

# Andrew's Favorites ESRD Cookbook

20 Kidney-Friendly Recipes Using Only Foods He Actually Likes

Optimized for Hemodialysis 3x/Week | Generated 2026-03-19

Na <2000mg | K <2000mg | P <800mg | Fluid <1500mL | Protein 70-90g/day

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**BEFORE YOU COOK:** These recipes are designed for ESRD on hemodialysis 3x/week. Every recipe stays within per-meal budgets (~500-650mg Na, ~600-650mg K, ~250mg P per meal). Always check with your nephrologist or renal dietitian before making major diet changes. Take your phosphorus binders with meals that contain protein.

## Table of Contents

### MAINS

1. CKD Chicken Tinga
2. Kidney-Friendly Chicken Cacciatore
3. Chicken Ragu over White Pasta (Slow Cooker)
4. Homemade Spaghetti with Meat Sauce
5. Steak and Eggs
6. Chicken Fajita Bowl
7. CKD Soft Tacos (Grilled Chicken)
8. Grilled Steak Tacos
9. One-Pan Chicken and Rice
10. Chicken Stir-Fry

## SIDES

1. Low-Sodium Spanish Rice
2. Homemade Refried Beans
3. CKD Caesar Salad
4. Garden Salad with Herb Vinaigrette
5. Roasted Peppers and Onions

## SNACKS & DRINKS

1. Homemade Pico de Gallo
2. Ghetto Baja Blast
3. CKD Fruit Bowl
4. Crystal Light Popsicles

## WEEKEND TREAT

1. Homemade Taco Night (Full Spread)

## EXTRAS

- Weekly Grocery Shopping List
  - Sample 3-Day Meal Plan
  - Quick Reference Cheat Sheet
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# 1. CKD Chicken Tinga

GREEN

Servings: 4    Prep: 10 min    Cook: 25 min

## Ingredients

- 1.5 lbs boneless skinless chicken thighs
- 4 medium fresh Roma tomatoes, diced
- 1 medium white onion, diced
- 3 cloves garlic, minced
- 1 chipotle pepper from a can (just ONE pepper, not the whole can) + 1 tsp adobo sauce
- 1 tsp cumin
- 1 tsp smoked paprika
- 1/2 tsp oregano
- 1 tbsp olive oil
- Juice of 1 lime
- Fresh cilantro for topping

## Instructions

1. Put olive oil in a big pan. Medium-high heat.
2. Put the chicken thighs in the pan. Cook 5 minutes. Flip. Cook 5 more minutes. Take chicken out and put it on a plate.
3. Same pan. Throw in the onion. Stir it around for 3 minutes until soft.
4. Add the garlic. Stir for 30 seconds. Don't burn it.
5. Add the diced tomatoes, the ONE chipotle pepper (chop it up first), and the 1 tsp of adobo sauce.
6. Add cumin, paprika, oregano. Stir it all together.
7. Put the chicken back in. Turn heat to medium-low. Cover. Cook 15 minutes.
8. Take chicken out. Shred it with two forks. Put it back in the sauce. Stir.
9. Squeeze lime juice over everything. Top with cilantro.
10. Eat it in a bowl, over rice, or in corn tortillas.

## Nutrition Per Serving

NUTRIENT	AMOUNT	% DAILY LIMIT	STATUS
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Calories	285 kcal	14%	
Sodium	195 mg	10%	<b>LOW</b>
Potassium	520 mg	26%	<b>GOOD</b>
Phosphorus	230 mg	29%	<b>GOOD</b>
Fluid	~120 mL	8%	<b>LOW</b>
Protein	34 g	--	<b>GREAT</b>

**CKD Tips:** The secret is using fresh tomatoes instead of canned (canned = sodium bomb). Using just ONE chipotle pepper from the can gives you all the smoky heat with almost no sodium. Rinse the pepper under water to remove extra adobo if you want even less. Chicken thighs have more iron than breasts and stay juicier — important when you're fighting anemia.

**Andrew's Notes:** This is the one. Tastes like the real thing from a taqueria. Put it over Spanish rice (recipe #11) with a side of pico (#16). If you want more heat, add a diced jalapeno in step 3. Pairs well with a Ghetto Baja Blast (#17).

## 2. Kidney-Friendly Chicken Cacciatore

GREEN

Servings: 4    Prep: 10 min    Cook: 35 min

### Ingredients

- 1.5 lbs boneless skinless chicken thighs, cut into chunks
- 1 can (14.5 oz) no-salt-added diced tomatoes
- 1 bell pepper (any color), sliced
- 1 medium onion, sliced
- 3 cloves garlic, minced
- 1 tsp Italian seasoning (or mix of oregano, basil, thyme)
- 1/2 tsp black pepper
- 1 tbsp olive oil
- 1/4 cup water
- 2 cups cooked white rice (for serving)

## Instructions

1. Put olive oil in a big pan or Dutch oven. Medium-high heat.
2. Put chicken chunks in. Cook 4 minutes, stir, cook 3 more minutes until browned on the outside.
3. Take chicken out. Set aside.
4. Same pan. Add onion and bell pepper. Cook 4 minutes until they start to soften.
5. Add garlic. Stir 30 seconds.
6. Pour in the can of no-salt tomatoes and the water.
7. Add Italian seasoning and black pepper. Stir.
8. Put chicken back in. Push it down into the sauce.
9. Turn heat to low. Cover. Cook 25 minutes.
10. Serve over white rice.

## Nutrition Per Serving (with 1/2 cup rice)

NUTRIENT	AMOUNT	% DAILY LIMIT	STATUS
Calories	365 kcal	18%	
Sodium	120 mg	6%	<b>LOW</b>
Potassium	560 mg	28%	<b>GOOD</b>
Phosphorus	245 mg	31%	<b>GOOD</b>
Fluid	~150 mL	10%	<b>LOW</b>
Protein	35 g	--	<b>GREAT</b>

**CKD Tips:** No-salt-added canned tomatoes are your best friend. Regular canned tomatoes have 300-400mg sodium per can. The no-salt version? About 50mg. White rice is the #1 CKD grain — low potassium, low phosphorus, and it stretches meals. Skip brown rice (way more K and P).

**Andrew's Notes:** Classic Italian comfort food. Use different colored peppers for variety. Add a pinch of red pepper flakes if you want some kick. Good leftover — tastes even better the next day. Pair with the Garden Salad (#14).

