



MedMenu

A Kidney-Friendly Fourth of July

Seven festive cookout recipes that align with NKF and KDIGO kidney guidelines, in honor of America's 250th birthday

medmenu.app



MedMenu

*Celebrate the Fourth of July
Without Giving Up the Foods You Love*

Daily Meal Plans

Personalized Breakfast, Lunch & Dinner

Every day, three meals tailored to your conditions and cuisine preferences. Full nutrition analysis and science citations included with every recipe.

Recipe Library

2,000+ Condition-Appropriate Recipes

Browse recipes from Indian, Mediterranean, Mexican, Italian, and Chinese cuisines, each with detailed nutrition data from the USDA FoodData Central database.

Weekly Planning

Plan Your Week with Nutrition Budgets

Build a full week of meals across all cuisines. Colored nutrition bars show how each day adds up against your condition guidelines.

Recipe Checker

Check Any Recipe for Compliance

Paste any recipe URL or ingredients and get instant per-condition analysis. See exactly where a recipe falls within your dietary guidelines.

Grocery Lists

Auto-Generated Shopping Lists

Save recipes, generate grocery lists grouped by category. Print or share. Every ingredient from your selected recipes, de-duplicated and organized.

Conflict Resolution

Multiple Conditions, One Answer

Have diabetes and CKD? Guidelines from ADA and KDIGO sometimes conflict. We resolve these automatically using the most protective limits.



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Free to start. No credit card needed.

A Note to You

If you're reading this, chances are you or someone you love is navigating the difficult intersection of a chronic condition and the food that brings people together. We know that intersection well.

Our father was diagnosed with kidney disease several years ago, and has been on dialysis for the past three years. He also manages diabetes, heart disease, and hypertension. Holidays and family cookouts were some of the hardest moments, watching him sit at the table unsure which dishes he could enjoy while staying within his dietary guidelines was heartbreaking.

That's why we built MedMenu. Managing a condition like kidney disease shouldn't mean sitting out the celebration or missing the foods that bring everyone together. We searched everywhere and couldn't find holiday recipes with the detailed, reliable nutrition information that families like ours actually need. Not generic "heart-healthy" tips, but real dishes analyzed against the clinical guidelines from organizations like the NKF, ADA, and AHA.

This booklet is a small Fourth of July sample of what we've built. Every recipe includes full USDA-sourced nutrition analysis, condition-specific guidance, food science citations, and practical adaptations, so you can fire up the grill and celebrate with confidence.

Happy Fourth, and happy 250th. If this helps, we'd love for you to explore what else MedMenu offers at **medmenu.app**. We built it for families like ours, and we hope it serves yours too.

With warmth and purpose,

The founders of

 MedMenu

A Kidney-Friendly Fourth of July

This Fourth of July marks America's 250th birthday, and the backyard cookout is at the heart of the celebration. Managing kidney health means paying close attention to protein, sodium, potassium, and phosphorus, and the classic holiday table can be hard to navigate. These festive recipes were selected because their nutritional profiles align with National Kidney Foundation (NKF) and KDIGO dietary guidelines, so you can fire up the grill and celebrate with confidence.

Key Daily Nutrient Guidelines for Chronic Kidney Disease (CKD)

Sodium	Limit: 2000mg /day	Potassium	Limit: 2000mg /day
Phosphorus	Limit: 800mg /day	Protein	Limit: 48g /day
Fluid	Limit: 2000ml /day		

How to Read the Nutrition Bars

Each recipe includes colored bars showing how a single serving compares to daily guidelines:

- Green** — Within recommended range
- Amber** — Approaching boundary
- Red** — Outside recommended range

Some nutrients have daily **targets** (where more is better) rather than limits. For example, fiber has a target of 28g/day — a **light green** bar means there is room to increase intake toward the target. The label below each bar clarifies whether the percentage refers to a "daily limit" or a "daily target."

Recipes in This Guide

1. Grilled Lemon-Herb Chicken	Dinner	143 cal
2. Herbed Turkey Sliders	Dinner	188 cal
3. Grilled Summer Veggie Skewers	Dinner	96 cal
4. Classic Creamy Coleslaw	Lunch	124 cal
5. Picnic Pasta Salad	Lunch	179 cal
6. Red, White & Blue Berry Shortcake	Snack	163 cal

IMPORTANT MEDICAL DISCLAIMER

MedMenu does not provide medical advice. The content provided in this guide, including recipes, nutritional information, dietary guidelines, and health-related suggestions, is for informational and educational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always consult your physician, dietitian, or other qualified healthcare provider before making dietary changes. Individual nutritional needs may vary based on condition severity, medications, and other factors. For full terms and conditions, visit medmenu.app/terms.



Recipe 1 of 7

Grilled Lemon-Herb Chicken

Low Sodium

Very Low Carb

Heart Healthy

Low Calorie

10 mins + 20 mins marinating

PREP

12 mins

COOK

143

CALORIES

2

SERVINGS

Tender chicken breast marinated in fresh lemon, garlic, rosemary, and thyme, then grilled over the coals. A backyard-cookout classic kept light on salt and portioned for kidney-friendly eating, with bright herb flavor doing the work salt usually does.

