

OCTOBER 2017 Instant Pot MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Chicken Burrito Lasagna in the Instant Pot	2 Pressure Cooker Meatloaf Salad with Apple Cider Vinaigrette	3 Pressure Cooker Chicken Marsala Salad with Pumpkin Balsamic Vinaigrette	4 Instant Pot Hamburger Soup (W30, P)	5 Autumn Cobb Salad with Smokey Pumpkin Dressing	6 10-Minute Instant Pot Salmon Salad w/ Maple Walnut Vinaigrette	7 Pressure Cooker Cola-Braised Beef Short Ribs Apple Cranberry Slaw
8 Pressure Cooker Stuffed Green Pepper Casserole	9 Apple Cranberry Walnut Salad	10 Instant Pot Pressure Cooker Chicken Enchiladas + Instant Pot Cilantro Lime Rice	11 Instant Pot Taco Soup	12 Favorite Apple Chicken Salad	13 Instant Pot Turkey & Sweet Potato Chili Crackers	14 Instant Pot BBQ Chicken Spaghetti
15 Pressure Cooker Chicken and Rice	16 Instant Pot Pizza Pasta Green Salad	17 Pressure Cooker Shrimp Paella	18 Instant Pot Ham & Potato Soup Cornbread	19 Instant Pot Apple BBQ Ribs	20 Instant Pot Tomato Soup with Roasted Tomatoes Crackers	21 Butternut Squash and Cranberry Quinoa Salad
22 Chunky Loaded Potato Soup (Instant Pot)	23 Persimmon, Pomegranate and Ricotta Salad	24 5 Ingredient Instant Pot Mac & Cheese	25 Instant Pot Butternut Squash Beef Stew	26 Mexican Chopped Salad	27 Instant Pot Split Pea Soup	28 Instant Pot Turkey Meatball Stroganoff Salad w/ Pomegranate Vinaigrette
29 Instant Pot Zuppa Toscana	30 Pressure Cooker Cabbage & Sausage	31 Instant Pot Mexican Shredded Beef			W30 = Whole30 P = Paleo	GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
* Pressure Cooker Cranberry Baked French Toast * Giant Instant Pot Pancake * Apple Cinnamon Instant Pot Oatmeal		* Instant Pot Yogurt with Fruit * Quick & Easy Instant Pot Hummus * Popcorn in the Instant Pot * 175+ Snack Options		* Homeschool Lunches Made Easy * Instant Pot Recipes for Fall * 15 Minute IP Recipes * 5 Ingredient IP Recipes		* Easy Instant Pot Mug Cakes * GF Instant Pot Apple Crisp * Instant Pot Chocolate Pudding Cake

Created by Annette at In All You Do for www.homeschoolgiveaways.com