

# Sample Grocery Shopping List

Grocery shopping can feel overwhelming when you need to eat certain foods for kidney disease. If you do not know where to begin, this shopping list is a good starting point.

Here's how to use this list:

1. Go through the list, and cross out items you do not like.
2. Take this list with you to the grocery store, and shop for the items you did not cross out.

You can create many kidney-friendly recipes with the ingredients on this list.

(Make sure to read the ingredients—and avoid items with added **phosphorus**)

## Frozen

### Meat:

- Chicken breast (skinless, boneless)
- Chicken thighs (skinless, boneless)
- Fish filets (salmon, salmon burgers, tuna, other fish – not fish sticks/patties)
- Ground turkey or chicken (in ¼ pound packages – for quick easy thawing)
- Lean ground beef (90-10% or 93-7% lean ground beef in ¼ pound packages)
- Veggie burgers (without added phosphorus)

### Vegetables

#### (no salt or seasoning added):

- Broccoli
- Cauliflower
- Green beans
- Brussels sprouts
- Carrots
- Corn
- Peas
- Mixed vegetables

### Fruit (not packed in syrup):

- Strawberries
- Raspberries
- Blackberries
- Blueberries
- Pineapple
- Peaches
- Cherries



# Sample Grocery Shopping List

## Refrigerator

### Meat/Eggs:

- Eggs
- Chicken breast (skinless, boneless)
- Chicken thighs (skinless, boneless)
- Chicken salad (made with lower calorie mayo)
- Tuna salad (made with lower calorie mayo)
- Egg salad (made with lower calorie mayo)
- Lean ground beef (90-10% or 93-7% lean)
- Ground turkey or chicken

### Vegetables (serving size = ½ cup no salt added):

- Arugula
- Asparagus
- Broccoli
- Bell peppers (green, red, orange, yellow or roasted in a jar)
- Cabbage (green or red)
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumber
- Eggplant
- Endive
- Garlic
- Ginger
- Green beans (not canned)
- Green onion
- Jalapeños
- Kale
- Leeks
- Lettuce (iceberg, romaine)
- Onions
- Parsley
- Peas (not canned)
- Radicchio
- Radishes
- Shiitake mushrooms
- Summer squash (yellow)
- Turnip
- Turnip greens
- Watercress
- Zucchini

### Fruit (serving size = 1 medium fruit or ½ cup no sugar added):

- Apples
- Blackberries
- Blueberries
- Cherries
- Fruit cocktail (not packed in syrup)
- Grapes
- Lemons
- Limes
- Peaches (not packed in syrup)
- Pears
- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerine



# Sample Grocery Shopping List

## Pantry/Cabinet

### Meat:

- Canned/package tuna (packed in water and no added phosphorus)
- Canned salmon
- Canned chicken

### Vegetables:

- Canned beets
- Tomatillos
- Canned water chestnuts

### Fruit (not packed in syrup):

- Applesauce
- Dried cranberries (sweetened with apple/grape juice: no sugar added)
- Fruit cups (packed in water or juice NOT syrup)
- Canned peaches
- Canned pears
- Mandarin oranges

### Grains:

- Rice: Brown, basmati, or jasmine
- Cereals: corn flakes, chex, rice krispies, puffed rice, puffed wheat (avoid cereals that have 100% recommend daily nutrients or sugary cereals)
- Couscous
- Oatmeal

- Cream of wheat
- Grits
- Crackers (unsalted and without added phosphorus)
- Pasta (whole wheat or white)

The following grains can be kept in the refrigerator or freezer to stay fresh longer:

- English muffins
- Polenta
- Whole wheat breads
- Whole grain breads
- Rye bread
- Tortillas (without added phosphorus)
- Sourdough bread

### Dried Herbs and Spices:

- Parsley
- Basil
- Oregano
- Garlic powder (not garlic salt)
- Black pepper
- Red pepper flakes
- Cayenne
- No salt added chili powder
- Old Bay
- Cumin
- Coriander

- Thyme
- Turmeric
- Cinnamon
- Curry powder
- Chives
- Ginger

### Beverages (remember to limit if you have a fluid restriction):

- Water
- Coffee
- Tea

If you must have soda or other beverages, choose low-calorie and no-phosphorus options.

### Other:

- Canola oil or olive oil
- Mayonnaise (low calorie)
- Balsamic