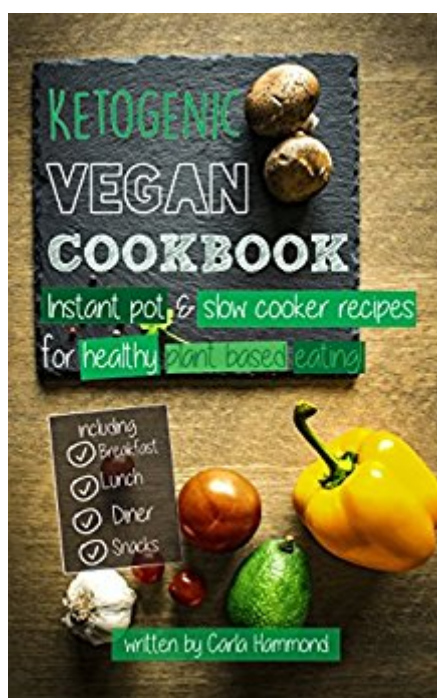


The book was found

# 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 macros and essential proteins you 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 recipes Ketogenic vegan lunch recipes Ketogenic vegan dinner recipes Recipes for delicious ketogenic vegan snacks Vegan-proof, protein-filled keto recipes In 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.

## Book Information

File Size: 3036 KB

Print Length: 80 pages

Publisher: HMPL Publishing (June 15, 2017)

Publication Date: June 15, 2017

Sold by: Â Digital Services LLC

Language: English

ASIN: B072NCCYH6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #191,688 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #161

in Kindle Store > Cookbooks, Food & Wine > Cooking Methods > Organic #192 in Kindle Store >

Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Ketogenic #269 in Kindle eBooks >

Cookbooks, Food & Wine > Special Diet > Ketogenic

## 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 on 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

[Download to continue reading...](#)

The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) Instant Pot: 365 Days of Instant Pot Recipes (Instant Pot Cookbook, Instant Pot Slow Cooker, Instant Pot Book, Crock Pot, Instant Pot, Electric Pressure ... Vegan, Paleo, Breakfast, Lunch, Dinner) INSTANT POT: 2,500 Instant Pot Pressure Cooker and Slow Cooker Recipes Cookbook (Instant Pot, Instant Pot Recipes, Crockpot Cookbook, Slow Cooker Recipes, ... Pot Dump Meals,

Crock Pot Freezer Meals) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: ( Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Instant Pot Cookbook: 500 Instant Pot Recipes Cookbook for Smart People (Instant Pot, Instant Pot Recipes, Instant Pot Recipes Cookbook, Instant Pot Electric Pressure Cooker Cookbook) Vegan Instant Pot Cookbook: 60 Amazing Instant Pot Recipes for Everyday Cooking ( Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook ) Instant Pot Cookbook: 30 Top Vegan Recipes for Instant Pot Pressure Cooker: Cook Healthier And Faster (Instant Pot Cookbook Paleo, Instant Pot Weight Loss ... Instant Pot Chicken Recipes, Slow Cooker 5) Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb ) (Cookbook delicious recipes 1) Instant Pot Cookbook: Top 10 Electric Pressure Cooker Recipes: Instant Pot, Instant Pot Cookbook, Instant Pot Recipes : The Best Instant Pot Cookbook for ... cooker, electric pressure cooker recipes) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Slow Cooker Recipes: 2,000 Delicious Slow Cooker Recipes Cookbook (Slow Cooker Recipes, Slow Cooker Cookbook, Slow Cooker Chicken Recipes, Slow Cooker Soup Recipes) Instant Pot: The AMAZING Pocket Cookbook for Instant Pot Cooking (1,500 Bonus Recipes! Instant Pot, Instant Pot Recipes, Instant Pot Cookbook, Pressure Cooker Recipes, Pressure Cooker Cookbook) Instant Pot: 365 Days of Instant Pot Recipes (Fast and Slow, Slow Cooking, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Breakfast, Lunch, Snack, Healthy Slow Cooker Dinner) Instant Pot Cookbook: 101 Healthy and Easy Instant Pot Recipes For Your Pressure Cooker (Instant Pot Cookbook, Pressure Cooker Recipes Book, Vegan Instant Pot Cookbook) The Ultimate Pressure Cooker Cookbook: Ingenious & Delicious Meals All In One Cooker (Instant Pot, Instant Pot Slow Cooker, Pressure Cooker Cookbook, Electric Pressure Cooker, Instant Pot For Two) Crock Pot: 1001 Best Crock Pot Recipes of All Time (Crockpot, Crockpot Recipes, Crock Pot Cookbook, Crock Pot Recipes, Crock Pot, Slow Cooker, Slow Cooker Recipes, Slow Cooker Cookbook, Cookbooks) Slow Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Fast and Slow Cookbook, Slow Cooking, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner, Breakfast, Healthy Meals) Slow Cooker Cookbook: 1001 Best Slow Cooker Recipes of All Time (Slow Cooking, Slow Cooker, Meals, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Breakfast, Lunch, Dinner) KETO SLOW COOKER: 120 Delicious, Quick and Easy Ketogenic Slow Cooker Recipes (keto, ketogenic, ketogenic cookbook, slow cooker, slow cooking, ketogenic ...

weight loss, paleo, low carb, cleanse) Delicious Crockpot Recipes: A Full Color Crockpot Cookbook for your Slow Cooker (Crockpot;Crockpot Recipes;Slow Cooker;Slow Cooker Recipes;Crockpot Cookbook;Slow ... Cookbook;Crock Pot;Crock Pot Recipes;Cro 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)