

7-Day Kidney Stone Diet Chart			
Day	Healthy Individual	Individual with Diabetes	Individual with Hypertension
Day 1	Breakfast: Oatmeal (made of low fat milk) topped with fresh strawberries and ground flaxseed 1 boiled egg Morning Snack: Sliced cucumber and red bell pepper with 2 tbsp hummus (no added salt) Lunch: Grilled chicken salad - mixed greens (lettuce, kale) cherry tomatoes, cucumber, 3 oz grilled chicken breast tossed in olive oil and lemon juice (no salt) Afternoon Snack: Small handful of unsalted walnuts (1oz) and an apple Dinner: Baked salmon (4oz) with a squeezed lemon, served with steamed broccoli and 1 cup of cooked pearled barley Hydration: 2 glass of water with each meal (add lemon to dinner water for citrate) 10-12 cups total fluids (mostly water; include herbal tea or lemon infused water)	Breakfast: Oatmeal (~3/4 cup cooked rolled oats) made with skim or unsweetened soy milk, stirred with 1 tbsp ground flaxseed and cinnamon (no sugar added); Top with 1/2 cup blueberries; Serve with a boiled egg for additional protein Morning Snack: Slices of fresh cucumber and bell pepper with 3 tbsp hummus; (Choose or prepare hummus without excess salt) Lunch: Grilled chicken salad – mixed greens, kale, tomato, cucumber, 3 oz grilled chicken breast, and 1/4 cup chickpeas, dressed with olive oil and vinegar; (No croutons or sugary dressing; salad is naturally low-carb and diabetes-friendly) Afternoon Snack: 1 small apple (or 1/2 large apple) with 1 tbsp natural peanut butter (no added sugar); (Note: Peanuts do contain oxalate, but in small amounts this is acceptable; pairing with calcium at meals and overall moderation keeps oxalate in check) Dinner: Baked salmon (4 oz) with steamed broccoli and cauliflower mash (steamed cauliflower puréed with a little garlic and skim milk as a low-carb substitute for mashed potato); Add 1/2 cup cooked brown rice on the side; Season with herbs and lemon, no salt Hydration: Water as the main drink (aim for ~10–12 cups over the day); For flavor, have unsweetened lemon water or sugar-free iced tea (e.g. brew tea with lemon slices) instead of sweetened drinks	Breakfast: Banana oat pancakes (blend 1/2 banana, 1/4 cup oats, 1 egg, dash of cinnamon; cook into 2–3 small pancakes) topped with 1/4 cup blueberries; Side: 1/2 cup low-fat cottage cheese (rinse under water to reduce sodium, if not a no-salt-added version) Morning Snack: 1 cup raw carrot sticks and celery sticks with 2 tbsp unsalted almond butter Lunch: Baked potato bar – 1 small potato, baked without salt (peel can be left on for fiber and nutrients, but note the skin has oxalate; removing the skin lowers oxalate if that's a concern); Top with steamed broccoli, a sprinkle of Mrs. Dash® (salt-free seasoning), and 2 tbsp shredded Swiss cheese (Swiss is lower in sodium than many cheeses); Side salad of spinach and orange segments with oil & vinegar dressing Afternoon Snack: Unsalted rice cakes (2) with 2 tbsp hummus (made from no-salt-added chickpeas) and sliced cucumber on top Dinner: Grilled chicken (4 oz) marinated in lemon, garlic, and rosemary (no salt), served with a hearty portion of roasted vegetables: zucchini, bell peppers, onions, and cauliflower florets, tossed in olive oil and herbs (no salt); Side: 1/2 cup cooked brown rice mixed with chopped fresh parsley Hydration: Have a 16 oz glass of water first thing in the morning and with each meal; In addition, drink herbal tea (hibiscus tea is a good choice for BP) or plain water in between to total ~3 L fluid today
