

# Delicious Quick and Easy KIDNEY FRIENDLY RECIPES

by Ellen Jackson, Celine Kanos  
and Dr Kelly Lambert

**Part 2: Light meals & snacks**



# Acknowledgments

We would like to dedicate this book to the late Aditi Patwardhan, Renal Dietitian from Sydney, Australia. Her work as a renal dietitian assisted many people with kidney disease to live better lives.

Thank you to Dr Maria Chan, Lead Renal Dietitian at St George Hospital Sydney for support and advice during this project.

Many thanks to our expert review panel of people with kidney disease who provided useful feedback on the layout and contents to help us make this book as useful as possible. Thank you also to the renal dietitians who provided recipes, feedback and support.

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# Introduction

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## **Who is the book for ?**

This collection of recipes has been designed for people who have kidney disease but are not undertaking dialysis treatment. This refers to people with an estimated kidney function (eGFR) of 45ml per minute or lower. These stages are often referred to as moderate to severe Chronic Kidney Disease. We have tried to include a variety of recipes from different cultures and use a limited number of ingredients as we know not everyone is a gourmet chef or may not have access to fancy cooking equipment.

## **What is special about the recipes ?**

Each recipe has a nutritional analysis that will tell you if it is suitable for someone who may need to follow a low potassium, low phosphate, low sodium or diabetic diet. If you have been advised to restrict your protein, then the amount of protein in portions is also included.

## **What can a person with kidney disease ACTUALLY eat ?**

Remember, a person with kidney function at this level can still enjoy a diet with:

- 2 pieces of fruit
- 5 handfuls of vegetables
- Wholegrain breads and cereals
- A small portion of protein rich food at the main meal such as fish, chicken, red meat, legumes, eggs or nuts each day.





# Introduction

It is important to limit the amount of dairy foods that you eat when you have kidney function at this level. This is because dairy foods (or their non-dairy alternatives) are high in protein, potassium and phosphorus. A diet with no added salt and use of reduced salt packaged foods is also strongly recommended.

The eating plan you need to follow will change as your kidney function changes. Not everyone needs the same combination of changes. Work with your dietitian to understand what the right amount is for you.

## Is there anything else we need to know ?

There are several strategies you can use to reduce the potassium or sodium content of meals. For example

1. **Use smart salt swaps** – choose reduced salt versions of products as the first choice, do not add salt at the table, use spice rubs and herbs to add flavour, adapt your own recipes to be lower in salt

2. **Read and understand food labels** so you can make an appropriate food choice. The table below shows that this cereal has 105 mg of sodium per 100g. This makes it a low sodium product. In Australia, low sodium products have less than 120mg per 100g.

Jolly Roger breakfast cereal		
	Per serve 20g	Per 100g
Energy -kilojoules	285	1425
Carbohydrate - grams	16.7	83.5
Protein - grams	3.1	15.5
Fat – grams	5.7	28.5
Fibre – grams	2	10
Sodium - milligrams	21	105





# Introduction

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3. If you need to follow a low potassium diet, then **choose food preparation methods** that can reduce the potassium in the food. For example, chopping hard vegetables into dice sized pieces or small chunks and then boiling vigorously to cook can reduce the potassium content. Do not re-use this water as some of the potassium has leached out of the vegetables. Choose canned vegetables and fruit in water- the potassium will be reduced in the food (just don't drink the liquid). Remember that potassium does not have to be shown on food labels in Australia, so foods can still be high in potassium but not labelled this way.

4. If you need to follow a low potassium diet, **make smart swaps for potassium**. Avoid foods like chocolate, potato chips, fruit juices and strong coffee. These are high in potassium. Use small potatoes instead of large, choose smaller portion sizes of high potassium foods and not large ones, choose lower potassium choices of fruit and vegetables as staples.

We believe it is still possible to eat a nutritious high-quality diet and enjoy foods you love. If you have any questions or want more advice, please contact your nephrologist (kidney doctor) so they can refer you to a renal dietitian.

We welcome any feedback you might have about this cookbook. Please forward this to [klambert@uow.edu.au](mailto:klambert@uow.edu.au)





# Technical Information

Each recipe in this book aims to provide less than each nutrient benchmark per serve:

Meal	Sodium mg (mmol)	Potassium mg (mmol)	Phosphate (mg)	Protein (grams)
Main meal	690 (30mmol)	780 (20mmol)	<350mg	<20g
Light meal	460 (20 mmol)	585 (15mmol)	<250mg	<20g
Snacks	230mg (10mmol)	195mg (5mmol)	<50mg	<5g

These are adapted from the NSW Agency for Clinical Innovation Therapeutic Diet Specifications Guide.

All recipes have been analysed using Foodworks Nutrient Analysis software. A standard carbohydrate portion of 15 g is used. For details on protein exchanges, one exchange of protein represents *8g of protein from protein rich foods*. This is equivalent to about 30g of cooked meat, chicken or fish; a large egg; 30g of cheese; ½ cup of legumes ; 1/4 cup nuts; or 2 tablespoons of seeds. If a person were to eat one main meal, two light meals and three snacks from this recipe book then they would eat no more than 100 mmol sodium, 65 mmol potassium, 1000mg phosphate and 75g protein (about 6 exchanges of protein rich food) each day.

Cook's note: In Australia 1 cup is 250ml, 1 teaspoon is 5g and 1 tablespoon is 20g .

Each recipe includes a comment describing the type of specialised diet it would be suitable for eg This recipe is suitable for:

- ✓ A low potassium diet
- ✓ A low sodium (salt) diet
- ✓ A low phosphate diet if taken with a phosphate binder.
- ✓ A diabetic diet





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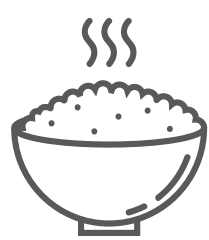
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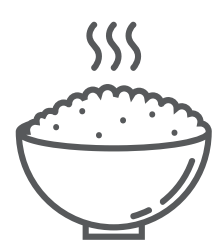
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# Light Meals







# Orange and Rocket Salad

## Ingredients:

- ¼ cup sliced almonds
- 150g of rocket
- 2 oranges, peeled and sliced into thin rounds
- 60g goat cheese, crumbled (about ½ cup)
- ¼ cup thinly sliced and roughly chopped radishes
- Pinch of ground cinnamon, to sprinkle on top
- Lemon dressing
- ¼ cup extra-virgin olive oil
- 3 tablespoons lemon juice
- 1 ½ teaspoons honey
- ¼ teaspoon salt



## Instructions:

1. In a small skillet over medium heat, warm the almonds until they are fragrant and starting to turn golden on the edges, stirring frequently (careful, they'll burn!), about 5 minutes. Transfer them to a bowl to cool.
2. Place the rocket on a large serving plate. Arrange the oranges, toasted almonds, goat cheese and radishes on top. Sprinkle the top lightly with a pinch or two of cinnamon. Set aside.
3. In a small bowl, combine the olive oil, lemon juice, honey and salt. Whisk together until blended. Taste, and add a little more honey if it's unpleasantly tart.
4. Once you're ready to serve, drizzle the dressing lightly over the salad, toss, and serve immediately.

## Nutrient Values Per Serve:

Protein (total): **4g**

Protein rich food exchange: **0**

Carbohydrate: **5g**

Carbohydrate Exchange: **0.3**

Sodium: **45mg**

Potassium: **220mg**

Phosphate: **66mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet

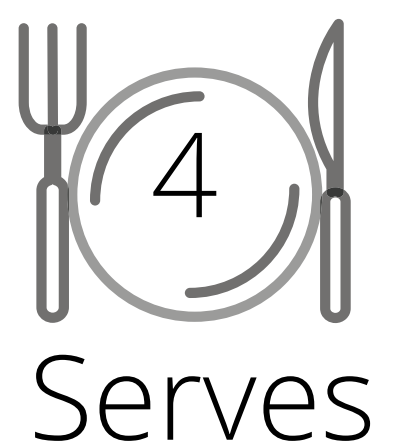




# Asparagus Soup

## Ingredients:

- 2 bunches of asparagus, washed and ends removed
- 4 cups of salt reduced vegetable stock
- 1/2 a cup of thickened cream
- Cayenne pepper to taste (recommend 0.5- 1tsp)



Serves

## Instructions:

1. Cut asparagus in small pieces (about 2- 3 cm) and set them aside.
2. In a large non-stick saucepan, pour in stock and add in asparagus. Bring this to a simmer.
3. Cook for 5 minutes or until asparagus is tender, but still green.
4. Remove saucepan from the heat and puree with a hand blender.
5. Return to a low heat and slowly add the cream, cooking on low until heated through.
6. Season to taste with the cayenne pepper.

## Nutrient Values Per Serve:

Protein (total): **0g**

Protein rich food exchange: **0**

Carbohydrate: **4g**

Carbohydrate Exchange: **0.3**

Sodium: **659mg**

Potassium: **367mg**

Phosphate: **73mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet
- ✓ (accompanied with a carbohydrate)

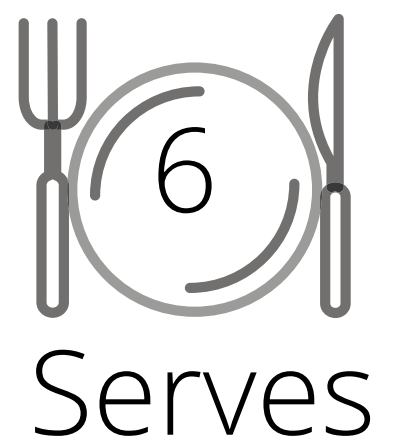




# Lime and Salmon Cakes

## Ingredients:

- 400g of tinned Salmon
- 1 Lime
- 1 Egg
- 3/4 of a cup of breadcrumbs
- Side Salad:
  - 6 cups of iceberg lettuce, chopped
  - 2 medium cucumbers, sliced
  - 3 spring onion, chopped
  - 9 cherry tomatoes, sliced in half



## Instructions:

1. Grate the zest of lime and then juice it.
2. In a bowl combine the zest and juice of the lime, salmon, egg and breadcrumbs. Season with pepper (to taste) and mix well.
3. Roll mixture into patties.
4. Cook in a fry pan over medium heat, until heated through.
5. Combine side salad ingredients and serve together .

## Nutrient Values Per Serve:

Protein (total) : **15g**

Protein rich food exchange: **2**

Carbohydrate: **14g**

Carbohydrate Exchange: **1**

Sodium: **207mg**

Potassium: **444mg**

Phosphate: **350mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet





# Asian Chicken Wraps

## Ingredients:

- 3/4 cup of chicken breast
- 1 tablespoon of teriyaki sauce
- 1 & 1/2 cups of cabbage, chopped
- 2 wraps eg those made from wholemeal flour



Serves

## Instructions:

1. Grill chicken in a frying pan over medium heat with teriyaki sauce, until golden brown or cooked through.
2. Spread chicken over wraps and top with the cabbage.
3. Roll wraps, cut in half and enjoy!

