



The Ultimate Paleo Electric Pressure Cooker Cookbook: Lightning Quick and Easy Gluten-Free Recipes for Busy People

Norma Dean

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Do you want your family and yourself to enjoy home cooked meals—every time, all the time?

Would you believe that home cooked main meat meals only take 45 minutes or less—including preparation and cooking times?

Are you ready to embrace the change for a better and healthier way of eating?

Read on!!!

This eBook is all about the Paleo Diet.

Coupled with the Paleo Diet is the pressure cooker way of cooking food items that softens up meat and vegetables in just a matter of minutes. So what are the things that you are going to benefit from this Paleo Recipes for Electric Pressure Cooker eBook?

- Perfect for newbies
- Perfect for Paleo Diet fans

The recipes here come from my personal collection so all of them are tried and tested. And most of all, I have personally checked them to follow the general guidelines of the Paleo Diet.

• Enjoy both vegetable and meat dishes – if you feel like eating meat based dishes, we have several choices for you from eggs, chicken, pork, beef, fish, and lamb. There are vegetable dishes to choose from for those days that you crave for good old vegetables.

If you are seeking comfort food, it's here and if you want international cuisine there are also a fair few to choose from!

You will definitely enjoy these recipes and tips for using a pressure cooker—just like I did!

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Daniel Campbell:

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