

"Families will love this. Simple yet creative ideas for making a variety of meals from a few basic low protein foods."

~Fran Rohr, MS, RD, LDN. Clinical Nutrition Specialist, Boston Children's Hospital

"Setting Up Your Low Protein Kitchen is a practical . . . and fun . . . resource for anyone following a low protein diet." Sandy van Calcar, PhD, RD. University of Wisconsin

Book Description

This book was designed to be a learning tool to help you discover new foods and recipes that are used in a low protein diet. We start with kitchen basics including step by step instructions on how to weigh and measure ingredients. We have provided tips on how to work with low protein ingredients, storing, freezing, and reheating your food. There are a few recipes to help get you started. There is a table with the protein and specific amino content of the recipes along with visual aids that may make your low protein cooking and easy. By using our tips to create your meals, you will be well on your way in preparing healthy and nutritious foods. We are excited for you to get started!

Available online at Amazon.com, Barnesandnoble.com, and an e-book version is available through Lybrary.com.