Grilled Lemon-Herb Chicken

Ingredients, Instructions & Nutrition Analysis

INGREDIENTS

4.5 oz (130g) boneless skinless chicken breast

1 tablespoon olive oil

1 tablespoon fresh lemon juice

1 clove garlic, minced

1 teaspoon fresh rosemary, chopped

1 teaspoon fresh thyme leaves

1/4 teaspoon black pepper

1/8 teaspoon salt

INSTRUCTIONS

- 1 In a bowl, whisk together olive oil, lemon juice, minced garlic, rosemary, thyme, black pepper, and salt.
- 2 Slice the chicken breast into two even portions and add to the marinade, turning to coat. Cover and refrigerate for 20 minutes.
- 3 Heat a grill or grill pan to medium-high. Lightly oil the grates.
- 4 Grill the chicken for about 5-6 minutes per side, until the internal temperature reaches 165 F and the juices run clear.
- 5 Let rest for 3 minutes, then serve hot with a squeeze of fresh lemon.

Nutrition Analysis (per serving)

Protein	14.8g	Sodium	175.0mg
31% of daily limit (48g/day · KDIGO)		9% of daily limit (2000mg/day · KDIGO)	
Potassium	241.0mg	Phosphorus	143.0mg
12% of daily limit (2000mg/day · KDIGO)		18% of daily limit (800mg/day · KDIGO)	
Calories	143.0kcal	Total Fat	8.5g
7% of daily target (2000kcal/day · FDA Daily Values)		11% of daily target (78g/day · Dietary Guidelines)	
Fiber	0.3g	Cholesterol	47.0mg
1% of daily target (28g/day · FDA Daily Values)		16% of daily limit (300mg/day · AHA)	
Saturated Fat	1.3g	Total Carbs	1.4g
6% of daily limit (20g/day · Dietary Guidelines)		1% of daily target (275g/day · Dietary Guidelines)	

Chicken breast is approximately 31% protein by weight — the remaining 69% is water and other nutrients. This recipe provides 15g protein per serving across 2 servings.

Grilled Lemon-Herb Chicken

Guidance, Pairings & Science

SUGGESTED PORTION

1 serving (2 servings total)

Low net carbs (1g) supports blood sugar stability; very low sodium (175mg); 143 kcal (light meal).

BEST TIME

Dinner (evening)

Low carb content makes this flexible for any meal. Good for maintaining stable blood sugar throughout the day.

Pair With

Grilled Summer Veggie Skewers (1 serving) 96 cal · 1.7g protein · 6g carbs · 155mg sodium

Rounds out the plate with low-potassium vegetables and keeps the meal light on sodium

Watermelon, Cucumber & Mint Salad (1 serving) 46 cal · 1.2g protein · 11g carbs · 3mg sodium

A hydrating, very-low-sodium side that brightens the grilled chicken

Consider Avoiding

Bottled barbecue sauce or steak marinade **Chronic Kidney Disease (CKD)**

Most bottled barbecue and steak sauces carry 300-500mg sodium per 2 tablespoons, which can push a single plate past per-meal sodium targets

Store-Bought, Canned & Packaged Ingredients

Pre-packaged, canned, and processed foods often contain added sodium, preservatives, and other additives that can interfere with your nutrition totals. For best possible compliance with dietary guidelines, prepare all components from scratch using fresh, whole ingredients.

Adaptations

Lower the sodium further

Skip the added salt and lean on extra lemon, garlic, and fresh herbs for flavor

175mg sodium per serving (12% of 1500mg daily limit)

Adjust the protein portion

Keep the cooked portion to about the size of a deck of cards to stay within kidney-friendly protein guidance

Adjust the protein portion

Supporting Research

Sodium Reduction and Blood Pressure [New England Journal of Medicine](#)

Lowering dietary sodium from higher to lower intakes produced meaningful reductions in systolic blood pressure in controlled feeding trials

PubMed PMID: 11136953

Phosphorus Bioavailability in Kidney Disease [Iranian Journal of Kidney Diseases](#)

Phosphorus from inorganic additives in processed foods is absorbed at up to nearly 100%, far more than the 40-60% absorbed from natural phosphorus in whole foods, so fresh unprocessed protein carries a lower bioavailable phosphorus load than processed meats.

PubMed PMID: 20404416

Your Entire Week, Planned

MedMenu's weekly planner lets you build a full seven-day meal plan across all your cuisines. Colored nutrition bars show how each day adds up against your condition guidelines, so you can balance your week at a glance.

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Recipe 2 of 7

Herbed Turkey Sliders

Low Sodium

Low Carb

Heart Healthy

Low Calorie

10 mins

PREP

10 mins

COOK

188

CALORIES

2

SERVINGS

Juicy little turkey patties seasoned with fresh parsley, onion, and garlic, tucked into soft slider buns with a crisp leaf of lettuce. A lighter take on the cookout burger, built on lean turkey and kept easy on the salt so it sits comfortably within kidney-friendly guidelines.

