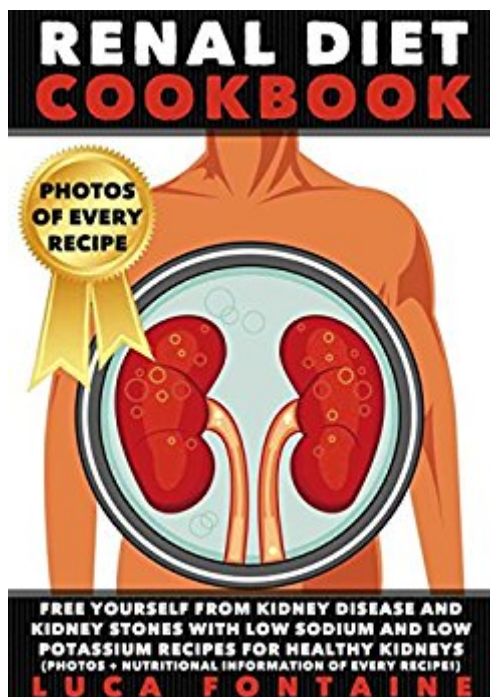


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# Renal Diet Cookbook: Free Yourself From Kidney Disease And Kidney Stones With Low Sodium And Low Potassium Recipes For Healthy Kidneys (photos + Nutritional Information Of Every Recipe!)



## Synopsis

DOZENS OF AMAZING LOW SODIUM, LOW POTASSIUM RECIPES WITH PHOTOS, SERVING SIZE, AND NUTRITIONAL INFORMATION FOR EVERY SINGLE RECIPE!Kindle MatchBook: Buy the paperback edition and get the Kindle edition FREE!REGULAR PRICE: \$14.99 | LIMITED TIME PROMOTIONAL DISCOUNTKidney problems have become increasingly common in the west. Chronic kidney disease and kidney stones can be painful and reduce our quality of life. You donâ™t have to live that way!Recipes to reclaim your health!Whether you are battling chronic kidney disease or suffering from the pain of a kidney stone, restoring and maintaining kidney health is largely a function of a proper diet. Watching your sodium, potassium, phosphorus, and protein intake can be crucial to your recovery. If you are suffering from a kidney problem, this is the cookbook you have been waiting for!Dozens of delicious renal diet recipes!The recipes in this cookbook have been hand-picked to promote optimal kidney health. You will find delicious recipes you will love to eat again and again inside the pages of this cookbook. Each and every recipe contains complete nutritional and serving information as well as a photo!Don't miss out!Grab this book today at the limited time sale price and make a small investment in your health and well-being that will pay off huge in the long run!

## Book Information

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## Customer Reviews

This is a comprehensive and helpful guidebook. Though I have read various renal diet cookbooks before, but this book is far better than those books. Inside of this book I have found plenty of low sodium and low potassium recipes and I really liked all of these recipes. Inside of this book the author has described about how easily we can free ourselves from kidney stones and kidney diseases. It is true that chronic kidney disease and kidney stones can be painful & reduce our quality of life. This book enlarged my knowledge about this matter and inside of this book I have found some comprehensive discussion about this topic too. Inside of this cookbook I have found dozens of delicious renal diet recipes and I already tried some recipe from this book. Just trust me those were really delicious and very healthy. I have no doubt about the good quality of this book and of course I will honestly recommend this book to all interested folks.

This cookbook is just amazing and well written. Though I had various articles and blog posts over the Internet about Renal diet but I was quite satisfied by knowing all those info & guides. Suddenly I heard about this cookbook from my uncle and he suggested me to read it entirely so I didn't feel hesitate to grab & read this book. I don't have any doubt to say this Renal Diet Cookbook is one of my best reads and it fully loaded with dozens of amazing low sodium & low potassium recipes. For each recipe I found photos and nutritional information as well.

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 was looking for a renal diet that suited myself and my partner who has kidney disease. I love how comprehensive the recipes are and that there are some low calorie options. This recipe book will give me many staples and ideas to work with. Thanks for writing this book and offering it at a reasonable price.

Health comes first. Nowadays, many people do not consider their health while dieting. They only starve themselves to death plus they eat what they want, not realizing that it can affect their internal

organs. This guidebook offers an informative discussion on Renal diet along with a cluster of Renal Diet recipes. The discussion about renal failure and the importance of eating properly was very informative. I recommend this book!

delicious recipes! That baked bread pudding is to die for, and that salmon is my favorite! Very well articulated as well! Nice book if your kidneys are in bad shape!

If you have never cooked - then this might be a good book for you (most recipes have only five ingredients). As far as a renal diet goes - many of the recipes have ingredients that my doctor or nutritionist would not want me to eat. I would suggest you look at "Renal Diet Plan and Cookbook" by Susan Zozheib if you are serious about your disease.

Well written guide to those having health (especially kidney) problems. I already tried some receipts from this book and I can say it was easy to make and delicious! This book gives clear understanding of how proper diet works. It can really help to improve overall health.

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