

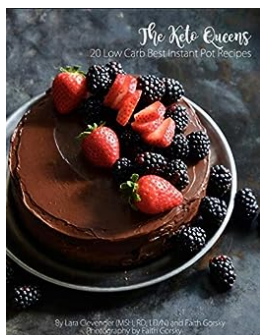
20 Low Carb Best Instant Pot Recipes

Are you tired of spending hours in the kitchen preparing meals? Look no further, because the Instant Pot is here to save the day! This revolutionary kitchen appliance has taken the cooking world by storm and for good reason. Not only does it save you time, but it also opens up a whole new world of culinary possibilities, especially for those following a low carb diet.

With the Instant Pot, you can easily whip up delicious and nutritious low carb meals in no time. Whether you're a busy professional, a parent looking for quick and healthy options, or someone just wanting to simplify their cooking routine, these 20 low carb Instant Pot recipes are sure to satisfy your taste buds.

1. Keto Chili

This flavorful and hearty chili is packed with protein and healthy fats, making it the perfect low carb option for chilly nights.



20 Low Carb Best Instant Pot Recipes: The Keto Queens by Lara Clevenger ([Print Replica] Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 2695 KB

Lending : Enabled





[Click here for the full recipe.](#)

2. Buffalo Chicken Lettuce Wraps

Looking for a low carb alternative to the classic buffalo chicken wrap? These lettuce wraps will definitely hit the spot.



[Click here for the full recipe.](#)

3. Cauliflower Fried Rice

Skip the takeout and try this healthier version of fried rice. Cauliflower florets are riced and then stir-fried with your favorite veggies and spices.



[Click here for the full recipe.](#)

4. Balsamic Beef Stew

This rich and flavorful beef stew is the perfect comfort food. The balsamic vinegar adds a tangy twist to the dish.



[Click here for the full recipe.](#)

5. Creamy Tuscan Chicken

This creamy and indulgent Tuscan chicken dish is made with tender chicken breasts, sun-dried tomatoes, spinach, and a luscious cream sauce.



[Click here for the full recipe.](#)

6. Lemon Garlic Butter Chicken

Tender and juicy chicken thighs cooked in a delicious lemon garlic butter sauce. This dish is bursting with flavor!



[Click here for the full recipe.](#)

7. Zucchini Noodles with Meatballs

If you're craving pasta but want to keep it low carb, this recipe is for you. Zucchini noodles are topped with juicy meatballs and a flavorful marinara sauce.



[Click here for the full recipe.](#)

8. Mexican Cauliflower Rice

Spice up your dinner table with this Mexican-inspired cauliflower rice. It's packed with bold flavors and makes the perfect side dish.



[Click here for the full recipe.](#)

9. Creamy Garlic Parmesan Chicken Wings

These chicken wings are a game day favorite. The creamy garlic Parmesan sauce takes them to a whole new level.



[Click here for the full recipe.](#)

10. Stuffed Bell Peppers

These colorful and flavorful stuffed bell peppers are filled with a delicious mixture of ground turkey, veggies, and cheese.



[Click here for the full recipe.](#)

11. Spicy Shrimp Stir Fry

Satisfy your cravings for Asian takeout with this spicy shrimp stir fry. It's quick, easy, and bursting with flavor.



[Click here for the full recipe.](#)

12. Creamy Broccoli Cheese Soup

This comforting soup is the perfect way to warm up on a chilly day. It's creamy, cheesy, and oh-so-delicious!



[Click here for the full recipe.](#)

13. Thai Coconut Curry Chicken

Transport your taste buds to Thailand with this fragrant and creamy coconut curry chicken. It's a great way to switch up your dinner routine.



