



Paleo Pressure Cooker: Quick & Easy Paleo Recipes For Healthy Meals In a Flash (Gluten-Free, Dairy-Free, Low Carb)

Elizabeth Goodwin

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Paleo pressure cooking is perfect for busy moms and dads who want to serve healthy meals but don't have hours to spend in the kitchen. Imagine having a healthy home-cooked meal ready in minutes? It's that fast, and that easy with a handy pressure cooker!

Author Elizabeth Goodwin became familiar with the Paleo diet a number of years ago as a result of her children's food allergies and sensitivities. A true believer in the benefits of eating Paleo, Goodwin and her family have successfully switched to the Paleo lifestyle. While the transition isn't always easy, Goodwin makes it easier with these tried-and-true family-approved recipes.

In her book, Goodwin presents 27 Paleo pressure cooker recipes that can be prepared for breakfast, lunch, and dinner. You don't need to spend hours in the kitchen to create tasty, nutrient packed meals. With a small amount of preparation and your trusty pressure cooker, you are ready to create healthy meals in a flash.

Pick up a copy of these delicious and easy to prepare **Paleo pressure cooker** meals your whole family will love!

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