### 3. Chicken Ragu over White Pasta (Slow Cooker)

GREEN

Servings: 5    Prep: 10 min    Cook: 4-6 hours (slow cooker)

#### Ingredients

- 2 lbs boneless skinless chicken thighs
- 1 can (28 oz) no-salt-added crushed tomatoes
- 1 medium onion, diced
- 4 cloves garlic, minced
- 1 bell pepper, diced
- 1 tsp Italian seasoning
- 1 tsp smoked paprika
- 1/2 tsp black pepper
- 1 tbsp olive oil
- 10 oz white spaghetti or penne, cooked (for serving)

#### Instructions

1. Put the chicken thighs in the slow cooker.
2. Pour the crushed tomatoes over the chicken.
3. Add the onion, garlic, bell pepper on top.
4. Sprinkle Italian seasoning, paprika, black pepper over everything.
5. Drizzle the olive oil on top.
6. Put the lid on. Set to LOW for 6 hours or HIGH for 4 hours.
7. When it's done, take the chicken out. Shred it with two forks.
8. Put the shredded chicken back in. Stir everything together.
9. Cook your pasta separately. Drain it.
10. Put pasta in a bowl. Spoon the ragu on top.

#### Nutrition Per Serving (with 2 oz dry pasta)

NUTRIENT	AMOUNT	% DAILY LIMIT	STATUS
Calories	410 kcal	21%	
Sodium	105 mg	5%	<b>LOW</b>

Potassium	580 mg	29%	<b>GOOD</b>
Phosphorus	260 mg	33%	<b>MODERATE</b>
Fluid	~140 mL	9%	<b>LOW</b>
Protein	36 g	--	<b>GREAT</b>

**CKD Tips:** The slow cooker is your dialysis-day best friend. Throw everything in before your session. Come home to a hot meal. White pasta is CKD-safe — regular enriched spaghetti has less phosphorus than whole wheat. Avoid "protein-enriched" pastas — they add phosphorus additives.

**Andrew's Notes:** This is the lazy day recipe. Zero effort. Dump and forget. Makes great leftovers for 2-3 days. Add a Caesar salad (#13) on the side for a full meal. If you want it thicker, take the lid off for the last 30 minutes.

## 4. Homemade Spaghetti with Meat Sauce

GREEN

Servings: 4    Prep: 10 min    Cook: 30 min

### Ingredients

- 1 lb lean ground beef (90/10)
- 1 can (28 oz) no-salt-added crushed tomatoes
- 1 medium onion, diced fine
- 3 cloves garlic, minced
- 1 tsp Italian seasoning
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp black pepper
- 1 tbsp olive oil
- 1 tsp sugar (cuts the acidity)
- 8 oz white spaghetti, cooked

### Instructions

1. Put olive oil in a big pan. Medium-high heat.

2. Add the ground beef. Break it up with a spoon. Cook 6-7 minutes until browned.
3. Drain the fat. Tilt the pan and spoon out the grease.
4. Add the diced onion. Cook 3 minutes.
5. Add the garlic. Stir 30 seconds.
6. Pour in the whole can of no-salt crushed tomatoes.
7. Add Italian seasoning, garlic powder, onion powder, black pepper, and sugar.
8. Stir it all together. Turn heat to low.
9. Let it simmer 20 minutes. Stir it every 5 minutes so it doesn't stick.
10. Cook spaghetti separately in unsalted water. Drain.
11. Put spaghetti in bowl. Put sauce on top.

### Nutrition Per Serving (with 2 oz dry spaghetti)

NUTRIENT	AMOUNT	% DAILY LIMIT	STATUS
Calories	450 kcal	23%	
Sodium	110 mg	6%	<b>LOW</b>
Potassium	620 mg	31%	<b>GOOD</b>
Phosphorus	255 mg	32%	<b>GOOD</b>
Fluid	~150 mL	10%	<b>LOW</b>
Protein	30 g	--	<b>GREAT</b>

**CKD Tips:** Store-bought marinara has 400-600mg sodium per half cup. Making your own from no-salt crushed tomatoes drops that to almost nothing. The sugar isn't for sweetness — it kills the acidic bite from the tomatoes. Don't add parmesan — it's a phosphorus and sodium bomb (450mg Na per ounce). Cook pasta in UNSALTED water.

**Andrew's Notes:** The classic. Make a double batch of sauce and freeze half — you'll have a 5-minute meal next week. This is the recipe that proves you don't need jarred sauce. Way better, and your kidneys will thank you. Pairs with Caesar salad (#13).

## 5. Steak and Eggs

YELLOW

Servings: 1    Prep: 5 min    Cook: 12 min

### Ingredients

- 6 oz sirloin or ribeye steak
- 2 large eggs
- 1 tbsp olive oil (or unsalted butter)
- 1/2 tsp garlic powder
- 1/2 tsp black pepper
- 1/2 tsp dried rosemary (or thyme)
- 1 clove garlic, smashed (optional)

### Instructions

1. Take the steak out of the fridge 15 minutes before cooking. Let it warm up a little.
2. Rub garlic powder, black pepper, and rosemary on both sides of the steak.
3. Put a cast iron pan on the stove. Medium-high heat. Let it get hot for 2 minutes.
4. Add half the olive oil. Put the steak in. Don't touch it for 4 minutes.
5. Flip the steak. Cook 3-4 more minutes (medium-rare to medium).
6. If you have the smashed garlic clove, throw it in the pan next to the steak for the last 2 minutes.
7. Take steak out. Put it on a plate. Let it rest 3 minutes. (Seriously, don't cut it yet.)
8. Same pan. Turn heat to medium. Add the rest of the olive oil.
9. Crack both eggs in. Cook 3 minutes for over-easy, 4 minutes for over-medium.
10. Put eggs next to the steak. Done.

### Nutrition Per Serving

NUTRIENT	AMOUNT	% DAILY LIMIT	STATUS
Calories	520 kcal	26%	
Sodium	210 mg	11%	<b>LOW</b>
Potassium	580 mg	29%	<b>GOOD</b>

Phosphorus	380 mg	48%	<b>MODERATE</b>
Fluid	~80 mL	5%	<b>LOW</b>
Protein	48 g	--	<b>HIGH (take binder)</b>

**CKD Tips:** YELLOW because of the phosphorus from two eggs + steak. Take your phosphorus binder with this meal — seriously. Eggs have about 95mg P each. The organic phosphorus in steak absorbs at 40-60%, so it's not as bad as the number looks. Still, don't pair this with a high-P side. No cheese on the eggs. No ketchup (hidden sodium).

**Andrew's Notes:** This is the king of breakfasts. The herbs on the steak replace salt completely — you won't miss it. If you want, add the roasted peppers and onions (#15) on the side. Don't use steak sauce (1 tbsp = 280mg Na). The garlic in the pan makes the whole kitchen smell incredible.

