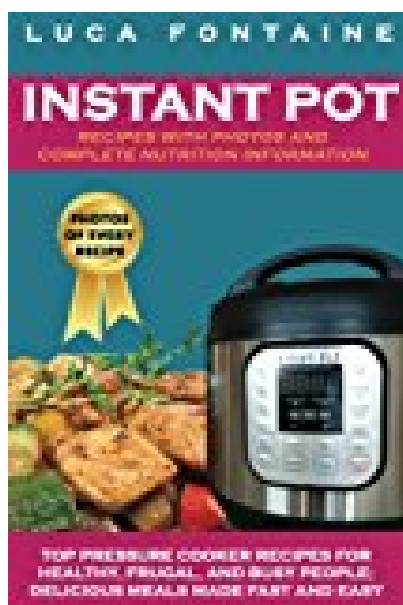


# Instant Pot Recipes with Photos and Complete Nutrition Information Top Pressure Cooker Recipes for Healthy Frugal and Busy People; Delicious Meals Made Fast and Easy

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## BOOK DETAILS

- Author : Luca Fontaine
- Pages : 134 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1539163571

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## BOOK SYNOPSIS

DOZENS OF EASY AND HEALTHY INSTANT POT RECIPES WITH PHOTOS, SERVING SIZE, AND NUTRITIONAL INFORMATION FOR EVERY SINGLE RECIPE!  
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There is a new way to enjoy amazing, home-cooked, healthy meals without spending all your time in the kitchen! Reclaim your health with this hand-picked collection of the top Instant Pot recipes! Since its debut, the Instant Pot has become an increasingly popular appliance. It is more than just a fad! Using the Instant Pot to cook delicious meals at home is a lifestyle and an entire movement based on reclaiming our health and well-being without sacrificing any of our favorite meals. Food isn't meant to be bland and boring any more than it is meant to be loaded with nasty chemicals and served through a drive-thru window. It is meant to be enjoyed and savored. That's why cooking with an Instant Pot is becoming so popular! Cooking with an Instant Pot means you can prepare elaborate, healthy, tasty meals at home for your entire family without slaving away for hours in the kitchen! The Instant Pot lets you save money and time while still enjoying the best home-cooked meals you've ever made! Dozens of healthy and tasty Instant Pot recipes for breakfast, lunch, and dinner, all with complete nutritional information, serving sizes, and pictures! This Instant Pot cookbook makes it easy to get the most out of your Instant Pot appliance! With easy breakfast recipes, fresh and fast lunch recipes, and world class dinner recipes, you can use your Instant Pot every single meal for months at a time without getting bored! Each and every recipe includes a photo of the meal as well as serving size and nutritional information. Enjoy some of the best meals of your life all while improving your health and losing weight! A collection of Instant Pot recipes that lets you have it all! Eating meals cooked with an Instant Pot does not mean you are on a boring, bland, starvation diet. Eating bland and weird food might be one way to lose weight, but that is not what the Instant Pot is all about. Let's face it: if a diet isn't enjoyable, sooner or later it becomes impossible to stick to. Don't set yourself up for failure! Grab these amazing Instant Pot recipes now and learn the many delicious possibilities you could have for breakfast, lunch, and dinner today and every day for a week to come! Cooking with the Instant Pot can be fun and easy, but only when you know the right recipes! For less than the cost of visiting a fast food restaurant, you can get your hands on months of Instant Pot recipes, all with complete nutritional information, serving sizes, and pictures in this Instant Pot cookbook. Every recipe is easy to make, requires no significant cooking expertise, and is so healthy and delicious you will be proud to serve these meals to your family and friends. World class meals you can serve to your family and friends with pride! World renowned diet and nutrition expert Luca Fontaine has hand-picked his favorite Instant Pot recipes that he has mastered in his own kitchen, taught to chefs around the world, and that have earned rave reviews from diners on every continent of the planet! Don't miss out! Grab this book today at the limited time sale price and make a small investment in your health and well-being, as well as the health and well-being of your family, that will pay off huge in the long run!

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