## Nutrient Values Per Serve:

Protein (total) : **13g**

Protein rich food exchange: **1.5**

Carbohydrate: **28g**

Carbohydrate Exchange: **2**

Sodium: **641mg**

Potassium: **404mg**

Phosphate: **218mg**

## Suitable for:

- X** Low sodium
- ✓** Low phosphorous
- ✓** Low potassium
- ✓** Low protein
- ✓** Diabetic diet

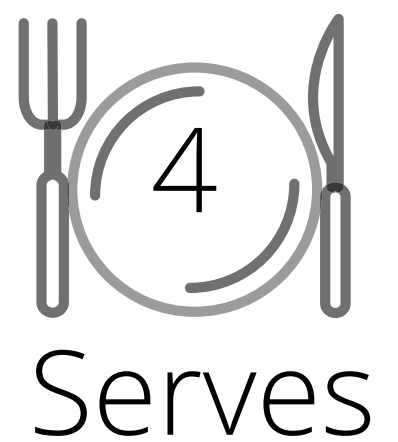




# Balsamic Chicken & Avocado Salad

## Ingredients:

- 2 small chicken breast, sliced
- 250g of cherry tomatoes, halved
- 1 cup of caramelised balsamic vinegar (or 1 cup of balsamic vinegar with brown sugar to taste)
- 3 radishes, sliced
- 1 medium cucumber, sliced



Serves

## Instructions:

1. In a bowl mix the chicken breast and balsamic vinegar, marinate for 1 hour
2. In a frying pan over medium heat, cook the chicken for 4 - 5 minutes on each side. Remove from heat and cool.
3. Gently toss chicken, avocado, tomatoes and radishes in a bowl.
4. Drizzle with balsamic and serve.

## Nutrient Values Per Serve:

Protein (total) : **16g**

Protein rich food exchange: **2**

Carbohydrate: **19g**

Carbohydrate Exchange: **1**

Sodium: **45mg**

Potassium: **722mg**

Phosphate: **208mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet





# Tandoori Chicken Salad

## Ingredients:

- 250g of chicken breast, sliced into smaller pieces
- 1.5 tablespoons of tandoori paste
- 500g of lettuce, shredded
- 1 small cucumber, sliced
- 1 small red onion, diced
- 2 medium stalks of celery
- 1/2 a mango, diced
- 2 tablespoons of fresh mint
- 1 tablespoon of unsalted peanuts
- Yogurt dressing:
  - 100g of greek yogurt
  - 1/2 a teaspoon of tandoori paste
  - 1 pinch of ground cumin
  - 1 clove of garlic, crushed
  - 1 tablespoon of fresh mint, finely chopped



Serves

## Instructions:

1. Combine the chicken and tandoori paste in a bowl.
2. Cook chicken in a frying pan over medium heat, until browned all over.
3. Combine lettuce, cucumber, onion, mango and peanuts in a bowl.
4. Combine dressing ingredients. Top salad with chicken and drizzle with dressing to serve.

## Nutrient Values Per Serve:

Protein (total): **17g**

Protein rich food exchange: **2**

Carbohydrate: **13g**

Carbohydrate Exchange: **1**

Sodium: **375mg**

Potassium: **779mg**

Phosphate: **279mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



# Broccoli Fritters

## Ingredients:

- 3 cups of fresh broccoli, finely chopped
- 1 medium onion, diced
- 2 eggs
- 2 tablespoons of plain flour
- 2 tablespoons of olive oil
- 4 cups of mixed leaves
- Salad dressing of choice



## Instructions:

1. Bring a small saucepan of water to the boil. Add the broccoli and boil for 5 minutes and then drain.
2. Crack the eggs into a bowl and beat. Mix through the flour.
3. Add the broccoli and onion to the mixture and mix until well combined.
4. Heat 1/2 a tablespoon of the oil in a fry pan over medium heat and pour in 1/4 of the broccoli mixture and fry until browned on both sides.
5. Repeat with the remaining batter.
6. Serve fritters hot with the mixed leaves dressed in a salad dressing.

## Nutrient Values Per Serve:

Protein (total) : **4g**

Protein rich food exchange: **0.5**

Carbohydrate: **8g**

Carbohydrate Exchange: **0.5**

Sodium: **63mg**

Potassium: **455mg**

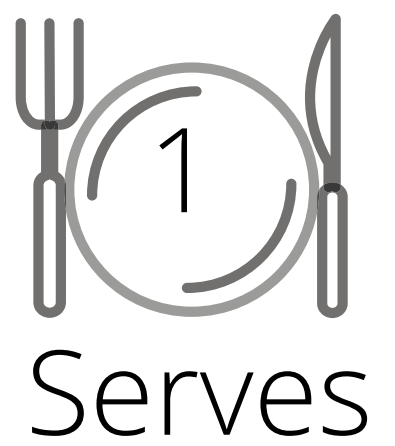
Phosphate: **152mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet
- ✓ (accompanied with a carbohydrate)



# Kidney Friendly Green Salad



## Ingredients:

- 1 cup of chopped iceberg or mixed lettuce
- 1/2 a medium cucumber
- 1/4 of an avocado
- 1 chopped spring onion

## Instructions:

1. Chop up all of the ingredients.
2. Combine together in a medium bowl.
3. Dress with olive oil or dressing of choice
4. Serve as a side to any meal

## Nutrient Values Per Serve:

Protein (total) : **0**

Protein rich food exchange: **0**

Carbohydrate: **18g**

Carbohydrate Exchange: **1**

Sodium: **344mg**

Potassium: **356mg**

Phosphate: **186mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet (accompanied with a carbohydrate rich food)

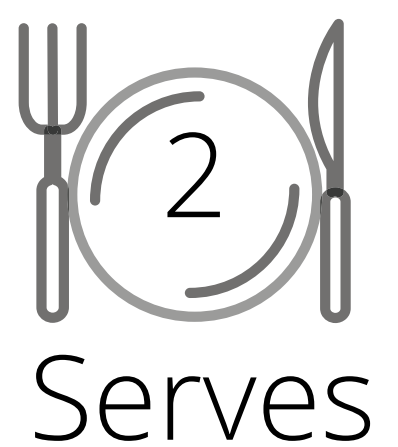




# Zucchini Fritters

## Ingredients:

- 1/2 a medium zucchini
- 1/4 of a medium red onion
- 2 eggs
- 2 tablespoons of grated carrot



## Instructions:

1. Beat the eggs in a large bowl.
2. Add in zucchini, carrot and red onion, mix until combined.
3. Spoon half of the mixture into a greased pan over medium heat cook for approximately 3 minutes on each side or until golden brown.
4. Repeat with the other half of the mixture.
5. Serve warm.

## Nutrient Values Per Serve:

Protein (total) : **8g**

Protein rich food exchange: **1**

Carbohydrate: **2g**

Carbohydrate Exchange: **0**

Sodium: **60mg**

Potassium: **169mg**

Phosphate: **89mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet
- ✓ (accompanied with a carbohydrate rich food)



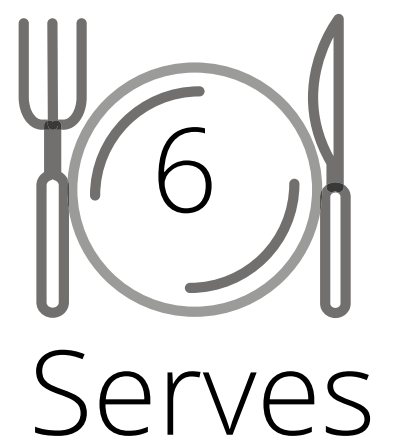


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# Oka

## Ingredients:

- 450g of fresh fish
- 1 cup of lemon juice
- 1 tomato
- 1 spring onion
- 1 carrot
- 1 small green capsicum
- 1 small onion
- 1 cup of coconut cream
- 1 small chilli



## Instructions:

1. Clean the fish and remove all bones, skin and dark flesh.
2. Cut fish into even size cubes and cover in lemon juice. Leave fish to soak until tender. Then drain lemon juice.
3. Chop up tomato, onion and capsicum. Grate the carrot.
4. Add chopped vegetables and fish to a bowl and mix to combine.
5. Add coconut cream and a little lemon to taste.
6. Serve chilled and enjoy!

## Nutrient Values Per Serve:

Protein (total): **15g**

Protein rich food exchange: **2**

Carbohydrate: **6g**

Carbohydrate Exchange: **0.5**

Sodium: **92mg**

Potassium: **616mg**

Phosphate: **235mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet
- ✓ (accompanied with a carbohydrate rich food)

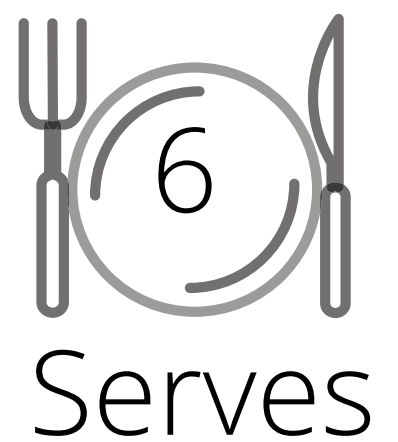




# Fish Sausage

## Ingredients:

- 500g of skinned and boned fish of choice
- 50g of salt reduced butter
- 1 tablespoon of corn flour
- 2 teaspoons of salt
- 1 teaspoon of sugar
- 1 tablespoon of finely minced brown onion
- a dash of pepper



## Instructions:

1. Clean and wash fish, cut it into cubes and grind in a meat grinder.
2. Add the rest of the ingredients and grind a second and third time.
3. Stuff the fish mixture into a tubular plastic casing. Tie off ends.
4. Immerse sausages into simmering water and cook for 40 minutes.
5. Cool sausages under running water and then remove casing.
6. Store in the refrigerator.

## Nutrient Values Per Serve:

Protein (total): **17g**

Protein rich food exchange: **2**

Carbohydrate: **3g**

Carbohydrate Exchange: **0**

Sodium: **519mg**

Potassium: **341mg**

Phosphate: **212mg**

## Suitable for:

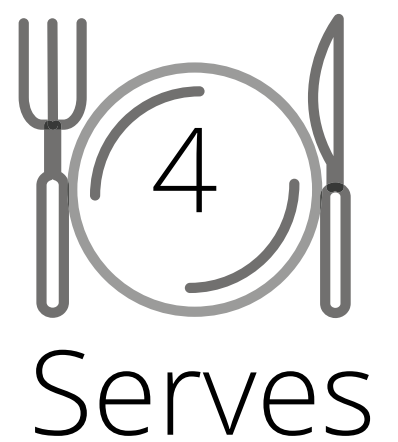
- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet (accompanied with a carbohydrate rich food)



# Corn Idlis

## Ingredients:

- 2 tablespoons vegetable oil
- 1 teaspoon mustard seeds
- 1/4 cup semolina
- 2 green chilies, finely chopped
- 1/8 teaspoon salt
- 1/4 cup greek yogurt
- 1/4 cup water
- 1/4 cup corn, grated
- 1/4 cup cottage cheese
- 1 tablespoon coriander, finely chopped
- 1 tablespoon ghee (clarified butter)



## Instructions:

1. In a saucepan, heat the vegetable oil and add mustard seeds. When the seeds splutter, add semolina, chilies and salt. Roast until the semolina grows slightly brown.
2. Remove from heat and let cool.
3. Mix yogurt with water and blend until smooth.
4. Add corn, paneer, cilantro and yogurt to the cooled semolina mixture. Mix well and set aside for 10 minutes.
5. Grease on idli mould with ghee (clarified butter) and spoon small portions of batter into mould. Steam and cook idlis for 10 minutes. Remove from the mold.
6. Sprinkle with finely chopped coriander and serve with coriander chutney (p91).