## 6. Chicken Fajita Bowl

GREEN

Servings: 3    Prep: 10 min    Cook: 15 min

### Ingredients

- 1.25 lbs boneless skinless chicken breast, sliced thin
- 2 bell peppers (any colors), sliced
- 1 large onion, sliced
- 3 cloves garlic, minced
- 1 tbsp olive oil
- 1 tsp cumin
- 1 tsp chili powder
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/2 tsp black pepper
- Juice of 1 lime
- 1.5 cups cooked white rice (for bowls)
- Fresh cilantro, pico de gallo (#16) for topping

## Instructions

1. Mix cumin, chili powder, paprika, garlic powder, and black pepper in a small bowl. This is your fajita seasoning.
2. Toss the sliced chicken with half the seasoning mix.
3. Put olive oil in a big pan. High heat.
4. Put chicken in. Spread it out so it's not piled up. Cook 3 minutes. Stir. Cook 3 more minutes. Take chicken out.
5. Same pan. Add peppers and onions. Sprinkle the rest of the seasoning on them.
6. Cook 5 minutes, stirring a couple times. You want them a little charred but still crunchy.
7. Put chicken back in with the peppers and onions. Squeeze lime juice over everything. Stir 1 minute.
8. Put rice in a bowl. Put the fajita mix on top. Add pico and cilantro.

## Nutrition Per Serving (with 1/2 cup rice)

NUTRIENT	AMOUNT	% DAILY LIMIT	STATUS
Calories	380 kcal	19%	
Sodium	125 mg	6%	<b>LOW</b>
Potassium	560 mg	28%	<b>GOOD</b>
Phosphorus	250 mg	31%	<b>GOOD</b>
Fluid	~110 mL	7%	<b>LOW</b>
Protein	38 g	--	<b>GREAT</b>

**CKD Tips:** Skip the flour tortilla — one large flour tortilla is 450-500mg sodium all by itself. The bowl version gives you all the same flavors with almost zero sodium. Homemade fajita seasoning has ZERO sodium compared to a store packet (500mg+). If you must have a tortilla, use a small corn tortilla (~10mg Na each).

**Andrew's Notes:** This is better than Chipotle and costs about \$4 per serving. The char on the peppers and onions is everything — don't be scared of the high

heat. Top with the homemade pico (#16). Add a squeeze of extra lime. If you want sour cream, use 1 tbsp max (15mg Na, 20mg P — not bad).

## 7. CKD Soft Tacos (Grilled Chicken)

GREEN

Servings: 3 (2 tacos each)    Prep: 10 min    Cook: 12 min

### Ingredients

- 1.25 lbs boneless skinless chicken thighs
- 6 small corn tortillas
- 1 tsp cumin
- 1 tsp chili powder
- 1/2 tsp garlic powder
- 1/2 tsp black pepper
- Juice of 1 lime
- 1 tbsp olive oil
- Toppings: shredded lettuce, diced onion, fresh cilantro, pico de gallo (#16)

### Instructions

1. Mix cumin, chili powder, garlic powder, and black pepper in a bowl.
2. Rub the seasoning all over the chicken thighs.
3. Put olive oil in a pan. Medium-high heat.
4. Put chicken in. Cook 5 minutes. Flip. Cook 5 minutes.
5. Take chicken out. Let it rest 2 minutes. Chop it up into small pieces.
6. Squeeze lime juice over the chopped chicken.
7. Warm the corn tortillas. You can microwave them in a damp paper towel for 30 seconds. Or put them on a dry pan for 20 seconds each side.
8. Put chicken in tortillas. Add your toppings.

### Nutrition Per Serving (2 tacos)

NUTRIENT	AMOUNT	% DAILY LIMIT	STATUS
Calories	350 kcal	18%	
Sodium	85 mg	4%	<b>LOW</b>

Potassium	440 mg	22%	<b>GOOD</b>
Phosphorus	240 mg	30%	<b>GOOD</b>
Fluid	~90 mL	6%	<b>LOW</b>
Protein	36 g	--	<b>GREAT</b>

**CKD Tips:** Corn tortillas are the CKD move. About 10-15mg sodium each vs. 450-500mg for flour. Six corn tortillas = ~80mg Na total. Six flour tortillas = 2,700mg Na. That's the entire day. No cheese — use extra cilantro and lime instead. The acid from lime juice tricks your brain into thinking there's salt.

**Andrew's Notes:** Tuesday night tacos. Quick, easy, and the sodium is so low you could eat 4 of these and still be under budget. Double up the corn tortillas for each taco if they rip (they do that). The pico de gallo (#16) makes these sing.

## 8. Grilled Steak Tacos

GREEN

Servings: 3 (2 tacos each)    Prep: 10 min    Cook: 12 min

### Ingredients

- 1 lb flank steak or skirt steak
- 6 small corn tortillas
- Juice of 2 limes
- 2 cloves garlic, minced
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/2 tsp black pepper
- 1 tbsp olive oil
- Fresh cilantro, chopped
- Diced white onion
- Pico de gallo (#16) for topping

### Instructions

1. Mix lime juice (from 1 lime), garlic, cumin, chili powder, pepper, and olive oil in a bowl.

2. Put the steak in the bowl. Coat it. Let it sit 10 minutes (or up to 1 hour in the fridge if you planned ahead).
3. Heat a pan or grill to high heat.
4. Cook the steak 4 minutes. Flip. Cook 3-4 more minutes.
5. Take it out. Let it rest 5 minutes. This is important — if you cut it now, all the juice runs out.
6. Slice it thin against the grain. (Look at the lines in the meat. Cut across them, not with them.)
7. Squeeze the second lime over the sliced steak.
8. Warm your corn tortillas. Load them up with steak, cilantro, onion, and pico.

### Nutrition Per Serving (2 tacos)

NUTRIENT	AMOUNT	% DAILY LIMIT	STATUS
Calories	340 kcal	17%	
Sodium	95 mg	5%	<b>LOW</b>
Potassium	490 mg	25%	<b>GOOD</b>
Phosphorus	260 mg	33%	<b>GOOD</b>
Fluid	~75 mL	5%	<b>LOW</b>
Protein	32 g	--	<b>GREAT</b>

**CKD Tips:** Lime juice marinade does two things: tenderizes the steak AND replaces salt. Your tongue can't tell the difference between "salty" and "acidic + seasoned" when there's enough lime. Organic phosphorus from real steak absorbs at 40-60% — so that 260mg P is really more like 130-160mg absorbed. Take your binder anyway.

