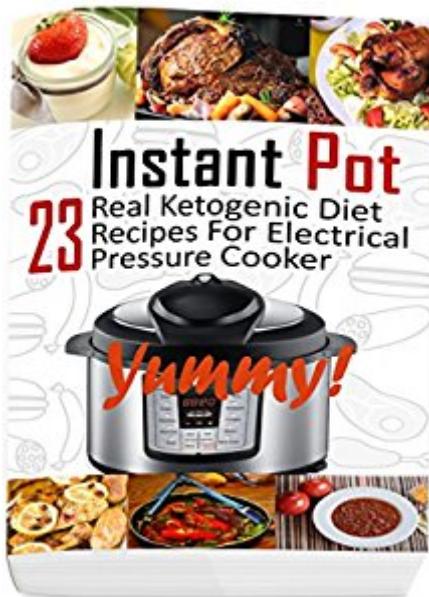


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# Instant Pot: 23 Real Ketogenic Diet Recipes For Electrical Pressure Cooker: (Instant Pot Cookbook 101, Instant Pot Quick And Easy, Instant Pot Recipes)



## Synopsis

Instant Pot:23 Real Ketogenic Diet Recipes For Electrical Pressure CookerChoosing to adhere to any diet is difficult, whilst the Keto lifestyle allows you to eat many different types of food you do need to limit your carbohydrate intake. If you do not, you will not be able to keep your body in a state of Ketosis. However, this means you will need to create your own food as most processed foods and even restaurant meals are high in carbohydrates.Unfortunately this is when many people struggle to stay on a diet. Having the time to create delicious meals everyday is not easy. Especially when you factor in the amount of effort it takes to make the meal and then the wait while it cooks. This is where the electric pressure cooker has started to become exceptionally useful. You can now cook delicious meals in a matter of minutes; often with less than fifteen minutes spent preparing it! As itsÃ¢â„¢ name suggests the pressure cooker works by creating extreme pressure inside the cooker; thus resulting in a much quicker cooking time. However, it is a potentially dangerous tool which should be treated with respect. This book will guide you through using the electric pressure cooking and the benefits it offers:Introduction to the electric pressure cooker, the Keto lifestyle and how the two can be mutually beneficial.A selection of five delicious breakfast recipes to help you start every day properly.Seven suggestions to ensure you enjoy the lunchtime meal and do not need to snack all afternoon.Another seven recipes to encourage healthy Keto eating at tea time.Four delicious desserts which will show that even when dieting you can have a treat.Download your E book "Instant Pot: 23 Real Ketogenic Diet Recipes For Electrical Pressure Cooker" by scrolling up and clicking "Buy Now with 1-Click" button!

## Book Information

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## Customer Reviews

This has got to be the absolute worst "recipe" book on the market. The pictures aren't even of food prepared in the pressure cooker. Nice job doing a quick search, copy and paste. So glad I didn't pay money for this. I would give zero stars if possible.

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