

JUNE 2018 *Instant Pot* MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
W30 = Whole30 P = Paleo V = Vegan K = Keto	GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free				1 Instant Pot Salsa Verde Shredded Chicken (P/W30)	2 Instant Pot Lemon Pepper Salmon
3 Pressure Cooker Italian Meatballs Green Salad	4 Hawaiian Chicken with Pineapple Salsa	5 Grilled Fajita Steak Salad with Avocado Cilantro Dressing	6 Instant Pot Kung Pao Chicken	7 Instant Pot Pork Carnitas (P/W30)	8 Instant Pot Chicken Asparagus Roulade with Herb Risotto	9 Instant Pot Tomato Basil Spaghetti Squash
10 Instant Pot Roast with Carrots & Squash	11 Arugula Salad with Strawberries, Pistachios and Goat Cheese	12 Instant Pot Crispy Carnitas	13 Instant Pot Sweet and Sour Shrimp	14 Easy Instant Pot Orange Chicken with Rice	15 Vegan Instant Pot Teff Vegetable Soup (V)	16 Instant Pot Pizza Pasta Green Salad
17 Two Ingredient Instant Pot Salsa Pork Chops	18 Instant Pot Egg Roll in a Bowl	19 Cheesy Instant Pot Risotto with Spring Veggies	20 Mexican Style Shredded Beef Tacos/Burritos (P/W30)	21 Layered Spring Salad	22 Instant Pot Spicy Pineapple Chicken Tacos	23 Instant Pot Ancho-Orange Pulled Pork Wraps (P/W30)
24 Instant Pot Adobo Chicken (P/W30)	25 Loaded Beef Taco Salad with Creamy Lime Cilantro Dressing	26 Instant Pot Cajun Shrimp and Sausage Boil	27 Instant Pot Pork Tenderloin Teriyaki Jasmine Rice	28 Instant Pot Lemon Chicken	29 Instant Pot BBQ Ribs with Instant Pot Bacon Potato Salad	30 Instant Pot Lemon Garlic Chicken (K)
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
* Instant Pot Steel Cut Oatmeal * Instant Pot Lemon Blueberry Breakfast Cake * Instant Pot Breakfast Burrito Casserole * Classic Eggs Benedict		* Instant Pot Yogurt with Fruit * Instant Pot Hard Boiled Eggs * Instant Pot Caramel Popcorn * Instant Pot Pull Apart Bread * 175+ Snack Options		* Instant Pot DIY Sandwich Meat * 15 Minute IP Recipes * 5 Ingredient IP Recipes * Instant Pot Recipes Ready in 30 Minutes or Less		* Easy Instant Pot Strawberry Cheesecake (Grain Free) * Lemon Yogurt Cake with Blueberries * Instant Pot Oreo Cheesecake * Instant Pot Lemon Custard