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Instant Paleo Delight: 30 Paleo Recipes for Your Instant Pot (Paperback)

By Eric Davis

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.NOTE: This is Black and White Edition Paleo is probably one of the most exciting diets obtaining thousands of new followers across the world each and every day. There are many reasons why you should consider trying paleo diet. To begin with, you d be ditching all the processed foods and going for more natural ones, which have less additives and sugar. The latter would definitely have a positive impact not only on your health, and weight but also on your energy levels. Going Paleo would help you make a lot of healthier eating choices, you would mostly be required to eat more vegetables, fresh fruit, nuts, eggs, seafood and meat. And there is not any more exciting way to cook all these foods than using an Instant Pot, or any other pressure cooker, as this is by far the quickest and most convenient method of preparing healthy meals. This Paleo cookbook brings you a magnificent collection of the best Paleo Instant Pot recipes, carefully selected by the prominent health advocate, Eric Davis. The recipes are conveniently divided into sections, including paleo...



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