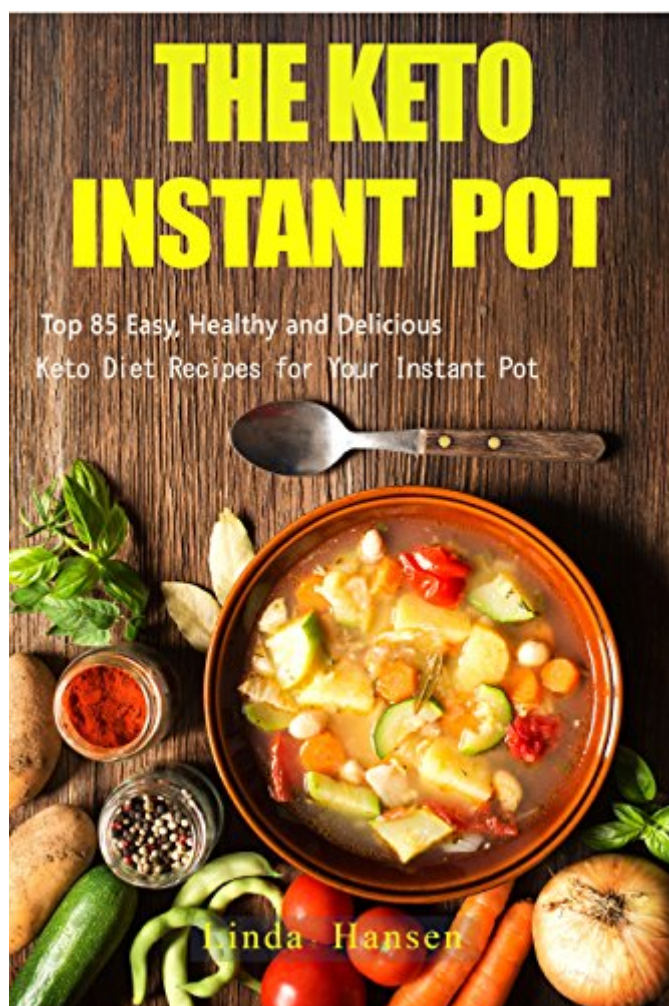


The book was found

The Keto Instant Pot: Top 85 Easy, Healthy And Delicious Keto Diet Recipes For Your Instant Pot



Synopsis

The Keto lifestyle has come to be recognized as a way to live a healthier life by focusing in on, and trying to improve upon, the negative aspects of many peoples' lives: whether it is a lack of exercise, relying on pre-packaged and preservative-packed foods, or eating out for every meal. The Instant Pot is the essential appliance of the 21st century, allowing professionals, busy moms and dads, and college students to create stunning meals, all in a single pot. And it's not the slow cooker of the olden days. You're about to discover how to create over 85 healthy and delicious Instant Pot Keto recipes with proper directions and nutritional information. Here Is A Preview Of What You'll Learn... Everything You Need to Know About Instant Pot What Is the Ketogenic Diet? Instant Pot, Keto Diet Breakfast Recipes Instant Pot, Keto Diet Appetizer Recipes Instant Pot, Keto Diet Poultry Recipes Instant Pot, Keto Diet Meat Recipes Instant Pot, Keto Dessert Recipes Much and much more

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Customer Reviews

Great recipes.

Loved the mix of keto diet and instant pot.

Loved the mix of keto diet and slow cooking. Lots of recipes, clear instructions. Cooking time and preparation time provided for each one, but the most important info is nutritional information, so you can really pick and choose what is really appropriate for your keto lifestyle. Only thing that is missing is pictures of the dishes.

This book is an extraordinary wellspring of data for individuals who are thinking about the Vegan way of life, and additionally the Keto diet. It is extremely helpful and educational. It gives a wide assortment of formulas to change your eating routine. The right include foods that are going to optimize your body for top performance so you can consume and move throughout your day with ease. By the way, I have enjoyed this book.

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