

NUTRIPOLITICS – CKD SAFE METABOLIC RECOVERY DIET

Ravikumar | 45 Yrs | 5.5 ft | 78 Kg

Conditions: Kidney Stones + Fatty Liver + Insulin Resistance + CKD

CORE GOALS

- Support kidney function
 - Reduce fatty liver
 - Improve insulin resistance
 - Reduce kidney stone recurrence
 - Safe fat loss
 - Maintain body strength safely
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MORNING ROUTINE (6:00–7:00 AM)

- Warm water – 500 ml
 - Walking – 20–30 mins
 - Deep breathing – 5 mins
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MORNING DRINK (7:30 AM)

Option 1

- Bottle gourd – 100 g
- Cucumber – 50 g
- Ginger – small piece
- Water – 200 ml

Blend and drink fresh.

Option 2

Jeera Water

- Jeera – 1 tsp
- Water – 250 ml

Boil and drink lukewarm.

BREAKFAST (8:30–9:00 AM)

Option 1

Pesarattu

- Green gram batter – 60 g raw equivalent
- Oil – ¼ tsp

Curd

- Low-fat curd – 75 ml

Option 2

Idly

- 2 medium (120 g total)

Sambar

- 100 ml

Egg Whites

- 2

Option 3

Oats Upma

- Oats – 35 g raw
- Mixed vegetables – 100 g
- Oil – ¼ tsp

Egg Whites

- 2

Option 4

Millet Dosa

- 2 small

Paneer

- 40 g
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MID MORNING (11:00 AM)

Choose Any One:

Option 1

- Apple – 100 g

Option 2

- Guava – 100 g

Option 3

- Papaya – 100 g

Option 4

- Buttermilk – 150–200 ml
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LUNCH (1:00–2:00 PM)

Main Item (Choose Any One)

Chicken

- 60 g cooked

Fish

- 60 g cooked

Dal

- 100 ml bowl

Paneer

- 50 g

Carbs (Choose Any One)

Rice

- 90–100 g cooked

Chapati

- 2 small

Vegetables (Choose Any Two)

Option 1

- Bottle gourd curry – 100 g

Option 2

- Ridge gourd curry – 100 g

Option 3

- Cabbage curry – 100 g

Option 4

- Beans curry – 100 g

Option 5

- Cauliflower curry – 100 g

Oil:

- ½ tsp max

Salad

- Cucumber – 50 g
- Carrot – 50 g

EATING ORDER

- **Salad first**
 - **Main item next**
 - **Rice/Chapati last with vegetable curry**
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EVENING SNACK (4:30–5:00 PM)

Option 1

Steamed Sprouts

- Sprouts – 40 g
- Steam/light boil only
- Onion little
- Cucumber little
- Lemon few drops

Option 2

- Roasted chana – 15 g

Option 3

- Buttermilk – 150 ml

Option 4

- Egg white – 1
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DINNER (6:30–7:00 PM)

Main Item (Choose Any One)

Fish

- 60 g cooked

Chicken

- 60 g cooked

Dal

- 100 ml bowl

Paneer

- 40 g

Vegetables (Choose Any Two)

Option 1

- Bottle gourd curry – 100 g

Option 2

- Ridge gourd curry – 100 g

Option 3

- Steamed vegetables – 150 g

Option 4

- Cabbage curry – 100 g

Oil:

- ½ tsp max

Carbs

Chapati

- 1–2 small

OR

Millet dosa

- 1 small
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BEFORE BED (Optional)

Jeera Buttermilk

- Buttermilk – 100–150 ml
 - Jeera powder – pinch
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IMPORTANT GUIDELINES

Water & Lifestyle

- Water: 2.5–3 Liters/day (doctor restriction unte adhe follow avvali)
- Walking: 30–45 mins daily
- Sleep: 7–8 hrs compulsory
- Sunlight: 15 mins/day
- Stress reduction important
- Dinner before 7 PM

Oil & Salt

- Oil: Total 2 tsp/day only
- Salt: Moderate
- Excess salt avoid

Nuts & Seeds

Daily

- Flaxseed powder – 1 tsp

Weekly 3–4 times

- Chia seeds – 1 tsp soaked

Weekly 2–3 times

- Pumpkin seeds – 1 tsp
- Sunflower seeds – 1 tsp

Occasionally

- Almonds – 2–4 only
- Walnut – 1–2 halves

Better Avoid Regularly

- Cashews
 - Large mixed seed bowls
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IMPORTANT CKD PRECAUTIONS

- Avoid whey protein
 - Avoid creatine supplements
 - Avoid excess meat intake
 - Don't use pain killers frequently
 - Strict BP & blood sugar control is very important
 - Get kidney tests checked regularly
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KIDNEY STONE PRECAUTIONS

Avoid excess:

- Spinach
- Beetroot
- Cashews
- Chocolates
- Soft drinks
- Packaged juices
- Excess tea/coffee
- Tomato seeds excess

Do:

- Water proper ga thagali
- Urine hold cheyyoddu

- Walking daily
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FATTY LIVER PRECAUTIONS

Avoid completely:

- Alcohol
 - Sugar
 - Bakery foods
 - Fried foods
 - Frequent outside foods
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INSULIN RESISTANCE PRECAUTIONS

- Rice quantity control
 - Night late eating avoid
 - Every meal to vegetables compulsory
 - Walking after meals helpful
 - Fruit juices avoid
 - Whole fruits better
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FOODS TO AVOID

Sugary Foods

- Sugar
- Sweets
- Cakes
- Pastries
- Ice creams
- Cool drinks

Fried & Junk Foods

- Chips
- French fries

- Pakodi
- Burgers
- Pizza
- Fast foods

Processed Foods

- Instant noodles
 - Packed soups
 - Processed meats
 - Bakery snacks
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WARNING SIGNS

Immediate doctor consultation if:

- Legs swelling
- Face swelling
- Breathing issue
- Urine foam ekkuva
- Very low urine output
- Severe weakness
- Chest pain
- Persistent vomiting