

# MEAL PREP & FAST FOOD FOR CKD PATIENTS - OVERVIEW

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## MEAL PREP & FAST FOOD FOR CKD PATIENTS ON THE GO

A practical kidney-safe eating system for busy lives

Based on KDIGO 2024 nutrition targets



### 1 WHY PLANNING MATTERS

- Potassium spike**  
Fast food + processed snacks can contain 2,000+ mg potassium in one sitting.  
In dialysis patients, serum K may rise by 1–2 mEq/L within hours.
- Phosphate overload**  
Phosphate additives are absorbed at ~100%.  
Natural food phosphorus is absorbed only about 40–60%.
- Sodium + fluid overload**  
A single fast food meal often contains 1,500–2,500 mg sodium.  
This can worsen BP, edema, and fluid overload.

★ Meal preparation is a clinical intervention — not just a lifestyle choice.

### 2 THE CKD PLATE BY STAGE

<b>Stage 1–2:</b> 1/2 vegetables, 1/4 grain, 1/4 protein 	<b>Stage 3–4:</b> 1/4 lean protein, 1/4 low-potassium vegetables, 1/4 complex carbohydrates, 1/4 low-sodium foods 	<b>Dialysis (HD/PD):</b> 1/3 high-protein foods, 1/4 low-potassium vegetables, fluid-cautious meals, phosphate binders with meals 
<b>Stage 1–3a:</b> protein 0.8 g/kg/day; sodium <2,000 mg/day	<b>Stage 3b–4:</b> protein 0.6–0.8 g/kg/day; potassium <2,500 mg/day if elevated; phosphorus <900 mg/day	<b>Dialysis:</b> protein 1.1–1.2 g/kg/day; potassium <2,000 mg/day pre-HD; phosphorus <800 mg/day; fluid 500–750 mL + urine output/day (HD)

### 5 FAST FOOD SURVIVAL GUIDE — TRAFFIC LIGHT TABLE

	OK / BEST	CAUTION	AVOID
<b>Jollibee</b>	plain rice	1 pc fried chicken no skin, no gravy	spaghetti, burgers, palabok, hotdog, softdrinks, gravy
<b>McDonald's</b>	Better: grilled chicken if available OK: plain rice	McChicken patty only, no bun	burgers, large fries, softdrinks, iced coffee
<b>KFC</b>	Only option: 1 pc chicken, skin removed OK: plain rice		gravy, coleslaw, burgers, mashed potato, corn
<b>Chowking</b>	plain rice	small tokwa't baboy, 1 pc fried chicken no skin	halo-halo, siopao, siomai, congee, noodles
<b>Mang Inasal</b>	Best option: Good choice: pecho, chicken breast OK: plain rice, 1 cup only	acceptable: paa with skin removed	sinigang, goto, palabok, peanut-based sauce

GENERAL RULES: Always take your phosphate binder with fast food meals. Avoid carbonated drinks, gravy, soup-based items, and fried chicken skin.

### 3 THE CKD SUNDAY PREP SYSTEM — 3 HOURS, 7 DAYS PROTECTED

<b>1 Saturday evening:</b> Shop smart 	<b>2 Sunday morning:</b> Start leaching 	<b>3 Sunday midday:</b> Batch cook proteins 	<b>4 Sunday afternoon:</b> Prep vegetables + carbs 	<b>5 Weekday:</b> Assembly only 
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**Useful tools:** Glass containers, Divided containers, Insulated lunch bag, Freezer bags, Food scale, Measuring cups

### 4 LEACHING — HOW TO LOWER POTASSIUM

- Peel completely
- Slice thin (3–5 mm)
- Soak in 10x volume warm water for at least 2 hours and change water once
- Boil in fresh water and drain

Final result: May reduce potassium by 30–50% in root vegetables.

⚠ Never use the soaking or boiling water for soup, broth, or sauces.

