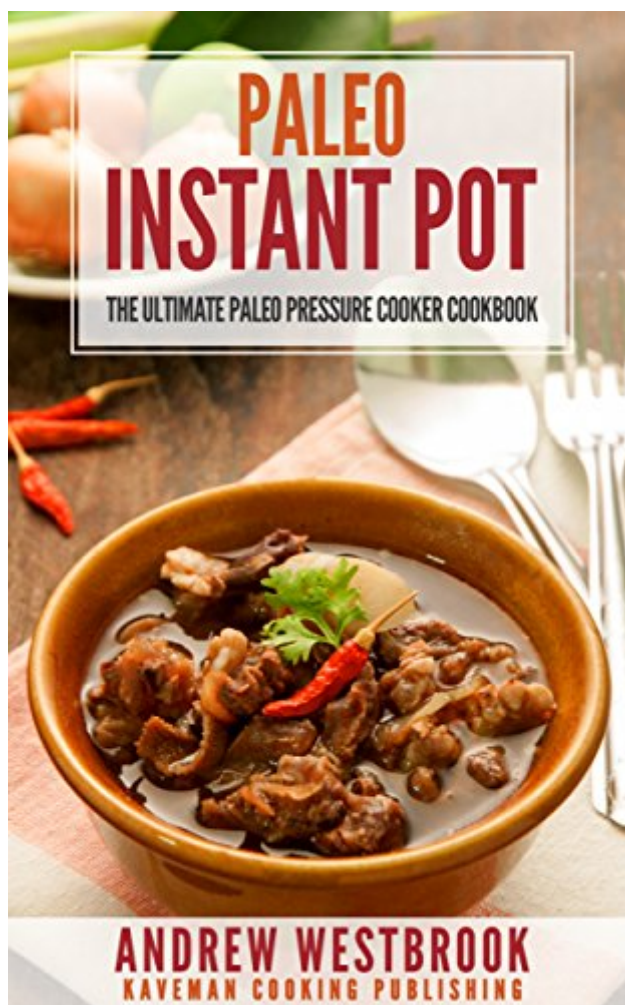




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Paleo: Instant Pot - The Ultimate Paleo Pressure Cooker Cookbook



Synopsis

Do you want delicious and easy-to-make Paleo pressure cooker recipes that your whole family can enjoy? Imagine having full nutritional information for every recipe so that meal planning becomes much easier. This book could be the start to a healthier you by following the Paleo lifestyle...Paleo: Instant Pot - The Ultimate Paleo Pressure Cooker Cookbook

The Paleo lifestyle has come to be recognized as a way to live a healthier life by focusing in on, and trying to improve upon, the negative aspects of many peoples' lives: whether it is a lack of exercise, relying on pre-packaged and preservative-packed foods, or eating out for every meal. The Paleo lifestyle is not just a listing of what you can or cannot eat; it's a holistic approach to improving your lifestyle by following our ancestors' way of eating. Research, in various disciplines, has conclusively linked our diets to a host of degenerative diseases, such as obesity, Alzheimer's, depression, and cancer, to name just a few. However, by following the Paleo diet and lifestyle, you can improve your overall health and well-being. This book is designed to give you a primer on the Paleo diet and lifestyle and provide you with Paleo pressure cooker recipes that are packed with flavor and taste great!

In this book, you will learn:

- How to make 50 Paleo pressure cooker recipes that taste great
- Detailed macro and micro nutritional information for each recipe
- Cooking and preparation times so that you know exactly how long it will take to prepare each recipe
- An easy-to-understand primer on the Paleo diet, as well as an overview of using a pressure cooker to get the best results when preparing the recipes in this book
- How to make delicious Paleo pressure cooker recipes for any time of the day, whether for breakfast, lunch, dinner, or for snacks and desserts

Here are just some of the great recipes that you will find inside:

- Breakfast Quiche
- Italian Wedding Soup
- Cherry Tomato Chicken Cacciatore
- Strawberry Rhubarb Compote
- Apple Pie Applesauce
- Smoked Sausage Stew
- Pina Colada Chicken
- Cabbage Apple Stew
- French Baked Eggs
- Pulled Pork Ragu
- Paleo Banana Bread

And many, many more! Make these delicious Paleo pressure cooker recipes and get your copy today!

Book Information

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Customer Reviews

After the initial detox, I'm using this diet once a week to maintain total cleanliness and eliminate the last traces of belly fat. I've been using Paleo on my doctor's advice for a year and half and the improvements in my health have been miraculous. You have to try it for yourself. I've lost thirty five pounds and my body looks completely different to when I started. Blood pressure is normal and I look years younger. It's all in the diet, gals. Get on the programme today.

Awesome! I am a big fan of the Paleo diet and this book came just at the right time. I had a pressure cooker for years but have not used it in so long so I was intrigued to see the Paleo recipes just for the pressure cooker. The book is easy to follow and nicely written with plenty of pictures. It includes meals for breakfast, lunch and dinner as well as condiments and broths. Worth purchasing!

It's not very easy to find good book of paleo instant pot recipes. And this one is really very good. It has many tasty recipes that are easy to made. I found to myself some dishes that I liked very much. Not very unique book, but it made good. If you want to find some new paleo instant pot recipes, than this book is for you.

The Paleo Cookbook has some incredible, simple recipes that make delicious meals that aren't too difficult to pull together for the novice. They are simple enough to make, but delicious enough to

impress your friends and family. All recipes in this book are saved with simpler ingredients with easy cooking directions. If you're just getting into the paleo lifestyle and you want a full rundown of what it's all about, this is the book for you.

The table of contents and page numbers don't match. Formatting is off. Just not a quality book. Not worth the money.

I like this way of cooking and was looking for cookbook for Paleo. Nice, delicious meal for breakfast, lunch and dinner, recipes are awesome and easy to cook. Recommended.

This is a small book with a precious thing in the form of wonderful recipes on the paleo diet. I recommend this book to you on the quality basis. This is an ultimate instant pot cookbook.

I really liked this cookbook. I found it perfect to have this book! The recipes are delicious and yummy. I tried some and it's so easy to prepare and the ingredients are affordable. Awesome!

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