

# MEALS WITH LESS MEAT

## CHRONIC KIDNEY DISEASE

Without going completely vegetarian, you can cut back on protein by eating meals that use smaller portions of meat. Reducing protein intake can help slow the progression of CKD.

Here are some examples of this type of meal. A few recipes are included on pages 2-6.

Meal	Serving Suggestions
Stir-Fry	Stir-fry is a great way to use meat in smaller portions while ramping up the vegetables. You can use whatever you have on hand and even buy premade sauces (be careful about sodium content). Serve over rice and add some fruit on the side to complete the meal.
Kabobs	Load your skewer with veggies like peppers, zucchinis, and onions. Then put a few chunks of beef or chicken or pork in between. Serve with rice, bread, salad, or even soup.
Salads	Adding some chicken or beef to your salad will be an easy way to incorporate meat into your low-protein diet. The possibilities here are endless; all kinds of greens, veggies, fruits, and dressings can be used.
Tacos/Burritos	Traditional tacos seem go heavy on the meat and light on the vegetables. It's not hard at all to switch this around when cooking at home. Adding low-potassium beans such as black beans can also make it more filling.
Pasta	Spaghetti with meat sauce, lasagna, chicken Alfredo... these are all meals with small meat portions. The trick here is to limit the amount of tomato based sauce you use to minimize potassium intake. Remember, small amounts are ok, but there are also many pastas that don't use tomato based sauces at all. Try a few!
Soup	Again, the possibilities here are endless. Just remember to make soups with lots of low-potassium veggies and mix in a little meat. Modify your favorite recipes or even make up your own. It's also a good idea to use low-sodium broths.
Sandwiches	Nothing too complicated here, make a nice chicken or turkey sandwich, use less meat and more vegetables! Serve with fruit or a bowl of soup and crackers and you have a meal. Grilling the sandwiches can help add some variety, or even make a wrap using lettuce and tortillas.
Potpie	Comfort food classics such as chicken potpie and quiche can be kidney friendly! Fill your homemade pie or quiche with lots of veggies (carrots, broccoli, corn, peas, etc...) and let their flavor shine instead of the meat. Sub almond milk for milk to lower the potassium and achieve delicious results.
Pizza	Homemade pizza can also be included in your low meat, kidney friendly meals. Be sure to use low-sodium tomato paste, and spread it thinner than normal. You could also try a chicken Alfredo pizza. Use plenty of veggies and garlic to give flavor, go light on the cheese.
Curry	Indian food can be easy to make and includes smaller portions of meat. This also goes well with rice and makes a delicious dinner. This could be a great way to get you out of your normal meal routine and try something new!

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# Recipes: CKD Meals with Less Meat

## Simplest Stir-Fries

\* From eartheasy.com

Makes 6 servings

### Sauce:

- 1/2 cup water
- 1/4 cup soy sauce
- 1 tbsp cornstarch
- 1 tbsp. brown sugar or honey
- 3/4 tsp ground ginger
- 1/2 tsp chili powder
- 1/4 tsp garlic powder
- 1/4 tsp black pepper

### Stir-Fry

- 1 lb beef, pork, or chicken (or even less)
- 2 tbsp. vegetable oil
- 8 cups thinly sliced mixed vegetables (bell peppers, onions, carrots, celery, cauliflower, broccoli, green beans.

1. Stir all sauce ingredients together and let stand while preparing the stir-fry.
2. For easy slicing, firm meat slightly by placing in freezer for 30 minutes. Slice thinly into 1/4" wide strips.
3. Heat oil in a wok or large frying pan over med-hi heat. Add meat and stir-fry until lightly browned, about 3 minutes.
4. Stir sauce and add to wok along with vegetables. Stir-fry until vegetables are hot but still crisp, about 5 - 8 minutes. Cover pan between stirrings to steam the vegetables.
5. Serve over rice.

