



## Be Hooked by Keto Diet Pot Cookbook 35 Low Carb Recipes That Cook Themselves with Your Electric Pressure Cooker Healthy Weight Loss (Paperback)

By Nataly Gelb

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Ultimate Ketogenic Pressure Cooker Guide which was written by nice lose weight Fatty with simple language about the important and not very. Tsss a little bit about essential things A keto diet is a particular set of food that requires you to take the high-fat meal that is low in carbohydrates, but adequate in proteins. As a result, your body is forced to burn fat in place of carbs, to act as a source of energy for your organization. STOP! STOP! STOP! Simply being hooked with this Ketogenic diet, you can enjoy eggs and bacon for breakfast and steak for dinner, and still, shape your dreamy figure. And all of that can be achieved with the right approach and calculations and not a rumbling gut. Providing you with the best 35 delicacies that you can prepare in your Pressure cooker, this cookbook will show you the most convenient and hassle-free way of Keto cooking there is Cheesy Chicken with Bacon Hot Chicken Breast with Cream Cheese Smokey and Sticky Ribs High Protein Shrimp Scampi Lemon and Poppy Seed Muffins and...



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### Reviews

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