# KIDNEY STONES SAMPLE DIET

## EMPTY STOMACH (MORNING)

- 1 spoon Apple Cider Vinegar
- 1 cup (200ml) normal water

## MEAL 1

**OMELETTE:**
- 1 Whole Egg
- 3 Egg Whites
- 1 Slice Bread *(for muscle building take 4 slices)*
- 1 cup Indian Tea (low sugar)

**PROTEIN = 20g**

## MEAL 2

- 1 cup Roasted chickpeas
- 1 Cup Roasted Soy Beans
- 1 Apple
- 1 cup Green Tea

**PROTEIN = 20g**

## IN-BETWEEN MEAL 2 & 3

**LEMON WATER**
- ½ Fresh Lemon
- 1 cup (200ml) normal water

## MEAL 3

- 90g Chicken Breast
- ½ cup brown rice or 1 Roti *(for muscle building take 1 cup rice or 2 Roti)*
- Mixed salad

**PROTEIN = 20g**

## MEAL 4

**BEET ROOT CARROT JUICE**
- 1 glass fresh beet root or carrot juice
- 3 Egg Whites
- 1 hand full Almonds

**PROTEIN = 19g**

## POST WORKOUT

**PROTEIN DRINK**
- 1sp Whey
- 1 cup (240ml) cold water

*(for muscle building take 2 Banana)*

**PROTEIN = 24g**

## MEAL 5

- ½ cup Lentil or 1 cup Mixed Vegetable (green beans+potato+green bell pepper+carrots, etc)
- ½ cup brown rice or 1 Roti *(for muscle building take 1 cup rice or 2 Roti)*
- Mixed salad

**PROTEIN = 12g**

## MEAL 6

**BOILED EGGS:**
- 4 Egg Whites
- 28g Cashews

**PROTEIN = 20g**
**FOOD TO AVOID:**
- Meat like: Organs
- Dark Fish including Tuna
- Spinach
- Cauliflower
- Oats
*These food are high in Purine, cause Uric Acid*
- Yogurt
- Milk
- Peanuts
*These food are high in Calcium, (calcium oxalate) cause stone*
- Tomatoes

**DRINKS TO AVOID:**
- Alcohol
- Beer
- Coffee

**SUPPLEMENTS TO AVOID:**
- Calcium
- Multi Vitamins, which has high doses of Calcium
*Do not exceed more than 1000mg of Calcium a day, even keep it less.

**FOOD TO ADD:**
- Egg whites
- Nuts
- Seeds
- Fruits, etc
- Citrus food, like: Apple cider vinegar, oranges, lemon, etc.

**PROTEIN INTAKE:**
- 0.8g to 1.0g per pound body weight (maximum)
- 20-25g proteins per meal (do not exceed it)
- 5 to 7 meals a day = Total 150-175g protein a day
- 1 Serving of Whey only after workout

**Drink**
- Apple Cider Vinegar and Lemon water few times a day.

**WATER:**
- 12-16 glasses a day