

JANUARY 2018 *Instant Pot* MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Instant Pot Chili	2 Instant Pot Chicken Tikka Masala	3 Instant Pot Ham & Potato Soup Cornbread	4 Pressure Cooker Beef Curry	5 Instant Pot Pizza Pasta Green Salad	6 5 Ingredient Instant Pot Mac & Cheese
7 Skinny Mongolian Beef (W30, P)	8 Apple Cranberry Walnut Salad	9 Instant Pot Zuppa Toscana	10 Instant Pot Chicken & Noodles Recipe	11 Instant Pot Teriyaki Turkey Meatballs	12 Instant Pot Beet & Leek Soup	13 Instant Pot Hamburger Soup (W30, P)
14 Instant Pot Pressure Cooker Chicken Enchiladas + Instant Pot Cilantro Lime Rice	15 Instant Pot Pasta e Fagioli Soup	16 Instant Pot Tomato Soup with Roasted Tomatoes Crackers	17 Instant Pot Creamy Butternut Squash & Apple Soup (P, V, W30)	18 Instant Pot BBQ Chicken Spaghetti Salad w/ Maple Walnut Vinaigrette	19 Instant Pot Teriyaki Pork Tenderloin	20 Butternut Squash and Cranberry Quinoa Salad
21 Instant Pot Chipotle Chili	22 Instant Pot Chicken Potato Corn Chowder with Bacon	23 Instant Pot Smoked Sausage, White Bean & Vegetable Soup	24 Instant Pot Beef Gyros	25 Instant Pot Pot Roast Salad with Apple Cider Vinaigrette	26 Instant Pot Honey Sesame Chicken + Instant Pot Cilantro Lime Rice	27 Chunky Loaded Potato Soup (Instant Pot)
28 Instant Pot Beef Barley Vegetable Soup	29 Roasted Fig and Hazelnut Quinoa Salad	30 Instant Pot Lemon Vegetable Risotto	31 Instant Pot Butternut Squash Beef Stew		W30 = Whole30 P = Paleo V = Vegan	GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
<ul style="list-style-type: none"> * 5 Ingredient Pressure Cooker Cheesy Egg Bake * Instant Pot Cinnamon Banana Oatmeal * Instant Pot Lemon Blueberry Breakfast Cake 		<ul style="list-style-type: none"> * Instant Pot Yogurt with Fruit * Popcorn in the Instant Pot * Instant Pot Caramel Popcorn * Instant Pot Applesauce * 175+ Snack Options 		<ul style="list-style-type: none"> * 15 Minute IP Recipes * 5 Ingredient IP Recipes * Instant Pot Recipes Ready in 30 Minutes or Less 		<ul style="list-style-type: none"> * Instant Pot Rice Pudding * 5 Minute Healthy Instant Pot Chocolate Pudding * Instant Pot Chocolate Pudding Cake (GF, DF,