Day 2	Breakfast: Vegetable omelet (2 egg whites + 1 whole egg) with sauteed peppers and onions (no spinach); 1 slice of whole-grain toast (unsalted butter or avocado spread) on the side; Serve with calcium-fortified orange juice Morning Snack: 1 cup raw carrot sticks with 3 tbsp Greek yogurt herb dip (yogurt + dill, garlic, no salt) Lunch: Lentil and kale soup (made with lentils, diced tomatoes, kale, and herbs – no added salt); Serve with a small whole-grain roll (unsalted) and a side mixed salad (olive oil & vinegar dressing) Afternoon Snack: Low-fat cottage cheese (1/2 cup, rinsed if packed in brine to reduce sodium) with pineapple chunks Dinner: Stir-fry with tofu, broccoli, carrots, and bell peppers, cooked in garlic and ginger (use calcium-set tofu for extra calcium); Serve over 3/4 cup brown rice. Hydration: Water or unsweetened green/herbal tea with and between meals (aim for ~2.5–3 L total)	Breakfast: Veggie omelet (made with 1 whole egg + 2 egg whites) loaded with chopped peppers, onions, and mushrooms; Serve with 1 small whole-grain tortilla (or 1 slice whole-grain toast) and 1/2 avocado sliced; (Note: No juice – have coffee or tea with a splash of milk, no sugar) Morning Snack: 1/2 cup Greek yogurt (plain, unsweetened) with 1/4 cup sliced strawberries and 1 tbsp chopped walnuts Lunch: Turkey and veggie lettuce wraps – 3 oz diced roast turkey breast (unseasoned, no skin) rolled in large lettuce leaves with slices of tomato, cucumber, and mustard; Side: lentil soup (1 cup, made with lentils, celery, tomato, and spices); Using lettuce wraps instead of a flour tortilla cuts down on carbs and calories (and avoids refined flour) Afternoon Snack: 1 small orange and a few (8–10) unsalted almonds; (Note: For strict oxalate control, almonds could be swapped with pecans or macadamia nuts which are lower in oxalate, but portion here is small) Dinner: Stir-fry with tofu and vegetables: tofu (calcium-set, ~4 oz), broccoli, bell peppers, and snow peas sautéed in sesame oil with garlic and ginger; Serve over 3/4 cup quinoa; (Note: Use lowsodium soy sauce and no added sugar in the sauce) Hydration: Plenty of water; aim for ~3 L. You can also drink unsweetened herbal teas or a diet lemonade (made with lemon juice and sugar substitute)	Breakfast: Greek yogurt (3/4 cup, plain, low-fat) mixed with 1/4 cup oats and 1 tbsp chia seeds (soaked overnight if possible for softness), topped with 1/2 cup diced strawberries and a few walnut pieces Morning Snack: A small bunch of grapes (1 cup) and 1 oz unsalted cashews Lunch: Homemade minestrone soup (sodium-free): a broth-based vegetable soup with tomatoes, carrots, green beans, celery, spinach, kidney beans, and whole-grain pasta, seasoned with garlic, basil, and oregano – no added salt (use salt-free herb blend to enhance flavor); 1 cup serving of soup, plus a side of 1/2 a whole-grain pita (unsalted) with 2 tbsp mashed avocado as a spread Afternoon Snack: 1 cup plain popcorn (air-popped) tossed with Mrs. Dash® herb blend. 8 oz of tomato juice (low-sodium or no-salt-added) Dinner: Bake a 4 oz salmon fillet with a lemon-herb crust (lemon zest, black pepper, dill – no salt). Serve with 3/4 cup cooked quinoa and a side of garlic-sautéed kale (sauté kale in olive oil with minced garlic, no salt; finish with a squeeze of lemon); (Note: Quinoa is cooked in unsalted water or broth) Hydration: Continue high fluid intake: e.g. a cup of hibiscus tea (naturally tart and known to help lower BP) iced or hot in the afternoon, and water with a slice of lemon or cucumber throughout the day