[Click here for the full recipe.](#)

14. BBQ Pulled Pork

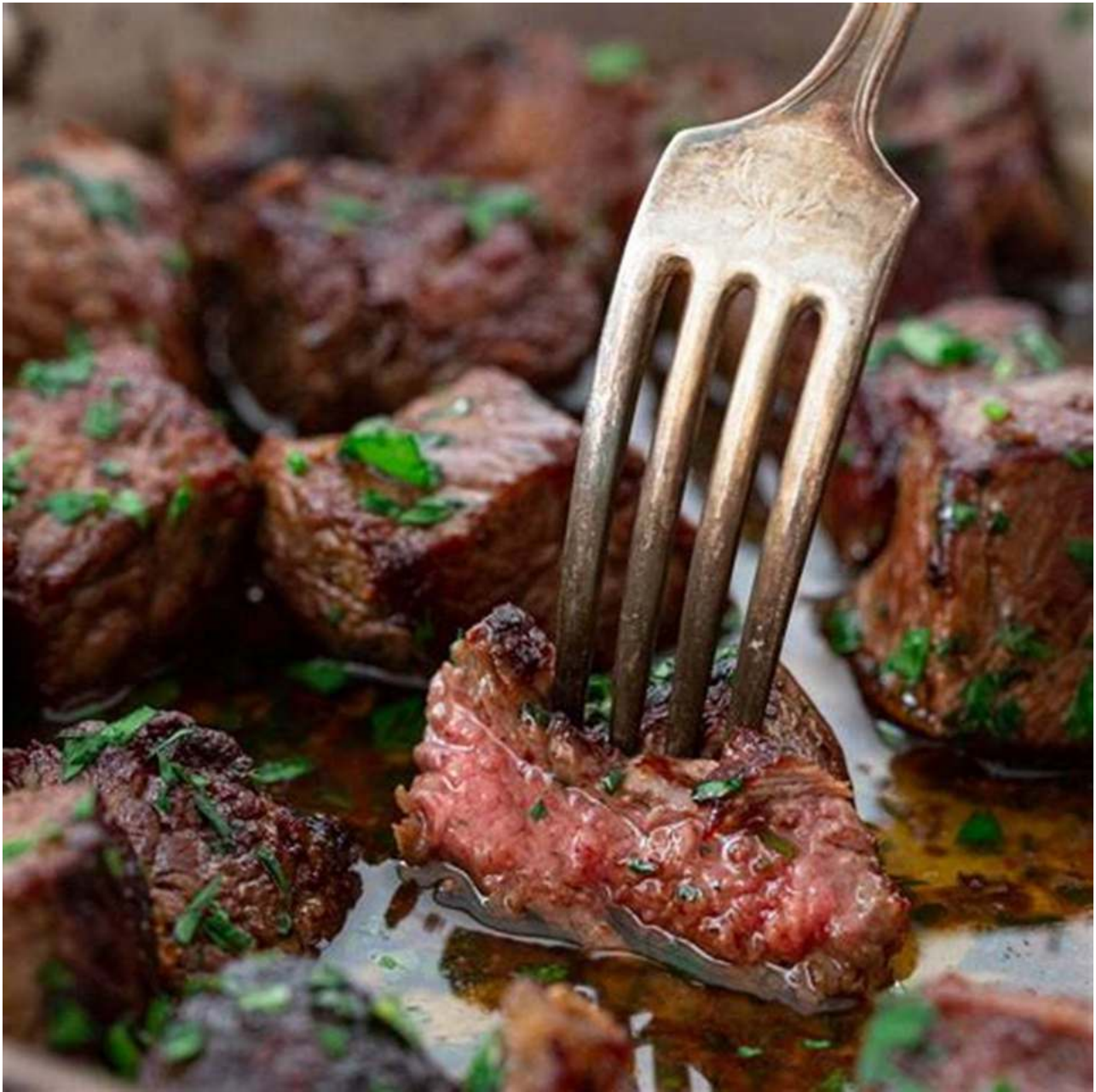
This tender and smoky BBQ pulled pork is a crowd pleaser. Serve it on lettuce wraps or alongside some low carb coleslaw for a complete meal.



[Click here for the full recipe.](#)

15. Garlic Butter Steak Bites

These melt-in-your-mouth steak bites are seared to perfection in a garlic butter sauce. They make a delicious main course or appetizer.