Herbed Turkey Sliders

Ingredients, Instructions & Nutrition Analysis

INGREDIENTS

- 4.5 oz (130g) lean ground turkey (93% lean)
- 2 small slider buns
- 2 tablespoons onion, finely minced
- 2 teaspoons fresh parsley, chopped
- 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/8 teaspoon salt
- 2 small leaves iceberg lettuce

INSTRUCTIONS

- 1 In a bowl, gently mix the ground turkey with minced onion, parsley, garlic powder, black pepper, and salt. Do not overwork the meat.
- 2 Divide into two equal patties slightly wider than the buns (they shrink as they cook).
- 3 Heat a grill or skillet over medium-high heat and lightly oil the surface.
- 4 Cook the patties for about 4-5 minutes per side, until the internal temperature reaches 165 F.
- 5 Toast the slider buns lightly. Place a lettuce leaf on each bun, add the patty, and serve warm.

Nutrition Analysis (per serving)

Protein 15.4g 32% of daily limit (48g/day · KDIGO)	Sodium 340.0mg 17% of daily limit (2000mg/day · KDIGO)
Potassium 211.0mg 11% of daily limit (2000mg/day · KDIGO)	Phosphorus 162.0mg 20% of daily limit (800mg/day · KDIGO)
Calories 188.0kcal 9% of daily target (2000kcal/day · FDA Daily Values)	Total Fat 6.6g 8% of daily target (78g/day · Dietary Guidelines)
Fiber 0.9g 3% of daily target (28g/day · FDA Daily Values)	Cholesterol 48.0mg 16% of daily limit (300mg/day · AHA)
Saturated Fat 1.7g 8% of daily limit (20g/day · Dietary Guidelines)	Total Carbs 16.6g 6% of daily target (275g/day · Dietary Guidelines)

Turkey breast is approximately 29% protein by weight — the remaining 71% is water and other nutrients. This recipe provides 15g protein per serving across 2 servings.

Herbed Turkey Sliders

Guidance, Pairings & Science

SUGGESTED PORTION

1 serving (2 servings total)

Moderate net carbs (16g) - monitor portion for diabetes;
low sodium (340mg); 188 kcal (light meal).

BEST TIME

Dinner (evening)

Moderate carb content. Best at lunch when insulin sensitivity peaks, allowing better glucose processing.

Pair With

Classic Creamy Coleslaw (1 serving) 124 cal · 1.2g protein · 4g carbs · 257mg sodium

Crunchy cabbage side that stays low in potassium and complements the savory patty

Watermelon, Cucumber & Mint Salad (1 serving) 46 cal · 1.2g protein · 11g carbs · 3mg sodium

A cool, low-sodium counterpoint to the warm slider

Consider Avoiding

Cheese slices and bacon on the patty **Chronic Kidney Disease (CKD)**

Each slice of processed cheese adds roughly 200-400mg sodium plus phosphate additives that are highly absorbed in CKD

Store-Bought, Canned & Packaged Ingredients

Pre-packaged, canned, and processed foods often contain added sodium, preservatives, and other additives that can interfere with your nutrition totals. For best possible compliance with dietary guidelines, prepare all components from scratch using fresh, whole ingredients.

Adaptations

Go bunless or lettuce-wrapped

Serve the patty in a crisp lettuce leaf instead of the slider bun

Go bunless or lettuce-wrapped

Reduce the added salt

Omit the 1/8 teaspoon salt and season with extra parsley, onion, and garlic powder

340mg sodium per serving (23% of 1500mg daily limit)

Supporting Research

Stringent Salt Restriction in CKD [KDIGO](#)

Kidney-health guidance calls for limiting sodium to under 2 grams per day in people with chronic kidney disease to help manage blood pressure and fluid balance

PubMed PMID: 38490803

Lean Poultry and Cardiometabolic Health [Nutrients](#)

Replacing processed or red meat with lean, unprocessed poultry has neutral-to-beneficial effects on cardiometabolic health, reflecting its lower saturated fat content while maintaining protein quality.

PubMed PMID: 37630747

Every recipe uses USDA-verified nutrition data — [medmenu.app](#) — [medmenu.app](#)



Recipe 3 of 7

Grilled Summer Veggie Skewers

Low Sodium

Very Low Carb

Heart Healthy

Low Calorie

10 mins

PREP

12 mins

COOK

96

CALORIES

2

SERVINGS

Zucchini, sweet red pepper, and onion brushed with olive oil and oregano, then charred on the grill. These colorful skewers lean on low-potassium summer vegetables and bright herbs instead of salt, so they fit easily into a kidney-friendly cookout spread.

Grilled Summer Veggie Skewers

Ingredients, Instructions & Nutrition Analysis

INGREDIENTS

1 medium zucchini, cut into rounds

1 red bell pepper, cut into chunks

1/2 onion, cut into wedges

1 tablespoon olive oil

1/2 teaspoon dried oregano

1/8 teaspoon black pepper

1/8 teaspoon salt

INSTRUCTIONS

- 1 If using wooden skewers, soak them in water for 20 minutes to prevent burning.
- 2 In a bowl, toss the zucchini, red bell pepper, and onion with olive oil, oregano, black pepper, and salt.
- 3 Thread the vegetables onto skewers, alternating colors.
- 4 Heat a grill to medium-high. Grill the skewers for about 10-12 minutes, turning occasionally, until the vegetables are tender and lightly charred.
- 5 Serve warm off the grill.

