

7 Day Low Potassium Meal Plan

Kidney-Friendly • Easy • Practical Guide

This premium guide includes a full weekly plan, food lists, tips, and simple meal ideas to help you manage potassium safely.

7-Day Meal Plan Overview

Day	Breakfast	Lunch	Dinner	Snack
Day 1	Eggs + Toast	Chicken Salad	Chicken + Rice + Beans	Apple
Day 2	Oatmeal + Berries	Turkey Sandwich	Chicken Pasta	Crackers
Day 3	Eggs + Toast	Tuna Salad	Chicken Stir-fry	Grapes
Day 4	Yogurt + Berries	Chicken Wrap	Rice + Carrots	Rice Cakes
Day 5	Pancakes	Egg Sandwich	Fish + Pasta	Apple
Day 6	Toast + Peanut Butter	Chicken Salad	Chicken Soup	Berries
Day 7	Omelet	Turkey Sandwich	Rice Bowl	Crackers

Low Potassium Foods

Apples, berries, cabbage, green beans, carrots, rice, pasta, chicken, eggs.

Foods to Avoid

Bananas, potatoes, spinach, avocados, oranges.

Tips to Reduce Potassium

- Soak vegetables before cooking - Control portions - Avoid processed foods