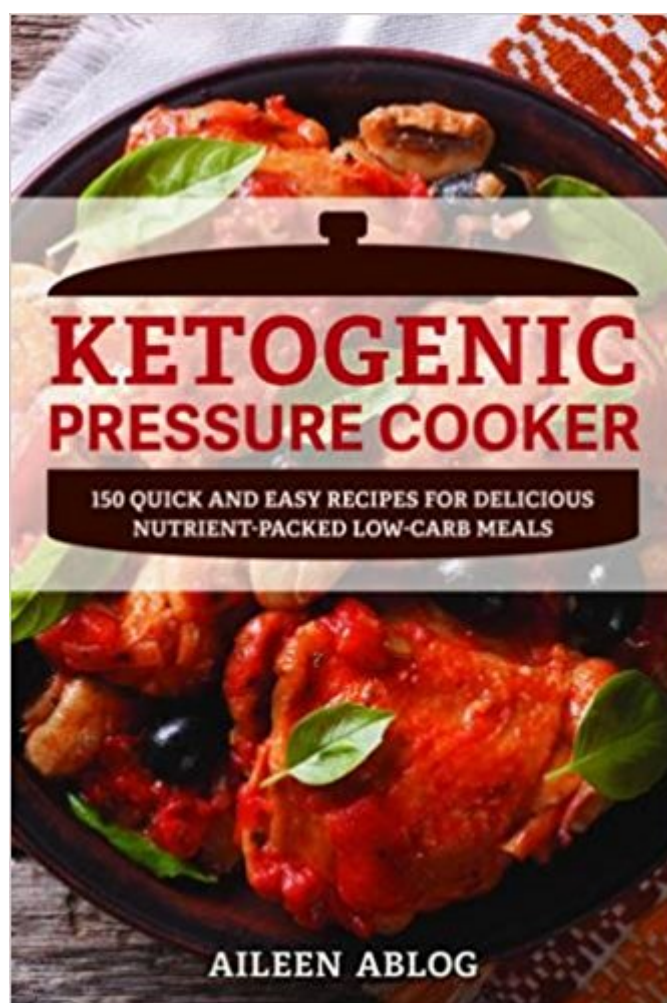


The book was found

Ketogenic Pressure Cooker: 100 Quick And Easy Recipes For Delicious Nutrient-Packed Low-Carb Meals



Synopsis

The first book to combine the low-carb, fat-burning ketogenic diet with the popular, fast, and easy pressure cooking method. Thanks to your powerful pressure cooker and this helpful cookbook, following the ketogenic diet has never been easier. Start with protein. Add fresh veggies. Toss in some spices. Press start. You're on your way to healthy eating! Cut cook time, boost nutrients and supercharge flavor with this book's mouthwatering recipes, such as: Lemon Chicken Soup, Salmon Alfredo Zoodles, Korean-Inspired Pulled Pork, Barbecue Beef Boneless Short Ribs, Spicy Coconut Prawns, Turkey Wing Vindaloo, Spaghetti Squash and Ham Tetrazzini, Hot Salami and Kale Soup. Plus desserts, broths and more!

Book Information

Paperback: 256 pages

Publisher: Ulysses Press; 1 edition (August 8, 2017)

Language: English

ISBN-10: 1612436803

ISBN-13: 978-1612436807

Product Dimensions: 6 x 0.9 x 8.9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 6 customer reviews

Best Sellers Rank: #417,526 in Books (See Top 100 in Books) #119 in Books > Cookbooks, Food & Wine > Special Diet > High Protein #226 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Pressure Cookers #252 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Ketogenic

Customer Reviews

Aileen Ablog discovered the ketogenic diet when she was faced with a future of health ailments, such as heart disease and diabetes after having fought endometrial cancer 5 years prior. Aileen created the blog thrivingonlowcarb.com initially to document her journey. By day she works at the University of the Fraser Valley, as a chemistry lab technician and lives in Chilliwack, BC with her husband Jeffrey and sassy cat, Lucy. She enjoys cooking, watching movies and more recently, weight lifting. Rumor has it that Aileen takes her Instant Pot everywhere she goes!

