



Food Fitness First, Inc.®

Weekly Renal Menu





Using the Renal Food Spiral ®

20 RFS Daily Factors

Welcome to your weekly menu for the Renal FOOD SPIRAL®. According to your Favorable Fitness Factor® you are allotted 20 Factors a day. For your convenience we have broken down the week by day.



Legend:

Lg.-Large, NSA - No Sugar Added, Gr.-Grilled, t.-teaspoon, T.-Tablespoon, c.-cup, w/-with, Bk.- Baked, Tom.- Tomato, Cuc- Cucumbers, Ch- Cheese, WW- Whole Wheat, Art. Sw.-Artificial Sweetener, FF- Fat Free, sl.-Slice, Drg.- Dressing, Veggies- Vegetables, SF-Sugar Free, Marg.-Margarine.



“GO” foods – Food with 0 Food Factors, see Page 55 in the Renal FOOD SPIRAL® book for Amounts.:

Allspice, Anise, Brown Sugar, Candy (Butterscotch and Candy Corn), Caraway Seed, Chili Powder, Chives, Corn Starch, Cool Whip®, Cotton Candy, Cranberry (Relish or Sauce), Fruit Chews (Fruit Candies), Chewing Gum, Gum Drops,, Hard Candy, Honey, Jam, Jelly, Jelly Beans, Lemon Drops, Lemon Juice, Lemon Extract, Life Savers®, Lollipops (Not-Filled), Marshmallows, Mints (Candy- No Chocolate), Non-Dairy Creamer, Nutmeg, Onion Powder, Oregano, Parsley, Paprika, Pectin (Fruit), Pepper)Black, Red or White), Poppy Seeds, Popsicle (1 per day), Preserves, Rosemary, Saffron, Sage, Sugar (Granulated and Confectioner’s/ Powdered), Syrup (Corn High Fructose, Pancake or Waffle Syrup, 2% Maple Syrup), Tapioca (Granulated), Vanilla Extract, Vinegar and Vinegar & Oil Dressing. Please use small amounts of all spices.



AVOID:

Baker’s Yeast, Baking Powder, Baking Soda, Bouillon, Broth, Capers, Cream of Tartar, Garlic Salt, Gravies, Lite Salt, Olives, Pickles (Bread & Butter, Dill, Pickle Relish, Sweet), Popcorn Salt, Rennin, Salt, Seasoning Salt, Salt Substitute, Sea Salt, Seasoning Packets (Beef Stew, Chili, Gravy, Gravy Mixes, Hollandaise, Lemon Herb Chicken, Pesto Sauce Mix, Roast, Taco), Soy Protein Isolate, Soy Protein Powder, Soy Sauce, Sugar (Maple), Syrup (Blackstrap Molasses, Malt Syrup, Molasses, Sorghum Syrup), Soups (canned or Dehydrated), Whey (Dry- Acid, Sweet), and Worcestershire Sauce.



Using the Renal FOOD SPIRAL[®]

Monday - 20 Renal Daily Factors

Breakfast (6)

1G	1/2 c. Pineapple, canned
2Y	1 slice Whole Wheat Toast
1G	2 Scrambled Eggs
2Y	1/2 c. Oatmeal, LS, cooked
0G	2 t. Butter*, unsalted
0G	1 T. Apple Jelly
0G	1 T. Sugar
0G	1 T. Creamer, Non-Dairy
0G	1/2 c. Coffee or Tea, Freshly Brewed

Lunch (6)

2G	4 oz. Fresh Ground Beef, unsalted, Low Sodium
0G	1 T. Strawberry Preserves
2Y	1/2 c. Dialyzed Potato Salad w/1 t. Mayo, 1 T. chopped Celery and 1 T. Vidalia Onions, 1 t. Red Peppers, LS
0G	1 Lettuce Leaf
0G	1 slice Vidalia Onion
1G	1/2 c. Rice, Unsalted
1G	1/2 c. Grapes
0G	1/2 c. Gingerale [®]

Dinner (6)

2G	4 oz. Grilled Steak, Low Sodium
0G	1 T. Grape Jelly
1G	1/2 c. Cooked Pasta
0G	2 t. Honey Butter*, unsalted
1G	1/2 c. Spinach with Onions and Peppers & 1 oz. Vinegar & Olive Oil
1G	1/2 c. Candied Carrots
1G	1/2 c. Fruit Cocktail or 1 Baked Apple with 1 t. Cinnamon Sugar
0G	1/2 c. 7-Up [®]

Snack (2)

1G	1 c. Puffed Wheat
1G	1/2 c. Rice or Almond Milk
0G	1/2 c. Limeade, Sweet

NOTES: 20 FACTORS IS A GOAL OF ≤ 2 GRAMS (2,000 MG.) OF NA/Sodium and K/Potassium and $\leq 1,000$ MG. OF PO₄/Phosphorus. LS- Low Sodium, T.-Tablespoon, c.-Cup, Oz.- Ounce, t.-teaspoon, w-with, & Saturated Fat-*.



