

## Fast Food

### Burgers - McDonald's

All choices listed have <600 mg Sodium



Oatmeal



Apples



Side Salad



Hamburger



Filet-O-Fish

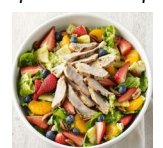
### Sandwiches/Deli - Panera

All choices listed have <600 mg Sodium,

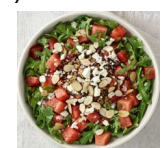
No phos additives per company



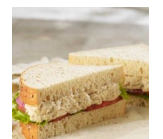
Full Fuji Apple Chicken Salad



Full Strawberry Poppyseed Chicken Salad



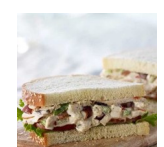
Full Watermelon Feta Salad



Tuna Salad On Wheat



Half Steak and Arugula on Sourdough



Half Napa Almond Chicken Salad on Sesame Semolina

### Chicken - Chick-Fil-A

All choices listed have <600 mg Sodium,  
no phos additives per company



Multi-grain Oatmeal



Grilled Chicken Nuggets (8ct)



Grilled Market Salad



Superfood Side



Side Salad  
\*No Cheese

### Mexican - Chipotle

Lowest sodium options noted

Meat does not have phos additives per company



Crispy Taco Shell



Fajita Vegetables



Steak



Tomatilla Salsa



Cilantro Lime Brown Rice



Chicken

## Frozen Food

Aim for <600mg sodium/meal. Sodium content listed below.



Healthy Choice Sweet & Spicy Orange Zest Chicken  
500 mg



Healthy Choice Lemon Pepper Fish  
538 mg



Lean Cuisine Comfort Grilled Chicken Caesar  
550 mg



Healthy Choice Cafe Steamers Asian Potstickers  
560 mg



Lean Cuisine Comfort Glazed Chicken  
470 mg



Lean Cuisine Market Place Thai Style Noodle w/ Chicken  
480 mg



Lean Cuisine Sweet Sriracha Braised Beef  
550 mg



Lean Cuisine Southwest-Style Chicken Panini  
588 mg

## Quick Cook



Barilla Rotini Pasta



Classico Pesto



Vegetable Stir Fry  
\*limit sauce packets if included (high sodium)



Tyson Grilled Chicken



Scrambled Eggs



Birds Eye Pepper Onion Blend



Frozen Fish



Birds Eye Rice and Veggie Blend



# Lunch Bag

Use these portable proteins as fillers for sandwiches or wraps.



Starkist Plain Tuna



Starkist Lemon Pepper Tuna



Hormel Natural Choice Chicken



Boar's Head Natural Roast Beef



Hormel Natural Choice Turkey



Small Bagel with Cream Cheese



# Portable Produce



Grapes



Mini Sweet Peppers



Raspberries



Individually Boxed Dried Cranberries



Sugar Snap Peas



Apples



Celery Sticks



Fruit Cup



Applesauce



Carrots

# Snacks



Hard Boiled Eggs



Snyder's Unsalted Pretzels



Animal Crackers



Hint of Salt Ritz



Smart Balance Popcorn



Honey Maid Graham Crackers



Vanilla Wafers



Rice Cakes

# Supplements



Boost Glucose Control



Novasource Renal



Balance Bar Lemon Meringue Crunch



Zone Bar Cinnamon Roll



Suplena (for protein-restricted CKD patients)



Nepro



Ensure Clear



NuGo Vanilla Bar



Special K Strawberry Protein Bar