✅ Safe without leaching:  
• sayote • upo • patola • labanos • pipino  
• white cabbage • toge

⚠ Require leaching or strict caution:  
• kamote • gabli • potato • kangkong • mallunggay  
• squash • mungo • tomato • banana • avocado

### 6 CONVENIENCE STORE + CARINDERIA RESCUE OPTIONS

<b>A. Convenience store — safer picks</b>  <ul style="list-style-type: none"> <li>Plain white rice</li> <li>Hard-boiled egg</li> <li>Plain crackers</li> <li>Bottled water</li> <li>Apple or pear</li> </ul>	<b>B. Carinderia — safer picks</b>  <ul style="list-style-type: none"> <li>Plain rice</li> <li>Tinolang manok (eat chicken, skip broth)</li> <li>Pinakbet small serving no bagoong</li> <li>Grilled fish</li> <li>Nilaga (meat only, skip broth + potato)</li> <li>Ensaladang talong</li> <li>Plain tokwa (small serving)</li> </ul>
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**Use caution:** adobo, sinigang, kare-kare, fried fish, chopsey

**Avoid:** Instant noodles • Processed meats • Canned goods • Chips • Sports drinks • Carbonated drinks • Flavored nuts • Dairy desserts

"Pakihingan ng toyo at bagoong. Wag lagyan ng maraming asin. Gusto ko ng malinis na pagkain para sa kidney ko."

### 7 THE CKD GO-BAG FOOD KIT

One portion of prepped protein	2–3 plain crackers	A small apple or pear	500 mL mineral water	Phosphate binders	Other mealtime medications	Calamansi or vinegar dip sachet

Dialysis Schedule: Mon–Wed–Fri 6:00 AM  
Emergency Contact: 0917-123-4567  
Dialysis schedule and emergency contact number


★ BEST STRATEGY: PREP EARLY, PORTION CAREFULLY, AVOID PHOSPHATE ADDITIVES, AND CHOOSE THE SIMPLEST MEAL WHEN EATING OUT.

## The CKD Plate Method — by Stage

Before building a meal prep system, understand what your plate should look like. This varies significantly by CKD stage and whether you are on dialysis.


### The CKD Plate — What Changes by Stage

**Stage 1–2**




½ Vegetables • ¼ Grain • ¼ Protein  
Standard healthy plate

**Stage 3–4**



¼ Lean protein • ¼ Low-K vegetables •  
¼ Complex carb • ¼ Low-Na foods

**Dialysis (HD/PD)**



⅓ High protein • ¼ Low-K vegetables  
Fluid restricted  
Phosphate binders with meals

● Protein   ● Vegetables   ● Carbohydrates   ● Fluid—cautious foods

*The plate proportions shift dramatically as CKD advances. Dialysis patients need more protein (lost during sessions) but strict limits on potassium, phosphorus, sodium, and fluid — the opposite of pre-dialysis CKD.*



### Stage 1–3a targets

- Protein: 0.8 g/kg/day
- Sodium: <2,000 mg/day
- Potassium: generally unrestricted unless elevated
- Phosphorus: avoid additives, moderate natural phos
- Fluid: no restriction unless edema or hypertension



### Stage 3b–4 targets

- Protein: 0.6–0.8 g/kg/day (discuss with nephrologist)
- Sodium: <2,000 mg/day
- Potassium: <2,500 mg/day if K+ elevated
- Phosphorus: <900 mg/day, avoid all additives
- Fluid: restrict if edema present



### Dialysis (HD/PD) targets

- Protein: 1.1–1.2 g/kg/day (losses in dialysis)
- Sodium: <2,000 mg/day
- Potassium: <2,000 mg/day pre-HD
- Phosphorus: <800 mg/day + binders with all meals
- Fluid: 500–750 mL + urine output/day (HD)

CKD plate proportions by stage with daily nutrient targets. Dialysis needs MORE protein but STRICTER K+/P/Na/fluid limits.

