



## KETO Instant Pot Cookbook: Amazing Ketogenic Instant Pot Recipes for Whole Family

By John Selby

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 70 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Keto diet is one of the most popular diets in the world. This diet is paradoxical in its own way because unlike other diets, fats are consumed to lose weight. Most of the diet consists of meat of all kinds, eggs, nuts, butter. These foods are carbohydrate-free, but contain lots of protein and healthy fats. The principle of the diet is simple: since the body has a minimal amount of carbohydrates, in the ketosis regime, glucose and fat reserves are used to replenish the energy potential without burning muscle mass. However, healthy homemade dishes usually require lots of your time and if you follow a diet that has many meat dishes, then an Instant Pot will be especially handy. Those who have never used Instant Pot and only think about whether they need it at all will be convinced in its value in the kitchen. Dishes in the Instant Pot obtain rich taste and aroma thanks to the tightly sealed lid during cooking and save most of the nutritional value. If you already have a miracle pot and want to...

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