

# Ketogenic Vegetarian: The Best Keto Slow Cooker And Instant Pot Recipes Download Online eBook Allyson C. Naquin Download Ebooks [EN] PDF, EPub, Mobi



**Ketogenic Vegetarian: The Best Keto Slow Cooker and Instant Pot Recipes Download Online eBook Allyson C. Naquin Free eBook PDF/ePub/Mobi/Mp3/Txt, Do you love being a vegetarian but fear that if you go Keto you will have to starve to death?**

**Luckily in this Ketogenic Vegetarian Cookbook will expose you to 101 delicious vegetarian recipes that you can enjoy on a Keto diet!**

That's right! In this book, we will be providing you with healthy and nutritious Vegetarian Keto alternatives and will include recipes that will assist you in reducing the intake of meat. Our main focus is to make the transition to a Keto Vegetarian life much easier for you by creating and presenting dishes ranging from easy breakfast recipes to lunch, dinner recipes, snacks and dessert for the whole family.

When you decide to go on a keto diet, it is vital that you do your required research, and create a plan of action. The first order of business after deciding to switch to a ketogenic diet is trying to get yourself into a state of ketosis. This comes down to how restrictive you can be with the number of carbohydrates each day. The recommended dosage is 20g or less per day. To achieve this, you will have to follow a specific pattern of eating so get rid of the refined carbs such and try to get only healthy carbs from healthy fats and vegetables.

## **This book will give you:**

*A guide to the living on a Ketogenic Vegetarian Diet 101 delicious Ketogenic Vegetarian recipes A breakdown of their nutritional value of each recipe How to Successfully Incorporate Vegetarian dishes into a Keto Diet And so much more!*

Whether you have just started exploring the world of Keto Vegetarianism or if you are simply seeking new enticing Ketogenic vegetarian recipes, then, this Keto Vegetarian Cookbook will give you a new perspective on the way you eat.

**Grab a copy today and let's bring life to your Ketogenic Vegetarian Journey!**

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