Nutrition Analysis (per serving)

Protein 1.7g 4% of daily limit (48g/day · KDIGO)	Sodium 155.0mg 8% of daily limit (2000mg/day · KDIGO)
Potassium 343.0mg 17% of daily limit (2000mg/day · KDIGO)	Phosphorus 49.0mg 6% of daily limit (800mg/day · KDIGO)
Calories 96.0kcal 5% of daily target (2000kcal/day · FDA Daily Values)	Total Fat 7.2g 9% of daily target (78g/day · Dietary Guidelines)
Fiber 2.4g 9% of daily target (28g/day · FDA Daily Values)	Cholesterol 0.0mg 0% of daily limit (300mg/day · AHA)
Saturated Fat 1.0g 5% of daily limit (20g/day · Dietary Guidelines)	Total Carbs 7.9g 3% of daily target (275g/day · Dietary Guidelines)

Grilled Summer Veggie Skewers

Guidance, Pairings & Science

SUGGESTED PORTION

1 serving (2 servings total)

Low net carbs (6g) supports blood sugar stability; very low sodium (155mg); 96 kcal (light meal).

BEST TIME

Dinner (evening)

Low carb content makes this flexible for any meal. Good for maintaining stable blood sugar throughout the day.

Pair With

Grilled Lemon-Herb Chicken (1 serving) 143 cal · 14.8g protein · 1g carbs · 175mg sodium

Turns the vegetable skewers into a balanced, kidney-friendly cookout plate

Picnic Pasta Salad (1 serving) 179 cal · 4.4g protein · 23g carbs · 148mg sodium

Adds a satisfying carbohydrate side alongside the grilled vegetables

Consider Avoiding

Adding mushrooms or cherry tomatoes to the skewer Chronic Kidney Disease (CKD)

Both are higher-potassium vegetables that many people managing CKD choose to keep off the skewer

Store-Bought, Canned & Packaged Ingredients

Pre-packaged, canned, and processed foods often contain added sodium, preservatives, and other additives that can interfere with your nutrition totals. For best possible compliance with dietary guidelines, prepare all components from scratch using fresh, whole ingredients.

Adaptations

Vary the vegetables

Swap in yellow squash or extra bell pepper to keep potassium low

[Vary the vegetables](#)

Skip the salt

Season with oregano, black pepper, and a squeeze of lemon instead of salt

155mg sodium per serving (10% of 1500mg daily limit)

Supporting Research

Vegetable Intake and Blood Pressure [Journal of the American Heart Association](#)

Higher intake of vegetables within balanced eating patterns is associated with lower blood pressure

PubMed PMID: 35285859

Vegetables and Serum Potassium in Kidney Disease [Journal of Renal Nutrition](#)

Dietary potassium correlates only weakly with serum potassium, and lower-potassium vegetables in particular let people with CKD include a variety of vegetables while managing intake.

PubMed PMID: 35131414

Check Any Recipe, Instantly

Found a recipe online? Paste the URL or ingredients into MedMenu's recipe checker and get instant per-condition compliance analysis. See exactly where it falls within guidelines from the ADA, AHA, NKF, and more.

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Recipe 4 of 7

Classic Creamy Coleslaw

Low Sodium

Very Low Carb

Heart Healthy

Low Calorie

15 mins

PREP

0 mins

COOK

124

CALORIES

2

SERVINGS

Crisp shredded cabbage and carrot in a light, tangy dressing. This picnic-table staple leans on cabbage, which is naturally low in potassium, making it an easy side to bring to a kidney-friendly cookout.

Classic Creamy Coleslaw

Ingredients, Instructions & Nutrition Analysis

INGREDIENTS

- 2 cups green cabbage, shredded
- 1/4 cup carrot, shredded
- 2 tablespoons mayonnaise
- 1 teaspoon apple cider vinegar
- 1/2 teaspoon sugar
- 1/8 teaspoon black pepper
- 1/8 teaspoon salt

INSTRUCTIONS

- 1 In a large bowl, combine the shredded cabbage and carrot.
- 2 In a small bowl, whisk together the mayonnaise, apple cider vinegar, sugar, black pepper, and salt until smooth.
- 3 Pour the dressing over the cabbage and carrot and toss until evenly coated.
- 4 Chill for at least 20 minutes before serving to let the flavors meld and the cabbage soften slightly.

