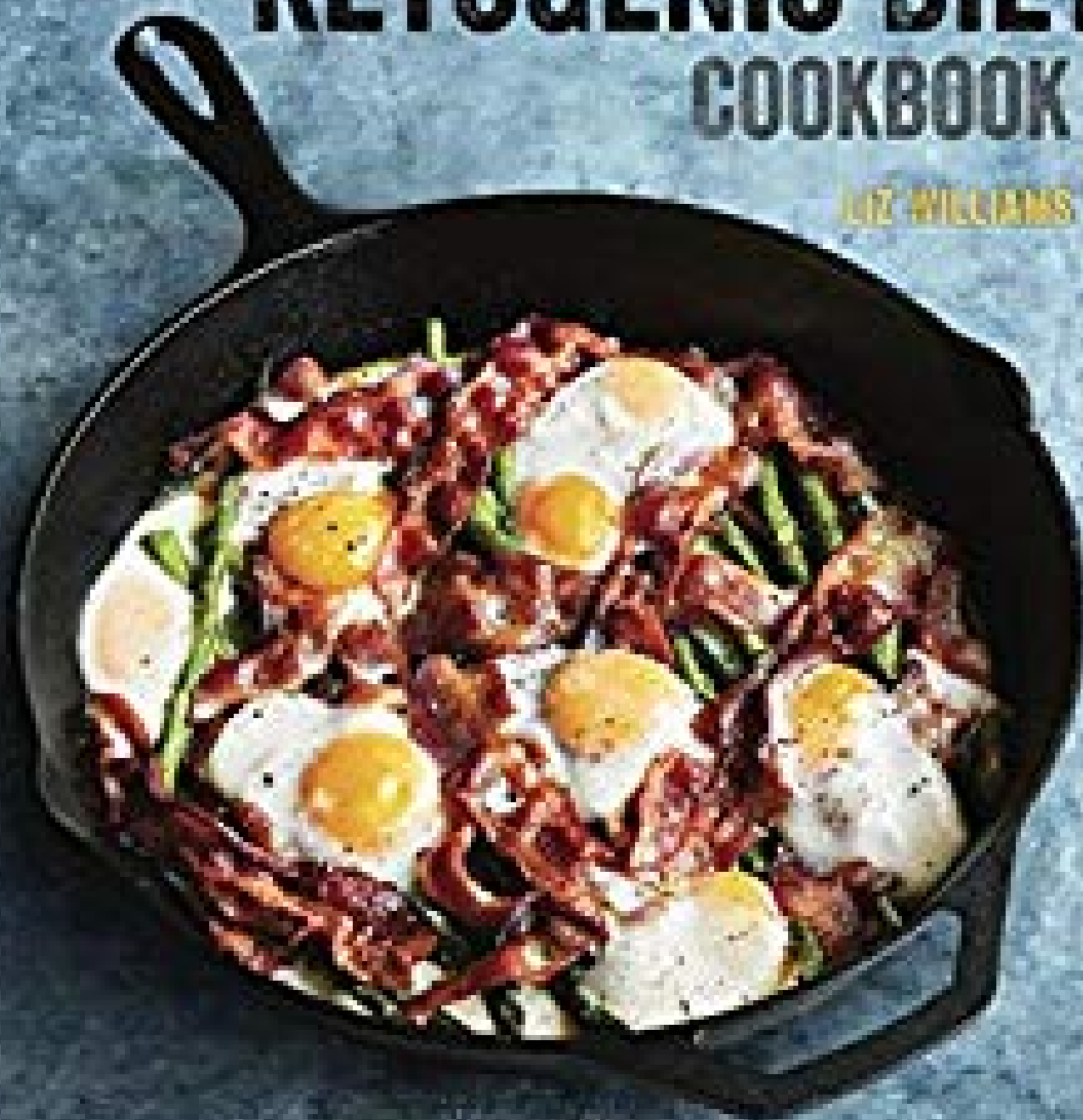


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The One-Pot **KETOGENIC DIET** **COOKBOOK**

100+ Easy
Weeknight Meals
for Your Skillet, Slow
Cooker, Sheet Pan,
and More

LIFE WILLIAMS



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Liz Williams

**The One Pot Ketogenic Diet Cookbook: 100+ Easy
Weeknight Meals for Your Skillet, Slow Cooker, Sheet
Pan, and More**



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The One-Pot Ketogenic Diet Cookbook includes:

- No-Mess Meals with simple-to-
to-
prep recipes using only one-pot or pan
- Over 100 Easy Ketogenic Diet Recipes with clear instructions for recipes such as Chicken Cordon Bleu Casserole, Cheesy Cauliflower Rice, Keto Hot Fudge, and far more
- Quick to Set with ketogenic diet recipes ready in 30-45 minutes
- Simple Ingredients with less than 8 ingredients per recipe
- Handy Extras with cooking tips, nutritional information, and weekly menu planners to assist you stick to track with the ketogenic diet

Keeping things simple and delicious, The One-Pot Ketogenic Diet Cookbook helps you stay on track with the ketogenic lifestyle. The One-Pot Ketogenic Diet plan Cookbook makes it simple to keep keto on the table every day of the week with family-friendly, one-pot meals for your skillet, slow cooker, sheet pan, stock pot, and even more. With recipes ready to eat in under 45 minutes, this ketogenic diet plan cookbook is certainly your go-to direct for setting the strain of staying in ketosis aside.

No muss, zero fuss? easy, one-pot dishes for maintaining the ketogenic diet on busy weeknights

Figuring away what to produce on busy nights will often seem impossible? specifically if you're trying to follow the ketogenic diet.



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