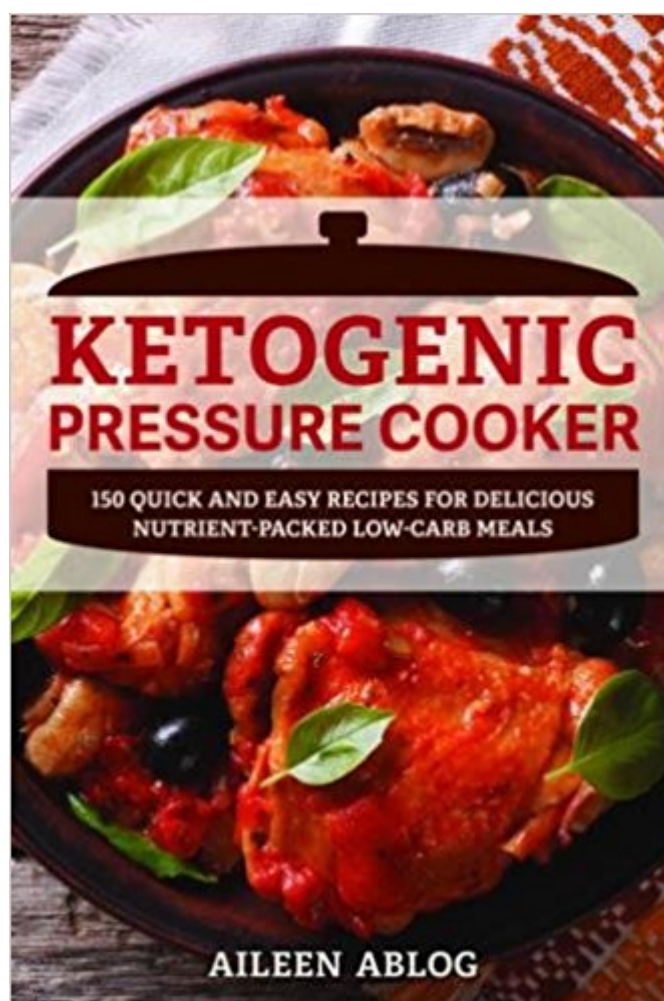


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# Ketogenic Pressure Cooker: 100 Quick And Easy Recipes For Delicious Nutrient-Packed Low-Carb Meals



## Synopsis

The first book to combine the low-carb, fat-burning ketogenic diet with the popular, fast, and easy pressure cooking method. Thanks to your powerful pressure cooker and this helpful cookbook, following the ketogenic diet has never been easier. Start with protein. Add fresh veggies. Toss in some spices. Press start. You're on your way to healthy eating! Cut cook time, boost nutrients and supercharge flavor with this book's mouthwatering recipes, such as: Lemon Chicken Soup, Salmon Alfredo Zoodles, Korean-Inspired Pulled Pork, Barbecue Beef Boneless Short Ribs, Spicy Coconut Prawns, Turkey Wing Vindaloo, Spaghetti Squash and Ham Tetrazzini, Hot Salami and Kale Soup. Plus desserts, broths and more!

## Book Information

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## Customer Reviews

Aileen Ablog discovered the ketogenic diet when she was faced with a future of health ailments, such as heart disease and diabetes after having fought endometrial cancer 5 years prior. Aileen created the blog [thrivingonlowcarb.com](#) initially to document her journey. By day she works at the University of the Fraser Valley, as a chemistry lab technician and lives in Chilliwack, BC with her husband Jeffrey and sassy cat, Lucy. She enjoys cooking, watching movies and more recently, weight lifting. Rumor has it that Aileen takes her Instant Pot everywhere she goes!

What I like about the Ketogenic diet is that it never feels like a diet. Besides not being to have a lot

of fruit, I don't feel like I am limiting myself. This is why I was excited for this book. I knew I would be able to find lots of satisfying recipes. My grandmother has a pressure cooker so I took my kindle and headed over to her house to work on some recipes! The difficulty the reader may run into is how to use a pressure cooker if they aren't already familiar with one. I wasn't familiar with it at first, but my aunt showed me and it is relatively simple to operate. Once I got down how to work the pressure cooker, I got to work on recipes. Writer Aileen Ablog has filled the book with so many tasty recipes. From sour cream beef, vegetable chicken soup, chicken mushroom alfredo, to poached salmon two ways, the reader will find a recipe they love. Prep time is low because of the pressure cooker and the recipes are filling so the reader should be able to leave the meal satisfied.

This is a great book of recipes for a pressure cooker. I have heard of the ketogenic diet from my niece. She has lost 45 pounds on it and says it is easy to follow and she does not get hungry. She does food prep for a week as she is single and works two part time jobs. The ketogenic diet is explained at the beginning of the book. I have used a pressure cooker for many years and it is a meal-saver if you are pressed for time. Meals are cooked in 30 minutes. Instructions on pressure cooking are clearly explained and many helpful hints are included. I really like that this book is about pressure cooking and has ketogenic diet recipes. It's like two books in one. Recipes are for Beef, Poultry, Eggs, Pork and Lamb, Fish and Seafood, Vegetables, and of course the best is Sweeter Things. I hope this is the perfect weight loss diet for me.

I've been on the ketogenic diet for some time now and with this cookbook I've added a lot more variety to my meals. I wanted to find out about some pressure cooker options because they're quick and easy and usually delicious but they rarely fit my dietary restrictions, hence this cookbook. If you want variety and taste this is the way to go, being on a diet can be difficult because of the lack of options, so adding this to your bookshelf will just make the chance of success higher and give you some fun new dishes to try out.

I had long been under the impression that eating specialized diets meant spending an entire Sunday prepping my meals for the week, so that there was no room for spontaneity in my weekly diet. That impression was turned upside down by the recipes in this book. Now, in about half an hour, I can make a wide variety of incredible, juicy meals that also fit my doctor's recommendations for my lifestyle changes. I can't imagine going back to the fourteen Tupperware a week lifestyle.

I'm fairly new to the keto lifestyle and definitely new to pressure cookers. This cookbook makes both super easy! I love the variety of recipes and they're so delicious! I also love how she marks which ones are dairy free, gluten free, vegetarian, etc. This book is definitely my go-to for yummy, easy, keto-friendly meals.

I just found out about this book and its exactly what I needed! Can't wait to get the book and try these recipes!! :)

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