

## Ketogenic Sous Vide Cookbook: 250 Keto Diet Recipes for Sous Vide (Paperback)



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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Cooking in Sous Vide might seem something very complex that only professional cooks can do but we can prove to you that this is a misconception! Sous Vide cooking is actually pretty easy as long as you know cooking times and temperatures and as long as you follow the right instructions! Also, following a Ketogenic diet might seem a bit hard to follow but we also want to prove that this isn't true! That is why we are here with this special cooking journal! We thought we could combine a Ketogenic lifestyle with this amazing cooking method! We gathered for you the best Ketogenic Sous Vide recipes and we presented them to you in a simple and attractive way! Have a look at some of the recipes you're about to discover: Lemony Mango Delight Bok Choy Breakfast Bowls Spring Onion Soup Greek Pork Chops Glazed Carrots Creamy Spinach Party Chicken Wings Duck Breast Appetizer Salad Peach Compote Even a novice cook can make these incredible Sous Vide recipes! You will become a star in the kitchen and your dishes will be so appreciated from now on! Discover the best sous vide Ketogenic dishes in the world and have a lot of fun in the kitchen!

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