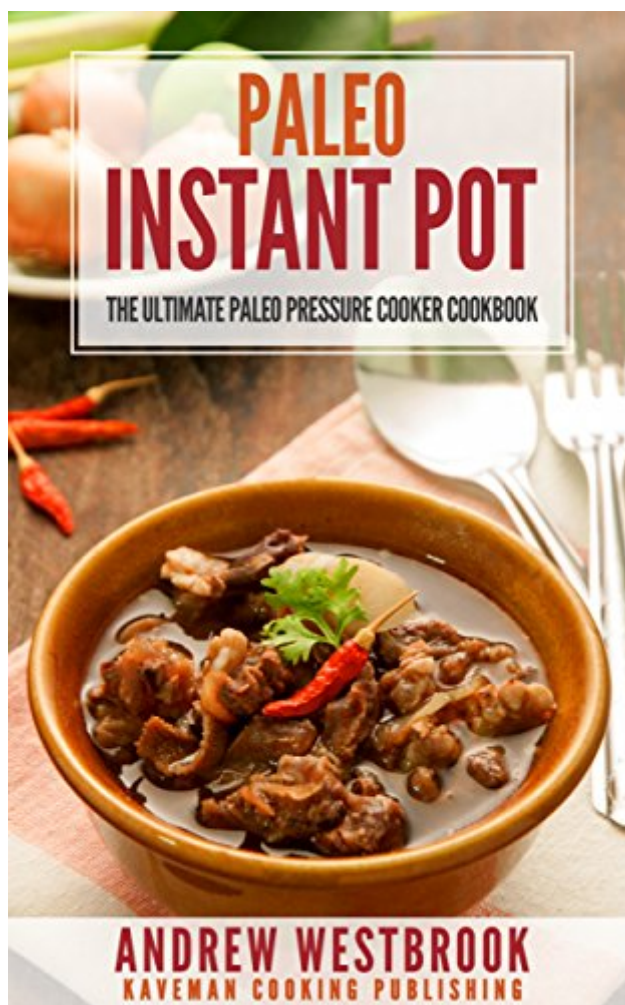


The book was found

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

File Size: 1983 KB

Print Length: 104 pages

Page Numbers Source ISBN: 1544102259

Simultaneous Device Usage: Unlimited

Publisher: Kaveman Cooking Publishing (February 20, 2017)

Publication Date: February 20, 2017

Sold by:Â Digital Services LLC

Language: English

ASIN: B06X42846S

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #160,937 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #9 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > European > English, Scottish & Welsh #61 in Books > Cookbooks, Food & Wine > Regional & International > European > English, Scottish & Welsh #139 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Paleo

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!

[Download to continue reading...](#)

Instant Pot: 365 Days of Instant Pot Recipes (Instant Pot Cookbook, Instant Pot Slow Cooker, Instant Pot Book, Crock Pot, Instant Pot, Electric Pressure ... Vegan, Paleo, Breakfast, Lunch, Dinner) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) Instant Pot Cookbook: Top 10 Electric Pressure Cooker Recipes: Instant Pot, Instant Pot Cookbook, Instant Pot Recipes : The Best Instant Pot Cookbook for ... cooker, electric pressure cooker recipes) Instant Pot Cookbook: 500 Instant Pot Recipes Cookbook for Smart People (Instant Pot, Instant Pot Recipes, Instant Pot Recipes Cookbook, Instant Pot Electric Pressure Cooker Cookbook) Instant Pot: The AMAZING Pocket Cookbook for Instant Pot Cooking (1,500 Bonus Recipes! Instant Pot, Instant Pot Recipes, Instant Pot Cookbook, Pressure Cooker Recipes, Pressure Cooker Cookbook) The Ultimate Pressure Cooker Cookbook: Ingenious & Delicious Meals All In One Cooker (Instant Pot, Instant Pot Slow Cooker, Pressure Cooker Cookbook, Electric Pressure Cooker, Instant Pot For Two) INSTANT POT: 2,500 Instant Pot Pressure Cooker and Slow Cooker Recipes Cookbook (Instant Pot, Instant Pot Recipes, Crockpot Cookbook, Slow Cooker Recipes, ... Pot Dump Meals, Crock Pot Freezer Meals) Instant Pot Cookbook: 30 Top Vegan Recipes for Instant Pot Pressure Cooker: Cook Healthier And Faster (Instant Pot Cookbook Paleo, Instant Pot Weight Loss ... Instant Pot Chicken Recipes, Slow Cooker

5) Instant Pot Cookbook: 101 Healthy and Easy Instant Pot Recipes For Your Pressure Cooker (Instant Pot Cookbook, Pressure Cooker Recipes Book, Vegan Instant Pot Cookbook) Instant Pot Electric Pressure Cookbook: Incredibly Easy & Healthy Mouthwatering Instant Pot Recipes For Quick Scrumptious Meals (Instant Pot, Instant Pot Cookbook, Electric Pressure Cooker, Paleo) Paleo Instant Pot Cookbook: Amazing Paleo Instant Pot Recipes for Whole Family (Paleo Instant Pot Recipes Cookbook, Paleo Diet Guide Cookbook, Paleo Diet Recipe Book, Paleo Diet for Beginners) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) Vegan Instant Pot Cookbook: 60 Amazing Instant Pot Recipes for Everyday Cooking (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Instant Pot Cookbook: Healthy and Tasty Vegan Instant Pot Recipes for Electric Pressure Cooker! (Instant Pot Recipes - Instant Pot® Electric Pressure Cooker) Instant Pot Cookbook: Quick And Very Easy Electric Pressure Cooker Recipes For Every Taste (Instant Pot Recipes, Instant Pot Electric, Pressure Cooker, Slow Cooker Book 1) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Instant Pot Cookbook: The Quick and Easy Pressure Cooker Guide and The Best Collection Of Delicious Instant Pot Recipes(slow cooker cookbook, crock pot recipes,Electric Pressure Cooker cookbook) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Instant Pot Cookbook: Chef Approved Instant Pot Recipes Made For Your Instant Pot â “ Cook More In Less Time (Instant Pot Pressure Cooker Recipes Cookbook) Instant Pot: 365 Days of Instant Pot Recipes (Fast and Slow, Slow Cooking, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Breakfast, Lunch, Snack, Healthy Slow Cooker Dinner)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)