

Home-Delivered Meal Options for Chronic Kidney Disease Patients

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BOTH CHRONIC KIDNEY disease (CKD) predialysis patients and end-stage renal disease (ESRD) dialysis patients are overwhelmed by the restrictions of their respective dietary regimens. This can lead to confusion, nonadherence, laboratory abnormalities, and malnutrition.

The growing popularity of Internet commerce coinciding with the growing population of CKD and ESRD patients has led to the emergence of kidney-friendly frozen meals purchased online and delivered directly to the patient's front door. Many patients are finding success with the following Web sites without having to plan, cook, or shop for themselves, helping to reduce the difficulties of maintaining a kidney-friendly diet.

Magickitchen.com has been providing chef-prepared gourmet frozen meals since 2005. In 2011, the company introduced and expanded menus for dialysis-friendly and predialysis renal meals. [Magickitchen.com](http://magickitchen.com) offers both predialysis renal and dialysis-friendly meals restricting sodium, phosphorus, and potassium. Protein is lower in the predialysis renal meals and higher in the dialysis-friendly meals. Each meal comes with a main course and two side dishes and should be supplemented with an appropriate fresh salad, bread and butter, fresh raw vegetables, or fruit. Each of the meal packs (Meal Pack 1, Meal Pack 2, Meal Pack 3) come with 7 different meals. These meals are offered in preselected 7 meal

packs or on an individual basis, should you prefer to select specific meals.

Independent Living Systems (ILS) has been a provider of home-delivered nutritional meals for more than a decade. ILS offers meal menus including regular, diabetic, puree, vegetarian, and kosher meals. Recently, the company has expanded and created RenalHealth and RenalHealth+, which offer a safe and convenient solution to help patients undergoing dialysis treatment maintain a healthy nutritional status. ILS addresses the issue of malnutrition in the dialysis patient with the loss of essential vitamins and a decrease in protein loss from dialysis. ILS meals RenalHealth and RenalHealth+ provide kidney-friendly meals specially formulated and nutritionally appropriate for dialysis patients requiring lower amounts of potassium and phosphorus or other dietary needs. The RenalHealth+ package also includes quality protein and vitamin supplements for those patients who require a higher protein diet and/or need to supplement nutrients lost through dialysis treatment or a restrictive diet.

The unique dietary requirements for CKD predialysis and ESRD dialysis patients pose many challenges to the patient. The advent of several different lines of Internet-based home-delivery meal options addresses some of these challenges. These meal programs may be options for some of the patient population.

Feature Editor's note: Magic Kitchen reports using nutrition software analysis to assess nutrient content of their products. ILS reports using nutrition software analysis and an independent laboratory to assess nutrient content of their products. It should be noted that some nutrient values, such as potassium and phosphorus, may not be available within some nutrition software databases, thus reported values may be underestimated.

Sources: www.magickitchen.com and www.ilshealth.com.

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MagicKitchen.com

Phone Number	Web Site	Address	Ships	Pricing
1-877-516-2442 International callers: 650-941-2260	www.magickitchen.com	174 Frederick Court, Los Altos, CA 94022	Nationwide	Price range per meal: \$11-\$14 (plus shipping based on zip code)

Magic Kitchen Renal Meals (Predialysis)

The renal meals are designed to provide approximately 1/3 of the daily requirement based on a standard 2,000-calorie-per-day diet while minimizing the sodium, phosphorus, and potassium content. Protein is lower in the predialysis renal meals. Meals include a variety of meats, fruits, and vegetables. These meals come with

a main course and 2 side dishes and should be supplemented with an appropriate fresh salad, bread and butter, fresh raw vegetables, or fruit. Each of the meal packs (Meal Pack 1, Meal Pack 2, Meal Pack 3) come with 7 different meals. These meals are offered in preselected 7 meal packs or on an individual basis, should you prefer to select specific meals.

Predialysis Meal Pack 1

Meal	Kcal	Protein (g)	Carbohydrate (g)	Fat (g)	SFA (g)	Kcal From Fat (%)	Cholesterol (mg)	Fiber (g)	Sugars (g)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
Meal 1	290	20	37	6	1	21	65	2	11	125	674	194
Meal 2	280	20	48	1	0	3.6	35	2	4	269	615	266
Meal 3	570	20	54	32	5	51	90	2	6	540	622	294
Meal 4	380	21	52	11	2	26	5	6	4	51	412	239
Meal 5	340	21	36	12	2.5	32	40	3	5	246	619	313
Meal 6	450	23	48	19	5	38	75	3	22	173	507	198
Meal 7	390	22	30	19	4.5	44	70	3	5	115	586	216

Meal 1: Mango ginger mahi mahi, grilled squash, rice pilaf.

Meal 2: Cod with lemon caper sauce, savory rice, grilled peppers.

Meal 3: Crab cakes, lemon rice pilaf, summer vegetables.

Meal 4: Shrimp enchilada, Arroz con Gandules.

