



*Chef Matt*

# LOW OXALATE KIDNEY STONE MEAL PLAN



## WEEK #1

# WEEK #1 MENU

## BREAKFAST

## LUNCH

## DINNER

### MONDAY

Roasted Veg  
Egg Bltes

Sweet Salmon Cakes  
Red Lentils  
Asparagus

Beef Shepherds Pie  
Cauli Puree

### TUESDAY

Low Oxalate  
Breakfast Smoothie

Chicken Caesar  
Toasted Pumpkin  
Seeds

Chicken Stirfry  
Rice Noodles

### WEDNESDAY

Roasted Veg  
Egg Bltes

Sweet Salmon Cakes  
Red Lentils  
Asparagus

Beef Shepherds Pie  
Cauli Puree

### THURSDAY

Low Oxalate  
Breakfast Smoothie

Chicken Caesar  
Toasted Pumpkin  
Seeds

Chicken Stirfry  
Rice Noodles

### FRIDAY

Roasted Veg  
Egg Bltes

Sweet Salmon Cakes  
Red Lentils  
Asparagus

Beef Shepherds Pie  
Cauli Puree

# PREP GUIDELINES

- These recipes are meant for one person. If more people will be using this meal plan then just multiply by the number of people.
- I have done my best to accurately measure the nutritional info but many things can change the outcome of the recipes such as cook times, ingredients, etc. Please use these plans as a rough guide to help with your individual requirements.
- While I have worked with a registered dietitian and a nephrologist, I recommending still talking to your doctor before beginning this meal plan. It is meant as a general plan to potentially help with decreasing the likelihood of developing kidney stones, but I am not providing any medical advice.
- I will offer some substitutions for certain diets (dairy free, gluten free etc.) but this meal plan is a general guide and if you need to switch out some ingredients please feel free to do so.
- The recipes may also be altered if you feel the portion size isn't right for you either. These recipes will be very easy to change up if you are a bigger eater or don't like certain ingredients.



# SHOPPING LIST

## PROTEIN

- 12 whole eggs
- 3 cans of flaked salmon
- 1 lb chicken breast
- 1 lb lean ground beef

## DAIRY

- 250 ml plain Greek Yogurt
- 10 grams of grated parmesan
- 30 grams of mayonnaise

## BEVERAGE

- 250 ml of plain coconut water
- 5 ml lemon juice
- 60 ml of milk

## DRY GOODS

- garlic powder
- olive oil
- 2 tsp ground flax seeds
- raw honey
- dry dill weed
- maple syrup
- 3/4 cup dried red lentils
- 20 ml of hot sauce
- salt
- pepper
- 100 grams of raw pumpkin seeds
- balsamic vinegar
- grainy Dijon mustard
- 60 ml of beef stock
- 60 ml chicken stock
- corn starch
- dry thyme
- dry rosemary
- 1 package rice noodle
- rice wine vinegar

## PRODUCE

- 12 cremini mushrooms
- 1.5 lbs of broccoli
- 1 medium red onion
- 1 medium red pepper
- 1 banana
- 1 pint of blueberries
- 1 shallot
- 18 spears of asparagus
- 1 head of romaine
- 5 cloves of garlic
- 250 grams frozen veg mix (corn, carrot, peas, green beans)
- 1 large head of cauliflower
- 1 cup purple cabbage
- 1 bunch of green onions
- 1 oz of ginger

## OTHER

- vanilla protein powder (optional for smoothies)



# ROASTED VEGGIE EGG BITES



## INGREDIENTS

- 10 whole eggs
- 2 cups sliced cremini mushrooms
- 2 cups broccoli, cut into small florettes
- 1/2 cup red onion, small dice
- 1/2 cup red pepper, small dice
- 1 tablespoon olive oil
- 1 teaspoon garlic powder

## METHOD

- Add oil to large pan and put on stove on medium high heat
- Add all veggies and garlic powder to the pan and cook for 3-5 minutes or until veggies are soft and caramelized
- Distribute evenly among a well greased 6 capacity muffin tin.
- Crack the eggs and whisk together well. Distribute evenly among the 6 portions.
- Bake in a 375 degree oven for 10-12 minutes, or when a toothpick comes clean out of the center.
- Sprinkle on cheese (optional) and let cool.
- Transfer to large ziplock bag and freeze.

