

CKD Daily Driver

Kitchen counter reference. No essays. Just cook.

"Eat like you love food and life whether your kidneys work or not."

Drew & Lauren's Kitchen

Portland, Oregon

NorthStar Prime · 2026

For the nights when you're too tired to think but too hungry to sleep.

For the mornings when the kitchen is the only place that makes sense.

For Lauren, who eats what I cook and pretends the smoke alarm isn't going off.

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- 4. Daily Cannabis Dosing** — (edibles only — transplant prereq), HD-day rules, sourcing guide, Vorath Sour recipe.
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PART D · THE SOCIAL LAYER

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1. Turn-Up Shortcut — How Andrew Cooks

Lever	Pick 2	Add when
HEAT — Fresh	Fresno · Serrano · Jalapeño · Habanero (½) · Thai bird · Calabrian	Early (in cook) + late (raw finish)
HEAT — Dried/Smoked	Chipotle-in-adobo · Guajillo (toasted) · Árbol · Ancho · Aji amarillo paste · Gochugaru · Gochujang	Early — toast dry, rehydrate, blend in
ACID — Citrus	Lime · Lemon · Orange · Grapefruit	End, off heat. Zest first, juice last.
ACID — Vinegar/Ferment	Sherry · Red wine · Apple cider · Rice · Pomegranate molasses · Tamarind · Preserved lemon · Pickle brine · Sumac	End, off heat. 1 tbsp transforms a batch.
FRUIT ACCENT	Pineapple · Mango · Peach · Pomegranate arils · Orange zest · Sundried tomato · Date paste · Currants · Strawberry	Middle (simmer) or end (fold in). 1 tsp paste, 1 tbsp dice, or a zest.

Two battle-tested builds:

- **Calabrian Classic** — 2 Calabrian chilies + 1 chipotle · sherry vinegar + lemon zest · 1 tsp pomegranate molasses
- **Smoked Jalisco** — 1 guajillo + 1 chipotle · orange zest + apple cider · 1 tsp tamarind paste
- **Burner Bowl (pico)** — Thai bird + serrano · lime + pickle brine · pineapple
- **Tropical Gold (pico)** — habanero ½ + Fresno · lime + orange zest + preserved lemon · mango

2. Master Shopping List

ANYWHERE

Grab at any store, Instacart from anywhere

MOST STORES

Available at 2-3 local stores

BEST DEAL

Available elsewhere but one store wins on price/quality

EXCLUSIVE

Only at this specific store, plan accordingly

- **Instacart** delivers from Fred Meyer, Costco, and Safeway in Portland. Most GREEN and BLUE items can be ordered same-day.
- **Amazon Subscribe & Save** for Rumford, spices, and specialty items — set it and forget it.
- **H Mart trip:** combine with Asian grocery run. Get everything on the RED list in one trip per month.
- **Costco run:** monthly bulk buy. Chicken thighs, rice, yogurt, cheese, oil.

PRODUCE

Ingredient	Recipes	Availability	Best Source	Notes
White onion	8	ANYWHERE	Any grocery	Staple, never out of stock
Fresh garlic	8	ANYWHERE	Any grocery	Buy whole heads, lasts weeks
Bell peppers (red/green)	5	ANYWHERE	Any grocery	Red costs more, green fine for cooking
Limes	5	ANYWHERE	Any grocery	Buy bag of 6+ when cheap
Fresh cilantro	4	ANYWHERE	Any grocery	Goes bad fast, buy day-of
Fresh tomatoes	3	ANYWHERE	Any grocery	Roma for Pico, any for cooking
Iceberg lettuce	3	ANYWHERE	Any grocery	Lasts longer than romaine
Lemons	3	ANYWHERE	Any grocery	Juice + zest
Carrots (2 lb bag)	3	ANYWHERE	Any grocery	Baby carrots for snacking, whole for cooking
Jalapeno peppers	3	ANYWHERE	Any grocery	Freeze extras
Russet potatoes	1	ANYWHERE	Any grocery	Staple, buy 5 lb bag
Fresh basil	2	ANYWHERE	Any grocery	Clamshell lasts longer than bunch
Fresh parsley	2	ANYWHERE	Any grocery	Flat-leaf (Italian) preferred
Green onions / scallions	2	ANYWHERE	Any grocery	Regrow from roots in water
Fresh ginger root	2	ANYWHERE	Any grocery	Freeze whole, grate from frozen
Fresh rosemary	1	ANYWHERE	Any grocery	Hardy herb, lasts 2 weeks in fridge
Fresh thyme	1	ANYWHERE	Any grocery	
Cremini mushrooms (8 oz)	1	ANYWHERE	Any grocery	
Zucchini	1	ANYWHERE	Any grocery	
Avocado	1	ANYWHERE	Any grocery	Buy firm, ripen on counter 2-3 days
Peaches	1	ANYWHERE	Any grocery	Frozen OK for smoothies/gummies
Bananas, apples (Lauren)	1	ANYWHERE	Any grocery	
Wild Twist apples	2	MOST STORES	Fred Meyer, Safeway	Seasonal variety, check availability
Cold green grapes	2	MOST STORES	Fred Meyer, Costco	Seedless, keep cold
Strawberries	2	MOST STORES	Fred Meyer, Costco	Costco 2 lb clamshell is best deal
Blueberries	2	MOST STORES	Fred Meyer, Costco	Costco 18 oz is best deal
Arugula	1	MOST STORES	Fred Meyer, Safeway	Baby arugula in clamshell
Frozen cauliflower florets	1	MOST STORES	Fred Meyer, Costco	
Frozen stir-fry vegetables	1	MOST STORES	Fred Meyer, Costco	
Thai basil (fresh, seasonal)	1	ONLY AT H Mart	H Mart	Seasonal, not always in stock. Add to monthly H Mart run

MEAT & PROTEIN

Ingredient	Recipes	Availability	Best Source	Notes
Chicken thighs, boneless skinless	6	BEST AT Costco	Costco	~\$2.49/lb bulk vs \$4+/lb elsewhere. Freeze in 1 lb portions
Eggs, large	5	BEST AT Costco	Costco	5 dozen pack, huge savings. Any store in a pinch
Ground turkey	3	ANYWHERE	Any grocery	93/7 lean preferred
Flank steak	2	ANYWHERE	Any grocery	Look for sales, freeze when cheap
Chicken breast	1	ANYWHERE	Any grocery	
Chicken thighs, bone-in skin-on	2	ANYWHERE	Any grocery	Cheapest cut, great flavor
Turkey bacon	1	MOST STORES	Fred Meyer, Safeway	Butterball or store brand
Turkey breakfast sausage	1	MOST STORES	Fred Meyer, Safeway	Jimmy Dean turkey variety
Ribeye / NY strip steak	1	ANYWHERE	Any grocery	Date-night splurge, buy on sale
Large shrimp, peeled	1	BEST AT Costco	Costco	Frozen 2 lb bag, way cheaper than fresh
Rotisserie chicken	1	ANYWHERE	Any grocery	Costco \$4.99, can't beat it

DAIRY & REFRIGERATED

Ingredient	Recipes	Availability	Best Source	Notes
Sharp cheddar, shredded	5	BEST AT Costco	Costco	Tillamook 2.5 lb bag, freezes well
Sour cream	4	BEST AT Costco	Costco	Daisy 3 lb tub
Cream cheese	3	BEST AT Costco	Costco	Philadelphia 2-pack
Unsweetened almond milk	3	BEST AT Costco	Costco	Kirkland 6-pack shelf-stable
Margarine (sticks)	3	BEST AT Costco	Costco	Country Crock or I Can't Believe bulk
Lactose-free whole milk	3	MOST STORES	Fred Meyer, Safeway	Lactaid brand, check date carefully
Part-skim mozzarella, shredded	2	ANYWHERE	Any grocery	

DAIRY & REFRIGERATED

Ingredient	Recipes	Availability	Best Source	Notes
Chobani Zero Sugar Yogurt	2	BEST AT Costco	Costco	Multipack much cheaper than singles
Grated parmesan	2	ANYWHERE	Any grocery	
Butter	2	ANYWHERE	Any grocery	Unsalted for cooking, salted for toast
Heavy cream (small)	1	ANYWHERE	Any grocery	Half pint for Panna Cotta
Feta cheese (block)	1	MOST STORES	Fred Meyer, Costco	Block crumbles fresher than pre-crumbled
Goat cheese / chevre	1	MOST STORES	Fred Meyer, Costco	
Burrata / Humboldt Fog / Manchego	1	BEST AT Costco	Costco	Rotating selection, better price than specialty shops

PANTRY STAPLES

Ingredient	Recipes	Availability	Best Source	Notes
Sugar (white/brown/powdered)	5+	ANYWHERE	Any grocery	Buy each type as needed
Avocado oil	5	BEST AT Costco	Costco	Chosen Foods 1L bottle, half the price of Fred Meyer
Olive oil	5	BEST AT Costco	Costco	Kirkland organic 2L, unbeatable \$/oz
Jasmine rice	4	BEST AT Costco	Costco	25 lb bag ~\$12 vs \$8/5lb elsewhere. THE bulk buy
All-purpose white flour	3	ANYWHERE	Any grocery	
No-salt-added crushed tomatoes (28oz)	2	ANYWHERE	Any grocery	Hunt's or store brand NSA
No-salt-added tomato paste	2	ANYWHERE	Any grocery	
Low-sodium chicken broth	2	ANYWHERE	Any grocery	Swanson unsalted is best for CKD
Vanilla extract	2	ANYWHERE	Any grocery	Pure, not imitation
Apple cider vinegar	2	ANYWHERE	Any grocery	
Honey	2	ANYWHERE	Any grocery	
Chocolate chips	2	ANYWHERE	Any grocery	
Unflavored gelatin (Knox)	2	ANYWHERE	Any grocery	
Pure maple syrup	2	BEST AT Costco	Costco	Kirkland organic 1L, real maple at bulk price
Low-sodium soy sauce	2	MOST STORES	Fred Meyer, H Mart	Kikkoman low-sodium at Fred Meyer; premium brands at H Mart
Rice vinegar	2	MOST STORES	Fred Meyer, H Mart	Marukan at Fred Meyer, bigger bottles at H Mart
No-salt-added diced tomatoes (14oz)	1	ANYWHERE	Any grocery	
Spaghetti / pasta	1	ANYWHERE	Any grocery	
Fettuccine	1	ANYWHERE	Any grocery	
Baking soda	1	ANYWHERE	Any grocery	
White vinegar	1	ANYWHERE	Any grocery	
Chipotle peppers in adobo	1	ANYWHERE	Any grocery	Freeze leftovers in ice cube tray
Cocoa powder	1	ANYWHERE	Any grocery	Unsweetened, Hershey's fine
Peanut butter	1	ANYWHERE	Any grocery	
Sprite Zero	1	ANYWHERE	Any grocery	
Pickled jalapenos (jar)	1	ANYWHERE	Any grocery	
Caramel sauce	1	ANYWHERE	Any grocery	
Shredded coconut	1	ANYWHERE	Any grocery	
Sweetened condensed milk	1	ANYWHERE	Any grocery	
Crispy rice cereal	1	BEST AT Costco	Costco	Bulk box, way more for the money
Marshmallows	1	BEST AT Costco	Costco	Jumbo bag for RKT batches
Cornstarch	1	MOST STORES	Fred Meyer, H Mart	
Rumford baking powder	2	ONLY AT Amazon	Amazon	CRITICAL for CKD: aluminum-free, phosphorus-free. Subscribe & Save. Do NOT substitute

