

oahCQ [GET] Affordable Paleo Cooking with Your Instant Pot: Quick + Clean Meals on a Budget



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Seasoned Paleo author, Jennifer Robins is back with her fifth book, and second Instant Pot edition. Robins's first Instant Pot recipe book sold more than 60K copies, and her follow-up book keeps accessibility and budget in mind with the elimination of hard-to-find ingredients such as uncommon Paleo flours?making each meal simple and affordable. Broken down into breakfast options, chicken dishes, pork plates and more, this guide to easy Paleo also provides recipes adaptable to Whole 30, AIP, vegetarian and low-carb diets. Chapters promise savory bites like the Whole 30-approved Scotch Eggs, Mexi Meatloaf that fits well with the 21-Day Sugar Detox and low carb Chicken Adobo?all made quick and easy in the Instant Pot without pricey specialty ingredients. Comfort foods are plenty, too, with Hamburger Soup, Instant Shepherd's Pie and Southern Sausage and Cabbage?using more affordable cuts of meat and sans expensive condiments. This book will have 75 recipes and 75 photos.

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