## MEAL PREPARATION IS A CLINICAL INTERVENTION

One high-K+ fast food meal can spike serum K+ by 1-2 mEq/L and trigger arrhythmia within hours.  
Inorganic phosphate additives (E338-E452): absorbed ~100% vs. 40-60% from natural foods.

### DAILY NUTRIENT TARGETS BY CKD STAGE

Nutrient	Stage 1-3a	Stage 3b-4	Dialysis HD/PD
<b>Protein</b>	0.8 g/kg/day	0.6-0.8 g/kg/day	1.1-1.2 g/kg/day
<b>Sodium</b>	< 2,000 mg/day	< 2,000 mg/day	< 2,000 mg/day
<b>Potassium</b>	Unrestricted	< 2,500 mg if elevated	< 2,000 mg/day pre-HD
<b>Phosphorus</b>	Avoid additives	< 900 mg/day	< 800 mg + binders
<b>Fluid</b>	None unless edema	Restrict if edema	500-750 mL + urine/day
<b>Binder</b>	Not usually needed	Begin if P > 4.5	<b>WITH EVERY MEAL - mandatory</b>

### WHY THE PLATE FLIPS ON DIALYSIS:

Dialysis patients need MORE protein (lost in sessions) but STRICTER K+/P/Na/fluid limits - the opposite of pre-dialysis CKD.

### THE CKD SUNDAY PREP SYSTEM - 3 HOURS, 7 DAYS PROTECTED

#### 1 SAT EVENING - Shop smart

Lean proteins (chicken, tilapia, pork tenderloin, eggs). Low-K veg (sayote, upo, patola, repolyo). White rice. Skip processed meats. Check...

#### 2 SUN MORNING - Start leaching

Leach root veg (kamote, gabi, patatas) 4-6h before cooking. Peel, slice 3-5mm thin, soak in 10x warm water; change twice. Reduces K+ ...

#### 3 SUN MIDDAY - Batch-cook proteins

Baked chicken (garlic + calamansi, no toyo), steamed tilapia, boiled eggs, pork tenderloin (discard broth). Portion: 60-90g pre-dialysis, 9...

#### 4 SUN AFTERNOON - Prep veg & carbs

Blanch low-K veg (sayote, upo, patola, repolyo) in portions. Cook white rice in batch; portion 1/2-3/4 cup per meal. Prepare garlic-ginger ...

#### 5 MON-SAT - 10-minute assembly

Pull 1 protein + 1 veg + 1 rice. Reheat. Take phosphate binder WITH the first bite. Pack in insulated container for out-of-home meals.

**SAFE SEASONINGS: Calamansi | Garlic | Ginger | White vinegar | Bay leaf | Peppercorn**

**NEVER use salt substitutes (NuSalt, NoSalt, Lo-Salt) - contain KCl, can cause fatal hyperkalemia.**

## LEACHING TECHNIQUE - REDUCES POTASSIUM BY 30-50%

- 1. Peel completely:** Remove all skin - most K+ sits near the surface (kamote, gabi, patatas, singkamas).
- 2. Slice thin (3-5 mm):** More surface area = more K+ released into soaking water.
- 3. Soak 2+ hours in 10x warm water:** Change water once at 1 hour. Discard ALL soak water.
- 4. Boil in fresh water, drain immediately:** NEVER reuse cooking liquid for soup or sauce - all K+ is in it.

### Safe WITHOUT leaching (low K+)

Sayote, upo, patola

Labanos, pipino, repolyo

Toge, talong (small), ampalaya (small)

### Require leaching or avoidance

Kamote (437mg), gabi (319mg), patatas (421mg)

Kangkong (312mg), kalabasa - small only

Mongo - avoid dialysis | banana/avocado - avoid Stg 4-5

## COOKING METHOD RANKINGS FOR CKD

Method	K+ effect	P effect	CKD rating
Boil + discard liquid	Removes 30-50%	Removes 20-30%	<b>BEST</b>
Steam (plain)	Minimal	Minimal	<b>Good</b>
Grill (no marinade)	Minimal	Minimal	<b>Good - garlic/calamansi only</b>
Bake (plain)	Minimal	Minimal	<b>Good</b>
Saute / ginisa	None	None	<b>OK if no patis/bagoong</b>
Drink the broth	CONCENTRATED K+	CONCENTRATED P	<b>NEVER drink broth</b>
Batter/breading fry	None	Increases	<b>High risk - remove skin</b>

