

Meal Prep & Eating Out with CKD

Filipino kitchen, fast food chains, carinderia, and budget market shopping — all CKD-safe. Covers **batch cooking**, **Jollibee**, **McDonald's**, **Chowking**, **Mang Inasal**, **turo-turo**, and weekly meal planning on ₱800–1,200.



½ Plate
Vegetables

¼ Plate
Protein

¼ Plate
Carbs

No Salt
At The Table

1 The CKD Plate Method — Three Zones of a CKD-Safe Filipino Plate

Zone 1 · ½ Plate

Non-Starchy Vegetables

Filipino options: sayote, kangkong, pechay, upo, ampalaya, okra.

How to cook: Boiling or steaming preferred. Leach high-potassium ones (kangkong, pechay) — boil in large water, discard water, cook normally. This removes 30–50% potassium.

Why half the plate? Fills you up with low-phosphorus, low-sodium volume. Adds fiber to slow glucose absorption and reduce uremic toxins in CKD.

Zone 2 · ¼ Plate

Protein

Best choices: egg (1 pc), bangus (50 g), tilapia (50 g), tofu / tokwa (60 g).

Portion: one palm-sized portion per meal — palm size and pinky-finger thickness.

Avoid: processed meats (tocino, longganisa, hotdog, spam) — all very high in sodium and phosphate additives.

Cooking: Steam, boil, or sauté with canola oil and garlic. No marinades with toyo or patis.

Zone 3 · ¼ Plate

Carbohydrates

Preferred choices: white rice (lowest phosphorus and potassium of all staples), cassava, kamote, gabi.

Why white rice? Preferred over bread — bread usually contains sodium and phosphate additives. White rice is the safest staple for CKD/dialysis.

Role: Carbohydrates meet calorie needs. Without enough carbs, the body burns protein for energy, worsening kidney workload.

Do NOT skip rice — eating too little leads to malnutrition in CKD.

Zero At The Table

No Patis · No Toyo · No Salt Shaker

Replace with: calamansi (citric acid, zero sodium), garlic (fresh only, no salt-based seasonings), ginger, sukang paombong (coconut vinegar — very low sodium). These add full flavor without loading the kidneys with sodium or phosphorus.

Key Insight: You Do Not Need Separate Meals from the Family

The CKD plate is similar to a regular Filipino plate but with smaller protein portions, more vegetables, and zero added condiments. You do not need separate meals from the family — just adjust your portion of the shared protein dish and skip the patis/toyo on the table. Cook the protein and vegetables the same way for everyone; your plate simply has more vegetables and a smaller scoop of the shared ulam.

CKD MEAL PREPARATION SYSTEM — OVERVIEW

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

Stage 1–2: 1/2 vegetables, 1/4 grain, 1/4 protein 	Stage 3–4: 1/4 lean protein, 1/4 low-potassium vegetables, 1/4 complex carbohydrate, 1/4 low-sodium foods 	Dialysis (HD/PD): 1/3 high-protein foods, 1/4 low-potassium vegetables, fluid-cautious meals, phosphate binders with meals
Stage 1–3a: protein 0.8 g/kg/day; sodium <2,000 mg/day	Stage 3b–4: protein 0.6–0.8 g/kg/day; potassium <2,500 mg/day if elevated; phosphorus <900 mg/day	Dialysis: 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
Jollibee	plain rice	1 pc fried chicken no skin, no gravy	spaghetti, burgers, palabok, hotdog, softdrinks, iced coffee
McDonald's	Better: grilled chicken if available OK: plain rice	McChicken patty only, no bun	burgers, large fries, softdrinks, iced coffee
KFC	Only option: 1 pc chicken, skin removed OK: plain rice		gravy, coleslaw, burgers, mashed potato, corn
Chowking	plain rice	small tokwa't baboy, 1 pc fried chicken no skin	halo-halo, siopao, siomai, congee, noodles
Mang Inasal	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

1 Saturday evening: Shop smart 	2 Sunday morning: Start leaching 	3 Sunday midday: Batch cook proteins 	4 Sunday afternoon: Prep vegetables + carbs 	5 Weekday: 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, white cabbage, toge, labanos, pipino

Require leaching or strict caution: kamote, squash, mongo, potato, mango, tomato, banana, avocado, kangkong, malunggay

6 CONVENIENCE STORE + CARINDERIA RESCUE OPTIONS

A. Convenience store — safer picks

- Plain white rice
- Hard-boiled egg
- Plain crackers
- Bottled water
- Apple or pear