Day 3	Breakfast: Green smoothie (blend 1 cup kale, 1 banana, 1/2 cup Greek yogurt, 1 tbsp flaxseed, water as needed) and a slice of whole-grain toast. Morning Snack: Sliced red bell pepper with 2 tbsp guacamole (mashed avocado, garlic, lime) Lunch: Brown rice and black bean burrito bowl – 1/2 cup brown rice, 1/2 cup black beans, romaine lettuce, diced tomato, corn kernels, and a spoon of Greek yogurt on top (instead of sour cream), with cilantro and lime juice. Afternoon Snack: 1 cup watermelon cubes and a glass of water Dinner: Whole-grain pasta “primavera” – 1 cup cooked whole-wheat pasta tossed with sautéed broccoli, zucchini, and bell peppers, plus 1/2 cup white beans; Lightly toss in olive oil, garlic, and a squeeze of lemon; top with 1 tbsp grated Parmesan cheese Hydration: Lemon-infused water with each meal; an evening herbal tea	Breakfast: Overnight oats (prepared the night before): 1/4 cup dry oats soaked in 1/2 cup unsweetened almond milk (fortified with calcium), mixed with 2 tbsp chia seeds and vanilla extract; In the morning, top with 1/4 cup diced peaches and a sprinkle of cinnamon; (Note: No added sugar; cinnamon for flavor) Morning Snack: 2 celery stalks stuffed with 2 tbsp peanut or almond butter (unsweetened); (Note: Use in moderation due to oxalate; 2 tbsp nut butter is about 1 serving of nuts) Lunch: Black bean & veggie bowl: 1/2 cup black beans, 1/3 cup brown rice, sautéed zucchini and onions, and diced tomatoes, topped with a spoon of Greek yogurt and fresh cilantro; Season with cumin, chili powder, and lime – no salt needed Afternoon Snack: 3/4 cup watermelon (or cantaloupe) cubes with 1 oz feta cheese crumbles Dinner: Grilled chicken (4 oz skinless breast) with 1/2 cup mashed sweet potato and a side of roasted cauliflower; (Note: No added sugar to the sweet potato; season with cinnamon or a pinch of nutmeg instead) Hydration: Water is the main beverage (have a glass before each meal and with each snack). You can also sip on unsweetened iced green tea with mint between meals	Breakfast: Spinach mushroom omelet – 2 egg whites + 1 whole egg omelet with fresh spinach and mushrooms (sautéed with garlic, no salt), and a sprinkle of black pepper. 1 slice of whole-grain bread (no added salt variety) on the side, lightly spread with unsalted butter or trans-free margarine Morning Snack: Orange and 1/4 cup unsalted sunflower seeds Lunch: Quinoa chickpea salad – 1/2 cup quinoa, 1/2 cup chickpeas, chopped cucumber, tomato, and parsley, tossed in a dressing of olive oil and lemon juice (no salt); Add 2 tbsp crumbled feta on top Afternoon Snack: Sliced bell peppers and broccoli florets with 3 tbsp Greek yogurt dip (yogurt, garlic, dill – no salt) Dinner: DASH-style stir-fry: lean pork tenderloin strips (3 oz) stir-fried with a plethora of vegetables: broccoli, carrots, baby corn (rinse if canned), and bok choy, with ginger and garlic; Serve over 1/2 cup brown rice; Use a low-sodium soy sauce or coconut aminos to flavor (and use sparingly) Hydration: Aim for 3 L fluid again. Include one glass of low-fat milk (8 oz) either at breakfast or as an evening snack – milk is high in calcium, magnesium, and potassium, which together help control blood pressure and also contribute to meeting fluid goals; The rest of fluids should be water or herbal tea

