

## Renal Diet

All vegetables should be blouched and discard the water. Use these vegetables for cooking.

Early Morning ( 6:00 - 7:00 AM) : Lukewarm water (1-2 glass)

5-6 pieces of soaked almond.

Breakfast : 2 - 3 slices of white bread and 1 whole egg omlette.

Mid Morning : Grapes + some pieces of watermelon.

Lunch : 1 1/2 bowl rice + vegetables 1 box + 1 pc fish / curd 100 gms

Evening : 1 bowl pasta with vegetables

Dinner : 2-3 pcs chapati + moong dal 1 1small bowl + vegetables 1/2 bowl