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Instant Pot Eats brings us one of the most popular & delicious vegetarian keto instant pot recipes on Pinterest! Filled with healthy cabbage and veggies this Sri Lanken Coconut Cabbage is a great meal prep recipe that keeps well in the fridge for 3-4 days & tastes fantastic cold or reheated.

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What is a Keto Diet?. A keto diet is well known for being a low carb diet, where the body produces ketones in the liver to be used as energy. It's referred to as many different names " ketogenic diet, low carb diet, low carb high fat (LCHF), etc. When you eat something high in carbs, your body will produce glucose and insulin.

## **The Ketogenic Diet - A Keto Guide for Beginners - Ruled Me**

Keto Recipes. It's a common misconception that you'll be eating boring and bland food when you're on a ketogenic diet. While simple foods are a staple, there's so many ways to add variety back into your diet.

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