Nutrition Analysis (per serving)

Protein 1.2g 2% of daily limit (48g/day · KDIGO)	Sodium 257.0mg 13% of daily limit (2000mg/day · KDIGO)
Potassium 173.0mg 9% of daily limit (2000mg/day · KDIGO)	Phosphorus 27.0mg 3% of daily limit (800mg/day · KDIGO)
Calories 124.0kcal 6% of daily target (2000kcal/day · FDA Daily Values)	Total Fat 10.6g 14% of daily target (78g/day · Dietary Guidelines)
Fiber 2.2g 8% of daily target (28g/day · FDA Daily Values)	Cholesterol 6.0mg 2% of daily limit (300mg/day · AHA)
Saturated Fat 1.7g 8% of daily limit (20g/day · Dietary Guidelines)	Total Carbs 6.7g 2% of daily target (275g/day · Dietary Guidelines)

Classic Creamy Coleslaw

Guidance, Pairings & Science

SUGGESTED PORTION

1 serving (2 servings total)

Low net carbs (4g) supports blood sugar stability; very low sodium (257mg); 124 kcal (light meal).

BEST TIME

Lunch (midday)

Low carb content makes this flexible for any meal. Good for maintaining stable blood sugar throughout the day.

Pair With

Herbed Turkey Sliders (1 serving) 188 cal · 15.4g protein · 17g carbs · 340mg sodium

A lean protein partner that turns this side into a balanced cookout plate

Grilled Lemon-Herb Chicken (1 serving) 143 cal · 14.8g protein · 1g carbs · 175mg sodium

Pairs the crunchy slaw with a light, herb-forward grilled protein

Consider Avoiding

Adding diced tomato or dried cranberries **Chronic Kidney Disease (CKD)**

Both are higher-potassium add-ins that many people managing CKD prefer to keep off the plate

Store-Bought, Canned & Packaged Ingredients

Pre-packaged, canned, and processed foods often contain added sodium, preservatives, and other additives that can interfere with your nutrition totals. For best possible compliance with dietary guidelines, prepare all components from scratch using fresh, whole ingredients.

Adaptations

Lighten the dressing

Swap half the mayonnaise for plain unsweetened yogurt or a light mayonnaise

[Lighten the dressing](#)

Cut the added salt

Leave out the 1/8 teaspoon salt; the vinegar and pepper carry the flavor

257mg sodium per serving (17% of 1500mg daily limit)

Supporting Research

Sodium Reduction and Blood Pressure [New England Journal of Medicine](#)

Reducing dietary sodium produced measurable drops in blood pressure across controlled feeding studies, with larger effects at lower sodium levels

PubMed PMID: 11136953

Cruciferous Vegetables and Cardiovascular Health [The American Journal of Clinical Nutrition](#)

Higher intake of cruciferous vegetables such as cabbage is associated with reduced total and cardiovascular disease mortality in a large prospective cohort.

PubMed PMID: 21593509

[Discover condition-specific recipe adaptations at medmenu.app — medmenu.app](#)



Recipe 5 of 7

Picnic Pasta Salad

Low Sodium

Heart Healthy

Low Calorie

15 mins

PREP

10 mins

COOK

179

CALORIES

2

SERVINGS

A cool, crunchy pasta salad with cucumber, red bell pepper, and fresh basil in a simple olive oil and red wine vinegar dressing. No cheese or olives, so it stays light on sodium and potassium while still tasting like summer.

Picnic Pasta Salad

Ingredients, Instructions & Nutrition Analysis

INGREDIENTS

- 1.5 cups cooked pasta (rotini or penne)
- 1/4 cup cucumber, diced
- 1/4 cup red bell pepper, diced
- 1 tablespoon olive oil
- 2 teaspoons red wine vinegar
- 1 tablespoon fresh basil, chopped
- 1/8 teaspoon black pepper
- 1/8 teaspoon salt

INSTRUCTIONS

- 1 Cook the pasta in unsalted water according to package directions until al dente, then drain and rinse under cool water.
- 2 In a large bowl, combine the cooled pasta, diced cucumber, and red bell pepper.
- 3 In a small bowl, whisk together the olive oil, red wine vinegar, black pepper, and salt.
- 4 Pour the dressing over the pasta, add the chopped basil, and toss until evenly coated. Serve chilled or at room temperature.

Nutrition Analysis (per serving)

Protein	4.4g	Sodium	148.0mg
9% of daily limit (48g/day · KDIGO)		7% of daily limit (2000mg/day · KDIGO)	
Potassium	102.0mg	Phosphorus	51.0mg
5% of daily limit (2000mg/day · KDIGO)		6% of daily limit (800mg/day · KDIGO)	
Calories	179.0kcal	Total Fat	7.5g
9% of daily target (2000kcal/day · FDA Daily Values)		10% of daily target (78g/day · Dietary Guidelines)	
Fiber	1.8g	Cholesterol	0.0mg
6% of daily target (28g/day · FDA Daily Values)		0% of daily limit (300mg/day · AHA)	
Saturated Fat	1.1g	Total Carbs	23.5g
6% of daily limit (20g/day · Dietary Guidelines)		9% of daily target (275g/day · Dietary Guidelines)	

Picnic Pasta Salad

Guidance, Pairings & Science

SUGGESTED PORTION

1 serving (2 servings total)

Moderate net carbs (22g) - monitor portion for diabetes; very low sodium (148mg); 179 kcal (light meal).

BEST TIME

Lunch (midday)

Moderate carb content. Best at lunch when insulin sensitivity peaks, allowing better glucose processing.

