

## The Effective Low-Carb Instant Pot Cookbook: Fast Easy Low Carbohydrate Recipes to Help You Lose Weight and Start Living a Healthy Lifestyle (Paperback)



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## THE EFFECTIVE LOW-CARB INSTANT POT COOKBOOK: FAST EASY LOW CARBOHYDRATE RECIPES TO HELP YOU LOSE WEIGHT AND START LIVING A HEALTHY LIFESTYLE (PAPERBACK)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Effective Low-Carb Instant Pot Cookbook The link between lifestyle and health has long been established in scientific research. Among the various aspects of lifestyle, dieting is confirmed to be the most significant factor that directly affects the health. A poor diet can increase the risk of many health problems, including heart disease, obesity, diabetes and many others. To avoid all these problems, it's important to adopt a healthy lifestyle, starting with a nutritious and well-balanced diet. One of the diet programs that has grown in popularity over the recent years is the low-carb diet, which is a low-carb, moderate-protein, and high-fat diet that's been proven to have numerous benefits for the health. This book will guide you through the program, providing not only vital information about the diet, but also delicious and healthy meals that you will love. But instead of providing complicated and time-consuming dishes, you'll be getting Instant Pot recipes that are very simple and easy to make. This book will cover: An overview of the Low-Carb diet Introduction to Ketosis The advantages and disadvantages of the Low-Carb diet The amount of carb and fat allowed in this diet Who should follow and who should avoid the Low-Carb diet 50 healthy and easy-to-make instant pot recipes Some of the recipes include: Beef Stroganoff Balsamic Pot Roast Korean Barbecue Beef Chicken Tikka Masala Creamy Chicken Soup Zuppa Toscana Chicken Vindaloo Jamaican Jerk Pork Roast Cowboy Chili Greek Pork Tacos Shrimp with Coconut Milk Seafood Congee Rosemary Salmon Vegetable Stew Garlic Butter Spinach Get your copy today and start your exciting Low-Carb Journey right away. See You on the Effective Side! -Chef Effect.



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