

Recipes for day 4 Germany



Diet
In Chronic
Kidney Disease

24h

Total for day 4 (1 portion each meal - calculated for a 70-kg person)

Energy (kcal)	2,101	Phosphate (mg)	546
Protein (g)	29.4^A	Sodium (mg)	329
Carbohydrates (g)	284	Potassium (mg)	2,537^B
Fat (g)	92	Calcium (mg)	355

^A Please note that the minimum protein content is not met. Please ask your physician regarding a suitable therapeutic intervention.

^B Caution if you have to restrict your daily potassium intake!



Breakfast

Ingredients	Coffee
75 g White bread (protein-reduced flour)	150 ml Coffee
20 g (2 tsp) Honey	10 g (2 tsp) Sugar
20 g (4 tsp) Butter	10 ml Cow's milk
20 g Ham, cooked	

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for breakfast:	494	5.0	61	202	169



Snack

Ingredients

125 g Apples, fresh

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for snack:	66	0.4	15	4	164



Lunch

“Tiroler Gröstl“ (fried grated potatoes with bacon)

10 g Bacon
250 g Potatoes, fresh
10 g (2 tsp) Butter
20 g Onions, fresh
30 g Beef, cooked
5 g (1 tsp) Chives, fresh
¼ g (1 pinch) Marjoram
¼ g (1 pinch) Pepper

Tomato salad

150 g Tomatoes, fresh
20 g Onions, fresh
10 ml (1 tbsp) Vinegar
10 ml (1 tbsp) Olive oil

Cherry yoghurt

100 g Yoghurt, general	50 g Cherries, fresh
10 ml Cherry juice	

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for lunch:	616	21.1	390	101	1,864

Cooking instructions

Tiroler Gröstl (fried grated potatoes with bacon)

Cut the cooked potatoes in slices and fry them with 10 g butter. Cut the bacon and the onion into small cubes and fry them separately in a pan. Add the potatoes and the chives and season it spicy.

Tip: Instead of bacon, roasted pork can also be used.

Tomato salad

Cut the cleaned tomatoes and the peeled onion into slices. For the dressing mix the vinegar, olive oil, salt and pepper and pour around the tomatoes.

Tip: Garnish the salad with basil or other herbs.

Cherry yoghurt

Mix the yoghurt, sweet cherries and cherry juice.





Coffee

Coffee

150 ml Coffee
10 g (2 tsp) Sugar
10 ml Cow's milk

Chocolate-waffles

30 g Chocolate-waffles (protein-reduced)

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for coffee:	159	0.8	22	7	185



Dinner

Blueberry pancake

80 g Flour (protein-reduced)	150 ml Water
10 g Egg substitute	50 ml (5 tbsp) Cream (30% fat)
10 g (2 tsp) Butter	20 g (4 tsp) Butter, clarified
10 g (2 tsp) Sugar	150 g Blueberries, fresh

Nutrients	Energy (kcal)	Protein (g)	Phosphate (mg)	Sodium (mg)	Potassium (mg)
Total for dinner:	766	2.1	58	15	155

Cooking instructions

Blueberry pancake

Put the flour, water, egg substitute, cream into a bowl and stir in the melted butter. Leave the mixture to swell for approx. 30 minutes. Clean and dry the blueberries. Pour the dough in a pan that is covered with melted butter, sprinkle with blueberries, turn the pancake and fry the other side. Sprinkle with icing sugar, if you like.

Tip: Instead of blueberries, other fruits can be used, e.g. apples.