Pair With

Grilled Lemon-Herb Chicken (1 serving) 143 cal · 14.8g protein · 1g carbs · 175mg sodium

Adds lean protein so the pasta salad anchors a complete lunch

Grilled Summer Veggie Skewers (1 serving) 96 cal · 1.7g protein · 6g carbs · 155mg sodium

More low-potassium vegetables to round out the plate

Consider Avoiding

Crumbled feta, parmesan, or olives **Chronic Kidney Disease (CKD)**

These classic pasta-salad add-ins are concentrated sources of sodium and, for cheese, highly absorbed phosphorus

Store-Bought, Canned & Packaged Ingredients

Pre-packaged, canned, and processed foods often contain added sodium, preservatives, and other additives that can interfere with your nutrition totals. For best possible compliance with dietary guidelines, prepare all components from scratch using fresh, whole ingredients.

Adaptations

Add more crunch

Fold in extra diced cucumber and red bell pepper for volume

[Add more crunch](#)

Boost the herbs

Double the fresh basil and add chopped parsley instead of salt

[Boost the herbs](#)

Supporting Research

Sodium Reduction and Blood Pressure [New England Journal of Medicine](#)

Lower-sodium eating patterns reduced blood pressure in randomized feeding trials, supporting from-scratch dressings over bottled ones

PubMed PMID: 11136953

Olive Oil and Cardiovascular Risk [BMC Medicine](#)

In the PREDIMED trial, higher olive oil intake (especially extra-virgin) was associated with substantially lower risk of cardiovascular disease and mortality, consistent with replacing saturated fats with unsaturated fats.

PubMed PMID: 24886626

Your Grocery List, Done

Save the recipes you love and generate a complete grocery list in one tap. Every ingredient is de-duplicated, grouped by category, and ready to print or share with whoever does the shopping.

medmenu.app



Recipe 6 of 7

Red, White & Blue Berry Shortcake

Low Sodium

Heart Healthy

Low Calorie

Gluten Free

10 mins

PREP

0 mins

COOK

163

CALORIES

2

SERVINGS

A festive Fourth of July dessert: soft sponge cake shells topped with fresh strawberries, blueberries, and a swirl of whipped cream. Berries are naturally low in potassium and the airy sponge keeps phosphorus modest, so this holiday treat stays within kidney-friendly limits.

Red, White & Blue Berry Shortcake

Ingredients, Instructions & Nutrition Analysis

INGREDIENTS

- 2 sponge cake dessert shells
- 1/2 cup fresh strawberries, sliced
- 1/3 cup fresh blueberries
- 1/4 cup whipped cream topping
- 1 teaspoon sugar

INSTRUCTIONS

- 1 In a small bowl, toss the sliced strawberries with the sugar and let sit for 5 minutes to draw out their juices.
- 2 Place each sponge cake shell on a plate.
- 3 Spoon the strawberries and blueberries into and over the shells.
- 4 Top each with a swirl of whipped cream and a few extra berries. Serve immediately.

Nutrition Analysis (per serving)

Protein 2.7g 6% of daily limit (48g/day · KDIGO)	Sodium 238.0mg 12% of daily limit (2000mg/day · KDIGO)
Potassium 125.0mg 6% of daily limit (2000mg/day · KDIGO)	Phosphorus 71.0mg 9% of daily limit (800mg/day · KDIGO)
Calories 163.0kcal 8% of daily target (2000kcal/day · FDA Daily Values)	Total Fat 2.9g 4% of daily target (78g/day · Dietary Guidelines)
Fiber 1.5g 5% of daily target (28g/day · FDA Daily Values)	Cholesterol 44.0mg 15% of daily limit (300mg/day · AHA)
Saturated Fat 1.4g 7% of daily limit (20g/day · Dietary Guidelines)	Total Carbs 32.6g 12% of daily target (275g/day · Dietary Guidelines)

Red, White & Blue Berry Shortcake

Guidance, Pairings & Science

SUGGESTED PORTION

1 serving (2 servings total)

Net carbs (31g) at meal limit for diabetes; very low sodium (238mg); 163 kcal (light meal).

BEST TIME

Snack (any time)

Higher carb content is best earlier in the day when insulin sensitivity is highest. Consider as lunch rather than dinner.

Pair With

A small cup of black coffee or unsweetened iced tea 2 cal · 0g protein · 0g carbs · 5mg sodium

A no-sodium, no-phosphorus drink that finishes the meal without added burden

Watermelon, Cucumber & Mint Salad (1 serving) 46 cal · 1.2g protein · 11g carbs · 3mg sodium

Extends the fresh-fruit theme with a hydrating, very-low-sodium side

Consider Avoiding

Chocolate sauce or cola floats alongside dessert **Chronic Kidney Disease (CKD)**

Cola and chocolate are notable sources of bioavailable phosphorus, which the kidneys cannot clear well in CKD

Swapping in banana or dried fruit **Chronic Kidney Disease (CKD)**

Bananas and dried fruit are high-potassium, which many people managing CKD prefer to avoid in desserts

Store-Bought, Canned & Packaged Ingredients

Pre-packaged, canned, and processed foods often contain added sodium, preservatives, and other additives that can interfere with your nutrition totals. For best possible compliance with dietary guidelines, prepare all components from scratch using fresh, whole ingredients.

