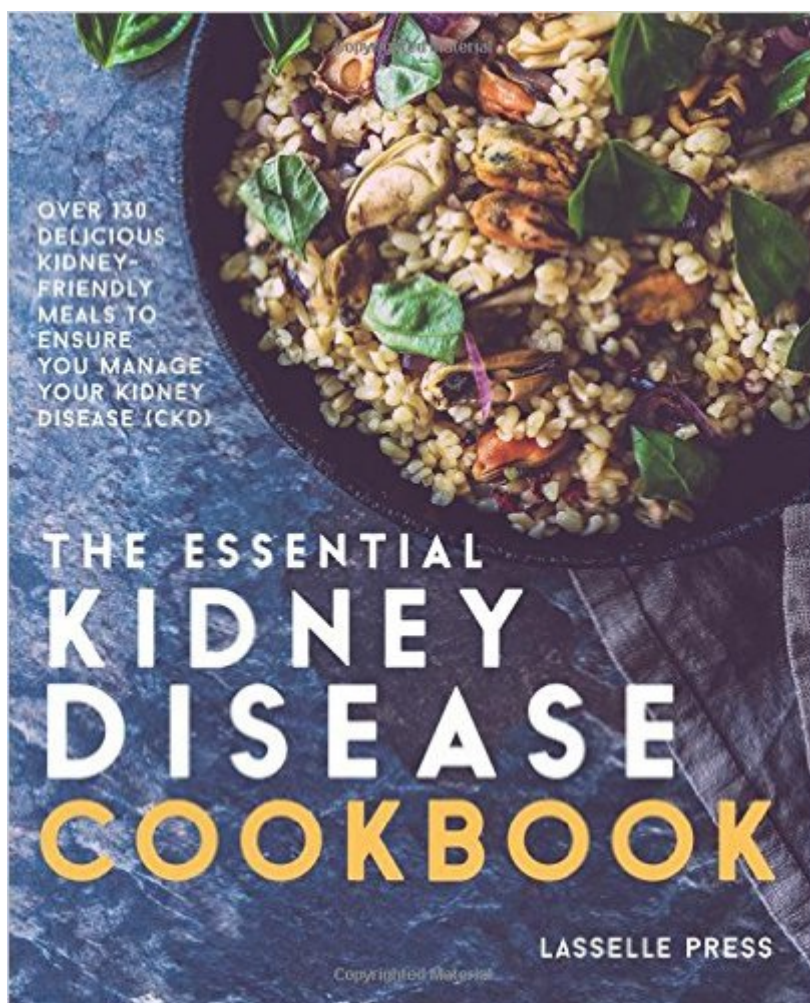


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Essential Kidney Disease Cookbook: 130 Delicious, Kidney-Friendly Meals To Manage Your Kidney Disease



Synopsis

Manage Your Kidney Disease With Over 130 Delicious, Kidney Friendly Recipes! Making the decision to change your diet and lifestyle after a diagnosis of kidney disease is a huge step. By making the best choices, you can make a difference to how you feel along with the symptoms you experience. The Essential Kidney Disease Cookbook provides over 130 delicious, kidney-friendly meals so you can continue to enjoy delicious meals with your loved ones, family and friends! Each of the recipes in this cookbook are made with easy to find fresh ingredients, are simple to prepare, and include accurate nutritional information to ensure you can make the right food choices, dependent on your situation! Here's a "sneak peek" of what you'll find inside: 130+ delicious, mouthwatering recipes included our delicious Aromatic Chicken And Eggplant Curry, Chili Crispy Beef Noodles and Oriental Salmon Burger Comprehensive Dietary Advice & Guidance Each recipe contains the exact amount of calories, protein, carbohydrates, fat phosphorus, potassium and sodium. And Much Much More... Scroll Up And Click The "Buy" Button Now To Start Your Journey!

Book Information

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Customer Reviews

Trying to cope with chronic illness or just preventing disease has never been easier or more fun. I found this cookbook as a wonderfully refreshing addition to my cookbook collection. For the past several years I have been fighting a chronic disease that not only can lead to kidney disease but that currently puts additional stress on my kidneys. When I picked up this book, I found myself totally engrossed in its pages. The recipes are made up using everyday foods that most of us enjoy, easy to prepare with simple ingredients and easy to cook. The different is in how they are prepared,

and what types of foods you use in your recipes. The author gives us guidance at the beginning of the book for those of us just starting out and trying to get a grasp on how to eat well for kidney disease. The book looks at things like considering your lifestyle, cooking tips, and even one of the hardest choices, tips for eating out. One of the best portions of this cookbook is the chart for kidney super foods. The chart breaks down several types of foods and lists specific contents so right up front you know which foods could be a better choice. The recipes are just mouth-watering, so eating well doesn't mean depriving yourself. I found a fantastic recipe for Mexican Style Burritos and Oriental Salmon Burger that I found amazingly easy. The book even has recipes for beverages like smoothies, definitely my favorite for breakfast. If you know someone suffering from kidney disease or you just want to eat clean and healthy, I would recommend this cookbook highly, you won't be disappointed. #lassellepressDisclaimer: I received this product for free or heavily discounted for my unbiased review of the product.

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