early as 2015, culinary medicine as an intervention to treat chronic conditions was proven to be effective.<sup>6</sup> The Goldring Center for Culinary Medicine conducted a randomized controlled trial that compared the effectiveness of cooking classes led by a RD with experiential cooking classes led by a chef, physician, and medical students with 27 patients with diabetes and who lived in a USDA designated food desert. They were researching the how Mediterranean Diet based cooking and nutrition curriculum for patients with Type 2 Diabetes could affect HbA1c and diastolic blood pressure. They found that diastolic blood pressure was reduced, and lipid lab tests improved among the participants in the cooking class. In addition, they also found there was a slight, but not significant improvement in HbA1c and nutrition knowledge. Having a successful outcome of improved biometrics due to the hands-on cooking and nutrition education facilitated by physicians, warrants the need for more clinical trials.<sup>6</sup> This study set the stage for other schools and organizations to adopt the culinary medicine model.

### **Heart Disease**

In 2011, Cleveland University conducted a study with 429 participants with multiple chronic conditions such as hypertension and diabetes.<sup>4</sup> The participants also did not complete traditional disease programs and enrolled in the Lifestyle 180 program which focused on nutrition, physical activity, and stress management over a 6-week period. Six months after the end of the program, the authors concluded that the implementation of a lifestyle intervention plan led to clinical important improvements in biometric and laboratory test results.<sup>4</sup>

## **Chronic Kidney Disease**

In 2017, a team of Registered Dietitians from the Veterans Administration Health Care System created the Healthier Kidneys Through Your Kitchen to help Veterans make healthy behavior changes, cook at home, and implement regular exercise to prevent the need for dialysis or a transplant.<sup>24</sup> Participants are usually in stage 3, as confirmed by their GFR rate, and are at the stage that dietary intervention could make a difference. At the time of the study in November 2020, over 400 veterans have completed the program and have learned appropriate nutrition guidelines to manage CKD. More providers are referring potential participants to this outpatient program.<sup>24</sup>

## **Other Effects**

McGill examined how weight can change over a 24-week intervention due to step count, glycemic control, blood pressure, and control of eating.<sup>5</sup> They also researched the association between weight and step count with HbA1c and blood pressure. Seventy-two adults with Type 2 Diabetes participated in 6-month intervention. By the end, the program led to improvements in eating and physical activity habits, glycemia, which possibly led to blood pressure reduction.<sup>5</sup>

In 2017, Eisenberg, Righter, and Matthews tested the feasibility of a Teaching Kitchen self-care intervention that offer that combined culinary, nutrition, exercise, and mindfulness instruction with health coaching.<sup>25</sup> A total of forty participants completed either a fourteen- or sixteen-week program and saw significant changes in biomarkers from baseline to the end. Significant decreases in body weight, waist circumference, blood pressure, and cholesterol were seen even at a 12 month follow up appointment.<sup>25</sup>

## **Teaching Kitchens Become a Growing Trend**

In 2016, the Harvard T. H. Chan School of Public Health and The Culinary Institute of America joined forces to host the Healthy Kitchen, Healthy Lives summit.<sup>26</sup> This annual conference brings together many different areas of health such as researchers, physicians, chefs, allied health professionals, food service directors to learn about the latest nutrition research and cooking techniques.<sup>26,27</sup> Dr David Eisenberg, who is also responsible for creating the Healthy Kitchen, Healthy Lives conference, launched the Teaching Kitchen Collaborative in 2016. Over 35 teaching kitchens, that are found in medical, corporate, school, and community contexts formed a group to enhance teaching kitchen effectiveness.<sup>28</sup> Health meets Food curriculum is the self-purported most comprehensive Culinary Medicine curriculum for doctors, healthcare practitioners, patients, and community members.<sup>29</sup> Almost 60 medical schools, residency programs, and nursing schools have implemented this program.<sup>29</sup>

## **Challenges and Future Directions of Culinary Medicine**

The worsening landscape of nutrition related chronic disease has prompted experimentation of using food as a viable treatment option. Patient interaction with the healthcare system provide an opportunity for healthcare practitioners to provide sound dietary advice in order to treat, manage, and prevent the development of certain conditions.<sup>30</sup> Barriers to further culinary medicine include lack of research, little clinician nutrition knowledge, lack of awareness of alternative interventions, and restricted access to services. The “food is medicine” initiative is designed to complement the healthcare system and emphasize alternative interventions such as medically tailored meals and produce prescriptions rather than traditional nutrition interventions that provide supplements or commercial medical foods.<sup>31</sup> In order to sustain the future of culinary medicine and its ability to potentially decrease hospital admissions,

reduce healthcare costs, decrease consumption of fast food, and lower HbA1c in patient with diabetes, more research is needed. Clinicians will also have to be trained in proper dietary recommendations and outside organizations may be able to deliver the appropriate food and nutrition interventions. Guidelines and frameworks should be created to govern food as medicine interventions.<sup>31</sup> La Puma suggests culinary medicine should be a tool in the medical professional toolkit. Culinary medicine prescriptions may follow the FOOD guidelines that detail the frequency of certain foods and drinks to be consumed, objective, options, and duration.<sup>1</sup> Another aspect of culinary medicine that deserves further research is its potential ability to save healthcare costs. A 2019 study published by Razavi, Monlezun, Sapin, and et al studied 1,031 Heart Failure related readmissions within a 30-day period.<sup>31</sup> The study found that readmission was mostly attributed to medication non-compliance and not adhering to the dietary guidelines. They also found that culinary medicine education for Heart Failure patients may prevent future readmission and save almost 4 million dollars in a four-year period. It is also interesting to note that most research between Heart Failure and noncompliance focused more on medication than diet as the primary means to manage this condition.<sup>31</sup>

## **Conclusion**

In an interview with the Kerri Dotson, RDN, LDN who is the Director of Operations and Executive Chef at The George Washington University Culinary Medicine explained that researching, testing, and adapting recipes is an ongoing basis.<sup>32</sup> The directors of the Culinary Medicine Specialist Board use the feedback of partner sites to implement suggested changes to improve the recipe. During the review process, recipes are built based on ingredients that are easily obtainable at most grocery stores and are less than \$2.50 per serving. Breakfast is no more than 400 calories; lunch is no more than 500 calories; dinner is no more than 600 calories; and

snacks are no more than 200 calories per serving. Their goal is to have saturated fat less than 5 grams per serving. Sodium should be less than 550 milligrams for meals and less than 400 milligrams for snacks. Carbohydrates should be less than 50 grams for entrees and sides. Fiber should be greater than 5 grams for entrees and greater than 3 grams for snacks or breakfast. They desire to keep sugar less than 15 grams per serving. Recipes may be adjusted depending on the condition or disease specific module.<sup>32</sup>

Nutrition care should become a treatment pillar in the healthcare delivery system and more resources should be provided to support the growth and development of teaching kitchens. Based on the evidence and growing interest in culinary medicine, having a collection of recipes would be beneficial to medical professionals in outpatient settings and teaching kitchens working with individuals with various chronic conditions such as Diabetes, Heart Disease, and Chronic Kidney Disease. Recipes that are easily accessible and organized by disease state will allow medical professionals to share them with clients knowing they are appropriate for their condition. As the growing interest in nutrition intervention continues, this e-cookbook will serve as a resource to help practitioners work with patients and clients to facilitate dietary adjustments based on their disease state. It will fill the need for a trusted resource designed by a nutrition professional to enhance patient centered care delivered by medical practitioners. There are available resources supplied by various institutions such as the Health Meets Food Culinary Medicine program, DaVita, The American Heart Association, and The American Diabetes Association but they are not inclusive of all disease states and not all are open to the public. Instead of searching for recipes for each condition individually, medical professionals working with those who have Heart Disease, Diabetes, or Chronic Kidney Disease, will have a resource that is easily accessible and appropriate for the above disease states.

## **The Cookbook**

### **Diabetes Nutrition Parameters**

According to the American Diabetes Association, there is no specific diet for diabetes.<sup>33</sup> One of the focuses of Type 2 Diabetes is keeping the amount of carbohydrates steady to manage blood sugars. The ideal amount of carbohydrates to consume during meals is dependent on many factors such as, the individual's body size, appetite, and activity level. The Center for Disease Control suggest that patients with diabetes eat about half of their daily calories in carbohydrates.<sup>34</sup> In terms of protein, the Diabetes Standards of Care does not identify advantages or disadvantages to adjusting protein outside of the Recommended Daily Allowances of 15-20% of total calories.<sup>35</sup> There is some preliminary research that higher levels of protein intake, 20-30%, may increase satiety between meals.<sup>36</sup> Patients with kidney disease should aim for intakes of 0.8 g/kg per day. Fats should be consumed in the form of polyunsaturated and monounsaturated forms.<sup>35</sup> Minimizing saturated fat, dietary cholesterol and trans-fat should be minimized as much as possible. Sodium intake recommendations are the same for the general population for 2,300 mg. Those with heart disease, such as hypertension, may need to restrict sodium intake to 1,500 mg.<sup>35</sup>

Based on the available research, I decided to focus on carbohydrates, protein, fat and sodium while developing these recipes. The carbohydrates range from 0 to 45 grams per recipes and are complex to help keep blood sugars steady. Protein comes from lean cuts of poultry, fish, red meat, and beans. The recipes use olive oil and have higher amounts of unsaturated fats than saturated fats. Sodium is limited to 500 mg per recipe.

## **Chronic Kidney Disease Nutrition Parameters**

The National Kidney Foundation has established guidelines that focus on protein, phosphorus, potassium, and sodium.<sup>16</sup> Protein recommendations, as outlined above, vary depending on the stage of Chronic Kidney Disease, and the form of dialysis treatment. For instance, patients on peritoneal dialysis require 1.2-1.3 g/kg/day which is much higher than those who are not on dialysis. Recommended phosphorus intakes for patients not on dialysis are 800-1,000 mg/day. For those who are on hemodialysis NKF suggests 10-17 mg/kg/day and 800 mg/day for patients on peritoneal dialysis. Potassium is recommended to be less than 2,000 mg/day for those not on dialysis. The intakes are much higher for those on peritoneal dialysis. The sodium guidelines are similar to the Recommended Daily Allowance of 2,000-2,300 mg/day for patients not on dialysis. For those on hemodialysis and peritoneal the upper limit is recommended to be about 2,000 mg/day.<sup>16</sup> Sodium may need to be further restricted in the presence of heart diseases, like hypertension. These guidelines allow individualized clinical judgment to reach goals of care.

While developing recipes, I tried to choose a variety of ingredients while considering amounts of protein, phosphorus, potassium, and sodium. Protein is sourced from fish, lentils, and lean cuts of red meat and poultry. Due to higher potassium and phosphorus ingredients and snack list suggestions, some recipes may require substitutions to be meet nutrition goals. These recipes are indicated with an asterisk and note at the bottom. Sodium in recipes is limited to 500 mg per serving.

## **Heart Disease Nutrition Parameters**

The American Heart Association has published research on various nutrients that effect

heart health such as sodium, potassium, and saturated fat. They recommend restricting sodium to 1,500 mg/day. Some conditions may benefit from even lower intakes. Suggested potassium intake is 3,500 mg to 5,000 mg/day<sup>20</sup>, which is higher than the current Dietary Guidelines of 2,600 mg to 3,600 mg/day.<sup>23</sup> The AHA suggests limiting saturated fat to 5-6% of total calories. Unsaturated fat should be prioritized over saturated fat.<sup>37</sup> Common dietary interventions for Heart Disease are the Mediterranean Diet and DASH Diet.<sup>20,21</sup> Both emphasize fruit and vegetable forward lifestyle eating plans with limited red meats and added sugars.<sup>20,21</sup> The recipes were developed with special attention to potassium rich foods, limited red meats and added sugars, and low amounts of saturated fat. The recipes have less than 500 mg of sodium and less than 5 grams of saturated fat. Olive oil is mostly used to increase unsaturated fat consumption. There are plenty of fruit, vegetable, and lean meat recipes. There is one recipe with red meat and one dessert that has 13 grams of added sugar. The recipes complement the Mediterranean Diet and DASH Diet patterns.

## **Methods**

The cookbook was drafted and designed using Canva. All nutritional labels and phosphorus content was generated in Food Processor. Information to compile the nutrition parameters were sourced from the National Kidney Foundation, American Diabetes Association, American Heart Association, and the USDA Dietary Guidelines for Americans 2020-2025. See Appendix for recipe inspirations.

## **Conclusions**

## **Barriers and Future Directions**

Due to time and material constraints, all recipes were unable to go through the proper testing process for exact measures and to determine yields. The recipes that were tested were



reviewed by the writer and one taste tester without a structured evaluation process. Future directions would be to taste test each recipe with a focus group who would evaluate the prepared food on taste, appearance, and direction accuracy. Additionally, this cookbook could be turned into a trusted resource for medical professionals who work with patients with these conditions and teaching kitchens that work with the target audience. Diabetic exchanges could be added. The recipes could have subsequent pages on how to scale recipes too. This resource could also be turned into a course with a workbook.

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# Nutrition Resources for Patients with Chronic Kidney Disease, Type 2 Diabetes, and Heart Disease:

## A Resource Guide for Teaching Kitchens and Medical Professionals



By: Desirae Suggs  
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# Special Thanks

I appreciate all the Georgia State University professors, preceptors, and National Organization of Blacks in Nutrition and Dietetics mentors who trained me to be a patient and client-centered health professional.

