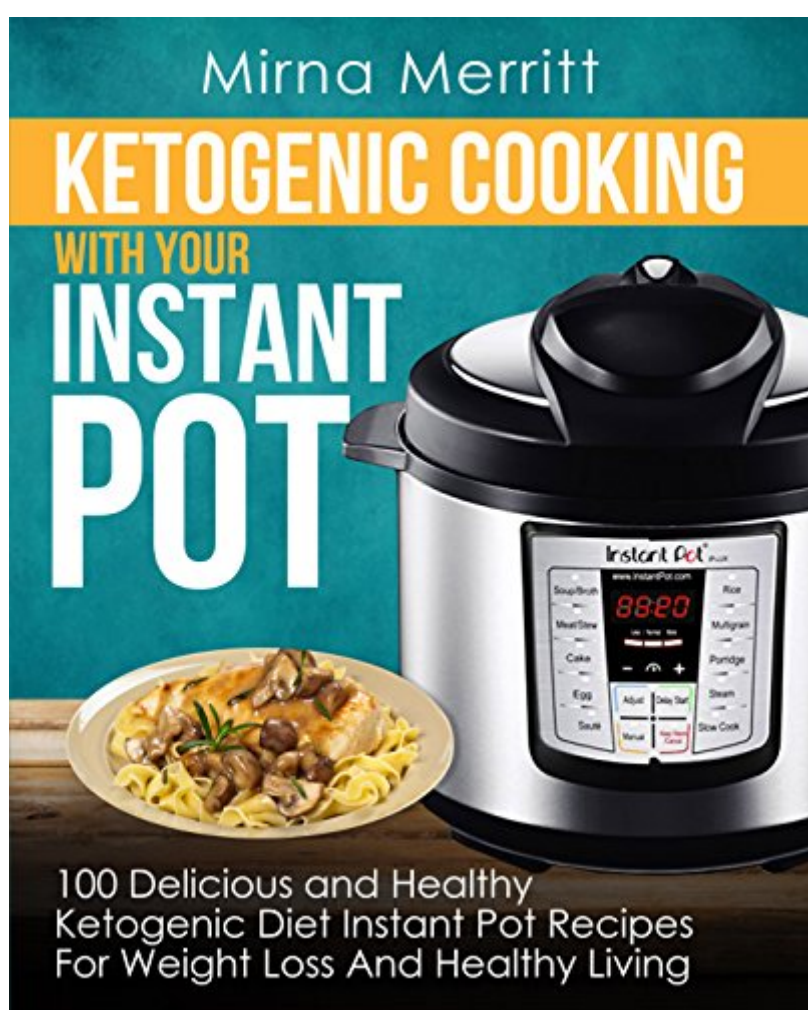


The book was found

Ketogenic Cooking With Your Instant Pot: 100 Delicious And Healthy Ketogenic Diet Instant Pot Recipes For Weight Loss And Healthy Living



Synopsis

The ketogenic diet is one of the most proven and effective diets for losing weight. 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. Now, with Ketogenic Cooking With Your Instant Pot - 100 Delicious and Healthy Ketogenic Diet Instant Pot Recipes For Weight Loss And Healthy Living, you can offer a tantalising range of meals quickly and with less mess. Here is a preview of what you'll learn inside... History of the ketogenic Diet When was the ketogenic diet first used? What are the benefits of a ketogenic diet? What is ketosis state? How do you know when your body is in ketosis? What is the instant pot? Top 100 Ketogenic Instant Pot Recipes More and more... Start today by making the smartest investment in yourself, your future and most importantly your Health.

Book Information

File Size: 5989 KB

Print Length: 210 pages

Simultaneous Device Usage: Unlimited

Publication Date: May 24, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B07176NR9W

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #26,054 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Cooking by Ingredient > Meat, Poultry & Seafood > Poultry #7 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Poultry #24 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Natural Foods

Customer Reviews

Many of the recipes are not going to fit into a keto diet. They are well over, or close to 20 carbs per serving for one meal portion.

Great recipes. Just as I expected!

New to the instant pot. This book is very useful.

A MUST READ!!

Purchased kindle version - Poorly formatted but that I could deal with. But including applesauce, sweet potatoes, bananas, arrowroot starch, buttermilk, and buckwheat flour, for example, makes this IMO not a ketogenic cook book, although I realize different people have different opinions of what is allowed on a ketogenic diet. When I buy a cookbook I expect the recipes to be specific and then later one can adapt a bit by tweaking spices and such. Telling me to add a very specific amount of "my favorite sweetener" when different options have different strengths is not very helpful to someone who buys a cookbook for expert guidance. I was looking for a ketogenic cookbook to help me learn to use my new instant pot. I was not expecting a wondrous book for the price I paid but I expected it to be what it was advertising. I would pay \$20.00 for a great cookbook happily. Glad this one was a seventh of that price.