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

B. Carinderia — safer picks

- Plain rice
- Tinolang manok (est chicken, skip broth)
- Pinakbet small serving no bagoong
- Grilled fish
- Nilaga (meat only, skip broth + potato)
- Ensaladang talong
- Plain tokwa (small serving)

Use caution: adobo, sinigang, kare-kare, fried fish, chopsuey

Avoid: tocino, longganisa, hotdog, dinuguan, all soups as main dish, bagoong, mungo guisado, dishes heavy in tomatoes

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 real-time 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

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

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

Fig. 1 — Overview of the CKD meal preparation system: batch cooking on Sundays; daily plate assembly; condiment substitutions; and the three non-negotiables (no fats, no toys, no processed meats). The system is designed to work within a typical Filipino household budget and kitchen setup, without requiring special or separate cooking for the CKD patient.

THE CKD PLATE METHOD APPLIED TO FILIPINO MEALS

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.

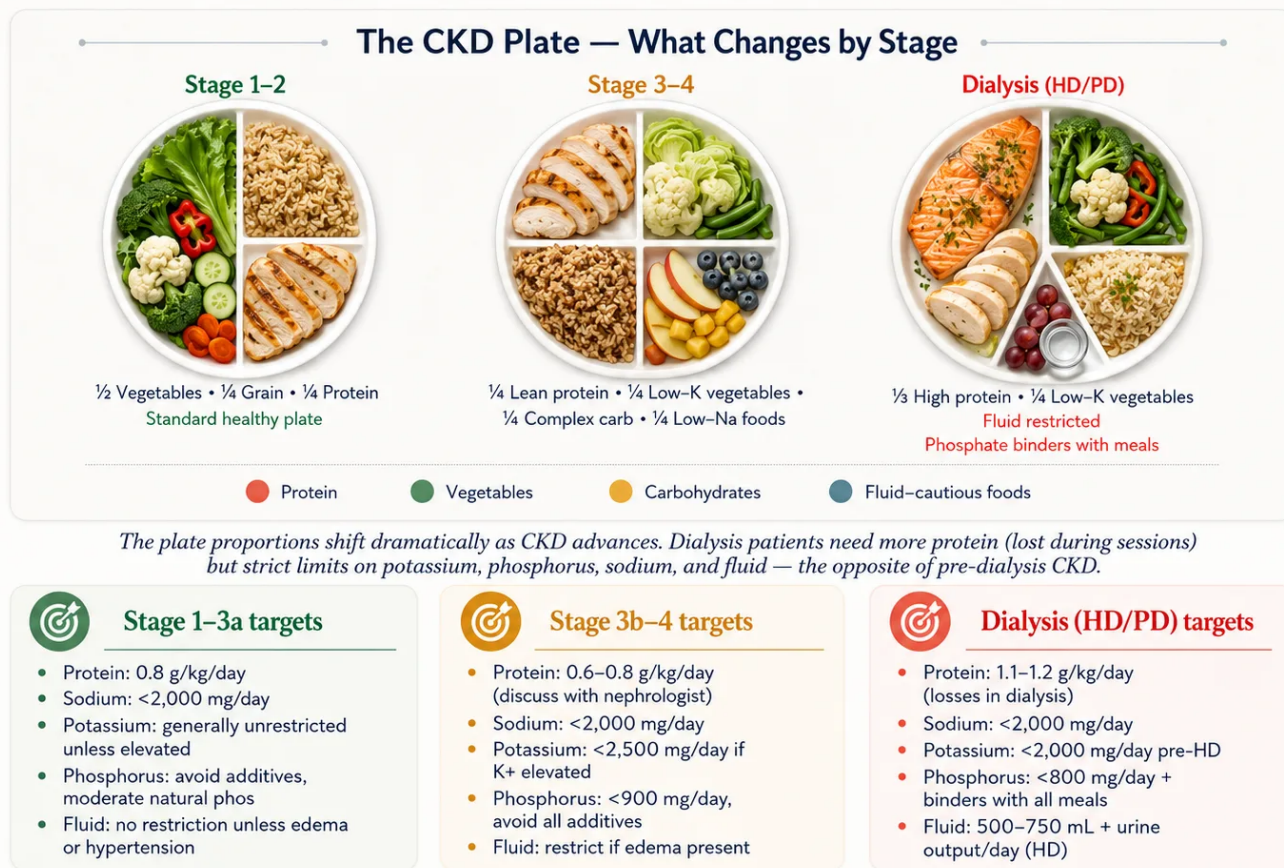


Fig. 2 — The CKD plate method applied to Filipino meals: ½ non-starchy vegetables (cooked and leached), ¼ high-quality protein (egg, small fish, tofu), ¼ carbohydrates (rice + root crops). Cooking oil is added to vegetables and rice to meet calorie targets. Zero added condiments — calamansi, garlic, and sukang paombong replace all table sauces. williamriveromd.com Page 3 of 8

