



Paleo Instant Pot Cookbook: Stop and Smell the Roses - Time Saving Healthy and Delicious Recipes for the Busy Bee (Paperback)

By Matt J Bianco

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Doing the Paleo diet is one of the best ways to get your health back to where it is supposed to be at. Whether you need to lose weight, improve the function of your organ systems or are simply looking for a better lifestyle, you can benefit from everything that the Paleo diet has to offer. When you can eat like a caveman you will be able to make sure that you are getting the best nutrition possible. There are many ways in which you can make sure that you are getting the best nutrition possible but Paleo is the way to go. The only rule with Paleo is if the cavemen wouldn't have been able to eat it, you are not able to eat it, either! This means that there are no confusing points to count, no carbs to cut out of your diet and no reason to feel guilty when you let yourself indulge in a fresh fruit dessert. All of the recipes that are included in this book are Paleo-friendly. You can enjoy them when you are...



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