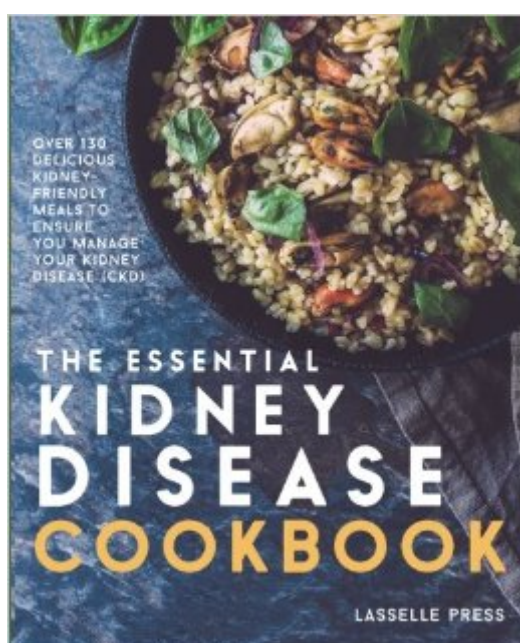


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# Essential Kidney Disease Cookbook: 130 Delicious, Kidney-Friendly Meals To Manage Your Kidney Disease (CKD) (The Kidney Diet & Kidney Disease Cookbook Series)



## 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 including 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 "Add To Cart" Button Now To Start Your Journey To Better Health! Tags: kidney disease cookbook, renal cookbook, kidney disease diet, kidney disease, chronic kidney disease, kidney disease cooking, renal diet

## Book Information

Series: The Kidney Diet & Kidney Disease Cookbook Series

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Product Dimensions: 7.5 x 0.4 x 9.2 inches

Shipping Weight: 14.7 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars See all reviews (29 customer reviews)

Best Sellers Rank: #49,493 in Books (See Top 100 in Books) #15 in Books > Cookbooks, Food & Wine > Special Diet > Low Salt

## Customer Reviews

I've been on the lookout for healthier, real food cookbooks. Life debilitating diseases runs on both sides of my family along with my extended family. I wanted to start eating more healthy for myself and my children. So this cookbook is it for us as a good preventative cookbook. But it's more than that in the beginning the authors go over what kidney disease is, what the symptoms are, and

some of the food to eat and to avoid. The recipes are simple, fast, and delicious. There are tons of chicken recipes. And other recipes with meat. There's a vegetarian section but there's not a whole lot of recipes that is meat. Having more vegetarian recipes would be my one suggestion. I received this book free in exchange for my honest, unbiased review

Perhaps I didn't do enough reading in advance to know that pictures are not a part of the cookbook. I was disappointed and just sent it back. The premise is nice but most people are going to want a visual representation of what they are cooking.

I love this book. I have been looking for a book for kidney diseases and this is a great book. It gives you all the details you need to know about Chronic Kidney Diseases. My dad has kidney disease so it is a must have for me. Disclaimer: I received this book either free or at a discounted rate in exchange for my honest and unbiased review. I do not promise a good rating in return, nor am I affiliated with this company or compensated in any way. I am just a regular customer who shops a lot on . I thoroughly test each product with the intention of providing an accurate, honest opinion so you can determine if this product is of value to you. I do not base my review on price, as prices fluctuate, but on the quality of the product as I see it. Please feel free to ask me any questions.

Has great info on kidney disease and foods to eat/avoid. My younger sister has polycystic kidney disease so this was especially interesting to me and to share some of the info with her. Recipes are good and there are many to choose from! I received this product at a discount/free in exchange for my honest and Unbiased review.

I got this book for a friend of mine who's kidneys were recently damaged by a virus whilst she was working in Africa. She loves how the recipes are simple to follow and easy to prepare. She has been cooking kidney friendly for over a week now and says that these are just the kind of gentle recipes her doctor and recommends to see her back to full recovery. I received this book for free in exchange for my honest feedback.

Great book with healthy recipes! Not only are the clean and fresh recipes easy to follow, there are cooking tips for those new to the art form of cooking for healthy eating. I think it could have included more desserts but this mama has a sweet tooth. Received at a discount for my honest review.

This book is filled with amazing recipes! The pesto was really easy and simple to make. I cannot wait to try more of the recipes. Overall a wonderful cookbook for people with kidney problems. I received this book for free for my unbiased review.

Great cookbook for healthy meals. Always looking for tasty alternatives to the same ole thing every week. Look forward to trying all the recipes in this one. I did receive this free/discounted in exchange for honest review.

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