Day 4	Breakfast: 1 cup whole-grain oat cereal (unsweetened, e. g. oat O's) with skim milk, topped with 1/2 cup blueberries; 1 boiled egg on the side Morning Snack: Low-fat yogurt (3/4 cup) with diced peaches (fresh or packed in juice, not syrup) Lunch: Baked potato (medium, skin removed to reduce oxalate) topped with steamed broccoli and 2 tbsp shredded low-fat cheddar cheese; Side salad of mixed greens, cucumber, and tomato with olive oil & vinegar Afternoon Snack: Cherry tomatoes with fresh mozzarella (4–5 bocconcini balls, unsalted if possible) and basil Dinner: Chickpea and vegetable curry – 3/4 cup chickpeas simmered with cauliflower, diced tomatoes, and spices (turmeric, cumin) served over 3/4 cup basmati rice (white); Serve with a spoonful of plain yogurt on top Hydration: Aim for ~3 L fluid today. Include a glass of water after every spicy meal (like curry) to ensure adequate hydration; An evening decaf tea with lemon is a good choice for extra fluid and citrate	Breakfast: Greek yogurt parfait: 3/4 cup plain Greek yogurt layered with 1/4 cup fresh raspberries (or strawberries) and 2 tbsp homemade granola (made from oats, pumpkin seeds, and a little cinnamon, with no added sugar) Morning Snack: 1 small banana (or 1/2 large banana) sliced and topped with 2 tbsp unsweetened plain yogurt and a dash of cinnamon Lunch: Tofu veggie stir-fry leftovers (from Day 2 dinner) – tofu with broccoli, peppers, etc. – served over a bed of mixed greens instead of rice (to reduce carbs since quinoa was already served Day 2); Add 1/4 of an avocado on top for healthy fat Afternoon Snack: 1/2 cup cottage cheese (low-fat, and choose a low-sodium brand) with 1/2 cup diced cucumber and a sprinkle of black pepper (a savory twist); (Note: If cottage cheese is too high in sodium, consider ricotta cheese as a substitute, which is naturally low in salt) Dinner: Vegetarian chili – 3-bean chili made with black beans, kidney beans, and pinto beans, tomatoes, and spices; Serve over a roasted spaghetti squash “nest” instead of pasta or rice; Top with a dollop of Greek yogurt and fresh cilantro Hydration: Aim for ~12 cups fluid. Include a cup of crystal light lemonade or similar sugar-free lemonade with dinner for added citrate (and to enjoy a sweet flavor without sugar); Continue mainly with water and herbal teas at other times	Breakfast: Steel-cut oats (1/2 cup cooked) with 1 tbsp ground flaxseed and 2 tbsp raisins. Stir in 1/4 cup warm skim milk; Serve with a side of 1/2 cup mixed berries Morning Snack: 1 cup cherry tomatoes with 1 oz cubed low-sodium cheese (e.g. part-skim mozzarella or Swiss) Lunch: Turkey and avocado sandwich: 2 oz sliced roasted turkey breast (home-roasted with no added salt) on salt-free whole-grain bread with avocado spread, lettuce, and tomato; No added salt condiments (use mustard without salt or just black pepper and a squeeze of lemon); Side: handful of unsalted baby carrots Afternoon Snack: Banana with 1 tbsp unsalted peanut butter Dinner: Beans and greens: 1 cup of cannellini beans (white beans, rinsed if canned) simmered with garlic, onion, chopped kale, and no-salt vegetable broth, finished with a squeeze of lemon and black pepper. Serve over a small portion of polenta (made from cornmeal, cooked without salt – you can add garlic and herbs for flavor) Hydration: Plenty of water. Also, consider drinking a glass of coconut water (8 oz) in the afternoon – it’s naturally high in potassium and magnesium, which supports BP control, and counts toward hydration (ensure it’s pure coconut water with no added sugar or sodium); Coconut water provides electrolytes beneficial for both blood pressure and urinary health
