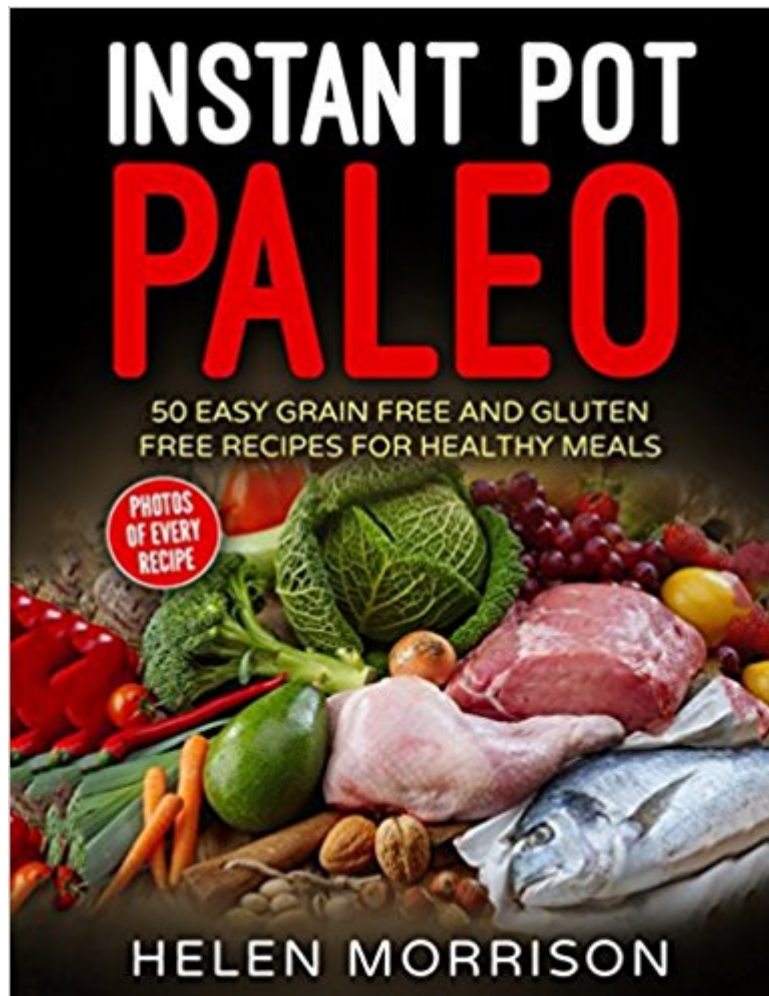




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Instant Pot Paleo: Quick & Delicious Recipes



Synopsis

Instant Pot Paleo: Quick & Delicious GET THE PAPERBACK COPY TO RECEIVE THE DIGITAL COPY FOR FREE!! You can read this book on your Kindle device, smart phone, tablet, mac or PC!! You're about to discover how to create around 55 quick and easy Instant Pot Paleo recipes with proper directions and nutritional information based on a 2000 calorie diet plan. Whether you want to make delicious recipes without much effort READ THIS BOOK. It will change your life forever. Here Is A Preview Of What You'll Learn... Tips and Tricks How the Instant Pot Cooker worksHow to use the Instant Pot cooker More than 50 quick and easy recipesBonus Recipes Much, much more! Download your copy today! Bonus recipes at the end of the book! Tags: Instant Pot Recipes, Instant Pot cookbook, Instant Pot ultimate, Instant Pot pressure cooker cookbook, Instant Pot Vegan cookbook, Instant Pot Paleo, Instant Pot cookbook for two, Instant Pot quick and easy, Instant Pot quick and easy breakfast, Recipes, Cookbooks

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Customer Reviews

This book gives you a clear plan to achieve weight loss on Paleo and see if you like it. I liked it because you can eliminate the foods which you just plain don't like! No diet is going to work if you don't enjoy the food. The simplicity of the recipes in this book took most of that fear away. Many if not all of these recipes will be worth your time again even if you don't decide to switch to Paleo full time. It also goes into insights to why may wanna step into the Paleo world and some things you probably wanna cut out of your eating right now. Awesome recipes and a lot of great advice and ideas. Instant pot pressure cookers are an ideal choice for those of you who are looking to save

time. So far this is my favorite of the several Instant Pot recipe books I own. Insightful and great for a beginner. Easy to navigate. Great reference.

Instant Pot Paleo doesn't just have the right recipes to grab for dinner and lunch. It has pictures of delicious foods-- that I mind staring at before I go and prepare for it. Easy to follow instructions, well-written and precise! I love the recipes inside especially the way it looks after following the preparation method. I recommended this to some of my friends as well as to those acquaintances that I know are health conscious like me. So many books about health and diet but this one's one of the well-written I've read so far! Highly recommended!

As a big crock pot cooker, I picked this up to learn other ways to cook. Not only is this filled with recipes which look delicious, there is a lot of information in the beginning of the book about pressure cookers including the types that are available, tips and tricks for cooking, how to clean your cooker properly, and much more! I can't wait to buy a cooker and get started.

The best book on instant pot paleo I've ever read. It has marvelous design, delicious recipes with pictures and nutritional info, it even contains history of instant pots and other interesting information about instant pots. Strongly recommend!

This book is poorly written and poorly edited, if edited at all. Instructions are incomplete. Ingredient list include items such as 2 portions of curry sauce mix (I have no idea what this is), 1 sliced horesradish (is that an entire root or 1 slice of a root?). This book appears to me to be self published. I will send it back if I can!!!!

This has a number of really good recipes that I'm excited to try. It's well written, easy to follow and I love the extra tips at the end of the recipe as well as the calorie information. I would suggest that the ingredients include US measurements as well as European so conversions are accurate.

This book is awesome! This book has so many recipes that you could throw away all your other cookbooks and just use this one. If your craving something this book will have it. This has recipes that are great if you are working and if you want to save energy and time. They are easy to read and the directions are simple to follow. I enjoying making my way through this cookbook. Highly recommended!

My girlfriend asked me if we could try vegan food for some time and so I started searching some cookbooks on and came across with this book. We tried few recipes and we were absolutely pleased with the results. But we won't say that this book is for "beginners". You will find a lot of useful and practical advice here. So, if you are interested in this type of diet - this book is a good reading for you.

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