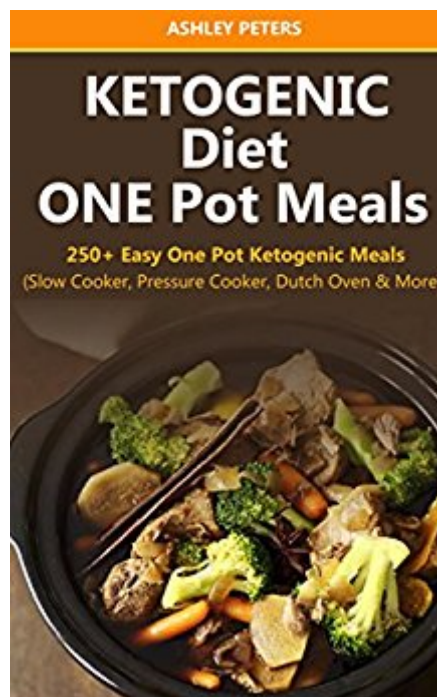




Ebook Directory
the best source of ebook

The book was found

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

File Size: 1416 KB

Print Length: 256 pages

Page Numbers Source ISBN: 1518785522

Simultaneous Device Usage: Unlimited

Publication Date: October 23, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B0172Q0N7E

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #660,983 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #88

inÂ Books > Cookbooks, Food & Wine > Kitchen Appliances > Dutch Ovens #101 inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Professional Cooking > Quantity #213 inÂ Books >

Customer Reviews

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

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.

These recipes are not keto safe, so don't buy this if you're looking for ketogenic recipes. They contain ingredients like maple syrup, Brown sugar, honey, white potatoes, even bread crumbs. They do seem to be easy to make, and some look good, but I haven't tried any since I'm eating keto only. It bothers me that the author would mislead people by marketing this as a ketogenic cookbook. I'm guessing she just doesn't know what keto means.

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.

amazing cook book, this so great and very useful

Good book - interesting method.

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 ketogenic 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.

Just what I needed

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

INSTANT POT: 2,500 Instant Pot Pressure Cooker and Slow Cooker Recipes Cookbook (Instant Pot, Instant Pot Recipes, Crockpot Cookbook, Slow Cooker Recipes, ... Pot Dump Meals, Crock Pot Freezer Meals) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) Ketogenic Diet: 250+ Easy One Pot Ketogenic Meals from Your Slow Cooker, Pressure Cooker, Dutch Oven and More The Ultimate Pressure Cooker Cookbook: Ingenious & Delicious Meals All In One Cooker (Instant Pot, Instant Pot Slow Cooker, Pressure Cooker Cookbook, Electric Pressure Cooker, Instant Pot For Two) Dutch Oven: 365 Days of Quick & Easy, One Pot, Dutch Oven Recipes (One Pot Meals, Dutch Oven Cooking) Weight Watchers One Pot Cookbook: 200+ One Pot Meals, Quick and Easy Meals For Weight Loss & Healthy Eating: Slow Cooker, Pressure Cooker, Dutch Oven and More One Pot Paleo: 200+ Easy One Pot Paleo Meals from Your Slow Cooker, Pressure Cooker, Dutch Oven and More Slow Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Slow Cooking, Slow Cooker, Meals, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Breakfast, Lunch, Dinner) Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners (Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb) (Cookbook delicious recipes 1) Pressure Cooker: 500 Days of Pressure Cooker Recipes (Fast Cooker, Slow Cooking, Meals, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner, Clean Eating, Healthy Diet) Crock Pot: 1001 Best Crock Pot Recipes of All Time (Crockpot, Crockpot Recipes, Crock Pot Cookbook, Crock Pot Recipes, Crock Pot, Slow Cooker, Slow Cooker Recipes, Slow Cooker Cookbook, Cookbooks) Slow Cooker Recipes: 2,000 Delicious Slow Cooker Recipes Cookbook (Slow Cooker Recipes, Slow Cooker Cookbook, Slow Cooker Chicken Recipes, Slow Cooker Soup Recipes) Instant Pot: 365 Days of Instant Pot Recipes (Instant Pot Cookbook, Instant

Pot Slow Cooker, Instant Pot Book, Crock Pot, Instant Pot, Electric Pressure ... Vegan, Paleo, Breakfast, Lunch, Dinner) Slow Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Fast and Slow Cookbook, Slow Cooking, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner, Breakfast, Healthy Meals) KETO SLOW COOKER: 120 Delicious, Quick and Easy Ketogenic Slow Cooker Recipes (keto, ketogenic, ketogenic cookbook, slow cooker, slow cooking, ketogenic ... weight loss, paleo, low carb, cleanse) CROCK POT Dump and Go Recipes: Quick and Easy Meals Ideas for When Youâ™re In a Hurry: (Crock pot recipies, Slow Cooker recipies, Crock Pot Dump Meals, Crock Pot cookbook, Slow Cooker cookbook) Dutch Oven Cooking: More Easy Dutch Oven One-Pot Meal Recipes (Dutch Oven Cookbook Book 2) Ketogenic Diet Dutch Oven Recipes: 75 Dutch Oven Recipes For Quick & Easy, One Pot, Keto Recipes: Ketogenic Diet for Weight Loss, Instant Pot: 365 Days of Instant Pot Recipes (Fast and Slow, Slow Cooking, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Breakfast, Lunch, Snack, Healthy Slow Cooker Dinner) Instant Pot Cookbook: Top 10 Electric Pressure Cooker Recipes: Instant Pot, Instant Pot Cookbook, Instant Pot Recipes : The Best Instant Pot Cookbook for ... cooker, electric pressure cooker recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)