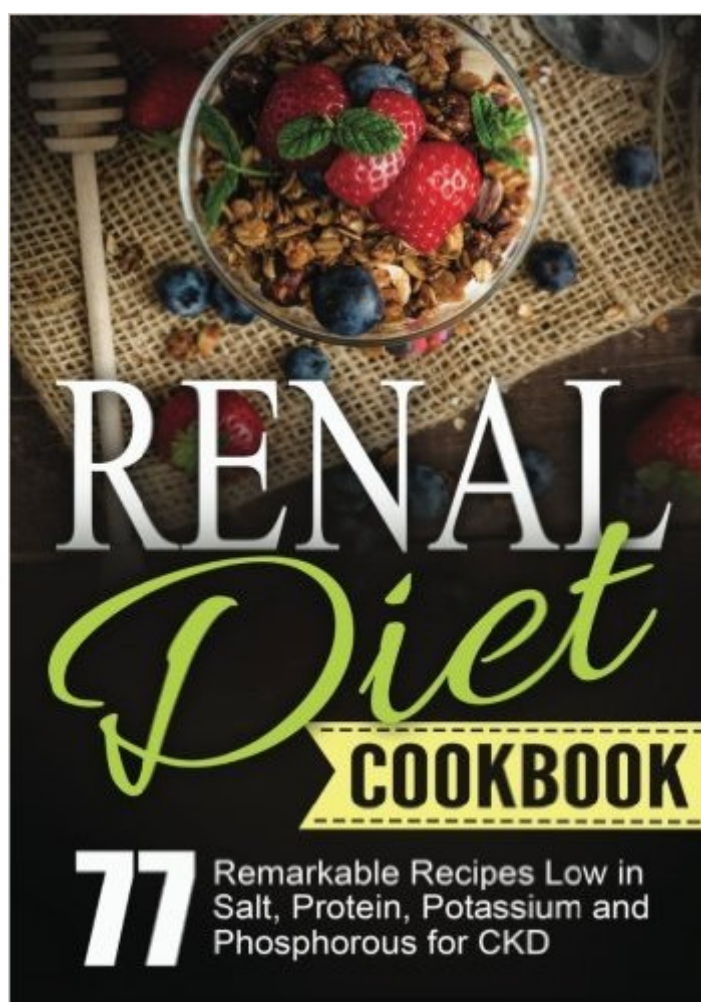


The book was found

# **Renal Diet Cookbook: Chronic Kidney Disease - 77 Remarkable Recipes Low In Salt, Protein, Potassium And Phosphorous For CKD (Bonus: 4-Week Diet Plan Challenge Included)**





## Synopsis

This exclusive discount offer is only available until midnight. Act now! Quick Questions! Do you want a variety of recipes designed to manage your CKD? Do you want a 4-week diet plan given to you? Do you feel symptoms like feeling tired all the time or loss of appetite? Look No Further The way your kidney disease works is it will gradually get worse bit by bit over the long term. In the beginning stages symptoms may not even show and this puts your kidneys at risk. With a proven diet that works in favor with your kidney disease, managing your health becomes much, much easier While receiving the diagnosis that you have what is known as chronic kidney disease will likely feel as though the world is crumbling around you; being proactive about the diagnosis can allow you to once again return to solid ground. A big part of that means changing your diet and watching your intake of protein, phosphorus, potassium and sodium Inside you will find 77 different kidney friendly recipes broken down into breakfast, lunch, dinner, snacks and desserts, each of which contains a complete breakdown of nutrition information to take the guesswork out of determining the amount of key nutrients that comes from homemade food. Forewarned is forearmed, and knowing these amounts could very well save your life In This Book, You'll Discover... A 4-Week Diet Plan Layed-Out For You 77 Delicious Recipes That Are Kidney-Friendly (Breakfast, Lunch, Dinner, Snacks, Desserts) A Wide Variety Of Recipes Including; Chinese Food, Italian Food, Indian Food, And A Number Of American Favorites Much, much, more! Take Action! Scroll up and Buy Your Copy Now

## Book Information

Series: Bonus: 4-Week Diet Plan Challenge Included

Paperback: 128 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (May 7, 2016)

Language: English

ISBN-10: 1533074216

ISBN-13: 978-1533074218

Product Dimensions: 7 x 0.3 x 10 inches

Shipping Weight: 5 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars Â Â See all reviews Â (49 customer reviews)

Best Sellers Rank: #20,389 in Books (See Top 100 in Books) #3 in Â Books > Medical Books > Medicine > Internal Medicine > Nephrology

## Customer Reviews

Author/nutrition coach Sarah Lynch, representing Northern Press, presents a very fine cookbook here geared toward people suffering from chronic renal disease. Having been a sufferer from Irritable Bowel Syndrome in the past, Sarah appreciates the importance of food choices in controlling disease. The book is subtitled 77 Remarkable Recipes Low in Salt, Protein, Potassium and Phosphorous for CRD (Chronic Renal Disease) and while that subtitle basically says it all as far as the important factors to be addressed for those with CRD, the pleasure of this book is that instead of being preachy about what can have and can't have is the author's positive approach by supplying tested recipes that protect CRD patients from progression or exacerbation. A 4-week plan is outlined, describing all the meals that can improve the quality of life for those with CRD. This is followed by Chapters on Kidney friendly Breakfast recipes (such as clam omelet, breakfast burrito, French Toast, etc), Kidney friendly Lunches (BBQ Pita Pizza, Pinwheel Turkey sandwiches, crab soup, etc) and Kidney friendly Dinner recipes (baked cod with mushrooms, citrus salmon, orange chicken, etc). To keep the snackers happy there are Kidney friendly snack recipes, and finally Kidney friendly dessert recipes (no, you don't have to do away with these last two categories as long as they are prepared the way they are offered here!). The recipes are very well presented with serving sizes per recipe, the amount of potassium, phosphorus, protein and sodium calculated for you, how to prepare the utensils and ingredients needed and then exact preparation directions.

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

Renal Diet Cookbook: Chronic Kidney Disease - 77 Remarkable Recipes Low in Salt, Protein, Potassium and Phosphorous for CKD (Bonus: 4-Week Diet Plan Challenge Included)  
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 Disease Cookbook: 85 Healthy & Homemade Recipes for People with Chronic Kidney Disease (CKD)  
Renal Diet Cookbook: The Low Sodium, Low Potassium, Healthy Kidney Cookbook  
DIY Protein Bars: 25 Simple Protein Bar Recipes For Making Quick Healthy Snacks. Learn How to Make Protein Bars in No Time (diy protein bars, protein bars, high protein snacks)  
The Kidney Disease Solution, The Ultimate Kidney Disease Diet Cookbook: The Only Renal Diet Cookbook You Will Ever Need  
Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet)  
Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living)  
Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein,

low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb: 21-Day Weight Loss Challenge - How to Lose 15 Pounds with Low Carb Diet (FREE BONUS included!) (Low Carb Diet, Low Carb Cookbook, Clean Eating) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Carb Diet for Beginners - How to Lose 7 Pounds in 7 Days with Low Carb & High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) DIY Protein Bars: Simple & Tasty Homemade Protein Bar Recipes for Weight Loss, and Build Muscles to Replace a Properly Balanced Meal (Protein Bars, DIY Protein Bars, protein bars at home) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Essential Kidney Disease Cookbook: 130 Delicious, Kidney-Friendly Meals to Manage Your Kidney Disease

[Dmca](#)