SPICES

Ingredient	Recipes	Availability	Best Source	Notes
Black pepper	7+	ANYWHERE	Any grocery	Whole peppercorns + grinder = fresher
Garlic powder	6	ANYWHERE	Any grocery	
Ground cumin	6	ANYWHERE	Any grocery	
Paprika (regular + smoked)	5	ANYWHERE	Any grocery	Get both kinds, smoked is key for BBQ
Cayenne pepper	4	ANYWHERE	Any grocery	
Dried oregano	4	ANYWHERE	Any grocery	
Chili powder	3	ANYWHERE	Any grocery	
Onion powder	3	ANYWHERE	Any grocery	
Red pepper flakes	3	ANYWHERE	Any grocery	
Salt (use sparingly)	all	ANYWHERE	Any grocery	CKD: measure, don't free-pour
Italian seasoning	2	ANYWHERE	Any grocery	
Dried basil	2	ANYWHERE	Any grocery	
Ground cinnamon	2	ANYWHERE	Any grocery	
Bay leaves	2	ANYWHERE	Any grocery	Jar lasts forever
Dried thyme	1	ANYWHERE	Any grocery	
Fennel seeds	1	ANYWHERE	Any grocery	
Nutmeg	1	ANYWHERE	Any grocery	Whole + microplane = way better

SPICES				
Ingredient	Recipes	Availability	Best Source	Notes
Dried sage	1	ANYWHERE	Any grocery	
Kirkland no-salt seasoning	all	BEST AT Costco	Costco	Giant bottle, lasts months. THE CKD secret weapon
Sesame seeds	1	ONLY AT H Mart	H Mart	Huge bag for \$3 vs tiny jar for \$5 at Fred Meyer
Szechuan peppercorns	1	ONLY AT H Mart	H Mart	Specialty, not at regular grocery
Dried red chili peppers	1	ONLY AT H Mart	H Mart	Whole dried, for Asian recipes

SPECIALTY & SUPPLEMENTS				
Ingredient	Recipes	Availability	Best Source	Notes
Dark chocolate 70%+	2	BEST AT Costco	Costco	Hu Kitchen or Endangered Species bulk
Marcona almonds	1	BEST AT Costco	Costco	Big tub, perfect for snackboxes
Columbus salami / prosciutto	1	BEST AT Costco	Costco	Deli-quality at bulk price
Raincoast Crisps / 34 Degrees	1	BEST AT Costco	Costco	Fancy crackers, way cheaper at Costco
Vitamin D3 2000 IU	1	MOST STORES	Fred Meyer, Costco	Costco Kirkland if buying bulk
Vitamin C 500mg	1	MOST STORES	Fred Meyer, Costco	
Light ranch dressing	1	MOST STORES	Fred Meyer, Safeway	Hidden Valley light
Avocado oil mayo (Primal Kitchen)	1	ONLY AT Amazon	Amazon	Subscribe & Save. Best clean-ingredient mayo
Blue food coloring (gel)	1	ONLY AT Amazon	Amazon	Wilton gel, tiny bottle lasts ages
Green food coloring (gel)	1	ONLY AT Amazon	Amazon	Wilton gel
Pineapple extract	1	ONLY AT Amazon	Amazon	For Baja Blast recipe
Citric acid	1	ONLY AT Amazon	Amazon	Food-grade, for sour gummies
Malic acid	1	ONLY AT Amazon	Amazon	The "sour punch" acid for gummies
Sunflower lecithin	1	ONLY AT Amazon	Amazon	Gummy texture agent
Edible gold glitter / luster dust	1	ONLY AT Amazon	Amazon	FDA-approved edible glitter only
Purple food coloring (Wilton)	1	ONLY AT Amazon	Amazon	
Passion fruit extract	1	ONLY AT Amazon	Amazon	
Silicone gummy molds	1	ONLY AT Amazon	Amazon	Bear shapes, reusable forever
Thai tea mix (Pantai / No. 1)	1	ONLY AT H Mart	H Mart	Orange bag, authentic Thai brand. Monthly H Mart run
Sesame oil	1	ONLY AT H Mart	H Mart	Kadoya brand, toasted. Fred Meyer has it but \$\$\$
Rice noodles	1	ONLY AT H Mart	H Mart	Pad Thai width, many brands

BAKERY & BREAD				
Ingredient	Recipes	Availability	Best Source	Notes
Guerrero corn tortillas	3	BEST AT Costco	Costco	Bulk pack, freezes great. Fred Meyer also carries
Low-sodium flour tortillas 10-12"	2	BEST AT Costco	Costco	Mission or store brand, check sodium per serving
White English muffins	1	ANYWHERE	Any grocery	Thomas' or store brand
Brioche / thick-cut white bread	1	ANYWHERE	Any grocery	
Sourdough bread/buns	1	ANYWHERE	Any grocery	
Hard taco shells	1	ANYWHERE	Any grocery	Old El Paso or store brand
Thin pizza crust / naan	1	MOST STORES	Fred Meyer, Costco	Stonefire naan at most stores

3. Shopping & Storage Strategy

Weekly Rhythm

Day	Andrew's state	Food plan	Shopping
Sun	Rest / off	PREP DAY — batch cook 3 proteins, 2 grain bases, 3 veg sides	Fred Meyer weekly run (fresh produce, meat, dairy)
Mon	Off	Fresh cook — use delicate produce first (greens, berries)	—
Tue	HD AM, tired PM	Reheat prepped meal	—
Wed	Off	Fresh cook, date-night option	15-min mid-week top-up if needed
Thu	HD AM, tired PM	Reheat prepped meal	—
Fri	Off	Bigger cook, use mid-week produce on the clock	—
Sat	HD AM, tired PM	Reheat, easy recovery meal	Biweekly Costco run (every other Sat)

Two-Tier Inventory

Tier 1 — Shelf-stable (never run out, top off on Costco run): white rice 10 lb · olive/neutral oil 2L · unsalted butter 2 lb · vinegars (balsamic, rice, white wine) · dry pasta 4 lb · no-salt tomato paste 4 tubes · no-salt canned tomatoes 6 cans · low-Na chicken stock 6 × 32oz · dried herbs · no-salt spice blends · nut butters · honey + maple · dry beans (kidney, black, cannellini) · corn tortillas 2 × 24ct · unsalted walnuts + almonds 1 lb each · coffee beans 2 lb.

Tier 2 — Weekly perishables (buy Sunday, use by breakdown):

Use-by	Items	Buy qty (2 ppl)
3 days	Leafy greens, berries, fresh fish/shellfish	1 bag greens, 1 pt berries, 1 lb fish if cooking <48h
7 days	Broccoli, cauliflower, peppers, cucumber, zucchini, mushrooms, green beans	~3 lb mixed, portioned per meal
10 days	Apples, green grapes (cold), citrus, pears	4-6 apples, 1 lb grapes, 3 lemons
14 days	Onions, carrots, celery (sparingly), garlic	3 onions, 1 bag carrots, 1 head celery, 1 head garlic
Dairy 7d	½ gal milk max (or low-P alt), Greek yogurt (Fage 0%), unsalted butter, Swiss/mozzarella	½ gal / 1 qt / 1 lb / 8 oz — no bulk parmesan

Freezer Shadow Stock (missed-shopping-trip insurance)

- 3 lb frozen chicken breasts/thighs in vacuum bags
- 2 lb frozen ground turkey · 2 lb frozen fish (cod, salmon) · 2 lb frozen shrimp
- 2 bags frozen mixed berries (no banana) · 2 bags frozen veg (avoid potato/tomato blends)
- Pre-portioned low-Na bone broth cubes (silicone ice-cube trays)

Protein Math — 2 people × 1 week

Total weekly buy: ~5 lb meat/seafood. More = waste. Less = midweek top-up.

- 2 lb chicken thighs (4 dinners = 8 servings)

- 1 lb ground turkey (2 dinners)
- 1 lb fish/seafood (2 dinners, Lauren-favorite)
- 1 lb frozen shrimp (2 dinners)
- 1 dozen eggs + 8 oz cheese (Lauren plates, Andrew breakfast)

Freshness Rescue Moves

Problem	Move
Leafy greens going limp	Ice-water bath 10 min → revived; OR wilt into eggs/rice
Berries mushy day 3-4	Freeze single-layer → smoothies / baking
Cucumbers wrinkly	Slice + rice vinegar + sugar + dill → quick pickle (keeps 2 weeks)
Apples going soft	Core + slice + 400°F/20min + cinnamon → stewed apples
Herbs wilting	Blend w/ olive oil → freeze in ice cube trays → instant pesto base
Meat/fish on deadline	Cook + cool + freeze portions — adds 2 more weeks
Excess rice	Cool + freeze flat in ziplocs → fried-rice base anytime
Extra roast chicken	Strip + freeze in 4 oz portions → 2 weeks of lunch protein

HD-Day Food Rules

- **Morning of HD:** light breakfast (2 eggs + toast OR Greek yogurt + blueberries). Coffee OK — track fluid. DON'T stack high-K (orange, banana, big salad) before HD.
- **During HD (3-4 hrs):** pack 1 protein snack (hard-boiled egg + 10 unsalted almonds) + 1 small sweet + 12 oz water.
- **Post-HD evening:** reheat only. Protein-forward + easy carb + small veg. Low-Na broth cube in 4 oz hot water = gentle electrolyte nudge if BP is low.
- **Off-day:** full cook permitted, bigger protein, K limits relax slightly (overnight HD cleared).