[Click here for the full recipe.](#)

16. Creamy Garlic Parmesan Brussels Sprouts

Elevate the humble Brussels sprouts with this creamy and cheesy recipe. It's the perfect side dish for any meal.



[Click here for the full recipe.](#)

17. Cilantro Lime Shrimp Scampi

This light and tangy shrimp scampi is bursting with fresh flavors. It's perfect for a quick and easy weeknight dinner.



[Click here for the full recipe.](#)

18. Cauliflower Mac and Cheese

Satisfy your comfort food cravings with this low carb twist on a classic favorite.

Cauliflower florets are smothered in a creamy cheese sauce.



[Click here for the full recipe.](#)

19. Lemon Herb Salmon

This flavorful and tender lemon herb salmon is the perfect healthy weeknight meal. It's quick, easy, and packed with omega-3 fatty acids.



[Click here for the full recipe.](#)

20. Instant Pot Cheesecake

Last but not least, satisfy your sweet tooth with this creamy and indulgent Instant Pot cheesecake. It's the perfect low carb dessert.



[Click here for the full recipe.](#)

There you have it! These 20 low carb Instant Pot recipes are guaranteed to simplify your cooking routine while keeping your taste buds happy. With the Instant Pot, eating healthy has never been easier or more delicious.



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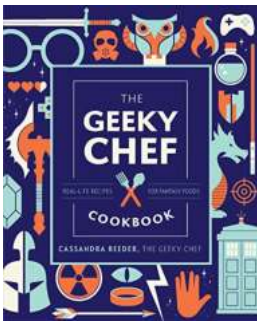
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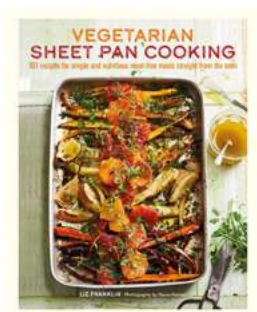


20 Low Carb Instant Pot Recipes. Do you follow a keto or low carb diet and need quick and easy meals? This book is for you then! We've created 20 of our favorite ketogenic recipes that can be made quickly in your instant pot or pressure cooker. Spend less time in the kitchen and make a smaller mess, by using your instant pot or pressure cooker to speed up meals.



The Geeky Chef Cookbook Review: Unleash Your Inner Nerd Chef with These Exquisite Recipes

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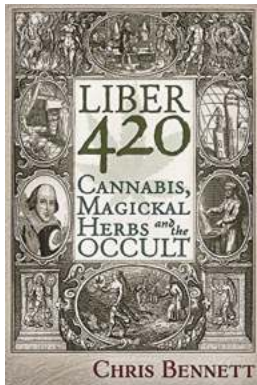
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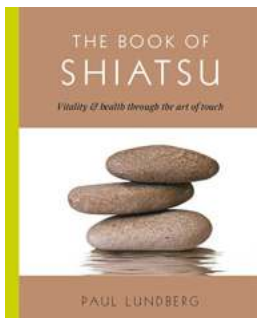
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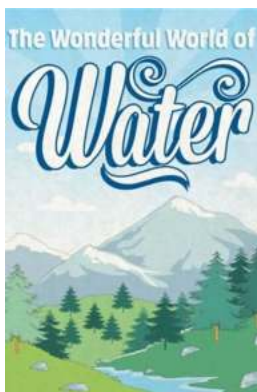
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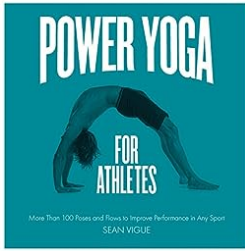
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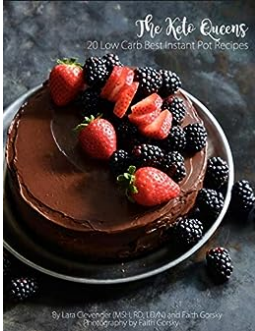
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