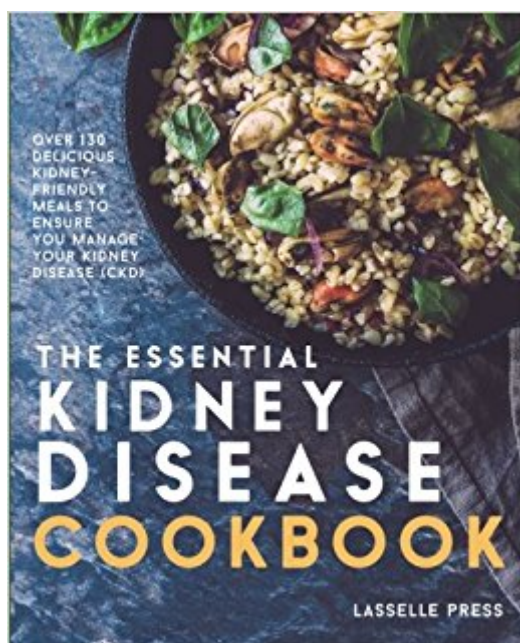


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# Essential Kidney Disease Cookbook: 130 Delicious, Kidney-Friendly Meals To Manage Your Kidney Disease (CKD) (The Kidney Diet & Kidney Disease Cookbook Series)



## 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

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Best Sellers Rank: #64,700 in Books (See Top 100 in Books) #10 in Books > Medical Books > Medicine > Internal Medicine > Nephrology #24 in Books > Cookbooks, Food & Wine > Special Diet > Low Salt #104 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat

## Customer Reviews

Finally! A kidney diet book that lists ALL the nutrients I have to watch each day- and in one place. I searched high and low for this- most books give separate lists and you get so confused going back and forth. This is exactly what you need to help plan your diet. It also gives you a great way to go

food shopping. Thank you so much!

Very informative and helpful. Am downloading to cellphone to help me shop for groceries and meals that vary and not monotonous or boring

Good photos, nutritional information included. Decent cookbook for CKD.

Excellent, recipes were interesting and easy to follow. I would certainly recommend it to someone with CKD.

Got this so I could help advise my brother who has chronic kidney disease. I'm happy with my purchase

Gave this cookbook as a gift and she loves it!

Lots of good recipes.

Very nice cook book!

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