To my dear family and friends,  
thank you for your encouragement  
and prayers!

# Forward

Culinary medicine is an emerging field of nutrition and dietetics that offers patients guidance and practical skills on how to self-manage their chronic condition. The goal is to empower and equip them with cooking skills in order to make recommend dietary changes.

As the number of people with Heart Disease, Type 2 Diabetes, and Chronic Kidney Disease continue to grow, there should be more emphasis on alternative treatments, such as dietary intervention.

As an attempt to fill this need, this cookbook was designed to help medical professionals and teaching kitchens provide evidence-based dietary guidance and recipes to manage these conditions. What is unique about this cookbook is that it allows medical professionals and teaching kitchen leaders to find recipes for multiple conditions instead of searching multiple recipes for extended periods of time.

I sincerely hope this cookbook helps medical professionals and teaching kitchens with sourcing appropriate recipes to fit the target audience. I also hope that patients use these recipes at home and that they serve as inspiration of what to eat to help improve or manage the medical condition.

Have fun cooking and enjoy the food!



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# Nutrient Content Disclaimer

The nutrient calculations for all recipes in this cookbook were completed by ESHA Food Processor. While nutrient calculations were based on the information at hand, it is necessary to note that some inconsistencies will occur. The provided information should serve as an estimate.

Always read ingredients and nutrition labels for any foods that may be contraindicated depending on the disease state or may have potential allergens.

Consulting with a Registered Dietitian or other medical professional is advised.

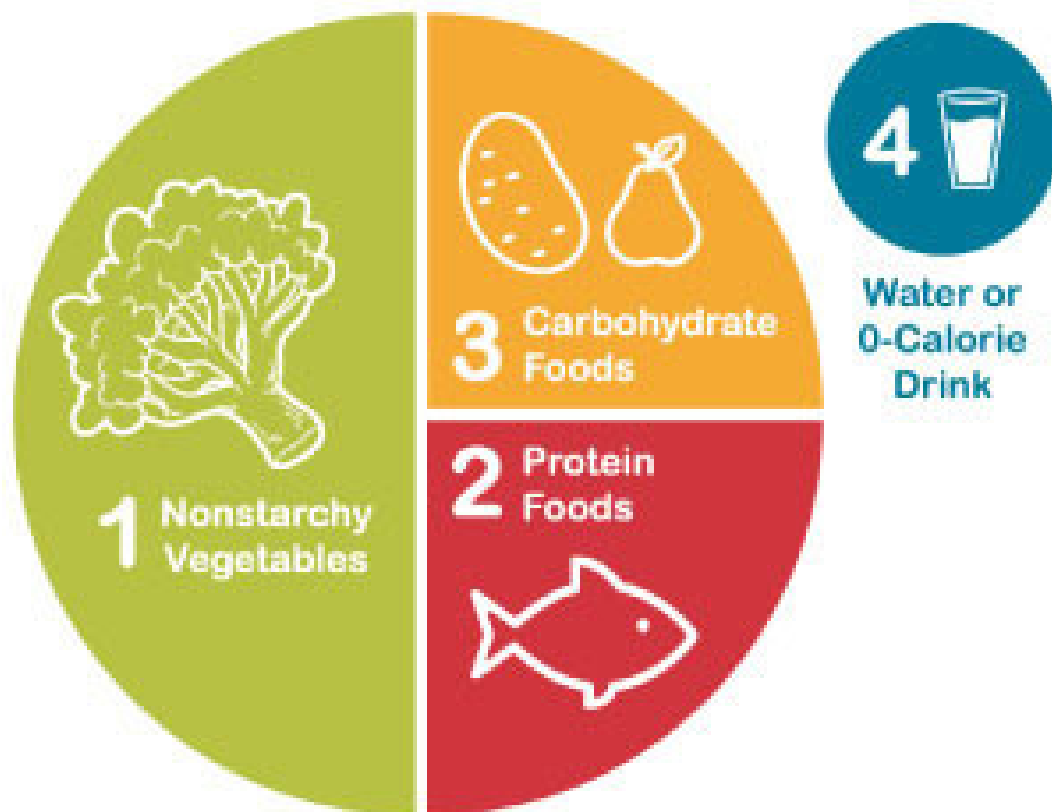
# Diabetes



*Image provided by National Institute of Diabetes and Digestive and Kidney Diseases  
<https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes>*

# Key Nutrients<sup>1</sup>

Did you know there is not a specific diabetes diet? Many people believe that a Type II Diabetes (T2D) diagnosis means totally eliminating many different foods such as breads and desserts. However, they can still fit into an overall healthful eating pattern when planned and portioned accordingly. According to the American Diabetes Association, recommend eating plenty of non-starchy vegetables, fruits, whole grains, lean protein, and low-fat dairy. The ADA created the recognizable Diabetes Plate Method to help with planning and portioning.



*Image courtesy of American Diabetes Association*

# Nutrition Parameters<sup>2,3</sup>

**Protein:** 10-20% of daily calories

lean animal and plant sources

**Carbohydrates:** 44-50% of daily calories

**Fat:** 20-35% of daily calories

Unsaturated

Saturated fat should be less  
than 10% of daily calories

**Sodium:** 1500mg-2300mg per day

(about 500-766mg per meal)

**For more information, please visit:**

<https://www.diabetes.org/>

# Breakfast





# Simple Crustless Quiche

## Ingredients

6 eggs  
1 cup milk or non dairy variety  
1 cup shredded mozzarella cheese  
1 tbsp olive oil  
1/2 tsp salt  
Pepper to taste  
1 tbsp italian seasoning  
1 cup sauteed spinach  
1/4 cup diced yellow onion  
1/2 cup diced tomatoes

## Preparation

Preheat oven to 350 F.

Coat pan with olive oil and sautee diced yellow onion until tender. Add spinach and tomato and cook until spinach is starting to wilt and tomato is softer. Season with 1/2 tbsp Italian seasoning, salt, and pepper.

In a bowl, beat eggs, add 3/4 cup cheese, and mix well.

Add vegetable mixture to bowl and stir well.

Add mixture to standard 9 inch round pan

Add remaining 1/4 cup cheese on top and bake for 35-40 minutes or until knife or toothpick can be inserted and comes out clean.

Servings Size: 1 piece; Makes 8 servings

## Nutrition Facts

1 serving per container

**Serving size** 1 piece (0.0g)

**Amount Per Serving**

**Calories** **120**

**% Daily Value\***

**Total Fat** 8g **10%**

Saturated Fat 3g **15%**

*Trans* Fat 0g

**Cholesterol** 150mg **50%**

**Sodium** 310mg **13%**

**Total Carbohydrate** 3g **1%**

Dietary Fiber 0g **0%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 8g

Vitamin D 0.8mcg 4%

Calcium 140mg 10%

Iron 0.8mg 4%

Potassium 140mg 2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Sweet Potato Pancakes

## Ingredients

1 cup cooked mashed sweet potato  
2 eggs  
1/2 tsp vanilla extract  
1 tsp cinnamon  
non-stick spray

## Preparation

In a bowl, mix mashed sweet potato, eggs, vanilla extract, and cinnamon.

Heat skillet on stovetop to medium heat and spray with non-stick spray.

Spoon 3 tablespoons of batter per pancake

Cook on one side for 2-3 minutes before flipping to other side.

Cook on other side until firm.

## Nutrition Facts

servings per container

**Serving size** (152g)

**Amount per serving**

**Calories** **140**

**% Daily Value\***

**Total Fat** 6g **8%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

**Cholesterol** 145mg **48%**

**Sodium** 130mg **6%**

**Total Carbohydrate** 15g **5%**

Dietary Fiber 1g **4%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 6g

Vitamin D 2mcg **10%**

Calcium 38mg **2%**

Iron 1mg **6%**

Potassium 196mg **4%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Fruited Yogurt Parfait

## Ingredients

- 1-8oz glass or mason jar
- 1/2 cup vanilla greek yogurt, nonfat
- 1/2 cup of your favorite fresh or frozen fruit
- 1/4 cup chopped walnuts

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(258g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 16g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	
Vitamin D 0mcg	0%
Calcium 187mg	15%
Iron 1mg	6%
Potassium 419mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Preparation

In a glass, layer yogurt and fruit. Top with walnuts.

Makes 1 Serving

Cook's Note: Nutrition label calculated with 1/2 cup frozen strawberries.

# Banana Bread

## Ingredients

1 1/4 cup whole wheat flour  
3 ripe mashed bananas  
1/2 tsp vanilla extract  
3/4 cup 1% milk or non dairy variety  
1/2 cup unsweetened applesauce  
1 1/2 tsp baking soda  
1/2 tsp salt  
1/2 cup smooth or crunchy peanut butter

## Preparation

Preheat oven to 325 F

In a bowl, mix mashed bananas, vanilla, milk, peanut butter, and applesauce.

In another bowl, combine flour, salt, and baking soda.

Add flour mixture to banana mixture and stir well.

Add dough to 9x5 loaf pan and bake for 50-60 minutes.

Bread is done when toothpick or knife is inserted into middle and comes out clean.

## Nutrition Facts

servings per container

**Serving size** (78g)

**Amount per serving**

**Calories** **140**

**% Daily Value\***

**Total Fat** 6g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 310mg **13%**

**Total Carbohydrate** 20g **7%**

Dietary Fiber 3g **11%**

Total Sugars 6g

Includes 1g Added Sugars **2%**

**Protein** 5g

Vitamin D 0mcg **0%**

Calcium 30mg **2%**

Iron 1mg **6%**

Potassium 236mg **6%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Breakfast Sausage

## Ingredients

- 1 lb 93/7 ground turkey
- 1 egg
- 1/4 tsp black pepper
- 1/2 tsp Italian seasoning
- 1 tbsp olive oil
- Optional: pinch of red pepper flakes

## Preparation

In a bowl, combine ingredients.

Heat pan with olive oil on stovetop

Form 10 patties and place in pan for 3-5 minutes or until brown.

Flip to other side and cook until brown.

Patties are ready when toothpick or knife is inserted and comes out clean.

Serving Size: 2 patties; Makes 5 servings

Cook's Note: Ground chicken can be substituted for ground turkey. Patties are done when inserted meat thermometer reads 160 degrees.

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>(104g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 100mg	<b>33%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 18g	
Vitamin D 1mcg	6%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 203mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



# Sloppy Joe

## Ingredients

### *Filling*

- 1/2 cup dry green lentils
- 1/2 lb 93/7 ground turkey
- 1/2 cup chopped onion
- 1 tbsp olive oil
- 1/2 cup chopped green bell pepper
- 4-5 whole wheat hamburger buns

### *Sauce*

- 1 1/2 cup of no salt added tomato sauce
- 1 tsp yellow mustard
- 1/2 tsp black pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp Worcestershire sauce
- 1 tsp hot sauce

## Preparation

In a pot with lid, pour in 1 1/2 cup of water and allow to boil, and then add lentils. Cook for 20-25 minutes until lentils are tender.

Coat skillet with olive oil and turn on stovetop to medium heat.

Sautee onion and bell pepper until fragrant.

Add turkey and cook until thoroughly brown and meat is no longer pink.

Drain liquid from lentils and add to skillet with meat.

Add tomato sauce, mustard, pepper, garlic, onion, Worcestershire sauce, and hot sauce.

Mix well and simmer for 2-3 minutes.

Serve 1/2 cup meat, lentil, and sauce warm on bun; Makes about 5 servings

## Nutrition Facts

servings per container

**Serving size** (232g)

Amount per serving

**Calories** **320**

% Daily Value\*

**Total Fat** 9g **12%**

Saturated Fat 2g **10%**

Trans Fat 0g

**Cholesterol** 35mg **12%**

**Sodium** 370mg **16%**

**Total Carbohydrate** 45g **16%**

Dietary Fiber 6g **21%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

**Protein** 20g

Vitamin D 0mcg **0%**

Calcium 107mg **8%**

Iron 4mg **20%**

Potassium 393mg **8%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Turkey, Bean, and Corn Chili

## Ingredients

- 1/2 lb 93/7 ground turkey
- 1-15 oz canned black bean no salt added, do no discard liquid
- 1/2 cup low sodium vegetable broth
- 1 cup frozen corn
- 1 tbsp olive oil
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1 1/2 tsp garlic powder
- 1 tsp black pepper
- 1 1/2 chili powder
- 1 tsp onion powder

## Preparation

- Coat pot with lid with olive oil and turn on stovetop to medium heat.
- Sautee onion and bell pepper until fragrant, and add turkey.
- Cook turkey until thoroughly brown, and no longer pink.
- Add black beans, corn, and seasonings.
- Stir well and simmer over low heat for 10-15 minutes.

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(243g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 14g	
Vitamin D 0mcg	<b>0%</b>
Calcium 49mg	<b>4%</b>
Iron 2mg	<b>10%</b>
Potassium 562mg	<b>10%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Tasty Tuna Salad

## Ingredients

2-5 oz cans of tuna, in water, drained  
2 tbsp mayonnaise with olive oil  
1 tbsp yellow mustard  
1/4 cup diced red onion  
1/3 cup diced celery  
salt and pepper to taste  
1/2 tsp lemon juice

## Preparation

In a bowl, mix all ingredients.  
Chill until ready to serve.

