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# Instant Pot Cookbook: The No B.S. Pressure Cooker Start Guide For Smart People - Including Quick And Easy Rapid Weight Loss Recipes For Beginners (Clean Eating Series Book 2)





## Synopsis

DISCOVER THE THE NO B.S. PRESSURE COOKER START GUIDE FOR SMART PEOPLE! Are you the owner of an instant pot or pressure cooker? Are you curious of ways that you can use your helpful kitchen accessory in order to prepare meals that will help you lose and manage your weight? Download your copy today to get access to great recipes that will benefit your body, metabolism, and your lifestyle. This book contains recipes on:- Appetizers and Sides - Breakfast - Soups, Stews, and Chili - Vegan Dishes - Desserts - Much more! These recipes have been especially chosen in order to provide a great selection of low-carb meals packed with plenty of energy, vitamins and various nutrients that your body will thank you for. Weight managing can get complicated real fast. Take the work of thinking out of the picture and stick to recipes like these of your own. Incorporate these meals into your daily diet and portion each serving out well. This is a much easier plan of attack compared to calorie counting and bland protein shakes. Even if you have a busy schedule, these meals can easily be stored away and used for meal planning. Instead of going through the drive thru for convenience, take a container of a health conscious meal that was perfectly cooked by your instant pot. When you have a sweet tooth, don't make your taste buds suffer. Make use of the dessert recipes included and make them your own in order to satisfy any sweet tooth you have without packing in loaded amounts of sugar and additives. • You are what you eat. • Make yourself something that is delicious and nutritious, not something convenient and full of unknown additives. Learn how to eat your way to a healthy body today! Take advantage of great recipes that are easy and convenient to cook your way to a healthier diet. So Go Ahead! Grab Your Copy & Start Reading Today!

## Book Information

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## Customer Reviews

Have only made two recipes. Both were delicious! And it has great tips to cut time. My only wish is that the time it takes for Instant Pot to get to pressure would be included in the calculations - it's not, so you need to add some time to allow for the pressure creation.

Nice book. Very good recipes. All food are tasty and healthy. You can easy way to make all foods. I like this book.. I recommend and thank you to the author.

The recipes are lovely and yummy, uncomplicated as well. I like it so much I have gifted it more than once!The first section gives so much helpful data about how to utilize my Instant Pot. Some great recipes yet I figure I was anticipating that more day-should day reference recipes and this simply didn't have them.Buy it! You will utilize this book if you have an Instant Pot. Much appreciated...!

This cookbook is a great addition to the book that comes with the Instant Pot. I have tried several recipes and they have all been outstanding. Love it! Excellent cookbook! Enhanced the utility of the Instant Pot Pressure Cooker I received as a gift, also through .

This is an excellent cookbook with a lots of healthy and delicious recipes.This recipe book will help you to lose your weight and reduce risk of cancer and increase the energy level.I hope you find this book helpful.

A good selection with proven steps and strategies to use the cooker to your advantage to achieve the desired result of weight loss. That book topic is really very helpful for all of them especially who wants to know about that. I would highly recommended to read this book everyone.

Have only made two recipes. Both were delicious! And it has great tips to cut time. I will be referring to this cookbook exclusively for some time.

It is so nice to have a cookbook that can help you to make easy but delicious food that you can share with the rest of your family,

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