



Low Carb Instant Pot Cookbook: To Rapidly Lose Weight, Regain 100 Confidence and Have a Better Life 81 Flavored Easy Low Carb Instant Pot Recipes (Bonus: 14 Days Low Carb Diet Meal Plan)

By Chef Watson

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you fed up with your overweight? Do you feel lack of confidence because of your obesity? Are you looking for a diet for weight loss and have delicious foods without paying too much time everyday? This book will solve all of above questions! It is not just a cookbook, it is a complete guide of Low Carb diet and Instant Pot. It is a perfect companion for your daily cooking! So what benefits will you get by following a low carb diet?1. Helps In a Swift Reduction In Appetite2. Helps To Lose Weight Effectively 3. Lowers The Blood Triglycerides 4. Increases The Levels Of Good Cholesterol (Hdl) 5. Reduces The Blood Sugar Levels6. Reduces Hypertension 7. Helps Improve Brain Disorders8. Gives More Energy 9. Improves Health And Fitness10. More And More. Besides, by following this book, you will know: 1. Everything About Low Carb Diet2. Foods You Should Eat/ Avoid 3. Overview Of Instant Pot4. 81 Delicious And Easy Instant Pot Recipes 5. A 2- Week Healthy Meal Plan6. The Health Benefits of the Low Carb Diet 7. How Can Low...



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