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(152g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 500mg	<b>22%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 22g	
Vitamin D 1mcg	<b>6%</b>
Calcium 27mg	<b>2%</b>
Iron 2mg	<b>10%</b>
Potassium 250mg	<b>6%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving Size: 1/3 cup; Makes 3 servings

Cook notes: Can be used as a sandwich with 2 slices of whole wheat bread, as an appetizer, or scooped on top of a green salad.

Nutrition calculated with 1/8 tsp table salt.

# Buffalo Chicken Fingers

## Ingredients

### Chicken

1 lb chicken breast, boneless, skinless  
2 tbsp olive oil

### Sauce

1/2 cup hot sauce  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1/2 tsp paprika  
1/2 tsp pepper

## Preparation

### Chicken

Cut chicken breast in about 5 -6 pieces.  
Heat skillet with olive oil on medium heat on stovetop and add chicken.  
Cook chicken for 3-4 minutes on each side until no longer pink in center and meat thermometer reads 165 degrees.

### Sauce

In a bowl, mix hot sauce and seasonings.

Reduce heat to low and slowly pour hot sauce mixture over chicken in skillet.  
Toss chicken to coat evenly with sauce.  
Keep stove on warm for 1 -2 minutes

Serving Size: 1 tender; Makes about 5 servings

Cook Notes: Can be served on a salad, tortilla, or whole wheat sandwich bread.

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(112g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 440mg	<b>19%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 21g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 1mg	6%
Potassium 339mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Chef's Special Salad

## Ingredients

### Salad

2 cups salad greens (ex. spinach, romaine, iceberg)  
1/3 cup bell pepper-any color, diced  
1/4 cup shredded carrots  
5 cherry tomatoes  
2 chopped hard boiled eggs  
1/4 cup shredded mild cheddar cheese, low fat

### Dressing

jar or container with lid  
1/2 cup olive oil  
1/4 cup lemon juice or apple cider vinegar  
1 tsp honey

## Preparation

### Salad

On a plate or bowl, arrange lettuce, bell pepper, carrots, and cherry tomatoes.

### Dressing

In a jar, combine olive oil, lemon juice or apple side vinegar, and honey. Shake well.

Top with eggs, cheese, and 2 tbsp of dressing.

Makes 1 serving

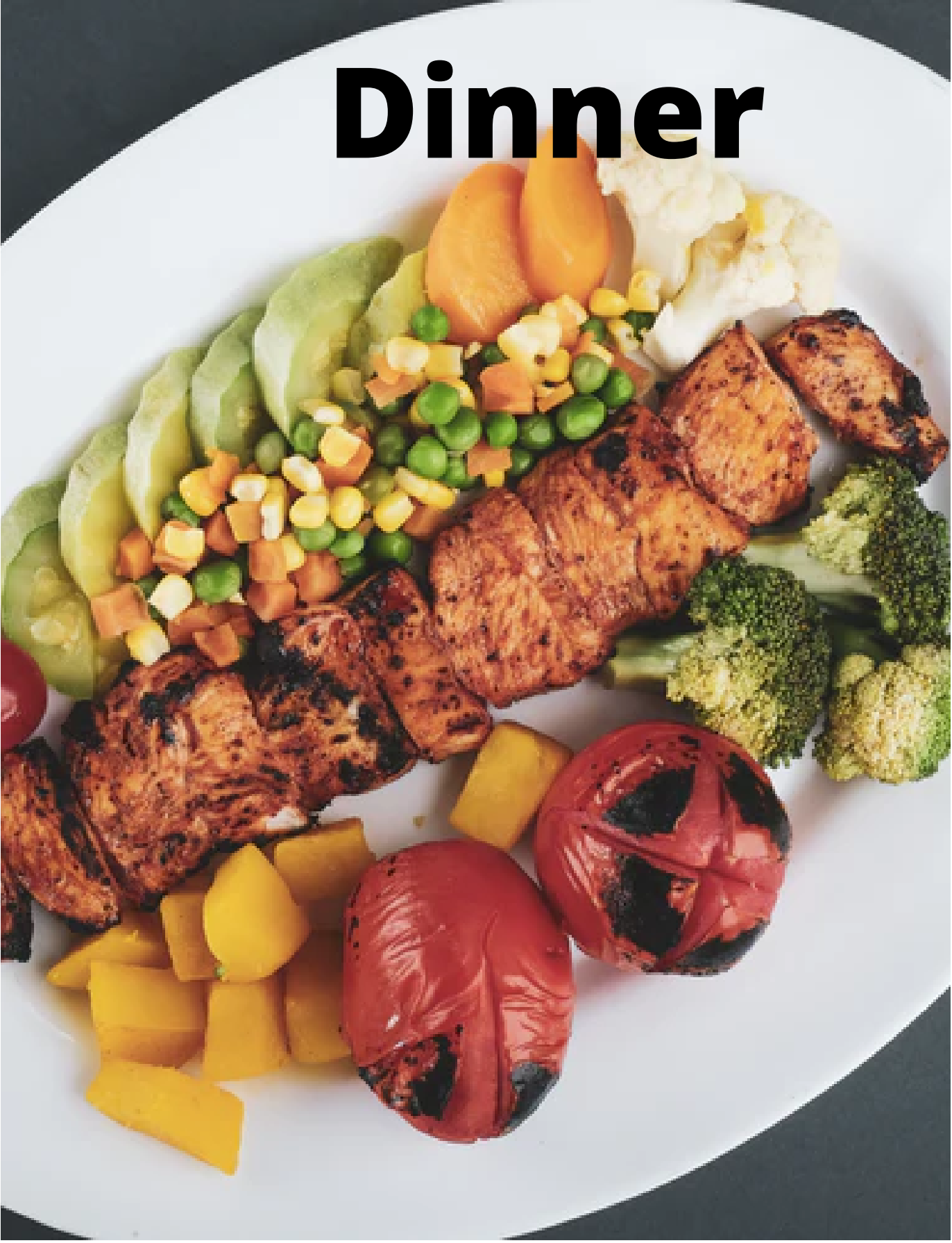
Cook Notes: You can add different vegetables or even fruit such as apples or oranges. dressing can be served on the side if desired.

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(327g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>410</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 32g	<b>41%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 380mg	<b>127%</b>
<b>Sodium</b> 410mg	<b>18%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 4g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 23g	
Vitamin D 2mcg	10%
Calcium 215mg	15%
Iron 3mg	15%
Potassium 541mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Dinner



# Superb Meatloaf

## Ingredients

1 lb ground beef 93/7  
4 ounces finely chopped mushrooms  
1/2 cup chopped yellow onion  
1/2 cup green bell pepper  
1/3 cup 1% milk  
1 tbsp Worcestershire sauce  
1/2 tsp black pepper  
1 tsp garlic powder  
1 tsp basil

### *Sauce*

see sloppy joe sauce

## Nutrition Facts

servings per container  
**Serving size (243g)**

**Amount per serving**  
**Calories 240**

**% Daily Value\***

**Total Fat 10g 13%**

Saturated Fat 4g 20%

Trans Fat 0g

**Cholesterol 75mg 25%**

**Sodium 470mg 20%**

**Total Carbohydrate 12g 4%**

Dietary Fiber 3g 11%

Total Sugars 6g

Includes 0g Added Sugars 0%

**Protein 26g**

Vitamin D 0mcg 0%

Calcium 51mg 4%

Iron 4mg 20%

Potassium 685mg 15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Preparation

Preheat oven to 375 F

in a bowl combine all ingredients mix well.

Pour and smooth mixture in 9x 5 loaf pan

Around 40 minutes pour sauce on top for last 10 minutes of baking

Bake additional 10 minutes until knife or toothpick is inserted and comes out clean.

Serving Size: 1 piece; Makes about 7 servings

# Tender Pork Tenderloin

## Ingredients

- 1 lb pork tenderloin
- 1 tsp paprika
- 2 tsp onion powder
- 2 tsp garlic powder
- 1 tsp oregano
- 1/2 tsp pepper
- 1 tbsp olive oil
- 1/2 cup reduced or low sodium chicken broth

## Preparation

Preheat oven to 400 F.

In a small bowl, mix all the seasonings and rub spies over tenderloin.

In a skillet, heat oil and add pork and cook until the sides are brown.

Remove pork from skillet and place in 9x13 baking dish.

In the same skillet, add chicken broth and allow to boil for 1 minute and then pour over pork in pan.

Cover pan with foil and cook for 20-25 minutes.

Allow pork to rest for 5-6 minutes before slicing in rounds.

Serving Size: about 3.5 oz; Makes about 6 servings

Cook's Note: Meat is done when meat thermometer is inserted and reads 145 degrees.

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(100g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 17g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 1mg	6%
Potassium 351mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Quick Chicken Fried Rice

## Ingredients

1 lb chicken breast cutlets shredded  
3 eggs  
1 tbsp vegetable oil  
1/2 cup diced yellow onion  
1/2 cup chopped red bell pepper  
2 cups frozen broccoli florets  
1 cup diced carrots  
1- 8.8 oz ready made brown rice packages  
3 tbsp low sodium soy sauce  
1 tbsp garlic powder  
1/2 tsp black pepper  
pinch of red pepper flakes (optional)

## Preparation

In a skillet, heat oil with onion and bell pepper cook over medium heat for 3-4 minutes.

Add chicken cutlets and cook for 4-6 minutes on one side. Flip to the other side and cook for 4-5 minutes or until center is no longer pink and juices run clear.

Remove from pan and set on cutting board to shred.

Add all vegetables and cook for 2-3 minutes before adding the eggs.

Scramble eggs with vegetables

Mix in rice, shredded chicken, soy sauce, and seasonings.

Cook for 2-3 minutes over low heat until chicken and rice are thoroughly heated.

Serving Size: 1 cup; Makes about 6 servings

Cook's Note: Chicken is done when inserted meat thermometer reads 165 degrees.

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(219g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>330</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 145mg	<b>48%</b>
<b>Sodium</b> 370mg	<b>16%</b>
<b>Total Carbohydrate</b> 39g	<b>14%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 25g	
Vitamin D 1mcg	6%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 440mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Nacho Bowl

## Ingredients

3-4 oz cooked ground chicken 93/7  
1 oz corn tortilla chips  
1/2 cup canned diced tomatoes, drained, no salt added  
1/4 cup red or black beans, drained, no salt added  
1 tbsp olive oil  
1/2 cup diced yellow onion  
1/2 cup bell pepper, diced, any color  
1 cup shredded romaine lettuce  
1/4 cup shredded cheese  
2 tbsp salsa  
1/2 tbsp garlic  
1/2 tbsp cumin  
1/2 tsp black pepper  
1/2 tsp paprika  
pinch of red pepper flakes (optional)

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(565g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>430</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 17g	<b>22%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 450mg	<b>20%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 11g	<b>39%</b>
Total Sugars 12g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 34g	
Vitamin D 0mcg	0%
Calcium 172mg	15%
Iron 4mg	20%
Potassium 917mg	20%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## Preparation

In a skillet, heat oil with onion cook over medium heat for 3-4 minutes.  
Add chicken and cook for 4-6 minutes or until pieces are no longer pink  
Add beans, tomatoes, bell pepper, and seasonings to skillet and mix in ground chicken.  
Simmer on low heat until beans and chicken are heated, and tomatoes and bell peppers are soft.  
Pour heated mixture from skillet into a bowl.  
Top with cheese, lettuce, and salsa.  
Garnish with red pepper if desired.

Makes 1 serving

Cook's Note: Nutrition label calculated with black beans.



# Broiled Lemon Pepper Fish

## Ingredients

4 flounder fillets  
1 tbsp olive oil  
3 whole lemons grated makes 2 tbsp  
1 tsp pepper  
1/2 tsp onion powder  
1/2 tsp garlic powder

## Preparation

Preheat oven to 500 F.

In a bowl, mix together oil and seasonings.

Grate lemon peel into mixture.

Sit to the side and line baking sheet with foil or parchment paper and spray with non stick cooking spray.

Coat each side of fillets with mixture.

Bake for 5 minutes or until done or when fish appears opaque and flaky.

Serving Size: 1 fillet; Makes 4 servings

Cook's Note: Fish is done when inserted meat thermometer into thickest part reads 145 degrees.

## Nutrition Facts

servings per container

**Serving size** (124g)

**Amount per serving**

**Calories** **140**

**% Daily Value\***

**Total Fat** 9g **12%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 50mg **17%**

**Sodium** 95mg **4%**

**Total Carbohydrate** 1g **0%**

Dietary Fiber 1g **4%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 14g

Vitamin D 3mcg **15%**

Calcium 32mg **2%**

Iron 0mg **0%**

Potassium 202mg **4%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Desserts

# Baked Apple

## Ingredients

- 1 small red apple sliced
- 1 tsp cinnamon
- 1/2 tsp vanilla extract
- 1/4 tsp lemon juice

## Preparation

In a microwave safe bowl, place sliced apples with lemon juice, and sprinkle cinnamon and vanilla extract on top. Heat for about 2 minutes until apple is fork tender.

