



Integrative Kidney Institute

CKD and Diabetes Meal Planning

One Meal Not Two Diets



Build satisfying meals around your glucose goals,
kidney care plan and the foods you enjoy.

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A practical workbook for adults with non-dialysis chronic kidney disease and type 2 diabetes. Worked examples, family meal adaptations and reusable planning pages.

Use one coordinated food plan

You do not need to build every meal from two competing avoid lists. Start with enough nourishing food, then adapt carbohydrate, protein and any kidney-specific instructions together. This workbook helps you practice those decisions with your care team.

What you want to do	Pages
Clarify your instructions and build a shared meal	3 to 4
Compare carbohydrate portions and kidney-related choices	5 to 7
Cook two flexible meals and explore three fictional days	8 to 11
Adapt a family meal and build a realistic shopping list	12 to 15
Coordinate eating with medicines and prepare for low glucose or illness	16 to 19
Notice patterns and prepare useful questions	20 to 22
Protect adequate intake and choose your next step	23 to 24
Find the primary sources behind this workbook	25 to 26

Begin with your next real meal

Read page 3 and choose one example on pages 9 to 11 that resembles your life. Try the family meal worksheet on page 13 or shopping worksheet on page 15. You can use a few pages at a time.

Who needs a different plan

The main audience is adults with type 2 diabetes and CKD who are not on dialysis. Type 1 diabetes, pregnancy, children, dialysis and transplant require additional individualized specialist guidance. Advanced CKD, recurrent low glucose, frailty or poor intake also need closer support.

This is education, not a diagnosis, meal prescription or medication plan. Every person, menu, label and completed worksheet used for teaching is fictional unless a source is explicitly identified. Food amounts illustrate decisions; they are not recommended portions or nutrient-analyzed menus.

Keep completed worksheets private. The cover photograph is an editorial illustration, not a prescribed meal.