

Built with your kidney care team — never around them

# Kidney nutrition is confusing. Let's make it **simple**.

*There's no one kidney diet — there's a plan built for your labs.*

Potassium, phosphorus, protein, sodium, fluid — the rules feel endless and contradictory. Mayan Botanicals builds a gentle, lower-sodium, whole-food plan and personalizes it *with* your nephrologist and renal dietitian, so you finally know what's on your plate. Food guidance that works alongside your medical care — never instead of it.

See the Meal Plans →

Start My Intake

↓ Download the plan overview (PDF)

Gentle & Whole-Food

Lower Sodium

With Your Care Team

26

DAY STRUCTURE

4

DAILY MEAL RHYTHMS

52+

LOWER-SODIUM RECIPES

1

CLEAR DOORWAY

WHY GENERIC DIETS BACKFIRE

## It's not you. Your **kidneys** changed.

The foods everyone calls "healthy" can be exactly wrong for kidneys. Here's why generic advice backfires — and why your plan has to be built for *you*.



### The Load Adds Up

Ultra-processed foods and excess sodium make your kidneys work harder every day. A gentler, simpler, lower-sodium plate eases that everyday load.



### "Healthy" Isn't One-Size

Beans, nuts, whole grains, lots of potassium-rich fruit — great for most people, but depending on your kidney stage they can be too much of the wrong minerals. Generic "eat healthy" advice can backfire.



### Your Labs Lead

Your kidney numbers decide your potassium, phosphorus, protein, and fluid needs — not a website. That's why every plan is built with your nephrologist and renal dietitian.

# What's inside your **plan**

Not a rigid diet — a rhythm you can actually live. Every plan is built around four working parts.



## Daily Meal Rhythm

A simple flow of meals and rest windows so every day is easy to follow.



## Therapeutic Food Library

Swap-friendly, lower-sodium recipes your renal dietitian can tailor to your labs and stage.



## Batch-Cook Simplicity

Cook once, eat right all week. Prep maps keep the plan realistic for a busy life.



## Hydration — As Advised

Fluid guidance that follows exactly what your kidney care team recommends for your stage. No herbs, no cleanses.

# One day, mapped for you

This is only an EXAMPLE of the gentle, lower-sodium shape of a day — not a plan to copy. Your actual foods, portions, and fluids are set by your renal dietitian based on your labs and kidney stage.

## ON WAKING



### On Waking

Water — the amount your care team advises for you

**Why:** hydration for kidneys is personal; always follow your team's guidance.

## BREAKFAST



### Breakfast (example)

An egg-white scramble with peppers, or a small bowl of berries

**Why:** gentle, lower-potassium choices — your dietitian sets your protein amount.

## MIDDAY



### Midday (example)

A small portion of lean protein with white rice and green beans or cabbage

**Why:** lower-potassium, lower-phosphorus choices — portions personalized to your labs.

## AFTERNOON



### Afternoon (example)

A few berries or apple slices, or a simple lower-sodium snack

**Why:** lower-potassium fruit, kept simple — no herbs or cleanses.

## DINNER



### Light & Early

Baked fish or chicken with cauliflower and a small serving of rice or pasta

**Why:** gentle, lower-sodium, portion-aware — kept light and set by your dietitian.

## THE METHOD

# The 5-part rhythm

Every Mayan kidney-support journey follows the same gentle arc — always with your care team.

1

### Reset

Clear the ultra-processed, high-sodium foods and start simple.

2

### Rebuild

Build gentle, lower-sodium plates your care team can tailor.

3

### Rhythm

Lock in a simple daily meal schedule you can rely on.

4

### Steady

Keep the load light and even — with your labs guiding the way.

5

### Reinforce

Make it the way you eat for good — alongside your kidney team.

CHOOSE YOUR PATH

# Four ways to start

Every path includes a personalized kidney-support meal plan built around your labs and your care team. Choose the level of guidance that fits where you are right now.

ENTRY

## Reset Plan

A clean, focused, lower-sodium starting point to ease the everyday load.

- ✓ Personalized reset meal plan
- ✓ Core food & tonic guide
- ✓ Simple daily rhythm

Start Reset →

View Details

SIGNATURE

MOST CHOSEN

## Signature Plan

The complete kidney-support meal system — plan, library, and guidance built with your care team.

- ✓ Full personalized plan
- ✓ Therapeutic food library
- ✓ Batch-cook & hydration maps
- ✓ Structured check-in rhythm

Start Signature →

View Details

HIGH-TOUCH

## Concierge Plan

Closer guidance and hands-on support as your plan evolves with your body.

- ✓ Everything in Signature
- ✓ Priority practitioner support
- ✓ Ongoing plan adjustments

Start Concierge →

View Details

PREMIUM

## VIP Transformation

The full transformation experience — deepest support for a lasting change.

- ✓ Everything in Concierge
- ✓ Full transformation roadmap
- ✓ Highest level of guidance

Start VIP →

View Details

YOU'RE NOT ALONE

## Support that walks it with you

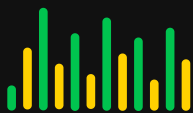
The reason most plans fail isn't the food — it's doing it alone. Every Mayan plan pairs your personalized meals with steady coaching and check-ins, so the days you feel like quitting are the days you feel most held. Rooted structure, real accountability, one clear next step at a time.

Start My Intake →

AI VOICE COACH — LIVE NOW

Talk to Coach Prince

Prefer to talk to a person? Call [470-684-4813](tel:470-684-4813)



### Coaching Support Included

Guidance that stays with you between meals

YOUR FIRST STEP

# Ready for a plan that fits **your kidneys?**

Tell us where you are. We'll point you to the right plan and coordinate with your care team.

First Name

Your first name

Email

you@email.com

Your Main Goal

Select one... ▾

[Get My Weight Management Plan →](#)

We'll take you to a short intake to personalize your plan. Live healthy, be healthy.

**MAYAN BOTANICALS**

[Reset Plan](#)

[Signature Plan](#)

[Concierge Plan](#)

[VIP Transformation](#)

*Live healthy, be healthy.*

These meal plans are educational nutrition guidance and are not medical advice. They are not intended to diagnose, treat, cure, slow, or prevent kidney disease or any condition. Nutrition needs for kidney health are highly individual and change with your kidney stage and lab results — your potassium, phosphorus, protein, sodium, and fluid needs must be set by your nephrologist and a registered renal dietitian. Some foods, herbs, and supplements that are healthy for others can be harmful to people with kidney disease. Do not start any herbs or supplements, and do not change your diet, fluids, medication, or dialysis, without your kidney care team. These plans are meant to work alongside your medical care, never to replace it. Individual results vary.

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