What I like about the Ketogenic diet is that it never feels like a diet. Besides not being to have a lot

of fruit, I don't feel like I am limiting myself. This is why I was excited for this book. I knew I would be able to find lots of satisfying recipes. My grandmother has a pressure cooker so I took my kindle and headed over to her house to work on some recipes! The difficulty the reader may run into is how to use a pressure cooker if they aren't already familiar with one. I wasn't familiar with it at first, but my aunt showed me and it is relatively simple to operate. Once I got down how to work the pressure cooker, I got to work on recipes. Writer Aileen Ablog has filled the book with so many tasty recipes. From sour cream beef, vegetable chicken soup, chicken mushroom alfredo, to poached salmon two ways, the reader will find a recipe they love. Prep time is low because of the pressure cooker and the recipes are filling so the reader should be able to leave the meal satisfied.

This is a great book of recipes for a pressure cooker. I have heard of the ketogenic diet from my niece. She has lost 45 pounds on it and says it is easy to follow and she does not get hungry. She does food prep for a week as she is single and works two part time jobs. The ketogenic diet is explained at the beginning of the book. I have used a pressure cooker for many years and it is a meal-saver if you are pressed for time. Meals are cooked in 30 minutes. Instructions on pressure cooking are clearly explained and many helpful hints are included. I really like that this book is about pressure cooking and has ketogenic diet recipes. It's like two books in one. Recipes are for Beef, Poultry, Eggs, Pork and Lamb, Fish and Seafood, Vegetables, and of course the best is Sweeter Things. I hope this is the perfect weight loss diet for me.

I've been on the ketogenic diet for some time now and with this cookbook I've added a lot more variety to my meals. I wanted to find out about some pressure cooker options because they're quick and easy and usually delicious but they rarely fit my dietary restrictions, hence this cookbook. If you want variety and taste this is the way to go, being on a diet can be difficult because of the lack of options, so adding this to your bookshelf will just make the chance of success higher and give you some fun new dishes to try out.

I had long been under the impression that eating specialized diets meant spending an entire Sunday prepping my meals for the week, so that there was no room for spontaneity in my weekly diet. That impression was turned upside down by the recipes in this book. Now, in about half an hour, I can make a wide variety of incredible, juicy meals that also fit my doctor's recommendations for my lifestyle changes. I can't imagine going back to the fourteen Tupperware a week lifestyle.

I'm fairly new to the keto lifestyle and definitely new to pressure cookers. This cookbook makes both super easy! I love the variety of recipes and they're so delicious! I also love how she marks which ones are dairy free, gluten free, vegetarian, etc. This book is definitely my go-to for yummy, easy, keto-friendly meals.

I just found out about this book and its exactly what I needed! Can't wait to get the book and try these recipes!! :)

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

Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) 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) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Ketogenic Pressure Cooker: 100 Quick and Easy Recipes for Delicious Nutrient-Packed Low-Carb 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) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Ketogenic Diet: Over 100 Pressure Cooker Recipes - The Essential Quick And Easy Ketogenic Pressure Cooker

Cookbook: Ketogenic Cookbooks, Ketogenic Diet Books, Keto Diet Book (2nd) Power Pressure Cooker XL Cookbook: The Quick And Easy Pressure Cooker Cookbook ã ã Simple, Quick And Healthy Electric Pressure Cooker Recipes (Electric Pressure Cooker Cookbook) Power Pressure Cooker XL Cookbook: The Quick And Easy Pressure Cooker Cookbook ã ã Simple, Quick And Healthy Electric Pressure Cooker Recipes (Electric Pressure Cooker Cookbook) (Volume 1) 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) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) Ketogenic Slow Cooker Recipes: 200 keto Slow Cooker (Crock Pot) Recipes, Chef Approved, Delicious Low Carb Slow Cooker Recipes, For Super Fast Weight Loss , Quick and easy Recipes for Healthy Living Ketogenic Crockpot Recipes: Over 70+ Ketogenic Recipes, Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & ... Weight Loss Transformation Book) (Volume 100)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)