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(148g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 15g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 0mg	0%
Potassium 163mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Colorful Fruit Salad

## Ingredients

- 1 cup fresh strawberries, sliced
- 1/2 cup blueberries
- 1 medium orange cut in chunks
- 1 small granny smith apple
- 1/2 tsp lemon juice

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(127g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 17g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 22mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 91mg	<b>2%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Preparation

In a bowl, combine strawberries and blueberries.

On a cutting board, peel orange and divide in 4 sections. Then cut the sections in half.

Place orange chunks in bowl with berries

Cut apple in 4 quarters and sprinkle lemon juice on top.

Cut quarters into pieces.

Place apple chunks in bowl with other fruit and mix together.

Serving Size: 1/2 cup; Makes 4 servings

Cook Notes: Lemon juice helps prevent apple from quickly browning.

# Oatmeal Raisin Cookies

## Ingredients

- 1 ripe banana
- 1 cup quick oatmeal
- 1/4 cup milk or non dairy variety
- 2/3 cup raisins
- 1 1/2 tsp cinnamon
- 1 tsp vanilla extract

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(52g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 13g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 35mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 220mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Preparation

Preheat oven to 350 F.

In a bowl, combine banana and oats very well, making sure there are no chunks of banana.

Add milk, raisins, cinnamon, vanilla and stir well.

Set to the side and prepare a baking pan with foil or parchment paper.

Spray with non-stick spray.

Scoop 1 tablespoon of batter onto baking pan and repeat.

Bake for 12-15 minutes until middle is firm.

Serving Size: 2 cookies; Makes 6 servings

Cook's Note: Nutrition label calculated with 1% milk.

# Strawberry Chocolate Mug Cake

## Ingredients

- 2 chopped strawberries
- 2 tbsp whole wheat flour
- 1 tbsp unsweetened cocoa powder
- 1 tbsp unsweetened applesauce
- 1/4 tsp baking powder
- 1 egg white
- 2 tbsp milk or non dairy variety
- 1/2 tsp vanilla extract
- non stick cooking spray

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(159g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 17g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	<b>0%</b>
Calcium 209mg	<b>15%</b>
Iron 2mg	<b>10%</b>
Potassium 306mg	<b>6%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Preparation

Spray microwave safe mug with non-stick spray,  
 Add flour, strawberries, cocoa powder, baking powder, applesauce, milk, and  
 vanilla. Mix well in mug.  
 Microwave for 35-40 seconds until center is firm.

Makes 1 Serving  
 Cook Notes: Nutrition label calculated with 1% milk.

# Blondies

## Ingredients

1-15 oz can chickpeas, drained and rinsed  
1/2 cup smooth or crunchy peanut butter  
1 tsp vanilla  
1/4 cup quick oats  
1/4 applesauce unsweetened  
2 tbsp prepared regular or decaffeinated coffee  
1 tsp cinnamon  
1/4 tsp baking soda  
1/4 tsp baking powder  
1/2 cup chocolate chips  
non-stick spray

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>(73g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 9g	
Includes 6g Added Sugars	<b>12%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 65mg	6%
Iron 1mg	6%
Potassium 182mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## Preparation

Preheat oven to 350 F.

In a food processor or blender, combine all ingredients except chocolate chips.

Pulse well until batter appears smooth and no whole chickpeas remain.

Spray non-stick spray into 8x8 brownie pan and pour in batter. Mix in chocolate chips spreading throughout batter.

Baked for 17-20 minutes until firm.

Allow to cool and cut into 8 squares.

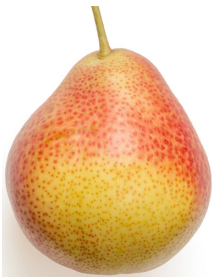
# Snack List

Choose 1 from 2 categories

## Fruits

1/2 cup is a serving  
unless otherwise noted

1 small apple  
grapefruit  
berries  
1 medium banana  
pears  
pineapple  
honeydew  
watermelon  
1 peach  
1 plum



## Dairy

1/2 cup is a serving unless  
otherwise noted

1 cup low fat milk  
greek yogurt  
low fat and low sodium  
cottage cheese  
1 slice/oz of low fat cheese  
cheese stick

## Grains

whole grains, 1/2 cup is a serving  
unless otherwise noted  
2 slices bread  
10-12 crackers  
1 oz corn tortilla chips  
3 cups unsalted popcorn

## Protein

1 oz is a serving  
grilled chicken  
2 hard boiled eggs  
roasted edamame  
turkey slices  
shrimp cocktail  
tuna fish  
low sodium jerky



## Vegetables

1/2 cup is a serving unless  
otherwise noted

celery  
cucumber  
carrots  
broccoli  
bell pepper  
cauliflower  
tomatoes  
zucchini  
mushrooms



## Nuts and seeds

1/4 cup or 1 oz is a serving, unsalted

almonds  
walnuts  
peanuts  
pecans  
cashews  
sunflower seeds

2 tbsp is a serving  
peanut butter  
almond butter  
sunflower seed butter  
sesame seeds  
chia and flax seeds

## Spreads and dips

2 tbsp is a serving  
salsa  
guacamole  
hummus  
bean dips  
salad dressing/  
vinaigrette





# Heart Disease

*Image courtesy of menshealth.com*

# Key Nutrients

Heart Disease is a collection of chronic conditions that include many illnesses such as Coronary Artery Disease, Atherosclerosis, and Hypertension. According to the Centers for Disease Control, risk factors include, high cholesterol, diabetes, and unhealthy diets.<sup>4</sup>

Typically, there is an increased risk of developing heart disease as systolic and diastolic blood pressure increase. Depending on the form of cardiovascular disease, there may be non-pharmacologic approaches to treat this condition.<sup>5</sup> For instance, to reduce blood pressure, patients may be encouraged to lose weight if they are considered overweight or obese, follow a heart healthy diet such as the Dietary Approaches to Stopping Hypertension (DASH) and the Mediterranean Diet (MD), reduce sodium and alcohol intake, and increase dietary potassium intake unless contraindicated by medication or in the presence of CKD.<sup>5,6</sup>

Common nutritional interventions that have been proven effective in treating heart disease are the DASH and MD.<sup>4</sup> DASH emphasizes high fruits and vegetables and low dairy intake. When combined with weight loss and reduced sodium intake, DASH was even more effective in lowering blood pressure. The MD emphasizes legumes and monosaturated fat, decreasing red meat consumption, and a moderate intake of wine has also been shown to reduce blood pressure and lipid profiles.<sup>4,6</sup> Sodium reduction has also been proven to work with medications to increase their effectiveness and decrease systolic blood pressure.<sup>4,6</sup> The suggested intake levels for sodium restricted diets was set between 1,500mg to 2,000mg per day. Regarding potassium, some studies have seen a reduction in blood pressure from both dietary intake and supplementation.<sup>4,6</sup> The 2020-2025 version established the adequate intake levels for adult women ages 19 to 30 at 2,600mg and men in the same age range as 3,400mg.<sup>7</sup> The American Heart Association suggests even higher ranges of potassium between 2,600 and 5,000 mg per day.<sup>8</sup>

# Nutrition Parameters

**Grains:** Whole grain

**Dairy:** Low fat and fat-free

**Protein:** lean and extra lean

**Fat:** Unsaturated fat

Saturated fat should be less than 10% of daily calories

Some may aim for 5-6% of daily calories

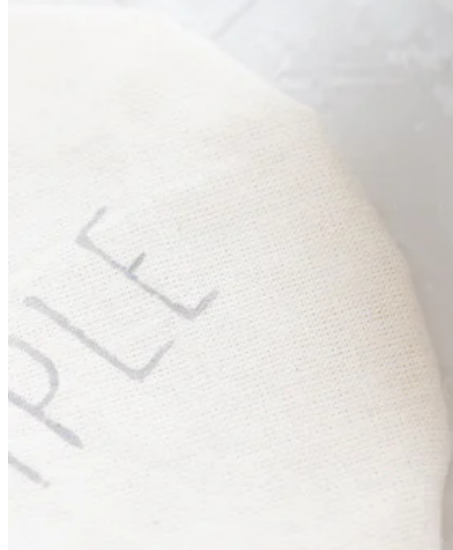
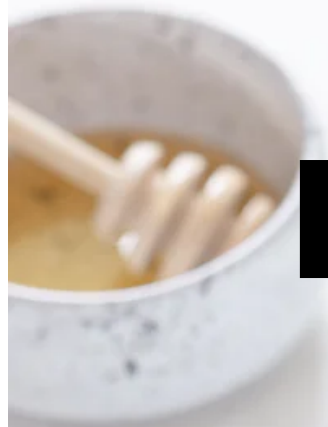
**Sodium:** 1,500mg-2,300mg per day  
(about 500-766mg per meal)

**Potassium:** 2,600-5,000 mg/day

**For more information, please visit:**

<https://www.heart.org/en>

# Breakfast



# Swiss Cheese Toast With Chicken Sausage

## Ingredients

### *Cheese Toast*

- 1 slice of whole wheat bread
- 1 slice of swiss cheese

### *Chicken Sausage*

- 1 lb ground chicken 93/7
- 3/4 tsp salt
- 2 tsp oregano
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp cayenne pepper
- 2 tsp Worcestershire sauce
- 1 tbsp olive oil

## Preparation

### *Cheese Toast*

Spray skillet with non-stick cooking spray and lightly toast bread on each side for 1-2 minutes.

Place slice of cheese on bread and allow cheese to melt and bottom of toast is golden brown.

### *Sausage*

In a bowl, combine all seasonings, and chicken.

Heat oil in skillet on medium heat.

Form 10-11 patties and cook in skillet for 3-4 minutes on each side until done and knife or toothpick inserted in middle comes out clean.

## Nutrition Facts

servings per container  
**Serving size (110g)**

**Amount per serving**  
**Calories 280**

**% Daily Value\***

**Total Fat 14g 18%**

Saturated Fat 6g 30%

Trans Fat 0g

**Cholesterol 65mg 22%**

**Sodium 450mg 20%**

**Total Carbohydrate 18g 7%**

Dietary Fiber 0g 0%

Total Sugars 2g

Includes 2g Added Sugars 4%

**Protein 20g**

Vitamin D 0mcg 0%

Calcium 556mg 45%

Iron 2mg 10%

Potassium 299mg 6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Express Very Berry Oatmeal

## Ingredients

- 1/2 cup oatmeal
- 1 cup low fat milk or non dairy variety
- 1/4 cup sliced strawberries
- 1/4 cup blueberries
- 1 tsp ground flaxseed
- 1 tsp honey

## Preparation

In a bowl, combine all ingredients except milk.

Microwave milk or non-dairy variety for 30 seconds to a minute or until warm.

Pour milk into bowl with oatmeal mixture and stir well.

Can be eaten immediately or allowed to sit for a few minutes to absorb liquid.

Makes 1 serving

Cook's Note: Try different fruits like peaches or savory ingredients like carrots.

Add more liquid for thinner consistency and less liquid for thicker consistency.

Can be prepared the night before.

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(405g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>380</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 68g	<b>25%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 33g	
Includes 14g Added Sugars	<b>28%</b>
<b>Protein</b> 16g	
Vitamin D 0mcg	0%
Calcium 341mg	25%
Iron 3mg	15%
Potassium 507mg	10%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

# Garden Omelette

## Ingredients

- 2 tbsp olive oil
- 2 large eggs
- 1/4 cup diced onion
- 1/4 cup canned diced tomatoes, drained
- 1/2 cup chopped broccoli
- 1/4 cup diced mushrooms
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/2 tsp garlic powder

## Preparation

In a skillet, heat oil over medium heat and add onion. Cook until onion is tender and add tomatoes, broccoli, and mushrooms. When done, place vegetables in a bowl or on a plate.

In another bowl, beat eggs, salt, pepper, and garlic.

Reheat same skillet on medium heat and spray with non stick cooking spray and pour egg mixture into pan.

Allow eggs to cook for about 2 minutes and begin to brown on the bottom.

With a spoon, scoop vegetables onto one half of omelette and fold other half over vegetables.

Serve warm on a plate.

Makes 1 serving

Cook's Note: Try different vegetables like spinach and bell peppers.

## Nutrition Facts

servings per container  
**Serving size (351g)**

**Amount per serving**  
**Calories 340**

**% Daily Value\***

**Total Fat 22g 28%**

Saturated Fat 4g 20%

Trans Fat 0g

**Cholesterol 350mg 117%**

**Sodium 410mg 18%**

**Total Carbohydrate 16g 6%**

Dietary Fiber 5g 18%

Total Sugars 5g

Includes 0g Added Sugars 0%

**Protein 17g**

Vitamin D 4mcg 20%

Calcium 44mg 4%

Iron 1mg 6%

Potassium 428mg 10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Blueberry Pancakes

## Ingredients

- 1 cup whole wheat flour
- 3/4 cup low fat milk or non-dairy variety
- 1 egg
- 1 tbsp vegetable oil
- 1 tsp vanilla extract
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1 tsp lemon juice
- 1/2 tsp cinnamon
- 1 tbsp honey
- 3/4 cup blueberries fresh or frozen

## Preparation

In a skillet, heat oil over medium heat.

In a bowl, combine flour, baking powder, baking soda, and cinnamon.

In another bowl, mix egg, milk, oil, vanilla extract, lemon juice, and honey.

