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Ketogenic Diet: 250+ Easy One Pot Ketogenic Meals From Your Slow Cooker, Pressure Cooker, Dutch Oven And More



Synopsis

Discover 250+ Ketogenic One Pot Cookbook: One Pot Meals Recipes to a Healthy Body ***Read this book for FREE on Kindle Unlimited - Download Now!***If you want to prepare fast, delicious and healthy meals and stick with your Ketogenic Diet then this recipe book is for you.... The idea behind one pot meals is self-explanatory; all of the ingredients that you need to prepare that meal go into the same pot. Though there are some one pot meals that require you to add the ingredients at different times, the majority of the recipes ask you to simply place all that you need right into the vessel to continue cooking. One of the major advantages of this system of cooking, besides the fact that it saves you time and energy, is that it can accommodate really any type of diet. Ketogenic, for instance - which is comprehensive in its setup and very user-friendly - features a plethora of dishes that you can experiment with and try, and you are sure to find a new favorite recipe that can be prepared using the one pot method. Eat well and stress free with Ketogenic One Pot Cookbook: 200+ Easy Ketogenic One Pot Meals from Your Slow Cooker, Pressure Cooker, Dutch Oven and MoreDownload Now for Instant Reading by Scrolling Up and Clicking the Buy Button

Book Information

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Customer Reviews

This book is very unlikely to have been written by someone who understands what a ketogenic diet is at all. I'm so disappointed. Here is just one simple example. The recipe titled "Ketogenic Dutch Oven Orange Roast Pork" calls for: 6oz can of orange juice concentrate 2 Tbsp flour 1/4 cup brown sugar None of these ingredients even come in to a ketogenic house, and they would undoubtedly pull someone who eats them out of ketosis, or at least into much lighter ketosis. It appears that the author took regular recipes from another cookbook, maybe one of her others, and added the word "ketogenic" to the front of the recipe just to sell more books. I'm returning mine today and I no longer trust this author.

Definitely not keto, but there are some recipes in there that can be with some minor tweaking. More than half of the recipes won't work for keto or low carb, even with some adjustments.

I have a cousin who opposes cooking, he is turned off by the process because he believes it to be an endless process due to the fact that there are so many aspect to juggle through, so he often order his dinner; specifically staying away from keto diet due to his believes that cholesterol is deadlier than any disease. I gave him this book and after fixative reading through it's pages for about forty-five minutes, he agreed with me that this book is one of a kind, a rare jewel at cheap price. The book extensively describes ketogenic diets and all it's benefits, it's recipes are unique, techniques are simple. Also one of the major advantages of this system of cooking, besides the fact that it saved you time and energy, it is accommodating to not only keto diet but any kind of diet. I like the book as I personally have learnt a new cooking technique and numerous spicy new kenetogenic breakfast and chicken recipes from this cooking method and say the book is certainly worth \$2.99. Finally I would like to recommend for the author to work harder towards anticipating scenario of lack of ingredients. He should try to provide reachable and affordable alternatives to some rare ingredients in this cooking book.

Horrible. Absolutely NOT keto. I am really pissed I bought this.

Ketogenic, similar to Atkins and Southbeach, is a diet that I think attractive to meat eaters. Following any diet, though, requires a lot of planning to be able to stick to it. As a busy person and non cook, preparing one's meal is a big task for me. This book provided additional options for me to prepare high protein meals. Since I don't have a dutch oven or pressure cooker but I wanted easy breezy cooking, the dump recipes will be my go to meals. IT is essentially dumping the ingredients and

cook them in the slow cooker. I think that readers that are non kitchen people like me would prefer this type of cooking. The recipes are savory and didn't scrimp on flavors. One won't think it is a diet food.

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