

Grocery List for Kidney-Friendly Meal Plans (Printable)

This grocery list combines ingredients from the Stage 3, Stage 4, and Vegetarian 7-day meal plans. Quantities will vary based on your household size and which meals you repeat. When buying packaged foods, **check labels for sodium and phosphate additives.**

Produce

- Apples
- Asparagus
- Avocado (small amount; used once)
- Bell peppers
- Blueberries
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Cucumbers
- Garlic
- Grapes
- Green beans
- Lemons (or bottled lemon juice)
- Lettuce / salad greens
- Mushrooms
- Onions
- Peaches
- Pears
- Pineapple
- Raspberries
- Strawberries
- Zucchini

Protein

- Chicken (breast or other fresh cuts)
- Eggs + egg whites (or carton egg whites)
- Fish (cod / white fish)
- Salmon
- Tuna (choose low-sodium if possible)
- Turkey (sliced/ground/fresh-cooked)
- Lean beef (optional; stir-fry)
- Tofu
- Tempeh
- Lentils (dry or canned; rinse if canned)

Grains & Starches

- Oats / oatmeal
- Rice
- Pasta
- Couscous
- Barley
- Quinoa
- Bread / toast
- Wraps / tortillas
- Rice cereal / cream of rice
- Rice cakes (unsalted)
- Dinner rolls / bread rolls (optional)

Packaged / convenience (check labels)

- Low-sodium broth (chicken/vegetable)
- Hummus (used once; check sodium/additives)
- Tomato sauce (used once; choose no-salt-added if possible)

Herbs, Spices & Condiments

- Cinnamon
- Olive oil
- Vinegar
- Black pepper
- Garlic powder
- Onion powder
- Herbs (optional)

Dairy & Alternatives

- Yogurt
- Unsweetened almond milk

Snacks

- Popcorn kernels
- Pretzels (unsalted/low-sodium)
- Crackers (unsalted)
- Nuts (unsalted; small portions)