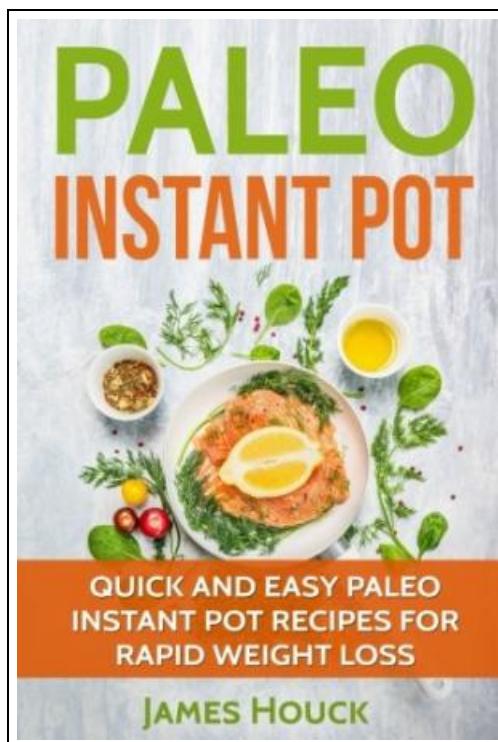


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*(Prof. Llewellyn Thiel)*

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Paleo Diet: Paleo Instant Pot Cookbook Instant Pot is a diverse cooker that can be used as an electric strain cooker, measured cooker, steamer, rice cooker, and boiling pot. It's a sole electrical device that does the work of seven diverse kitchen machines or utensils. Recently, we are becoming more health conscious and prefer to have healthy meals rather than junk foods or rich foods. For that, you can easily prepare Paleo recipes which are full of nutrition for you and your family. As Instant Pot uses both pressure and heat to cook your food, it makes it one of the fastest cooking methods as compared to any traditional method. Believe it or not, it can cut down your cooking time to half and it can accumulate 70 on your liveliness charge! Moreover, keeping in mind about your diet, you can easily cook Paleo diet recipes with it in a short time. Instant Pot not just saves your cash and time but also helps you to reduce weight. Combine this with the Paleo meals, and you get a healthy, fit lifestyle that you will never get tired of. This book will provide you a brief introduction to Instant Pot Paleo Diet and why it's the best modern way to cook delicious meals. Moreover, if you are a latest Instant Pot customer, this book will emphasize the top 10 mistakes that a new user generally makes and how you can avoid them. Additionally, you will find pros and cons of Paleo diet meals along with its health benefits and tips. And, most importantly, you will receive a cookbook with delicious, healthy, and easy to cook breakfast, lunch, snacks, and dinner recipes.

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