2 Sunday Batch Cooking Plan

Task	What To Prepare	Time	Notes
Batch 1	3 cups dry rice (yields ~9 cups cooked)	30 min	Portion in ½ cup containers; label Monday–Saturday; refrigerate up to 5 days
Batch 2	2 cups cassava + 3 kamote (boiled)	25 min	Peel, cube, boil in large water, drain — boiling removes potassium; use as calorie boosters daily
Batch 3	6 eggs (hard-boiled)	15 min	1 egg per day for 6 days; store in shell until needed; do not add salt when boiling
Batch 4	300 g bangus portioned (50 g each = 6 portions)	20 min	Marinate in calamansi only (no toyo, no salt); place in individual bags and freeze for the week
Batch 5	Leach vegetables (kangkong, pechay, sayote)	2 hrs soak + 10 min boil	Soak sliced vegetables 2 hrs, discard soak water; boil 10 min in fresh water, discard again; store blanched — removes 30–50% potassium
Batch 6	Tofu (tokwa): press and marinate in calamansi-garlic	10 min active	Press out water with a heavy plate; cut into cubes; marinate overnight in fridge; fry fresh each day in a small amount of canola oil

Total active time: approximately 2 hours on Sunday afternoon. This eliminates daily cooking decisions and makes it far easier to stay within CKD targets — you simply reheat and assemble your plate each day.

3 CKD-Safe Cooking Methods — What To Use and What To Avoid

Boiling

Leaches potassium and phosphorus from both meat and vegetables into the cooking water. **Always discard the cooking water** — never use as sabaw. The most important CKD cooking technique for managing potassium.

Steaming

Preserves nutrients without added sodium. Best for fish (bangus, tilapia, galunggong) and leafy vegetables. No leaching effect, but adds zero sodium, zero phosphate additives, and no additional potassium.

Sautéing with Oil

Adds needed calories — CKD patients often struggle to eat enough. Use canola or coconut oil. Sauté vegetables in garlic and oil after leaching. **No butter, no margarine** (both contain sodium). Safest way to make kangkong ginisa.

Street Food Frying Oil

Reused, degraded oil may carry hidden sodium and phosphate additives from previously fried processed foods. Avoid kamote-Q, fishball, and street-fried items where oil source is unknown.

Grilling with Marinade

Commercial marinades (inasal mix, BBQ sauce, teriyaki) contain 600–1,200 mg sodium per serving. Use homemade calamansi-garlic-ginger marinade only. Inasal without skin and without commercial marinade is acceptable.

Stewing with Broth Cubes

Knorr and Maggi broth cubes contain 950+ mg sodium each — nearly the entire daily sodium target for CKD in one cube. Use fresh ginger, garlic, and onion as a broth base. Tomato base (no patis) is also acceptable.

SUNDAY BATCH COOKING — SETTING UP FOR THE WEEK




Fig. 3 — Sunday batch cooking setup: rice, cassava, kamote, eggs, fish portions, and leached vegetables prepared in 2 hours. Store in labelled containers — this eliminates daily cooking decisions and makes it easier to stick to CKD portion targets. Each batch is designed to last the entire week with minimal daily effort. Repeat rice, plate leached vegetables, thaw one fish portion.

CKD-SAFE COOKING METHODS — COMPARED

TRADITIONAL


— HIGH RISK FOR CKD



KARE-KARE WITH BAGOONG

P HIGH PHOSPHORUS


Peanut sauce, oxtail, and bagoong are high in phosphorus.



FRIED BANGUS

Na HIGH SODIUM

Fried and salted fish are high in sodium.




BULALO

K HIGH POTASSIUM

Beef, bone marrow, and broth are high in potassium.

CKD-ADAPTED


— SAFE



STEAMED TILAPIA WITH CALAMANSI

STEAM


Steaming is low in sodium and preserves nutrients.



BOILED CHICKEN WITH SAYOTE

BOIL (DISCARD BROTH)

Boil and discard broth to lower potassium and sodium.



