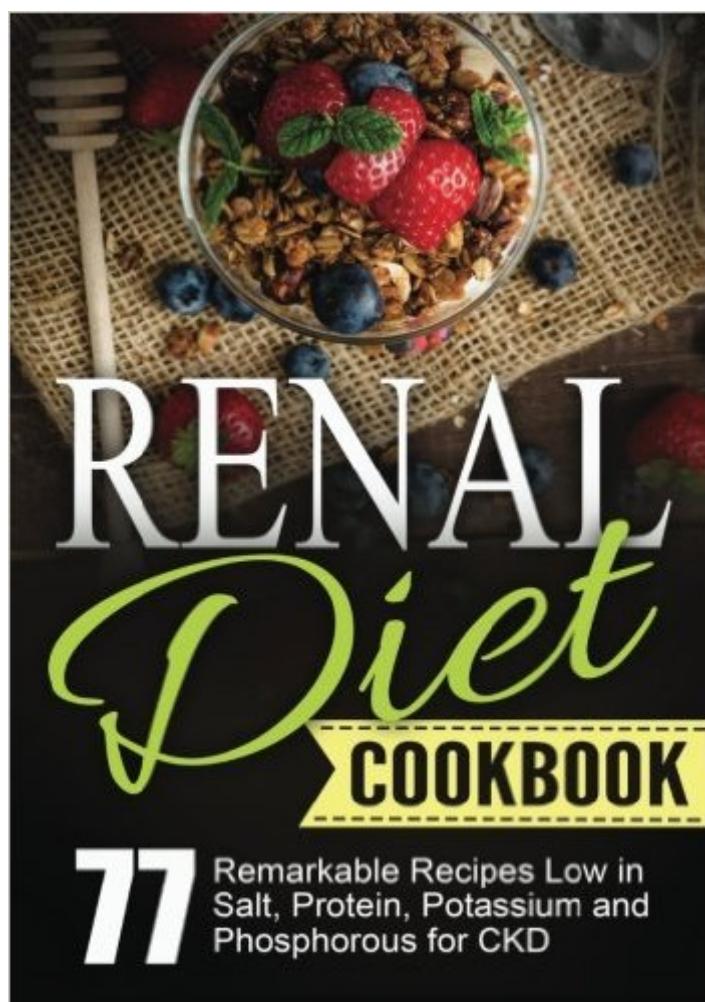


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# Renal Diet Cookbook: Chronic Kidney Disease - 77 Remarkable Recipes Low In Salt, Protein, Potassium And Phosphorous For CKD (Bonus: 4-Week Diet Plan Challenge Included)





## 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 You77 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 FavoritesMuch, much, more! Take Action! Scroll up and Buy Your Copy Now

## Book Information

Series: Bonus: 4-Week Diet Plan Challenge Included

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## 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 "can haves and can't haves" 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.

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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)  
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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)  
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