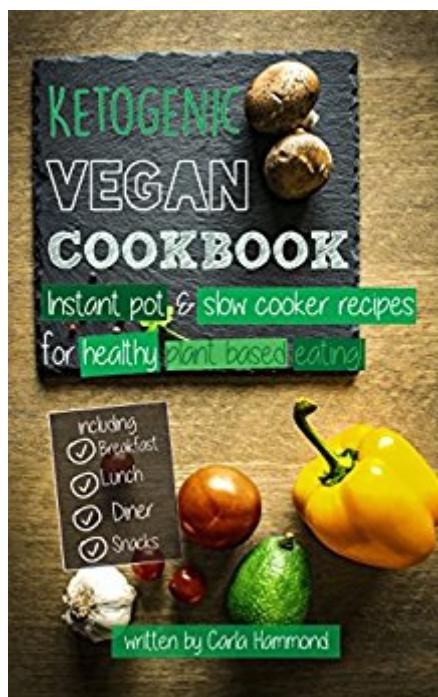


The book was found

Ketogenic Vegan Cookbook: Instant Pot, Slow Cooker And Delicious Everyday Recipes For Healthy Plant Based Eating



Synopsis

Burn extensive bodyfat with love for your body, taste buds and the environment. Do you want to lose weight, get rid of high blood pressure or lower your cholesterol levels? Interested in a high fat-low carb diet, but want to do it the vegan way? Do you want to gain quality muscle without animal cruelty? This might just be the perfect book for you... Your body functions best with quality, plant based nutrition. In order to fuel your biological engine with all the essential nutrients and amino-acids, you want to know what foods you need for a healthy, well-rounded keto vegan diet plan. Combine the best of both worlds with a lean, mean and tasty diet that is 100% eco-friendly. Don't worry, no complex, strict or weird diet schemes. Instead, the book comes with easy-to-follow recipes and stresses the essential foods you need in your body to fire all cylinders at full force. It dives in the macroâ™s and essential proteins your need. The foods and recipes provided are backed up with actual research. In this book you'll learn about the ketosis state, veganism, essential proteins and the nutritional value of delicious vegan food. You'll also find various, delicious recipes; Ketogenic vegan breakfast recipesKetogenic vegan lunch recipesKetogenic vegan dinner recipesRecipes for delicious ketogenic vegan snacksVegan-proof, protein-filled keto recipesIn addition, we've included special slow cooker and instant pot recipes. Time is getting more and more valuable and you shouldn't waste it. That's why we have included special keto vegan recipes that can be prepared in a snap. Not a single animal is hurt by preparing and consuming recipes in this book. Kiss extensive bodyfat, fatigue and hunger away. Lower your chances at cardiac events, cancer, and type 2 diabetes. Go ketogenic vegan today! Read it for free with Kindle Unlimited or grab your copy now for only \$2.99. offers a 7 day money back service. If you don't like the book, feel completely free to refund it.

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Customer Reviews

So far the recipes are not as clear or omitting info and the book is rather small.

I'm not sure why people are giving this book a good review. First of all, the title advertises "instant pot & slow cooker recipes," however, many of the recipes require you to sautee and roast. I realize that's not a big deal but I purposely purchased this for slow cooker recipes. Also, there are zero pictures so it's hard to get motivated to cook the recipes. ALSO, there are TYPOS. I'm not sure how a published book has obvious typos and formatting issues. Save your money.

If you are buying a book called "The Ketogenic Vegan Diet," you'd probably expect, at a bare minimum, that the recipes be both ketogenic and vegan. Unfortunately it strikes out both these things. On the vegan metric, it has recipes which include honey, and the "shopping list" in the back advises you to buy chicken broth. Now it is not that big of a deal to substitute agave nectar and vegetable broth respectively, but this indicates a general lack of concern or attention to detail. Did the author not know that bees and chickens are animals? Was the list cut-and-pasted from another book? Neither are a great sign. Neither are the recipes ketogenic. There are a couple of different definitions of exactly what a ketogenic diet is (google them if you like), but they all revolve around having low carbs. Medical ketogenic diets (like the kind used to control epilepsy) are typically less than 15g/day of carbs. Casual ketogenic diets (the kind laypeople use for health or weight loss) are typically less than 50g/day of carbs. I randomly picked two meal plans (breakfast, lunch, snack, dinner; 1 serving of each) and used the provided nutritional info. Meal #1: 54g carbs, 81g fat, 42g protein, 1230 calories. That is over the standard carb level for ketogenic diets, and worse, the calories are starvation level. If you adjust the serving sizes so the calories are close to the standard 2000/day, the macro numbers are 88g carbs, 132g fat, 68g protein. Clearly way too many carbs.

Meal #2: 32g carbs, 57g fat, 30g protein, 878 calories. Even worse from a starvation diet standpoint. Adjusting to 2000 calories/day gives 73g carbs, 130g fat, 68g protein. Clearly over the limit for carbs. The only thing I can say is that the book was cheap, so I only feel a little ripped off. Recommendation: avoid.

This cheaply produced cookbook is completely uninspiring. Looking through it, I find almost nothing I'd be interested to try. And it's definitely not a great source to learn about ketogenic eating. Not a keeper.

What I love about this is that it combines ketogenic and vegan making it healthier for my diet. It also stated brief overview on what to expect about ketogenic.

Based on the title of the book, I thought this would be full of Instant Pot recipes. It is not. It contains 31 recipes. 5 of those are Instant Pot recipes and 2 or 3 of those 5 use the slow cook function on the IP. Anyone who is a little OCD with grammar should completely avoid this book, as just about every page contains numerous errors. Overall there are a few good recipes/ideas, but a second pair of eyes would have been good to edit as well as incorporate additional IP recipes.

Some of the recipes include honey. Honey is not vegan, and isn't particularly keto friendly. All in all I was disappointed with this book. No particularly innovative recipes. And the copy editing is sloppy.

In today's modern society, everyone of us are into eating healthy and look healthy. This book provides the right approach to keto-vegan lifestyle. The recipes are well researched and delicious. I am feeling confident every time I ate every recipes. Eva has an innovative way of looking at food in a different and healthy way without taking away from the flavors. I can't wait to see what she conjures up next. ☺

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