Meal 5: Citrus salmon, vegetable paella.

Meal 6: Chicken and apple curry, zucchini stir-fry.

Meal 7: Pepper steak, rice, roasted vegetables.

Predialysis Meal Pack 2

Meal	Kcal	Protein (g)	Carbohydrate (g)	Fat (g)	SFA (g)	Kcal From Fat (%)	Cholesterol (mg)	Fiber (g)	Sugars (g)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
Meal 1	510	22	24	35	8	54	70	4	13	610	507	214
Meal 2	270	20	10	16	3	25	45	6	2	480	653	249
Meal 3	540	19	21	40	14	62	65	3	3	350	620	189
Meal 4	480	22	44	25	4	38	40	4	3	110	616	200
Meal 5	480	21	37	28	9	43	60	4	5	270	579	293
Meal 6	430	23	56	11	3.5	17	15	6	8	230	276	92
Meal 7	350	22	13	25	5	38	50	5	3	240	672	246

Meal 1: Chicken in wine sauce, cauliflower puree, glazed carrots.

Meal 2: Grilled salmon with cauliflower, spinach.

Meal 3: Braised short rib, mashed and green beans.

Meal 4: Baked tilapia with lemon rice pilaf, peppers, and onions.

Meal 5: Stuffed peppers with Spanish rice.

Meal 6: Shrimp in garlic sauce over vermicelli, stir-fry vegetables.

Meal 7: Baked tilapia a la mushrooms, cauliflower, green beans.

Predialysis Meal Pack 3

Meal	Kcal	Protein (g)	Carbohydrate (g)	Fat (g)	SFA (g)	Kcal From Fat (%)	Cholesterol (mg)	Fiber (g)	Sugars (g)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
Meal 1	316	20	20	18	7	65	50	5	3	574	653	234
Meal 2	384	19	44	23	6	44	47	7	23	643	557	205
Meal 3	407	19	47	16	4	35	52	4	12	671	655	186
Meal 4	219	21	23	7	2	28	50	5	6	380	556	187
Meal 5	257	20	32	6	2	22	51	3	10	492	576	231
Meal 6	307	18	21	17	7	19	48	4	4	712	597	222
Meal 7	298	19	23	15	6	45	51	4	6	584	699	249

Meal 1: Beef pepper patty, potatoes, mixed greens.

Meal 2: Spaghetti and meatballs, green beans, applesauce.

Meal 3: Apricot chicken with rice, Brussels sprouts, rosemary potatoes.

Meal 4: BBQ chicken breast, sweet potatoes, broccoli.

Meal 5: Southwest chicken, cinnamon apples, broccoli.

Meal 6: Beef meatballs and shells with Alfredo sauce, green beans, squash medley.

Meal 7: Beef patty with onion gravy, sour cream and chive potatoes, vegetables.

Magic Kitchen Dialysis-Friendly Meals

Dialysis-friendly meal packs are designed to provide 1/3 of the daily requirement based on a standard 2,000-calorie-per-day diet while minimizing the sodium, phosphorus, and potassium content. Protein is higher in the dialysis-friendly

meals. These meals include a variety of meats, fruits, and vegetables to sustain a healthy lifestyle. These meals come with a main course and 2 side dishes and should be supplemented with an appropriate fresh salad, bread and butter, fresh raw vegetables, or fruit. Each of the meal packs come with 7 different meals.

Dialysis-Friendly Meal Pack 1

Meal	Kcal	Protein (g)	Carbohydrate (g)	Fat (g)	SFA (g)	Kcal From Fat (%)	Cholesterol (mg)	Fiber (g)	Sugars (g)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
Meal 1	440	32	50	12	3	23	95	6	14	590	563	266
Meal 2	450	35	38	17	6	36	90	4	6	190	652	335
Meal 3	350	28	36	11	2.5	29	45	4	16	240	674	228
Meal 4	370	24	24	20	5	49	70	4	15	270	635	249
Meal 5	370	31	28	15	4	49	40	2	3	480	642	301
Meal 6	410	26	33	17	3.5	37	35	2	5	85	633	264
Meal 7	440	32	42	15	5	32	90	3	12	210	648	255

Meal 1: Grilled rosemary chicken, cranberry stuffing, peas, and carrots.

Meal 2: Chili con carne, savory white rice.

Meal 3: Pot roast, potatoes, peas, and carrots.

Meal 4: Roast pork, apples, and cabbage.

Meal 5: Basil beef stir-fry, rice.

Meal 6: Seared flank steak, grilled onions, vegetable pilaf.

Meal 7: Orange glazed pork chops, autumn wild rice, green beans.

