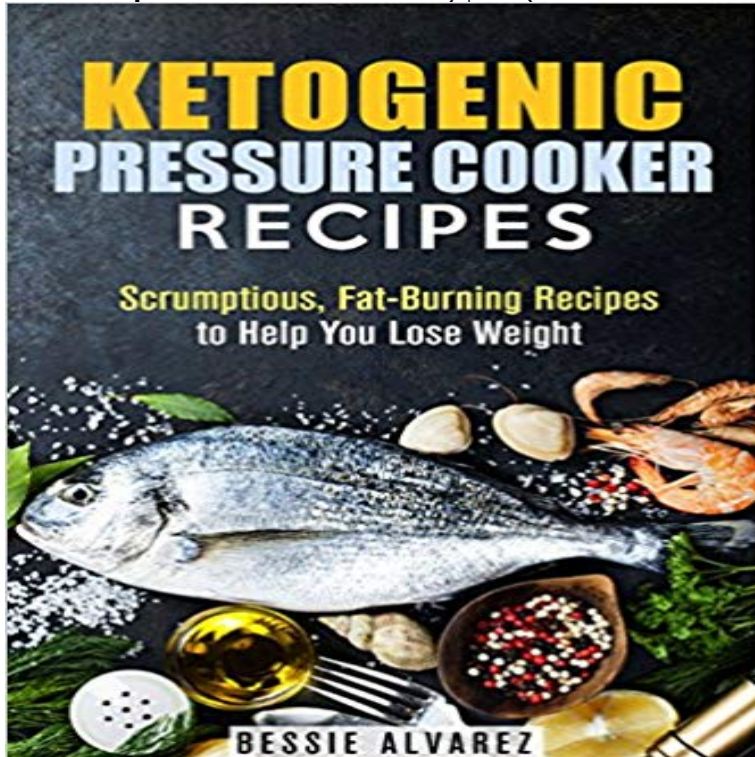


## Ketogenic Pressure Cooker Recipes: Scrumptious, Fat-Burning Recipes to Help You Lose Weight (Low Carb & Heart-Healthy)



The general impression that most of us get when we hear someone talking about their ketogenic diet is that they might be suffering from epilepsy or other difficult medical conditions. While it is perfectly true that for almost a century the ketogenic diet has been associated with this neurological disorder, more recent studies have proven that the same diet plan can also be used to treat severe cases of obesity and other weight-related conditions. The problem is that not enough overweight persons know how much they would benefit from such a diet. Furthermore, various misconceptions about its rules and restrictions circulate in the whole media. But *Ketogenic Pressure Cooker Recipes: Scrumptious, Fat-Burning Recipes to Help You Lose Weight* is here to clarify the most important aspects. Moreover, this book will also come with an innovation which will definitely revolutionize your regular interpretation of a weight loss diet: the pressure cooking technique. Yes, we know that the pressure cooker is already a very popular kitchen tool. But having diet-based recipes that can be easily prepared by this technique is not that common. By using these recipes, not only that you will be able to respect the rules of a ketogenic diet, but you will also be sure that your body will benefit from the entire nutritional value of each and every ingredient used. With a very concise and easy to follow structure, this book will present everything that any beginner needs to know about a ketogenic lifestyle on the one hand and pressure cooking on the other. Here is a preview of what you will learn from this book: How a ketogenic diet can help you lose weight If and how this diet will be useful to you Possible side effects that you need to be aware of The basics of pressure cooking Instructions and indications to prepare delicious recipes for your entire family Download this book and get initiated into this new and helpful

method of losing weight in a healthy, safe and simple way.

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