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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

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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.

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