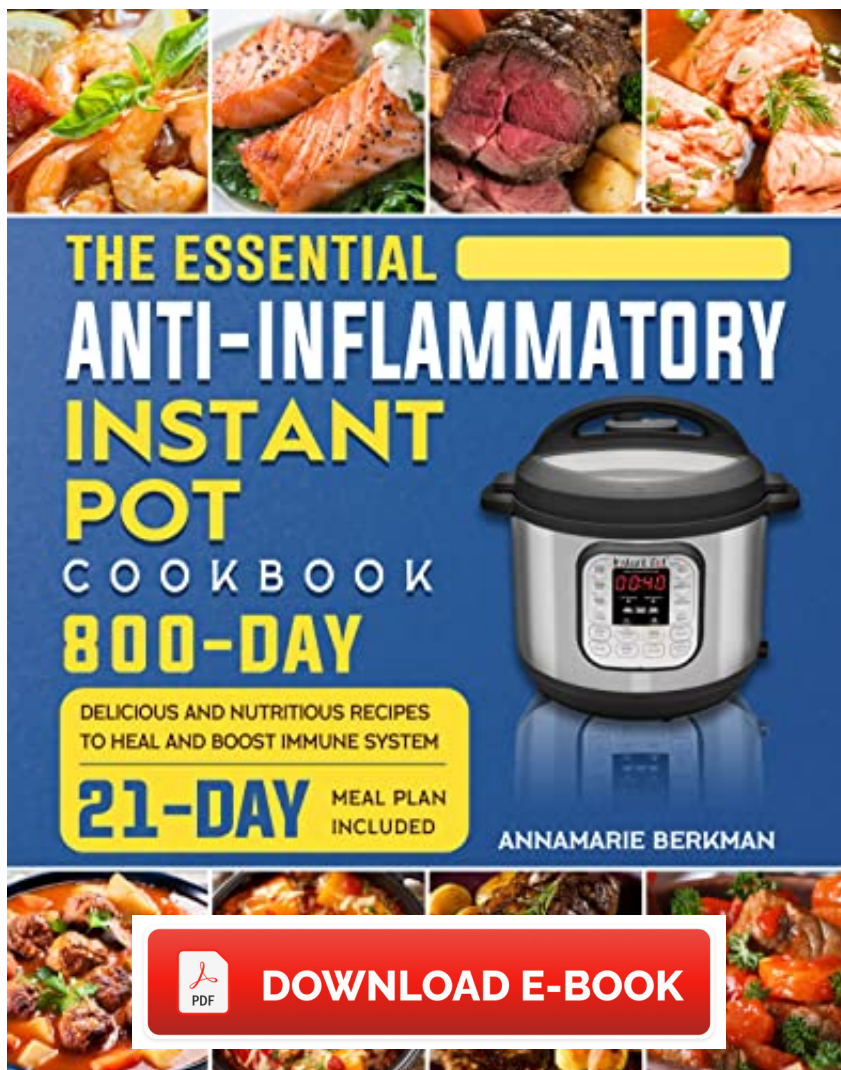


# The Essential Anti-Inflammatory Instant Pot Cookbook: 800-Day Delicious and Nutritious Recipes to Heal and Boost Immune System (21-Day Meal Plan Included)

by  
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## Synopsis

Reduce inflammation with delicious, hands-off recipes for your instant pot. There are so many benefits to eating an anti-inflammatory diet, whether you've recently been diagnosed with chronic inflammation or you've dealt with it for years. This cookbook, *The Essential Anti-Inflammatory Instant Pot Cookbook*, makes it easy to cook up flavorful, anti-inflammatory meals with your instant pot. No complicated prep or hard-to-find ingredients here—just everyday basics you can find at your local grocer, throw in your instant pot, and enjoy. *The Essential Anti-Inflammatory Instant Pot Cookbook* includes:

- What Is an Anti-Inflammatory Diet?
- Foods to Eat or to Avoid
- Your Instant Pot Resource Guide
- Cleaning Your Instant Pot
- 800-day delicious and nutritious recipes in the following categories:
  - Breakfast
  - Poultry and Meat
  - Snacks and Sides
  - Staples
  - Fish and Shellfish
  - Plant-based Mains
  - Dessert

Heal from the inside out with the quick, convenient recipes in *The Essential Anti-Inflammatory Instant Pot Cookbook*.















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