



The One Pot Ketogenic Diet Cookbook: 100] Easy Weeknight Meals for Your Skillet, Slow Cooker, Sheet Pan, and More (Paperback)

By Liz Williams

Rockridge Press, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. No muss, no fuss--easy, one-pot recipes for keeping up with the ketogenic diet on busy weeknights Figuring out what to make on busy nights can sometimes seem impossible--especially if you re trying to follow the ketogenic diet. The One-Pot Ketogenic Diet Cookbook makes it easy 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 more. With recipes ready to eat in under 45 minutes, this ketogenic diet cookbook is your go-to guide for setting the stress of staying in ketosis aside. The One-Pot Ketogenic Diet Cookbook includes: No-Mess Meals with simple-to-prepare recipes using only one-pot or panOver 100 Easy Ketogenic Diet Recipes with clear instructions for recipes such as Chicken Cordon Bleu Casserole, Cheesy Cauliflower Rice, Keto Hot Fudge, and much moreQuick to Set with ketogenic diet recipes ready in 30-45 minutesSimple Ingredients with less than 8 ingredients per recipeHandy Extras with cooking tips, nutritional information, and weekly menu planners to help you stay on track with the ketogenic dietKeeping things simple and delicious, The One-Pot Ketogenic...



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