

## About Jenneke

Jenneke van Hemert, Registered Dietitian, (RD), created Therapeutic Meals to make it easier to meet your dietary needs and still enjoy the foods you love.

The dietitian can:

- \* Help navigate your diet so you can still enjoy the foods you like *and* manage your symptoms.
- \* Assess your needs so you get the nutrition you need.
- \* Provide evidence based nutrition information to you and care givers.
- \*

Nutrition counseling is optional, and not a requirement to the meal service. Fee is \$90/hr.

- \* You may be covered under your extended health care.
- \* Ask your doctor for a referral.

Jenneke van Hemert, RD. college #1630

## Therapeutic Meals CKD Pre-Dialysis

### Menu

Controlled Protein (Pr)  
Low Sodium

Phosphorous (Phos)  
restriction 1000 mg/day

Potassium (K) restriction  
2000 mg/day

You are the boss. Weekly or bi-weekly meal plans make repeat ordering easy. We can create meal plans for you based on your preferences and needs. You can stop service or make changes anytime.

For more information visit  
[www.therapeuticmeals.com](http://www.therapeuticmeals.com)

Or call:  
**250.415.5444**



*Therapeutic Meals*  
Eat Well. Feel Good.

## Don't feel like cooking?

Need relief preparing meals?

## We deliver

- \* Easy to chew meals
- \* Easy to swallow meals
- \* Gluten Free Dairy Free
- \* Low Sodium
- \* Diabetic
- \* Renal

Frozen meals, weekly delivery

**Satisfying. Nutritious.  
Delicious.**

Call 250.415.5444

## 1. Pick your Protein

Sweet & Sour Pork	Pr 17g; Phos 178 mg Na 158 mg K 332 mg	\$ 5.50
Beef Mushroom Sauce	Pr 23g; Phos 140 mg Na 116 mg K 232 mg	\$ 5.50
Italian Meat Sauce	Pr 22g; Phos 160 mg Na 238 mg K 367 mg	\$ 5.50
Savoury Chicken	Pr 24g; Phos 172 mg Na 96 mg K 233 mg	\$ 5.50
Chicken Curry	Pr 19g; Phos 145 mg Na 189 mg K 250 mg	\$ 5.50
Fish Parsley & Lemon	Pr 18g; Phos 361 mg Na 88 mg K 306 mg	\$ 5.50
Crustless Quiche	Pr 11g; Phos 178 mg Na 198 mg K 148 mg	\$ 4.75
Roasted Pork & Garlic	Pr 25g; Phos 203 mg Na 127 mg K 295 mg	\$ 5.50

## 2. Pick your Veggie

Green Beans & Garlic	Na 80mg Phos 27 mg K 147mg	\$ 3.00
Candied Carrots	Na 138 mg Phos 28 mg K 175mg	\$ 3.00
Herbed Carrots	Na 142 mg Phos 30 mg K 232 mg	\$ 3.00
Beet and Apple Puree	Na 68 mg Phos 33 mg K 253 mg	\$ 3.00
Whipped Carrot & Parsnip	Na 123 mg Phos 45 mg K 282 mg	\$ 3.00
Green Peas & Mushrooms	Na 126 mg Phos 80 mg K 190 mg	\$ 3.75
Braised Red Cabbage	Na 91 mg Phos 27 mg K 177 mg	\$ 3.00
Broccoli & Cauliflower	Na 26 mg Phos 45 mg K 200 mg	\$ 3.75
Cauliflower & Cheese	Na 119 mg Phos 71 mg K 138 mg	\$ 3.25

## 3. Pick your Starch

Roasted Potatoes	Na 81 mg Phos 39 mg K 320 mg	\$ 2.75
Mashed Potato & Herbs	Na 72 mg Phos 47 mg K 300 mg	\$ 2.20
Mashed Potato & Cheese	Pr 4g; Phs 100mg Na 96 mg K 348 mg	\$ 2.75
Whipped Potato	Na 24 mg Phos 39 mg K 319 mg	\$ 2.20
Whipped Squash	Na 59 mg Phos 17 mg K 250 mg	\$ 3.00
Herbed Rice	Na 1 mg Phos 43 mg K 35 mg	\$ 2.75
Rice Pilaf	Na 140 mg Phos 46 mg K 44 mg	\$ 2.75
Rice Pasta & Herbs	Na 148 mg Phos 6 mg K 22 mg	\$ 3.00

## & Sauce

Cheese Sauce	Pr 4 g; Phos 105 mg Na 147 K 103 mg	\$ 1.00
Savoury Herb Sauce	Na 65 mg Phos 3 mg K 21 mg	\$ 1.00
Garlic Sauce	Na 75mg Phos 2 mg K 21 mg	\$ 1.00
Mushroom Sauce	Na 122 mg Phos 5 mg K 16 mg	\$ 1.00
Beef Gravy	Na 79 mg Phos 5 mg K 16 mg	\$ 1.00
Italian Tomato Sauce	Na 70 mg Phos 18 mg K 185 mg	\$ 1.00
Coconut Curry Sauce	Na 45 mg Phos 53 mg K 216 mg	\$ 1.00

*Your personalized Renal Diet Menu*

*Other suggestions from your CKD clinic RD:*

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*Upon ordering, please let us know if you have any allergies.*

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