Day 5	Breakfast: Whole-grain toast (1 slice) topped with sliced avocado and a poached egg; 1 cup low-fat milk (or calcium-fortified soy milk) on the side (Sprinkle black pepper or herbs on the egg instead of salt) Morning Snack: Mixed berries (1 cup blueberries and strawberries) with a dollop of Greek yogurt (no sugar added) Lunch: Whole-grain wrap with grilled vegetables (zucchini, bell peppers, mushrooms) and 3 tbsp hummus; Side of carrot sticks and cherry tomatoes; (Choose a low-sodium, whole-grain tortilla; no added salt needed due to flavor from veggies and hummus) Afternoon Snack: 3 cups air-popped popcorn (plain, unsalted) and a glass of homemade lemonade (using lemon juice, water, and a small amount of a sugar substitute or a teaspoon of honey) Dinner: Turkey meatballs (made with 95% lean ground turkey and herbs, no added salt) served over zucchini “noodles” (spiralized zucchini) with a fresh tomato basil sauce; Top with 1–2 tbsp grated Parmesan cheese; Side of steamed green beans (rinse canned beans well or use fresh to avoid salt) Hydration: Plenty of water throughout the day (~10 cups); If desired, have a cup of decaf green tea after dinner – it’s hydrating and very low in oxalate (green tea has only a fraction of the oxalate of black tea)	Breakfast: Avocado toast – 1 slice of whole-grain bread topped with 1/4 avocado (smashed) and 1 scrambled egg; Serve with 1/2 grapefruit on the side Morning Snack: Handful (about 3 tbsp) of mixed nuts (unsalted pecans, walnuts, peanuts) Lunch: Tuna salad lettuce wraps – 3 oz water-packed tuna (rinse if salted) mixed with 2 tbsp Greek yogurt and diced celery (instead of mayo), wrapped in large lettuce leaves; Side: 5 whole-grain crackers (to add some complex carbs); (Note: The meal has minimal carbs (just the small portion of high-fiber crackers) Afternoon Snack: 1/2 cup cherries with 10 raw almonds Dinner: Turkey meatloaf (made with lean ground turkey, oat flour instead of bread crumbs, grated zucchini for moisture, and no added salt ketchup) – about 4 oz portion – with a side of mashed cauliflower and garlic (instead of mashed potatoes), and steamed green beans; (Note: Green beans are a non-starchy veg (though they contain some oxalate, a moderate portion is fine especially with calcium-rich cauliflower alongside) Hydration: Water or unsweetened iced tea as desired; After dinner, consider having a decaf coffee with a splash of milk (no sugar) – coffee is acceptable in moderation and contributes to hydration	Breakfast: Smoothie made with 1 cup fresh spinach (or kale), 1 cup unsweetened almond milk, 1/2 banana, and 1/2 cup pineapple chunks; Add 1 tbsp almond butter for protein/fat Morning Snack: 3–4 unsalted whole-grain crackers with 1 oz unsalted ricotta cheese spread and sliced cherry tomatoes on top (ricotta is naturally much lower in sodium than many cheeses) Lunch: Mediterranean salad bowl: Romaine lettuce base topped with 1/2 cup cooked barley (barley is very low in oxalate and sodium-free; 1/2 cup diced cucumber, 1/2 cup chickpeas, chopped tomatoes, and 2 tbsp crumbled feta cheese; Drizzle with olive oil and red wine vinegar Afternoon Snack: Watermelon slices (1 cup) and 1 oz unsalted pistachios Dinner: Whole-wheat pasta primavera: 1 cup whole-wheat pasta tossed with a plethora of steamed veggies (zucchini, broccoli, carrots, bell peppers) and a homemade no-salt tomato sauce (use fresh tomatoes or no-salt canned, garlic, basil, oregano); Add 2 tbsp grated Parmesan on top for flavor; Serve with a side of arugula salad (arugula dressed with lemon juice and a dash of olive oil) Hydration: Keep water intake high. Try infusing water with slices of cucumber and lemon for a refreshing twist that also adds a bit of potassium and citrate; Aim for 10–12 cups fluid again