**Andrew's Notes:** Street taco vibes. The cilantro-lime combo on steak is absolutely elite. If you have an outdoor grill, even better — gives it that smoky char. These are the tacos you make when company comes over and nobody knows it's kidney-friendly food.

## 9. One-Pan Chicken and Rice

GREEN

Servings: 4   Prep: 10 min   Cook: 30 min

### Ingredients

- 1.5 lbs boneless skinless chicken thighs
- 1 cup white long-grain rice (uncooked)
- 2 cups water
- 1 bell pepper, diced
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 tsp cumin
- 1 tsp smoked paprika
- 1/2 tsp oregano
- 1/2 tsp black pepper
- 1 tbsp olive oil
- Juice of 1 lime
- Fresh cilantro

### Instructions

1. Mix cumin, paprika, oregano, and pepper in a small bowl. Rub half of it on the chicken.
2. Put olive oil in a deep pan or skillet with a lid. Medium-high heat.
3. Put chicken in. Cook 4 minutes per side. Take it out.
4. Same pan. Add onion and bell pepper. Cook 3 minutes.
5. Add garlic. Stir 30 seconds.
6. Add the uncooked rice. Stir it around for 1 minute so it gets coated in the oil and veggies.
7. Pour in the 2 cups of water. Add the rest of the seasoning. Stir.
8. Put the chicken on top of the rice. Don't stir it in.
9. Bring to a boil. Then turn heat to LOW. Put the lid on.
10. Cook 18 minutes. Don't open the lid. Seriously, don't.
11. Turn off the heat. Let it sit with the lid on for 5 more minutes.
12. Open it up. Squeeze lime over everything. Add cilantro.

## Nutrition Per Serving

NUTRIENT	AMOUNT	% DAILY LIMIT	STATUS
Calories	420 kcal	21%	
Sodium	115 mg	6%	<b>LOW</b>
Potassium	510 mg	26%	<b>GOOD</b>
Phosphorus	255 mg	32%	<b>GOOD</b>
Fluid	~130 mL	9%	<b>LOW</b>
Protein	35 g	--	<b>GREAT</b>

**CKD Tips:** Using water instead of chicken broth saves 800-900mg sodium for the whole dish. The chicken drippings flavor the rice anyway, so you don't miss the broth at all. This is a complete meal in one pan — protein, carb, and veggies. One pan = one thing to wash. Win.

**Andrew's Notes:** The rice absorbs the chicken juices and becomes insanely flavorful. Don't skip the "don't open the lid" step — the steam is what cooks the rice perfectly. This is a weeknight go-to. Leftovers reheat great in the microwave with a splash of water.

## 10. Chicken Stir-Fry

YELLOW

Servings: 3    Prep: 10 min    Cook: 12 min

### Ingredients

- 1.25 lbs boneless skinless chicken breast, sliced thin
- 2 bell peppers (mixed colors), sliced
- 1 large onion, sliced
- 3 cloves garlic, minced
- 1 tbsp low-sodium soy sauce (like Kikkoman Less Sodium)
- 1 tsp sesame oil
- 1 tbsp olive oil
- 1/2 tsp ground ginger (or 1 tsp fresh grated)

- 1/2 tsp black pepper
- 1/2 tsp garlic powder
- 1.5 cups cooked white rice (for serving)

### Instructions

1. Put olive oil in a big pan or wok. High heat.
2. Put chicken in. Spread it out flat — don't pile it. Cook 3 minutes. Stir. Cook 2 more minutes. Take chicken out.
3. Same pan. Add sesame oil. Then peppers and onions. Cook 3 minutes on high heat. You want a little char.
4. Add garlic and ginger. Stir 30 seconds.
5. Put chicken back in.
6. Pour the low-sodium soy sauce over everything.
7. Add garlic powder and black pepper.
8. Stir everything together for 1 minute.
9. Serve over white rice.

### Nutrition Per Serving (with 1/2 cup rice)

NUTRIENT	AMOUNT	% DAILY LIMIT	STATUS
Calories	390 kcal	20%	
Sodium	320 mg	16%	<b>MODERATE</b>
Potassium	530 mg	27%	<b>GOOD</b>
Phosphorus	260 mg	33%	<b>GOOD</b>
Fluid	~100 mL	7%	<b>LOW</b>
Protein	39 g	--	<b>GREAT</b>

**CKD Tips:** YELLOW because of the soy sauce sodium. Even low-sodium soy sauce has about 575mg per tablespoon split across 3 servings. Regular soy sauce would be 1,000mg per tablespoon — never use regular. If you want to go GREEN, replace soy sauce with 1 tbsp rice vinegar + extra garlic. Sesame oil is a flavor cheat code — a tiny bit goes a long way.

**Andrew's Notes:** This is fast. 12 minutes from pan to plate. The trick is cooking on HIGH heat so the chicken and veggies get that restaurant stir-fry char. Don't

overcrowd the pan or everything steams instead of sears. If your pan isn't big enough, cook the chicken in two batches.

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## SIDES

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### 11. Low-Sodium Spanish Rice

GREEN

Servings: 4    Prep: 5 min    Cook: 25 min

#### Ingredients

- 1 cup white long-grain rice
- 2 cups water (NOT broth)
- 2 tbsp no-salt-added tomato paste
- 1/2 medium onion, diced fine
- 2 cloves garlic, minced
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper
- 1 tbsp olive oil

#### Instructions

1. Put olive oil in a medium pot. Medium heat.
2. Add the uncooked rice. Stir it around for 2 minutes until it starts to look a little golden.
3. Add the onion. Cook 2 minutes.
4. Add garlic. Stir 30 seconds.
5. Add the tomato paste. Stir it in so it coats the rice.
6. Pour in the 2 cups of water.
7. Add cumin, chili powder, paprika, black pepper.

8. Stir once. Bring to a boil.
9. Turn heat to LOW. Put the lid on. Cook 18 minutes.
10. Turn off heat. Leave the lid on for 5 minutes.
11. Fluff with a fork.

### Nutrition Per Serving (about 3/4 cup)

NUTRIENT	AMOUNT	% DAILY LIMIT	STATUS
Calories	210 kcal	11%	
Sodium	15 mg	1%	<b>ALMOST ZERO</b>
Potassium	120 mg	6%	<b>LOW</b>
Phosphorus	55 mg	7%	<b>LOW</b>
Fluid	~80 mL	5%	<b>LOW</b>
Protein	4 g	--	

**CKD Tips:** Restaurant Spanish rice uses chicken broth (1,000mg+ sodium per batch). Yours uses water + spices. Tastes just as good. Toasting the rice first in oil gives it that nutty, restaurant-style flavor without any sodium. No-salt tomato paste has about 10mg Na per tablespoon vs. regular at 130mg.

