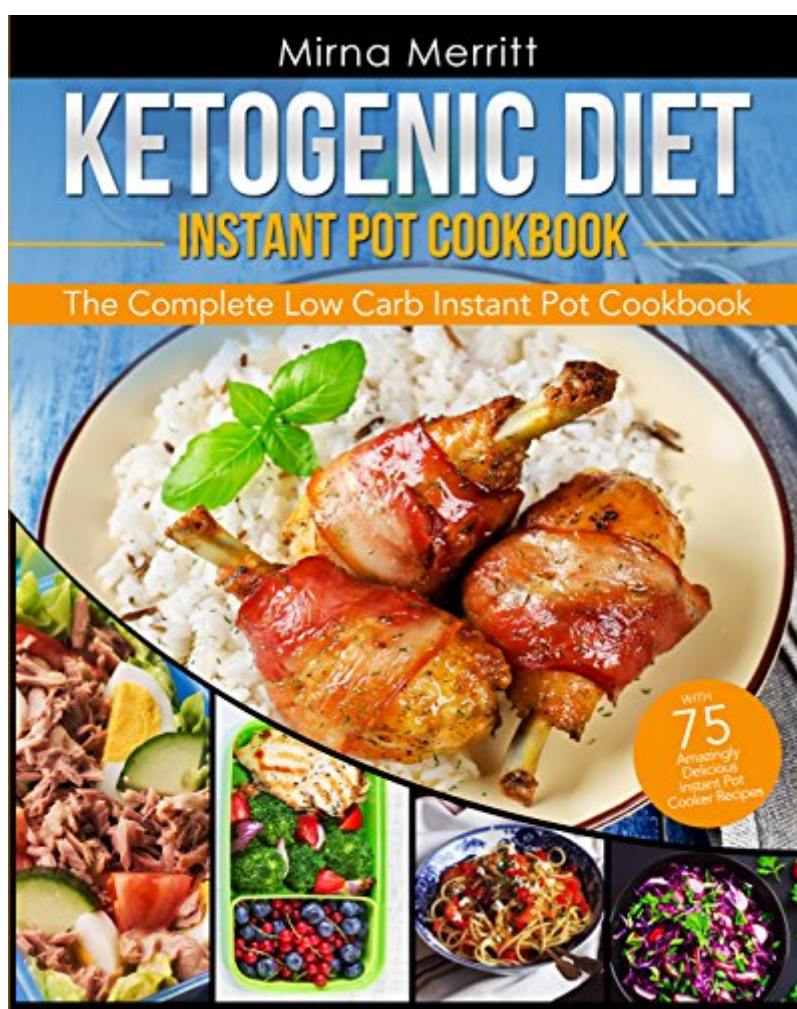


The book was found

Ketogenic Diet Instant Pot Cookbook: The Complete Low Carb Instant Pot Cookbook - With 75 Amazingly Delicious Instant Pot Cooker Recipes





Synopsis

Using an Instant Pot Cooker is the Best and Easiest way to save time and still prepare a nutritious Keto Diet meal. By the same token, add one of these delicious breakfast instant pot preparations before going to bed and wake up to a delightful meal in the morning that can be had as breakfast or brunch. The device requires only a very small amount of electricity only to do its work and when compared with a standard oven, an instant pot uses a lot less energy.

Book Information

File Size: 4296 KB

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inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Heart Healthy #61

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Customer Reviews

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. But if the pictures of food inside the book are colorful will be better.

If I could give this zero stars I would. Don't waste your money. The recipes are basic how-to-use your instant pot, poor printing quality, no color photos of the items, and no helpful information on brands for ingredients (which makes life so much harder! Just tell me a couple of brands to try to

find or order!) I would have considered it "worth it" at like \$5 or less. But it's way too pricey for the bad quality AND it's making me pay shipping to send it back if I can't get to the locker. Not worth the \$\$\$ or the hassle!! Don't buy!

The book contains horrible recipes that make this diet a test of your intestinal fortitude. This is a ploy to sell a cook pot.

Recipe ingredients are not ketogenic (sweet potatoes, sweeteners/sugar substitutes, chocolate, to name a few). Interior layout is amateurish.

I looked at several and this one seemed to be the best

Every recipe I have tried has turned out delicious!

Great recipes.

Kick ass recipes and fun to cook with.

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Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Ketogenic Diet Instant Pot Cookbook: The Complete Low Carb Instant Pot Cookbook - with 75 Amazingly Delicious Instant Pot Cooker Recipes Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes

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