Post-HD Recovery Kit (keep always-ready)

- 2 portions reheat-ready prepped protein in fridge
- 1 cup cooked jasmine rice in fridge (reheats in 90 sec)
- 3-4 low-Na broth cubes in freezer
- Cucumber + lemon pre-sliced in fridge (zero-effort side)
- Unsweetened almond milk for post-HD smoothie base

Real-World Portioning Math (field-tested ratios)

Input	Yield	Notes
1 Fred Meyer pack chicken thighs (ground)	5 equal sausage portions	Grind through KitchenAid medium plate. Season each portion differently if desired (Italian, taco, breakfast, teriyaki, herb).
1 sausage portion	1 pot of red sauce	Browned sausage + sauce base = one cook.
1 pot red sauce	6 fresh tomatoes + 1 onion + 1 can sauce + 1 can paste	This is the ratio. Anything else is personal turn-up per \$0.
1 pot sauce	6 full dinner portions	Freeze 3, refrigerate 3. Freezer portions hold 3 months flat-bagged.
1 box pasta	3 dinner portions	So 1 sauce pot + 2 boxes pasta = 6 dinners. Plan your grocery run accordingly.

Derived weekly math: 1 FM chicken pack = 5 sausage portions = 5 pots of sauce = 30 dinner servings = **3-4 weeks of pasta nights** if served 2×/week. One grind session on a Sunday covers most of a month of red-sauce dinners.

Sunday Prep Day Checklist

1. Roast 2 lb chicken thighs with 3 seasonings (taco · Italian · teriyaki)
2. Cook 3 cups dry jasmine rice + 2 cups GF pasta
3. Roast 1 sheet pan mixed veg (broccoli + peppers + zucchini)
4. Hard-boil 6 eggs · portion 8 snackboxes for the week
5. Batch one sauce from the Turn-Up Shortcut (red sauce V2 or pico) — covers 3 meals
6. Freeze-flat any meat/veg already hitting 48-hr deadline

4. Drew & Lauren's Snackleboxes

DREW'S BOX -- "The Survival Kit"

Compartment	What Goes In	Why
1 -- Crunch	Chocolate Rice Krispie Treats (homemade)	#1 snack. Non-negotiable.
2 -- Fruit	Cold green grapes + Wild Twist apple slices	Both low-K. Crisp + cold.
3 -- Sweet	2 Kit Kat dupe fingers	Chocolate + crunch. CKD-safe.
4 -- Sour	3-4 sour gummies (homemade)	Sour apple, fruit punch. Radioactive colors.
5 -- Savory	Kettle corn + rice cake with cream cheese	Low Na, low P.
6 -- Treat	1 Drumstick ice cream cone dupe (frozen)	Bob's recipe. Stays in freezer compartment.

Na ~350mg

P ~280mg

K ~400mg

Box: Black bento box. Vorathic eye sticker on lid.

LAUREN'S BOX -- "Grab & Go"

Compartment	What Goes In	Source
1 -- Protein	Chomps grass-fed beef stick + Babybel mini cheese round	Costco / Amazon / Fred Meyer
2 -- Crunch	34 Degrees crackers (individual 12-cracker pouch) + Marcona almonds (pre-portioned snack bag)	Costco / Amazon
3 -- Fruit	Cold green grapes + clementines (self-peeling)	Fred Meyer / Instacart
4 -- Sweet	Trader Joe's dark chocolate PB cups (2) + dried figs (handful from bag)	Trader Joe's
5 -- Dip	Sabra hummus individual cup (2 oz) OR Wholly Guacamole snack pack	Fred Meyer / Costco
6 -- Bite	Applegate pepperoni pack + cornichons (spoonful from jar)	Fred Meyer

Box: Bamboo bento. Raccoon sticker non-negotiable.

Assembly (Lauren's Version)

1. Instacart the week's supplies Sunday morning.
2. Open 5-7 boxes on counter.
3. Drop one of each item into each compartment. Don't think about it.
4. Stack in fridge.
5. Future you says thank you.

Assembly (Drew's Version)

- **Silicone cupcake liners** as dividers in any container.
- **Dips in 2oz deli cups** to prevent sogginess.
- **Frozen items** (yogurt bark, ice cream cones) go in a separate freezer box.
- **Label everything.** Especially the cannabis gummies.

5. Best Breakfast

CKD Scrambled Eggs

Ingredient	Amount	CKD Notes
Eggs	2-3 large	~95mg P per egg, ~70mg Na per egg. 2-3 per meal is safe.
Unsweetened almond milk	1 tbsp	Makes eggs silkier
Salt	Pinch	
Black pepper	To taste	
Margarine	1 tbsp (for pan)	Lower P than butter

1. Whisk eggs, almond milk, salt, pepper until uniform -- no streaks of white.
2. Heat non-stick skillet over medium-low. Melt margarine, swirl to coat.
3. Pour in eggs. Let set 30 seconds. Push gently with spatula from edges to center, letting raw egg flow to open space.
4. Pull off heat when eggs are STILL slightly wet -- carryover cooking finishes them. Large soft curds, not rubber.

Na ~210mg

P ~190mg

K ~140mg

CKD Breakfast Sandwich (English Muffin)

Ingredient	Amount	CKD Notes
White English muffin	1, split and toasted	Check label -- avoid brands with calcium phosphate
Egg	1 large	
Turkey bacon	2 slices	Lower Na/P than pork bacon
Sharp cheddar	1 slice	Small portion keeps P low
Margarine	For cooking	

1. Cook turkey bacon in skillet until crispy. Set aside.
2. In a greased ring mold (or free-form), fry egg to desired doneness.
3. Toast English muffin. Layer: muffin bottom, cheese, egg, bacon, muffin top.

Na ~380mg

P ~200mg

K ~170mg

CKD Hash Browns (K-Leached)

Ingredient	Amount	CKD Notes
Russet potatoes	2 large (~1 lb)	MUST BE K-LEACHED
Avocado oil	3 tbsp	
Salt	1/4 tsp	
Black pepper	1/4 tsp	
Onion powder	1/4 tsp	
Garlic powder	1/4 tsp	Optional

1. **K-LEACH (NON-NEGOTIABLE):** Peel, shred, soak in cold water **minimum 4 hours** (overnight better). Change water once. Drain, rinse, squeeze dry in towel. DRY = CRISPY.
2. Toss with seasoning.
3. Heat oil in cast iron over medium-high until shimmering.
4. Spread potatoes thin. Press flat. DO NOT TOUCH for 5-6 min.
5. Flip in sections. Press again. Cook 4-5 min more.

Na ~120mg

P ~55mg

K ~250mg

CKD Pancakes with Berry Compote

Ingredient	Amount	CKD Notes
All-purpose flour	1.5 cups	White flour -- lower P
Rumford baking powder	2 tsp	Phosphorus-free
Baking soda	1/2 tsp	
Sugar	2 tbsp	
Salt	1/4 tsp	
Egg	1 large	
Unsweetened almond milk	1.25 cups	
White vinegar	1 tbsp	"Buttermilk" conversion
Avocado oil	2 tbsp	
Vanilla extract	1 tsp	

Berry Compote: 2 cups mixed berries (strawberries + blueberries) + 2 tbsp sugar + 1 tbsp lemon juice + 2 tbsp water. Simmer 8-10 min, mash some berries.

1. Add vinegar to almond milk, stir, sit 5 min.
2. Whisk dry ingredients. Whisk wet separately. Pour wet into dry -- 10-15 strokes max, lumps fine.
3. Rest batter 5 min.
4. Griddle medium (325F). 1/4 cup per pancake. Flip when bubbles form + edges set. One flip only.

Na ~140mg

P ~90mg

K ~150mg

CKD Breakfast Burrito

Ingredient	Amount	CKD Notes
Low-sodium flour tortilla (10")	2 large	Mission low-sodium <300mg Na each
Eggs	4 large, scrambled	
Turkey breakfast sausage	4 oz, crumbled	No sodium phosphate
Bell pepper	1/2 cup, diced	
White onion	1/4 cup, diced	
Sharp cheddar	1/4 cup, shredded	
Avocado oil	1 tbsp	
Garlic powder, cumin, paprika, pepper	1/4 tsp each	

1. Brown crumbled sausage. Remove.
2. Saute pepper + onion 3-4 min. Add spices.
3. Push veggies aside. Scramble eggs on medium-low -- pull off while still slightly wet.
4. Mix eggs, sausage, veggies. Add cheese while hot.
5. Warm tortillas. Load, fold sides in, roll tight.
6. Optional: sear seam-down 30 sec for crispy seal.

Na ~350mg

P ~220mg

K ~280mg

GREEN LIGHT -- Use Freely

- Strawberries (~150mg K/cup)
- Blueberries (~115mg K/cup)
- Raspberries (~185mg K/cup)
- Cranberries (~85mg K/cup)
- Pineapple (~180mg K/cup -- portion control)
- Apple (~195mg K/cup)
- Peaches, canned/drained (~240mg K/cup)
- Pears (~210mg K/cup)
- Watermelon (~170mg K/cup -- high fluid)
- Lemon/Lime juice (low K)

YELLOW LIGHT -- 1/4 Cup Max

- Mango (~270mg K/cup -- use 1/4 cup)
- Grapes (~290mg K/cup -- small amounts)
- Kiwi (~560mg K/cup -- 1 small max or skip)

RED LIGHT -- Avoid

- Banana (~420mg K/cup)
- Orange / OJ (~500mg K/cup)
- Papaya (~780mg K/cup)
- Coconut water (~600mg K/cup)
- Dried fruit (concentrated K)

6. Lunch: Steak Tacos with Pico de Gallo

The Steak

Ingredient	Amount
Flank steak	1 lb
Lime juice	2 tbsp
Garlic	3 cloves, minced
Cumin	1 tsp
Chili powder	1 tsp
Paprika	1/2 tsp
Oil	1 tbsp
Salt	1/4 tsp
Black pepper	1/2 tsp

Marinate minimum 30 min (overnight better). Grill or cast-iron sear over HIGH heat 4-5 min per side for medium. Rest 5 min. Slice THIN against the grain.

