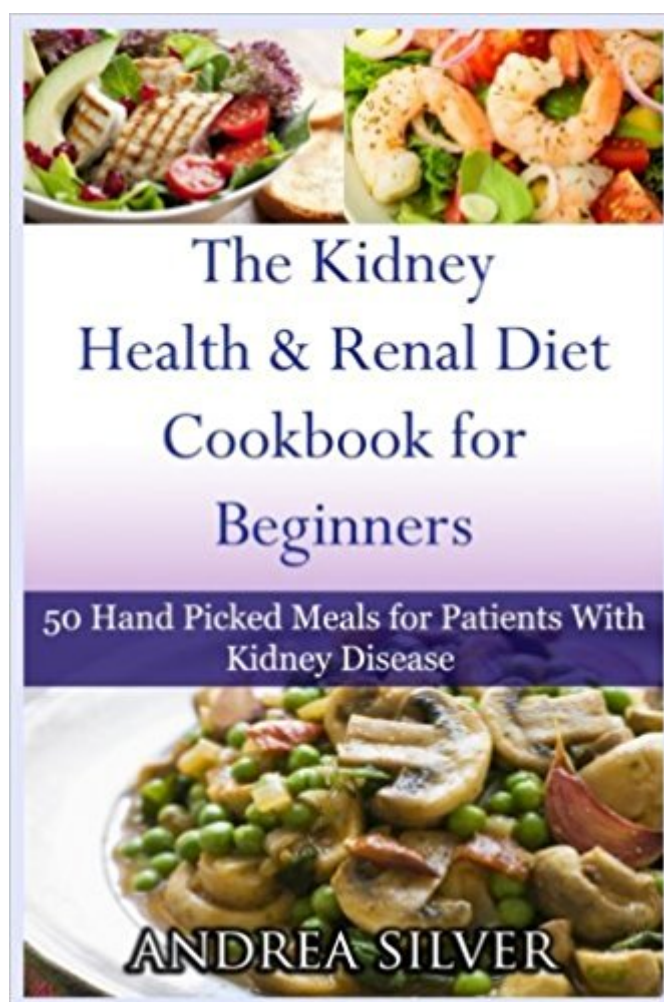


The book was found

The Kidney Health And Renal Diet Cookbook For Beginners: 50 Hand Picked Meals For Patients With Kidney Disease (Andrea Silver Kidney Health) (Volume 1)





Synopsis

Important steps to maintaining kidney health for those with renal failure or at high-risk.

Don't wait any longer to learn about this information. When I was 24 my uncle was diagnosed with kidney failure. We ended up living at home with him in Scottsdale, and he needed specialized meals. I would cook for him every day while others shopped for the ingredients. It was actually this experience that led to a future career as a professional cook. It was a stressful time, but also an opportunity to learn a lot about health, nutrition and the importance of what we eat.

I've since taken that knowledge to create this cookbook that I hope will help many others on a similar path. This book is designed for "Newbies" and will give the run-down about how renal diets work and the basic guidelines. This is not a substitute for receiving this information from a qualified doctor. However it can be used as a reminder to assist you on your journey. What follows are the best tasting renal recipes I've been able to create.

Don't forget, you can read this for FREE on Kindle Unlimited, or buy for a couple of bucks by clicking "Buy Now!" When you download The Kidney Health and Renal Diet Cookbook for Newbies you'll discover recipes that were carefully prepared using professional nutrition guidelines to: Eliminate waste from the blood, reduce urination, provide quality sources of protein, maintain a balance of minerals and reduce harmful minerals to kidney patients, and improve overall health. Discover recipes like: Andrea's Crab Cakes Moroccan Chicken Thai Fish Soup Honey Mustard Chicken Breasts Mushroom and Egg Pie And a lot more! We took extra care and time to create this cookbook for you, which we hope will improve the lives of those diagnosed with kidney disease. Order Your Copy of The Kidney Health and Renal Diet Cookbook today! You'll be very happy with this cookbook, or my name isn't Andrea the Internet's most prolific recipe creator (mild exaggeration, but possibly true). >>> Scroll up and Download a Copy Straight to Your PC Now, Or Enjoy a High Quality Paperback Edition

Book Information

Series: Andrea Silver Kidney Health

Paperback: 90 pages

Publisher: CreateSpace Independent Publishing Platform (June 15, 2017)

Language: English

ISBN-10: 1548132403

ISBN-13: 978-1548132408

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 6.7 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #176,500 in Books (See Top 100 in Books) #64 in [Books > Cookbooks, Food & Wine > Special Diet > Low Salt](#)

[Download to continue reading...](#)

The Kidney Health and Renal Diet Cookbook for Beginners: 50 Hand Picked Meals for Patients With Kidney Disease (Andrea Silver Kidney Health) (Volume 1) The Complete Renal Diet Cookbook: 150 Delicious Renal Diet Recipes To Keep Your Kidney's Healthy (The Renal Diet & Kidney Disease Cookbook Series) Essential Kidney Disease Cookbook: 130 Delicious, Kidney-Friendly Meals To Manage Your Kidney Disease (CKD) (The Kidney Diet & Kidney Disease Cookbook Series) The Complete Renal Diet Cookbook: 150 Delicious Renal Diet Recipes To Keep Your Kidneys Healthy (The Renal Diet & Kidney Disease Cookbook Series) Kidney Disease: for beginners - What You Need to Know About Chronic Kidney Disease: Diet, Treatment, Prevention, and Detection (Chronic Kidney Disease - Kidney Stones - Kidney Disease 101) Renal Slow Cooker Cookbook: 50 Delicious & Hearty Renal Diet Recipes That Practically Cook Themselves (The Renal Diet & Kidney Disease Cookbook Series 1) Renal Slow Cooker Cookbook: 50 Delicious & Hearty Renal Diet Recipes That Practically Cook Themselves (The Renal Diet & Kidney Disease Cookbook Series) Kidney Diet Cookbook for Two: 68 Simple & Delicious Kidney-Friendly Recipes For Two (The Kidney Diet & Kidney Disease Cookbook Series) Chronic Kidney Disease: The Essential Guide To CKD - Learn Everything You Need To Know About Chronic Kidney Disease (Chronic Kidney Disease, Kidney Stones, CKD) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Renal Diet and Cookbook: Your Complete Guide to the Renal Diet with Over 30 Easy and Delicious Kidney Friendly Recipes (30-Day Meal Plan Included) 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!) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) The Kidney Disease Cookbook: Delicious Kidney-Friendly Recipes to Help Manage Your Kidney Disease The Renal Drug Handbook: The Ultimate Prescribing Guide for Renal Practitioners, 4th

Edition (Ashley, the Renal Drug Handbook) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)