Day 6	Breakfast: Tofu scramble – crumbled calcium-set tofu cooked with turmeric (for color), onions, and bell peppers – and a slice of whole-grain toast; Side of sliced cantaloupe (1 cup); (Season with black pepper and paprika instead of salt) Morning Snack: A ripe pear with a small handful of unsalted walnuts Lunch: Big chef salad – romaine lettuce, cucumber, tomato, shredded carrot, 1 sliced hard-boiled egg, and a few cubes of low-fat Swiss cheese (a naturally lower-sodium cheese); Dressed with olive oil and vinegar; 5–6 whole-grain crackers on the side (unsalted tops) Afternoon Snack: Orange slices (1 medium orange) and a cup of hot green tea with lemon; Avoid sweetened bottled teas Dinner: Baked cod (4 oz) with lemon and dill, served with steamed baby carrots and 3/4 cup quinoa; Include a side of cucumber-yogurt sauce (mix of plain yogurt, grated cucumber, garlic) for the fish Hydration: 10–12 cups fluids. E.g. water with lemon with meals, herbal tea before bed; If exercising or in hot weather, drink even more water	Breakfast: Buckwheat pancakes (2 small, 4-inch pancakes) made with buckwheat flour and almond flour blend, with blueberries cooked in; Top with a thin spread of peanut butter or a few crushed walnuts instead of syrup; Peanut butter or walnuts add protein/fat to slow carb absorption; (Note: Skip sugary syrup to prevent blood sugar spikes and added sugar intake) Morning Snack: 1 small carrot (sliced) with 2 tbsp tzatziki (yogurt-cucumber dip). Lunch: Quinoa tabbouleh salad – 1/2 cup cooked quinoa tossed with parsley, diced cucumber, tomato, lemon juice, olive oil, and 1/4 cup chickpeas – on a bed of romaine; Serve with 1/4 cup crumbled low-fat feta on top Afternoon Snack: Sugar-free chocolate pudding cup (or homemade chia pudding with cocoa) and 8 almonds Dinner: Baked tofu “steaks” with a side of sautéed spinach and mushrooms, and 1/2 cup wild rice; Ensure plenty of fluids and consider adding lemon juice to the spinach for citrate; (Note: If concerned about spinach’s oxalate, substitute with steamed kale, which is much lower in oxalate and high in calcium) Hydration: Aim for at least 2.5 L water. If you desire a beverage with flavor, try a sparkling water with a squeeze of orange or lime; All drinks are sugar-free	Breakfast: Scrambled tofu (4 oz firm tofu, crumbled) with turmeric, black pepper, and cumin (to mimic scrambled eggs) cooked with diced tomatoes and peppers; Serve with one corn tortilla (unsalted) and a few slices of avocado Morning Snack: Pear and 1 oz unsalted pumpkin seeds Lunch: Veggie burger on a lettuce wrap: A homemade black bean–quinoa patty (no added salt, seasoned with cumin, garlic, onion) served wrapped in lettuce leaves with tomato and onion; Side of baked sweet potato fries (cut sweet potato strips tossed with olive oil and paprika, baked with no salt); (Note: Sprinkle rosemary or garlic powder on the fries for flavor instead of salt) Afternoon Snack: 1 cup low-fat milk with 1 tbsp unsweetened cocoa powder stirred in (for a “chocolate milk”) and no added sugar Dinner: Fish tacos (salt-free): Season 4 oz tilapia fillet with chili powder, lime juice, and garlic, then grill; Serve in 2 small corn tortillas (warmed) with shredded red cabbage, cilantro, and a spoon of plain Greek yogurt as a crema; Side: corn and black bean salad (1/4 cup each corn and black beans, with diced red onion and cilantro, tossed with lime – no salt) Hydration: Have a glass of water with a squeeze of lime with dinner (instead of a margarita or salted drink!); Through the day, you should reach ~2.5–3 L water; If you feel you need more flavor, try a caffeine-free lemon-ginger tea or a cup of dandelion tea (a natural diuretic that can support blood pressure control – but continue drinking water to stay hydrated)
