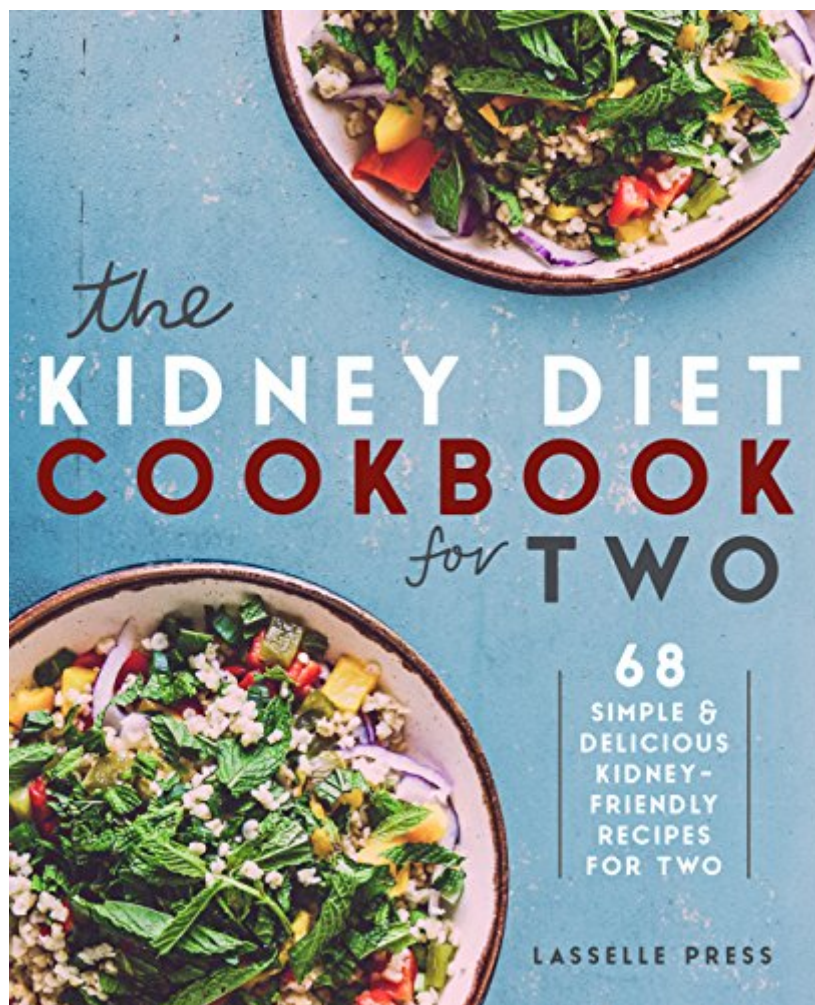




The book was found

Kidney Diet Cookbook For Two: 68 Simple & Delicious Kidney-Friendly Recipes For Two (The Kidney Diet & Kidney Disease Cookbook Series)



Synopsis

Over 65 Delicious Kidney-Friendly Recipes That You Can Both Enjoy! A diagnosis of kidney disease shouldn't mean you have to settle for boring, bland dinners alone. The Kidney Diet Cookbook For Two provides 68 delicious, perfectly portioned recipes for the two of you to continue cooking and enjoying meals together. All of the recipes in this book are designed to be flavorful, healthy and balanced. Each of the recipes in this cookbook also include a complete nutritional breakdown, in order to allow you to calculate your daily intake and ensure you are sticking to the guidelines given to you by your doctor. Here's a "sneak peek" of what you'll find inside: 68 delicious, mouthwatering recipes including our delicious Monkfish Paella, Moroccan Chicken Curry, Zucchini Spaghetti & Chicken, Ginger & Bean Sprout Stir Fry. 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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Customer Reviews

I was disappointed with this book because most of the recipes did not come with pictures. The recipes themselves weren't very impressive so I chose to return to .

Nice cook book.

I received this eBook for free from Lasselle Press for my honest review. I want to express that I love how this book started out. It gives you information about Kidney Disease, the causes, symptoms and 5 stages. Then you get help with Dietary Choices to be healthy and even get some help with what foods are better for certain stages. There are tips on eating healthy while eating out, shopping for foods, and cooking tips. You get some help with some super foods that are good for you as well. It tells you how to change your lifestyle to be kidney friendly along with exercises that go well with the diet. The recipes come in sections that are Breakfast, Poultry, Meats, Seafood, Vegetarian, Sides Salads & Soups, Stocks & Sauces, and Drinks & Desserts. I rated this 4 stars rather than 5 because I do feel that their should have been photos in the recipe sections. Something that draws me to a recipe sometimes is a photos. I love to get that whole "Wow that looks yummy!" feeling. There are some recipe names that caught my eyes though. I cannot wait to try the Tasty Toast, Stuffed Bell Peppers, Beef Stroganoff, and the Honey & Lime Salmon Burger. I also found 2 recipes that would be great for Thanksgiving, Homemade Turkey Gravy and Cranberry Sauce. At the end you do get some conversion charts. I love when a cookbook has these! I am always altering recipes to be smaller or bigger in amount so I have to turn to this a lot. And also I do a lot of cooking and baking and sometimes I just do not have the right size measuring spoon or cup because someone in the house misplaced it on their night to do dishes. So I am always having to stop and come to my computer to look up a conversion. I have some charts in cookbooks in my house, but this one has a lot more than they have. I do suggest if you have Kidney Disease or just want to do a healthy new diet, then you should get this book!

Reasonable recipes that don't take a long time to fix. I'll use this cookbook.

This book is incredible. As a person who suffers from Kidney Stones for more than 16 years, I thought it would be interesting to see what types of foods are good for me. The beginning of the

book taught me more about Kidney disease than I have even been told by any doctor. I can't wait to try out all the recipes. I also love that the recipes were designed to cook for two. It makes it very easy to cook for my family of four. I will be telling my family and friends all about this book. *I received this book at a discount for my fair and honest review.

This is a useful informative read & includes recipes, shopping & dining & cooking tips. There are LOTS of foods I can't eat, so this serves a good guide as to what's helpful for kidney support. I will agree with another reviewer, pictures would have been a nice touch, pictures are naturally motivating. Especially since it looks like their book has images, it would NOT have been hard to include images in the E-copy, perhaps that's what you get when you get an e-text for free in exchange for a review? I received this text in exchange for my honest review.

I did receive a free digital copy of this book and I just love it. I recommend it to anybody who has kidney disease or just wants to follow a healthy diet. This e-book comes with a lot of information about kidney and kidney disease, what you need to do and how to keep your kidneys functioning by eating a healthy simple food. #lassellesspress

I was interested in this after I had issues with Kidney Stones. I am trying anything to keep healthy. These recipes are wonderful and easy! I have received this product free in exchange for my honest review.

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