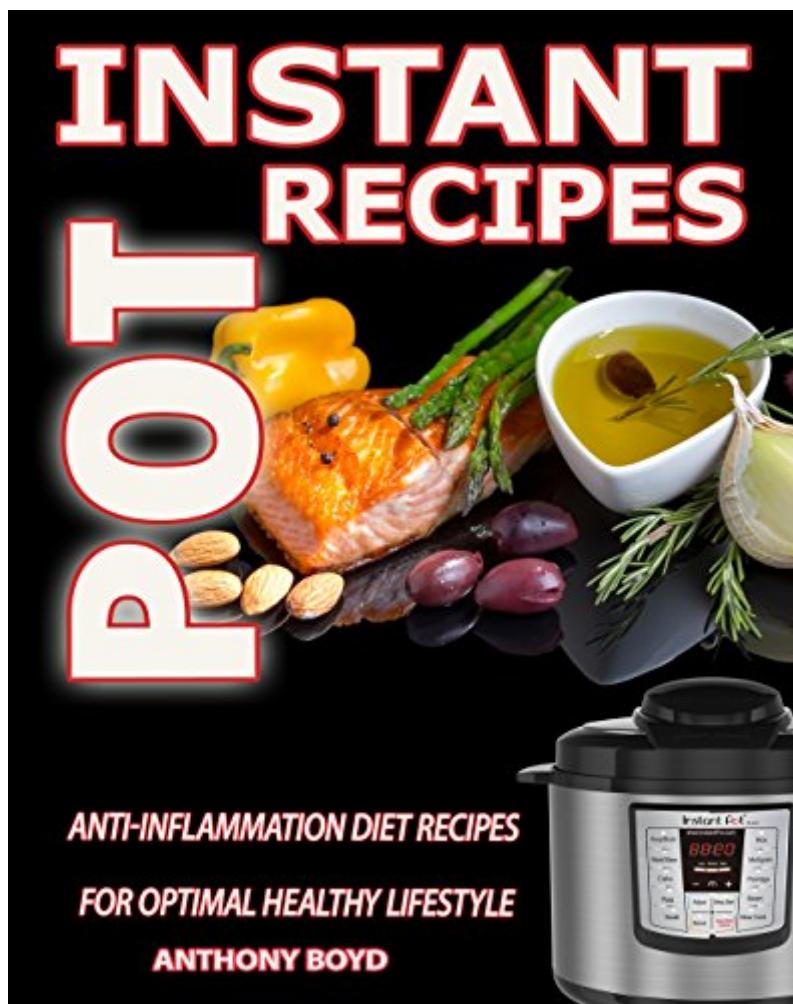


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# Instant Pot Recipes CookBook: Anti-Inflammation Diet Recipes For Optimal Healthy Lifestyle(Instant Pot Cookbook, Anti Inflammatory Diet, Clean Eating, Pressure Cooker Cookbook,low Carb Diet)





## Synopsis

So much in life is beyond our control. Managing chronic inflammation and pain doesn't have to be. From the leading health practitioner who brought you the medical evidence, comes the most complete nutritional information and everyday recipes for fighting inflammation through the power of the Instant Pot. With INSTANT POT RECIPES COOKBOOK: Anti-Inflammation Diet Recipes For Optimal Healthy Lifestyle, you will reduce inflammation naturally, and heal the conditions that frequently occur as a result, such as arthritis, autoimmune conditions, food allergies, gastrointestinal distress, and more. The Anti Inflammatory Diet and The Instant Pot Recipes in this Book makes inflammation a thing of the past by offering: Over 110 delicious, easy to prepare recipes that feature affordable ingredients, minimal prep time, and hundreds of useful tips Anti-inflammatory diet information for everyone to learn from Helpful food lists and nutritional information will help you make smart food choices and stick to your anti-inflammatory diet Prepare to cook your way toward better health with The Anti Inflammatory Diet and Your Favorite Instant Pot. Your personalized Anti-inflammatory diet is waiting. Now, the benefits of the Anti-Inflammatory Diet have been brilliantly combined with all the advantages and convenience of the Instant Pot cooking method. The results? A superb collection of highly nutritious and super-healthy dishes that can be prepared easily and quickly with the amazing Instant Pot cooking utensil. Food should always be delicious and this amazing collection of over hundred mouth-watering recipes have been designed to help you feel fantastic, loving life and healthier. But there's more, you will soon be healthier and happier!

## Book Information

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## **Customer Reviews**

This cookbook will be my go to for anything Instant Pot. So many awesome recipes, you'll never run out of choices. My only ding would be lack of pictures, but I'm not taking off a star, because this cookbook is that awesome! It has a lot of well organized information, that I am using a lot.

Great cookbook, Great recipes and plenty of them with good variety. I really enjoy cooking now. Thanks

A standout among the many Instant Pot cook books. The author did not add the usual stuff about how to use the instant pot and this is a great thing for me because I consider the owner's instructions are the best resource for this purpose. Instead, the author created tasty and healthy recipes which have been laid out in a logical manner which makes it very easy for the reader to follow the cooking directions and the ingredients list. The pictures are very helpful, too.

I love this amazing instant pot cookbook. I find it very helpful for me especially on preparing and making meal plan for the whole week. A very essential recipe book. This also has lot of mouthwatering and healthy recipes that I'm excited to try on. Great recipe book I highly recommend to all.

Maybe I am wrong, but the recipes contain a lot of ingredients that are stated as possible trigger foods. Tomatoes, potatoes, maple syrup, heavy cream, cheddar cheese...etc. There are a few recipes I will use, but the majority contain foods I have eliminated from my diet. Disappointing!

I love this amazing instant pot cookbook. I find it very helpful for me especially on preparing and making meal plan for the whole week. A very essential recipe book. This also has lot of

mouthwatering and healthy recipes that I'm excited to try on. Great recipe book I highly recommend to all !

Excellent cookbook! Enhanced the utility of the Instant Pot Pressure Cooker I received as a gift, also through

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