**Nutrient Information:** Calories: 256 Carbs: 11g Protein: 24g Sodium: 461mg Phosphorous: 213 mg Potassium: 469mg

## Kabobs

\* From allrecipes.com

Makes 10 servings

- 1/2 cup teriyaki sauce
- 1/2 cup honey
- 1/2 tsp garlic powder
- 1/2 pinch ground ginger
- 2 red bell peppers, cut into 2 inch pieces
- 1 large sweet onion, peeled and cut into wedges
- 1 zucchini, cut into cubes
- 1 pound beef sirloin or chicken (or a mixture of both) cut into 1 inch cubes
- skewers



1. In a large resealable plastic bag, mix the teriyaki sauce, honey, garlic powder, and ginger. Place red bell peppers, onion wedges, mushrooms, beef, and chicken in the bag with the marinade. Seal, and refrigerate 4 to 24 hours.
2. Preheat grill for medium-high heat.
3. Discard marinade, and thread the meat and vegetables onto skewers, leaving a small space between each item.
4. Lightly oil the grill grate. Grill skewers for 10 minutes, turning as needed, or until meat is cooked through and vegetables are tender.

**Nutrient Information:** Calories: 165 Carbs: 21g Protein: 16g Sodium: 593mg Phosphorous: 144mg Potassium: 297mg

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## Chicken Apple Crunch Salad

Portions: 4

Serving size: 3/4 cup

\* From [davita.com](http://davita.com)

- 2 cups cooked chicken
- 1 cup gala apple
- 1/2 cup celery
- 2 tbsp scallions
- 1/4 cup dark raisins
- 1/3 cup low-fat mayonnaise
- 1 tbsp. low-fat sour cream
- 1 tsp lemon juice
- 1/4 tsp cinnamon
- 1/4 tsp black pepper

1. Cube cooked chicken. Dice apple and celery. Chop scallions.
2. Combine chicken, apple, celery, scallions and raisins in a large salad bowl.
3. Whisk together mayonnaise, sour cream, lemon juice, cinnamon and black pepper. Pour over the chicken-apple mixture and toss.
4. Refrigerate to chill prior to serving.

**Nutrient Information:** Calories: 325 Carbs: 18g Protein: 39g Sodium: 276mg Phosphorous: 293mg Potassium: 489mg

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## Fish Tacos

Prep time: 35 min

Cook: 25 min

\* From [foodnetwork.com](http://foodnetwork.com)

Yields: 4 servings

- 1 pound white flaky fish, such as mahi mahi or orate
- 1/4 cup canola oil
- 1 lime, juiced
- 1 tbsp. ancho chili powder
- 1 jalapeno, chopped
- 1/4 cup chopped fresh cilantro leaves
- 8 flour tortillas
- Shredded white cabbage
- Thinly sliced red onion
- Thinly sliced green onion
- Chopped cilantro leaves
- Sour cream



1. Preheat grill to medium-high heat. Place fish in a medium size dish. Whisk together the oil, lime juice, ancho, jalapeno, and cilantro and pour over the fish. Let marinate for 15 to 20 minutes.
2. Remove the fish from the marinade place onto a hot grill, flesh side down. Grill the fish for 4 minutes on the first side and then flip for 30 seconds and remove. Let rest for 5 minutes then flake the fish with a fork.
3. Place the tortillas on the grill and grill for 20 seconds. Divide the fish among the tortillas and garnish with any or all of the garnishes.

**Nutrient Information:** Calories: 590 Carbs: 58g Protein: 31g Sodium: 877mg Phosphorous: 410mg Potassium: 848mg

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## Linguine with Garlic and Shrimp

Serves: 6

Serving size: 1-1/2 cups

\* From davita.com

- 2-1/2 quarts water
- 12 ounces linguine, uncooked
- 2 tbsp. olive oil
- 2 heads of garlic, whole
- 3/4 pound raw shrimp
- 1 cup flat-leaf parsley
- 1 tbsp. lemon juice
- 1/4 tsp black pepper



1. Peel and clean shrimp. Chop parsley.
2. Boil water in a large pot. Add pasta and cook for 10 minutes or until tender.
3. While pasta is cooking, separate garlic cloves, leaving skin on. Heat cloves in a frying pan over medium heat, stirring frequently. Garlic is ready when it darkens and becomes soft to touch. Skin will be easy to remove. Remove garlic from pan and peel off skin.
4. Heat olive oil in the frying pan and return peeled garlic to the pan. Cook garlic until golden. (Cloves can be cut in half or left whole).
5. Add parsley and shrimp and cook 1 to 2 minutes, until shrimp turns pink.
6. Drain pasta and reserve 1 cup of liquid. Add pasta to pan with shrimp and garlic. Mix all ingredients together and add the reserved cup of liquid.
7. Add lemon juice, black pepper, mix and serve.