## NUTRITIONAL INFO

Serving 2 Egg Bites

- 325 calories
- 22 grams of protein
- 11 grams of carbs
- 19 grams of fat
- **approximate oxalate - less than 10 mg**

## ADDITIONAL INFO

- Feel Free to add more eggs if you need more protein
- Cheese is optional but kidney friendly in small amounts!
- Just thaw the egg bites and reheat in the oven or microwave



# LOW OXALATE BREAKFAST SMOOTHIE



## INGREDIENTS

- 1/2 a frozen banana
- 1/2 cup frozen blueberries
- 1/2 cup plain Greek yogurt
- 1/2 cup coconut water (regular water works too!)
- 2 tsp of ground flax seeds
- 1 tsp raw honey

## METHOD

- Add all ingredients to blender and blend until smooth. Enjoy right away!

## NUTRITIONAL INFO

Serving 1 smoothie

- 273 calories
- 10 grams of protein
- 28 grams of carbs
- 9 grams of fat
- **approximate oxalate - less than 10 mg**

(NOTE: these macros don't include protein powder.)

## NOTES

- Feel free to add your favorite protein powder



# SWEET SALMON CAKES, SPICED RED LENTILS

## ROASTED ASPARAGUS



### INGREDIENTS

- 3 cans of flaked salmon in water, drained
- 1/4 cup small dice red onion
- 1/4 cup small dice red peppers
- 1 small shallot diced
- 2 eggs
- 1 tsp dried dill
- 2 Tbsp maple syrup
- 1 tsp lemon juice
- 18 spears of asparagus
- Olive Oil for browning
- 3/4 cup dried red lentils
- 1 Tbsp of hot sauce of your choice
- salt and pepper to taste

### NUTRITIONAL INFO

2 Salmon Cakes, 6 Spears of Asparagus, 3/4 cup cooked lentils

- 484 calories
- 35 grams protein
- 38 grams of carbs
- 12 grams of fat
- **approximate oxalate - less than 10 mg**

### NOTES

- The salmon really needs to be dried well or the cakes can become to wet and fall apart!

### METHOD

- Make sure to drain and dry the canned salmon really well.
- Mix together with the eggs, veggies, shallots and dill. Season and portion into 6 cakes.
- Heat up 2 Tbsp of olive oil in a pan on medium high heat and sear the salmon cakes. Make sure to use a healthy non stick pan to prevent the cakes from falling apart.
- Once the salmon cakes are seared on both sides transfer to a roasting pan with the asparagus spears and bake in a 375 degree oven for 7-8 minutes. Make sure to drizzle a bit of oil on the asparagus and season with a touch of salt.
- Baste the salmon cakes with the maple syrup and lemon juice in the last 2 minutes of cooking
- For the lentils use 1.5 cups of water to 3/4 cup of lentils and add to a small pot. Let pot come to a simmer and cook the lentils until all of the water has disappeared but the lentils aren't mushy (15 minutes) Finish with your favorite hot sauce.