Using the Renal FOOD SPIRAL[®]

Tuesday - 20 Renal Daily Factors

Breakfast (6)

2G	1/2 c. Peaches, canned
1Y	1/2 slice White or Whole Wheat Toast
1G	2 Boiled Eggs
0G	2 t. Butter*, unsalted
0Y	1 T. Sour Cream*
0G	1 T. Honey, Jam, Jelly, or Preserves
2R	1/2 c. Skim Milk
0G	1 T. Sugar
0G	1 T. Creamer, Non-Dairy
0G	1/2 c. Coffee or Tea, Freshly Brewed

Lunch (6)

2G	4 oz. Pork or Beef, Low Sodium
0G	1 T. Raspberry Jam
1G	1/2 c. Pasta Salad w/1/2 t. Mayo, 1 T. Celery and 1 T. Onions, 1 t. Red Peppers, Unsalted
0G	1 Lettuce Leaf
0R	1 thin slice of Tomato
0G	1 slice Vidalia Onion
2Y	1 Whole Wheat Roll
1G	1/4 c. Blueberries & 1/4 c. Pineapple
0G	1/2 c. Gingerale [®]

Dinner (6)

2G	4 oz. Turkey, Low Sodium
0G	1 T. Cranberry Sauce
1G	1/2 c. Rice w/ Peppers, unsalted
0G	2 t. Butter*, unsalted
1G	1/2 c. Lettuce with 1 T. Vinegar and 2 t. Oil
1G	1/2 c. Apple Salad with 1 small Apple, 1/2 t. Mayonnaise and 1 T. chopped Celery
1G	1 Corn on Cob- 4 inches
0G	1/2 c. Sprite [®]

Snack (2)

1G	1 c. Puffed Wheat
1G	1/2 c. Rice or Almond Milk
0G	1/2 c. Lemonade, Sweet
0G	4 pieces Cinnamon Candy

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Using the Renal FOOD SPIRAL[®]

Wednesday - 20 Renal Daily Factors

Breakfast (5)

1G	1/2 c. Fruit Cocktail
1G	2 Scrambled Eggs
1G	1/2 c. Cream of Wheat, unsalted
1G	1 c. Corn Puffs
0G	2 t. Butter*, unsalted
0G	1 T. Orange Marmalade
0G	1 T. Sugar
0G	1 T. Creamer, Non-Dairy
0G	1/2 c. Coffee or Tea, Freshly Brewed
1G	1/2 c. Rice or Almond Milk

Lunch (7)

2G	4 oz. Hamburger, unsalted, Low Sodium
0G	1 T. Apple Butter
1G	1/2 c. Sautéed Peppers and Onions
1G	1 ear Corn on the Cob, unsalted
0G	2 t. Butter*, unsalted
2Y	1 Roll, Whole Wheat
1G	1/2 c. Strawberries (fresh or frozen)
0G	1/2 cup Cotton Candy
0G	1/2 c. Limeade, Sweet

Dinner (6)

2G	4 oz. Pork Chop, Grilled, unsalted
0G	1 T. Apricot Preserves
1G	1/2 c. Green Beans, Unsalted
1G	1/2 c. Pasta, Unsalted
0G	2 t. Butter*, Unsalted
1G	1/2 c. Cauliflower, steamed, Unsalted
1G	1/2 c. Applesauce
0G	1/2 c. Gingerale [®]

Snack (2)

1G	1 c. Golden Crisp [®] Cereal
1G	1/2 c. Rice or Almond Milk
0G	4 pieces Butterscotch Candy

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Using the Renal FOOD SPIRAL®

Thursday - 20 Renal Daily Factors

Breakfast (5)

1G	2 Boiled or Poached Eggs, unsalted
1G	1/2 c. Cranberry Juice
1G	1/2 c. Grits, unsalted
0Y	1 T. Sour Cream
0G	1 T. Honey, Jam, Jelly, or Preserves
2Y	1 slice Toast
0G	2 t. Butter*, unsalted
0G	1 T. Creamer, Non-Dairy
0G	1/2 c. Coffee or Tea, Freshly Brewed

Lunch (7)

2G	4 oz. Shrimp, Boiled, unsalted
0G	1 T. Lemon Marmalade
2Y	1/2 c. Dialyzed Mashed Potatoes with Unsalted Butter and Sour Cream
1G	1/2 c. Green Beans with canned Water Chestnuts
0G	2 t. Butter*, unsalted
1Y	1/2 Roll
1G	1/2 c. Green & Purple Grapes
0G	1/2 c. Crush® Grape

Dinner (7)

2G	4 oz. Pork Chop, Grilled, unsalted
0G	1 T. Peach Marmalade
1G	1/2 c. Steamed Cabbage, unsalted
0G	2 t. Butter*, unsalted
1G	1/2 c. Marinated Corn with Peppers & Vinegar & Olive Oil
2Y	1 slice Pound Cake-1 oz.
1G	1/2 c. Strawberries
0G	1 T. Whipped Topping
0G	1/2 c. Capri Sun®

Snack (1)

0G	15 Jelly Beans
1G	1 c. Sugar Smacks®
1G	1/2 c. Water or Fresh Lemonade or Limeade
0G	1/2 c. Crush® Orange