Adaptations

Use a lighter topping

Top with a dollop of whipped low-fat dairy or a light whipped topping instead of full whipped cream

[Use a lighter topping](#)

Lean on berry sweetness

Skip the teaspoon of sugar and let the macerated strawberries provide the sweetness

[Lean on berry sweetness](#)

Supporting Research

Phosphorus Additives in CKD [KDIGO](#)

Phosphorus from additives in processed foods and colas is far more readily absorbed than phosphorus from whole foods, making additive avoidance important in CKD

PubMed PMID: 38490803

Berries and Cardiovascular Health [Frontiers in Nutrition](#)

Anthocyanin-rich berries such as strawberries and blueberries are associated with improved blood lipids, lower inflammation, and reduced coronary heart disease risk.

PubMed PMID: 34977111

[View research citations on every recipe at medmenu.app — medmenu.app](#)



Recipe 7 of 7

Watermelon, Cucumber & Mint Salad

Very Low Sodium

Low Carb

Heart Healthy

Low Calorie

10 mins

PREP

0 mins

COOK

57

CALORIES

2

SERVINGS

Cool cubes of watermelon and cucumber tossed with fresh mint and a squeeze of lime. A no-cook summer refresher that is hydrating, naturally low in sodium, and a welcome bright spot on a kidney-friendly holiday table.

Watermelon, Cucumber & Mint Salad

Ingredients, Instructions & Nutrition Analysis

INGREDIENTS

- 2 cups watermelon, cubed
- 1 cup cucumber, diced
- 2 tablespoons fresh mint, chopped
- 1 tablespoon fresh lime juice

INSTRUCTIONS

- 1 In a large bowl, combine the cubed watermelon and diced cucumber.
- 2 Add the chopped fresh mint and squeeze the lime juice over the top.
- 3 Toss gently to combine.
- 4 Chill for 10 minutes before serving. Serve cold.

Nutrition Analysis (per serving)

Protein 1.4g
3% of daily limit (48g/day · KDIGO)

Potassium 276.0mg
14% of daily limit (2000mg/day · KDIGO)

Calories 57.0kcal
3% of daily target (2000kcal/day · FDA Daily Values)

Fiber 1.1g
4% of daily target (28g/day · FDA Daily Values)

Saturated Fat 0.1g
0% of daily limit (20g/day · Dietary Guidelines)

Sodium 4.0mg
0% of daily limit (2000mg/day · KDIGO)

Phosphorus 33.0mg
4% of daily limit (800mg/day · KDIGO)

Total Fat 0.3g
0% of daily target (78g/day · Dietary Guidelines)

Cholesterol 0.0mg
0% of daily limit (300mg/day · AHA)

Total Carbs 14.3g
5% of daily target (275g/day · Dietary Guidelines)

Watermelon, Cucumber & Mint Salad

Guidance, Pairings & Science

SUGGESTED PORTION

1 serving (2 servings total)

Low net carbs (13g) supports blood sugar stability; very low sodium (4mg); 57 kcal (light meal).

BEST TIME

Snack (any time)

Low carb content makes this flexible for any meal. Good for maintaining stable blood sugar throughout the day.

Pair With

Grilled Lemon-Herb Chicken (1 serving) 143 cal · 14.8g protein · 1g carbs · 175mg sodium

Balances the sweet, hydrating salad with a light grilled protein

Herbed Turkey Sliders (1 serving) 188 cal · 15.4g protein · 17g carbs · 340mg sodium

A savory partner that makes this refresher part of a full cookout plate

Consider Avoiding

Crumbled feta over the salad **Chronic Kidney Disease (CKD)**

Feta is a concentrated source of sodium and absorbed phosphorus, which works against the kidney-friendly intent of this dish

Store-Bought, Canned & Packaged Ingredients

Pre-packaged, canned, and processed foods often contain added sodium, preservatives, and other additives that can interfere with your nutrition totals. For best possible compliance with dietary guidelines, prepare all components from scratch using fresh, whole ingredients.

Adaptations

Add more herbs

Stir in extra mint or a little fresh basil for aroma

[Add more herbs](#)

Make it a slushy

Blend half the watermelon and pour over the diced portion

[Make it a slushy](#)

Supporting Research

Potassium, Vegetables, and Blood Pressure [Journal of the American Heart Association](#)

Eating patterns rich in fruits and vegetables are associated with lower blood pressure across a range of sodium intakes

PubMed PMID: 35285859

Watermelon, Citrulline, and Vascular Function [Clinical and Experimental Pharmacology and Physiology](#)

Watermelon and its L-citrulline content can increase nitric oxide synthesis and support vascular function.

PubMed PMID: 31612510

One Recipe, Multiple Conditions

Managing diabetes and heart disease? Kidney disease and hypertension? MedMenu resolves conflicting dietary guidelines automatically, always choosing the most protective limit. No guesswork required.