**Andrew's Notes:** This goes with literally everything in this cookbook. Make a big batch — it reheats perfectly. The secret is toasting the dry rice in oil before adding water. That's what makes it taste like restaurant rice instead of plain white rice.

## 12. Homemade Refried Beans (40% Less Potassium)

**YELLOW**

Servings: 6    Prep: 8 hours (soaking) + 10 min    Cook: 2 hours

### Ingredients

- 1 lb dry pinto beans
- Water for soaking and boiling (lots)

- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/2 tsp black pepper
- 2 tbsp olive oil

### Instructions

1. Put the dry beans in a big bowl. Cover with water. At least 3 inches of water above the beans. Let them soak for 8 hours or overnight.
2. Drain the soaking water. Rinse the beans. (This is what removes the potassium — the K leaches into the water.)
3. Put beans in a big pot. Cover with fresh water — about 2 inches above the beans.
4. Bring to a boil. Turn to medium-low. Cook 1.5 to 2 hours until beans are very soft. Add more water if it gets low.
5. Drain the beans. Save about 1/2 cup of the cooking water.
6. In a separate pan, heat olive oil. Medium heat. Add onion. Cook 4 minutes.
7. Add garlic. Stir 30 seconds.
8. Add the drained beans to the pan. Add cumin, chili powder, pepper.
9. Mash them with a potato masher or the back of a big spoon. Add a little of the saved cooking water if they're too thick.
10. Stir and mash until you get the texture you want. Some chunks are fine.

### Nutrition Per Serving (about 2/3 cup)

NUTRIENT	AMOUNT	% DAILY LIMIT	STATUS
Calories	220 kcal	11%	
Sodium	8 mg	0.4%	<b>ZERO</b>
Potassium	380 mg	19%	<b>MODERATE</b>
Phosphorus	150 mg	19%	<b>GOOD</b>
Fluid	~60 mL	4%	<b>LOW</b>
Protein	12 g	--	<b>GOOD</b>

**CKD Tips:** YELLOW for potassium — beans are naturally high in K, but the soak-drain-boil-drain method removes about 40% of it. Canned refried beans have 500-700mg sodium per serving. Yours have 8mg. EIGHT. This is the biggest sodium win in the whole cookbook. Keep portions to 2/3 cup max. Freeze extras in 2/3 cup portions.

**Andrew's Notes:** Yes, you have to plan ahead with the soaking. Do it before bed, make beans the next day. These taste 10x better than canned and cost like \$1.50 for the whole batch. Perfect side for taco night (#20). Make a big pot and freeze in portions.

## 13. CKD Caesar Salad

GREEN

Servings: 2    Prep: 10 min    Cook: 0 min

### Ingredients

- 4 cups chopped romaine lettuce
- 1 tbsp olive oil
- Juice of 1 lemon
- 1 clove garlic, minced very fine (or 1/2 tsp garlic powder)
- 1/2 tsp black pepper
- 1/2 tsp dried oregano
- Unsalted croutons (optional — make your own by cubing bread and toasting in olive oil)

### Dressing Instructions

1. Put olive oil, lemon juice, garlic, pepper, and oregano in a small jar or bowl.
2. Whisk it or shake it up.
3. Pour over the romaine. Toss it.
4. Add croutons if you want.
5. That's it.

### Nutrition Per Serving

NUTRIENT	AMOUNT	% DAILY LIMIT	STATUS
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Calories	95 kcal	5%	
Sodium	10 mg	0.5%	<b>ZERO</b>
Potassium	220 mg	11%	<b>LOW</b>
Phosphorus	35 mg	4%	<b>LOW</b>
Fluid	~100 mL	7%	<b>LOW</b>
Protein	2 g	--	

**CKD Tips:** Skip the parmesan. 1 oz of parmesan = 450mg sodium + 200mg phosphorus. Not worth it. The lemon-olive oil dressing is a perfect substitute. Bottled Caesar dressing has 300-400mg sodium per serving. Your homemade version has basically zero. Romaine is the best lettuce for CKD — low potassium and a good source of folate.

**Andrew's Notes:** Simple, fast, and goes with pasta nights. The lemon + garlic + olive oil combo is honestly better than bottled dressing once you get used to it. If you want more substance, add sliced chicken from any of the main recipes on top.

## 14. Garden Salad with Herb Vinaigrette

GREEN

Servings: 2    Prep: 10 min    Cook: 0 min

### Ingredients

- 4 cups mixed greens or chopped romaine
- 1/2 bell pepper, diced
- 1/4 cup diced onion
- 1/4 cup diced cucumber
- 4-5 grape tomatoes, halved

### Herb Vinaigrette

- 2 tbsp olive oil
- 1 tbsp red wine vinegar (or white vinegar)
- 1/2 tsp dried basil

- 1/2 tsp dried oregano
- 1/4 tsp garlic powder
- 1/4 tsp black pepper

### Instructions

1. Put all the salad stuff in a big bowl.
2. Mix all the dressing stuff together in a small bowl or jar.
3. Pour dressing on salad. Toss.
4. Eat.

### Nutrition Per Serving

NUTRIENT	AMOUNT	% DAILY LIMIT	STATUS
Calories	140 kcal	7%	
Sodium	12 mg	0.6%	<b>ZERO</b>
Potassium	280 mg	14%	<b>LOW</b>
Phosphorus	40 mg	5%	<b>LOW</b>
Fluid	~120 mL	8%	<b>LOW</b>
Protein	2 g	--	

**CKD Tips:** Bottled dressings are sodium nightmares (300-500mg per serving). This herb vinaigrette has basically zero. Avoid croutons from a bag (150-200mg Na per serving) — if you want crunch, toast unsalted bread cubes in olive oil. Keep the tomatoes limited to 4-5 grape tomatoes to keep potassium manageable.

**Andrew's Notes:** Quick side salad. Throw whatever veggies you have in. The vinaigrette is the key — once you realize you can make dressing in 30 seconds, you'll never buy a bottle again. Good with the chicken cacciatore (#2) or spaghetti (#4).

## 15. Roasted Peppers and Onions

GREEN

Servings: 3    Prep: 5 min    Cook: 20 min

### Ingredients

- 3 bell peppers (mix of colors), sliced thick
- 2 medium onions, sliced thick
- 4 cloves garlic, whole or halved
- 2 tbsp olive oil
- 1 tsp oregano
- 1/2 tsp black pepper
- 1/2 tsp smoked paprika

### Instructions

1. Turn oven to 425F.
2. Put peppers, onions, and garlic on a baking sheet.
3. Pour olive oil over everything. Sprinkle oregano, pepper, paprika.
4. Toss it around with your hands so everything is coated.
5. Spread it out in one layer. Don't pile it up.
6. Put it in the oven. 20 minutes.
7. Take it out. Done.

