



# Electric Pressure Cooker: 30 Delicious Low Carb Electric Pressure Cooker Recipes For Extreme Weight Loss

*Linda Stevens*

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Now is the time to push aside any excuses and make a commitment to yourself and your health. Too often, we let the business of our every day interfere with how we take care of ourselves. What we need to do is to find a way to nourish our bodies without sacrificing the other aspects of our lives. There is one kitchen device, that commands both respect and intimidation in so many people, that can help you achieve your health goals; the electric pressure cooker.

Gone are the days of exploding meals and soggy meats. The modern pressure cooker is an incredible kitchen tool, that will not only help you to eat healthy, but also adhere to a low carbohydrate eating plan. Pressure cooking and low carb eating go hand in hand with each other and the speed and ease that a pressure cooker will help you to create healthy, wholesome and delicious meals is unsurpassed. This book of low carb electric pressure cooker recipes is exactly what ever health, and time, conscious cook needs by their side. The recipes are simple, but bursting with flavor and the preparations are easy enough for even the beginning pressure cooker user. Not only will you enjoy every recipe in this book, but each will provide you with inspiration for creating your own low carbohydrate culinary delights.

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