I had high hopes for this cookbook but I am quite disappointed. Tons of typos and spelling mistakes, which alone isn't a big deal, but also contains incomplete instructions which is quite critical. One example is the yogurt recipe which says to heat the coconut cream then let it cool to the "right temperature" but never indicates what is this right temperature. Quite a failure considering adding the starter at the "wrong" temperature will cause the yogurt to be ruined.

Unimpressed with this cookbook. Several non-keto-friendly ingredients such as fruits and sweet potatoes (high glycemic foods). Some recipes have vague ingredients such as "sweetener of your choice." No color photos, very difficult to really see how the recipe is supposed to turn out. Overall a very underwhelming cookbook.

Typos, incorrect nutritional data (which is essential to a diet cookbook) and directions that complicate dishes that should be much simpler, come together to create the worst cookbook I've bought in a long time.

[Download to continue reading...](#)

Instant Pot: 365 Days of Instant Pot Recipes (Instant Pot Cookbook, Instant Pot Slow Cooker, Instant Pot Book, Crock Pot, Instant Pot, Electric Pressure ... Vegan, Paleo, Breakfast, Lunch, Dinner) Instant Pot Cookbook: 500 Instant Pot Recipes Cookbook for Smart People (Instant Pot, Instant Pot Recipes, Instant Pot Recipes Cookbook, Instant Pot Electric Pressure Cooker Cookbook) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Ketogenic Cooking With Your Instant Pot: 100 Delicious and Healthy Ketogenic Diet Instant Pot Recipes For Weight Loss and Healthy Living Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet) Instant Pot Cookbook: 30 Top Vegan Recipes for Instant Pot Pressure Cooker: Cook Healthier And Faster (Instant Pot Cookbook Paleo, Instant Pot Weight Loss ... Instant Pot Chicken Recipes, Slow Cooker 5) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) Ketogenic Instant Pot Cookbook: The Ultimate Ketogenic Instant Pot Cookbook â Lose Weight Faster Than Ever With Ketogenic Instant Pot Recipes (Ketogenic Diet) Instant Pot: The AMAZING Pocket Cookbook for Instant Pot Cooking (1,500 Bonus Recipes! Instant Pot, Instant Pot Recipes, Instant Pot Cookbook, Pressure Cooker Recipes, Pressure Cooker Cookbook) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss(Ketogenic: 6-in-1 Ketogenic Diet Box Set: Lose Weight Till Spring With 110 Ketogenic Recipes: (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet,Beginners Guide) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know ****BONUS**** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) INSTANT POT: 2,500 Instant Pot Pressure Cooker and Slow Cooker Recipes Cookbook (Instant Pot, Instant Pot Recipes, Crockpot Cookbook, Slow Cooker Recipes, ... Pot Dump Meals, Crock Pot Freezer Meals) Instant Pot Cookbook: Top 10 Electric Pressure Cooker Recipes: Instant Pot, Instant Pot Cookbook, Instant Pot Recipes : The Best Instant Pot Cookbook for ... cooker, electric pressure cooker recipes) The 10 Day Ketogenic Cleanse: The Metabolism Booster Your Body Needs To Burn Fats (keto diet, high fat diet, ketogenic diet for weight loss, fat loss, ketogenic, ketogenic, ketogenic diet) Ketogenic Diet: Ketogenic Diet Weight Loss Made Super Simple (Ketogenic Diet, Ketogenic cookbook, Ketogenic food, Ketogenic diet cookbook) (Volume 1) Instant Pot: 23 Real Ketogenic Diet Recipes For Electrical Pressure Cooker: (Instant Pot Cookbook 101, Instant Pot Quick And Easy, Instant Pot Recipes) VEGAN

KETO: The 120 most delicious vegan ketogenic recipes for weight loss and healthy living (ketogenic diet, vegan, keto, keto diet, ketogenic, ketosis, keto cookbook, ketogenic cooking) Keto Clarity: Rapid Weight Loss with Ketogenic Diet: The Simple Ketogenic Diet Cookbook Recipes for Beginners(ketogenic diet for weight loss, diabetes, diabetes diet, paleo, paleo diet, low carb) Ketogenic Diet: 144 Ketogenic, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss and Fat Loss (Low Carb, Lose Fat, Low Carbohydrate, ... Eating, Ketogenic Cookbook, Keto Diet)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)