### Nutrition Per Serving

NUTRIENT	AMOUNT	% DAILY LIMIT	STATUS
Calories	130 kcal	7%	
Sodium	8 mg	0.4%	<b>ZERO</b>
Potassium	310 mg	16%	<b>GOOD</b>
Phosphorus	40 mg	5%	<b>LOW</b>
Fluid	~70 mL	5%	<b>LOW</b>
Protein	2 g	--	

**CKD Tips:** Roasting concentrates flavors, so you don't need salt. The natural sugars in the peppers and onions caramelize and create their own "seasoning." Bell peppers are one of the best CKD vegetables — low potassium, high in

vitamin C (which helps iron absorption — important for anemia). This goes with everything.

**Andrew's Notes:** Put these on the steak and eggs (#5). Put them on tacos. Put them on rice. Put them in a fajita bowl. This is the universal CKD side dish. Make extra — they keep 4 days in the fridge. The roasted garlic cloves are spreadable and incredible.

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## SNACKS & DRINKS

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### 16. Homemade Pico de Gallo

GREEN

Servings: 6 (about 1/4 cup each)    Prep: 10 min    Cook: 0 min

#### Ingredients

- 4 Roma tomatoes, diced small
- 1/2 white onion, diced fine
- 1 jalapeno, seeded and diced fine (leave seeds in if you want more heat)
- 1/4 cup fresh cilantro, chopped
- Juice of 2 limes
- NO SALT

#### Instructions

1. Dice the tomatoes. Put in a bowl.
2. Dice the onion. Put in the bowl.
3. Cut the jalapeno in half. Scrape out the seeds with a spoon (unless you want heat). Dice it small. Put in the bowl.
4. Chop the cilantro. Put in the bowl.
5. Squeeze the limes over everything.
6. Stir it up.
7. Let it sit 10 minutes before eating so the flavors come together.

8. Keeps 3-4 days in the fridge.

### Nutrition Per Serving (1/4 cup)

NUTRIENT	AMOUNT	% DAILY LIMIT	STATUS
Calories	15 kcal	1%	
Sodium	3 mg	0.2%	<b>ZERO</b>
Potassium	130 mg	7%	<b>LOW</b>
Phosphorus	15 mg	2%	<b>LOW</b>
Fluid	~40 mL	3%	<b>LOW</b>
Protein	0.5 g	--	

**CKD Tips:** Store-bought salsa ranges from 200-400mg sodium per serving. Your pico has 3mg. THREE. And it tastes way better. The lime juice is the secret weapon — it replaces salt and adds brightness. This is free flavor you can put on everything. Wash your hands after handling the jalapeno or you'll regret touching your eyes later.

**Andrew's Notes:** This is the condiment that makes half this cookbook work. Make a batch on Sunday, use it all week. Goes on eggs, tacos, rice, chicken — everything. Extra lime juice = extra good. If you don't like cilantro (you do), you could use parsley but why would you.

## 17. "Ghetto Baja Blast"

GREEN

Servings: 1    Prep: 2 min    Cook: 0 min

### Ingredients

- 8 oz cold water
- Juice of 1/2 lime
- 1 tbsp sugar (or 1 packet Splenda/stevia)
- Ice (optional — remember, ice counts as fluid)

### Instructions

1. Put water in a glass.

2. Squeeze the lime in.
3. Add the sugar. Stir until dissolved.
4. Add ice if you want. Drink it.

### Nutrition Per Serving

NUTRIENT	AMOUNT	% DAILY LIMIT	STATUS
Calories	55 kcal (15 with sugar substitute)	3%	
Sodium	2 mg	0.1%	<b>ZERO</b>
Potassium	25 mg	1%	<b>ZERO</b>
Phosphorus	0 mg	0%	<b>ZERO P</b>
Fluid	~250 mL	17%	<b>TRACK THIS</b>
Protein	0 g	--	

**CKD Tips:** A large Baja Blast from Taco Bell is 887mL of fluid + 80mg phosphorus (from phosphoric acid). This gives you the lime-sweet fix with ZERO phosphorus in 250mL. Soda is one of the worst things for CKD — phosphoric acid in dark sodas (Coke, Pepsi, Mountain Dew) is inorganic phosphorus that absorbs at 90-100%. This replacement saves your life. Literally. Count the fluid toward your daily limit.

**Andrew's Notes:** Is it Baja Blast? No. Does it hit the same craving for something cold, sweet, and limey? Close enough. The sugar version tastes better but the Splenda version works fine. Make it in a big cup with lots of ice. Goes with taco night (#20) obviously.

## 18. CKD Fruit Bowl

GREEN

Servings: 2    Prep: 5 min    Cook: 0 min

### Ingredients

- 1/2 cup diced apple (about half a medium apple)
- 1/2 cup pineapple chunks (fresh or canned in juice — drain the juice)
- 1/2 cup red grapes, halved

- 1/4 cup blueberries
- 1/4 cup sliced strawberries
- Squeeze of lime (optional)

### Instructions

1. Cut up the fruit.
2. Put it in a bowl.
3. Squeeze lime on top if you want.
4. Eat it.

### Nutrition Per Serving

NUTRIENT	AMOUNT	% DAILY LIMIT	STATUS
Calories	85 kcal	4%	
Sodium	3 mg	0.2%	<b>ZERO</b>
Potassium	175 mg	9%	<b>LOW</b>
Phosphorus	20 mg	3%	<b>LOW</b>
Fluid	~100 mL	7%	<b>LOW</b>
Protein	1 g	--	

**CKD Tips:** These are the CKD-safe fruits. Apples, pineapple, grapes, blueberries, and strawberries are all LOW potassium. Avoid: bananas (422mg K per banana), oranges (237mg K), kiwi (215mg K), cantaloupe (267mg K). If using canned pineapple, DRAIN the juice — don't drink it (extra potassium + counts as fluid). Fresh is better when possible.

**Andrew's Notes:** This is the snack. Sweet, cold, refreshing. Make it after dialysis when you feel like garbage and need something that isn't heavy. The lime squeeze on top makes it pop. Keep pre-cut fruit in the fridge so it's grab-and-go when you're too tired to do anything.

