



## Keto Pressure Cooker Cookbook: 55 Quick Easy Recipes (Paperback)

By Justine Taylor

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Using your Pressure Cooker to prepare your Keto meals can save your time and your diet. The Ketogenic Diet is an extremely successful diet for weight loss as well as bodybuilding, but it takes a lot of planning ahead and time in the kitchen as most meals have to be prepared fresh. If you have a pressure cooker it can save you valuable time as well as make meal preparation easy and cleaning up a breeze. Cooking with a modern pressure cooker is very easy and it is worthwhile investing in one, especially when you need to spend so much time in the kitchen. These Keto recipes have been developed by a Pressure Cooker recipe developer who is an expert in adapting diet recipes for use in the pressure cooker, and can be used with absolute confidence.

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