Add dry ingredients into bowl of wet ingredients and mix well until smooth. Add blueberries to mixture.

Scoop 2-3 tbsp of batter into skillet and cook for 2-3 minutes on one side.

When bubbles begin to form, flip to other side and cook for additional 2-3 minutes.

Serving Size: 2 pancakes; Makes 4 servings

Cook's Note: Try different fruits like sliced bananas or apples.

Nutrition label is calculated with 1% milk

## Nutrition Facts

servings per container

**Serving size** (130g)

Amount per serving

**Calories** **200**

% Daily Value\*

**Total Fat** 6g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 45mg **15%**

**Sodium** 115mg **5%**

**Total Carbohydrate** 32g **12%**

Dietary Fiber 4g **14%**

Total Sugars 9g

Includes 4g Added Sugars **8%**

**Protein** 7g

Vitamin D 1mcg **6%**

Calcium 224mg **15%**

Iron 1mg **6%**

Potassium 200mg **4%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Chocolate Banana Muffins

## Ingredients

1 cups whole wheat flour  
1/2 cup applesauce  
1/3 cup prepared coffee  
1/2 cup unsweetened cocoa powder  
3/4 cup mashed banana  
1/3 cup white sugar  
1/4 tsp salt  
1 tsp baking powder  
1/2 tbsp honey

## Preparation

Preheat oven to 400 F.

Line and spray non stick spray in muffin tin.

In a bowl, mix applesauce, coffee, mashed banana, and honey.

In a separate bowl, mix flour, cocoa powder, sugar, salt, and baking powder.

Mix flour mixture into applesauce mixture and combine well.

Fill muffin tins 3/4 full.

Bake about 20-22 minutes or until knife or toothpick inserted into center comes out clean.

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(77g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 14g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 3g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 89mg	<b>6%</b>
<b>Iron</b> 1mg	<b>6%</b>
<b>Potassium</b> 229mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving Size: 1 muffin; Makes 8 servings

Cook's Note: Coffee can be substituted for milk or non-dairy variety.



# Lunch

# Lemon Garlic Salmon

## Ingredients

1 lb salmon (4-5 filets)  
32 oz bag frozen broccoli  
1/4 cup olive oil  
1 tbsp garlic powder  
1 tsp pepper  
2 whole lemons sliced into wedges or 1 tbsp lemon juice

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(386g)</b>
<hr/>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>460</b>
<hr/>	
	<b>% Daily Value*</b>
<b>Total Fat</b> 30g	<b>38%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 28g	
<hr/>	
Vitamin D 12mcg	60%
Calcium 105mg	8%
Iron 1mg	6%
Potassium 485mg	10%
<hr/>	
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## Preparation

Preheat Oven to 400 F  
Line baking sheet with foil and spray with non-stick cooking spray.  
Spread broccoli on outer edges of pan and put salmon in middle.  
In a bowl, mix olive oil and seasonings and brush over broccoli and fish. on both sides. (If using lemon juice, add to mixture)  
Place lemon wedges throughout pan.  
Bake for 15 minutes or until fish is flaky and broccoli is slightly brown.

Serving Size: 1 salmon filet (3-4 oz) and 1 cup of broccoli is a servings; Makes 4 servings  
Cook's Note: To check fish is done, inserted tip of meat thermometer into thickest part and reads 145 degrees.

# Chicken Noodle Soup

## Ingredients

### *Chicken*

- 1 lb boneless chicken breast filets
- 1 tbsp olive oil
- 1/4 cup diced yellow onion
- 1/2 tsp garlic powder
- 1/2 tsp pepper

### *Broth and Pasta*

- 1 tbsp olive oil
- 1 cup sliced carrots
- 1 cup sliced celery
- 3/4 cup diced yellow onion
- 2/3 tbsp garlic powder
- 32 oz low sodium chicken broth
- 1 tsp oregano
- 12 oz whole wheat noodles
- 1 tbsp dried parsley

## Preparation

### *Chicken*

Heat oil in skillet on medium heat and add onions. Sprinkle seasonings on both sides of chicken before placing in skillet. Cook on each side for 5-7 minutes until done and no longer pink in center. Remove from heat and shred. Cover and place to the side.

### *Broth and Pasta*

In a large pot, heat oil over medium heat and add carrots, celery, and onion. Sautee for 5-7 minutes until vegetables begin to soften and add garlic powder. Increase stove to high heat and boil broth and noodles. Allow to boil for 8-10 minutes until pasta is done and vegetables are fork tender. Reduce stove to low heat and add chicken and parsley. Serving Size: 1 cup; makes about 6 servings

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(363g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>380</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 50g	<b>18%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 29g	
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 3mg	15%
Potassium 811mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

# 3 Bean Burrito

## Ingredients

- 1-15oz can tri bean blend, no salt added, drained
- 1 cup low fat cheddar cheese
- 1/2 tbsp cumin
- 1/2 tsp paprika
- 1/2 tsp pepper
- 1/2 tsp cilantro
- 1 pack of 6" corn tortillas
- 2 tbsp salsa
- 1/2 tsp crushed red pepper (optional)

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(94g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	0%
Calcium 89mg	6%
Iron 1mg	6%
Potassium 231mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Preparation

Preheat oven to 375 F. Line baking pan with foil or parchment and spray with non-stick spray

In a bowl, mix drained beans, seasonings, and cheese.

Scoop about 1/4 cup mixture into tortilla. Roll and tuck in sides. Lay folded side down on baking sheet.

Bake for 12-15 minutes until heated through.

# Shrimp and Veggie Kabobs

## Ingredients

1/2 lb frozen medium deveined, peeled, and tail off shrimp  
1/4 cup olive oil  
1 tsp garlic powder  
1/4 tsp red pepper  
1/2 tbsp lemon juice  
1 medium zucchini thickly sliced  
1 cup red bell pepper cut in chunks  
1 cup yellow bell pepper cut in chunks  
Skewers

## Nutrition Facts

servings per container

**Serving size** (159g)

**Amount per serving**

**Calories** **180**

**% Daily Value\***

**Total Fat** 14g **18%**

Saturated Fat 2g **10%**

Trans Fat 0g

**Cholesterol** 70mg **23%**

**Sodium** 330mg **14%**

**Total Carbohydrate** 5g **2%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 9g

Vitamin D 0mcg **0%**

Calcium 43mg **4%**

Iron 1mg **6%**

Potassium 278mg **6%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Preparation

Defrost shrimp by leaving in refrigerator overnight or running water over shrimp.

In a larger bowl, place shrimp and vegetables.

Preheat stovetop skillet to medium heat and spray with non-stick spray.

Combine oil and seasonings in a small bowl and pour over shrimp and vegetables.

Thread 3-4 shrimp and various vegetables in no particular order on each skewer.

Grill for 3-5 minutes on each side or until shrimp are pink and vegetables are tenders.

Serving Size: 3-4 skewers ; Makes about 4 servings

# Veggie Flatbread

## Ingredients

1/2 whole wheat tortilla  
1/2 cup raw spinach  
1/4 cup sliced red onion  
2 tbsp hummus  
1/4 cup diced tomatoes  
(canned or fresh)  
1/2 tbsp olive oil  
1/2 tsp oregano

## Preparation

Toast whole wheat flatbread in non stick pan for 1-2 minutes on each side.  
Remove from pan and heat skillet with oil  
Sautee all vegetables for 2-3 minutes until spinach wilts and vegetables are tender  
Spread .hummus on pita and top with spinach, onion, and tomato.  
Finish with oregano.

## Nutrition Facts

servings per container

**Serving size** (318g)

Amount per serving

**Calories** **280**

% Daily Value\*

**Total Fat** 13g **17%**

Saturated Fat 3g **15%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 420mg **18%**

**Total Carbohydrate** 34g **12%**

Dietary Fiber 8g **29%**

Total Sugars 5g

Includes 1g Added Sugars **2%**

**Protein** 10g

Vitamin D 0mcg **0%**

Calcium 169mg **15%**

Iron 5mg **30%**

Potassium 1097mg **25%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Dinner



# Steak Pita

## Ingredients

- 1 lb flank steak cut into pieces
- 3 tbsp olive oil
- 1 tsp rosemary
- 1 tsp oregano
- 2/3 tsp garlic powder
- 1 tsp lemon juice
- 1/2 tsp black pepper
- 1/2 cup raw spinach
- 1/4 cup sliced raw onion
- 2 tbsp store bought hummus
- 3 whole wheat pitas cut in half

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(205g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>380</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 19g	<b>24%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 30g	
Vitamin D 0mcg	0%
Calcium 115mg	8%
Iron 4mg	20%
Potassium 654mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## Preparation

- In a bowl with lid or ziplock bag, mix 2 tbsp olive oil, rosemary, oregano, garlic powder, lemon juice, salt, and pepper. Set aside
- Cut 1lb steak into pieces and add to bowl or bag with marinade. Allow to marinate for at least 30 minutes.
- Heat skillet with 1 tbsp olive oil and add marinated steak to pan.
- Cook for 3-4 minutes per side, until there is little pink in the center of the pieces.
- Remove from heat
- If desired, lightly toast 1/2 pita, and coat inside with hummus
- Layer spinach, onion, and 3-4oz steak to your liking.

# Chicken Sausage and Red Bean Jambalaya

## Ingredients

1 lb chicken sausage no salt added and sliced

1-15 oz can red kidney beans, no salt added

1/2 cup diced onion

1/2 cup diced green bell pepper

1/2 cup chopped celery

1/2 of 15 oz canned crushed tomato, no salt added

2- 8.8oz pouches instant brown rice

24 oz low sodium chicken broth

2 bay leaves

1 tbsp paprika

3/4 tsp garlic powder

1/2 tsp black pepper

1/4 tsp cayenne pepper

## Preparation

Heat olive oil in skillet over medium heat and sautee onion, bell pepper, celery for 2-3 minutes until slightly soft.

Add chicken sausage and crushed tomatoes, and cook for 4-5 minutes.

Stir in all broth, seasonings and bay leaves

Add rice and reduce heat

Simmer for 2-3 minutes until liquid starts to reduce and rice is moist stirring occasionally.

## Nutrition Facts

servings per container

**Serving size** (330g)

Amount per serving

**Calories** **410**

% Daily Value\*

**Total Fat** 5g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

**Cholesterol** 20mg **7%**

**Sodium** 300mg **13%**

**Total Carbohydrate** 70g **25%**

Dietary Fiber 8g **29%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

**Protein** 23g

Vitamin D 0mcg **0%**

Calcium 37mg **2%**

Iron 2mg **10%**

Potassium 1103mg **25%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# A Very Veggie Spaghetti

## Ingredients

- 1 cup cooked lentils
- 1 lb ground chicken (or 1 cup meatless crumbles)
- 15 oz can no salt added tomato sauce
- 1 cup spinach
- 1/4 cup diced bell pepper
- 1/2 cup diced mushroom
- 1/4 cup red onion
- 1 cup yellow squash or zucchini spiralized
- 1 cup whole wheat pasta
- 2 tbsp extra virgin olive oil
- 1 tbsp minced garlic (to taste)
- 1 tbsp Italian seasoning
- 1/2 tbsp black pepper (to taste)
- 1 tbsp Parmesan cheese (or nutritional yeast) (optional)

## Preparation

*Pasta:* Cook pasta in 2 cups of boiling water for 10-12 minutes or until desired texture.

Spiralize 1 cup of yellow squash or zucchini and drizzle 1/2 tbsp of olive oil, 1/2 tbsp of Italian seasoning and 1/4 tsp black pepper and microwave for 30-45 seconds until slightly soft.

*Sauce:* Cook lentils in 1 1/2 cups of boiling water for 25-30 minutes until soft; or until desired texture. Sauté 1 tbsp olive oil, onion, garlic, mushroom bell pepper on medium heat, for 2-3 minutes add the ground chicken.

Cook ground chicken for 5 to 10 minutes or until no longer pink (if using meatless crumbles, cook for 5 to 7 minutes until heated throughout).

Measure 1 cup of cooked lentils and spinach and add to meat and vegetable mixture.

Sprinkle 1/2 tbsp of Italian seasoning and 1/2 tsp black pepper on mixture and let stand 2-3 minutes or until spinach is wilted.

Then add can of tomato sauce.

Season with remaining Italian seasoning and black pepper (may add more if desired).

Plate 1/2 cup pasta and 1/2 cup spiralized squash with 1/3 cup of sauce, meat, and vegetable mixture.

Garnish with 1 tbsp Parmesan cheese or 1 tbsp nutritional yeast if desired

Serving Size: 1/3 cup vegetable and meat mixture with 1/2 cup pasta and 1/2 cup zucchini spirals; Makes about 6 servings.

Cook's Note: Nutrition Facts are based on ground chicken.

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(309g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>290</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 21g	
Vitamin D 2mcg	10%
Calcium 63mg	4%
Iron 4mg	20%
Potassium 1125mg	25%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Rainbow Salad

## Ingredients

### *Salad*

5 oz container mixed green salad  
1 cup chickpeas, drained and rinsed  
1/2 cup sliced or diced cucumbers  
1/2 diced tomatoes  
1/2 cup mandarin oranges drained  
1/2 cup shredded carrots  
1/4 cup unsalted almonds  
1 avocado halved

### *Dressing*

1/2 cup olive oil  
1/4 cup lemon juice  
1 tbsp honey

## Preparation

### *Salad*

Put salad into large bowl and layer with chickpeas, cucumbers, tomatoes, mandarin oranges, shredded carrots, almonds.

