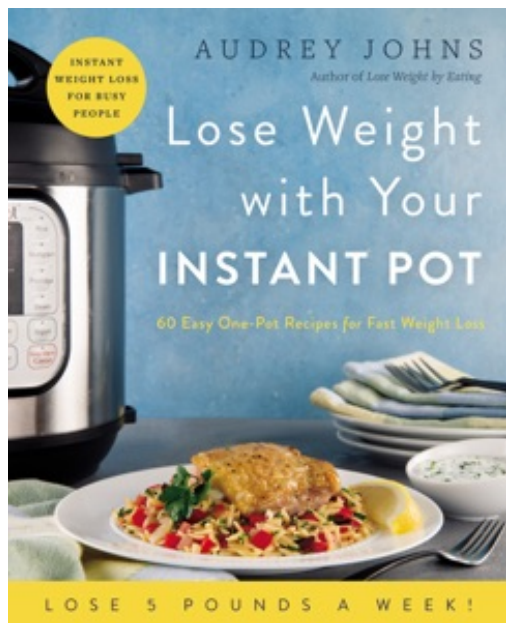


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After a lifelong struggle with fad diets and constant weight gain, Audrey Johns changed the way she ate by focusing more on eating real foods. She not only lost weight—dropping 150 pounds in eleven months—she successfully kept it off. Sharing her lean recipes on her blog [Lose Weight by Eating.com](http://LoseWeightbyEating.com) and in her cookbooks, she's helped thousands of others achieve their own weight loss.

Now, in this helpful, practical book built for busy lives and families, Audrey shows how you can use this hugely popular kitchen appliance to save you time and calories, with sixty tasty recipes, including holiday recipes, and plenty of tips and tricks to help you get the most out of the Instant Pot. Combining all-new dishes with skinny takes on classic favorites, these tasty recipes include:

- Avocado Eggs
- Skinny Sloppy Joes
- Taco Mac and Cheese
- Boeuf Bourguignon
- Chicken Enchilada Soup
- Chicken and Dumplings
- Spicy Brussels Sprouts with Bacon
- Dark Chocolate Fudge Brownies

In *Lose Weight with Your Instant Pot*, you'll indulge in guilt-free, real-food versions of your favorite foods—and you'll do it in an instant!

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