# CHICKEN CAESAR SALAD WITH ROASTED PUMPKIN SEEDS



## INGREDIENTS

- 7 oz chicken breast
- 1/2 head of romaine, cut into 1" pieces
- 4 Tbsp of pumpkin seeds, roasted
- 1.5 Tbsp of mayonnaise
- 1 tsp of balsamic vinegar
- 1 tsp of chopped garlic
- 1 tsp of lemon juice
- 1 tsp of grated parmesan cheese (optional but best for full flavor of dressing)
- 1 tsp olive oil
- 1/2 tsp grainy dijon mustard
- 1 tsp of garlic powder
- salt and pepper to taste

## NUTRITIONAL INFO

- 326 calories
- 29 grams protein
- 18 grams of carbs
- 17 grams of fat
- **approximate oxalate - less than 10 mg**

## METHOD

- Roast the pumpkin seeds in a small pan until they turn golden brown. you'll be able to smell them before they change color.
- Season the chicken with the garlic powder, salt and pepper. Drizzle 1 tsp of olive oil on and rub the chicken well. Cook in a 375 degree oven for 10-12 minutes or until the chicken reaches 165 degrees F
- Whisk together all of the salad dressing ingredients including the parmesan cheese (shouldn't need seasoning) and olive oil.
- Portion into 2 containers with the romaine lettuce, sliced chicken and roasted pumpkin seeds.

## NOTES

- This dressing is meant to be a simple one to whisk together. But you can make a larger recipe and keep in the fridge for up to 2 weeks





# BEEF SHEPHERDS PIE WITH CAULIFLOWER PUREE



## INGREDIENTS

- 1 lb lean ground beef
- 1 cup frozen veg mix of green beans, peas, corn and carrot
- 2 tsp of pureed garlic
- 1/4 cup beef stock (low sodium)
- 1 tsp of corn starch
- 1 tsp of dried thyme
- 1 tsp of dried rosemary
- 1 head of cauliflower
- 1/4 cup of milk or just water.
- Salt and Pepper to taste

## NUTRITIONAL INFO

- 350 calories
- 32 grams protein
- 19 grams of carbs
- 12 grams of fat
- **approximate oxalate - less than 10 mg**

## METHOD

- Cut the cauliflower into florettes and steam well. You can use the microwave with a bit of water covered, or a steam basket in the bottom of a pot.
- Using your food processor puree the cauliflower until smooth. Add in the milk or water and season with a bit of salt and pepper. The consistency will be a bit thinner than traditional mashed potatoes. Set aside
- Brown the Ground beef and drain off any excess fat. Add back to the pan and add in the frozen veggies.
- Whisk together the dried herbs, stock and corn starch and add to the pan until the mixture thickens and the veggies are just heated through.
- Portion the Beef into 3 containers and top with the tasty cauliflower puree.

## NOTES

- If cooking for more than 1 person you could build this as a traditional shepherds pie in a baking dish and brown in the oven for a few minutes, but this way works too for smaller batches!



# SWEET AND TANGY CHICKEN

## RICE NOODLE STIRFRY



### INGREDIENTS

- 6 oz cooked chicken, dark meat or light meat I like using cooked chicken. It can just be added into the dish and heated through.
- 1 cups purple cabbage, shredded
- 1 cups brown mushrooms, sliced
- 1 cup cauliflower florets
- 1/2 cup slant cut green onions
- 1 Tbsp olive oil
- 1/2 package rice noodles
- 2 cloves minced garlic
- 1/4 tsp grated ginger
- 1 Tbsp honey
- 2 Tbsp rice wine vinegar
- 1/4 cup chicken stock
- 1 tsp cornstarch
- 1 tsp favorite hot sauce (optional)

### METHOD

- Cook the rice noodles according to the instructions on the bag. Strain and portion into 2 containers.
- Using a large pan, heat up the oil on medium heat and add in the veggies with the garlic and ginger.
- Cook for a few moments and then add in the sliced cooked chicken. Cook for another few moments.
- Whisk together the honey, vinegar, stock, cornstarch and hot sauce and add into the pan. Let the sauce thicken.
- Check for flavor and season with a bit of salt and pepper if need be.
- Portion the stirfry in with the noodles, top with green onions and serve.

### NUTRITIONAL INFO

- 395 calories
- 28 grams protein
- 37 grams of carbs
- 12 grams of fat
- **approximate oxalate - less than 10 mg**