CKD Pico de Gallo (K-Controlled)

Ingredient	Amount	CKD Notes
Fresh tomato	1 medium, diced small	Moderate K -- 1 tomato across 4 servings = controlled
White onion	1/4 cup, finely diced	Low K
Cilantro	1/4 cup, chopped	
Jalapeno	1, seeded and minced	Seeds out = less heat, capsaicin is CKD-safe
Lime juice	2 tbsp	
Salt	Pinch	

Pulse onion 4-6x in food processor, pulse tomatoes 3-5x separately (chunks not soup), pulse cilantro + pepper + garlic together 4-6x. Fold fruit by hand. Rest 15 min uncovered, drain excess liquid. Taste cold.

Na ~25mg

P ~8mg

K ~80mg

Turn it up: swap jalapeño for (Burner Bowl) or (Tropical Gold). Add or . Double the acid: lime + or . Fold in . Finish with a pinch of sumac.

Assembly

Guerrero corn tortillas (warmed on dry skillet 30 sec per side) → sliced steak → pico → squeeze of lime → optional sour cream drizzle.

7. Lunch: \$7 Luxe Box (Taco Bell CKD Dupe)

Nutrient	Original \$7 Luxe Box	CKD Dupe Box	Reduction
Sodium	~2,275mg	~800mg	65% less
Phosphorus	~1,000mg	~450mg	55% less
Potassium	~1,110mg	~615mg	45% less
Cost	\$7.00 + tax + gas	~\$5-6 (feeds 2)	Cheaper

Item 1: CKD Chicken Chalupa Supreme

Shell

1 cup flour + 1 tsp Rumford baking powder + 1/4 tsp salt + 1/3 cup warm water.
Knead 2 min, rest 15 min. Divide into 4 ovals. Fry in 1" oil at 350F ~45 sec per side.
Shape over rolling pin while warm.

Filling

1 large chicken breast, diced 1/2". Cook in oil 4-5 min. Add 1.5 tbsp homemade taco seasoning + 2 tbsp water, stir until absorbed.

Toppings

Shell → chicken → 1 tbsp sour cream → 1 tbsp cheddar → shredded iceberg → 1
tbsp diced bell pepper (sub for tomato).

Na ~180mg

P ~150mg

K ~200mg

Item 2: CKD Grilled 5-Layer Burrito

Low-sodium flour tortilla → 1.5 tbsp sour cream → 2 tbsp cooked white rice (bean replacement) → 2 oz turkey taco meat → 1 tbsp homemade nacho cheese sauce → 1
tbsp shredded cheddar. Fold, grill seam-down 2 min per side.

Na ~380mg

P ~180mg

K ~250mg

Item 3: CKD Crunchy Taco

Hard taco shell (~120mg Na). Fill with 2 oz turkey taco meat + 2 tbsp shredded iceberg + 1
tbsp cheddar + 1 tsp sour cream + dash hot sauce.

Na ~200mg

P ~120mg

K ~150mg

Item 4: CKD Baja Blast Zero

Ingredient	Amount
Sprite Zero	12 oz
Blue food coloring	2 drops
Green food coloring	1 drop
Lime juice	1 tsp
Pineapple extract	2-3 drops
Ice	Fill cup

Mix. Zero phosphoric acid (Mountain Dew has phosphoric acid -- that's why we sub).

Na ~40mg

P ~0mg

K ~15mg

Sauces (for the whole Luxe Box)

Homemade Taco Seasoning (NO PACKET -- packets are 500mg+ Na)

2 tsp chili powder + 1 tsp cumin + 1 tsp paprika + 1/2 tsp garlic powder + 1/2 tsp onion powder + 1/2 tsp oregano + 1/4 tsp cayenne + 1/4 tsp salt + 1/4 tsp black pepper. Use 1.5 tbsp per lb of meat.

Nacho Cheese Sauce

Microwave 2 oz cream cheese 20 sec. Add 3 tbsp almond milk, stir smooth. Add 2 tbsp cheddar, microwave 15 sec, stir. Add pinch paprika + garlic powder + cayenne + turmeric (for color).

Creamy Jalapeno Sauce

3 tbsp Primal Kitchen avocado oil mayo + 1 tsp pickled jalapeno juice + 1 tsp minced pickled jalapeno + 1/4 tsp garlic powder + pinch cumin + pinch cayenne + 1/2 tsp lime juice.

Meal Prep Version

1. Cook 2 lbs turkey taco meat with seasoning. Portion into 4 containers.
2. Make all sauces. Store in squeeze bottles.
3. Fry 8 chalupa shells. Store airtight with paper towels.
4. Shred lettuce, cheese. Store separately.
5. Baja Blast mix (minus Sprite) as concentrate. Add Sprite when serving.

Assembly time per meal: 5 minutes. Faster than the drive-thru.

8. Dinner: Chicken Mains (5 Variants)

Red Sauce Pasta (Chicken Sausage Spaghetti)

From-Scratch Chicken Sausage

Ingredient	Amount	CKD Notes
Chicken thighs, boneless skinless	2 lbs	Cut into 1" cubes, partially freeze 30 min
Garlic	4 cloves, minced	
Fresh basil	2 tbsp, chopped	
Fresh parsley	2 tbsp, chopped	
Dried oregano	1 tsp	
Fennel seeds	1 tsp, lightly crushed	THE Italian sausage flavor
Red pepper flakes	1/2 tsp	
Paprika	1 tsp	
Salt	1/2 tsp (vs 800mg+ per link store-bought)	
Olive oil	1 tbsp	

Grind through KitchenAid medium plate. Mix seasonings by hand. Brown in skillet 6-8 min.

Na ~120mg

P ~180mg

K ~250mg

CKD Red Sauce

Ingredient	Amount
No-salt-added crushed tomatoes	1 can (28oz)
No-salt-added tomato paste	2 tbsp
Olive oil	2 tbsp
Onion, diced	1 medium
Garlic, minced	6 cloves
Fresh basil, torn	1/4 cup (add at end)
Dried oregano	1 tsp
Dried thyme	1/2 tsp
Sugar	1 tsp
Red pepper flakes	1/4 tsp
Bay leaf	1
Salt	1/4 tsp only

1. Saute onion in olive oil 5 min. Add garlic 1 min.
2. Add tomato paste, stir 1 min (caramelizes).
3. Add crushed tomatoes, all dried spices, sugar, bay leaf.
4. Simmer LOW 30-45 min. Remove bay leaf. Add fresh basil.

Na ~45mg

P ~30mg

K ~280mg

Turn it up (blender-first): quarter tomatoes, smashed garlic, rough onion all into a blender. : 2 Calabrian chilies + 1 chipotle-in-adobo + 1 tsp adobo sauce, blend rustic (6-8 pulses). : 1 toasted guajillo (rehydrated) + 1 chipotle. Off heat finish: OR . Rest 10 min. Pasta water finish: reserve 1/2 cup, toss pasta with sauce + 2 tbsp pasta water + butter.

Assembly: Cook spaghetti (no salt in water). Toss with sauce + crumbled chicken sausage. Optional: little shredded mozzarella.

Chicken Tinga

Ingredient	Amount	CKD Notes
Chicken thighs, boneless	1.5 lbs	Thighs stay moist when braised
No-salt-added diced tomatoes	1 can (14oz)	
Chipotle pepper in adobo	2 peppers + 1 tbsp sauce	
Onion	1 medium, sliced	
Garlic	4 cloves	
Oregano	1 tsp	Mexican oregano preferred
Cumin	1/2 tsp	
Bay leaf	1	
Oil	1 tbsp	
Salt	1/4 tsp	
Lime juice	1 tbsp (finish)	

1. Sear chicken thighs 3 min per side. Remove.
2. Same pan: cook onion 5 min. Add garlic 1 min.
3. Add tomatoes, chipotles + adobo, oregano, cumin, bay leaf.
4. Nestle chicken back in. Simmer covered 25-30 min.
5. Remove chicken, shred with two forks. Return to sauce.
6. Simmer uncovered 5 min to thicken. Remove bay leaf. Lime juice.

Serve in: Guerrero corn tortillas, over rice, on tostadas.

Na ~200mg

P ~190mg

K ~380mg

Teriyaki Chicken

Ingredient	Amount	CKD Notes
Chicken thighs, boneless skinless	1 lb (~4 thighs)	Thighs > breast
Teriyaki Sauce:		
Low-sodium soy sauce	3 tbsp	
Brown sugar	2 tbsp	
Fresh ginger, grated	1 tbsp	
Garlic, minced	3 cloves	
Rice vinegar	1 tbsp	
Water	2 tbsp	
Cornstarch slurry	1 tsp cornstarch + 1 tbsp cold water	
Avocado oil	1 tbsp	
Jasmine rice	For serving	Low K base
Green onion + sesame seeds	Garnish	

1. Mix sauce ingredients (soy, sugar, ginger, garlic, vinegar, water).
2. Heat oil in skillet over medium-high. Sear chicken 5-6 min per side until 165F.
3. Pour sauce over chicken. Simmer 2 min.
4. Add cornstarch slurry. Stir until glossy (30 sec).
5. Slice. Serve over jasmine rice. Green onion + sesame seeds.

Na ~430mg

P ~210mg

K ~320mg

BBQ Pulled Chicken (Slow Cooker)

Ingredient	Amount
Boneless chicken thighs	3-4 lbs
Garlic powder	1 tsp
Paprika	1 tbsp
Onion powder	1 tsp
Cumin	1 tsp
Black pepper	1 tsp
Onion, quartered	1
Apple cider vinegar	2 tbsp
Low-sodium chicken broth	1/2 cup
CKD BBQ sauce	For serving

CKD BBQ Sauce

3 tbsp no-salt-added tomato paste + 3 tbsp water + 2 tbsp brown sugar + 2 tbsp ACV + 1 tsp smoked paprika + 1/2 tsp garlic powder + 1/2 tsp onion powder + 1/4 tsp cayenne + 1 tsp Worcestershire + 1/2 tsp liquid smoke. Mix and simmer 2 min.

1. Rub chicken with spices. Place in slow cooker with onion + vinegar + broth.
2. Cook LOW 5-6 hours. Shred with two forks.
3. Toss with BBQ sauce. Serve on sourdough buns with coleslaw.

