



**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)**

Northern Press

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DISCOVER: 77 Great-Tasting Recipes To Manage Your Kidney Disease

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!

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Mary Tiller:

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Thomas Rice:

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