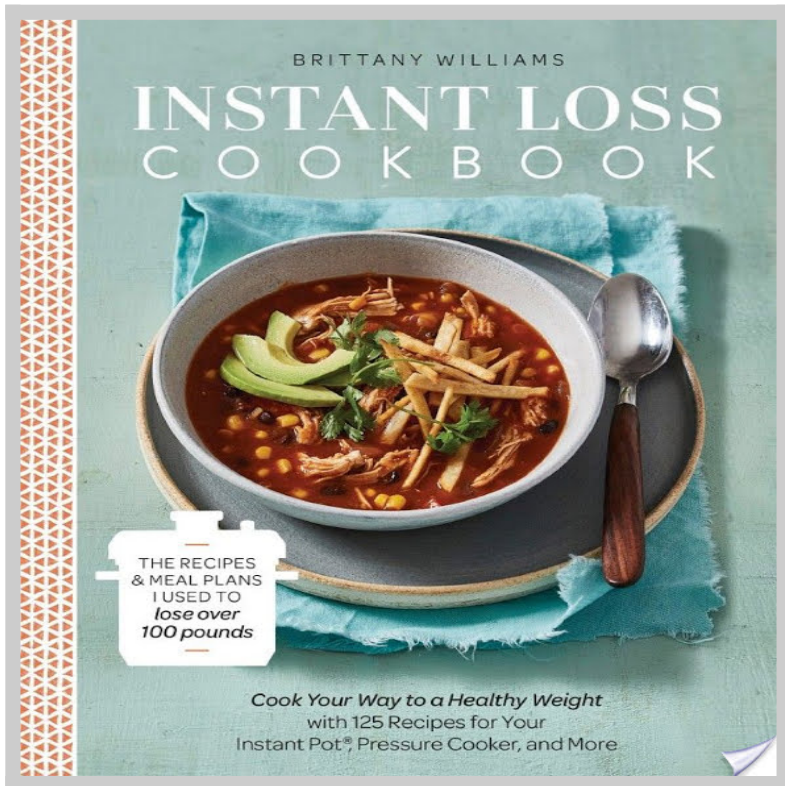


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Instant Loss Cookbook Book Preview

125 fast, easy, and tasty whole food-based recipes for anyone looking to lose weight, from the utterly charming blogger who lost over 125 lbs in a year by making all her meals from scratch, aided by her Instant Pot®. Brittany Williams had struggled with her weight all her life. She grew up eating the standard American staples--fast, frozen, fried, and processed--and hit a peak weight of 260 pounds. When her 4-year-old daughter's autoimmune disease was alleviated by a low-sugar, dairy-free, grain-free, whole-food-based diet, Brittany realized she owed her own body the same kind of healing. So on January 1, 2017, she vowed to make every meal for a year from scratch, aided by her Instant Pot®. She discovered that the versatility, speed, and ease of the electric pressure cooker made creating wholesome, tasty, family-satisfying meals a breeze, usually taking under 30

minutes. Not only did the family thrive over the course of the year, Brittany lost an astonishing 125 pounds. Illustrated with gorgeous photography, Instant Loss Cookbook shares 125 recipes and the meal plan that Brittany used for her own weight loss, 75% of which are recipes for the Instant Pot® or other multicooker. These recipes are whole food-based with a spotlight on veggies, and mostly dairy and grain-free--and she uses ingredients that you can find at any grocery store. Her ingredient lists are refreshingly approachable, and her recipes are the clearest guides to navigating your Instant Pot® or other multicooker that you'll find. Here's how to make healthy eating convenient--the key to sustainable weight loss.