## BUDGET-FRIENDLY SAFE PROTEIN SOURCES (PHILIPPINES, 2025)

Protein Source	Cost (PHP)	Per 90g	CKD note
<b>Egg white (2 large)</b>	P8-10/egg	P16-20	All stages. Very low P. Best choice.
<b>Tilapia (fresh, whole)</b>	P100-130/kg	P10-15	All stages. Steam/grill. No batter.
<b>Tokwa / firm tofu</b>	P25-35/300g	P8-12	All stages. Rinse before cooking.
<b>Chicken breast (wet mkt)</b>	P180-220/kg	P16-20	All stages. Boil, discard broth.
<b>Cream dory / pangasius</b>	P160-200/kg	P14-18	All stages. Very low P. Steam/poach.
<b>Pork tenderloin (kasim)</b>	P250-300/kg	P22-27	All stages. Boil, discard broth.

## CHEAPEST SAFE VEGETABLES (YEAR-ROUND, WET MARKET)

### Upo

P15-25 each | 4-5 servings

### Sayote

P10-20 each | 2-3 servings

### Repolyo

P30-50/head | 8-10 servings

### Patola

P15-25 each | 3-4 servings

### Labanos

P15-25 each | 3-4 servings

### Talong

P10-20 each | 2-3 servings

## FAST-FOOD RULES - APPLY THESE AT EVERY CHAIN

- Take phosphate binder WITH the first bite of every meal - do not skip it.
- Water only. No carbonated drinks. No softdrinks. No sports drinks.
- Remove ALL fried-chicken skin and breading - most phosphate additives are in the coating.
- Skip all gravy and all soups/broth-based items.
- When in doubt about any item: skip it.

Chain	Rating	OK / Best Order	Avoid
Mang Inasal	<b>BEST</b>	Pecho/paa (skin off) + 1 cup rice + vinegar dip <i>Best: Pecho/paa (skin off)...</i>	Sinigang, goto, palabok, Bacolod sauce
Jollibee	<b>CAUTION</b>	1 pc Chicken Joy (skin off, NO gravy) + plain rice <i>Best: 1 pc Chicken Joy (skin off, NO gravy)...</i>	Spaghetti, burgers, Jolly Hotdog, gravy, sodas
McDonald's PH	<b>CAUTION</b>	McChicken patty (no bun) + plain rice + water <i>Best: McChicken patty (no bun)...</i>	All burgers, large fries, McFlurry, sodas
Chowking	<b>CAUTION</b>	1 pc fried chicken (skin off) + plain rice <i>Best: 1 pc fried chicken (skin off)...</i>	Halo-halo, siopao, dimsum, lugaw, noodles
Goldilocks/RR	<b>CAUTION</b>	Plain pancit bihon (small) + 2 puto <i>Best: Plain pancit bihon (small)...</i>	Cakes, pastries, ensaymada, leche flan
KFC Philippines	<b>HIGH RISK</b>	ONLY: 1 pc skin+breading removed + plain rice <i>Best: ONLY: 1 pc skin...</i>	Gravy, coleslaw, Twister, mashed potato, corn

### KFC WARNING: Highest-risk chain for CKD. Phosphate additives in breading throughout.

If unavoidable: 1 piece only. remove ALL skin and breading. plain rice, water. binder with first bite.

