



# **Instant Pot: Over 100 Delicious Ketogenic Diet Recipes: The Essential Quick And Easy Ketogenic Pressure Cooker Cookbook**

*Jeremy Stone*

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**Make Delicious Instant Pot Ketogenic Recipes That Doesn't Require Hours Of Cooking and Cleaning! What if you could make tasty Ketogenic meals that don't require you to dirty up a bunch of pots and pans? What if you had quick and easy Ketogenic recipes with all of the nutritional information right in front of you?**

Trying to be healthy is hard and sometimes confusing. For years we were told that fats were bad for us and we had to cut them out of our diets. Yet we became more obese than any other time in history! But over time science and our understanding of nutrition has improved. We now know that many fats are actually healthy for us.

By substituting simple carbs with healthy fats, the Ketogenic Diet forces your body becomes a fat burning machine! As a result you will automatically lose weight, increase your mental focus and decrease your appetite.

**Best-selling author Jeremy Stone** will show you how you can make healthy Ketogenic Pressure Cooker meals in this extensive cookbook. Based on his extensive knowledge of the Ketogenic Diet and making quick and delicious food, Stone reveals his tasty secrets to making Ketogenic Diet Instant Pot recipes that will help you save time and lose weight!

## **In this book, you will learn ...**

- How to make over 100 Keto-approved pressure cooker recipes with full nutritional information
- An EASY to understand overview of the Ketogenic Diet
- The AMAZING benefits of an Instant Pot/Pressure Cooker
- Tips and tricks to MAXIMIZING your pressure cooker
- How to make DELICIOUS Ketogenic Pressure Cooker recipes for ANY occasion; breakfast, lunch, dinner, snacks and dessert.
- BONUS: 30 Additional Ketogenic Recipes E-Book

## **Here are just some of the exciting recipes you will find inside:**

- Almond Banana Keto Muffins
- Cheesy Bacon Biscuit
- Berries and Cream Keto Mug Cake
- Pumpkin Spice Keto Almond Cake
- Keto Cheesy Hotdog Huggers
- Smoked Bacon Asparagus Keto Spears
- Cheesy Keto Sausage Rings
- Spiced Chicken Keto Romaine Wrap
- Coco-Walnut Keto Snowball
- Smoke n' Spice Keto Beef Brisket

- Creamy Bacon-Spinach Keto Dish
- And many, many more!

**Make these delicious easy to make Ketogenic recipes and get your copy today!**

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