



Integrative Kidney Institute

Kidney-Smart Grocery and Pantry Reset

A practical seven-day workbook for everyday food decisions



Read a label. Keep foods you enjoy. Build a shopping list you can use.

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Educational workbook for adults interested in kidney health or living with chronic kidney disease who are not on dialysis. Not a personalized nutrition prescription.

A useful reset starts small

Build your grocery routine around whole and minimally processed foods. Use this workbook to understand what is already on your shelves, choose simpler alternatives when practical, and make changes that fit your care plan, budget and daily life.

What you will leave with

- A short pantry audit, with foods to keep, compare, use soon or ask about.
- Three practiced label checks: the amount you eat, sodium, and relevant ingredients.
- A realistic shopping list and a few meal components your household will actually use.

Find what you need

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Use it at your own pace

The seven days are a sequence, not a deadline. Spend about 10–20 minutes on one task, or spread it across several weeks. Start with foods you eat often. A small, repeatable change is more useful than an expensive pantry overhaul.

Print the worksheets or type into the editable Word version. Practice with your own products after reading the worked examples. Label snapshots and prices are invented teaching examples, not current store data. The dated Consumer Reports rice findings on page 13 are real test results and are identified separately.

Pair it with the free planner

Use the [free Integrative Kidney Institute Kidney Nutrition Planner](#) to organize your broader nutrition plan. This workbook adds grocery decisions, label practice and pantry actions; it does not replace the planner or your care team.