



# Healthy and Cheap Instant Pot: 40 Low Carb, Gluten-Free Pressure Cooker Recipes Under 20\$ for a Passionate Frugal Cook (Instant Pot & Low Carb Meals)

*Emma Melton*

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## Healthy and Cheap Instant Pot: 40 Low Carb, Gluten-Free Pressure Cooker Recipes Under 20\$ for a Passionate Frugal Cook

Prices of ingredients in the market can definitely make or break your plans of cooking something healthy, gluten free, great tasting yet affordable dinners and lunches for your loved ones. Now, on top of all these concerns, you also worry about not having the right skills in the kitchen and having no time to cook.

If you are one of the many home cooks who are worried about your budget, health, cooking skills and your time in the kitchen, then you can consider yourself really lucky because

### **this book is now here to:**

- Help introduce the art of cooking different types of meals using an instant pot or even a manual pressure cooker.
- Feature gluten free pressure cooker recipes to try
- Offer low carb pressure cooker recipes
- Showcase that every recipe featured in the book are all below \$20 to make.

This eBook is the perfect partner for you, who would like to live healthier, control or suppress your gluten intake while staying frugal at the same time. Release the experimental, adventurous and frugal cook in you!

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