

FEBRUARY 2018 *Instant Pot* MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Instant Pot Vegetable Soup	2 Instant Pot Cajun Shrimp and Sausage Boil	3 Instant Pot Crack Chicken Sandwiches
4 Instant Pot Bacon Barbecue Meatloaf with Mashed Potatoes	5 Apple Cranberry Walnut Salad	6 Instant Pot Chicken Tikka Masala	7 Instant Pot Pressure Cooker Beef Stew	8 5 Ingredient Instant Pot Mac & Cheese	9 Instant Pot Chicken Fajitas Tortillas of choice IP Mexican Rice	10 Instant Pot Pizza Pasta Green Salad
11 Instant Pot Chicken Gnocchi Soup	12 Instant Pot Teriyaki Pork Tenderloin	13 Instant Pot Pressure Cooker French Dip Sandwiches	14 Instant Pot Lemon Pepper Salmon	15 Instant Pot Beef Gyros	16 Instant Pot Bacon Ranch Baked Potato Casserole	17 Butternut Squash and Cranberry Quinoa Salad
18 Country Style Instant Pot Cube Steak Recipe	19 Instant Pot BBQ Chicken Spaghetti Salad w/ Maple Walnut Vinaigrette	20 Instant Pot Sweet and Sour Shrimp	21 Instant Pot Pasta e Fagioli (copycat)	22 Instant Pot Cajun Chicken and Rice	23 Instant Pot Boneless Pork Chops	24 Instant Pot BBQ Chicken Spaghetti Salad w/ Maple Walnut Vinaigrette
25 Instant Pot Chipotle Chili	26 Roasted Fig and Hazelnut Quinoa Salad	27 Instant Pot No Noodle Lasagna (low carb, GF)	28 Instant Pot Honey Sesame Chicken + