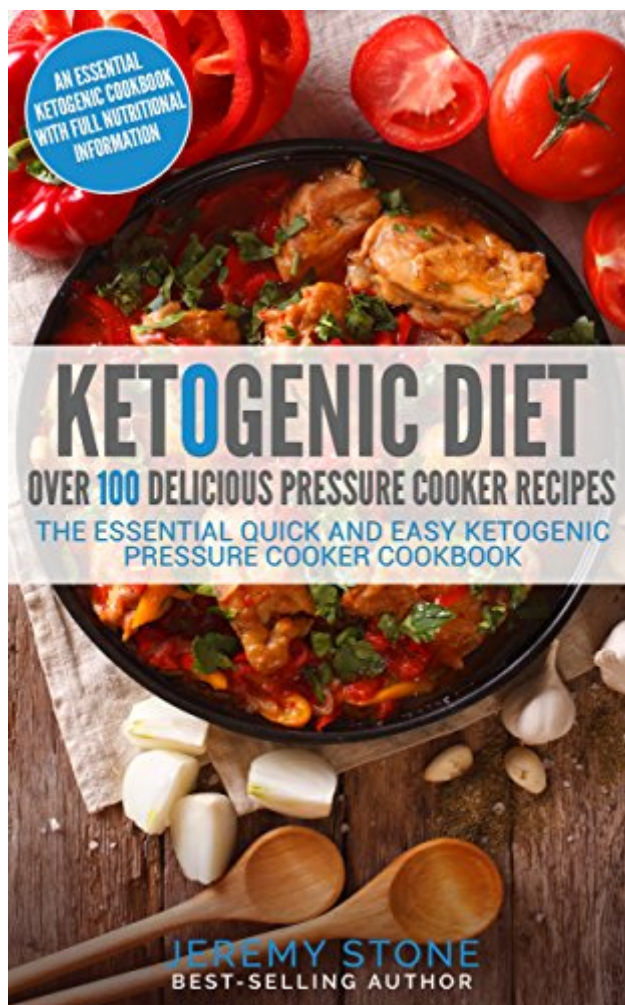


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# Ketogenic Diet: Over 100 Pressure Cooker Recipes - The Essential Quick And Easy Ketogenic Pressure Cooker Cookbook: Ketogenic Cookbooks, Ketogenic Diet Books, Keto Diet Book (2nd)





## Synopsis

Make Delicious Pressure Cooker Ketogenic Recipes That Doesn't Require Hours Of Cooking and Cleaning! \*Updated 2nd Edition February 14, 2017\*What if you could make tasty Ketogenic meals that don't require you to dirty up a bunch of pots and pans? What if you had quick and easy Ketogenic recipes with all of the nutritional information right in front of you?Trying to be healthy is hard and sometimes confusing. For years we were told that fats were bad for us and we had to cut them out of our diets. Yet we became more obese than any other time in history! But over time science and our understanding of nutrition has improved. We now know that many fats are actually healthy for us.By substituting simple carbs with healthy fats, the Ketogenic Diet forces your body becomes a fat burning machine! As a result, you will automatically lose weight, increase your mental focus and decrease your appetite.Best-selling author Jeremy Stone will show you how you can make healthy Ketogenic Pressure Cooker meals in this extensive cookbook. Based on his extensive knowledge of the Ketogenic Diet and making quick and delicious food, Stone reveals his tasty secrets to making Ketogenic Diet Pressure Cooker recipes that will help you save time and lose weight!In this book, you will learn ...How to make over 100 Keto-approved recipes with full nutritional informationAn EASY to understand overview of the Ketogenic DietThe AMAZING benefits of an Instant Pot/Pressure CookerTips and tricks to MAXIMIZING your pressure cookerHow to make DELICIOUS Ketogenic Pressure Cooker recipes for ANY occasion; breakfast, lunch, dinner, snacks and dessert.BONUS: 30 Additional Ketogenic Recipes E-BookHere are just some of the exciting recipes you will find inside:Almond Banana Keto MuffinsCheesy Bacon BiscuitBerries and Cream Keto Mug CakePumpkin Spice Keto Almond CakeKeto Cheesy Hotdog HuggersSmoked Bacon Asparagus Keto SpearsCheesy Keto Sausage RingsSpiced Chicken Keto Romaine WrapCoco-Walnut Keto SnowballSmoke nâ™ Spice Keto Beef BrisketCreamy Bacon-Spinach Keto DishAnd many, many more!Make these delicious easy to make Ketogenic recipes and get your copy today!

