



Ketogenic Instant Pot Cookbook: 200 Low - Carb Weight Loss Recipes (Paperback)

By Abel Jones

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.***GET THE KINDLE VERSION FREE WHEN YOU PURCHASE THE PAPERBACK!*** Delicious Ketogenic Dishes have never been this Quick and Easy! -Dr Mercalo, Alternative Medicine proponent and Best Selling Author With over 200 easy-to-follow and cook Ketogenic recipes - this is the only cookbook you will ever need! The Ketogenic Diet has revolutionized weight loss. After centuries of unhealthy fad diets and restrictive low-calorie diets that only deprive the body and lead to water and muscle loss, we have finally found the key to successful weight loss. This Ketogenic Box-Set is a one-stop shop for the Ketogenic way of life. It shows you how to transition into and maintain a whole-food based ketogenic diet with a key focus on practical strategies - and tons of mouthwatering recipes. Each recipe has a full nutritional breakdown so you can easily track your macros. 2 in 1 Box-Set By Abel Jones - Offers two of his best sellers: Ketogenic Instant Pot Cookbook: 600 Low Carb High-Fat Keto Recipes that Cook Themselves Ketogenic Diet: Top 700 Easy Low-Carb Weight Loss RecipesA Sneak Preview of the Recipes...



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Absolutely essential go through book. It can be rally fascinating throug studying period of time. You wont truly feel monotony at at any time of your respective time (that's what catalogues are for concerning in the event you question me).

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