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Using the Renal FOOD SPIRAL[®]

Friday - 20 Renal Daily Factors

Breakfast (7)

1G	2 Scrambled Eggs, Unsalted
2Y	1 c. Fruity Pebbles [®]
1G	1/2 c. Almond Milk
1G	1/2 c. Raspberries
0G	1 T. Honey, Jam, Jelly, or Preserves
2Y	1 slice WW Toast
0G	2 t. Butter*, unsalted
0G	1 T. Creamer, Non-Dairy
0G	1/2 c. Coffee or Tea, Freshly Brewed

Lunch (7)

2G	4 oz. Grilled Chicken Breast, Unsalted
0G	1 T. Sour Cream, Chives & Apricot Nectar
0G	1 slice Lettuce
0G	1 pack Ms. Dash
4Y	1 WW Bun
0G	2 t. Butter*, Unsalted
1G	1/2 c. Sherbet
0G	1 T. Whipped Topping
0G	1/2 c. Ice Water with a slice of Lemon or Lime

Dinner (5)

2G	4 oz. Venison, Unsalted
0G	1 T. Apple Butter
1G	1/2 c. Whole Kernel Corn with Red, Yellow and Green Peppers
1G	1/2 c. Endive Lettuce w/1 T. Vinegar & Oil Dressing
0G	2 t. Butter*, unsalted
1G	1/2 c. Steamed Rice, Unsalted
0G	1/2 c. Sprite [®]

Snack (1)

1G	1 1/2 c. Popcorn, Unsalted
0G	2 t. Butter*, Unsalted
0G	1/2 c. Citra [®]
0G	15 Life Savers [®]

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Using the Renal FOOD SPIRAL[®]

Saturday - 20 Renal Daily Factors

Breakfast (5)

1G	2 Fried Eggs, Unsalted
1G	1/2 c. Cream of Rice
1G	1/2 c. Apricot Nectar
0G	2 t. Butter*, Unsalted
0Y	1 T. Sour Cream*
1Y	1/2 slice WW Toast
0G	1 T. Honey, Jam, Jelly, or Preserves
1G	1/2 c. Blueberries
0G	1 T. Creamer, Non-Dairy
0G	1/2 c. Coffee or Tea, Freshly Brewed

Lunch (7)

2G	4 oz. Roast Beef, Unsalted
0G	1 T. Brown Sugar & Honey Sauce
1G	1/2 c. Steamed Rice, Unsalted
1G	1/2 c. Sautéed Peppers and Onions
0G	2 t. Butter*, unsalted
2Y	1/2 c. Snow Peas
1G	1 Plum or 1 Apple
0G	1/2 c. Crush [®] Cherry

Dinner (7)

2G	4 oz. Bass or Catfish, Grilled, Unsalted
0G	1 Lemon Slice
1G	1/2 c. Pasta, Unsalted
0G	2 t. Butter*, Unsalted
1G	1/2 c. Whole Kernel Corn, unsalted
1G	1/2 c. Grits, Unsalted
1G	1/2 c. Lettuce with 1 T. Vinegar & Oil
1G	1/2 cup Pineapple
0G	1/2 c. Sprite [®]

Snack (1)

1G	1 c. Kashi [®] Puffs
0G	1/2 c. Zevia [®]
0G	3 Sticks Chewing Gum

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Using the Renal FOOD SPIRAL[®]

Sunday - 20 Renal Daily Factors

Breakfast (5)

1G	2 Poached Eggs, Unsalted
1G	1 c. Puffed Wheat
1G	1 c. Canned Peaches
0G	2 t. Butter*, Unsalted
0G	1 T. Honey, Jam, Jelly, or Preserves
2Y	1 slice Toast, WW
0Y	1 T. Sour Cream
0G	1 T. Creamer, Non-Dairy
0G	1/2 c. Coffee or Tea, Freshly Brewed

Lunch (7)

2G	4 oz. Roast Pork Loin, Unsalted or a Grilled Steak
0G	1 T. Cranberry Sauce
1G	1/2 c. Endive or Lettuce with 1 oz. Vinegar & Olive Oil
1G	1/2 c. Steamed Cabbage, Unsalted
0G	2 t. Butter*, Unsalted
2Y	1 Roll
1G	1/2 c. Pineapple & Pears, Canned & Blueberries
0G	1/2 c. Crush [®] Pineapple

Dinner (6)

2G	4 oz. Fish Fillet, Unsalted with Parsley and Lemon Juice
0G	1 T. Sour Cream & Lime Juice
1G	1/2 c. Steamed Rice with Red Peppers
0G	2 t. Butter*, Unsalted
2Y	1 Roll, Whole Wheat
1G	1/2 c. Grapes & Berries
0G	5 Marshmallows
0G	1/2 c. Sprite [®]

Snack (2)

1G	1 c. Malt-O-Meal [®]
0G	1/2 c. Fanta [®] Strawberry
1G	1/2 c. Rice or Almond Milk
0G	4 Star Burst [®] Candy

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