Chicken Cacciatore (Date Night)

Ingredient	Amount	CKD Notes
Chicken thighs, bone-in skin-on	4 pieces (~2 lbs)	
No-salt-added crushed tomatoes	1 can (14oz)	
Bell pepper	1, sliced	
Onion	1, sliced	
Garlic	4 cloves, sliced	
Capers	1 tbsp, rinsed	RINSE to reduce Na
Dry white wine	1/4 cup (or sub broth)	Alcohol cooks off
Dried oregano + dried basil	1 tsp each	
Red pepper flakes	1/4 tsp	
Fresh parsley	Garnish	
Oil	2 tbsp	
Salt	1/4 tsp	

1. Season chicken. Brown skin-side down 5 min. Flip 3 min. Remove.
2. Same pan: cook onion + bell pepper 5 min. Add garlic 1 min.
3. Deglaze with wine. Add tomatoes, oregano, basil, pepper flakes.
4. Nestle chicken back in, skin-side up. Add rinsed capers.
5. Cover. Simmer 30-35 min until falling off bone. Garnish with parsley.

Serve over: Spaghetti, rice, or crusty bread.

Na ~250mg

P ~220mg

K ~420mg

Quick Reference: All 5 Chicken Mains

Recipe	Na (mg)	P (mg)	K (mg)	Time
Red Sauce Pasta	~165	~210	~530	45 min
Chicken Tinga	~200	~190	~380	40 min
Teriyaki Chicken	~430	~210	~320	20 min
BBQ Pulled Chicken	~200	~200	~300	6 hrs (passive)
Chicken Cacciatore	~250	~220	~420	45 min

"A hen is merely the egg's way of making another egg."

— Samuel Butler (1878)

"A thigh is merely the Tuesday's way of making Thursday."

— Theodor Voraborne (undated)

9. Daily Driver Dinner for Lauren

Lighter Chicken Alfredo (490 cal, 15 min)

Ingredient	Amount
Fettuccine	8 oz
Chicken thighs, boneless skinless, sliced thin	2
Frozen cauliflower florets	2 cups
Lactose-free whole milk	1/2 cup
Grated parmesan	1/4 cup
Garlic, minced	3 cloves
Olive oil	1 tbsp
Salt, pepper, Italian seasoning, red pepper flakes	

1. Boil pasta. Last 5 min, throw frozen cauliflower in same pot. Drain both.
2. Cook chicken in oil 3-4 min per side. Season. Remove.
3. Blend cauliflower + milk + garlic + parmesan until smooth = sauce.
4. Toss pasta with sauce. Top with chicken. Red pepper flakes.

Per serving (serves 2): 490 cal | 14g fat | 35g protein | 380mg Na

Crispy Chicken Thighs with Honey-Garlic Glaze (340 cal, 25 min)

Ingredient	Amount
Bone-in, skin-on chicken thighs	4
Honey	2 tbsp
Low-sodium soy sauce	1 tbsp
Garlic, minced	3 cloves
Rice vinegar	1 tsp
Ginger powder	1/2 tsp
Salt, pepper, smoked paprika	

1. Season thighs. Place skin-down in COLD oven-safe skillet. Turn to medium. Cook 8-10 min until skin deeply golden.
2. Flip. Mix honey + soy + garlic + vinegar + ginger. Pour over chicken.
3. Transfer to 400F oven. 15 min until cooked through.
4. Spoon pan glaze over chicken.

Per serving (2 thighs): 340 cal | 16g fat | 36g protein | 380mg Na

Sheet Pan Chicken Thighs & Veggies (390 cal, 35 min mostly oven)

Ingredient	Amount
Boneless skinless chicken thighs	4-6
Carrots, chunked	3
Bell pepper, chunked	1
Onion, chunked	1/2
Mushrooms, halved	8 oz
Olive oil	2 tbsp
Italian seasoning, garlic powder, salt, pepper	

1. Preheat 425F. Line sheet pan with parchment.
2. Toss everything on pan. Drizzle oil. Season generously.
3. Bake 30 min. Done.

Per serving: 390 cal | 18g fat | 40g protein | 280mg Na

Meal prep: Double it. Eat half tonight, pack rest for 2-3 more meals.

Reverse-Seared Ribeye with Roasted Carrots (580 cal, 40 min)

Ingredient	Amount
Ribeye steak	8 oz
Carrots, peeled & cut into sticks	4-5
Olive oil	1 tbsp
Butter	1 tbsp
Garlic, smashed	2 cloves
Fresh rosemary sprig	1
Salt, pepper	

1. Oven to 275F. Season steak. Place on wire rack over sheet pan.
2. Toss carrots with oil + salt + pepper on same pan around rack.
3. Bake 25-30 min until steak hits 120F internal (use thermometer).
4. Cast iron screaming hot. Add butter, garlic, rosemary. Sear steak 1 min per side.
5. Rest 5 min. Slice against grain. Serve with carrots.

Per serving: 580 cal | 38g fat | 48g protein | 200mg Na

Lauren's Late-Night Rescue Snacks

Under 100 Cal

- Warm cinnamon milk -- 90 cal (1 cup lactose-free milk + 1/2 tsp cinnamon + 1 tsp honey, microwave 90 sec)
- Apple slices with cinnamon -- 80 cal
- String cheese -- 80 cal
- Frozen grapes -- 60 cal

100-250 Cal

- Microwave mug brownie -- 220 cal (3 tbsp flour + 2 tbsp cocoa + 2 tbsp sugar + 2 tbsp LF milk + 1 tbsp butter + 1/4 tsp vanilla, microwave 60-90 sec)
- Frozen yogurt bark -- 140 cal (spread yogurt on parchment, top with berries + chocolate chips, freeze, break into pieces)
- Panna cotta from fridge -- 210 cal
- Warm apple-cinnamon bites -- 160 cal (chopped apple + butter + cinnamon + brown sugar, microwave 2-3 min)

Lauren's Weekly Rotation (Copy-Paste)

Day	Dinner	Snack
Sun (Prep)	Cook: Sheet Pan Chicken. Make panna cotta + yogurt bark.	Pre-bag snacks
Mon	Lighter Chicken Alfredo	Samoa bites
Tue	Leftover alfredo	Panna cotta
Wed	Chicken Bacon Ranch Pizza	Yogurt bark
Thu	Honey-garlic chicken thighs	Peach gummies
Fri	Steak night + roasted carrots	100 Grand bar
Sat	DoorDash (\$20 budget, 1 entree)	Warm cinnamon milk

10. Sauces, Dressings & Salsas

Pico de Gallo (K-Controlled) - knife dice, the daily salsa

Ingredient	Amount	CKD Note
Fresh tomato	1 medium, diced small	Moderate K - 1 tomato / 4 servings = controlled
White onion	1/4 cup, fine dice	Low K
Cilantro	1/4 cup, chopped	
Jalapeno	1, seeded + minced	Seeds out = milder; capsaicin is CKD-safe
Lime juice	2 tbsp	
Salt	Pinch	

Method: Dice everything small. Mix. Let sit 15 min for flavors to meld. Drain excess liquid before serving. Best fresh, same day.

Na ~25mg P ~8mg K ~80mg per 1/4 cup

Turn it up: Thai bird + serrano (Burner Bowl) / half habanero + Fresno (Tropical Gold) / fold in 1/3 cup pineapple, mango, or peach / finish with sumac.

Fresh Blender Marinara (no cans)

Ingredient	Amount	Note
Vine tomatoes	2 lbs (~6 medium), quartered	Fresh = lower Na, brighter
Onion	1 medium, rough chopped	
Garlic	6 cloves, smashed	More garlic = flavor without salt
Fresh basil	1/2 cup packed	Half during cook, half raw finish
Olive oil	3 tbsp	
Sugar	1 tsp	Balances tomato acid
Dried oregano	1 tsp	
Red pepper flakes	1/4 tsp	
Black pepper, salt	1/2 tsp / 1/4 tsp	
Red wine (optional)	2 tbsp	Cooks off; deepens

Method: Heat oil in Dutch oven. Saute onion 4 min. Garlic 1 min + pepper flakes. Add quartered tomatoes with juice, smash with wooden spoon as they cook. Add herbs + sugar + wine + half the basil. Simmer uncovered 20-25 min until broken down. Immersion-blend to preferred texture. Finish with remaining raw basil. Keeps 5 days fridge, 3 months freezer.

Na ~40mg P ~25mg K ~250mg per 1/2 cup

CKD Nacho Cheese Sauce (Tostitos dupe)

Store-bought queso: ~430mg Na per 1/4 cup. This: ~90mg Na.

Ingredient	Amount
Cream cheese, softened	4 oz (half block)
Unsweetened almond milk	1/4 cup
Shredded cheddar	1/4 cup
Paprika / garlic / onion / cumin	1/2 / 1/4 / 1/4 / 1/4 tsp
Cayenne / turmeric	Pinch each
Salt	1/8 tsp

Method: Microwave cream cheese 20 sec. Add milk, whisk smooth. Add cheddar, microwave 20 sec, stir until melted. Add spices, stir. Thin with milk / thicken with more cream cheese.

Na ~45mg P ~40mg K ~35mg per 2 tbsp

Variations: Jalapeno queso (+1 tbsp pickled jalapeno minced) / Queso fundido (+1 tbsp cooked ground turkey + diced onion).

CKD Ranch Dressing (Hidden Valley dupe)

Store-bought Hidden Valley: ~260mg Na per 2 tbsp. This: ~55mg Na.

Ingredient	Amount
Primal Kitchen avocado oil mayo	1/2 cup
Chobani Zero Sugar vanilla yogurt	1/4 cup
Unsweetened almond milk	2 tbsp
Garlic / onion / dill / chives / parsley	1/2 tsp each
Lemon juice / black pepper / salt	1 tsp / 1/4 tsp / 1/8 tsp

Method: Whisk (or blender pulse) until smooth. Refrigerate 30 min for flavors to meld. Keeps 1 week.

Na ~55mg P ~15mg K ~25mg per 2 tbsp

Variations: Spicy (+1/2 tsp cayenne + 1 tsp sriracha) / Bacon (+1 tbsp bacon bits) / Avocado (+1/4 avocado mashed).

Olive Garden Italian Dressing (exact dupe)

Ingredient	Amount
Extra virgin olive oil	1/3 cup
White wine vinegar	3 tbsp
Water	1 tbsp
Primal Kitchen mayo (the emulsifier)	1 tbsp
Sugar (the secret - OG is sweeter than you think)	2 tsp
Garlic, minced fine	1 clove
Dried oregano / basil / parsley	1/2 / 1/4 / 1/4 tsp
Red pepper flakes / black pepper / onion powder	pinch / 1/4 / 1/4 tsp
Italian seasoning / lemon juice / salt	1/2 tsp / 1 tsp / 1/8 tsp

Method: Whisk oil + vinegar + water + mayo until emulsified. Add everything else, shake in jar. Refrigerate 1 hour minimum (overnight is better - herbs hydrate). Shake before use.

