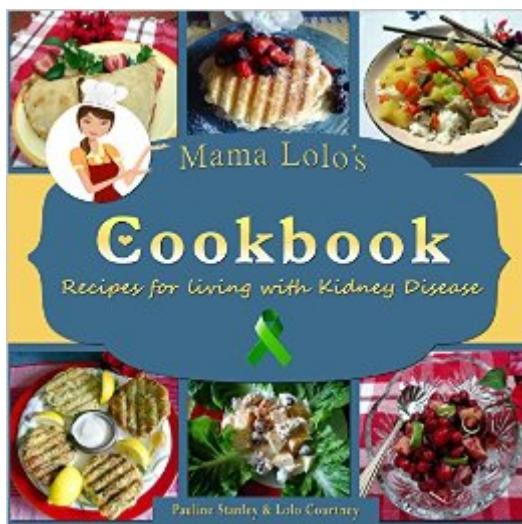


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# Mama Lolo's Cookbook - Recipes For Living With Kidney Disease (Mama Lolo's Cookbooks) (Volume 3)



## Synopsis

Say GOODBYE to the guessing game!!! This book is unique, all the ingredients referenced throughout the book are very low in sodium, phosphorous, and potassium. With more than 58 full-color photos of my homemade modern and up-to-date recipes, this book explores the science and nuance of good cooking for people with chronic kidney disease. What these recipes lack in sodium, phosphorus and potassium is more than made up for in flavor and satisfaction!

## Book Information

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Average Customer Review: 3.9 out of 5 starsÂ  See all reviewsÂ  (42 customer reviews)

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## Customer Reviews

Love the book, love the pictures and I especially love the nutrition facts on each page! I highly recommend this book to anyone with kidney problems or those who have family members with kidney disease.

The recipes in this cookbook are very good. Also, I like that the sodium, phosphorous, calories, etc. are listed. My husband has to watch the phosphorous in his diet and so many food labels don't list it so this is very helpful.

Not at all happy with this purchase. The recipes are what I call more on the exotic side and there really isn't that much in the way of main meal foods in it. Was looking for more chicken recipes but there are lots of fruity stuff! I just stick with Pinterest for the free CKD recipes. At least they call for ingredients already in the pantry.

Most important is that the carbohydrate count is not given and that is very important. Diabetes is a great risk for people with kidney disease - my renal specialist said, "Don't become a diabetic". Also there are typos and a BIG mistake is on page 15 where the Happy Kidney Tip for Cream of Wheat Apple Muffins calls them "...refreshing summer drink...." This book lists no publisher and it obviously wasn't edited. Terrible!

I was disappointed, as I went out and bought the ingredients for the Cream of Wheat Apple Muffin recipe; and went as far to get the bowl out to start. Then I realized the nutrition facts are not printed for the muffins, but rather, a "refreshing summer drink". I am hesitant to try any recipes, as my mother has end stage renal failure, along with CHF. She must follow a strict diet; and I am concerned with the accuracy of other nutrition facts,given this error.

Love the Pickled Red Onions and Apple Strayberry Turnovers. Such a delight to the taste buds as I learn to eat a new way. Don't want to progress past Stage 3. Have the red peppers ready to make a spaghetti sauce. Many "Thanks" to Pauline and Lolo.

Some recipes are missing oven temps The cookie recipe says two eggs, but doesn't tell you when to add them. However, if you can see your way through the incomplete instructions, the recipes are tasty.

Can not recall the last time I've seen that. Only one recipe had a repeat of another recipe's photo, it was a shrimp dish and it showed something else.Still, things happen. I was too happy with being able to see how each recipe should look.As for the the recipes, nice selection with Cal, Potassium, etc. listed at end of each. Beginning of book has explanation on leaching of potatoes, and other things.Nice well rounded book.

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