



Ketogenic Instant Pot Cookbook: Low Carb Recipes for Your Pressure Cooker, Easy Recipes for Healthy Eating to Lose Weight Fast (Paperback)

By Olivia Stratton

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand ******. Limited-time offer! Buy Paperback at the discounted price of only \$7.95 and get Kindle version FOR FREE! Love cooking with Your Instant Pot pressure cooker or just thinking about getting one? Interested or already doing a low carb diet that is also high in fat? Then this Ketogenic Diet Cookbook is perfect for You! Please note this is blackwhite edition. However, i do have full color version available for \$16.99. To get it, click See all 3 formats and editions, then click Paperback and then Paperback, September 23, 2017. So what is a Ketogenic Diet? We know that carbohydrates are the body s preferred source of fuel. Once You decide to stop eating carbohydrates, Your body will need more energy, thus will try to find and stimulate new sources of energy. As a result, we get a ketone body, which is an alternative source of fuel produced in the process of ketogenesis. Ketone body is a universal source of energy that can be used by almost every group of cells in your body. If You are still considering whether this diet...



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