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Swap any meal with one tap at [medmenu.app](#) — [medmenu.app](#)

General Guidance & Tips

These practical tips apply to all the recipes in this guide and can help you maximize compliance with your dietary guidelines.

COOK FROM SCRATCH WHENEVER POSSIBLE

Store-bought sauces, canned goods, and pre-packaged ingredients often contain hidden sodium, added sugars, preservatives, and other additives that can significantly alter the nutritional profile of a dish. The nutrition values in this guide assume fresh, whole ingredients. For the most accurate compliance with your dietary guidelines, prepare all components from scratch.

MEASURE YOUR PORTIONS

All nutrition values in this guide are calculated per serving. Use measuring cups, a kitchen scale, or standard portion references to ensure you're eating the intended serving size. This is especially important for conditions like CKD where protein and potassium limits are strict, and for diabetes where carbohydrate accuracy matters.

READ LABELS ON EVERYTHING

If you do use any packaged ingredient, always check the nutrition label. Even seemingly simple products like bread, tortillas, broth, and canned tomatoes can vary dramatically in sodium, sugar, and additives between brands. Choose the lowest-sodium, no-sugar-added options available.

ADAPT TO YOUR SPECIFIC NEEDS

The adaptations listed with each recipe are suggestions based on published guidelines. Your individual dietary needs may differ based on your stage of condition, medications, and other factors. Always consult your physician or dietitian before making significant dietary changes.

PLAN AHEAD FOR THE WEEK

Batch cooking and meal prep can make it much easier to stick to your dietary plan. Many of these recipes store well as leftovers. Use the grocery list on the next page to shop for the week, and consider prepping shared ingredients like diced vegetables and cooked grains in advance.

TRACK YOUR DAILY TOTALS

Individual meals are only part of the picture. What matters most is your daily total for key nutrients like sodium, protein, potassium, and carbohydrates. MedMenu's weekly planner at medmenu.app includes nutrition budget bars that show how your meals add up across the full day.

IMPORTANT REMINDER

MedMenu does not provide medical advice. The content provided in this guide, including recipes, nutritional information, dietary guidelines, and health-related suggestions, is for informational and educational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always consult your physician, dietitian, or other qualified healthcare provider before making dietary changes. Individual nutritional needs may vary based on condition severity, medications, and other factors. For full terms and conditions, visit medmenu.app/terms.

Grocery List

All ingredients from the 7 recipes in this guide, de-duplicated and grouped by category.

Produce

- ☐ 1 clove garlic, minced
- ☐ 1 medium zucchini, cut into rounds
- ☐ 1 red bell pepper, cut into chunks
- ☐ 1 tablespoon fresh basil, chopped
- ☐ 1 tablespoon fresh lemon juice
- ☐ 1 tablespoon fresh lime juice
- ☐ 1 teaspoon apple cider vinegar
- ☐ 1 teaspoon fresh rosemary, chopped
- ☐ 1 teaspoon fresh thyme leaves
- ☐ 1/2 cup fresh strawberries, sliced
- ☐ 1/2 onion, cut into wedges
- ☐ 1/3 cup fresh blueberries
- ☐ 1/4 cup carrot, shredded
- ☐ 1/4 cup cucumber, diced
- ☐ 1/4 cup red bell pepper, diced
- ☐ 1/4 teaspoon black pepper
- ☐ 1/4 teaspoon garlic powder
- ☐ 2 cups green cabbage, shredded
- ☐ 2 cups watermelon, cubed
- ☐ 2 small leaves iceberg lettuce
- ☐ 2 tablespoons fresh mint, chopped
- ☐ 2 tablespoons onion, finely minced
- ☐ 2 teaspoons fresh parsley, chopped

Proteins

- ☐ 4.5 oz (130g) boneless skinless chicken breast
- ☐ 4.5 oz (130g) lean ground turkey (93% lean)

Grains & Pasta

- ☐ 1.5 cups cooked pasta (rotini or penne)

Dairy & Alternatives

- ☐ 1/4 cup whipped cream topping

Spices & Seasonings

- ☐ 1/2 teaspoon dried oregano
- ☐ 1/8 teaspoon salt

Oils & Vinegars

- ☐ 1 tablespoon olive oil
- ☐ 2 teaspoons red wine vinegar

Other

- ☐ 1/2 teaspoon sugar
- ☐ 2 small slider buns
- ☐ 2 sponge cake dessert shells
- ☐ 2 tablespoons mayonnaise



Everything in this guide, personalized
and updated daily at medmenu.app

WHAT YOU GET, FREE

- ✓ Personalized breakfast, lunch, and dinner every day
- ✓ Full nutrition analysis with USDA-sourced data
- ✓ Condition-specific guidance, adaptations, and science citations
- ✓ Support for diabetes, hypertension, heart disease, CKD, and celiac
- ✓ Check any recipe URL for condition compliance

EVEN MORE WITH PLUS & PRO

- ✓ Full recipe library across all five cuisines
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- ✓ Fresh recipes added monthly for each condition and cuisine



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