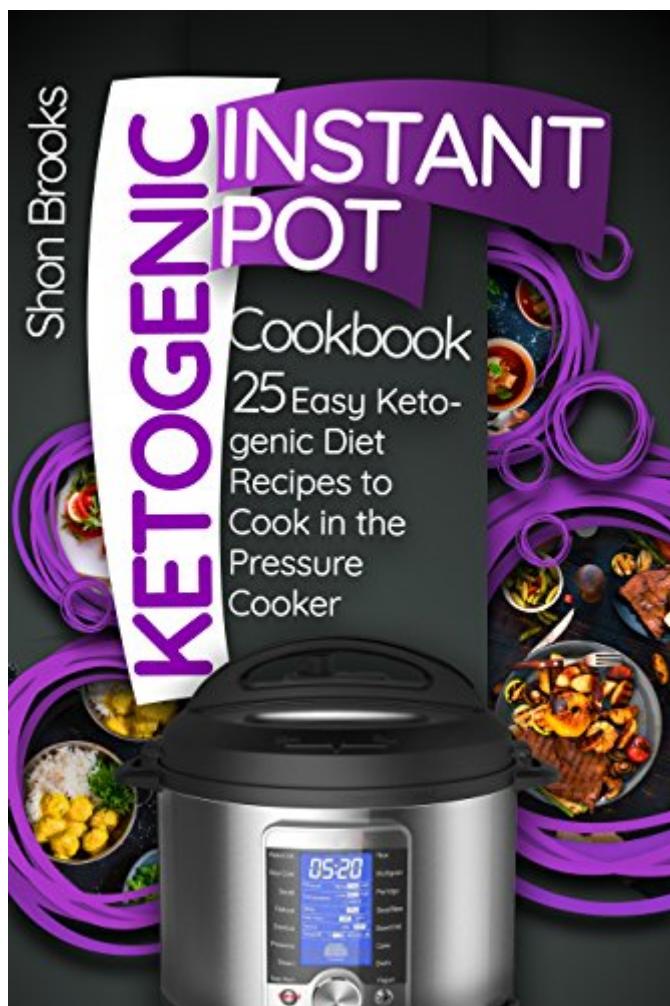


The book was found

Ketogenic Instant Pot Cookbook: 25 Easy Ketogenic Diet Recipes To Cook In The Pressure Cooker



Synopsis

This book was created for the people who want to find new and delicious recipes, for that one who cannot live without cooking and who wants to cook healthy food. The recipes of the keto diet that are written in this book are delightful. They can be cooked easily by the chefs and beginners. This cookbook is perfect for the people who wants to cook healthy and tasty food, and for the busy people. The food that is cooked in the instant pot is healthy and tasty. The time of the cooking is less in comparison with the ordinary process. This book is the precious for that one who wants to save the time and make a wonderful meal for her and for all family. It is consist of the best breakfast recipes, the most delicious lunches and snacks, and the light and easy to cook dinners. With this cookbook, you can be sure you will always amaze everyone by the fantastic dishes! Our life passes very fast! You deserve only the best things in it. Moreover, the delightful food is one of that small bit of happiness you can enjoy every day! Inside we collected only best of the best recipes for: Breakfast Main dishes Side dishes Desserts Snacks and appetizers Download your copy right away!

Book Information

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Customer Reviews

Left me wanting more; never thought I'd want ketogenic food, but these recipes are great. Now I need to get an instant pot!

Nothing new or exciting and not worth the money I spent on it. Very disappointing... It also didn't help that the directions were in broken English as if badly translated.

I like these ketogenic slim down recipes. This book contains an assortment of formulas for every one of your suppers. There are many reasons to do keto. If you find your reason, get this book. My kids got excited about the book and even with color pictures, they claim that these are the dishes they want to eat.

Using the ketogenic nutrition plan has been great for my stomach issues. I haven't had stomach pain since I started. The book gave me all the info I needed and I supplement with RapidKetosis ketones until my body could make ketones itself. Great recipes is always needed to keep me from getting bored!

This book was a good comprehensive book for me to purchase when I had my instapot brand new and had no clue what I was doing I actually found quite a few recipes in the book that I think our family has enjoyed Wow. Awesome instant pot cooker. Best and easy way to prepare food items and lot of recipes. This is a good cookbook, it is useful for breakfast lunch, dinner, even snacks, lots of choices, lots of delicious food recipes, my whole family love it.

Ketogenic diet is especially cleared up. The book moreover demonstrates how this kind of diet functions. It discusses the favorable circumstances that this diet could give. What's more, it gives an all around requested guide how to do it reasonably. It similarly gives recipes that are definitely not hard to design and astoundingly delicious. It was definitely not hard to read and get it. Envisioning starting the eating schedule! I'll reveal to you how it goes!

As we all know ketogenic diet is one of the most proven and effective diets for losing weight of all time while on the other hand Instant Pot is the most advanced electric pressure cooker available on the market today. If you're looking for some delicious, healthy and easy Ketogenic Diet recipes for your instant pot then this book is for you like it is for me too.

Most of the recipes are more carbs then they should be. I just bought it and haven't tried the recipes but not impressed with the presentation or the recipes themselves.

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