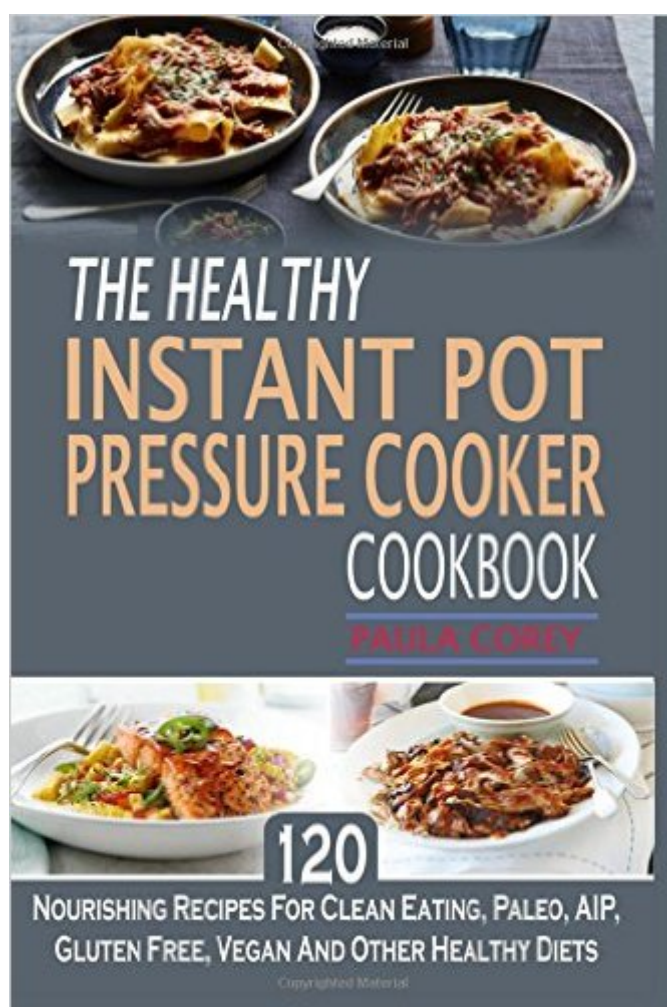


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# The Healthy Instant Pot Pressure Cooker Cookbook: 120 Nourishing Recipes For Clean Eating, Paleo, AIP, Gluten Free, Vegan And Other Healthy Diets



## Synopsis

Save Time And Cook Healthy Meals In Your Instant Pot Pressure Cooker! The Instant Pot is a versatile kitchen appliance that provides many tools in one. It helps you to save a lot of cooking time and create delicious and nutritious meals at the same time. In The Healthy Instant Pot Pressure Cooker Cookbook, Paula Corey presents a mix of 120 recipes cooked in the Instant Pot Pressure cooker. While the recipes in this book can be enjoyed by all, they have been carefully selected to cover a range of dietary needs – Clean eating, Paleo, AIP, Gluten free, Vegan and other healthy diets so you can easily find the recipe that is right for you. Here you will find: – An introduction and valuable tips for using the Instant Pot Pressure Cooker – 120 Recipes with great variety conveniently grouped under: Breakfast And Brunch, Soups, Stews, And Chilies, Poultry Main Dishes, Beef And Lamb Main Dishes, Pork Main Dishes, Seafood And Fish Main Dishes, Rice And Pasta Recipes, Vegetable Main Dishes, Side Dishes, Desserts, Dips And Appetizers. – All recipes with details for serving size, preparation time, pressure cooking time and step-by-step description. – Each recipe clearly labeled according to dietary requirements: Clean Eating, Paleo, AIP, Gluten Free and Vegan. The recipes include: Cheesy Sausage Scramble, Spicy Chicken Chili, Sweet And Sour Mango Chicken, Easy Braised Short Ribs, Sweet And Zesty Pulled Pork, Seafood Chowder, Risotto And Peas, Butternut Squash Soup, Maple Glazed Carrots, Caribbean Rice Pudding, Honey Glazed Chicken Wings and much more!

## Book Information

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## Customer Reviews

When I was writing my meal plan for the week, I thought one of the recipes looked familiar. Upon comparison, I realized that it was copied directly from a blog (not by the book's author)... word for word. On to the next recipe. It mistakenly called for 12 pounds of flank steak. I decided to do a search on the Internet to see if I could figure out if it was supposed to be 1 pound or 2. I stumbled upon the same exact recipe (minus the typo) on a blog (not by the book's author), yet again! It is not disclosed in the book description that this book is a collection of recipes taken off the internet.

This book was brought to my attention by a reader of my food blog, it contains two of my recipes word for word. Upon scanning through it further it contains many stolen recipes from other AIP and Paleo bloggers! We invest significant time writing and crafting our recipes, for our readers to enjoy for free, we don't however expect people to copy our recipes and make a profit from them.

You can find most, if not all of these recipes for FREE, online. They were actually created by others in the paleo community. This author is nothing more than a thief. Shame on you Paula Corey! Perhaps, my attorney can teach you what happens when you steal other people's recipes, and sell them for a profit.

This book is simply a collection of recipes stolen from various blogs, including mine. Not only is this unethical and not something you want to support, but a complete waste of your money since they are freely available anyway through a simple google search.

I am saddened and sickened that I purchased this book without realizing it was plagiarized. I was willing to overlook the crappy print job and lack of pictures, but this goes too far. Not to mention, I doubt the author has an understanding of AIP at all, because some of the "AIP" recipes call for non-AIP ingredients. Such a shame.

I am disappointed that this book regurgitates the work other authors/chefs/foodies WITHOUT any acknowledgement. I found a recipe in this book (on page 71) that appears to have been copied directly (not quite word for word, but pretty closely) from Nom Nom Paleo WITHOUT any acknowledgement to the original source. Here is Nom Nom Paleo's recipe:

<http://nomnompaleo.com/post/76137606724/pressure-cooker-mexican-beef>. I did not intend to buy a book of ripped off recipes available on the internet and would NOT have purchased this had I been informed. Since that is not disclosed in the description, I did not have the opportunity to make

that decision BEFORE the purchase,

If you support or download this book you are promoting a thief and a morally corrupt unethical collection of plagiarized material. This is nothing but a poorly plagiarized collection of others work. Cheating is wrong and so is stealing. You can find the same but ORIGINAL recipes, better presented with the original true cook's accompanying photos and advice, on the authentic blogs and websites in the original form. This crook does not give credit where it is due, Also "INSTANT POT" is trademarked, and this "author" is NOT authorized to distribute material under their name, and this is in no way affiliated with the IP pressure cooker ! Just because you can get around ethics with changing a few words here and there, it is obvious it is not this "authors" original work, The true creators of these recipes do not have the finances and means to copyright or otherwise protect their original work and slimers like this take advantage of that. Honest collections WILL state and credit the original cook. This is a rip-off collection. You can still get all this info for free, in better form, at the original sites, rather than enabling a crook. Unfortunately does not condone posting links to the legit sites, within my review, or I would have gladly. This deserves NEGATIVE STARS, if truth be told. Take a stand against ripping off for profit. Just because it is free doesn't mean it is OK or right to grab it, have some morals and just say NO !

These recipes are not by the author, but copied word for word by Paula Corey. It makes me sad that someone would steal recipes for profit.

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