### *Dressing*

Combine salad dressing ingredients in a jar with lid and shake well.

Serving Size: 1 cup of salad, 1/2 half avocado, and 2 tbsp dressing

## Nutrition Facts

servings per container

**Serving size** (216g)

Amount per serving

**Calories** **270**

**% Daily Value\***

**Total Fat** 20g **26%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 105mg **5%**

**Total Carbohydrate** 22g **8%**

Dietary Fiber 8g **29%**

Total Sugars 7g

Includes 1g Added Sugars **2%**

**Protein** 7g

Vitamin D 0mcg **0%**

Calcium 74mg **6%**

Iron 2mg **10%**

Potassium 571mg **10%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Island Style Rice and Beans

## Ingredients

2 tbsp olive oil  
4 garlic cloves minced  
1 head of cauliflower  
1/2 cup diced yellow onion  
1/2 tsp ground ginger  
1/4 cup low sodium chicken or vegetarian stock  
1/4 cups coconut milk  
1 15 oz can black beans, no salt added, rinsed and drained  
1 tsp thyme  
1 whole habanero pepper

## Preparation

### *Rice*

Cut cauliflower heat into chunks and grate into large bowl. (Or put chunks into food processor)

Heat oil over medium heat and sautee onions and garlic for 2-3 minutes until they begin to brown.

Add cauliflower to skillet with whole habanero pepper, ginger, salt, stock, and coconut milk. for 2-3 minutes and add rinsed and drained beans

Simmer for 5 minutes

Serving Size: 1 cup; Makes 3-4 servings

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>(315g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 135mg	<b>10%</b>
<b>Iron</b> 4mg	<b>20%</b>
<b>Potassium</b> 859mg	<b>20%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



# Decadent Brownies

## Ingredients

1-15 oz canned black beans, no salt added, rinsed and drained  
2 eggs, large  
1/4 cup unsweetened applesauce  
1 tsp vanilla extract  
1/4 cup unsweetened cocoa powder  
1/3 cup white sugar  
1 tsp baking powder  
1/4 tsp salt  
1/2 cup dark chocolate chips  
1/2 cup chopped walnuts

## Preparation

Preheat oven to 350 F.

Spray non stick cooking spray into 8x8 pan.

In a blender, blend black beans until no chunks remains and smooth consistency.

In a bowl, combine eggs, oil, and vanilla with smooth black bean puree

In another bowl, combine cocoa powder, sugar, baking powder, chocolate chips, and salt.

Add dry ingredients to wet and mix well.

Pour batter into pan and sprinkle walnuts on top.

Bake for 30-35 minutes until done when knife or toothpick inserted into middle comes out clean

## Nutrition Facts

servings per container  
**Serving size (108g)**

**Amount per serving**  
**Calories 220**

**% Daily Value\***

**Total Fat 11g 14%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

**Cholesterol 45mg 15%**

**Sodium 20mg 1%**

**Total Carbohydrate 27g 10%**

Dietary Fiber 5g **18%**

Total Sugars 15g

Includes 13g Added Sugars **26%**

**Protein 7g**

Vitamin D 1mcg 6%

Calcium 110mg 8%

Iron 2mg 10%

Potassium 370mg 8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Fruit and Oatmeal Bites

## Ingredients

- 1 cup quick oats
- 1/2 cup chopped pecans
- 1 tbsp honey
- 1/2 cup mashed banana
- 1 tsp cinnamon
- 1/2 tsp vanilla
- 3/4 cup unsweetened coconut flakes (optional)

## Preparation

In a bowl, add mashed banana, vanilla, and honey. Then combine oats, pecans, cinnamon, and coconut if using. Form into balls with 1 to 1 1/2 tbsp

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(34g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 4g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 14mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 116mg	<b>2%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving Size: 2 balls; Makes 8 servings



# Strawberry Smoothie Popsicles

## Ingredients

- 2 ice trays
- toothpicks
- plastic wrap
- 2 cups fresh or frozen strawberries
- 1 cup milk or non dairy variety
- 1/2 tbsp lemon juice

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(34g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>15</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 0mg	0%
Potassium 51mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Preparation

- Blend strawberries, milk, and lemon juice together until smooth,
- Pour mixture into ice trays until mostly full
- Cover with plastic wrap and insert toothpicks into each ice tray square
- Freeze until solid

Serving Size: 2 popsicles; Servings vary based on ice cube trays

Cook's Note: Nutrition label made with 1% milk.

# Carrot Cake Cookies

## Ingredients

1 cup quick oats  
2/3 cup whole wheat flour  
1/2 cup raisins  
3/4 cup shredded carrots  
1 tsp vanilla extract  
1 tsp baking powder  
1 tsp cinnamon  
1/8 tsp nutmeg  
1/4 cup unsweetened apple sauce  
pinch of salt  
1 egg, large  
1/8 cup honey  
1/8 cup brown sugar  
1/4 cup chopped pecans  
1/3 cup unsweetened shredded coconut, optional

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(71g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 35g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 17g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 113mg	8%
Iron 1mg	6%
Potassium 192mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## Preparation

Preheat oven to 325 F and spray lined baking pan with non stick spray.  
In a large bowl, combine oats, flour, baking powder, sugar, cinnamon, and salt.  
In another bowl, mix apple sauce, egg, honey, and vanilla.  
Add oats and flour mixture to wet mixture and combine well.  
Add in carrots, raisins, pecans, and coconut, if using.  
Scoop 2-3 tbsp of dough per cookie and flatten on sheet.  
Bake for 12-15 minutes or until center is firm.

Serving Size: 2 cookies; Makes about 7 servings

Cook's Notes: Scoop less dough for mini cookies. Nutrition label does not reflect unsweetened shredded coconut .

# Peaches and Cream Pudding

## Ingredients

2 medium frozen bananas  
2/3 cup lowfat cottage cheese  
1/2 cup canned peach slices in water or natural juice, drained  
1 tsp cinnamon  
1 tsp vanilla extract  
1 pinch salt  
2 tbsp chopped pecans

## Nutrition Facts

servings per container

**Serving size** (129g)

**Amount per serving**

**Calories** **130**

**% Daily Value\***

**Total Fat** 3.5g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

**Cholesterol** 5mg **2%**

**Sodium** 120mg **5%**

**Total Carbohydrate** 21g **8%**

Dietary Fiber 2g **7%**

Total Sugars 13g

Includes 2g Added Sugars **4%**

**Protein** 5g

Vitamin D 0mcg **0%**

Calcium 48mg **4%**

Iron 0mg **0%**

Potassium 300mg **6%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Preparation

Blend all ingredients until smooth consistency.

Mix in pecans or use as a garnish.

Serving Size: 1/2 cup; Makes 4 servings

Cook's notes: Cut up and save some of the peaches for a garnish

# Snack List

Choose 1 from 2 categories

## Fruits

1/2 cup is a serving unless otherwise noted

1 small apple  
grapes  
grapefruit  
berries  
1 medium banana  
orange  
pineapple  
cantaloupe  
honeydew  
watermelon  
1 peach  
1 plum

## Dairy

1/2 cup is a serving unless otherwise noted

1 cup low fat milk  
1/2 cup greek yogurt  
1/2 cup low fat and low sodium cottage cheese  
1 slice/oz of low fat cheese

## Grains

whole grains, 1/2 cup is a serving unless otherwise noted

2 slices bread  
10-12 crackers  
1 oz corn tortilla chips  
popcorn

## Vegetables

1/2 cup is a serving unless otherwise noted

celery  
carrots  
broccoli  
bell pepper  
cauliflower  
tomatoes  
zucchini  
mushrooms

## Nuts and seeds

1/4 cup or 1 oz is a serving, unsalted

almonds  
walnuts  
peanuts  
pecans  
cashews  
sunflower seeds  
2 tbsp is a serving  
peanut butter  
almond butter  
sunflower seed butter  
sesame seeds  
chia and flax seeds

## Spreads and dips

2 tbsp is a serving

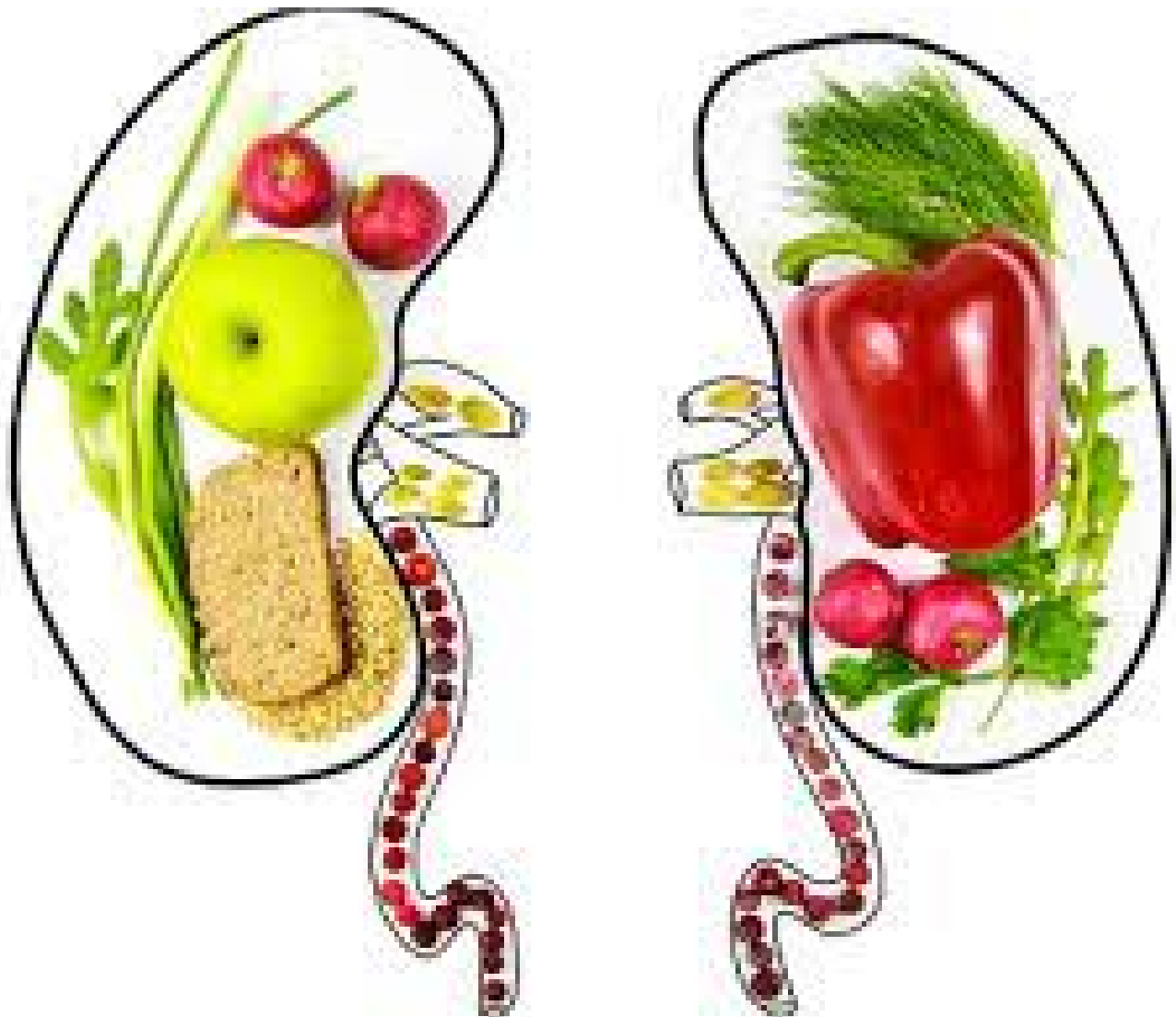
salsa  
guacamole  
hummus  
bean dips  
salad dressing/vinaigrette

## Protein

1 oz is a serving

grilled chicken  
2 hard boiled eggs  
1/4 cup edamame  
turkey  
shrimp cocktail  
tuna fish

# Chronic Kidney Disease



*Image courtesy of timesnownews.com*

# Key Nutrients

Chronic Kidney Disease (CKD) occurs when the kidneys are no longer able to filter nutrients, minerals, and electrolytes from the blood which can cause toxic wastes to accumulate in the body. When diagnosed with CKD, patients will have to adjust their fluid intake, and monitor protein, salt, potassium, and phosphorus, and other electrolytes like calcium. Additionally, they will have to get adequate calories to avoid protein energy wasting, weight loss, and malnutrition. Depending on the patient and their stage of CKD determines nutrition intervention.<sup>9</sup>

Those on hemodialysis(HD) or peritoneal dialysis (PD) will have to monitor fluid because patients are unable or have diminished ability to urinate. Between dialysis sessions, fluids can accumulate in the body and too much can lead to complications during treatments.<sup>9</sup>

Phosphorus is important because it works with calcium in the formation of bones and teeth. It also assists the uptake of carbohydrates and fats, and is needed to make protein to support cell growth and repair.<sup>10</sup> This mineral is found in abundance in meat, eggs, nuts, beans, and dairy. Current recommendations published by the National Kidney Foundation suggest that phosphorus levels are left up to clinical judgment.