Dialysis-Friendly Meal Pack 2

Meal	Kcal	Protein (g)	Carbohydrate (g)	Fat (g)	SFA (g)	Kcal From Fat (%)	Cholesterol (mg)	Fiber (g)	Sugars (g)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
Meal 1	530	41	35	22	8	34	115	3	5	480	550	339
Meal 2	380	28	35	13	3	20	25	3	10	190	548	208
Meal 3	440	35	34	17	3	26	95	3	6	310	479	264
Meal 4	480	33	46	18	4.5	28	45	4	7	370	571	259
Meal 5	440	25	27	25	9	38	80	5	13	340	665	261
Meal 6	490	38	33	21	5	32	315	2	15	560	391	283
Meal 7	640	31	46	35	8	54	75	4	15	420	598	255

Meal 1: Chicken marsala and pasta primavera.

Meal 2: Braised beef brisket, green beans, and wild rice.

Meal 3: Chicken and pasta with red pepper sauce.

Meal 4: London broil and vegetable pilaf.

Meal 5: Chile Colorado with Mexican rice.

Meal 6: Chicken stir-fry with rice and Asian vegetables.

Meal 7: Roasted turkey with cranberry pilaf.

Independent Living Systems

Phone Number	Web Site	Address	Ships	Pricing
1-866-257-2010	www.ilshealth.com	5201 Blue Lagoon Drive, Suite 270, Miami, FL 33126	Nationwide, Puerto Rico	Contact company for pricing

Independent Living Systems Dialysis-Friendly Meals

Meals comply with meal pattern requirements for the ESRD dialysis patient. RenalHealth meal deliveries contain 10 individually packaged meal entrées in a variety of beef, chicken, pork, and fish recipes. Each meal also includes 2 side items, as well as nutritional tips for ESRD patients. In addition to the meals and tips, RenalHealth+ includes protein supplements and renal vitamins. All meals are prepared without

the use of the following foods or products containing these foods: tomatoes, potatoes, processed meats, cantaloupes, broccoli, spinach, vegetable juices, sweet potato, salt substitutes (containing potassium chloride), nuts, milk, or any other dairy products. All sauces including, but not limited to, gravy, white sauces, and tomato sauces are not used in the preparation of the meal. If gravy is needed to reduce the dryness of the meal, then it is used in small amounts.

Meal	Kcal	Protein (g)	Carbohydrate (g)	Fat (g)	SFA (g)	Kcal From Fat (%)	Cholesterol (mg)	Fiber (g)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)
Meal 701	138	21	10.3	1.1	0.26	7.4	75	2	427	528	340
Meal 702	274	29	29.3	5.4	1.38	17.6	69	2	491	456	379
Meal 703	251	22.8	28.7	4.4	0.88	16.2	65	2.4	423	559	365
Meal 704	247	26.9	25	4.1	1.25	14.9	69	0.4	450	429	342
Meal 705	261	27.1	26.3	4.9	1.42	17.1	70	0.4	491	434	346
Meal 706	262	28.1	26.8	5.1	1.29	17.3	69	3.3	464	484	415
Meal 707	193	21.7	15.7	4.3	0.85	21	72	1.5	381	510	344
Meal 708	268	30	27.3	4.2	1.28	14.1	69	3	394	480	395
Meal 709	152	21	13.1	1.3	0.29	7.9	75	2	438	533	342
Meal 710	253	28.9	26.4	4.5	1.3	15.6	69	1.9	402	451	376
Meal 711	193	21.7	15.7	4.4	0.85	21	72	1.6	381	512	344
Meal 712	262	28.4	21.9	6.5	1.23	23.2	69	2.6	490	575	455
Meal 713	255	22.5	31.6	4.4	0.84	15.4	65	2.8	273	569	366
Meal 714	274	31.8	27.7	4.2	1.28	13.9	69	5.3	463	428	406
Meal 715	164	22.1	15.4	1.3	0.29	7.3	75	2.5	480	577	362

Meal 701: Mahi mahi grilled, green beans, noodles with garlic and parsley.

Meal 702: Honey mustard chicken breasts, corn, rice pilaf.

Meal 703: Zesty salmon, white rice, diced carrots.

Meal 704: Lemon pepper chicken breast, fettuccini noodles, diced peaches.

Meal 705: Alfredo chicken breast, bowtie noodles with garlic and parsley, diced peaches.

Meal 706: Shrimp in garlic sauce over vermicelli, stir-fry vegetables.

Meal 707: Grilled orange chicken breast, brown rice, diced carrots.

Meal 708: Herbed chicken breast, green beans, white rice.

Meal 709: Sweet and sour mahi mahi, green beans, penne noodles.

Meal 710: Grilled chicken breast, corn with peppers, rice pilaf.

Meal 711: Herbed salmon, egg noodles with garlic and parsley, apples with cinnamon sauce.

Meal 712: Pesto chicken breast, brown rice, green beans.

Meal 713: Honey glazed salmon, diced carrots, rice pilaf.

Meal 714: Garlic and onion chicken breast, rice pilaf, green peas.

Meal 715: Lemon pepper mahi mahi, garlic and parsley bowtie noodles, mixed veggies.