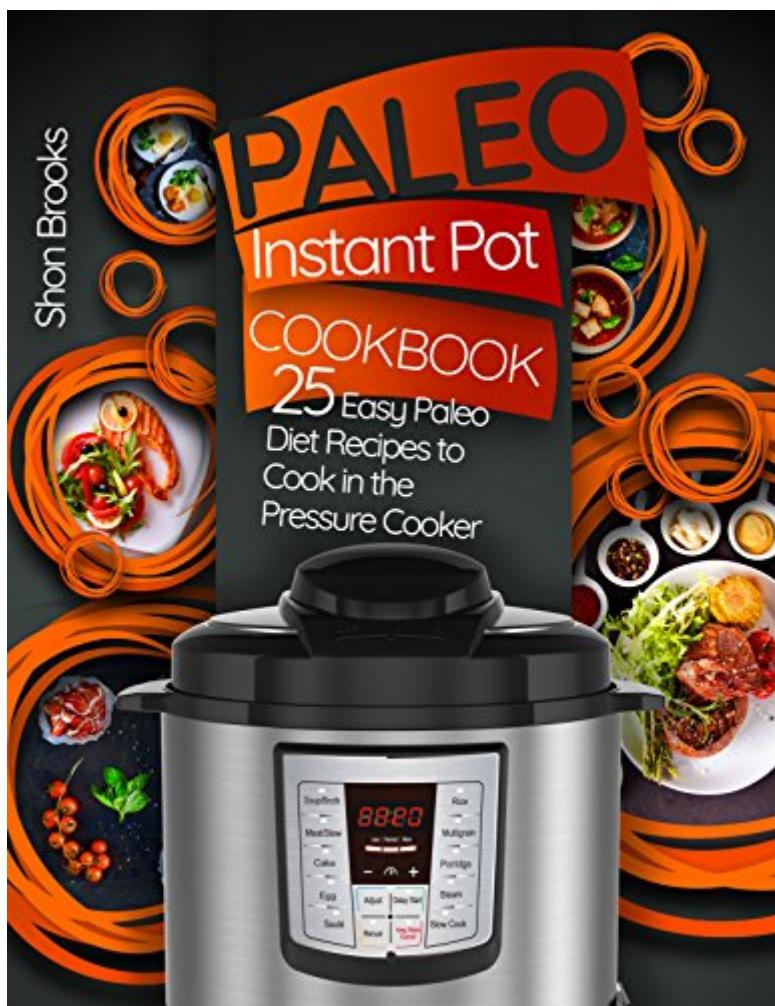


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Paleo Instant Pot Cookbook: 25 Easy Paleo Diet Recipes To Cook In The Pressure Cooker



Synopsis

It is highly recommendable to eat only healthy, quality food and remove everything that is processed or that comes in a box. Unprocessed, natural food in the form of lean meat, kernels and seeds, fruit and vegetables, sugar, legumes, wheat and dairy products makes Paleo the perfect diet choice. If you are not yet convinced, here are some arguments for implementing the Paleo diet:

- Increased protein intake decreases appetite and having a high protein diet helps maintain muscle mass.
- It emphasizes the importance of fruit and vegetables.
- The body gets sufficient essential fatty acids.
- It will suit even the people that suffer from high blood sugar.
- It reduces the risk of many diseases such as diabetes, cancer and heart disease.
- It can reduce the risk of contracting osteoporosis as it produces an alkaline load on the kidneys which prevents calcium loss and preserves bone tissue.
- There is no calorie counting and measuring meals.

However, abiding by this diet won't be easy, especially at first when you need to give up all of the tasty foods we are accustomed to. However, with all the benefits this kind of diet has to offer, making a conscious effort to eat healthily is definitely the way to go. Under the cover you will find the healthiest and most tasty Paleo recipes you can prepare at home in your Instant Pot. You'll find recipes for:

- Breakfast dishes
- Appetizers
- Main dishes
- Side dishes
- Desserts

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Book Information

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Customer Reviews

I enjoyed reading this book. I am new to instant cooking and I think this was a great starting point for me. In this book, it allows me to cook a wide variety of meals for my family to enjoy something flavorsome, in less than half the time. I purchased this book so i can enjoy quick and easy recipes.

So many easy and tasty recipes in one book! What I liked the most is realistic pictures of meals. Directions are written in a simple manner with different useful tips and advice. Good cookbook, recommend it!

This book composed of the healthiest and most tasty Paleo recipes you can prepare at home in your Instant Pot. I love all the Breakfast dishes, Appetizers, Main dishes, Side dishes and Desserts. it is easy to follow and looks Yummy. I like it

This is really very good. It has many tasty recipes that are easy to make. The book is easy to follow and nicely written with plenty of pictures.hey 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 this book is for you.

significant impact on our diet, and the harmful effects of artificial additives that extend shelf time of the products and other supplements shouldn't even be brought into question. All these changes significantly harm our health and are the main culprit for the diseases of modern civilization, such as diabetes, obesity, cancer and heart diseases.

I and my girl friend loves to cook. So I decided to try this cookbook. I tried some of the recipes and it's easy and delicious. Also, the ingredients are affordable too. Highly recommended!

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