Sodium is useful in maintaining blood pressure and volume, as well as, helping the muscles and nerves to work properly.<sup>12</sup> The NKF guidelines suggest patients in stages 3 through 5 consume less than 2,300 mg per day.<sup>11</sup> According to the American Heart Association, those with high blood pressure should try to reduce sodium intake to around 1,500mg per day.<sup>13</sup> According to Davita, phosphorus binders may be necessary to hinder the absorption of phosphorus in the body. The medical team may prescribe patients to take this medication before or with meals to keep levels in target ranges, which is usually 3.0 to 5.5 mg/dL.

Potassium can help maintain a regular and steady heartbeat but in excess is associated with irregular heartbeats. Similar to the NKF guidelines for phosphorus, they do not provide an exact range but recommend adjustments for patients in stages 3 through 5.<sup>11</sup> They allow practitioners to use their clinical judgment to make the best decision based on the patient. Current American Heart Association guidelines suggest those with high blood pressure should try to reduce sodium intake to around 1,500mg per day.<sup>4</sup>

# Nutrition Parameters<sup>11</sup>

**Protein:** 0.6-0.8g/kg for non dialysis, 1.0-1.2g/kg on hemodialysis

**Phosphorus:** Based on clinical judgment

**Potassium:** Based on clinical judgment

**Sodium:** 1500mg-2300mg per day  
(about 500-766mg per meal)

Ranges may need to be adjusted depending on nutritional goals.

**For more information, please visit:**

<https://www.kidney.org/>



# Breakfast



# Breakfast Tortilla

## Ingredients

1/4 cup canned black beans,  
no salt added  
2 eggs, large  
1/2 cup raw spinach  
2 tbsp salsa  
1-6" flour or corn tortilla  
1/2 tsp cumin  
1/2 tsp black pepper  
non-stick cooking spray

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(284g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>260</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 350mg	<b>117%</b>
<b>Sodium</b> 520mg	<b>23%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 19g	

Phosphorus: 47mg

## Preparation

Heat skillet over medium heat and spray pan with non-stick cooking spray  
Crack both eggs in pan and allow to cook for a few seconds to form solid film on bottom of the pan.

Begin stirring them together to form curds

Add the black beans and seasonings to pan and stir them until completely warm.

Reduce heat and push to one side of pan to make room for tortilla

Warm tortilla for 1-2 minutes on each side

Assemble tortilla on plate or saucer with the eggs and bean mixture and spinach. Top with salsa

Makes 1 serving

Cook's Note: You can use any bean to substitute black beans.

Nutrition label calculated with black beans and flour tortilla.

# Apple Pie Cream of Wheat

## Ingredients

- 1 cup cream of wheat
- 3 cups of water or milk (or non-dairy variety)
- 1/2 cup red apple diced or sliced
- 1/2 tbsp honey
- 1 tsp cinnamon
- 1/2 tsp lemon juice

## Preparation

Heat 1 1/2 cups of water or milk to a rolling boil.

Reduce to low heat and stir in cream of wheat with apples, honey, cinnamon, and lemon juice.

Allow to simmer 5-6 minutes and stir occasionally until it reaches desired thickness.

Makes 1 serving

Cook's Note: You can use any fruit instead of peaches

Nutrition label calculated with water.

## Nutrition Facts

servings per container

**Serving size** (315g)

**Amount per serving**

**Calories** **210**

**% Daily Value\***

**Total Fat** 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 10mg **0%**

**Total Carbohydrate** 46g **17%**

Dietary Fiber 3g **11%**

Total Sugars 15g

Includes 9g Added Sugars **18%**

**Protein** 4g

Vitamin D 0mcg **0%**

Calcium 336mg **25%**

Iron 12mg **70%**

Potassium 133mg **2%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Phosphorus: 75mg

# Cinnamon Spice French Toast

## Ingredients

- 1/4 cup milk or non dairy variety
- 1 slice whole wheat bread, toasted, cut in pieces
- 1 egg, large
- 1 tsp cinnamon
- 1/2 tsp vanilla extract
- 1 tbsp pecans (optional)

## Preparation

In a mug, melt butter for 15-20 seconds.

Add milk, cinnamon, vanilla, and egg to butter and mix well.

Next, add bread and make sure it is well coated with egg mixture.

Microwave for about a minute until mixture is solid and not runny.

Top with pecans if desired.

Makes 1 serving

Cook's Note: Other toppings may include fruit such as berries or peaches.

Nutrition label calculated with 1% milk

## Nutrition Facts

servings per container

**Serving size** (156g)

**Amount per serving**

**Calories** **240**

**% Daily Value\***

**Total Fat** 10g **13%**

Saturated Fat 2g **10%**

Trans Fat 0g

**Cholesterol** 180mg **60%**

**Sodium** 260mg **11%**

**Total Carbohydrate** 22g **8%**

Dietary Fiber 2g **7%**

Total Sugars 5g

Includes 2g Added Sugars **4%**

**Protein** 13g

Vitamin D 2mcg **10%**

Calcium 355mg **25%**

Iron 2mg **10%**

Potassium 180mg **4%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Phosphorus: 115mg

# PB and J Bagel

## Ingredients

- 1 tbsp peanut butter smooth or crunchy
- 1 tbsp jelly of your choice
- 1/2 plain bagel thin, toasted if desired

## Nutrition Facts

servings per container

**Serving size** (56g)

Amount per serving

**Calories** **180**

**% Daily Value\***

**Total Fat** 8g **10%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 150mg **7%**

**Total Carbohydrate** 22g **8%**

Dietary Fiber 1g **4%**

Total Sugars 8g

Includes 2g Added Sugars **4%**

**Protein** 6g

Vitamin D 0mcg **0%**

Calcium 60mg **4%**

Iron 1mg **6%**

Potassium 95mg **2%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Phosphorus: 22mg

## Preparation

- If desired, toast bagel.
- Spread peanut butter and top with jelly.

Makes 1 serving

Cook's Note: Nutrition label calculated with reduced sugar grape jelly

# Sunrise Smoothie

## Ingredients

- 1/2 cup pineapple
- 1/2 cup carrots diced
- 1 cup almond milk
- 1 cup vanilla protein powder\*

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(436g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>330</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 44g	<b>16%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 28g	
Includes 15g Added Sugars	<b>30%</b>
<b>Protein</b> 18g	
Vitamin D 4mcg	20%
Calcium 730mg	60%
Iron 4mg	20%
Potassium 517mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Phosphorus: 191mg

## Preparation

Combine all ingredients in a blender and blend until smooth.

Makes 1 serving

Cook's Note: Nutrition label calculated with vanilla Muscle Milk protein powder

\*Make sure to read labels for phosphate additives. Work with medical staff to choose appropriate protein powder to meet nutrition needs.



# Lunch

# Cajun Cod

## Ingredients

3 fillets of cod  
1 tbsp olive oil  
1 tsp paprika  
1/4 tsp salt  
1/4 tsp cayenne pepper  
1/4 tsp chili powder  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1/2 tsp black pepper  
non-stick cooking spray

## Preparation

Preheat oven to 400 F.  
Line baking sheet with aluminum foil and spray non-stick cooking spray.  
In a bowl, mix all seasonings together.  
Brush fish with oil and sprinkle seasoning blend on both sides.  
Bake for 8-10 minutes until done and flaky.

Serving Size: 1 fillet; Makes 3 servings

Cook's Tip: Insert tip of meat thermometer into thickest part of fillet.  
It is done at 145 degrees.

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(92g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 1mcg	6%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 391mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Phosphorus: 180mg

# Zesty Pasta Salad\*

## Ingredients

1/2 cup dry lentils  
8 oz rotini  
1/2 cup cucumber diced  
1 cup sliced red bell pepper  
1 cup sliced carrots

### *Dressing*

1/2 cup olive oil  
1/4 cup white or apple cider vinegar  
1 tsp basil  
1/2 tsp lemon pepper seasoning, no salt added  
1/2 tsp garlic powder  
1/2 tsp onion powder

## Preparation

Boil 1 1/2 cups of water and add lentils.  
Allow to cook for 15-20 minutes or until soft  
Boil 2 cups of water and add rotini pasta and cook for 8-10 minutes until al dente. Drain pasta and allow to cool completely.

### *Dressing*

In a bowl, mix all seasonings together, olive oil, and vinegar.

Transfer pasta to another bowl and add dressing, lentils, and vegetables.  
Refrigerate for 8-12 hours prior to serving.

Serving Size: 2 1/2 cups; Makes about 4 servings

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(190g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>350</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 20g	<b>26%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 3mg	15%
Potassium 269mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Phosphorus: 96 mg



# Creamy Chicken Salad\*

## Ingredients

1 lb chicken breast, shredded  
1 tbsp olive oil  
1/4 cup diced celery  
1/4 cup plain greek yogurt  
1/4 cup dijon mustard  
1 tsp lemon juice  
1/4 tsp garlic powder  
1/4 tsp black pepper

## Nutrition Facts

servings per container

**Serving size** (123g)

Amount per serving

**Calories** **150**

% Daily Value\*

**Total Fat** 5g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 65mg **22%**

**Sodium** 340mg **15%**

**Total Carbohydrate** 1g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 22g

Vitamin D 0mcg **0%**

Calcium 20mg **2%**

Iron 0mg **0%**

**Potassium** 337mg **8%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Phosphorus: 211mg**

## Preparation

Heat oil in skillet and cook chicken over medium heat 5-6 minutes per side.

When done, shred chicken and place in bowl to cool.

In another bowl, combine yogurt, mustard, lemon juice, and seasonings.

Pour mixture over chicken and stir well.

Serving Size: 3 oz; Makes 4-5 servings

Cook's Notes: To check if chicken is done, insert tip of meat thermometer into chicken and make sure it reads 165 degrees.

\*Consult Registered Dietitian or medical professional to learn if recipe fits into nutritional goals.

# Kitchen Sink Sandwich

## Ingredients

- 1 slice of white bread or toast
- 1 tbsp hummus
- 1/4 cup small red apple sliced
- 2 romaine lettuce leaves
- 5-6 slices of cucumber
- 3 oz sliced deli turkey slices, low sodium

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(963g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>430</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 110mg	<b>37%</b>
<b>Sodium</b> 420mg	<b>18%</b>
<b>Total Carbohydrate</b> 53g	<b>19%</b>
Dietary Fiber 25g	<b>89%</b>
Total Sugars 13g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 38g	
Vitamin D 0mcg	0%
Calcium 524mg	40%
Iron 9mg	50%
Potassium 2818mg	60%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Phosphorus: 508mg

## Preparation

- On a plate, place bread or toast and spread 1 tbsp of hummus.
- Place lettuce on top of hummus.
- Slice half apple and place it with the cucumber on top.

# Split Pea and Veggie Soup

## Ingredients

- 1/2 cup chopped yellow onions
- 1 1/2 tbsp minced garlic
- 1/2 cup diced carrots
- 1/2 cup diced yellow bell pepper
- 2 tbsp olive oil
- 1/2 tsp oregano
- 1/2 tsp black pepper
- 1/2 cup dry split green peas
- 4 cups low sodium chicken broth

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(340g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	<b>0%</b>
Calcium 26mg	<b>2%</b>
Iron 2mg	<b>10%</b>
Potassium 579mg	<b>10%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Phosphorus: 90mg

## Preparation

Rinse split peas in strainer and set aside.

In a pot over medium heat, heat oil and saute onions and garlic for 3-5 minutes or until soft.

Add chicken broth and split peas to onion and garlic mixture in pot and cook for 15-20 minutes.

Add carrots and bell pepper and cook for additional 5-10 minutes or until fork easily passes through vegetables.

Reduce heat to low and add oregano, salt, and pepper and simmer for 3-4 minutes.

Stir occasionally to keep peas from burning on bottom.

Serving Size: 1 1/2 cup; Makes 4 servings

Cook's note: Soaking split peas for a few hours or overnight may help reduce cooking time.



# Dinner

# Teriyaki Chicken and Pineapple

## Ingredients

### *Chicken*

4 bone-in chicken thighs with skin  
1 cup pineapple in chunks, in natural juice or water

### *Teriyaki Sauce*

2 tbsp olive oil  
1 tbsp low sodium teriyaki sauce  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1/2 tsp ground ginger  
1/4 tsp red pepper flakes (optional)  
non-stick cooking spray

## Preparation

In a zip-lock bag or bowl, cover raw chicken with teriyaki sauce pineapple in juice or water, and seasonings. Mix well and allow to marinate for at least 5 hours.

Preheat oven to 375 F.

Place chicken on baking sheet lined with foil and spray with non-stick cooking spray.

Bake for 35-40 minutes until done and juices run clear.

Serving Size: 1 thigh; Makes 4 servings

Cook's Note: Chicken is done when inserted meat thermometer reads 165 degrees.