Na ~35mg P ~5mg K ~15mg per 2 tbsp (store: ~260mg Na)

Citrus Typhoon Hot Sauce (the custom - 8 citrus notes)

Ingredient	Amount
Habanero peppers	6, stems removed (~300k SHU)
Fresh orange juice / lemon / lime	2 tbsp each
Orange / lemon / lime zest	1 tsp each
Yuzu juice (bottled, H Mart/Amazon)	1 tbsp
Grapefruit juice	1 tbsp
Calamansi juice (if available)	1 tbsp
Starfruit, diced	1/4 fruit
Kumquat, whole (skin + flesh), chopped	2
White vinegar	1/4 cup
Garlic / sugar / salt / turmeric	3 cloves / 1 tbsp / 1/4 tsp / 1/4 tsp

Method: Blend everything EXCEPT the starfruit chunks. Simmer 15 min. Add diced starfruit in last 2 min (keeps texture). Bottle hot.

The experience: Orange arrives first (sweet), then lemon (sharp), then lime (bright), then yuzu (floral), then grapefruit (bitter), then the habanero comes through like a tsunami. Starfruit chunks give you something to bite.

Variations: MILD (sub bell pepper for habanero) / BLOOD (blood orange swap) / YUZU BOMB (double yuzu + add wasabi).

Fresh Horseradish (Ringside Steakhouse prep)

Ingredient	Amount
Fresh horseradish root, peeled	6 oz (Fred Meyer produce / H Mart)
White vinegar	2 tbsp
Sugar / salt	1 tsp / 1/4 tsp

Method: Peel root, cut 1" chunks. Pulse in food processor until finely grated (open lid AWAY from your face - fumes are real). **Timing trick:** wait 3 min after grinding BEFORE adding vinegar for Ringside-level heat; add immediately for milder. Add vinegar + sugar + salt, pulse to combine. Jar, refrigerate.

Shelf life: 3-4 weeks fridge; heat fades over time.

Creamy version (Ringside): 2 tbsp prepared horseradish + 1/4 cup sour cream + 1/2 tsp Dijon + 1/2 tsp lemon juice + pinch pepper. Chill 30 min. Serve with prime rib.

Na ~15mg

P ~8mg

K ~20mg per tbsp -

11. Daily CKD Targets

Nutrient	Daily Max	Per Meal (~3)	Why
Sodium (Na)	<2,000 mg	~600-700 mg	Fluid retention, blood pressure, heart strain
Phosphorus (P)	<800 mg	~250-300 mg	Bone loss, vascular calcification, itching
Potassium (K)	<2,000 mg*	~600-700 mg	Heart rhythm -- both too high AND too low are dangerous
Protein	Per nephrologist	Varies by stage	Too much = kidney stress. Too little = muscle wasting.
Fluid	Per nephrologist	Track total	Includes soups, smoothies, ice, popsicles -- not just water
Calories	~2,000-2,400	~600-800	Maintain weight. CKD patients often under-eat.

*K target varies by labs. Some patients need MORE potassium. Always check with nephrologist.

Quick Traffic Light

	GREEN (eat freely)	YELLOW (moderate)	RED (limit/avoid)
Fruits	Apples, berries, grapes, peaches, pears, pineapple, watermelon	Cherries, mango, plums	Bananas, oranges, kiwi, dried fruit, coconut water
Veggies	Cabbage, cauliflower, cucumber, lettuce, onions, peppers, zucchini	Carrots, corn, green beans, peas	Potatoes (unleached), tomatoes (large qty), spinach, beets
Protein	Chicken, turkey, egg whites, fish (small portions)	Beef, pork, whole eggs, shrimp	Organ meats, processed deli meats, bacon
Dairy	Almond milk, cream cheese (small), margarine	Cheddar (small), sour cream	Milk (cow's), yogurt (regular), processed cheese

12. Supplement & Gummy Playbook

Full receptor-targeted stack (CKD-aware + HS-aware)

Supplement	Dose	Receptor / Target	Form	CKD status
Vitamin D3	2000-4000 IU	VDR - bone, immune, Ca routing	Gummy OK	Safe. Target 30-50 ng/mL 25-OH-D
Vitamin K2 (MK-7)	100-200 mcg	MGP + osteocalcin (K-dependent proteins)	Gummy OK	Crucial CKD-MBD vascular protection. See "CKD Calcium Story" callout.
Omega-3 (EPA+DHA)	1-2 g	GPR120 to resolvins (anti-inflammatory)	Gummy OK	Safe
Zinc (gluconate or picolinate)	30-50 mg	5-alpha-reductase, MMP-9, immune	Gummy OK	Safe short-term. Cycle with copper after 4 wks.
Copper bisglycinate	2 mg	Lysyl oxidase, ceruloplasmin	Capsule	Pair with zinc cycling (add after 4 wks of zinc)
Magnesium glycinate	200-400 mg	300+ enzymes, NMDA modulation	Gummy OK	WARNING: Mag is renally excreted - ask Holly before >200mg.
Niacinamide (B3)	500-1000 mg	SIRT1, PARP1, NAD+	Capsule	Safe
B-complex (methylated)	1 daily	Methylation pathway (esp. MTHFR carriers)	Gummy OK	Safe - no potassium in label
Selenium	100-200 mcg	GPx, iodothyronine deiodinase	Capsule	Safe at low dose
Iron bisglycinate	25 mg	Ferritin, hemoglobin	Gummy OK	ONLY if labs show low - don't over-supplement
L-theanine	200 mg	GABA-A + glutamate modulation	Gummy OK	Safe - good for focus
Ashwagandha	300-600 mg	HPA axis (stress)	Capsule	WARNING: Use cautiously - ask derm re HS pathway
Curcumin (liposomal Meriva)	200-500 mg	NF-kB, COX-2	Capsule	Watch at >1 g chronic
Collagen peptides	10-20 g	Amino acid substrate	Powder	WARNING: CKD protein load - count toward 70 g/day
Glycine	3-5 g	NMDA co-agonist, glutathione precursor	Powder	Safe
Lion's mane	500-1000 mg	NGF pathway	Capsule	Safe

Daily rhythm (prescription + supplement timing)

When	Item	Purpose	CKD note
Morning w/ coffee + breakfast	Phosphorus binder (Renvela / sevelamer)	Binds dietary P	MUST be WITH meal, not after. Every meal w/ protein.
Morning	D3 + K2 gummy (2000 IU + 100 mcg)	Ca routing, MGP activation	Pair both - D3 without K2 deposits Ca in wrong places
Morning	Omega-3 gummy (1g EPA+DHA)	Anti-inflammatory resolution	With food for absorption
Morning	B-complex gummy (methylated)	Replaces water-solubles HD removes	Check label: "no potassium added"
Morning or afternoon	Vorath Sour Gummies (RSO edible - see section 14)	Pain / anti-inflammatory	Own tolerance. Tiny dose, slow ramp.
With every meal	Phosphorus binder (repeat)	Standard HD protocol	Space 2+ hrs from Cinnamon Cloud (section 13)
Afternoon (on zinc weeks)	Zinc gluconate 30 mg	5-alpha-R + MMP-9 reduction	With food - empty stomach nausea
Evening	Nephrocaps / Renal Caps	Dialysis multivitamin	Standard - confirm brand with clinic
Bedtime	L-theanine gummy 200 mg	Sleep / focus wind-down	Safe
As needed	Cinnamon Cloud (see section 13)	Internal deodorant + gas	Space from binders. Confirm zinc with clinic.

The CKD Calcium Story (why K2 matters for Andre specifically)

The problem: CKD patients have accelerated vascular calcification - arterial walls deposit calcium phosphate, becoming rigid. Major mortality driver on dialysis.

The mechanism: Matrix Gla Protein (MGP) normally prevents this. MGP requires K2 to be gamma-carboxylated (activated). Most Americans are mildly K2-deficient; CKD patients often severely so (diet + meds).

The intervention: K2 MK-7 at 100-200 mcg/day activates MGP, which protects arteries from calcification.

The evidence: Multiple RCTs (Knapen, Schurgers) show reduced arterial stiffness over 2-3 years in K2-supplemented dialysis populations.

The caveat: If on warfarin or other vitamin K antagonist, K2 supplementation conflicts. Not on warfarin? Probably one of the highest-ROI supplements Andre could add.

Action: Ask nephrology + Holly about adding K2 MK-7 at 200 mcg/day. Verify no anticoagulant conflict. Check INR if ever tested.

AVOID list - Andre-specific

- **Potassium supplements** (obvious - CKD).
- **High-phosphorus multivitamins** - check labels. Many kid gummies have calcium phosphate.
- **High-dose retinyl vitamin A (>100% DV)** - toxicity in CKD.
- **Magnesium >200 mg without Holly clearance** - renally excreted.
- **Kava** - liver + CKD concern.
- **Kratom** - unknown long-term.
- **High-dose B6 (>50 mg)** - peripheral neuropathy risk.
- **High-dose beta-carotene** - risk signal in some populations.
- **Biotin mega-dose (>5000 mcg)** - interferes with thyroid + troponin labs.
- **Herbals not cleared by nephrology** - pause, ask first.
- **Calcium >500 mg/dose** - hypercalcemia risk on HD.

Quality & sourcing rules

- **Third-party tested:** USP Verified / NSF Certified Sport / ConsumerLab / Labdoor.
- **Trusted brands (capsule/powder):** Thorne / Pure Encapsulations / Nordic Naturals / Nature Made / Carlson.
- **Trusted brands (gummy):** Coromega / Nordic Naturals Kids / MaryRuth's / OLLY (budget tier, tested).
- **Gummy-specific watchouts:** avoid anything with calcium phosphate (phosphate hides in binders) / avoid gelatin-based dairy gummies (check P) / prefer pectin-based.

Daily budgets + new-supplement checklist

Budgets: Na \leq 1,500 mg / K \leq 2,000 mg / P \leq 800 mg / Fluid 1,000 mL + urine output / Protein 70 g / Calories 2,000-2,500 kcal.