#### Safe Drinks (any chain)

Plain mineral / still water  
 Unsweetened calamansi juice (small)  
 Plain iced tea (unsweetened, no syrup)  
 Black coffee (no milk, no sugar)

#### Never Order These

ALL carbonated softdrinks (phosphoric acid)  
 Sweetened iced teas / milk teas / frappes  
 Energy drinks (Red Bull, Sting) - high K+  
 Sports drinks (Gatorade, Pocari) - high K+

## CONVENIENCE STORES - 7-ELEVEN / MINISTOP / FAMILYMART

### OK in a pinch

Plain white rice (1 cup)  
 Hard-boiled egg (1)  
 Plain crackers - Sky Flakes/Fita (2-3 pcs)  
 Bottled mineral water  
 Apple or pear  
 Unsweetened soy milk (small) - Stage 1-3 only  
 Banana - Stage 1-2 only or MD clearance

### Avoid

All instant noodles (extreme Na + phosphate)  
 Processed meats (hotdog, tocino, longganisa)  
 Canned goods (high Na + phosphate)  
 Flavored chips (KCl substitute = fatal in CKD)  
 Energy/sports drinks (high K+ + phosphate)  
 Carbonated drinks (phosphoric acid)  
 Flavored nuts / dairy desserts

## SURVIVAL MEAL: 1 plain rice + 1 hard-boiled egg + plain crackers + mineral water.

Low K+, low P, low Na. Take binder with egg. Add no condiment from the store.

## CARINDERIA / TURO-TURO - HOW TO ORDER SAFELY

### Usually safe

Plain steamed rice  
 Tinolang manok (skip broth)  
 Pinakbet (small, no bagoong)  
 Grilled fresh fish  
 Nilaga (meat only, skip broth)  
 Ensaladang talong (small)

### Caution

Adobo (no toyo, small)  
 Sinigang (meat only, skip broth)  
 Kare-kara (small, skip bagoong)  
 Pritong isda (not heavily salted)  
 Chopsuey (small, no fish sauce)  
 Scrambled egg (1 serving)

### Avoid entirely

Tocino/longganisa/hotdog  
 Dinuguan/organ meat stews  
 All soups as main course  
 Any dish with bagoong  
 Mongo guisado (high K+)  
 Dishes heavy in tomato (Stg 4-5)

## SAY: "Pakihingan ng toyo at bagoong. Wag lagyan ng maraming asin."

"Gusto ko ng malinis na pagkain para sa kidney ko." Bring your own calamansi for flavoring.

## THE CKD GO-BAG FOOD KIT - PACK EVERY SUNDAY

- 1 **Prepped protein in insulated pouch**
- 2 Plain crackers (Sky Flakes, 2-3 pcs) in zip bag
- 3 Small apple or pear
- 4 500 mL mineral water
- 5 **PHOSPHATE BINDERS in labeled pill case - MOST-FORGOTTEN ITEM**
- 6 Other prescribed meal-time medications
- 7 Calamansi or vinegar sachet for flavoring
- 8 Emergency card: dialysis schedule + center number

## POST-DIALYSIS FATIGUE = highest fast-food temptation. Have pre-packed meal ready AT the center.

Keep 3-day emergency binder supply: at home + in work bag + in dialysis bag - separately.

# MEAL PREP & FAST FOOD FOR CKD PATIENTS - 7-DAY MEAL PLANS & PRACTICAL...

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## 7-DAY PLAN - CKD STAGE 3B-4 (PRE-DIALYSIS) | PROTEIN 0.6-0.8 G/KG | K+ <2,500 MG | P <900 MG