## Nutrient Values Per Serve:

Protein (total) : **5g**

Protein rich food exchange: **0.5**

Carbohydrate: **9g**

Carbohydrate Exchange: **0.5**

Sodium: **128mg**

Potassium: **128mg**

Phosphate: **63mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet (accompanied with a carbohydrate rich food)



# Dhal fry

## Ingredients:

- 2 teaspoons vegetable oil
- 1 teaspoon black mustard seeds
- 1 teaspoon whole cumin seeds
- 1/2 cup onion
- 1 green chili pepper
- 1 teaspoon ginger
- 1 cup green lentils, cooked soft
- 1-1/2 cups water
- 1/4 teaspoon salt
- 1/2 teaspoon mustard powder
- 1/2 teaspoon red chili powder
- 2 teaspoons lemon juice
- 1 tablespoon coriander
- 4 cups white rice, cooked



## Instructions:

1. Chop onion and chili pepper. Grate ginger.
2. In a saucepan, heat vegetable oil. Add mustard seeds and cumin. When they splutter, add chopped onion, green chilies and ginger. Fry till the onion gets a light brown color.
3. Add cooked lentils; add 3/4 cup water, salt and mustard powder. Cook for 10 minutes till the lentil cooks to desired consistency.
4. Add lemon juice and sprinkle with finely chopped coriander.
5. Serve hot with rotis/rice.

## Nutrient Values Per Serve:

Protein (total) : **7g**

Protein rich food exchange: **0**

Carbohydrate: **70g**

Carbohydrate Exchange: **4.5**

Sodium: **14mg**

Potassium: **133mg**

Phosphate: **72mg**

## Suitable for:

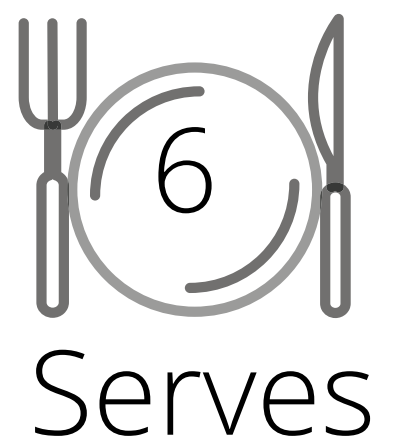
- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



# Creamy curried sweet potato salad

## Ingredients:

- 3 medium sweet potato, washed, cut into large pieces
- 1 orange (zest and juice)
- ¼ cup greek yoghurt, unsweetened
- ¼ cup mayonnaise
- 1 tsp curry powder
- 1 Tbsp sesame seeds
- 2 medium apples, diced
- 4 spring onions, sliced



## Instructions:

1. Steam or boil the sweet potato until cooked, then drain and allow to cool before cutting into bite-size pieces
2. Make the dressing by mixing the orange zest and juice with the yoghurt, mayonnaise and curry powder
3. Toast sesame seeds by dry frying them in a pan over a medium heat. Stir continuously with a wooden spoon until lightly golden brown, then remove from the pan
4. Gently mix cooked sweet potato with the apple, spring onions, sesame seeds and dressing
5. Serve with lean meat and seasonal vegetables

## Nutrient Values Per Serve:

Protein (total): **2g**

Protein rich food exchange: **0**

Carbohydrate: **39g**

Carbohydrate Exchange: **2**

Sodium: **79mg**

Potassium: **662mg**

Phosphate: **115mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet





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# Lemon curry chicken salad

## Ingredients:

  
Serves

- 2 tb lemon juice
- 250g chicken breast
- 1-1/2 cups grapes
- 1/2 cup celery
- 1/4 cup olive oil
- 1/4 teaspoon ground ginger
- 1/4 teaspoon curry powder
- 1/8 teaspoon garlic powder

## Instructions:

1. Dice chicken.
2. Cut grapes in half, and slice celery.
3. In a large bowl, combine oil, lemon juice and spices.
4. Add remaining ingredients and toss lightly.
5. Chill before serving.

### Nutrient Values Per Serve:

Protein (total): **12g**  
Protein rich food exchange: **1.5**  
Carbohydrate: **8g**  
Carbohydrate Exchange: **0.5**  
Sodium: **36mg**  
Potassium: **317mg**  
Phosphate: **142mg**

### Suitable for:

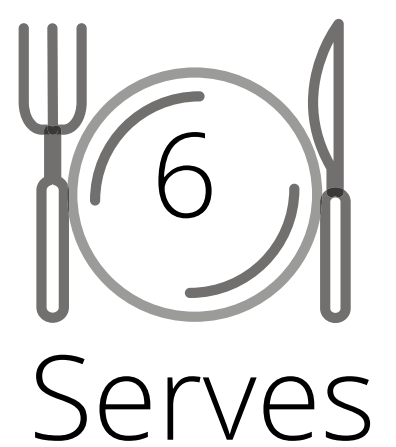
- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



# Mexican Cod fish

## Ingredients:

- 650g codfish fillets (or other firm white fish fillet e.g Barramundi)
- 1/4 teaspoon salt
- 1/4 cup fresh coriander
- 1/4 cup onion
- 1 tablespoon sugar
- 1 Serrano chilli
- 1/4 cup fresh lime juice
- 1 tablespoon vegetable oil
- 2 garlic cloves
- 1 lime



## Instructions:

1. Chop onion. Remove seeds from chilli and chop finely.
2. Place fish in an ovenproof baking dish.
3. Combine 1/4 teaspoon salt, coriander, onion, sugar, chilli, lime juice, oil and garlic in a blender or food processor and process until smooth.
4. Pour coriander mixture over fish; turning to coat. Marinate in refrigerator at least 30 minutes, turning once halfway through marinating.
5. Prepare charcoal or gas grill and preheat.
6. Grill fish about 5 minutes on each side or until fish flakes easily with a fork.
7. Cut lime into wedges. Garnish fish with lime wedges and serve.

## Nutrient Values Per Serve:

Protein (total): **19g**

Protein rich food exchange: **2**

Carbohydrate: **4g**

Carbohydrate Exchange: **0.3**

Sodium: **499mg**

Potassium: **482mg**

Phosphate: **251mg**

### Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet
- ✓ (accompanied with a carbohydrate rich food)





# Mexican Street Corn ( Elote)

## Ingredients:

- 4 small ears of corn
- 4 teaspoons butter
- 1/4 cup sour cream
- 4 teaspoons feta
- 1/4 teaspoon chilli powder
- 1 lime (4 wedges)
- fresh coriander for garnish



Serves

## Instructions:

1. Grill the shucked ears of corn until char marks are seen on all sides. If a grill is unavailable, boil the corn for 9 to 10 minutes.
2. Spread a teaspoon of butter over each ear of corn until melted.
3. Sprinkle each ear with chilli powder, then drizzle with sour cream mixture. Sprinkle with feta cheese
4. Cut the lime into wedges and squeeze over corn. Garnish with cilantro leaves and enjoy.

## Nutrient Values Per Serve:

Protein (total): **8g**

Protein rich food exchange: **1**

Carbohydrate: **19g**

Carbohydrate Exchange: **1**

Sodium: **182mg**

Potassium: **409mg**

Phosphate: **77mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet

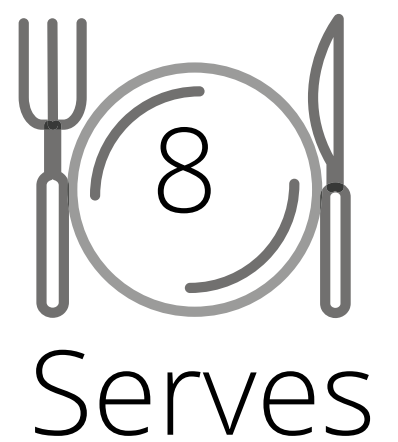




# Ota Ika (raw fish salad)

## Ingredients:

- 800g fresh mullet fillets
- 5 lemons, juice only
- 3 spring onions, chopped finely
- 1 small cucumber chopped into bite-size pieces
- 2 tomatoes, chopped
- ½ green or yellow pepper, chopped
- 1½ cups lite coconut cream
- 1 cup water
- Pepper, to taste



Serves

## Instructions:

1. Rinse the fish and cut into cubes
2. Place in a shallow dish and cover with the lemon juice
3. Leave to marinate for at least 1 hour in the fridge
4. Drain off the lemon juice
5. Add the spring onions, cucumber, tomatoes, pepper, lite coconut cream and water
6. Season with pepper and mix well
7. Transfer to a serving bowl, cover and chill before serving

## Nutrient Values Per Serve:

Protein (total): **21g**

Protein rich food exchange: **3**

Carbohydrate: **4g**

Carbohydrate Exchange: **0.3**

Sodium: **148mg**

Potassium: **574mg**

Phosphate: **313mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet  
(accompanied with a carbohydrate rich food)





# Mexican Chorizo Sausage

## Ingredients:

- 900g pork mince
- 2 tablespoons sweet paprika
- 2 tablespoons chili powder
- 1 teaspoon dried oregano leaves
- 1 teaspoon ground cumin
- 1 teaspoon black pepper
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ground cloves
- 1/4 teaspoon ground ginger
- 3 tablespoons red wine vinegar
- 3 tablespoons brandy



Serves

## Instructions:

1. In a large bowl, combine ground pork with spices, vinegar and brandy. Mix thoroughly with hands to distribute spices evenly.
2. Place chorizo in a heavy, zip-top, plastic bag and seal. Refrigerate in very cold section of refrigerator for 1 to 3 days to allow sausage to cure (do not exceed 3 days). The flavor will become stronger the longer sausage cures. For longer storage, mixture can be frozen up to 2 months.
3. Shape sausage into 16 equal size patties. Cook desired portion in a skillet coated with oil for 10 to 15 minutes until browned and cooked through

## Nutrient Values Per Serve:

Protein (total): **13g**

Protein rich food exchange: **1.5**

Carbohydrate: **1g**

Carbohydrate Exchange: **0**

Sodium: **72mg**

Potassium: **323mg**

Phosphate: **138mg**

## Suitable for:



Low sodium



Low phosphorous



Low potassium



Low protein



Diabetic diet

(accompanied with a carbohydrate rich food)





# Summer fish salad

## Ingredients:



- 4 eggs
- 200g green beans, trimmed
- 200g can tuna, drained
- 6 cups lettuce, washed and torn into bite-size pieces
- 300g cooked taro, cut into bitesize pieces
- 16 cherry tomatoes, halved
- 1 lemon, cut into wedges

## Instructions:

1. Hard boil the eggs, then peel and quarter
2. Boil beans for 3-4 minutes until cooked but still slightly crunchy and bright green. Drain the beans in a colander under cold running water until cool
3. Drain oil from tuna
4. Arrange the lettuce on a large platter or individual serving plates. Scatter the cooked taro/green bananas/cassava/plantain, eggs, tomatoes, green beans and tuna over the lettuce
5. Squeeze lemon juice over the dish just before serving

## Nutrient Values Per Serve:

Protein (total): **22g**

Protein rich food exchange: **3**

Carbohydrate: **21g**

Carbohydrate Exchange: **1.5**

Sodium: **322mg**

Potassium: **764mg**

Phosphate: **318mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



# Sweet potato and pesto frittatas

## Ingredients:

- 2 cups cooked sweet potato in chunks
- 2 eggs beaten
- 2 tablespoon basil pesto
- 3/4 cup reduced-fat cheddar cheese, grated



