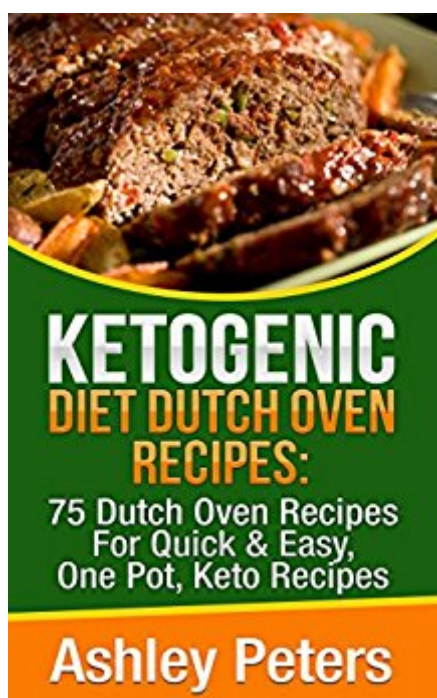


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Synopsis

Finally Stress Free Healthy Dinners with these Delicious & Easy Ketogenic Dutch Oven Recipes***Read this book for FREE on Kindle Unlimited or Free with Paperback Purchase - Download Now!*****PURCHASE TODAY AND RECEIVE A FREE BONUS! !***If you want to prepare quick & easy meals and then this recipe book is for you.... THIS RECIPE BOOK was created for people like you who are BUSY but still want to have a homemade Ketogenic meal for dinner and not spend hours preparing it. The best part about these recipes is that each recipe can be prepared and cooked with very little time and effort !Fortunately, there are many tools that you can rely upon if you want to implement a Ketogenic lifestyle, and the Dutch oven is one of them. Originally crafted out of cast iron, Dutch ovens these days come in a variety of shapes, sizes, and materials such as clay and ceramic. These are heavy, lidded cooking pots that are perfect for cooking any type of Ketogenic meal. While on the Ketogenic diet, you are going to want to focus your consumption on lean meats and vegetables, as well as some of the good grains such as brown rice and quinoa. By preparing your meals in the Dutch oven, you will not only ensure that your food is cooked evenly and thoroughly, but that each dish will come out tasting even more delicious than the last! Dutch ovens are versatile enough that they can roast, bake, boil, and slow cook virtually anything that you place in its container. So no matter if you are new to the Ketogenic diet, or if you have been following it regularly for some time now, the Dutch oven can help you maintain the guidelines of the diet as well as facilitate easy preparation and cooking of your meals. With the Ketogenic Diet Dutch Oven Recipes, you will never be at a loss as to what to prepare!HERE ARE JUST A FEW OF THE AMAZING RECIPES INSIDE THIS BOOK~–~–Ketogenic Dutch Oven Garlic Buttered Pot Roast~–~–Ketogenic Dutch Oven BBQ Beef Short Ribs~–~–Ketogenic Dutch Oven Beef Stroganoff~–~–Ketogenic Dutch Oven Carne Guisada~–~–Ketogenic Dutch Oven Mushroom Steak~–~–Ketogenic Dutch Oven Pork Spanish Cauliflower Rice~–~–MUCH MUCH MORE! Download Now for Instant Reading by Scrolling Up and Clicking the Buy Button

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This book is full of omissions of simple things like what temperature you should set the oven to. Missing ingredients which are referenced later in the instructions. The intention is good but I hope you like guess work. Everything I've made with it kind of isn't good. Likely due to the recipes missing temp and ingredients.

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