GRILLED LABAHITA WITH VINEGAR DIP

GRILL

Grilling is lower in sodium and uses minimal added fat.

✓ GENERAL REMINDERS FOR CKD:
 Choose fresh foods | Limit salt, sauces, and condiments | Avoid processed and preserved foods
 Follow your doctor's dietary advice | Monitor potassium, phosphorus, and sodium intake

Fig. 4 — CKD-safe cooking methods compared: boiling and steaming are preferred (leach potassium/phosphorus, add no sodium). Sautéing with oil adds needed calories for patients who struggle to meet energy targets. Avoid commercial additives, broth cubes (950+ mg sodium each), and street food fried in recycled oil. The leaching technique — boil in large water, discard, repeat — is the single most important home cooking technique for managing potassium in CKD.

4 Jollibee / McDonald's / Chowking / Mang Inasal / Goldilocks Guide

Chain	Order This ✓	Skip This ✗	Ask For
Jollibee	Chickenjoy (1 pc, remove skin before eating) + plain steamed rice (no gravy)	Palabok (2,100 mg Na), chicken gravy (650 mg Na/serving), hot fudge sundae, pineapple juice	"No salt on rice, extra rice please, do you have calamansi?"
McDonald's	McChicken patty only (no bun, no sauce) + steamed corn + plain rice	Big Mac (1,040 mg Na), French fries (300 mg Na), apple pie (crust has sodium), regular soda	"No sauce, no pickles, no ketchup, plain water only"
Chowking	Chao fan (½ serving, request less sauce) + plain tofu soup (if no patis base)	Asado (high Na), wonton soup (high-Na broth), halo-halo (high potassium), lauriat sets	"Less sauce, no MSG, smaller portion, is the soup made with broth cubes?"
Mang Inasal	Plain rice (2 cups) + 1 pc chicken inasal (remove skin, request no basting)	Pork BBQ (900 mg Na/stick), chicken soup/sabaw (high-Na broth), extra basting oil (contains patis)	"No bagoong, no patis, no basting, extra plain rice, calamansi on the side"
Goldilocks	Plain pandesal (1 pc, no filling) as occasional snack	Ensaymada (high butter/sodium), leche flan (high phosphorus from egg yolks + condensed milk), polvoron (phosphate additives)	— (simply choose plain pandesal only; no modifications needed)

Avoid Soup / Sabaw at All Fast Food Chains

Jollibee chicken soup, McDonald's soup, and Chowking wonton soup are all made with high-sodium commercial broth — typically 800–1,400 mg sodium per bowl. Mang Inasal chicken sabaw contains patis. Ask for plain water only. Bring your own water from home within your prescribed fluid allowance.

5 Carinderia / Turo-Turo Ordering Guide

- Ask to see the dish before adding rice** — look at the protein portion size and request a smaller scoop. Most carinderias will accommodate this. Take a palm-sized portion of the protein dish only, not a full ladle.
- Choose:** pinakbet (boiled, with vegetables visible), sinigang na isda (fish only, request "walang patis"), ensaladang pechay or kangkong (ask if made with vinegar, not bagoong). These are the safest turo-turo dishes for CKD.
- Avoid:** kare-kare (bagoong is mandatory — very high sodium), dinuguan (blood stew — very high phosphorus), adobo na baboy (high sodium from toyo), lechon kawali (high fat + high Na from crackling), longsilog / tapsilog (processed meat).
- Ask about ingredients:** "Pwede po malaman ang sangkap?" (Can I know the ingredients?) You are looking for: patis, toyo, Knorr/Maggi cubes — any of these means the dish is high-sodium.
- Bring your own calamansi** — squeeze over your food instead of using dipping sauces or patis. Pack 2–3 calamansi in a small container or zip-lock bag. This is the single most practical habit change for eating out with CKD.

FAST FOOD ORDERING GUIDE FOR CKD PATIENTS



Fig. 5 — Fast food ordering guide for CKD patients: the safest choices at Jollibee, McDonald's, Chowking, and Mang Inasal. The main rule: choose plain grilled or steamed protein, extra plain rice, and skip all sauces, gravies, and soups. Remove chicken skin before eating. Always ask for no added seasoning on rice. Bring your own calamansi to replace dipping sauces.

