

KETOGENIC DIET INSTANT POT COOKBOOK

500 RECIPES

*Quick, Simple and Delicious
Low Carb High Fat
Ketogenic Diet Recipes
to Lose Weight Fast,
Prevent Disease,
and Upgrade Your Lifestyle*

2018

DR. MARGARET SAUNDERS



Dr. Margaret Saunders

Ketogenic Instant Pot Cookbook: 500 Quick, Simple and Delicious Low Carb High Fat Ketogenic Diet Recipes to Lose Weight Fast, Prevent Disease, and Upgrade Your Lifestyle (keto diet for beginners)



[continue reading](#)

Horrible - don't bother. Maybe it's simply the digital edition that's jacked up... This book is indeed poorly written and organized that I don't trust the information about the actual recipes. Avoid! This is not among those cookbooks. I really like this book Using an Instantaneous Pot Cooker is the Best and Easiest way to save time and still prepare a nutritious Keto Diet plan meal. I am suspicious of all 5 star evaluations, and annoyed that I must take the time to return this. Uncertain who wrote or proofread the keto educational sections. Terrible! This cook book does have plenty of recipes but I'm not confident in them because the introductory keto chapters are so poorly written. It's like someone dictated and translated notes without rereading- typos, strange punctuation, plus some parts difficult to comprehend. This insufficient attn to detail is ridiculous for a released book.. Don't get tricked into paying good money for this deceptive garbage. I was very disappointed. It's virtually all soups, stews and sauces. Or the same recipe, repeated numerous times, with just a single ingredient changed.! At most severe, like most of the positive reviews for this publication, it was compiled by a bot, no actual human being.it is seems the authors close friends have to of written the fantastic reviews according to the low star reviews. So many errors! Not all ingredients are ketogenic This book includes a lot of great recipes and non-e are long or complicated. Nothing really inspiring. Personally i think like I'm on some kind of actuality show. Guessing the I guidelines.0 out of 5 stars Highly recommended! Some are simply bizarre. Probably because the instructions are jacked up. Steps are missing quite a bit in only about every recipe. It's a guessing video game. And the spelling errors! Wow! See Below..! William McMullen 5. Chaotic and confusing instructions. Despite the fact that this book is 2018 the sweeteners they recommend using are associated with malignancy. Monkfruit, xylitol, or genuine stevia aren't listed as suggestions. Read your labels because not all sweeteners are as advertised and they contain the bad stuff that causes swelling. I say this because the author's launch gives suggestions and advice. This cookbook is a great addition to my library, such an excellent variety of recipes! Left me guessing I purchased this in digital book form. I sensed it could have been a little more descriptive in the instructions and/or added pictures as to what the outcome is supposed to look like. Nevertheless, I made the Poultry with tomato and basil sauce. Has several recipes listed twice throughout the book. I did so not drain the poultry stock and it arrived like soup. I was really excited about this because it's Keto Quick Pot cooking. I will provide it another shot at a different recipe. Peaty 5..It is great especially for people who want to cook..All dishes are excellent and mouthwatering in addition I am thrilled to try them. The grammar is normally appalling, and the recipes are bizarre. Terrible cookbook Did not such as this book at all. I followed the instructions, however, when I got eventually to the section of adding the basil and tomato sauce following the chicken finished cooking, the book did not indicate whether or not to drain the two 2 cups of chicken stock out from the pot before adding the B/T sauce. Elements missing out of the ingredient list... would not recommend this book to anyone. Poorly written I had just purchased an Instant Pot and was extremely excited about by using this cookbook. The introduction and keto info was so poorly created that I don't think I can actually trust the quality recipes. Well, not really much anymore. Confusing! The recipes are mainly stew sort of food. If you like a stew it's ideal for you. That said, if you follow a clean ketogenic feeding on path then leave out the soy sauce and make use of cocoaminos instead. This book was not actually compiled by an MD named Margaret Saunders. Not worthy of the money. Scam I think the publication is a fraud. Poorly written loads of spelling mistakes - no information on the author also no information on the internet that I could find in the author. There is no bio on the author, "Dr. Skeptical Skeptical after reading reviews.. Which might have nothing to do with the food, but shows not much time or effort was put into the book. NOT written by an MD! 5 Star reviews compiled by bots!It creates great soup and stews.. Going to return. You need to improvise. At best, it had been

cobbled together by way of a non-MD, semi-literate, uneducated person and is normally riddled with mistakes that your average high school graduate would not make, much less a genuine medical doctor. Not to mention all of the spelling and grammatical mistakes. Meh Being new to keto and quick pot, I was thrilled for this cookbook to appear. There are much better options out there. The majority of the 5 superstar reviews for this book are not just artificial, but are written by bots. Proof, even if you hardly understand bots: Neil R. Great cookbook I like Ketogenic recipes and We am content because I can prepare it using my Instant pot therefore, I grab this cookbook.0 out of 5 stars Recommended! August 25, 2018 Format: Paperback Too many cookbooks have quality recipes that are poorly tested, if they're examined at all. Margaret Saunders," and that means you have no idea what her credentials are. The writer is obsessive about ensuring her quality recipes not only work, but are delicious and healthful as well. One of the advantages of this book is definitely that it opens up a wider range of ethnic quality recipes to people looking for a ketogenic consuming plan. I bought a book for myself and one for my sister as a gift. I like a few of the quality recipes in t his publication. Not impressed Badly written instructions, errors in wording its just confusing.



[continue reading](#)

download free Ketogenic Instant Pot Cookbook: 500 Quick, Simple and Delicious Low Carb High Fat Ketogenic Diet Recipes to Lose Weight Fast, Prevent Disease, and Upgrade Your Lifestyle (keto diet for beginners) epub

download free Ketogenic Instant Pot Cookbook: 500 Quick, Simple and Delicious Low Carb High Fat Ketogenic Diet Recipes to Lose Weight Fast, Prevent Disease, and Upgrade Your Lifestyle (keto diet for beginners) epub

[download Mountaineering Notebook Large Size 8.5 x 11 Ruled 150 Pages Softcover pdf](#)

[download Paleo Family: Raising Natural Kids in an Unnatural World ebook](#)

[download Baby Log Book: Nanny Log Book, Large 8.5 Inches by 11 Inches, Daily Log Book for Babies, Newborn Care Book, Baby Health Book And Tracker for Newborns. White Polka Dot Theme epub](#)