## Instructions:

- 1.Preheat the oven to 180C
- 2.In a large bowl, add the eggs, pesto and 3/4 of the cheddar cheese and whisk to combine. Add sweet potato
- 3.Spoon the mixture evenly among 8 holes a muffin tray.
- 4.Sprinkle with the remaining cheddar and lightly dust with cracked pepper.
- 5.Bake until golden, about 20minutes

### Nutrient Values Per Serve:

Protein (total): **6g**  
 Protein rich food exchange: **0.5**  
 Carbohydrate: **18g**  
 Carbohydrate Exchange: **1**  
 Sodium: **344mg**  
 Potassium: **335mg**  
 Phosphate: **186mg**

### Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet





# Tahiki Pawpaw and Taro Bake

## Ingredients:

- 500g taro, peeled and thinly sliced
- 1 medium pawpaw peeled and sliced
- ½ medium onion, sliced
- 1 1/3 cup lite coconut cream



Serves

## Instructions:

1. Heat oven to 180°C
2. Layer taro, pawpaw and onion in a baking dish and repeat the layers until taro and pawpaw are used up
3. Press the slices down to compact them
4. Pour the coconut cream over the top of the dish
5. Cover with tin foil
6. Bake for approximately 1½ hours or until taro
7. is cooked through and soft when pierced

## Nutrient Values Per Serve:

Protein (total): **0g**

Protein rich food exchange: **0**

Carbohydrate: **16g**

Carbohydrate Exchange: **1**

Sodium: **26mg**

Potassium: **588mg**

Phosphate: **145mg**

## Suitable for:



Low sodium



Low phosphorous



Low potassium



Low protein



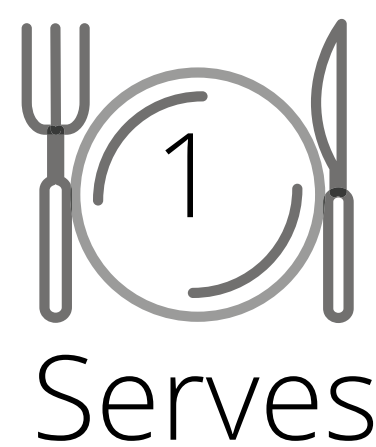
Diabetic diet



# Vegetable and Bean Sprout Fritters

## Ingredients:

- 1 tsp vegetable oil
- 1 egg
- 1 Tbsp flour
- ½ tsp sesame oil
- ¼ cup bean sprouts
- 1 cup mixed frozen vegetables, thawed



## Instructions:

1. Heat the vegetable oil in a frying pan over a medium heat
2. Beat the egg with the flour and sesame oil
3. Mix in the bean sprouts and vegetables
4. Pour mixture into a pan and cook until lightly browned on one side; flip and cook on the other side until lightly browned

## Nutrient Values Per Serve:

Protein (total): **10g**

Protein rich food exchange: **0.5**

Carbohydrate: **13g**

Carbohydrate Exchange: **1**

Sodium: **110mg**

Potassium: **430mg**

Phosphate: **157mg**

## Suitable for:



Low sodium



Low phosphorous



Low potassium



Low protein



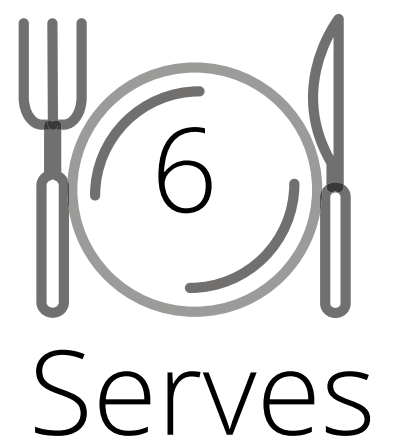
Diabetic diet



# Chilli Chicken Vermicelli Salad

## Ingredients:

- 250g vermicelli, dry
- 4 Tbsp sweet chilli sauce
- 4 Tbsp lemon or lime juice
- 1 Tbsp tamari or reduced salt soy sauce
- 1 Tbsp sesame oil
- 2 carrots, finely sliced
- 1 medium broccoli, cut into small florets, cooked
- 1 large pepper, sliced
- 2 spring onions, sliced finely
- 300g chicken, cooked and shredded
- 1 cup fresh pineapple, diced



## Instructions:

1. Place vermicelli in a large heatproof bowl and cover with boiling water. Let stand until just tender (about 5 to 10 minutes) and then drain
2. Mix together the chilli sauce, lemon or lime juice, fish sauce and sesame oil in a lidded jar
3. Combine the remaining ingredients in a serving bowl
4. Gently fold in the vermicelli and chilli dressing

## Nutrient Values Per Serve:

Protein (total): **21g**

Protein rich food exchange: **2**

Carbohydrate: **61g**

Carbohydrate Exchange: **4**

Sodium: **673mg**

Potassium: **464mg**

Phosphate: **203mg**

## Suitable for:



Low sodium



Low phosphorous



Low potassium



Low protein



Diabetic diet



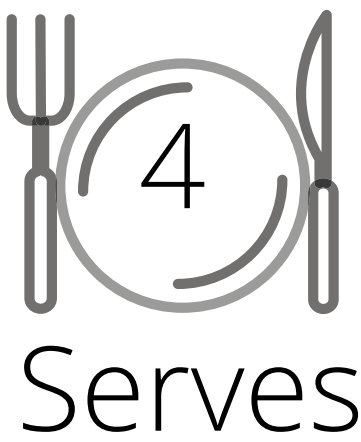


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# Spiced Chickpea Salad

## Ingredients:

- Chickpeas:
    - 300g of canned chickpeas (drained)
    - 2 tablespoons of olive oil
    - 1 teaspoon ground cumin
    - 1 1/2 teaspoon All Spice
    - 1 teaspoon ground cardamon
    - 1 pinch of sea salt
    - 1 medium cucumber, diced
  - Salad:
    - 1 medium tomato, diced
    - 1 small red onion, diced
    - 1/4 cup coriander leaves , roughly chopped
    - 1/4 cup parsley, roughly chopped
- Salad Dressing:
    - 1 1/2 tablespoon sherry vinegar
    - Zest of half a lemon
    - 1 tablespoon lemon juice
    - 1/4 cup extra virgin olive oil
    - 1 teaspoon caster sugar
    - 1 garlic clove, smashed



## Instructions:

1. Combine the dressing ingredients and shake or stir together to combine. Set aside for 20 minutes. Add chickpeas in a large bowl with the spices and toss to coat.
2. Heat 2 tablespoon olive oil in a fry pan over high heat and fry the chickpeas for a couple of minutes until they are golden and crispy. Transfer into bowl and cool slightly.
3. Combine the all the salad Ingredients in a bowl. Drizzle with a bit of Dressing and toss. Transfer to serving bowl. Top salad with chickpeas (warm or at room temperature).
4. Drizzle with more dressing. Toss gently and serve!

## Nutrient Values Per Serve:

Protein (total) : **5g**  
Protein rich food exchange: **0.5**  
Carbohydrate: **15g**  
Carbohydrate Exchange: **1**  
Sodium: **240mg**  
Potassium: **71mg**  
Phosphate: **109mg**

### Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet
- ✓ (accompanied with a carbohydrate rich food)





# Roasted Vegetable Rice

## Ingredients:

- 450g of eggplant, diced in cubes
- 2 medium carrots, diced
- 1 3/4 cups of chickpeas, drained
- 1/4 of a teaspoons of turmeric
- 1/2 of a teaspoon of ground cumin
- 1 pinch of black pepper
- 1/8 of a teaspoon of cayenne pepper
- 1/2 a cup of coriander
- 1/4 of a cup of pine nuts
- 2 tablespoons of olive oil
- 2 cups of basmati rice



## Instructions:

1. Rinse the rice for a minute in the colander with cold water. Pour the rice into a medium mixing bowl and cover it with roughly 5cm of cold water. Let the rice soak for at least 30 minutes, up to 3 hours.
2. Preheat the oven to 180°C. Line a tray with baking paper and add the diced eggplant and carrot, drizzle with 2 tablespoon of olive oil.
3. Place in the oven for 30 minutes, turner the vegetables over at half way.
4. Drain the rice. Bring 2 cups of water to the boil and then add the rice in. Bring the pot back to a boil then let simmer for 5 - 8 minutes until the water absorbs. Make sure to stir the rice periodically.
5. When the liquid has absorbed, pour the rice into a colander and rinse with lukewarm water, then drain. Put the rice back into the pot and add the spices, coriander, chickpeas, roasted vegetables and pine nuts.
6. Stir to heat all ingredients through. Serve warm and enjoy!

## Nutrient Values Per Serve:

Protein (total) : **8g**

Protein rich food exchange: **1**

Carbohydrate: **20g**

Carbohydrate Exchange: **1.3**

Sodium: **115mg**

Potassium: **324mg**

Phosphate: **107mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet

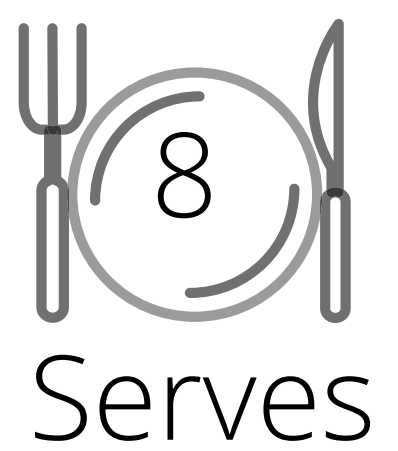




# Vegetarian Kibbeh

## Ingredients:

- 2 tbs olive oil
- 1 medium onion, diced
- 3 teaspoon ground allspice
- 1 teaspoon ground coriander
- 1/2 teaspoon sweet paprika
- 30g finely chopped vine leaves in brine
- 2 large eggplants, roughly chopped
- 1/3 of a cup pine nuts
- 120g of haloumi, grated
- 1 cup of burghul



Serves

## Instructions:

1. Preheat oven to 180°C. Grease a 20 x 30cm baking pan and line with baking paper.
2. Heat oil in a frypan over medium heat.
3. Add onion and cook until softened. Add spices and chopped vine leaves, and stir to combine. Transfer to a large bowl and set aside to cool.
4. Place eggplant in a food processor until finely chopped.
5. Combine with onion mixture with pine nuts, haloumi, and burghul in a bowl, then press into prepared pan.
6. Using a sharp knife, make a criss-cross pattern on top for easy portioning. Bake for 30 minutes, then increase heat to 220°C and bake for a further 15-20 minutes or until golden. Serve warm

## Nutrient Values Per Serve:

Protein (total): **3g**

Protein rich food exchange: **0.5**

Carbohydrate: **20g**

Carbohydrate Exchange: **1.5**

Sodium: **553mg**

Potassium: **381mg**

Phosphate: **189mg**

### Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet

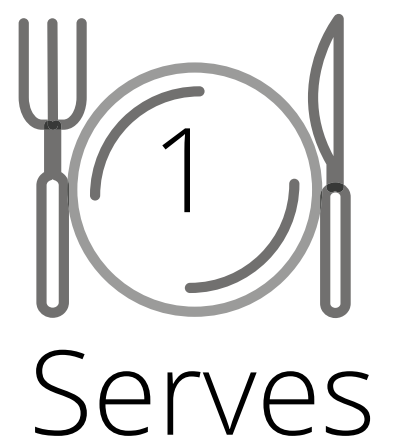




# BBQ Chicken and Corn Salad

## Ingredients:

- 1/2 a corn cob
- 1/2 a chicken breast
- 1 medium new potato boiled
- 1/2 a cup baby spinach
- Spice mix: 1/4 tsp each of cumin powder, ground coriander, paprika and 2 tablespoons of olive oil



Serves

## Instructions:

1. Drizzle or coat corn with oil. Cook corn over grill or pan until charred.
2. Add spice mix and oil to zip lock bag. Marinate chicken in the zip lock bag. Leave for 30 minutes or overnight in the fridge.
3. Cook chicken on the fry pan or grill. Cook then cut into thick slices. keep warm.
4. Assemble potato, corn, spinach and chicken on plate.
5. Top with drizzle of chipotle mayonnaise and or lime juice.

