

Keto in an Instant: 100 Ketogenic Recipes for Your Instant Pot

by
Stacey Crawford



KETO in an INSTANT

100 KETOGENIC RECIPES FOR YOUR INSTANT POT®

STACEY CRAWFORD



 [DOWNLOAD E-BOOK](#)

Synopsis

Enjoy 100 simple and delicious keto-friendly recipes with this officially authorized Instant Pot cookbook! The ketogenic diet, with its emphasis on high-fat and low-carb recipes, has been embraced as a radical new way to eat to lose weight and get healthy, but cooking keto can be challenging and time consuming. The Instant Pot's versatility as a multi-cooker has changed all of that and made cooking keto easier and more convenient. Keto in an Instant features 100 simple, low-carb ketogenic recipes each designed to be made in the Instant Pot. Every recipe includes clear, detailed instructions and essential nutrition information. Readers will gain insight on how the ketogenic diet works and how to benefit from a ketogenic eating plan, as well as tips and tricks for using and maintaining an Instant Pot. Included in Keto in an Instant: 100 easy-to-make recipes for breakfasts, mains, soups and stews, sides, desserts, and more, each with clear, detailed instructions. Essential nutrition information and macros for every recipe, with tips for simple substitutions and for making many recipes dairy-free. Helpful insight for understanding how the keto diet works and how it benefits your body. Simple tips and tricks for getting the most out of your Instant Pot and guidance on stocking your kitchen for cooking keto.

Sort review

About the Author Stacey Crawford is the owner of beautyandthefoodie.com where she creates and shares healthy, low-carb, ketogenic recipes. As a sufferer of celiac disease, she's discovered that eating healthy, satisfying food through a grain-free, low-carb ketogenic diet is the key to creating good health. As a licensed cosmetologist, she also creates natural beauty products and natural home health remedies. Social media reach: 570K followers on Facebook, 88K on Pinterest, 3.4K on Twitter, 2.9K on Instagram, and 3.3K on YouTube. --This text refers to the paperback edition.

[Download to continue reading...](#)

What people say about this book

Kim R. Balkema, "Good recipes. I like this recipe book. Great pictures. Recipes you would actually make. Would recommend. Only 1 recipe so far was a fail. All others very good."

Greatgran29!, "Easy to Follow. I love the ease of the recipes. The directions are easy to follow, and I love the tips at the bottom. I have followed the author on her website, beautyandthefoodie.com, so I was familiar with her style of writing and using her other recipes. She has great cooking and baking videos. I am fan!"

E. Olson, "A new staple recipe book in my kitchen!. Delicious, simple recipes, all wrapped up in a easy to follow step-by-step book! I've tried 4 recipes now and they have all been delicious! My new favorite is the Thai Larb lettuce cups and the Mediterranean Chicken! YUM-O!!! highly recommend this book to anyone on Keto OR anyone who just wants some really excellent healthy meals."

Kathy, "Easy Keto Recipes. The cookbook is perfect for someone like me who is new to Keto cooking and only an average cook. The steps are easy and thorough and make the process relaxing and fun! Love the photos and suggestions for substitutions too. I'm new to the Instant Pot and Stacey's instructions made that easy too."

Ebook Tops Reader, "I love this book!. I already made 2 of the recipes, Greek Chicken and Chili Verde Pulled Pork. Both were great. I plan to wear this book out. All the recipes look great!"

Ebook Tops Reader, "We love these recipes. Pretty much everything my husband has made from this cookbook has turned out GREAT! And it definitely helped us lose weight."

gsalvage, "Great book. I absolutely love this book"

Happy buyer, "Happy. Good"

[DMCA](#)