

SEPTEMBER 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 Pizza Pasta Green Salad
2 Mexican Style Shredded Beef (for DIY tacos or burritos) (P, W30)	3 Pressure Cooker Lemon Risotto with Summer Squash	4 Instant Pot Chicken Wings (GF, DF)	5 Instant Pot Ancho-Orange Pulled Pork Wraps (P/W30)	6 Instant Pot Sweet and Sour Shrimp	7 Instant Pot Stuffed Peppers	8 Mexican Style Shredded Beef Tacos/Burritos (P/W30)
9 Instant Pot Chicken Adobo	10 Loaded Beef Taco Salad with Creamy Lime Cilantro Dressing	11 Instant Pot Lemon Garlic Chicken (K)	12 Asian Salmon for the Instant Pot	13 Instant Pot Cheeseburger Mac	14 Hawaiian Chicken with Pineapple Salsa	15 Instant Pot Picadillo Served over rice or riced cauliflower
16 Pressure Cooker Italian Beef Sandwiches	17 Instant Pot Cajun Shrimp and Sausage Boil	18 Instant Pot Teriyaki Chicken Serve with white or brown rice	19 Two Ingredient Instant Pot Salsa Pork Chops	20 Apple Cranberry Walnut Salad	21 Instant Pot Egg Roll in a Bowl	22 First Day of Fall – Steak Kabobs with Apple Cider marinade
23 IP Creamy Lemon Garlic Chicken Breasts	24 Instant Pot Chicken Tikka Masala (W30, P, K)	25 Instant Pot Butternut Squash & Apple Soup (W30)	26 Autumn Chopped Salad	27 Instant Pot Crispy Carnitas	28 Grilled Harvest Meal	29 Instant Pot Lemon Pepper Salmon
30 Instant Pot BBQ Ribs with Instant Pot Bacon Potato Salad						
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
* Instant Pot Poached Eggs * Instant Pot Cinnamon Roll Casserole * Instant Pot Omelette Bites * IP Pumpkin Pie Steel Cut Oats		* Instant Pot Hummus * Instant Pot Caramel Corn * Instant Pot Cajun Trail Mix with Candied Chickpeas		* Instant Pot Quinoa Burrito Bowls * Instant Pot Apple Butter Sandwich * Instant Pot Curried Sweet Potato Chickpea Quinoa		* Instant Pot Cinnamon Apples * Instant Pot Apple Crisp * 8 Fall Instant Pot Cheesecake Recipes