## Nutrient Values Per Serve:

Protein (total): **16g**

Protein rich food exchange: **2**

Carbohydrate: **15g**

Carbohydrate Exchange: **1**

Sodium: **64mg**

Potassium: **676mg**

Phosphate: **195mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet





# Hot Smoked Salmon Salad

## Ingredients:

- 2 small boiled chat potatoes, quartered
- 1 cup of rocket
- 50g of sugar snap peas
- 1/2 cup of hot smoked salmon, flaked
- Dressing:
  - 25g of sour cream
  - 2 teaspoons of horseradish cream
  - Juice and zest of ½ lemon



## Instructions:

1. Combine all ingredients in a bowl.
2. Top with the dressing and serve.

### Nutrient Values Per Serve:

Protein (total): **24g**  
Protein rich food exchange: **3**  
Carbohydrate: **12g**  
Carbohydrate Exchange: **1**  
Sodium: **714mg**  
Potassium: **780mg**  
Phosphate: **241mg**

### Suitable for:

- X Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet





# Cranberry rice pilaf

## Ingredients:

- 1 cup basmati rice, uncooked
- 2 tablespoons dried, sweetened cranberries
- 1 bay leaf
- 1 cinnamon stick
- 1/2 teaspoon cumin
- 2 tablespoons olive oil
- 2 cups water



Serves

## Instructions:

1. Soak rice and all ingredients for 40-45 minutes at room temperature.
2. Place all ingredients in a rice cooker.
3. If using a microwave rice cooker, microwave for 12 minutes at full power. If cooking stove top, bring to a boil, then reduce heat to a simmer. Cook covered for 20 minutes.
4. Let stand for 5 minutes before serving.

## Nutrient Values Per Serve:

Protein (total): **3g**

Protein rich food exchange: **0**

Carbohydrate: **29g**

Carbohydrate Exchange: **2**

Sodium: **48mg**

Potassium: **15mg**

Phosphate: **11mg**

## Suitable for:

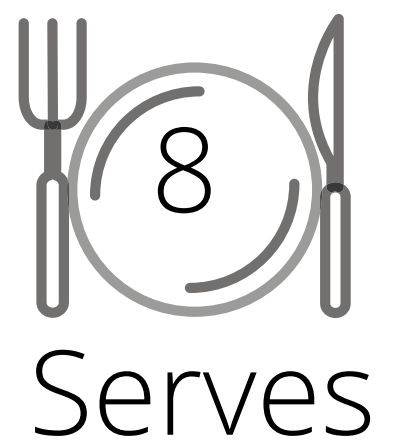
- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



# Hoi Sin Duck Rolls

## Ingredients:

- 400g roasted duck, shredded
- 2/3 cup Hoi Sin sauce
- 1 packet rice paper sheets
- 1 packet snow pea sprouts
- 2 cups brown rice



## Instructions:

1. Place duck in a non-stick frying pan while gradually adding the sauce on gentle heat. Remove from heat.
2. Soften rice paper sheets by soaking them individually in water.
3. Place on a clean surface and dollop a spoon of ingredients in the middle of the sheets, top with snow pea sprouts and roll and fold until it resembles a spring roll.
4. Make sure you use a damp tea towel to stop rice paper rolls drying out. Serve with cooked brown rice.

## Nutrient Values Per Serve:

Protein (total): **12g**

Protein rich food exchange: **1.5**

Carbohydrate: **29g**

Carbohydrate Exchange: **2**

Sodium: **525 mg**

Potassium: **170mg**

Phosphate: **145mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet

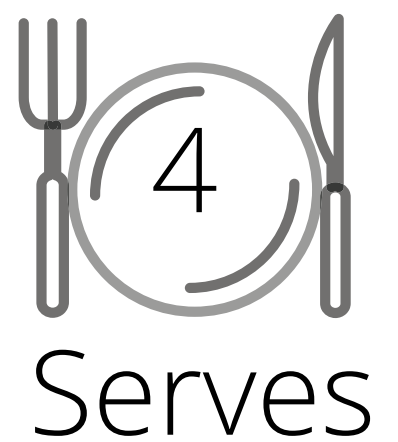




# Thai chicken with cucumber noodles

## Ingredients:

- 2 chicken breast, cut into chunky pieces
- 1/2 cup sweet chili and ginger sauce
- 1 continental cucumber
- 1/2 cup crunchy rice noodles



## Instructions:

1. Place chicken in a non-stick frying pan with 1/4 cup water and cook till evaporates.
2. Add sauce and simmer for 5 minutes or until the chicken is cooked through. Remove from heat.
3. Slice and julienne cucumber to resemble long thin noodles.
4. Add cucumber and noodles to chicken and mix gently.
5. Serve topped with extra cucumber noodles as garnish.

## Nutrient Values Per Serve:

Protein (total): **19g**

Protein rich food exchange: **2.5**

Carbohydrate: **30g**

Carbohydrate Exchange: **2**

Sodium: **471mg**

Potassium: **296mg**

Phosphate: **216mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet

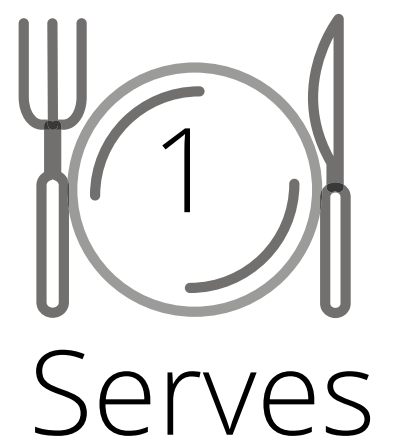




# Simple Fish Tacos

## Ingredients:

- 1 white bread wrap
- 1 piece frozen crumbed fish
- 1/2 a cup chopped iceberg lettuce
- 1/8 of a red onion, chopped
- 1 tablespoon aioli or mayonnaise



## Instructions:

1. Cook the frozen fish according to the instructions on the packaging.
2. Spread aioli on the wrap, add the lettuce and onion and top with crispy crumbed fish.
3. Serve warm and enjoy!

## Nutrient Values Per Serve:

Protein (total) : **7g**

Protein rich food exchange: **1**

Carbohydrate: **36g**

Carbohydrate Exchange: **2**

Sodium: **587mg**

Potassium: **355mg**

Phosphate: **210mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet

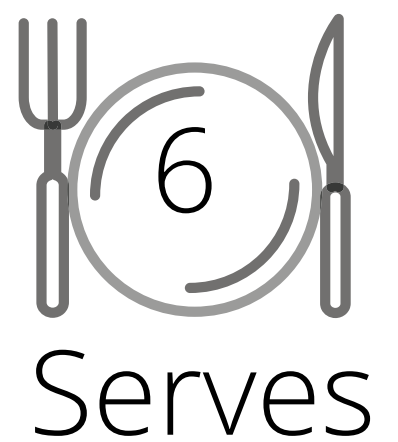




# Vegetarian Pizza

## Ingredients:

- 180 ml of passata (sodium free)
- 6 pita bread (wholemeal)
- 120 g sliced mushrooms
- 180g mozzarella
- 1 green capsicum
- 2 sliced onions.
- ½ tsp Italian herbs
- ½ tsp garlic powder



Serves

## Instructions:

1. Preheat the oven 200C. Line a baking sheet with baking paper.
2. In a small bowl, mix the passata, oil, herbs and garlic powder.
3. On the baking sheet, spread the pitas with the preparation. Add the mushrooms, cheese, onions, pepper. Bake for 10mins, then grill for few minutes until golden.
4. Serve with a green salad.

## Nutrient Values Per Serve:

Protein (total) : **15g**

Protein rich food exchange: **2**

Carbohydrate: **38g**

Carbohydrate Exchange: **3**

Sodium: **619mg**

Potassium: **481mg**

Phosphate: **328mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



# Snacks





# Apple with Lemon and Honey



## Ingredients:

- 2 medium pink lady apples
- 2 tablespoon of honey
- 1 teaspoon of lemon juice
- 1 teaspoon of lemon peel

## Instructions:

1. Slice apples into thin circles.
2. Mix together honey, lemon juice and lemon zest in a bowl.
3. Dizzle over apple slices and serve.

## Nutrient Values Per Serve:

Protein (total) : **0.5g**

Protein rich food exchange: **0**

Carbohydrate: **44g**

Carbohydrate Exchange: **3**

Sodium: **6mg**

Potassium: **222mg**

Phosphate: **18mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet





# Blueberry Pancakes

## Ingredients:

- 1 cup of self raising flour
- 1 cup of Almond milk
- 1 egg
- 1/2 a cup of fresh or frozen blueberry



## Instructions:

1. Add the flour, almond milk and egg in a bowl. Mix until well combined.
2. Mix through the blueberries gently.
3. Cook in 1/4 cup portions in a non-stick fry pan over medium heat.
4. Wait for bubbles to form on one side and then flip to cook on the other side for approximately 3 minutes.
5. Serve with maple syrup and extra blueberries.

## Nutrient Values Per Serve:

Protein (total) : **7g**

Protein rich food exchange: **1**

Carbohydrate: **36g**

Carbohydrate Exchange: **2.5**

Sodium: **409mg**

Potassium: **127mg**

Phosphate: **321mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet





# Jam Drops

## Ingredients:

- 1 cup of salt reduced margarine
- 1/2 a cup of caster sugar
- 2 cups of plain flour
- 12 teaspoons of jam (of your choice)



## Instructions:

1. Preheat the oven to 180°C, line a baking tray with baking paper.
2. Using electric beaters, mix together the butter and sugar, until it appears light and fluffy.
3. Fold in through flour. Using a tablespoon of the mixture roll it into balls and place on lined baking tray.
4. Using a spoon press a hole into the base of the biscuit dough. Fill the hole with 1/2 a teaspoon of jam into each cookie.
5. Bake for 15 minutes or until slightly golden brown. Allow to cool before serving.

## Nutrient Values Per Serve:

Protein (total): **2.5g**

Protein rich food exchange: **0**

Carbohydrate: **30g**

Carbohydrate Exchange: **2**

Sodium: **61mg**

Potassium: **46mg**

Phosphate: **31mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet





# Blackberry Turnovers

## Ingredients:

- 1 sheet of puff pastry, thawed
- 125g of blackberries
- 4 tablespoons of blackberry jam
- 2 tablespoons of icing sugar



Serves

## Instructions:

1. Preheat the oven to 180°C.
2. Place the puff pastry on a baking sheet and cut into quarters.
3. Evenly place the blackberries and the jam in the middle of each quarter.
4. Fold each quarter to form a triangle. Seal the edges with a fork.
5. Make small diagonal cuts across the top of the dough.
6. Bake for 20 minutes until golden brown.
7. Dust with icing sugar and serve warm.

