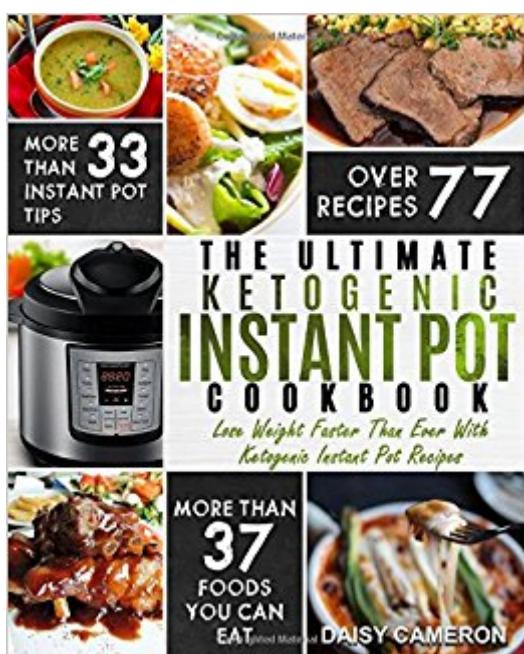


The book was found

Ketogenic Instant Pot Cookbook: The Ultimate Ketogenic Instant Pot Cookbook â€“ Lose Weight Faster Than Ever With Ketogenic Instant Pot Recipes (Ketogenic Diet)



Synopsis

Are you tired of struggling with weight issues? Have you tried and failed at every diet you ever started? Do you want to be able to lose weight fast? The Ketogenic Instant Pot Cookbook is the book which can help you to achieve the body you've always wanted, with simple recipes which are tasty and nutritious and which will help you shed those excess pounds. Inside, you will find plenty of relevant information about the ketogenic diet, how it works, what it can do for you and the general health benefits, as well as dozens of delicious recipes, including: Bacon and egg omelette /li> Asparagus soup Chinese spice pork ribs Easy fish skewers with veggies Keto mac and cheese Creamed spinach And many, many more! | Losing weight has never been easier. And now you can do it while saving lots of time in the kitchen and not skimping on taste either. Get your own copy of the Ketogenic Instant Pot Cookbook now. It will revolutionise the way you cook and help you lose the weight you've never wanted at the same time!

Book Information

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Customer Reviews

Using the ketogenic nutrition plan has been great for my stomach issues. I haven't had stomach pain since I started. The book gave me all the info I needed and I supplement with RapidKetosis ketones until my body could make ketones itself. It similarly gives recipes that are definitely not hard to design and astoundingly delicious. It was definitely not hard to read and get it. Envisioning starting the eating schedule! I'll reveal to you how it goes!

The book has amazing info packed into this book. Great for people started on the keto journey or for people like myself that needed a little variety added to this lifestyle change. The book is also well written and easy to follow.

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