

WITH PICTURES AND NUTRITIONAL INFO

PALEO INSTANT POT *Cookbook*

PALEO DIET RECIPES FOR YOUR PRESSURE COOKER. EASY
RECIPES FOR HEALTHY EATING TO LOSE WEIGHT FAST



WITH PALEO DIET TIPS

OLIVIA STRATTON

Paleo Instant Pressure Cooker Cookbook

Chef Effect



Paleo Instant Pressure Cooker Cookbook:

Paleo Instant Pot Cookbook Brendan Fawn, 2020-09-19 All of the recipes in this paleo instant pot cookbook are made using very simple and easy to find ingredients and are perfect for the beginners But advanced chefs fear not As in between the simpler recipes in this paleo instant pot book you might stumble upon a few harder paleo instant pot recipes that will teach you a new thing or two All said this paleo instant pot recipe book has something for everyone With that I encourage you to test new paleo recipes to experiment adding your own flavors and embark on your instant pot quest This paleo instant pot pressure cooker cookbook contains Information about the instant pot Delicious paleo instant pot dishes Seafood meat and vegetables instant paleo recipes Paleo pressure cooker recipes with colorful pictures Two options of the Instant Pot Cookbook are available Black and white version Full color edition Simply press See all formats and editions above the price Press left from the Paperback button

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Paleo Instant Pot Cookbook Sarah Tucker, 2018-02-09 The Instant Pot Pressure Cooker is taking the fitness industry by a storm In the past the usual excuse that most people gave for their inability to follow through with a diet program was being too busy to cook Oh I always get home tired and you know

I have to take care of the kids too there s barely enough time to cook so I mostly have to make do with any food I can lay my hands on Well we all know that those meals are usually fast foods packaged meals or not so healthy Nothing beats being able to cook your own meals on a diet because only then would you be able to guarantee that you re eating meals that are cooked with compliant ingredients With the Instant Pot Pressure Cooker it s now possible to make your healthy Paleo diet recipes within minutes It functions both as a pressure cooker for fast cooking and a slow cooker for when you need your dinner to be cooking while you re at work so that you can always get home to healthy Paleo and gluten free recipes In this book you re going to learn How to do the Paleo diet the right way and get desired results A comprehensive list of foods to eat on the Paleo diet A comprehensive list of foods to avoid on the Paleo diet Instant Pot Pressure Cooker cooking hacks 80 Paleo Instant Pot Gluten free recipes including sides appetizers and desserts This book is the perfect tool to make the Paleo diet work for you this year Take care of your body It s the only place you have to live Jim Rohn

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