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# Healthy Recipes: 2 Manuscripts- Instant Pot Cookbook And Mediterranean Diet (Instant Pot, Pressure Cooker, Mediterranean Diet)



## Synopsis

This book, Healthy Recipes: 2 Manuscripts- Instant Pot Cookbook And Mediterranean diet is

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m ls.Book1: Instant Pot Cookbook: Recipes For Your Pressure CookerBook2:

M dit rr n n Diet: Quick & Easy 45 Mediterranean Diet RecipesHopefully, through the use

of this book, you will be able to begin the journey towards fulfilling that goal! Book1 Ñ•Înt ins

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## Book Information

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## Customer Reviews

It was a wholesome cookbook and most of its recipes are enticing and easy to understand and at the same time you will be inspired to prepare the said dish. The book's content was helpful and easily understood.

Mediterranean style diet includes wine, plenty of fruits, vegetables, legumes, olive oil and fish, with very little meat. This diet preventive effect against heart disease, cancer and diabetes, as well as the aging of the brain. It has been shown that the Mediterranean diet the body makes it easier and more capable for different activities. This book contains useful tips and good recipes. In these two books, you'll find plenty of recipes for preparing meals of whole foods. Indeed, this set of books is very useful, and I heartily recommend it!

I recently downloaded recipes healthy anti inflammatory diet book and it's a good book. The book is very informative about different types of arthritis and the triggers and ways to prevent it, including recipes that are good to eat for you and won't cause flare ups. I would definitely recommend this book for people that need recipes for food that won't cause flare ups. I received this product for free for an honest review...

This book is a bundle of two books: Instant pot cookbook and Mediterranean diet recipes. All the recipes mentioned in this book are really wonderful and tasty. The instant pot recipes are easy to prepare and consume very little energy and the Mediterranean diet recipes support the taste and the spirit of those who live in harmony with nature. Over all it is a good book for healthy food.

I like cooking. But I don't know what is good for my health. This book starts out about how and why

to eat healthier, nothing new about this, but always interesting see another persons point of view on it. Then its followed by the recipes and how they are supposed to heal certain things by eating certain foods, or making recipes with a variety of foods to make you healthier. Most recipes in this book are simple and easy to prepare. I like some recipes in this book:- Baked Chicken Skins- Baked Chicken - Tacos - Vegetables - Grilled Chicken (sweet and sour) - Fried Chicken - Chili - Beef - Jambalaya - Jambalaya - Jambalaya - Jambalaya

It's a great guide about helpful healthy recipes. The book is very informative about different types of arthritis and the triggers and ways to prevent it, including recipes that are good to eat for you and won't cause flare ups. Each recipe is clearly explained and includes both prep time, serving size, and standard nutritional information for those of us keeping an eye on things like carbs or calories. The recipes contains simple ingredients and she puts a little twist on it so the food will have an amazing taste. There are such tasteful and useful for everybody. There are so many great recipes. Overall, this book is well written and easy to understand. I highly recommended.

I like the 2 manuscripts..its getting 2 useful books in one. The first book is helpful in terms of maximizing the benefit of the instant pot through loads of healthy recipes to choose from. The second book is familiarizing oneself to the taste of the mediterranean diet. Both books are handy as we prepare for delicious meals for our family. The ingredients are complete and the step by step preparation are easy to follow. Another collection to my recipe books!

This book could give me all capable and superb formulas that can help me stay sound. There by shielding me from the admission of hurtful substances into my body. I am truly glad to have this book with me. These books helps in keeping up your wellness viably with no apprehension of fats. This book advancing a sound way of life and teach us to have a place entire sustenances with our eating regimen arrangement. There are such classy and valuable for everyone.

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