## 19. Crystal Light Popsicles

GREEN

Servings: 6 popsicles    Prep: 5 min    Freeze: 4-6 hours

### Ingredients

- 1 packet Crystal Light (any flavor — Lemonade and Fruit Punch are good)
- 2 cups cold water
- Popsicle molds (or paper cups + popsicle sticks)

### Instructions

1. Mix the Crystal Light packet with 2 cups of water in a pitcher. Stir until dissolved.
2. Pour into popsicle molds. Leave a little room at the top — it expands when it freezes.
3. If using paper cups: fill cups 3/4 full. Cover each cup with foil. Poke a popsicle stick through the center of each foil.
4. Put in the freezer. Wait 4-6 hours.
5. To get them out: run warm water on the outside of the mold for 10 seconds. They'll slide out.

### Nutrition Per Popsicle

NUTRIENT	AMOUNT	% DAILY LIMIT	STATUS
Calories	5 kcal	0%	
Sodium	10 mg	0.5%	<b>ZERO</b>
Potassium	5 mg	0.3%	<b>ZERO</b>
Phosphorus	0 mg	0%	<b>ZERO P</b>
Fluid	~60 mL	4%	<b>LOW</b>
Protein	0 g	--	

**CKD Tips:** Frozen popsicles count as fluid — about 60mL each. But that's way less than drinking a glass of something (240mL). They last longer too — you suck on a popsicle for 10 minutes vs. chugging a drink in 30 seconds. This is a fluid management hack. Store-bought popsicles often have added phosphorus. These have zero.

**Andrew's Notes:** The perfect dialysis recovery snack. You come home, you're wiped out, you grab a popsicle. It's cold, it's sweet, it barely counts toward fluid.

Make a batch every week. Try different Crystal Light flavors to keep it interesting.  
The paper cup method works fine if you don't have molds.

## WEEKEND TREAT

### 20. Homemade Taco Night (Full Spread)

GREEN

Servings: 4    Prep: 15 min    Cook: 15 min

The meal that replaces a \$7.20 Taco Bell run at 410mg Na instead of 2,725mg.

#### The Spread

- **Seasoned Meat:** 1.5 lbs ground beef (90/10) OR sliced chicken thighs
- **Homemade Taco Seasoning:** 1 tbsp chili powder, 1 tsp cumin, 1 tsp garlic powder, 1/2 tsp onion powder, 1/2 tsp smoked paprika, 1/2 tsp oregano, 1/2 tsp black pepper, pinch of cayenne
- **Shells:** 12 small corn tortillas
- **Toppings:**
  - Pico de Gallo (#16)
  - Shredded lettuce
  - Sliced peppers and onions (#15 or raw)
  - Fresh cilantro
  - Lime wedges
  - Hot sauce (1 tsp = ~120mg Na, use sparingly)
- **Sides:** Spanish Rice (#11), Refried Beans (#12)

#### Instructions

1. Mix all the taco seasoning spices together in a small bowl.
2. If using ground beef: Put it in a pan. Medium-high heat. Break it up. Cook 7 minutes until browned. Drain the fat.
3. If using chicken: Slice thin, cook in olive oil 4 minutes per side, then chop.

4. Add 1/4 cup water to the meat. Add all the taco seasoning. Stir. Cook 3 minutes until the water cooks off and the meat is coated.
5. Warm the corn tortillas (microwave in damp paper towel 30 seconds, or dry pan 20 seconds per side).
6. Set everything out on the table: meat, tortillas, pico, lettuce, peppers, onions, cilantro, limes.
7. Build your tacos. Eat them.
8. Feel zero guilt.

**Nutrition Per Serving (3 tacos with toppings + 1/2 cup rice + 1/3 cup beans)**

NUTRIENT	AMOUNT	% DAILY LIMIT	STATUS
Calories	620 kcal	31%	
Sodium	410 mg	21%	<b>GOOD</b>
Potassium	640 mg	32%	<b>GOOD</b>
Phosphorus	310 mg	39%	<b>MODERATE</b>
Fluid	~180 mL	12%	<b>LOW</b>
Protein	38 g	--	<b>GREAT</b>

**COMPARISON: Taco Bell Supreme Luxe Box vs. Homemade Taco Night**

METRIC	TACO BELL	HOMEMADE	SAVINGS
Cost	\$7.70	\$4.00	\$3.70
Sodium	2,725 mg (118% daily)	410 mg (21%)	-2,315 mg
Potassium	640 mg	640 mg	0 mg
Phosphorus	310 mg	310 mg	0 mg
Fluid	1,097 mL (12% daily)	180 mL (12%)	-917 mL
Protein	38 g	38 g	0 mg

**Translation:** You save \$3.70, eliminate 2,315mg sodium, and free up 917mL of

fluid — that's almost a full day's fluid allowance you get back. And you get more tacos.

**CKD Tips:** Store-bought taco seasoning packets have 300-400mg sodium PER SERVING. Your homemade version: zero. The entire sodium content of this meal comes from the natural sodium in the meat and tiny amounts in the tortillas. Take a phosphorus binder with this meal since it's the biggest one. If you skip the beans, phosphorus drops to about 220mg.

**Andrew's Notes:** This is the Saturday night move. Put on some music. Set everything out buffet style. Lauren can make hers however she wants. You make yours with extra pico and cilantro. Have a Ghetto Baja Blast (#17) on the side. You'll never need Taco Bell again. (You'll still go to Taco Bell. But you'll need it less.)

## Sample 3-Day Meal Plan

Keeps you under all daily limits every day

### DAY 1 — Dialysis Day (Easy Mode)

MEAL	WHAT	NA	K	P	FLUID	PROTEIN
Breakfast	Steak and Eggs (#5)	210	580	380	80	48g
Post-Dialysis Snack	Crystal Light Popsicle (#19) x2	20	10	0	120	0g
Dinner	Chicken Ragu over Pasta (#3)	105	580	260	140	36g
Snack	Fruit Bowl (#18)	3	175	20	100	1g
Drink	Ghetto Baja Blast (#17)	2	25	0	250	0g
<b>TOTAL</b>		<b>340</b>	<b>1,370</b>	<b>660</b>	<b>690</b>	<b>85g</b>

## DAY 2 — Regular Day

MEAL	WHAT	NA	K	P	FLUID	PROTEIN
Breakfast	Leftover Chicken Tinga (#1) in corn tortillas	200	520	230	120	34g
Lunch	Chicken Fajita Bowl (#6)	125	560	250	110	38g
Dinner	Garden Salad (#14) + leftover Spaghetti (#4)	122	560	175	200	17g
Snack	Apple slices	1	80	10	50	0g
Drink	Water + lime	0	10	0	240	0g
<b>TOTAL</b>		<b>448</b>	<b>1,730</b>	<b>665</b>	<b>720</b>	<b>89g</b>

