

December 2017 *Instant Pot* Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Instant Pot Honey Sesame Chicken + Instant Pot Cilantro Lime Rice	2 Instant Pot Butternut Squash Beef Stew
3 Instant Pot Ham & Potato Soup Cornbread	4 Pressure Cooker Beef Curry	5 Instant Pot Pizza Pasta Green Salad	6 Instant Pot Chipotle Chili	7 Instant Pot Pressure Cooker Chicken Enchiladas + Instant Pot Cilantro Lime Rice	8 Apple Cranberry Walnut Salad	9 Instant Pot Zuppa Toscana
10 Instant Pot Pot Roast Salad with Apple Cider Vinaigrette	11 5 Ingredient Instant Pot Mac & Cheese	12 Instant Pot Teriyaki Turkey Meatballs	13 Instant Pot Tomato Soup with Roasted Tomatoes Crackers	14 Skinny Mongolian Beef (W30, P)	15 Instant Pot BBQ Chicken Spaghetti Salad w/ Maple Walnut Vinaigrette	16 Instant Pot Teriyaki Pork Tenderloin
17 Instant Pot Creamy Butternut Squash & Apple Soup (P, V, W30)	18 Roasted Fig and Hazelnut Quinoa Salad	19 Instant Pot Chicken & Noodles Recipe	20 Instant Pot Hamburger Soup (W30, P)	21 Butternut Squash and Cranberry Quinoa Salad	22 Instant Pot Smoked Sausage, White Bean & Vegetable Soup	23 Instant Pot Chicken Potato Corn Chowder with Bacon
24 Instant Pot Beef Barley Vegetable Soup	25 Try one of these delicious meals for Christmas	26 Instant Pot Beef Gyros	27 Chunky Loaded Potato Soup (Instant Pot)	28 Instant Pot Chicken Tikka Masala	29 Instant Pot Beet & Leek Soup	30 Instant Pot Lemon Vegetable Risotto
31 Instant Pot Chili					W30 = Whole30 P = Paleo V = Vegan	GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
* Instant Pot Pecan Pie Oatmeal * Apple Cinnamon Instant Pot Oatmeal * Instant Pot 100 Low-Calorie Copy-Cat Starbucks Gingerbread Latte		* Instant Pot Yogurt with Fruit * Popcorn in the Instant Pot * 175+ Snack Options		* 15 Minute IP Recipes * 5 Ingredient IP Recipes * Instant Pot Recipes Ready in 30 Minutes or Less		* Instant Pot Gingerbread Bread Pudding * Instant Pot Chocolate Pudding Cake