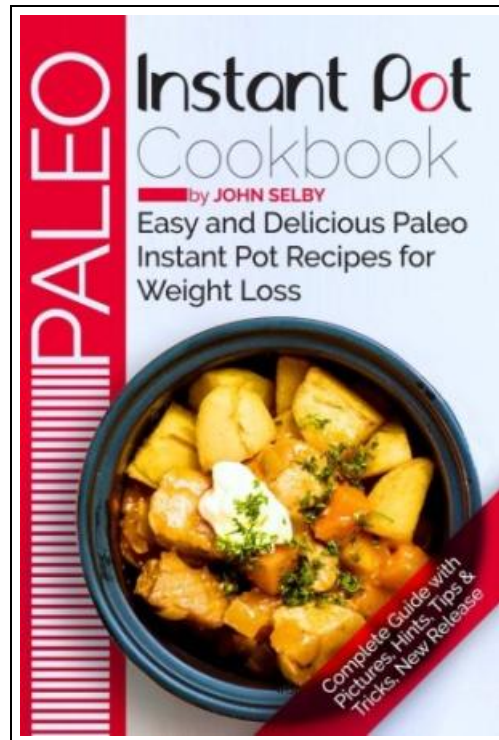


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you considering going on a paleo diet or already are? Do you want to lead a healthy lifestyle, but do not have the time to prepare healthy meals for yourself, your family and friends? Busy life doesn't mean you need to sacrifice your health because these Delicious and Easy Paleo Instant Pot Recipes will help you save 70-90 in cooking time. In addition to saving your time, pressure cooking retains more nutrients, that are so important in a paleo diet, than boiling or roasting in the oven. Even if you have never used an Instant Pot before, using it is very easy to learn, and you will wonder how you lived without it before. So, what is on your meal plan for today? Is it a quick and easy soup or stew, or maybe tasty pork or beef with veggies on a side? We've got it in this book. Here, we compiled more than 50 healthy and delicious paleo recipes that are simple to make in the Instant Pot. The directions are easy to understand and follow that you will be making your paleo meal with confidence. For your convenience, we organized the recipes into sections like soups, stews, chicken, beef, pork, side dishes, and desserts. Yes! You can even make mouthwatering desserts in no time, using your Instant Pot. Moreover, you do not even have to constantly keep an eye on it and are free to spend this time on anything you wish, come back in 10 hours and everything will be warm, as if just made. These tried and true Paleo recipes are a fast and healthy way to lose weight, get in shape and feel better.



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