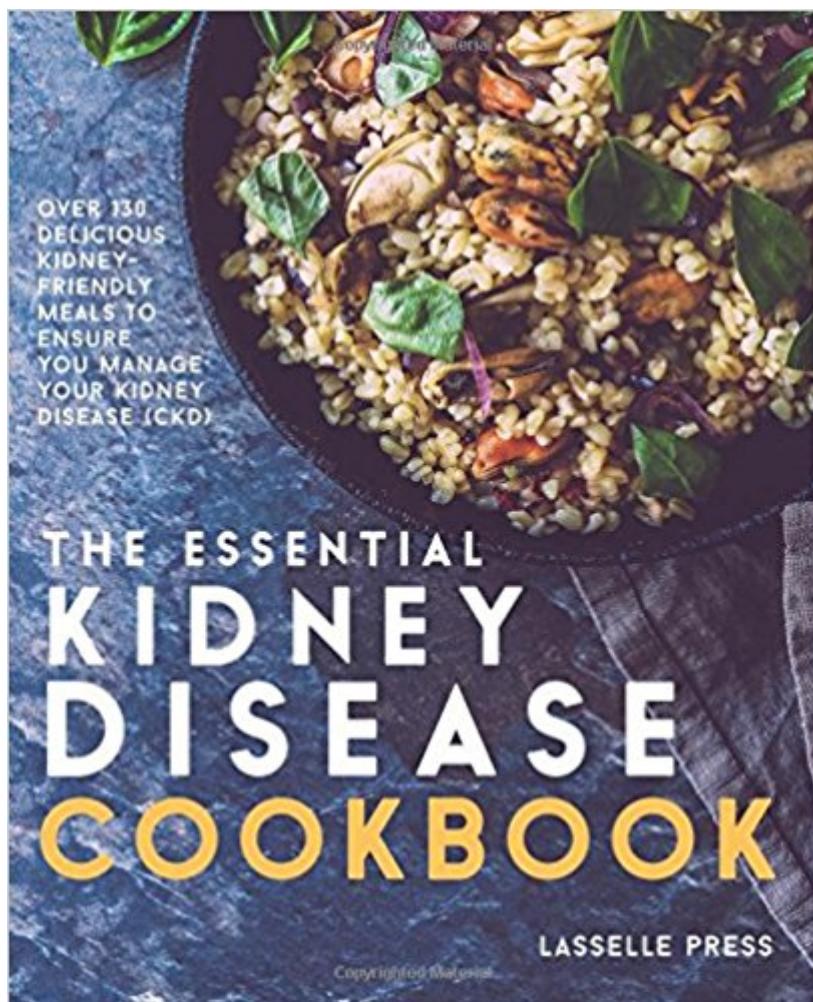


The book was found

# 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

Hardcover: 202 pages

Publisher: Lasselle Press Limited (August 6, 2016)

Language: English

ISBN-10: 1911364057

ISBN-13: 978-1911364054

Product Dimensions: 7.5 x 0.5 x 9.2 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 starsÂ See all reviewsÂ (31 customer reviews)

Best Sellers Rank: #1,113,547 in Books (See Top 100 in Books) #123 inÂ Books > Medical Books > Medicine > Internal Medicine > Nephrology #958 inÂ Books > Cookbooks, Food & Wine > Special Diet > Low Fat

## 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. #lasselleepressDisclaimer: I received this product for free or heavily discounted for my unbiased review of the product.

[Download to continue reading...](#)

Essential Kidney Disease Cookbook: 130 Delicious, Kidney-Friendly Meals to Manage Your Kidney Disease Chronic Kidney Disease: The Ultimate Guide to Chronic Kidney Disease: Diet, Prevention, Early Detection and Fast Treatment! (Kidney Stones, Kidney Disease Solution, Kidney Health) Kidney Stones: How To Treat Kidney Stones: How To Prevent Kidney Stones (Kidney Stone Treatment & Prevention Guide With All Natural & Medical Solutions To Remedy Pain Or Prevent In The First Place) The Kidney Disease Solution, The Ultimate Kidney Disease Diet Cookbook: The Only Renal Diet Cookbook You Will Ever Need Freezer Meals BOX SET 3 IN 1: 25 Simple And Money-Saving Recipes + 20 Healthy Crockpot Freezer Meals + 16 Delicious And Healthy Freezer Meals With No Meat: ... cookbook for two, dump dinners cookbook) Eco-Friendly Cleaning: Money Saving Solutions for a Clean, Green, All-Natural, Non-Toxic, Eco-Friendly Home (eco-friendly, sustainability, homesteading, ... natural cleaning, green home, non-toxic) Kidney Disease Cookbook: 85 Healthy & Homemade Recipes for People with Chronic Kidney Disease (CKD) Chinese Cooking: No Wok Takeout! 80 Amazingly Delicious 3 Steps Or Less Chinese Recipes Revealed (Chinese Cookbook, Cooking For One) (cookbook for beginners, ... meals cookbook, easy meals for one 2) Slow Cooker Freezer Meals: 30 Best Tasting Slow Cooker Freezer Meals In 3 Hours: (Freezer Recipes, 365 Days of Quick & Easy, Make Ahead, Freezer Meals) ... cookbook for two, dump dinners cookbook) Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Healthy Instant Pot (6 in 1): Low-Calorie Meals to Help Your Diet Plans (Low-Carb Budget-Friendly Meals) CROCKPOT DUMP MEALS: Delicious Dump Meals, Dump

Dinners Recipes For Busy People (crock pot dump meals, crockpot dump dinners, dump dinners) Low Carb Freezer Meals: 30 Healthy Meals to Choose and Prepare in One Day for the Whole Week to Save Your Time and Money (Microwave Cookbook & Quick and Easy Meals) Cheap and Delicious Box Set: 31 Fast Freezer Meal Recipes For Money Saving and 33 Easy to Follow Steps For Canning, Freezing, Dehydrating your Favourite ... Delicious, cheap meals, Make Ahead Meals) Pressure Cooker Meals: 30 Quick, Easy and Delicious One Pot Meals For Your Pressure Cooker That You're Family Will Love (The Essential Kitchen Series Book 17) Make Ahead Meals: Stock Up On These 44 Fridge And Freezer Friendly Meals Ahead Of Time, And You'll Never Go Hungry Again-Save Time And Reduce The Stress ... Slow Cooker Recipes, Make Ahead Paleo) Freeze, Heat and Eat Box Set (5 in 1): Budget-Friendly, Low Carb, Microwave, Dump Freezer Meals for Busy People (Microwave Meals & Recipes) CROCK POT: 450 Easy Crockpot Recipes (crockpot cookbook, slow cooker recipes, crock pot meals, paleo, vegetarian, crock pot, crock pot cookbook, crockpot freezer meals, slow cooker cookbook) CROCK POT: Over 1825 Crock Pot Dump Meals and Dump Dinner Recipes (Crock Pot, Dump Meals, Dump Dinners, Freezer Meals, Crock Pot Cookbook, Crock Pot Recipes, Crock Pot Chicken Recipes) ESSENTIAL OILS: Aromatherapy, Essential Oils For Beginners, And Essential Oil Recipes To Improve Your Health (Medicinal Herbs) (Essential oil recipes, ... Aromatherapy and essential oils Book 1)

[Dmca](#)