Hold these up before buying ANY new supplement:

- Contains potassium? **NO.**
- Contains retinyl vitamin A at $>100\%$ DV? **NO.**
- Contains magnesium >200 mg? **PAUSE - ask Holly.**
- Herbal / botanical not cleared by nephrology? **PAUSE - ask first.**
- Calcium >500 mg/dose? **CHECK with clinic.**
- Third-party tested (USP / NSF / ConsumerLab / Labdoor)? **YES required.**

13. Cinnamon Cloud & Bowel Deodorize Blend

The Formulation (per capsule)

Ingredient	Dose	What it does	CKD safety
Sodium copper chlorophyllin	100 mg	Binds hydrogen sulfide (stink molecule) in gut. FDA-approved odor control.	☑ Safe. Avoid bismuth (Devrom) — bismuth is nephrotoxic.
Ceylon cinnamon bark	250 mg	Carminative. Antimicrobial. Anti-inflammatory. The "cinnamon roll" note.	☑ Safe. CEYLON only (cassia has coumarin = liver load). Low K/P.
Peppermint oil (enteric-coated)	50 mg	Relaxes GI smooth muscle, reduces bloating, motility	☑ Safe. Enteric coating critical or it causes reflux.
Fennel seed	150 mg	Carminative. Reduces gas at source. Anise note.	☑ Safe. One of the safest herbs for renal patients.
Ginger root	100 mg	Anti-nausea, motility, warm note	☑ Safe at 100mg.
L. rhamnosus GG probiotic	1 billion CFU	Shifts microbiome away from sulfur-producing bacteria	☑ Generally safe. Confirm with care team.
Zinc gluconate	5 mg	Binds sulfur compounds in gut	⚠ 5 mg well under 40 mg upper limit, but zinc can accumulate in CKD — monitor labs.

Protocol

- **Daily dose:** 2 capsules.
- **Capsule 1:** with your largest meal.
- **Capsule 2:** 2 hours BEFORE treatment (active during session).
- **Timing around meds:** at least 2 hours apart from phosphorus binders (chlorophyllin can theoretically bind binders).

What to expect

- **Day 1-3:** possibly green-tinted stool (chlorophyllin — normal).
- **Day 3-7:** reduced gas odor noticeable.
- **Week 2+:** probiotic colony establishes, gas volume may decrease, stool consistency improves.
- **The cinnamon:** subtle warm note, not Cinnabon. Realistic promise = "no longer clears the room."

DIY version (cheaper, same formula in separate bottles)

Product	Where	Cost	Dose
NOW Chlorophyllin 100mg caps	Amazon / Whole Foods	~\$10/90	1 cap w/ meal
Ceylon cinnamon 500mg caps	Amazon	~\$12/120	1 cap w/ meal (or just season food)
Heather's Tummy Tamers (peppermint+ginger+fennel)	Amazon	~\$12/90	1 cap w/ meal — covers 3 ingredients at once
Culturelle (L. rhamnosus GG)	Any pharmacy	~\$15/30	1 cap daily

Total DIY cost: ~\$49/month. **Optimized:** ~\$22/month if you skip standalone cinnamon (use kitchen cinnamon) and zinc (monitored in routine labs).

14. Daily Cannabis Dosing Guide – Andrew’s Tolerance

TRANSPLANT PREREQ RULES:

- **✗ NO smoking flower. NO vaping carts. NO joints. Full stop.**
- **☑ Edibles only (gummies, tinctures, infused food) – delivery method that doesn’t touch the lungs.**
- **☑ Dispensary-purchased only – lab-tested potency + solvent panel.**
- **☑ Highest-quality RSO you can afford – Oregon has premium options; pay for them. Cheap RSO = residual solvents = renal + transplant-workup risk.**

Andrew’s Ladder (NOT the generic ladder)

Level	THC dose	When	Expected effect
Daytime functional	25-50 mg	Off-HD days, working / creative sessions	Pain managed, energy steady, can drive / work / shop. Baseline.
Daily driver	50 mg	Standard off-HD day, pain management	Full functional high. Go about your day.
Evening heavy	75-100 mg	End of day, sleep stack	Deep body relaxation. Sleep quality goes up.
Stack / party	100-150 mg	Experienced use only, with food + hydration	Couch territory. Social ceiling.
HD day cap	≤ 25 mg post-HD	Post-dialysis evening only	Recovery + pain. Never morning-of HD.

Reference points: one Vorath Sour Gummy = 10 mg (see §below). 50 mg = 5 gummies, eaten together = one dose. Not a stack. Take it once. Don’t count gummies individually mid-day.

CKD/ESRD Rules

- **Lab-tested RSO only.** Trace solvents in bootleg RSO = renal load you don’t need.
- **THC lowers BP.** Skip on treatment days – BP already unstable post-HD.
- **Delayed onset 45-120 min.** Do NOT redose early. This is where people end up on the floor.
- **No alcohol co-use.** Compounds dehydration + BP drop.
- **Talk to care team** if on phosphorus binders or other renal meds.
- **Avoid morning-of-HD dosing.** Let it clear before the chair.

Daily Rhythm (off-HD days, Andrew’s actual cadence)

Time	Option	Dose	Why
Morning (~10 AM)	Gummy OR sublingual tincture	25-50 mg edible	Pain baseline set for the day. Edible lasts 6-8 hrs – one dose covers through afternoon. Tincture onsets faster (20-40 min) if needed quickly.
Afternoon	Sublingual tincture top-off if needed	5-10 mg sublingual	Fast onset (20-40 min) for acute pain spikes. NO edible redose – the morning batch is still climbing/peaking.
		50-75 mg	Stacks with morning’s tail for evening body relaxation + sleep.

Time	Option	Dose	Why
Evening (~8 PM)	Additional gummy if wanted		
Pre-sleep	Optional: 1:1 CBD:THC edible	25:25 mg	Deeper sleep, anti-inflammatory, less psychoactive peak in AM.

HD Day Rules

- **Morning of HD:** . Let baseline clear before the chair.
- **During HD:** . BP already unstable.
- **Post-HD evening (after food + fluid):** up to 25 mg, CBD-leaning if available. Recovery, not recreation. Half your normal daily driver.

Format Comparison (transplant-compliant formats only)

Format	Onset	Duration	Best for
Tincture (sublingual)	20-40 min	3-5 hrs	Daytime, controllable, precise, fastest transplant-safe onset
Edible (gummy, Vorath Sour)	45-120 min	4-8 hrs	All-day baseline, evening, sleep, long pain management
Infused food (oil, butter)	45-120 min	4-8 hrs	Cook-it-in dosing. Same onset as edibles.
Topical (balm, lotion)	15-30 min local	2-4 hrs local	Joint/skin pain — no systemic high, zero transplant risk
Transdermal patch	30-60 min	8-12 hrs	Steady-state dosing, hands-off
✗ SMOKED FLOWER · ✗ VAPE / CARTRIDGES — NOT SAFE FOR TRANSPLANT WORKUP, DO NOT USE			

Sourcing — Oregon Dispensary Only

- **RSO:** buy only lab-tested, solvent-panel-cleared, highest-quality you can afford. Ask for the COA (certificate of analysis) on the specific batch.
- **Solvent check:** want residual solvents BELOW detection limit. Ethanol-extracted RSO is preferred over butane/propane for transplant-workup toxicology.
- **Potency:** ask for the % THC stamped on the syringe or label. Higher % = cleaner extraction typically. 70-85% is premium range.
- **Budget signal:** if a 1g RSO syringe is under \$40, it's probably not premium. Expect \$50-80 for top-tier in Oregon.
- **Strain pick:** indica-dominant RSO for body relaxation + pain + sleep. Sativa for daytime if needed but for HD/pain context indica usually wins.

Vorath Sour Gummies (house recipe)

Standard batch: ~10 mg THC per gummy, 50 gummies per batch (500 mg total).

Dispensary RSO + fruit punch juice + grape Jell-O + gelatin + citric-acid sour coating + edible gold glitter. Full recipe in [recipes/vorath_sour_gummies_rso.md](#).

Storage: child-proof container, labeled "CANNABIS EDIBLE — 10mg THC per piece — KEEP AWAY FROM CHILDREN", dated, kept in fridge (lasts 2 weeks) or freezer (3 months).

Potency tuning: adjust RSO amount by its lab-tested %. 75% THC RSO = 0.67 g = 500 mg = 10 mg/gummy. 80% = 0.63 g.

15. Skincare Routine (HS + Acne + CKD-Aware)

AM Routine (~5 min)

1. **CLn Wash** (gentle splash, face + HS-prone zones). Low-pH antimicrobial. Pat dry — don't rub.
2. **Topical antibiotic** (per derm prescription — thin layer on active lesions only).
3. **Moisturizer** (fragrance-free, non-comedogenic — CeraVe AM, La Roche-Posay Toleriane, or equivalent). Apply while skin still slightly damp.
4. **SPF 30-50 mineral** (zinc oxide). EltaMD UV Clear is the derm default. **Non-negotiable on tretinoin** — retinoid skin burns 2x faster.

PM Routine (~5 min)

1. **CLn Wash again** (break down the day's sweat + sebum + sunscreen).
2. **Wait 15-20 min for skin to dry fully** (tretinoin on damp skin = irritation bomb).
3. **Tretinoin** (pea-sized amount total face). Start 2-3x per week, ramp to nightly as tolerated.
4. **Wait 20 min** before next step.
5. **Moisturizer** (heavier at night — CeraVe PM, Vanicream, or Aquaphor on dry patches). Goes OVER tretinoin to buffer.
6. **Topical antibiotic on HS flares** (if active).

Once a Week

- **Gentle chemical exfoliant** (only on nights you skip tretinoin): PHA (polyhydroxy acid) — gentler than AHA/BHA, less irritating. The Ordinary PHA 12% or Naturium 10%.
- **HS zone audit**: check armpits, groin, inframammary for new nodules. Log in photos if starting to flare.

Absolute Nos (no matter what Instagram says)

- **✗ Fragrance** anything (perfumed lotions, scented sunscreens) — HS triggers.
- **✗ Harsh physical scrubs** (apricot pit stuff) — microtrauma = HS flares.
- **✗ Retinol + AHA/BHA same night** — overkill, barrier destruction.
- **✗ Benzoyl peroxide + tretinoin same layer** — BP inactivates tret. Space by 20+ min.
- **✗ Hot showers on HS zones** — warm only, in-and-out.
- **✗ New supplements with vitamin A** (retinyl palmitate) while on oral doxy/tret — hepatotoxicity risk.