Day 7	Breakfast: Breakfast burrito: 1 scrambled egg + 1 egg white, 1/4 cup black beans, diced bell peppers, and a sprinkle of low-fat cheddar, wrapped in a whole-wheat tortilla; Serve with salsa (lowsodium) on the side Morning Snack: Apple slices with 1 oz low-fat cheddar cheese Lunch: Whole-wheat pasta salad – 1 cup cooked whole-grain pasta mixed with cherry tomatoes, blanched broccoli florets, chickpeas, and fresh parsley, tossed in olive oil and lemon juice; Serve on a bed of lettuce Afternoon Snack: Greek yogurt (1/2 cup) with fresh mango chunks Dinner: Three-bean chili – a hearty stew of red kidney beans, black beans, and chickpeas with tomatoes, onions, and bell peppers (season with chili powder, cumin, oregano, and a squeeze of lime; no salt); Top with a spoonful of Greek yogurt and fresh cilantro; (If using canned beans, choose no-salt-added or rinse thoroughly to remove sodium) Hydration: Continue to drink water consistently (aim for ~3 L); A glass of water or unsweetened iced tea with lemon should accompany lunch and dinner	Breakfast: Scrambled eggs (2) with a handful of chopped kale and tomatoes cooked in; Serve with 1 small (6-inch) whole-grain tortilla and 2 tbsp salsa (no sugar added); (Note: Salsa adds flavor without needing salt or sugar) Morning Snack: Protein shake (blend 1/2 cup unsweetened almond milk, 1/4 cup soft tofu or a few spoonfuls of Greek yogurt, 1/2 cup berries, and ice) Lunch: Grilled salmon salad Niçoise – on a bed of lettuce place a 3 oz grilled salmon fillet, blanched green beans, 1 small boiled potato (halved; about 3 oz), and a hard-boiled egg, with a drizzle of olive oil and lemon Afternoon Snack: 1/2 cup unsalted trail mix (mix of pumpkin seeds, sunflower seeds, and unsweetened dried cranberries) Dinner: Beef and vegetable stew – 3 oz of lean beef cubes (if red meat is desired, use a small portion) slow-cooked with carrots, celery, turnips, and herbs. Serve over 1/2 cup barley. Hydration: Continue drinking water throughout the day to reach ~3 L; With dinner, have a glass of water or unsweetened iced tea (instead of wine or beer, as alcohol and red meat together can raise uric acid)	Breakfast: Muesli with fruit: 1/2 cup rolled oats mixed with 2 tbsp raisins, 1 tbsp chopped pecans, and 1 tbsp pumpkin seeds (prepare as overnight oats or eat with milk cold); Serve with 1 cup skim milk poured over Morning Snack: 1 cup low-sodium V8® juice (vegetable juice blend) and a handful of unsalted edamame (green soybeans) in the pod Lunch: Chicken and broccoli stir-fry (leftover or freshly made): 3 oz chicken breast strips stir-fried with lots of broccoli, carrots, and water chestnuts, seasoned with ginger and garlic; Served over 1/2 cup brown rice; (Note: If needed, use a dash of low-sodium soy sauce (or none at all)) Afternoon Snack: Apple with 2 tbsp unsalted peanut butter Dinner: Vegetable lasagna (individual portion) – layers of zucchini slices (instead of pasta) and noboil whole wheat lasagna sheets (to reduce refined carbs) with ricotta (mix ricotta with chopped spinach – use fresh or frozen rinsed to reduce oxalate), low-sodium marinara, and mozzarella, baked until tender; Portion: about 3”×3” square; Side: steamed green beans with a squeeze of lemon Hydration: Finish the day with plenty of water. If you want a nightcap that won’t affect BP, try a cup of chamomile tea (caffeine-free) with a twist of lemon. Avoid alcohol or keep it very limited, as alcohol can both raise blood pressure and dehydrate you (concentrating urine)