

3-Day Kidney Repair Meal Plan

Brought to you by Kidney Health Reset - www.KidneyHealthReset.com

Day 1

Breakfast: Start your morning with a veggie scramble made from egg whites, spinach, chopped onions, and bell peppers sautéed in olive oil. Pair with a slice of low-sodium whole grain toast and a warm cup of dandelion or chamomile tea. This combination provides fiber, essential vitamins, and anti-inflammatory benefits to support kidney function. Avoid adding salt, and consider seasoning with turmeric or fresh herbs like parsley and basil.

[Learn more here](#)

Lunch: Prepare a bowl of steamed white rice topped with turmeric-roasted cauliflower, diced zucchini, and lemon juice for a bright, refreshing taste. This kidney-friendly lunch is low in potassium and sodium, making it suitable for those with reduced kidney function. Complement with a cucumber salad for added hydration and a squeeze of apple cider vinegar to enhance digestion.

[Learn more here](#)

Dinner: Wrap up your day with a baked sweet potato (peeled to reduce potassium), served alongside garlic-roasted green beans and sliced cucumber. Sweet potatoes provide complex carbs while keeping your blood sugar steady. Add a teaspoon of flaxseed oil for omega-3 benefits. Stay hydrated with a glass of lemon water to support daily detoxification.

[Learn more here](#)

Day 2

Breakfast: Enjoy a bowl of rolled oats topped with a handful of fresh blueberries, ground flaxseeds, and a sprinkle of cinnamon. Oats are a gentle source of fiber that won't stress your kidneys. Drink peppermint or ginger tea to aid digestion and reduce morning bloating. This meal is perfect to stabilize blood pressure while promoting regularity.

[Learn more here](#)

Lunch: A rice salad with brown rice, chopped parsley, diced cucumber, and red capsicum drizzled with lemon-olive oil dressing makes a great midday meal. This dish is refreshing, alkalizing, and full of antioxidants. It also helps reduce inflammation commonly associated with kidney issues.

[Learn more here](#)

Dinner: Steam pumpkin and green peas, then pair with tofu slices sautéed with garlic and rosemary

in a small amount of olive oil. This meal is protein-balanced and supports tissue repair. Finish with a peppermint infusion to soothe digestion before bed.

[Learn more here](#)

Day 3

Breakfast: Quinoa porridge cooked in almond milk with sliced apples, cinnamon, and chia seeds makes for a comforting, protein-rich start to the day. Quinoa contains all nine essential amino acids, ideal for supporting body function without overworking the kidneys. Top with a teaspoon of maple syrup if you prefer a hint of sweetness.

[Learn more here](#)

Lunch: Try zucchini noodles (zoodles) tossed with an avocado-lime dressing and cherry tomatoes. Add a side of steamed kale for fiber and antioxidants. This lunch is alkaline-forming and packed with plant-based nutrients for kidney healing.

[Learn more here](#)

Dinner: Prepare mashed cauliflower with garlic and olive oil, served alongside grilled eggplant with parsley garnish. This dinner is nutrient-dense and helps reduce sodium intake. Finish with herbal tea and a light walk to support overnight recovery.

[Learn more here](#)

Additional Resources

The Kidney Disease Solution

A doctor-backed program trusted by thousands to restore kidney function naturally. It blends nutrition, herbs, and lifestyle change. Learn more today.

[Access the program here](#)

Chronic Kidney Disease Solution (CKD)

A comprehensive guide to naturally reduce CKD symptoms, improve kidney function, and regain energy without risky procedures or expensive treatments.

[Access the program here](#)