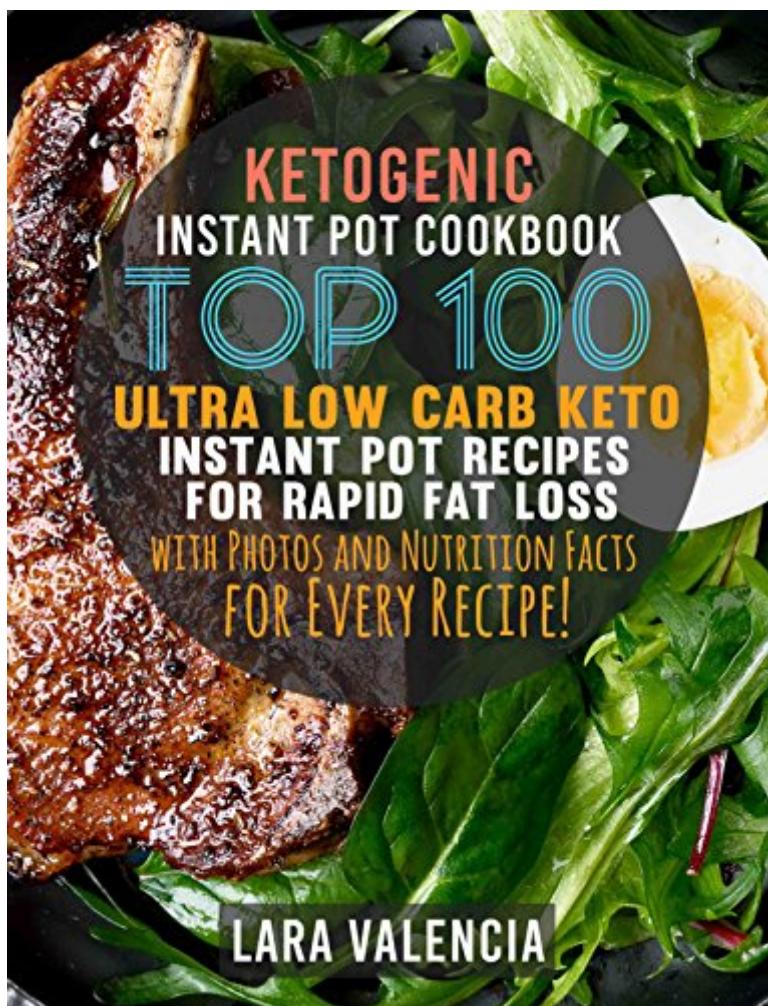


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# **Ketogenic Instant Pot Cookbook: Top 100 Ultra Low Carb Keto Instant Pot Recipes For Rapid Fat Loss With Photos And Nutrition Facts For Every Recipe!**





## Synopsis

KINDLE MATCHBOOK: GET THE KINDLE EDITION FREE WHEN YOU GRAB THE PAPERBACK EDITION TODAY! TOP 100 KETOGENIC RECIPES FOR YOUR INSTANT POT! COMPLETE WITH PHOTOS AND NUTRITIONAL INFORMATION FOR EVERY RECIPE. Research has proven that diet and lifestyle directly impacts health and wellbeing. Experts agree that eating keto foods can help you lose weight rapidly and promote optimal overall health. Ketogenic foods are not only delicious, they also help you to stay healthy by losing weight and reducing your chance of suffering from acute and chronic diseases. Ketogenic is the way we were meant to eat! 100 Ketogenic recipes specifically for the Instant Pot! The secrets to a long, healthy, happy life is eating tasty home cooked keto meals. By enjoying delicious keto meals at home with friends and family, we can regain control over our health and prevent and reverse painful and debilitating diseases while losing weight and feeling better than ever. We can bring energy back into our lives just by following a simple food philosophy: EAT KETO FOOD. Food should not make you fat. It should not be full of chemicals, promote disease, or reduce the quality of your life. The recipes in this book will help your body to shed fat and restore its natural, optimal health, guaranteed or your money back!. The evidence is clear and the solution to our processed food and obesity epidemic is simple. If we have an easy and effective way to promote health, wellbeing, boost energy, increase life expectancy and lose weight, why wouldn't we do it? We would be silly to ignore the facts when the meals are so easy to make and so tasty to eat! Top 100 Ketogenic recipes you can make using your Instant Pot! When you are sick and tired of being sick and tired, there is a simple way to say enough is enough: accept a new ketogenic lifestyle! Grab this cookbook and get 100 keto recipes that you can easily make in your Instant Pot tonight! It doesn't matter how busy you are, or how unskilled you are in the kitchen. Anyone can make amazing, healthy, ketogenic meals in the Instant Pot in no time at all! These recipes will change your life in and the way you see food for the better. This cookbook includes photos and nutritional information for each and every recipe. These recipes not only taste amazing but also promote your good health! Being healthy has never been so easy! Living the ketogenic lifestyle isn't about eating bland food or suffering with unreasonable restrictions. Many diets are bland and boring but that is not what eating delicious keto meals made humbly at home in a single pot is all about. Instead, the ketogenic lifestyle promotes losing weight, living a healthy lifestyle, and giving your body the foods it really wants, instead of nasty processed garbage. Following a keto lifestyle using these delicious Instant Pot meals means that each recipe you make is full of flavor without being difficult to make and will promote optimal health and overall wellbeing. You will feel proud as you serve up these dishes to your loved ones, and you will feel even better knowing the

positive impact this has on their health. Delicious meals to improve your life Nutrition and weight loss expert Lara Valencia has hand-picked her top 100 most beloved Instant Pot Ketogenic recipes to share with you in this cookbook. These recipes are acknowledged by experts to improve health and promote rapid weight loss, and are celebrated by all for their great taste! Get yours now! This book is available at this discounted price for a limited time. Don't pass on good health. You are worth it! Grab this book today and change your life!

## **Book Information**

File Size: 7790 KB

Print Length: 386 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 21, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B074ZWK2P9

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

## **Customer Reviews**

I love my Instant Pot even more since buying this cookbook, which I didn't even think was possible. I am firmly in the camp of Instant Pot lovers whose lives have been changed by the ease and versatility of the Instant Pot. I've always loved my Instant Pot but this cookbook full of 100 ketogenic recipes has put this enthusiasm on overdrive. I've never had such an easy time sticking to a diet so far, but all of the recipes in this cookbook have been so good, and they're not just the typical recipes you've seen in other ketogenic cookbooks. This cookbook is perfect for Instant Pot lovers who care about their health.

This book is my new keto bible! I've only made a few recipes out of this book so far but they were awesome. When I ate the lemon glazed tuna meal I made, my jaw just about dropped to the floor. It was unbelievably good and I was amazed I could make something so tasty in my own kitchen with

such ease. There are a million keto recipe books out there (I should know, I've bought half of them lol) but this cookbook looks to be well above the typical ketogenic cookbook and with so many recipes I think I'm pretty much set for a year of new and delicious healthy keto recipes!

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