

KIDNEY STONES SAMPLE DIET

Guru Mann Fitness Inc.

EMPTY STOMACH (MORNING)

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

MEAL 1

OMELETTE:
- 1 Whole Egg
- 3 Egg Whites
1 Slice Bread (for muscle building take 4 slices)
1cup 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
- 1cup (200ml) normal water

MEAL 3

90g Chicken Breast
½ cup brown rice or 1 Roti (for muscle building take 1cup 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
- 1cup (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 1cup 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
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DRINKS TO AVOID:

- Alcohol
 - Beer
 - Coffee
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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.*
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FOOD TO ADD:

- Egg whites
 - Nuts
 - Seeds
 - Fruits, etc
 - Citrus food, like: Apple cider vinegar, oranges, lemon, etc.
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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
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Drink Apple Cider Vinegar and Lemon water few times a day.

WATER:

12-16 glasses a day

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