## Nutrient Values Per Serve:

Protein (total) : **3g**

Protein rich food exchange: **0**

Carbohydrate: **41g**

Carbohydrate Exchange: **3**

Sodium: **95mg**

Potassium: **78mg**

Phosphate: **31mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet

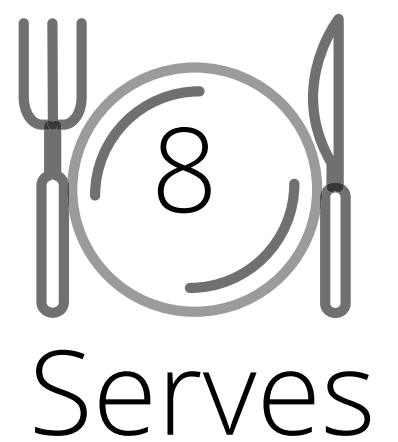




# Raspberry and Lime Sorbet

## Ingredients:

- 500g of fresh raspberries
- 1 cup of caster sugar
- 1 lime, juiced
- 1 twig of fresh mint leaves



Serves

## Instructions:

1. Heat 1 cup of water and the sugar together in a saucepan. Bring to the boil stirring to dissolve the sugar.
2. Boil for 5 minutes and then let cool completely.
3. Puree the berries, lime juice and mint leaves and pour into a large bowl.
4. Add in the sugar syrup and 200mL of water.
5. Place in a lined loaf tin and put in the freezer.
6. Remove every 15 minutes for the first hour to stir thoroughly and then let it freeze overnight.
7. Slice to serve.

## Nutrient Values Per Serve:

Protein (total) : **1g**

Protein rich food exchange: **0**

Carbohydrate: **31g**

Carbohydrate Exchange: **2**

Sodium: **1mg**

Potassium: **108mg**

Phosphate: **22mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet





# Apple Slice

## Ingredients:

- 340g of vanilla cake mix
- 3/4 of a cup of salt reduced margarine (melted)
- 400g of tinned sliced apple
- 200g of sour cream



## Instructions:

1. Preheat the oven to 180°C.
2. Mix the butter and the cake mix together to form a dough.
3. Press evenly into a lined square baking tin and bake for 15 minutes.
4. Combine the apple and sour cream together in a bowl.
5. Spread over the base once it has been cooked, return to the oven for a further 15 minutes.
6. Cool in the fridge and serve cold.

## Nutrient Values Per Serve:

Protein (total): **3g**

Protein rich food exchange: **0**

Carbohydrate: **24g**

Carbohydrate Exchange: **1.5**

Sodium: **330mg**

Potassium: **108mg**

Phosphate: **126mg**

## Suitable for:

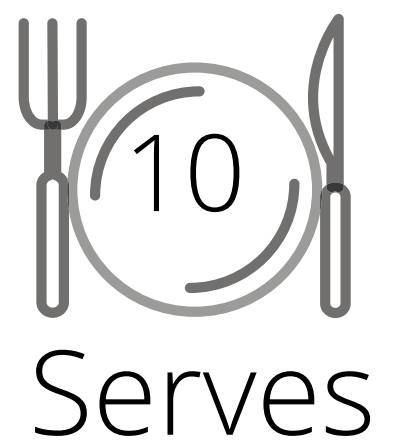
- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



# Pear Cake

## Ingredients:

- 400g of canned pear (in pear juice)
- 340g of vanilla cake mix
- 3 eggs



## Instructions:

1. Preheat the oven to 180°C and line a cake tin with baking paper.
2. Place the pears (and the liquid) in a mixing bowl and add the cake mix, 2 egg whites and 1 whole egg.
3. Beat on low for 30 seconds and then on high for 4 minutes.
4. Pour mixed into cake tin and cook for approximately 55 minutes.
5. Serve warm and enjoy!

## Nutrient Values Per Serve:

Protein (total) : **4g**

Protein rich food exchange: **0.5**

Carbohydrate: **23g**

Carbohydrate Exchange: **1.5**

Sodium: **193mg**

Potassium: **101mg**

Phosphate: **123mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet





# Crepes

## Ingredients:

- 300g of plain flour
- 3 eggs
- 1litre (1000 mL) almond milk



## Instructions:

1. Heat a lightly oiled pancake pan over medium high heat.
2. Pour or scoop the batter onto the pan, using a ladle for each crepe.
3. Tip and rotate pan to spread batter as thinly as possible.
4. Brown on both sides and serve hot

## Nutrient Values Per Serve:

Protein (total) : **18g**

Protein rich food exchange: **2**

Carbohydrate: **4g**

Carbohydrate Exchange: **0.3**

Sodium: **270mg**

Potassium: **295mg**

Phosphate: **256mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet

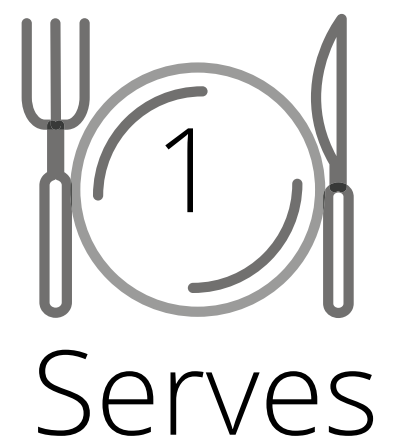




# Peach and Raspberry Smoothie

## Ingredients:

- 1 cup of frozen raspberries
- 1/3 cup of canned peaches (drained)
- 125g of coconut yogurt
- 1 cup of almond milk
- 1 tablespoon of honey



Serves

## Instructions:

1. Add all ingredients to a blender
2. Blend until smooth and enjoy.

## Nutrient Values Per Serve:

Protein (total) : **3g**

Protein rich food exchange: **0**

Carbohydrate: **54g**

Carbohydrate Exchange: **3.5**

Sodium: **170mg**

Potassium: **544mg**

Phosphate: **145mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein

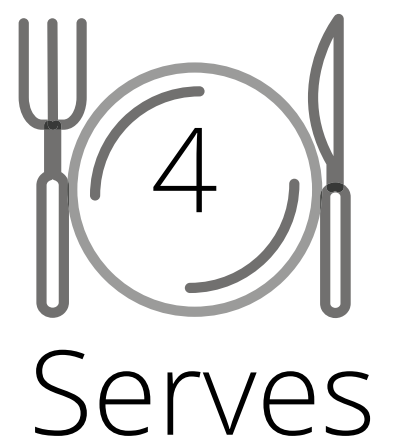




# Baba Ganoush

## Ingredients:

- 1 large eggplant, cut in half lengthways
- 1 head of garlic, unpeeled
- 3 tablespoons of tahini (optional)
- 2 tablespoons of olive oil
- lemon juice to taste



## Instructions:

1. Preheat the oven to 180°C and line a baking sheet with baking paper.
2. Place the eggplant cut side down on the baking sheet. Roast until the flesh is very tender and pulls away easily from the skin, about 1 hour depending on the eggplant's size. Let cool.
3. Cut the tips off the garlic cloves. Wrap the garlic in aluminum foil and roast alongside the eggplant for about 20 minutes. Let cool.
4. Purée the garlic cloves. Scoop the flesh from the eggplant and place it in the bowl of a food processor. Add the garlic purée, oil and lemon juice.
5. Process until smooth. Season with pepper and serve with mini pitas!

## Nutrient Values Per Serve:

Protein (total): **2g**

Protein rich food exchange: **0**

Carbohydrate: **3g**

Carbohydrate Exchange: **0**

Sodium: **10mg**

Potassium: **173mg**

Phosphate: **78 mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet
- ✓ (accompanied with a carbohydrate rich food)

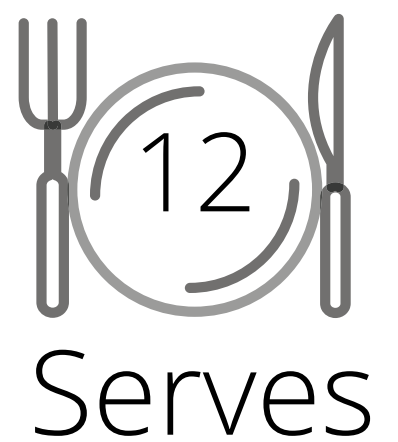




# Rosemary shortbread

## Ingredients:

- 1/2 cup margarine
- 2/3 cup caster sugar
- 480g wholemeal flour
- 1 tsp dried rosemary herbs
- 1/4 tsp salt



## Instructions:

1. In a medium bowl, cream together the margarine and sugar until light and fluffy. Stir in the flour, 1/4tsp salt and rosemary until well blended. The dough will be somewhat soft.
2. Preheat the oven to 190C and line a baking tray with baking paper.
3. On a lightly floured surface, roll the dough out in a large round circle about 1cm thickness. Cut into triangle wedges
4. Prick the top with a fork and sprinkle with remaining sugar.
5. Bake for 8 mins in oven or until golden at the edges.
6. Cool before breaking each wedge.

## Nutrient Values Per Serve:

Protein (total): **5g**

Protein rich food exchange: **0.5**

Carbohydrate: **35g**

Carbohydrate Exchange: **2**

Sodium: **82mg**

Potassium: **132mg**

Phosphate: **133mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet





# Pineapple cake

## Ingredients:

- 2 cups self raising flour
- 1 cup sugar
- 450 can crushed pineapple in natural juice with liquid



Serves

## Instructions:

1. Preheat the oven 180C
2. Sift flour into a mixing bowl and combine with sugar
3. Add pineapple ( entire content of the can) and mix well.
4. Pour into baking paper lined 22cm cake tin
5. Bake for 40-50min

## Nutrient Values Per Serve:

Protein (total): **2g**

Protein rich food exchange: **0**

Carbohydrate: **30g**

Carbohydrate Exchange: **2**

Sodium: **136mg**

Potassium: **66mg**

Phosphate: **115mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet





# Cranberry biscuits

## Ingredients:

- 2 cups pancake mix
- 1/2 cup milk
- 1/2 cup sugar
- 1/2 cup dried cranberries



Serves

## Instructions:

1. Preheat the oven 200C.
2. Mix all ingredients
3. Drop a spoonfull onto a baking paper lined tray.
4. Bake 10-12 minutes or until just turning brown

## Nutrient Values Per Serve:

Protein (total) : **5g**

Protein rich food exchange: **0.5**

Carbohydrate: **56g**

Carbohydrate Exchange: **4**

Sodium: **385mg**

Potassium: **141mg**

Phosphate: **288 mg**

## Suitable for:

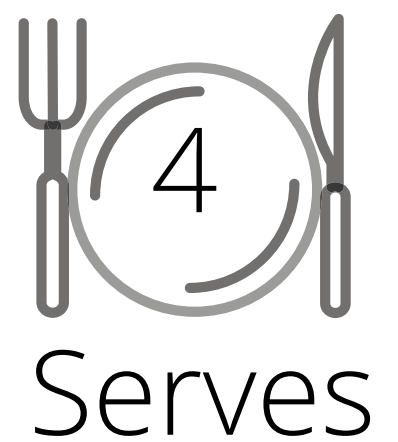
- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



# Raspberry delight

## Ingredients:

- 1 punnet fresh raspberries
- 200g tub Greek yogurt
- 200g sour cream
- 1 tbs finely grated lemon zest



## Instructions:

1. Puree raspberries until just smooth
2. Combine yogurt, cream and lemon rind
3. Gently mix together in a slow swirling fashion.
4. Spoon into four serving glasses and refrigerate for 15mins before serving.

