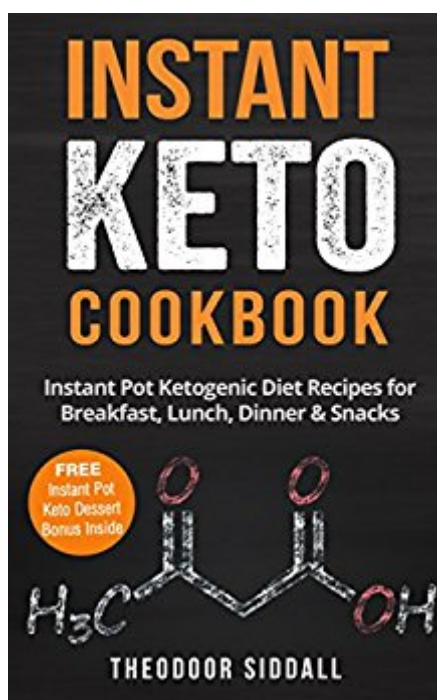


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# Instant Keto Cookbook: 40 Instant Pot Ketogenic Diet Recipes For Breakfast, Lunch, Dinner & Snacks (FREE Instant Pot Keto Desserts Bonus Inside)



## Synopsis

Instant Pot Ketogenic Diet Recipes for Breakfast, Lunch, Dinner & Snacks This book contains my favorite keto-friendly Instant Pot recipes for breakfast, lunch, dinner, and snack time. The recipes are delicious and easy to prepare. **\*\*BONUS\*\***: Get ten ketogenic Instant Pot dessert recipes for free. This book is FREE with Kindle Unlimited. Wanting to use your Instant Pot is no longer an excuse for not staying on the ketogenic diet and losing weight. You will be able to prepare easy meals at home in your Instant Pot while staying on track with your weight-loss goals. The recipes are broken down into sections based on the type of meal. So whether you are looking to prepare a ketogenic breakfast, lunch, dinner, or snack with your Instant Pot, it will be easy for you to find a recipe that suits the occasion. I've taken care to only compile my favorite Instant Pot keto recipes that are easy to prepare with ingredients you can get a hold of. There is a complete shopping list included in the beginning of the book should you decide to try all the recipes. The ingredients are also listed before each recipe, so you'll always know what you need to have at home before starting a recipe. Click the buy button at the top of this page to give the Instant Keto Cookbook a shot right now!

## Book Information

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## Customer Reviews

The book Instant Keto Cookbook is just awesome. Easy to understand in laymans terms exactly what Keto is. I just love using my instant pot so the fact that this book has everything I need just a click away is amazing to me. This cookbook is easy to follow easy to recreate the recipes in the book with the step by step directions. My husband is enjoying the new variety of foods I'm preparing and they are healthy! You are just going to love this book! This book will not disappoint!

This book is by far the easier Instant Pot Keto cookbook. There are 40 recipes to choose from. I've enjoyed a meal or two so far. Will continue to make dinner using this cookbook. Thank you so much for the opportunity to purchase. It has been quite a change in my diet for the better.

I love my instant pot. I actually own two and have given all four of my children one as gifts. I've been doing Keto now for a little over a year. I was very happy when I came upon this cookbook. Very simple recipes, ( realistic that families can enjoy.) ingredient lists.

As a person who's struggled with weight almost all of my life, I stumbled upon the Keto diet through a friend who's currently on it. She's had wonderful success and has shared her progress with me. I found this book by happenstance and I thoroughly enjoyed reading it and have added several of the recipes to my routine because they actually taste very good. My favorite is the chocolate mug cake!! I love this diet because it doesn't feel like an actual "diet" and I'm never left feeling hungry. I also love the fact that I'm able to use my instant pot which is a lifesaver more often than not because who always remembers to take food out of the freezer? If you do, kudos to you but I forget....a lot. IP to the rescue for that. Check this book out; you won't regret it.

This book, Instant Keto Cookbook, is an excellent resource for anyone seeking to live a healthier lifestyle by making better choices when it comes to fueling the body. There is no decision more important than that - so it helps to have great resources along the way. I am a huge fan of the instant pot and always love getting new recipes. I was excited about this book since I am gluten free so the recipes were very fitting. I was not disappointed. The book is very functional and designed well. The directions are easy to follow and there is definitely a good variety. I am very pleased with the purchase and I will definitely look out for future items from this author.

Most of the recipes have too many carbs. I can use them as guides for my own keto cooking

The Instant Keto Cookbook by Theodore Siddall is full of practical and delicious meals. This book has helped get my Keto start. And I love my Instant Pot. Keto and the Instant Pot has revolutionized our eating. The energy and time added to my life is invaluable. I highly recommend this Cookbook for those wanting time saving delicious meals on the Keto way of eating.

Its ok, but I expected more for the price. Doesn't give many recipes.

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