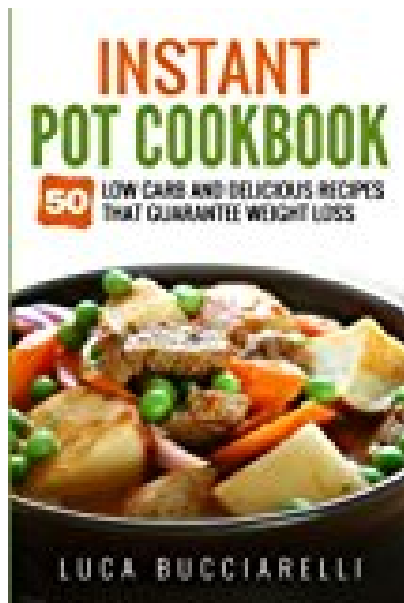


Instant Pot Cookbook 50 Low Carb And Delicious Recipes That Guarantee Weight Loss Volume 1



BOOK DETAILS

- Author : Luca Bucciarelli
- Pages : 110 Pages
- Publisher : CreateSpace Independent Publishing Platform
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BOOK SYNOPSIS

Enjoy Eating Amazing Tasting Asian Food Without Having to Spend Hours Cooking Imagine being able to eat savory Asian dishes anytime you want without the hassle of spending hours in the kitchen making it. What if you could eat Asian food that's actually healthy, savory and fits into a ketogenic diet? Terry Watts, the author that brought you Meal Prep: Delicious Weight Loss Ketogenic Diet Recipes for Breakfast, Lunch, Dinner and Dessert, is back with a remarkable cookbook that fuses Asian inspired recipes with the Ketogenic diet. Based on extensive research into the ketogenic diet and countless hours experimenting with various Asian inspired recipes, Terry is back with another classic collection of recipes that not only tastes great, but is great for your diet. In this book you'll get: Over 90+ unique recipes that cover breakfast, lunch, snack and dinner meals How-to instructions for each recipe Fresh ingredients list required for each dish Total nutritional values per serving Serving sizes per recipe Detailed cooking and preparation time BONUS: FREE GIFT with an additional 30+ unique ketogenic recipes Buy this book NOW so that you and your family can enjoy eating amazing tasting Asian foods at home without having to spend hours cooking!

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