## DAY 3 — Taco Night

MEAL	WHAT	NA	K	P	FLUID	PROTEIN
Breakfast	One-Pan Chicken and Rice (#9) — leftovers	115	510	255	130	35g
Lunch	CKD Caesar Salad (#13) + leftover chicken	75	340	155	120	22g
Dinner	Homemade Taco Night (#20)	410	640	310	180	38g
Snack	Crystal Light Popsicle (#19)	10	5	0	60	0g
Drink	Water	0	0	0	240	0g
<b>TOTAL</b>		<b>610</b>	<b>1,495</b>	<b>720</b>	<b>730</b>	<b>95g</b>

**Note:** All three days stay well under every limit. You have room for a KitKat (~70mg Na, 60mg K, 45mg P) or half a Snickers (~75mg Na, 85mg K, 50mg P) on any of these days without blowing a single budget. Treats are fine when the rest of your day is clean.

## Quick Reference Cheat Sheet

### Sodium Swaps That Save Your Life

INSTEAD OF THIS	NA (MG)	USE THIS	NA (MG)	SAVED
Store taco seasoning packet	400	Homemade spice blend	0	<b>400mg</b>
Canned refried beans (1/2 cup)	580	Homemade from dry (#12)	8	<b>572mg</b>
Jarred marinara (1/2 cup)	480	No-salt crushed tomatoes	15	<b>465mg</b>
Flour tortilla (10")	480	Corn tortilla (small)	12	<b>468mg</b>
Bottled Caesar dressing	360	Lemon-olive oil (#13)	0	<b>360mg</b>
Store-bought salsa	280	Homemade pico (#16)	3	<b>277mg</b>
Chicken broth (1 cup)	860	Water + spices	0	<b>860mg</b>
Soy sauce (1 tbsp)	1,000	Low-sodium soy (1 tbsp)	575	<b>425mg</b>
Parmesan (1 oz)	450	Skip it (use lemon + herbs)	0	<b>450mg</b>

### The Kidney-Safe Pantry Essentials

ALWAYS HAVE	WHY
No-salt-added canned tomatoes (crushed + diced)	Base for 6+ recipes in this book
No-salt-added tomato paste	Spanish rice, sauces
White rice (long grain)	Lowest K and P grain
White pasta (spaghetti, penne)	Low P, good energy
Corn tortillas (small)	12mg Na each vs 480mg flour
Olive oil	Healthy fat, zero Na/K/P
Limes (buy 6-8 per week)	Replaces salt on everything

Garlic (fresh + powder)	Flavor without sodium
Cumin, chili powder, paprika, oregano	Your main seasoning rotation
Dry pinto beans	Soak to remove K, way cheaper than canned
Crystal Light packets	Popsicles + drinks, zero P

### Phosphorus Binder Reminder

MEAL TYPE	TAKE BINDER?	WHY
High-protein meals (steak, eggs, taco night)	<b>YES</b>	Protein = phosphorus. Take with first bite.
Salads, fruit, popsicles	<b>SKIP</b>	Almost zero phosphorus. Save your binders.
Pasta/rice meals with meat	<b>YES</b>	Meat adds P. Take it.
Anything from a restaurant	<b>ALWAYS</b>	Hidden phosphorus additives everywhere.

## Weekly Grocery Shopping List

Covers 7 days of meals from this cookbook. Estimated total: \$45-55

### Protein

- 3 lbs boneless skinless chicken thighs
- 1.25 lbs boneless skinless chicken breast
- 1 lb lean ground beef (90/10)
- 1 lb flank steak or sirloin
- 1 dozen large eggs

### Produce

- 6-8 bell peppers (mixed colors)
- 4-5 medium onions (white or yellow)
- 2 heads garlic (you go through a lot)
- 8-10 Roma tomatoes
- 2-3 jalapenos

- 2 heads romaine lettuce
- 1 cucumber
- 8-10 limes (seriously, buy a bag)
- 1 lemon
- 2 bunches fresh cilantro

- 2 apples
- 1 pineapple (or 1 can in juice)
- 1 bunch grapes (red)
- 1 pint blueberries
- 1 pint strawberries

### **Pantry (buy once, lasts weeks)**

- White long-grain rice (2 lb bag)
- White spaghetti (1 lb box)
- No-salt-added crushed tomatoes (2 cans, 28 oz each)
- No-salt-added diced tomatoes (1 can, 14.5 oz)
- No-salt-added tomato paste (1 small can)

- Dry pinto beans (1 lb bag)
- Small corn tortillas (2 packages, ~24 total)
- Olive oil (if running low)
- 1 small can chipotle peppers in adobo (use 1 pepper, freeze the rest in ice cube tray)

### **Spices (buy once, lasts months)**

- Cumin (ground)
- Chili powder
- Smoked paprika
- Garlic powder
- Onion powder
- Oregano (dried)

- Italian seasoning
- Black pepper
- Rosemary or thyme (dried)
- Ground ginger
- Cayenne pepper

### **Other**

- Low-sodium soy sauce (Kikkoman Less Sodium — 1 bottle lasts months)
- Sesame oil (small bottle — lasts months)

- Red wine vinegar (or white vinegar)
- Sugar (small bag) or Splenda/stevia packets
- Crystal Light packets (variety pack)

### **Optional Treats**

- KitKat bars (fun size — ~70mg Na, 45mg P each)

- Snickers bars (fun size — ~75mg Na, 50mg P each)

### Shopping Tips:

- Buy chicken thighs in bulk (3+ lbs) and freeze in 1.5 lb portions. Way cheaper.
- Check the label on EVERYTHING for sodium. "No salt added" is your phrase.
- The spice aisle is a one-time investment. \$15-20 sets you up for months.
- Corn tortillas are in the refrigerated section, not the bread aisle, at most stores.
- Buy limes in the bag — usually 8-10 for \$2-3. You'll use them all.
- Freeze leftover chipotle peppers individually in an ice cube tray, then pop them into a freezer bag. One pepper per recipe.

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Andrew's Favorites ESRD Cookbook | 20 Recipes | All CKD-Optimized

Na <2000mg | K <2000mg | P <800mg | Fluid <1500mL | Protein 70-90g/day

Generated 2026-03-19 | Made with care for hemodialysis patients who still want to eat good food.

Disclaimer: This cookbook is for informational purposes. Always consult your nephrologist and renal dietitian for personalized dietary advice. Nutritional values are estimates based on USDA data and may vary by brand and preparation.