## Nutrient Values Per Serve:

Protein (total): **4g**

Protein rich food exchange: **0.5**

Carbohydrate: **8g**

Carbohydrate Exchange: **0.5**

Sodium: **45mg**

Potassium: **220mg**

Phosphate: **117mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet

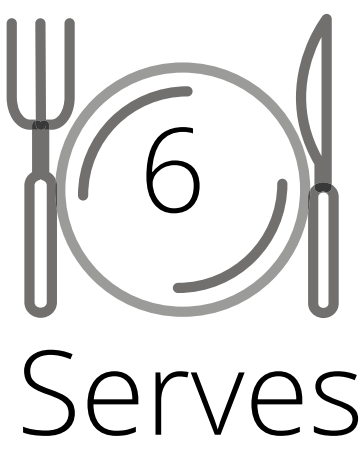




# Fig and Apple Compote

## Ingredients:

- 1/2 cup brown sugar
- 6 medium apples
- 6 fresh figs
- 1 lemon, juiced



## Instructions:

1. Preheat oven to 180C.
2. Bring sugar and 1 cup ( 250ml) water to a boil. Add lemon juice
3. Core apples, place in baking dish then add figs.
4. Pour lemon syrup over and cover.
5. Bake for 15/20 mins basting occasionally or until apples are tender and syrup thickened

### Nutrient Values Per Serve:

Protein (total): **1g**  
Protein rich food exchange: **0**  
Carbohydrate: **30g**  
Carbohydrate Exchange: **2**  
Sodium: **8mg**  
Potassium: **320mg**  
Phosphate: **24mg**

### Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet





# Carrot and Raspberry Loaf

## Ingredients:



- 1 1/4 cup of self raising flour
- 1 cup of brown sugar
- 1 teaspoon of baking powder
- 1 teaspoon of cinnamon
- 1 cup of grated carrot
- 1 cup fresh or frozen raspberries
- 1 egg
- 3 tablespoons of sunflower oil
- 1 teaspoon of vanilla essence
- 12 tablespoons of thickened cream to serve

## Instructions:

- 1.Preheat oven to 180oC. Lightly grease a loaf tin.
- 2.Put the flour, sugar, baking soda and cinnamon into a mixing bowl. Stir in the carrot and raspberries. Beat the egg, oil and vanilla essence together in a separate bowl and add to the dry ingredients. Beat until all ingredients are well combined.
- 3.Transfer to the prepared tin and bake for about 1 to 1 and a 1/2 hour until firm to touch and cooked through.
- 4.Serve with one tablespoon of cream

### Nutrient Values Per Serve:

Protein (total) : **3g**  
Protein rich food exchange: **0**  
Carbohydrate: **30g**  
Carbohydrate Exchange: **2**  
Sodium: **125mg**  
Potassium: **138mg**  
Phosphate: **48mg**

### Suitable for:

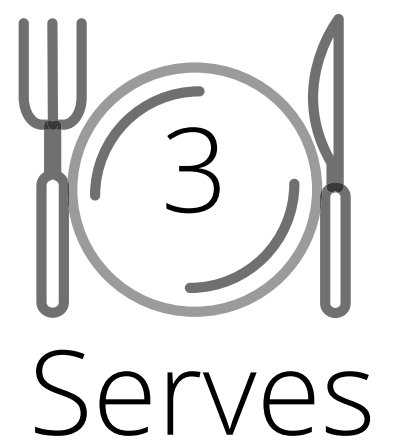
- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



# Pineapple, Ginger and Mint Frappe

## Ingredients:

- 440g of frozen pineapple pieces
- 10 large fresh mint leaves
- 2cm piece of fresh ginger
- Crushed ice (desired amount)



## Instructions:

1. Freeze pineapple pieces
2. Place frozen pineapple, the syrup, crushed ice, mint and ginger into a blender.
3. Blend until smooth.
4. Serve in a glass and enjoy!

## Nutrient Values Per Serve:

Protein (total) : **1g**

Protein rich food exchange: **0**

Carbohydrate: **29g**

Carbohydrate Exchange: **2**

Sodium: **10mg**

Potassium: **140mg**

Phosphate: **7mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



# Koko Alaisa

## Ingredients:

- 1/3 cup medium grain rice
- 3 cups water
- 2 Tbsp cocoa, or finely grated Koko Samoa
- 1 ½ Tbsp sugar
- 2–3 Tbsp lite coconut cream



## Instructions:

1. Place all ingredients, except coconut cream, in a saucepan
2. Bring to the boil and reduce heat to a gentle simmer. Stir occasionally to avoid mixture sticking to the bottom of the saucepan
3. Continue to cook slowly until the rice is cooked (or at the desired consistency) and covered in a creamy chocolate sauce, about 30–40 minutes
4. Remove from heat and stir in the coconut cream

## Nutrient Values Per Serve:

Protein (total) : **2g**

Protein rich food exchange: **0**

Carbohydrate: **20g**

Carbohydrate Exchange: **1.5**

Sodium: **11mg**

Potassium: **190mg**

Phosphate: **48mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet

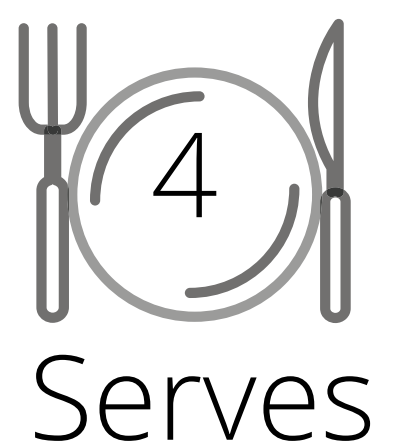




# Poke Pumpkin

## Ingredients:

- 225g cooked pumpkin
- 1 cup arrowroot flour
- ¼ cup lite coconut cream and 3 Tbsp extra
- ¼ cup water
- 2 tsp cornflour



Serves

## Instructions:

1. Heat oven to 150°C
2. Place cooked pumpkin into a saucepan and continue to mash and mix over a medium heat until it forms a thick paste and comes to the boil. Allow to cool
3. Once cooled, mix in the arrowroot until it is smooth and lump-free
4. Spread the mixture into an oiled loaf tin or baking dish that will allow the mixture to be about 2-3cm deep. Cover with foil and bake for approximately 2 hours, or until a smooth skin has formed on top. Allow to cool slightly before cutting into small squares
5. In a saucepan, mix together the coconut cream, water and cornflour. Heat gently, stirring consistently until coconut sauce comes to the boil, remove from heat
6. Serve poke with a drizzle of coconut sauce and remaining coconut cream

## Nutrient Values Per Serve:

Protein (total): **2g**

Protein rich food exchange: **0**

Carbohydrate: **30g**

Carbohydrate Exchange: **2**

Sodium: **7mg**

Potassium: **195mg**

Phosphate: **28mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



# Marinades, sauces & spice rubs

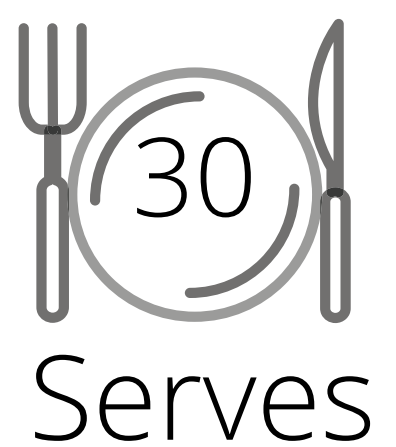




# Coriander Chutney

## Ingredients:

- 2 cups fresh coriander
- 1 fresh green chili
- 1 medium red onion
- 2 garlic cloves
- 1 tablespoon whole cumin seeds
- 1/2 teaspoon salt
- 2 tablespoons lemon juice



## Instructions:

1. Wash coriander and green chili.
2. Roughly chop onion, garlic, coriander and chili.
3. Grind in a blender along with salt, cumin and lemon juice.
4. Serve with idli, on a veggie sandwich or with other snacks.

## Nutrient Values Per Serve:

Protein (total) : **0g**

Protein rich food exchange: **0**

Carbohydrate: **1g**

Carbohydrate Exchange: **0**

Sodium: **38mg**

Potassium: **22mg**

Phosphate: **5mg**

## Suitable for:

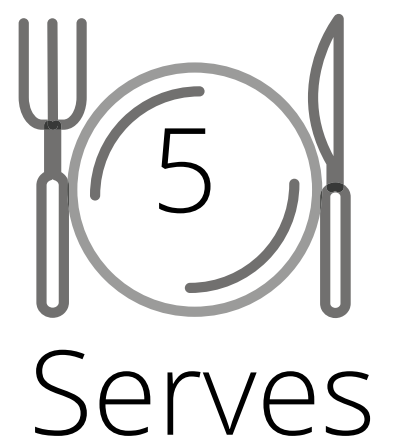
- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



# Salt free seasoning mix

## Ingredients:

- 1 tablespoon of garlic powder
- 1 tablespoon of onion powder
- 1 tablespoon of dry mustard
- 1 tablespoon of paprika
- 1 teaspoon of thyme
- 1 teaspoon of basil
- 1 teaspoon of cayenne pepper
- 1/2 teaspoon of pepper



## Instructions:

1. Combine all ingredients together and mix well
2. Spoon into a shaker or glass container with tight fitting lid
3. Makes about 5 tablespoons

## Nutrient Values Per Serve:

Protein (total) : **0g**

Protein rich food exchange: **0**

Carbohydrate: **4g**

Carbohydrate Exchange: **0**

Sodium: **4mg**

Potassium: **141mg**

Phosphate: **29mg**

## Suitable for:

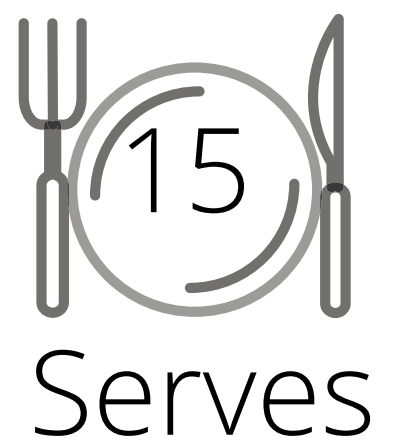
- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



# Turkish seasoning blend

## Ingredients:

- 4 tablespoon paprika
- 2 tablespoon garlic powder
- 2 tablespoon dried coriander
- 1 tablespoon dried mint
- 1 tablespoon sugar
- 1 tablespoon turmeric
- 1 tablespoon onion powder
- ½ tablespoon ground cumin
- 2 teaspoon black pepper
- 1 teaspoon smoked paprika
- 1 teaspoon ground cinnamon



## Instructions:

1. Combine all the herbs and spices into an airtight jar and shake to combine.
2. Store in the pantry or storecupboard and use it within six months.