**Nutrient Information: Calories: 317 Carbs: 47g Protein: 19g Sodium: 80mg Phosphorous: 143mg Potassium: 379mg**

## Rotisserie Chicken Noodle Soup

Makes 10 servings

Serving size: 1-1/4 cups

\* From davita.com

- 1 prepared rotisserie chicken
- 8 cups low-sodium chicken broth
- 1/2 cup onion
- 1 cup celery
- 1 cup carrots
- 6 oz wide noodles, uncooked
- 3 tbsp. fresh parsley



1. Remove chicken from bones and chop into bite-sized pieces. Measure 4 cups for the soup.
2. Pour chicken broth in a large stock pot; bring to a boil.
3. Chop onion; slice celery and carrots.
4. Add chicken, vegetables and noodles to stock pot.
5. Bring to a boil and cook approximately 15 minutes until noodles are done.
6. Garnish with chopped parsley.

**Nutrient Information: Calories: 171 Carbs: 17g Protein: 20g Sodium: 227mg Phosphorous: 181mg Potassium: 399mg**

# Crunchy Chicken Wraps

Portions: 8

Serving size: 1/2 tortilla

\* From [davita.com](http://davita.com)

- 1 stalk celery
- 1 medium carrot
- 1/2 red bell pepper
- 1/2 cup non-fat mayonnaise
- 1/2 tsp onion powder
- 4 large flour tortillas, 8-inch size
- 8 oz. low-sodium canned chicken



1. Dice celery, carrot and bell pepper.
2. Combine the mayonnaise and onion powder in a small bowl.
3. Spread 2 tablespoons of the mixture over each tortilla.
4. In a separate bowl combine the diced vegetables.
5. Place 1/4 cup of vegetables and 2 ounces of chicken on one quarter of each tortilla.
6. Fold the outside edges of the tortillas inward and roll up like a burrito.
7. Secure each tortilla half with a toothpick and cut each tortilla roll in half.

**Nutrient Information: Calories: 119 Carbs: 16g Protein: 7g Sodium: 417mg Phosphorous: 96mg Potassium: 141mg**

# Light Chicken Pot Pie

Makes 6 servings

\* From [foodnetwork.com](http://foodnetwork.com)

## For the crust:

- 1 cup all-purpose flour, plus more for dusting
- 1/4 tsp baking powder
- 4 tbsp. cold unsalted butter, cut into small pieces
- 1 large egg
- 2 tbsp. unsweetened almond milk

## For the filling:

- 4 1/2 cups low-sodium chicken broth
- 5 medium carrots, cut into large chunks
- 2 tsp chopped fresh thyme
- 2 tbsp. extra-virgin olive oil
- 1 large onion, finely diced
- 1 cup chopped broccoli

- 3 tbsp. all-purpose flour
- 1/3 cup unsweetened almond milk
- 3 stalks of celery, sliced
- 3 cups shredded rotisserie chicken, skin removed
- 1/2 cup minced fresh parsley
- Freshly ground black pepper
- 1/2 cup fat-free sour cream
- 1 cup frozen peas

