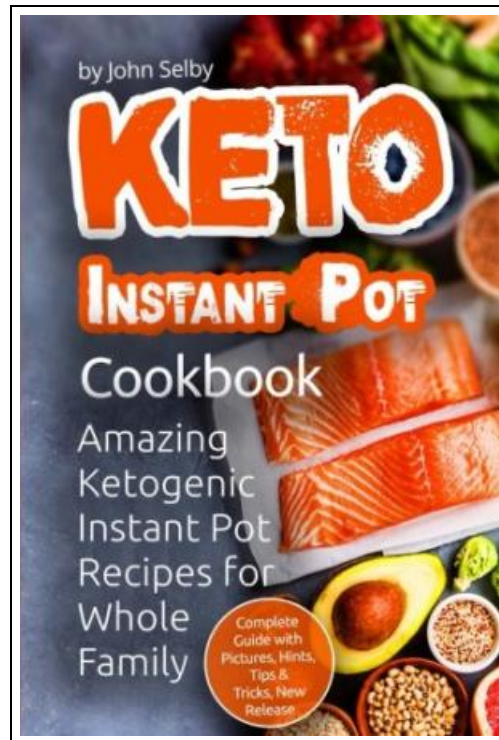


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Reviews

*Good e book and useful one. It really is simplistic but shocks in the 50 % of your book. Your way of life period will probably be convert the instant you total reading this ebook.
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KETO INSTANT POT COOKBOOK: AMAZING KETOGENIC INSTANT POT RECIPES FOR WHOLE FAMILY

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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 70 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Keto diet is one of the most popular diets in the world. This diet is paradoxical in its own way because unlike other diets, fats are consumed to lose weight. Most of the diet consists of meat of all kinds, eggs, nuts, butter. These foods are carbohydrate-free, but contain lots of protein and healthy fats. The principle of the diet is simple: since the body has a minimal amount of carbohydrates, in the ketosis regime, glucose and fat reserves are used to replenish the energy potential without burning muscle mass. However, healthy homemade dishes usually require lots of your time and if you follow a diet that has many meat dishes, then an Instant Pot will be especially handy. Those who have never used Instant Pot and only think about whether they need it at all will be convinced in its value in the kitchen. Dishes in the Instant Pot obtain rich taste and aroma thanks to the tightly sealed lid during cooking and save most of the nutritional value. If you already have a miracle pot and want to expand your menu with delicious and healthy ketogenic dishes, then this book is also for you. This Ketogenic Instant Pot Cookbook includes recipes from simple Chicken Noodle Soup to appetizing dishes like Asian Beef Roast, Bo-Ssm Style Pork, Tender Baby Back Ribs with sugar-free BBQ Sauce, Sous Vide Egg Bites, Delicious Chocolate Cake, and much more. All the recipes in this book have a photo of the final product, so you can easily decide what to prepare for dinner and how to serve it. The instructions are short, clear and easy to follow. This cookbook will definitely become one of...

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