## Nutrition Facts

servings per container

**Serving size** (156g)

**Amount per serving**

**Calories** **180**

**% Daily Value\***

**Total Fat** 9g **12%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 55mg **18%**

**Sodium** 380mg **17%**

**Total Carbohydrate** 9g **3%**

Dietary Fiber 1g **4%**

Total Sugars 7g

Includes 3g Added Sugars **6%**

**Protein** 15g

Vitamin D 0mcg **0%**

Calcium 15mg **2%**

Iron 1mg **6%**

Potassium 128mg **2%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Phosphorus: 30mg

# Garlic Grilled Steak

## Ingredients

- 1 lb flat iron boneless steak, divided in 3-4 oz portions
- 1 tbsp olive oil
- 1/4 tsp salt
- 1/2 tsp black pepper
- 1 tsp garlic powder

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(118g)</b>
<hr/>	
Amount per serving	
<b>Calories</b>	<b>210</b>
<hr/>	
% Daily Value*	
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<hr/>	
<b>Protein</b> 24g	
<hr/>	
Vitamin D 0mcg	<b>0%</b>
Calcium 30mg	<b>2%</b>
Iron 2mg	<b>10%</b>
<b>Potassium</b> 385mg	<b>8%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Preparation

- Heat olive oil in skillet on medium heat.
- Season both sides of steak with salt and pepper.
- Place steak in skillet and allow to cook for 3 minutes on each side until it is no longer pink.
- Reduce heat to low and add garlic for 1-2 minutes.
- Remove from heat and place steaks on plate to rest for 5 minutes.

Phosphorus: 224mg

Serving Size: 3-4 oz, Makes about 4 servings

Cook's Note: Medium rare steak is done when temperature is between 130 to 135 degrees.

Medium steak is done when temperature reaches 135 to 145 degrees.

Medium well steak is done when temperature reaches 145 to 155 degrees .

# Chicken Fajitas

## Ingredients

1lb boneless chicken breast  
1 tbsp olive oil  
1/2 green bell pepper cut in strips  
1/2 red bell pepper cut in strips  
1/2 cup sliced mushrooms  
1/2 cup diced onion  
1/2 tsp garlic powder  
1/4 tsp black pepper  
1/2 tsp cumin  
1/2 tsp chili powder  
1/4 tsp red pepper flakes  
1/2 tsp cilantro (optional)

## Preparation

Cut chicken breast into strips.

Heat oil in skillet on medium heat and cook diced onions until fragrant.

Add chicken, mushrooms, and bell pepper and cook for 3-5 minutes.

until chicken is done and juices run clear and vegetables are tender.

Reduce heat, add seasonings, and allow to stand for 1-2 minutes.

Top with cilantro if desired.

## Nutrition Facts

servings per container

**Serving size** (202g)

**Amount per serving**

**Calories** **190**

**% Daily Value\***

**Total Fat** 7g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 85mg **28%**

**Sodium** 70mg **3%**

**Total Carbohydrate** 6g **2%**

Dietary Fiber 2g **7%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

**Protein** 27g

Vitamin D 0mcg **0%**

Calcium 19mg **2%**

Iron 1mg **6%**

Potassium 508mg **10%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Phosphorus: 261mg

Serving Size: 1 cup; Makes 4-5 servings

Cook's note: Pairs well with flour tortillas or white rice

# Loaded Turkey Burger and Zucchini Fries

## Ingredients

### *Turkey Burger*

- 1 sandwich thin
- 1-4oz pre-portioned turkey burger, fresh
- 1 slice swiss cheese
- 1/4 cup sliced mushrooms
- 1/4 cup sliced onions
- non stick cooking spray

### *Zucchini Fries*

- 1 medium sized zucchini
- 2 tbsp olive oil
- 1/2 tsp black pepper
- 1/2 tsp oregano
- 1/4 tsp lemon juice

## Preparation

### *Turkey Burger*

- Heat skillet on medium heat and spray non stick cooking spray
- Add onions and mushrooms and sautee for 1-2 minutes before adding turkey burger
- Cook on both sides for 4-5 minutes until done and knife or toothpick inserted in middle comes out clean.
- Reduce to medium heat and add 1/2 onions and mushrooms on top and melt swiss cheese slice on top.
- Assemble sandwich with bun, 1/2 of onions and mushroom, place patty, and then top with other bun.

### *Zucchini Fries*

- Slice zucchini into 3-4 inch length slices.
- In a bowl, toss with olive oil, lemon juice, and seasonings
- Transfer zucchini to lined baking pan and bake for 15-17 minutes until fork tender

Makes 1 Serving

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(248g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>340</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 17g	<b>22%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
<b>Cholesterol</b> 105mg	<b>35%</b>
<b>Sodium</b> 510mg	<b>22%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 34g	
Vitamin D 0mcg	0%
Calcium 389mg	30%
Iron 2mg	10%
Potassium 312mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Phosphorus: 74mg



# Roasted Turkey Wings and Collard Greens\*

## Ingredients

### *For Turkey Wings*

- 2 lbs turkey wings
- 2 tbsp olive oil
- 1/2 tbsp garlic powder
- 1/2 tbsp onion powder
- 1 tsp paprika
- 1 tsp black pepper
- 1/2 cup low sodium chicken broth

### *For Collard Greens*

- 2 lbs fresh collard greens chopped with no stems
- 1 tbsp olive oil
- 1/4 cup diced onion
- 1/2 cup reduced-sodium chicken broth
- 1 tbsp white or apple cider vinegar
- 1 tsp crushed red pepper (optional)

## Preparation

### *Turkey Wings*

Preheat oven to 350 F.

In a bowl mix oil with seasonings and set aside.

Place turkey wings in 9x13 casserole dish and cover wings with oil and seasoning mixture.

Pour in chicken broth, cover with foil, and cook for 50 minutes to an hour

They are done when they are no longer pink in the center and juices run clear.

### *Collard Greens*

Thoroughly wash the greens in a strainer to remove dirt and any yellow leaves

Roll several leaves together and cut into strips. Discard stems

Heat oil in deep skillet or 4 quart pot over medium heat and add diced onion. Sautee for 2-3 minutes.

Add the greens, broth, vinegar to 4 quart pot and cook for 50 minutes to an hour until greens are easily pierced with fork.

If using, add red pepper during last 3-5 minutes of cooking if desired.

Serving Size: 1 wing (3-4oz) and 1 cup of collards; Makes 8 cups

Cook's Note: Turkey is done when inserted meat thermometer reads 165 degrees.

\*Consult Registered Dietitian or medical professional to learn if recipe fits into nutritional goals.

## Nutrition Facts

servings per container

**Serving size** (355g)

Amount per serving

**Calories** **280**

% Daily Value\*

**Total Fat** 13g **17%**

Saturated Fat 2g **10%**

Trans Fat 0g

**Cholesterol** 75mg **25%**

**Sodium** 120mg **5%**

**Total Carbohydrate** 12g **4%**

Dietary Fiber 8g **29%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 32g

Vitamin D 0mcg **0%**

Calcium 435mg **35%**

Iron 2mg **10%**

**Potassium** 707mg **15%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Phosphorus: 231mg**



# Dessert

# Lemon Pie Squares

## Ingredients

### *Crust*

- 1/2 cup unsalted butter melted
- 1/4 cup white sugar
- 1 tsp vanilla extract
- 1/4 tsp salt
- 1 cup and 1 tbsp all purpose flour

### *Filling*

- 1 cup white sugar
- 3 tbsp all purpose flour
- 3 eggs
- 1/2 cup lemon juice

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(50g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 16g	
Includes 16g Added Sugars	<b>32%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 4mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 21mg	<b>0%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Phosphorus: 12mg

## Preparation

### *Crust*

Preheat oven to 350 F and line 8x8 pan with parchment paper or foil. In a bowl, combine butter, 1/4 cup white sugar, vanilla extract, salt, and flour. Press mixture into pan and bake for 20-22 minutes or until edges are slightly browned and firm. Remove from oven and allow to cool

### *For Filling*

In a bowl, Combine sugar, flour, eggs, and lemon juice and pour over crust. Bake for 20-23 minutes or until center is firm. Cool for at least 2 hours before cutting into 16 equal squares

Serving Size:1 square; Makes about 16 servings

# Cinnamon Raisin Bread Pudding

## Ingredients

2 cups cubed toasted or stale bread  
(2 slices of white bread)  
2 eggs  
3/4 cup of 1% milk or non dairy milk  
1/3 cup raisins  
1 tbsp honey  
1 tbsp brown sugar  
1 tbsp melted unsalted butter  
1 tsp cinnamon  
1/2 tsp vanilla extract  
1/8 tsp salt

## Preparation

Preheat oven to 350 F.  
Spray 8x8 pan with nonstick cooking spray.  
Cut 2 slices of white bread into cubes  
In a bowl, mix eggs, honey, sugar, butter, raisins, vanilla, and milk with bread cubes.  
Transfer mixture into pan and bake for 25-30 minutes.  
Pudding is ready when knife or toothpick inserted into middle come out clean

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>(60g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 12g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 4g	
Vitamin D 1mcg	6%
Calcium 58mg	4%
Iron 1mg	6%
Potassium 128mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Phosphorus: 32mg

# Piña Colada Smoothie\*

## Ingredients

3/4 cup frozen pineapple  
1/2 cup nonfat plain greek yogurt  
1 cup coconut milk

## Preparation

In a blender combine all ingredients until smooth.  
Pour smoothie into glass and enjoy

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(497g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 13g	
Includes 6g Added Sugars	<b>12%</b>
<b>Protein</b> 13g	
Vitamin D 2mcg	10%
Calcium 582mg	45%
Iron 1mg	6%
Potassium 205mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Phosphorus: 151mg

Makes 1 serving

Cook's Note: Add more liquid for a thinner smoothie

\*Consult dietitian or medical staff to learn how this recipe fits in nutrition goals.

# Blueberry Muffins

## Ingredients

2 cups all-purpose flour  
2 tsp baking powder  
1/2 cup white sugar  
2 tbsp plain cream cheese softened  
2 eggs, large  
1 cup nondairy milk  
1/4 cup unsweetened apple sauce  
1/2 tsp lemon juice  
1/2 tsp vanilla extract  
1 cup fresh or frozen blueberries

## Nutrition Facts

servings per container  
**Serving size** (79g)

**Amount per serving**  
**Calories** **140**

**% Daily Value\***

**Total Fat** 2g **3%**  
Saturated Fat 0.5g **3%**  
Trans Fat 0g

**Cholesterol** 30mg **10%**

**Sodium** 30mg **1%**

**Total Carbohydrate** 28g **10%**

Dietary Fiber 1g **4%**

Total Sugars 11g

Includes 10g Added Sugars **20%**

**Protein** 3g

Vitamin D 1mcg **6%**

Calcium 142mg **10%**

Iron 1mg **6%**

Potassium 25mg **0%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Phosphorus: 6mg

## Preparation

Preheat oven to 375 F.

Line and spray with non stick cooking spray 12 muffin tins.

In a bowl, mix flour, baking powder, and sugar.

In another bowl, combine, milk, egg, vanilla extract, lemon juice, and apple sauce.

Add combined wet ingredients to dry ingredients and mix in blueberries.

Fill muffin tins until 3/4 full and bake for 20-25 minutes or until inserted knife or toothpick comes out clean

Serving Size: 1 muffin; Makes 12 servings

Cook's Note: Try other berries, like strawberries, for a fruity modification to these muffins.

Nutrition label calculated with 1 cup almond milk.

# Strawberry Shortcake

## Ingredients

2 cups sliced strawberries, fresh

### *Cake*

Angel food cake mix

### *Whipped Cream*

1 cup heavy whipping cream

1/2 tsp vanilla extract

2 tbsp powdered sugar

## Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(104g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>310</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 30g	
Includes 28g Added Sugars	<b>56%</b>
<b>Protein</b> 4g	
Vitamin D 1mcg	6%
Calcium 30mg	2%
Iron 0mg	0%
Potassium 109mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Phosphorus: 23mg

## Preparation

### *Cake*

Prepare Angel food cake mix according to box instructions.

Remove from oven and allow to completely cool.

### *Whipped Cream*

In a bowl, combine heavy whipping cream, vanilla extract, and sugar.

Beat with an electric mixer or whisk until soft peaks form.

Cut one slice of cake and top with 2 tbsp whipping cream and 2 tbsp of sliced strawberries.

Repeat with other slices of cake

Serving Size: 1 slice of cake, 2 tbsp of whipping cream, 2 tbsp strawberries; Makes about 12 servings

# Snack List\*

Choose 1 from two categories

## Carbohydrates

1 cup unsalted popcorn    2 unsalted rice cakes  
1/2 cup unsalted pretzel    1 slice of toast  
5 unsalted crackers        1/2 pita



## Fruits

1/2 cup is a serving

1 small apple                      watermelon  
canned peaches                    applesauce  
canned pears                        grapes  
strawberries                        plum  
pineapple



## Dairy

1/2 cup is a serving

greek yogurt  
cottage cheese  
1oz cheese  
milk

## Vegetables

1/2 cup is a serving

beets                                  cauliflower  
cabbage                                broccoli  
carrots                                 summer squash  
cucumber                               radishes  
bell pepper                             lettuce  
celery                                    mushrooms

## Protein

1/4 cup tuna fish  
1 1/2 tbsp peanut butter  
2 tbsp hummus  
2 hard boiled eggs



\*Work with a Registered Dietitian to choose appropriate snacks to meet your nutrition needs.



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# Appendix

## Recipe Inspirations

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