1. **Prepare the crust:** Pulse the flour and baking powder in a food processor until combined. Add the butter, one piece at a time, pulsing until the mixture looks like coarse meal. Separate the egg; refrigerate the egg white. Beat the egg yolk and almond milk in a bowl, then add to the food processor, pulsing until the dough comes together. Turn out onto a lightly floured surface and gather into a ball. Flatten into a disk, wrap in plastic wrap and chill at least 1 hour.
2. **Meanwhile, make the filling:** Bring the chicken broth, carrots and thyme to a simmer in a small saucepan over medium heat and cook 2 minutes; cover and keep warm. Meanwhile, heat the olive oil in a large pot over medium heat. Add the onion and cook until soft, about 8 minutes. Sprinkle in the flour and stir until lightly toasted, about 3 minutes. Add the almond milk, celery, broccoli, and the warm broth mixture and simmer until thickened, about 15 minutes. Remove from the heat and stir in the chicken, sour cream, peas and parsley. Season with pepper.
3. Transfer the filling to a 2-quart casserole dish. Roll out the dough on a lightly floured surface until about 1/2 inch thick and slightly larger than the dish. Beat the reserved egg white in a bowl; brush over the dough and season with pepper. Press the dough against the sides of the dish. Place on a baking sheet and bake until the crust is golden brown, 20 to 25 minutes.

**Nutrient Information: Calories: 429 Carbs: 37g Protein: 33g Sodium: 458mg Phosphorous: 376mg Potassium: 835mg**

## Pepper, Onion, and Feta Pizza

Yield: 6 slices

\* From allrecipes.com

### Pizza Crust:

- 1/2 tsp white sugar
- 3/4 cup warm water
- 1/2 tbsp. active dry yeast
- 1/2 tbsp. olive oil
- 1 cup whole wheat flour
- 3/4 cup all-purpose flour

### Toppings:

- 3 cups chopped red, green, yellow and/or orange bell peppers
- 1 cup sliced yellow or red onion, separated into rings
- 3 garlic cloves, crushed
- 2 tbsp. extra-virgin olive oil
- 1 tsp dried Italian herbs
- 1/4 tsp crushed red pepper flakes, or to taste
- 3/4 cup crumbled feta cheese



1. In a large bowl, dissolve sugar in warm water. Sprinkle yeast over the top, and let stand for about 10 minutes, until foamy.
2. Stir the olive oil into the yeast mixture, then mix in the whole wheat flour and 1/2 cup of the all-purpose flour until dough starts to come together. Tip dough out onto a surface floured with the remaining all-purpose flour, and knead until all of the flour has been absorbed, and the ball of dough becomes smooth, about 10 minutes. Place dough in an oiled bowl, and turn to coat the surface. Cover loosely with a towel, and let stand in a warm place until doubled in size, about 1 hour.
3. When the dough is doubled, tip the dough out onto a lightly floured surface and form into a tight ball. Let rise for about 45 minutes, until doubled.
4. Preheat the oven to 425 degrees F (220 degrees C). Roll the ball of dough with a rolling pin until it will not stretch any further. Then, drape it over both of your fists, and gently pull the edges outward, while rotating the crust. When the circle has reached the desired size, place on a well oiled pizza pan. In a bowl, combine remaining ingredients except cheese. Spoon mixture over crust. Top with cheese.
5. Bake for 16 in the preheated oven, until the crust is crisp and golden at the edges, and cheese is melted on the top.

**Nutrient Information: Calories: 264 Carbs: 36g Protein: 9g Sodium: 178mg Phosphorous: 187mg Potassium: 316 mg**

## Chicken Curry in a Hurry

Serves: 6

Total Time: 35 minutes

\* From realsimple.com

- 1 cup white rice
- 1 1/2 tbsp. olive oil
- 1 small yellow onion, thinly sliced
- 2 tsp curry powder
- 1/2 cup plain yogurt
- 3/4 cup heavy cream
- 1/4 tsp pepper
- 1 rotisserie chicken, sliced
- 1/4 cup fresh cilantro, chopped



1. Cook the rice according to the package directions.
2. Heat the oil in a skillet over medium-low heat. Add the onion and cook, stirring occasionally, for 7 minutes.
3. Sprinkle with the curry powder and cook, stirring, for 1 minute.
4. Add the yogurt and cream and simmer gently for 3 minutes. Stir in the pepper. Remove from heat.
5. Divide the rice and chicken among individual bowls, spoon the sauce over the top, and sprinkle with the cilantro.

**Nutrient Information: Calories: 374 Carbs: 29g Protein: 27g Sodium: 277mg Phosphorous: 278mg Potassium: 385mg**