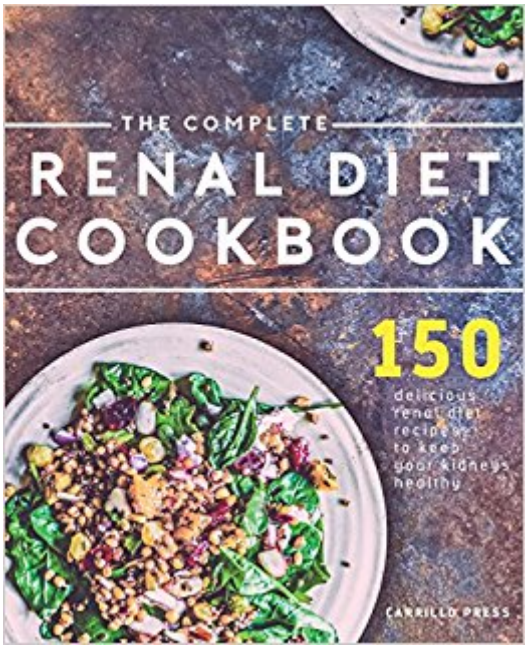
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The Complete Renal Diet Cookbook: 150 Delicious Renal Diet Recipes To Keep Your Kidneys Healthy (The Renal Diet & Kidney Disease Cookbook Series)



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Synopsis

Keep Your Kidneys Healthy With 150 Delicious Recipes!We understandÃ Â that receiving a diagnosis of kidney disease at any stage is an extremely tough time. Suddenly you know that your kidneys aren't working as they should be and that you will need to make a change to your lifestyle and diet.Ã Â The Complete Renal Diet Cookbook is dedicated to providing you with 150 healthy and delicious recipes for breakfast, lunch, dinner and dessert that won't leave you feeling uninspired, worn out in the kitchen or out of budget! In other words, they contain easy-to-find ingredients, simple instructions and delicious outcomes.Each meal is given with its nutritional values broken down including the major minerals to look out for including sodium, potassium and phosphorous. Hopefully this will take the strain out of meal planning anfd preparation and allow you and the whole family to enjoy dinner time again! Cooking and lifestyle guidance is also given in order to make the transition to the Renal Diet, the easiest and smoothest possible for you during this difficult time.Ã Â Here's a peek of what you'll find inside:Ã Â 150 delicious recipes including our delicious Paprika Pork Soup, Monk-Fish Curry and Honey Mustard Grilled Chicken.Cooking and lifestyle guidance.Accurate nutritional information with each recipe.And Much, Much More!Ã Â Scroll Up And Click The 'Add To Cart" Button Now To Start Your Journey!Ã Â Tags: Renal Diet Cookbook, Kidney Disease Cookbook, Renal Cookbook, Kidney Disease Diet, Chronic Kidney Disease, Kidney Disease Cooking, Renal Diet

Book Information

Series: The Renal Diet & Kidney Disease Cookbook Series

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Average Customer Review: 4.6 out of 5 stars 6 customer reviews

Best Sellers Rank: #437,977 in Books (See Top 100 in Books) #110 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Low Salt

Customer Reviews

The problem with kidney is a serious medical issue. You must consult your doctor immediately if you

have any suspicions about it. Look attentively at the list of products to avoid. You still need a variable menu for proper nutrition. This book helps greatly here. YouÃƒÂ¢Ã â ¬Ã â„¢ll get a great number of recipes with information about macronutrients and minerals ratio for every dish.

This is the most helpful reference and information I have found. The only drawbacks are some ingredients households do not generally stock.I recommend reading through the recipes before making a shopping list. Best wishes for your improved health.

This one is new. I have never heard of Renal diet. Diet specifically for your kidneys. The recipes sounds great and explained well. I will be trying o make some of then very soon,Recommended

I am currently working on a study, along with endocrinologists and nephrologists, focused on preserving kidney function to avoid dialysis in patients with diabetes and reduced kidney function. This book was the best that I found to manage the nutritional part of their treatment. It is clear, detailed, up-to-date, and offers all the guidelines I need to assess nutritional status and manage these patients' diets.

This kidney cookbook removes the mystery and stress of figuring out what foods to eat, Targeted weekly meal plans to preserve your kidney health.Recipe modifications for dialysis patients. Helpful FAQs about managing chronic kidney disease. Arm yourself with all the knowledge you need with the Renal Diet Cookbook.

I purchased this for my mother who has the inherited form of polycystic kidney disease. She thanked me for the book when she received it in the mail and mentioned that the index is not correct. She also said that the recipes look very good and so is the information. I also purchased a copy of the book on my kindle.

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