Day	Breakfast	Lunch	Merienda	Dinner
Mon	1 boiled egg + 1/2 cup rice + calam...	Baked chicken 70g + 3/4 cup rice + st...	2 crackers + 1 apple	Steamed tilapia 70g + 1/2 cup rice + blanched...
Tue	Soft-boiled egg + 1 slice white bread	Tinola chicken 70g (no broth) + 3/4 cu...	1 pear	Pork tenderloin 70g + 1/2 cup rice + steamed p...
Wed	Plain champorado (small) + water	Baked chicken 70g + 3/4 cup rice + gi...	2 crackers	Steamed tilapia 70g + 1/2 cup rice + sayote gui...
Thu	1 egg + 1/2 cup rice + water	Grilled cream dory 70g + 3/4 cup rice ...	1 apple	Baked chicken 70g + 1/2 cup rice + steamed p...
Fri	Plain lugaw (small) + 1 boiled egg	Pinakbet small (no bagoong, no kamot...	1 pear	Pork tenderloin 70g + 1/2 cup rice + blanched l...
Sat	Sinangag (no salt) + 1 egg white	Nilaga chicken (meat only, skip broth+...	2 puto (occasional)	Baked chicken 70g + 1/2 cup rice + steamed upo
Sun	2 egg whites + white toast	Leftover while batch-cooking	Apple/pear	New batch: baked chicken 70g + 3/4 cup rice +...

## 7-DAY PLAN - DIALYSIS STAGE | PROTEIN 1.1 G/KG | K+ <2,000 MG | P <800 MG | BINDERS ALL MEALS

Day	Breakfast	Lunch	Merienda	Dinner
Mon	2 egg whites + 1/2 cup rice + calam...	Baked chicken 90g + 3/4 cup rice + st...	2 crackers + 1 apple	Steamed tilapia 80g + 1/2 cup rice + blanched...
Tue	1 soft-boiled egg + 1 slice white b...	Tinola manok 80g (no broth) + 3/4 cup...	1 small pear	Pork tenderloin 80g + 1/2 cup rice + steamed p...
Wed	Champorado (small) + water	Baked chicken 90g + 3/4 cup rice + gi...	2 crackers	Steamed tilapia 80g + 1/2 cup rice + sayote gui...
Thu-HD	BEFORE HD: 2 egg whites + 1/2 cup...	At center: baked chicken 90g + 3/4 cu...	2 crackers + water post-HD	Chicken 100g + 3/4 cup rice + blanched upo
Fri	1 soft-boiled egg + 1/2 cup rice	Grilled labahita 80g + 3/4 cup rice + e...	1 apple	Baked chicken 80g + 1/2 cup rice + steamed p...
Sat	Sinangag (no salt) + 2 egg whites	Pinakbet small (no bagoong, no kamot...	2 puto (occasional)	Pork tenderloin 80g + 1/2 cup rice + blanched l...
Sun	2 egg whites + 1 slice white toast	Leftover while batch-cooking	Apple/pear	New batch: baked chicken 90g + 3/4 cup rice +...

**SAMPLE PLANS ONLY. Targets vary by individual stage, residual function, dialysis adequacy, and labs.**

*Have this plan reviewed by your nephrologist and a PSN-affiliated registered nutritionist/dietitian.*

## COMMON QUESTIONS - PRACTICAL ANSWERS

### Q: Can I use GrabFood / Foodpanda safely on dialysis?

Best option: Mang Inasal pecho + 1 cup rice, no sauce. Carry binder. Avoid all noodle, burger, or soup deliveries.

### Q: I forgot my binder after a high-phosphorus meal. What now?

Take it within 1-2 hours for partial protection. After that, phosphorus is already absorbed. Do not double-dose next meal.

### Q: Is kakanin (puto, suman, biko) safe on dialysis?

Puto and suman (2 pcs) are occasionally OK. Biko and ibos (coconut-based) are higher risk. Avoid ube-based kakanin.

### Q: How do I manage CKD nutrition during Lent?

Tuyo, dilis, sardinas = among the WORST phosphorus sources. Use fresh tilapia, egg whites, or tokwa instead.

### Q: What can I eat at a lechon / kare-kare family gathering?

Plain rice + small lean pork (no skin/organs). Skip kare-kare, lechon skin, sinigang broth, softdrinks. Bring go-bag protein.

**Full guide: [williamriveromd.com/guides/meal-prep-fastfood-ckd.html](http://williamriveromd.com/guides/meal-prep-fastfood-ckd.html)**

*Cooking methods, budget shopping, adapted Filipino recipes, PWD/PhilHealth assistance.*