



## Ketogenic Instant Pot: The Ultimate Guide with 101 Easy Recipes for Fast Healthy Meals (Paperback)

By Allyson C Naquin

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Are you considering getting rid of a few extra pounds or just getting a healthier body overall? Maybe you find yourself trying to regain control or avoiding one of the world s famous chronic illnesses such as diabetes or hypertension? Regardless of which option you may find yourself in it may be reason enough to consider a dietary lifestyle change. The Keto diet plan may be able to solve most, if not all of the issues you are facing, and what better way to create these delicious, healthy meals that with an Instant Pot. In this book Ketogenic Instant Pot: you will get: -A breakdown of the Ketogenic Diet -A guide on how to use the Instant Pot to achieve the best results from your Keto lifestyle -101 delicious Ketogenic Instant Pot Recipes with easy instructions and a nutritional breakdown of the number of calories, fat, protein, and carbs that they will add to your diet. -Tips and tools to help you get started when transitioning as well as to stay on track. -And so much more! It may sound like...



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### Reviews

*The book is great and fantastic. Better then never, though i am quite late in start reading this one. I realized this publication from my dad and i advised this ebook to find out.*

-- **Dr. Blair Mann**

*Extensive information! Its this type of excellent study. I have read and i am sure that i will gonna go through yet again once more down the road. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Aliyah Mayer**