## Nutrient Values Per Serve:

Protein (total) : **0g**

Protein rich food exchange: **0**

Carbohydrate: **4g**

Carbohydrate Exchange: **0**

Sodium: **4mg**

Potassium: **109mg**

Phosphate: **15mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



# Chimichurri Marinade

## Ingredients:

- 1 cup of parsley, finely chopped
- 1 tablespoon of dried oregano soaked in small amount warm water
- 4 garlic cloves, minced
- 1 chilli if desired
- 3 tablespoons of red wine vinegar
- 1/2 of a lime, juiced
- 1 cup of sunflower oil



## Instructions:

1. Mix all together until well combined .
2. Use as a marinade for chicken or protein of choice;
3. Combine the marinade with protein in a ziplock bag and place marinade in the fridge for several hours or overnight for great flavour full meat.

## Nutrient Values Per Serve:

Protein (total): **0g**

Protein rich food exchange: **0**

Carbohydrate: **2g**

Carbohydrate Exchange: **0**

Sodium: **11mg**

Potassium: **321mg**

Phosphate: **24mg**

## Suitable for:

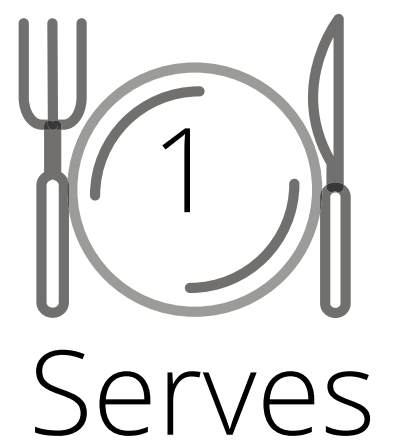
- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



# Lemon Marinade

## Ingredients:

- 1/3 cup (80ml) of freshly squeezed lemon juice
- 1 teaspoon dried thyme leaves
- 1 tablespoon of olive oil
- 1 clove garlic crushed



## Instructions:

1. Combine all ingredients together.
2. Use to marinate your choice of meat, by adding the marinade and meat to a ziplock bag ensuring the meat is well coated and bag sealed. Leave in the refrigerator.  
\*for the best flavour marinate over night\*

## Nutrient Values Per Serve:

Protein (total) : **0g**

Protein rich food exchange: **0**

Carbohydrate: **3g**

Carbohydrate Exchange: **0**

Sodium: **3mg**

Potassium: **138mg**

Phosphate: **20mg**

## Suitable for:

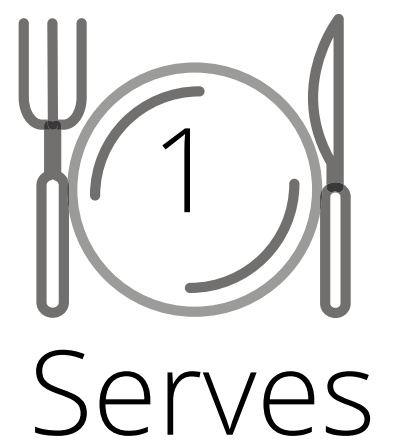
- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



# Orange Marinade

## Ingredients:

- 1/3 cup (80ml) of freshly squeezed orange juice
- 1 teaspoon of cinnamon
- 1 tablespoon of olive oil



## Instructions:

1. Combine all ingredients together.
  2. Use to marinate your choice of meat, by adding the marinade and meat to a ziplock bag ensuring the meat is well coated and bag sealed. Leave in the refrigerator.
- \*for the best flavour marinate over night\*

## Nutrient Values Per Serve:

Protein (total): **0g**

Protein rich food exchange: **0**

Carbohydrate: **8g**

Carbohydrate Exchange: **0.5**

Sodium: **1mg**

Potassium: **170mg**

Phosphate: **22mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet





# Sticky and hot marinade

Ingredients: (for 1kg to 1.5kg meat)

- 1/4 cup Dijon mustard
- 1/4 cup chilli sauce
- 1 cup tomato sauce
- 1/4 cup reduced salt soy sauce
- 1 tablespoon brown sugar
- 2 tablespoon lemon or vinegar (any)
- 2 garlic, minced

## Instructions:

1. Combine all ingredients






### Marinade times :

	Min	Max
Chicken	20mins	12hrs
Beef/Lamb	3hrs	24hrs
Seafood	10mins	20mins

## Nutrient Values Per Serve:

Protein (total): **0g**  
Protein rich food exchange: **0**  
Carbohydrate: **9g**  
Carbohydrate Exchange: **0.5**  
Sodium: **647mg**  
Potassium: **97mg**  
Phosphate: **21mg**

### Suitable for:

-  Low sodium
-  Low phosphorous
-  Low potassium
-  Low protein
-  Diabetic diet





# Balsamic marinade

Ingredients: (for 1kg to 1.5kg meat)

- 2 garlic cloves
- 1/2 cup olive oil
- 1/2 cup balsamic vinegar
- 2 tablespoon brown sugar
- 1 teaspoon rosemary, dried
- 1 1/2 teaspoon black pepper

## Instructions:

- 1. Combine all ingredients

### Marinade times :

	Min	Max
Chicken	20mins	12hrs
Pork	3hrs	24hrs

## Nutrient Values Per Serve:

Protein (total): **0g**  
Protein rich food exchange: **0**  
Carbohydrate: **4g**  
Carbohydrate Exchange: **0**  
Sodium: **3mg**  
Potassium: **27mg**  
Phosphate: **3mg**

### Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet





# Thai marinade

Ingredients: (for 1kg to 1.5kg meat)

- 1/3 cup chopped coriander
- 2 garlic cloves, minced
- 1 tablespoon sweet chilli sauce
- 1/4 cup soy sauce reduced salt
- 2 tablespoon fish sauce
- 2 tablespoon lime juice
- 1/4 cup canola or vegetable oil
- 3 tablespoon brown sugar

## Instructions:

1.Combine all ingredients






**Marinade times :**

	Min	Max
Chicken	20mins	12hrs
Beef	3hrs	24 hrs
Seafood	10mins	20mins

## Nutrient Values Per Serve:

Protein (total) : **0g**  
Protein rich food exchange: **0**  
Carbohydrate: **4g**  
Carbohydrate Exchange: **0**  
Sodium: **566mg**  
Potassium: **46mg**  
Phosphate: **7mg**

**Suitable for:**

-  Low sodium
-  Low phosphorous
-  Low potassium
-  Low protein
-  Diabetic diet





# Simple seafood marinade

**Ingredients:** (for 1kg to 1.5kg seafood)

- 1/4 cup olive oil
- Rind of 1 lemon
- 2 tablespoon of lemon juice
- 2 garlic cloves, minced
- 1/4 teaspoon black pepper
- 2 tablespoon chopped parsley

## Instructions:

1. Combine all ingredients

**Marinade times :**

	Min	Max
Seafood	10mins	20mins

### Nutrient Values Per Serve:

Protein (total) : **0g**  
Protein rich food exchange: **0**  
Carbohydrate: **1g**  
Carbohydrate Exchange: **0**  
Sodium: **9mg**  
Potassium: **290mg**  
Phosphate: **22mg**

**Suitable for:**

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet





# Middle Eastern marinade

Ingredients: (for 1kg to 1.5kg meat)

- 1 tablespoon cardamon
- 1 tablespoon cumin
- 1 1/2 tablespoon all spice
- 3 crushed garlic
- 1/3 cup extra virgin olive oil
- 1/2 lemon juice only

## Instructions:

1. Combine all ingredients

**Marinade times :**

	Min	Max
Chicken	20mins	12hrs
Beef/Lamb	3hrs	24hrs

## Nutrient Values Per Serve:

Protein (total) : **0g**  
Protein rich food exchange: **0**  
Carbohydrate: **9g**  
Carbohydrate Exchange: **0.5**  
Sodium: **21mg**  
Potassium: **234mg**  
Phosphate: **42mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet





# Basic Greek marinade

Ingredients: (for 1kg to 1.5kg meat)

- 1 1/2 cup of extra virgin olive oil
- 1/4 cup fresh lemon Juice
- Zest of a lemon
- 2 garlic cloves
- 1 tablespoon oregano leaves
- 2 teaspoon thyme leaves

## Instructions:

1.Combine all ingredients

**Marinade times :**

	Min	Max
Chicken	20mins	12hrs
Beef/Lamb	3hrs	24hrs
Seafood	10mins	20mins

## Nutrient Values Per Serve:

Protein (total): **0g**  
Protein rich food exchange: **0**  
Carbohydrate: **1g**  
Carbohydrate Exchange: **0**  
Sodium: **2mg**  
Potassium: **66mg**  
Phosphate: **10mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



# Mexican marinade

Ingredients: (for 1kg to 1.5kg meat)

- 1/2 cup olive oil
- 1/2 cup lime juice
- 2 teaspoon sugar
- 1 teaspoon cumin
- 4 cloves garlic, minced
- 1/3 cup vinegar (not balsamic)
- 2 teaspoon oregano
- 1 teaspoon black pepper
- 1 tablespoon paprika
- 1 tablespoon onion powder
- Chilli powder to taste

## Instructions:

1. Combine all ingredients

**Marinade times :**

	Min	Max
Chicken	20mins	12hrs
Lamb	3hrs	24hrs
Seafood	10mins	20mins

## Nutrient Values Per Serve:

Protein (total): **0g**  
Protein rich food exchange: **0**  
Carbohydrate: **2g**  
Carbohydrate Exchange: **0**  
Sodium: **2mg**  
Potassium: **72mg**  
Phosphate: **10mg**

## Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet





# Italian marinade

## Ingredients: (for 1kg to 1.5kg meat)

- 2 tablespoon mustard
- 3 garlic cloves,minced
- 1 teaspoon dried basil
- 1 tablespoon sugar
- 1/3 cup white wine vinegar
- 1 cup olive oil

## Instructions:

1.Combine all ingredients

### Marinade times :

	Min	Max
Chicken	20mins	12hrs
Beef/Lamb	3hrs	24hrs
Seafood	10mins	20mins

## Nutrient Values Per Serve:

Protein (total) : **0g**  
Protein rich food exchange: **0**  
Carbohydrate: **2g**  
Carbohydrate Exchange: **0**  
Sodium: **56mg**  
Potassium: **19mg**  
Phosphate: **7mg**

### Suitable for:

- ✓ Low sodium
- ✓ Low phosphorous
- ✓ Low potassium
- ✓ Low protein
- ✓ Diabetic diet



# Conclusion

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**Here are a few final tips from the patients who reviewed this work.**

1. Remember variety is the spice of life and it helps you stick to the kidney diet. Try kebabs instead of a steak, mince instead of a fillet, legumes instead of meat, chicken or fish
2. Make contact with a renal dietitian early in your kidney diet journey – they can help guide you about what you CAN eat – it is not all gloom and doom
3. Taste changes are common in people with kidney disease. You may want to rinse your mouth out regularly with a solution of sodium bicarbonate and water. This helps rinse out the toxins that accumulate as kidneys start to fail, and can turn you off food or cause food aversions.
4. Read the food labels to look for hidden sodium – this helps when you need to stick to a fluid restriction

**Please share any recipe ideas or inspiration you have with us on Facebook – join the “kidney diet recipe ideas” group or email [klambert@uow.edu.au](mailto:klambert@uow.edu.au)**