CARINDERIA / TURO-TURO ORDERING GUIDE FOR CKD



Fig. 6 — Carinderia ordering guide: how to navigate a turo-turo safely with CKD. Ask about ingredients ("Pwede po malaman ang sangkap?"), choose dishes with visible vegetables and smaller protein portions, and avoid eating with baguette, heavy toyo sauce, or fatty pork bases (kare-kare, lechon kawali, dinuguan). Bring your own calamansi as a universal dipping sauce substitute.

6 Budget CKD Shopping Guide — Weekly, PHP 800–1,200

Item	Quantity	Est. Cost	CKD Notes
White rice	2 kg	₱120	Staple — lowest potassium and phosphorus of all staples; buy in bulk for savings
Bangus (fresh, whole)	500 g	₱120	Ask vendor to debone; portion into 50 g serving bags at home; freeze
Eggs (large)	1 tray (30 pcs)	₱180	Main protein source; 1 egg = complete protein; hard-boil in batches of 6
Firm tofu (tokwa)	4 blocks	₱80	Rinse and press before cooking; marinate in calamansi-garlic; safe in moderate amounts
Kamote (sweet potato)	1 kg	₱60	Calorie booster; always boil and drain (leach) before eating to remove potassium
Cassava	500 g	₱40	Lowest protein of all root crops — excellent for meeting calorie targets without extra protein load
Sayote	3 pcs	₱30	Low potassium, low sodium, very versatile; use in all dishes in place of higher-K vegetables
Kangkong	2 bundles	₱30	Leach before cooking (soak 2 hrs, boil and discard water); then sauté in canola oil + garlic
Canola or coconut oil	500 ml	₱90	Essential for meeting calorie needs; oil adds calories with no potassium or phosphorus
Calamansi	1 bag (20 pcs)	₱30	Replaces all condiments at every meal; carry 2–3 in a bag when eating out
Total (one CKD patient, one week)		~₱780	Adjust quantities upward for family cooking; covers 3 meals/day for 6 days

⚠ Avoid the Processed Meat Section Entirely

Tocino, longganisa, hotdog, and spam are high in sodium, phosphate additives, and preservatives — regardless of brand or price. They have no place in a CKD diet at any budget level. The ₱120 spent on bangus gives more protein, less sodium, and less phosphorus than any processed meat at the same price. One hotdog contains ~600 mg sodium and phosphate additives that are 100% absorbed; one 50 g bangus fillet contains ~60 mg sodium and natural phosphorus (only 40–60% absorbed).

7 Reading Phosphate Labels — What to Look For at the Supermarket

Red Flag Ingredients — Put It Back

Any ingredient containing "PHOS" is an additive phosphorus source:

- Sodium phosphate · Potassium phosphate
- Pyrophosphate · Polyphosphate
- Tricalcium phosphate · Disodium phosphate

These are 100% absorbed (vs. 40–60% for natural phosphorus in whole food). Added to processed meats, fast food, instant noodles, flavored drinks, and processed cheese to extend shelf life and improve texture.

The Safest Label Reading Rule

If the ingredient list has **more than 5 items** and includes anything ending in "-ate" or "-ite" — put it back.

Examples to avoid: sodium nitrate, potassium sorbate, disodium phosphate, calcium silicate.

Safest packaged options: plain canned tuna in water (no added salt), plain oats, unsalted crackers with short ingredient lists, dried beans (leach before cooking).

8 Dialysis Go-Bag — What to Bring to Every Session

Medications

Pre-portioned phosphate binders and any pre-dialysis medications in a labeled pill box. Bring enough for the session plus one extra dose.

CKD Snack

Boiled cassava (50 g) or boiled kamote (50 g) — low-sodium, low-phosphorus snack for during or after dialysis. Do NOT bring processed snacks or chips.

Water Bottle (Marked)

Personal water bottle marked with your daily fluid allowance. Note the fill line — this is the total for the entire day including water in food. Do not share the bottle.

Medical Records Folder

Medication list, latest lab results (creatinine, potassium, phosphorus, CBC), BP log, and dialysis access site care record. Keep in one folder — updated monthly.

Extra Socks

Dialysis centers are often cold. Extra socks and a light blanket prevent discomfort. Cold extremities can affect blood pressure during the session.

Calamansi Pack

2–3 calamansi in a small zip-lock bag. Replaces patis and toyo if you eat near the dialysis center or are offered food during the session.

Emergency Contact (Written)

Emergency contacts and nephrologist's clinic number on paper — not just in your phone. If your phone dies during the session, staff need paper backup.

BP Log

Home BP readings from the past week. Your nephrologist needs this to adjust dry weight and antihypertensive doses. Record morning and evening BP daily.