Supplements Relevant to Skin (CKD-constrained)

Supplement	Dose	Target	CKD note
Zinc picolinate	15-30 mg/day	5 α -reductase, MMP2/9 — reduces sebum + inflammation	⚠ Monitor labs. Pair with 2 mg copper if long-term.
Omega-3 (EPA/DHA)	1-2 g/day	Resolvin pathway — resolves inflammation	☑ Safe. Choose fish-oil or algae.
Vitamin D3	1,000-2,000 IU/day	VDR — immunomodulation	☑ Safe. Confirm levels with clinic labs.
Niacinamide (B3)	500 mg/day	Barrier support, anti-inflammatory	☑ Safe. Different from niacin (flush-free).

Supplement	Dose	Target	CKD note
Vitamin A	✗ SKIP	Already on tretinoin	✗ Hepatotoxic combo with oral retinoids + CKD.

HS-Specific Add-Ons (per derm)

- **Hibiclens** (chlorhexidine) wash 2-3× per week on HS zones — antibacterial reset.
- **Warm compress** on early nodules (before they break) — can abort a flare.
- **Zinc oxide diaper cream** on healing post-nodule skin — barrier protection.

Andrew's Wardrobe Protocol (HS-optimized)

Friction is the HS trigger. Andrew's daily uniform is already tuned for minimum-friction — keep it.

- **Loose-fit dri-fit shorts** (not compression, not cotton-in-sweat-zones). Moisture-wicking + airflow. Replace before the fabric goes stiff/stretched — fatigue fibers drag instead of glide.
- **Loose-fit dri-fit shirt.** Same reasoning. Avoid seams under armpits if possible (armpit is HS-prime real estate).
- **No underwear under the shorts.** Groin-area HS nodules loathe waistbands, leg-holes, and double-layer sweat pockets. You've already solved this — keep solving it.
- **Diabetic-type ankle socks only.** Non-binding tops, no elastic dig — same logic. Groin/armpit aren't the only HS sites; ankle friction from tight socks can seed nodules too.
- **Wash the uniform separately** — fragrance-free detergent (All Free Clear, Tide Free & Gentle). Fabric softener is a trigger — skip it. Dryer balls are fine.
- **Rotate fabrics when they go stiff** — dri-fit lifespan is ~12-18 months before the wicking coating breaks down. When the shirt stops drying out fast after workout, it's done.
- **Brands that fit the protocol:** Nike Dri-FIT basics, Under Armour HeatGear loose-fit, Amazon Essentials performance line (cheap restocks), Champion Mesh shorts (elastic waist but high cut on leg = fine).

Environment notes

- **Warm rooms worse than cool rooms** for HS. Run the fan.
- **Shower immediately after workouts or heavy sweat** — don't let sweat sit on HS zones. Warm water, not hot. CLn wash on hit zones.
- **Change the uniform if it gets damp** (rain, spill, sweat-through) — damp dri-fit clinging is worse than dry cotton loose.

16. Takeout & Delivery (CKD-Safe Orders)

The rule: 1x/week, Saturday night, \$20 max, 1 entree. Budget: \$80/month not \$400.

Chinese Takeout

SAFE	AVOID
Steamed rice + stir-fry veg	Anything with "soy sauce" in the name
Egg drop soup (small)	Hot & sour soup (Na bomb)
Sweet & sour chicken (sauce on side)	General Tso's (Na 1,800mg+)
Steamed dumplings (3-4 max, no soy dip)	Lo mein / chow mein (Na 2,000mg+)
Ask: "light sauce, no MSG"	Fried rice (Na 1,200mg+)

Mexican

SAFE	AVOID
Chicken taco (corn tortilla, no cheese)	Burrito (tortilla alone = 800mg Na)
Rice + grilled chicken plate	Chips & queso (P + Na overload)
Guacamole (small -- K moderate)	Refried beans (Na + P)
Ask: "no sour cream, light cheese"	Enchiladas (sauce = Na bomb)

Pizza

SAFE	AVOID
Thin crust, 1-2 slices max	Deep dish (Na 900mg+ per slice)
Veggie toppings (peppers, onions)	Pepperoni, sausage (processed P)
Light cheese	Extra cheese, stuffed crust
Side salad instead of breadsticks	Breadsticks (Na 500mg each)

Sushi

SAFE	AVOID
Cucumber roll, avocado roll	Soy sauce (Na 900mg per tbsp)
Sunomono (vinegar cucumber salad)	Spicy tuna (mayo + Na)
Nigiri (2-3 pieces, no soy)	Miso soup (Na 800mg+)
Ask for low-sodium soy or skip it	Tempura (batter = P)

Late-Night Rescue (vs. DoorDash)

Under 100 cal	100-250 cal	Real meal
Warm cinnamon milk (90)	Mug brownie (220)	2 eggs + toast (300)
Apple + cinnamon (80)	Frozen yogurt bark (140)	Quesadilla (350)
Frozen grapes (60)	Apple-cinnamon bites (160)	Leftover chicken (390)
Rice cakes (70)	PB toast + banana (250)	Bowl of cereal (280)

17. Sommelier for Dummies

The Only 6 Things You Need to Know

1. **Red with red meat, white with chicken/fish.** That's 80% of it. Don't overthink it.
2. **When in doubt, Pinot Noir.** It goes with literally everything. The Swiss Army knife of wine.
3. **Cheaper wine is fine.** Most people can't tell the difference in a blind test. \$12-18 is the sweet spot.
4. **Sparkling wine isn't just for celebrations.** Prosecco or Cava with pizza is elite.
5. **If you don't like wine, say so.** No one cares. Get what you want.
6. **CKD note:** Limit to 4-6 oz max. Wine counts toward fluid restriction. Red wine has more K than white.

Quick Pairing Cheat Sheet

You're Eating	Grab This	Why
Steak / Burgers	Cabernet Sauvignon	Tannins cut through the fat
Chicken / Turkey	Chardonnay or Pinot Noir	Versatile, won't overpower
Salmon / Fish	Sauvignon Blanc or Pinot Grigio	Light + citrusy = seafood's best friend
Pizza / Pasta (red sauce)	Chianti or Sangiovese	Italian food + Italian wine = obvious
Pasta (cream/alfredo)	Chardonnay (oaky)	Butter meets butter
Tacos / Tex-Mex	Riesling (off-dry) or beer	Sweetness tames the spice
Sushi	Sake or dry Riesling	Clean + crisp
Cheese plate	Whatever you want honestly	Cheese makes everything work
Dessert / Chocolate	Port or Moscato	Sweet with sweet
Nothing (just drinking)	Prosecco or Rose	Light, crushable, no food needed

At a Restaurant: How to Not Look Lost

1. **Server asks what you want:** "What do you recommend with the [your entree]?"
2. **They pour a taste:** Swirl, sniff, sip. You're checking it's not corked (smells like wet cardboard). If it tastes like wine, say "that's great" and they pour.
3. **You don't like it:** You can ONLY send it back if it's corked/off. Not because you don't like the grape. Order by the glass to avoid this.
4. **Price hack:** The second-cheapest bottle is the biggest markup. Go third-cheapest or ask the server what's good at your budget.

18. Table Setting for Dummies

Casual (Weeknight / Friends Over)

Position	What	Notes
Center	Plate	1 inch from table edge
Left of plate	Fork	Tines up
Right of plate	Knife, then spoon	Knife blade faces plate
Top right	Glass	Water glass above knife
On plate or left	Napkin	Folded simply

Formal (Date Night / Holidays / Impressing Someone)

Position	What	Notes
Center	Dinner plate on charger	Charger = decorative base plate
Left (outside in)	Salad fork, dinner fork	Use from outside in per course
Right (outside in)	Soup spoon, dinner knife	Knife blade faces plate always
Above plate	Dessert spoon + fork	Horizontal, handle right for spoon, left for fork
Top right	Water glass, wine glass(es)	Water closest to plate, wine to the right
Top left	Bread plate + butter knife	Butter knife across plate diagonally
Left of plate	Napkin	Folded under forks or on plate

The Rule: Work from the outside in. If there are 3 forks, the outer one is for the first course. By dessert you're using the ones closest to the plate.

Group Dinner (6+ People)

- **Same setting for everyone.** Don't mix casual and formal at the same table.
- **Serving dishes go center.** Leave room for people to pass.
- **Salt + pepper travel together.** Always pass as a pair even if someone only asked for one.
- **Bread basket goes left.** Your bread plate is on YOUR left. Your glass is on YOUR right. (BMW: Bread, Meal, Water left to right.)
- **Pour wine for others before yourself.** This is the move that separates adults from teenagers.
- **Clear plates only when everyone is done.** Don't make the slow eater feel rushed.

19. Basic Human Manners

At the Table

- Phone face-down or in pocket. Not on the table. Not "just checking."
- Napkin goes on lap as soon as you sit. Not tucked in shirt (unless you're 4).
- Chew with mouth closed. No exceptions. No "but I was talking."
- Don't start eating until everyone is served (or the host says go).
- Elbows off the table while eating. Between courses is fine.
- "Please" and "thank you" are not optional. They're free and they work.
- Compliment the cook. Even if it's just "this is good." Someone made that.

As a Guest

- Never show up empty-handed. Bottle of wine, flowers, dessert. Something.
- Offer to help. "Can I help with anything?" at arrival and "Can I help clean up?" after.
- Eat what's served. At least try it. Allergies are valid, pickiness is not.
- Leave by the time they start yawning or cleaning. Read the room.
- Send a thank-you text the next day. Old school but it matters.

As a Host

- Have food ready when guests arrive. Not "almost done" — ready.
- Ask about allergies/restrictions BEFORE the day. Not while cooking.
- First drink offered within 5 minutes of arrival.
- Don't apologize for the food. "Sorry it's not great" makes everyone uncomfortable. Just serve it.
- Have the bathroom stocked. Towel, soap, toilet paper. The basics.
- Walk people to the door. Not "okay bye" from the couch.

General Life Manners

- Hold doors for the person behind you. Always. Every time.
- Make eye contact when someone's talking to you.
- Remember names. Say them back: "Nice to meet you, [name]."
- Be on time. 5 minutes early is on time. On time is late.
- If someone cooks for you, do the dishes. Non-negotiable.
- Tip 20%. If you can't afford to tip, you can't afford to eat out.
- "I don't know" is a valid answer. Better than making something up.
- Apologize when you're wrong. Not "I'm sorry you feel that way" — actually apologize.