## Book Information

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## Customer Reviews

The recipes contain bananas, brown sugar and over 7 carbs per serving. I don't see this as a keto recipe book. Most keto folks consume less than 20 carbs per day.

I purchased the print version of this cookbook, along with the IP in the same order. Probably half the recipes in this book are not really keto, at least the way I practice it, which proscribes bananas, sugar, brown sugar, raisins, etc. In addition, at least one recipe omitted the weight of the meat (calls for "lb. brisket" - a proofreading oversight. Other recipes are just plain silly - making cookies in the IP by spreading sea salt in the bottom of the thing, really! My oven would be much more convenient. I can sub a keto sweetener for the sugar in some recipes, and many will be do-able for me, so I give this three stars. In my pre-keto days I rarely made all the recipes in a cookbook anyway, LOL!

More like Paleo or low carb- but certainly NOT a ketogenic book. Calls for almond flour, sugar, maple syrup, cranberries, cornstarch, coconut flour, bananas, raisins, liquor, baking powder, graham cracker, brown sugar, confectioners sugar.... IF YOU HAVE ANY GLUCOSE IN YOUR BLOOD FROM CARBS AND SUGAR YOUR BODY WILL NOT MAKE KETONES!!!!!! He says, "if you need to add something cornstarch, also make sure it's while sauntering and after pressure cooking, sans lid." Yes--- it's an exact quote. Just don't buy it unless you want semi paleo maybe low carb. diet because this is not Keto!

I'm sorry. I just don't understand the good reviews this book is getting. The recipes are more

complex than they should be, having the cook move things in and out and back into the Instant Pot, adding unnecessary time to the process. There's a recipe for scrambled eggs that requires 2 eggs be cooked for 6 minutes. I can scramble them in my simple 8 inch fry pan in two minutes. And why do some recipes show measurements in ounces and others in grams? Several recipes use both ounces and grams. A pork recipe requires 300 grams of celery. Who measures celery that way. Most cookbooks measure them in stalks. I could go on...but time is precious. Save your money.

I love this cool book. It breaks down everything for you. It will change your life. This is **ABSOLUTELY** the best place to start reading if you are want to change your lifestyle. This is **NOT** a DIET - it is a way of life for evermore. I highly recommend to anyone - ketogenic or just looking for great new recipes. I LOVE this cookbook!

Awesome! I've been Keto-ing the last 6 months and have been reading many books on both the subject and recipes. This is the one to get and give to yourself and friends. Explains, based on evidence and science, the reason this approach is more than a diet. Plus Jeremy knows how to create great recipes that will convince you and your family that you are enjoying meals more than before while improving your health. Really worth recommending!

Who says ketogenic diet cannot necessarily be delicious? Well, this book is proof that while it can be made easily, this diet can also be easy and very delicious as well. This cookbook contains lots of exciting and sometimes never-heard of dishes that proves to be a gastronomic experience, From meat to vegetables and breakfast to dinner, the array of choices are too many and it lives up to its title of giving us over 100 delicious recipes.! This is a must-have for all~!

I'm loving the recipes offered in this book and as a Filipino myself, I can appreciate keto versions of Adobo and kare kare :)Formatting makes it a bit difficult to sometimes read otherwise, great recipe book!

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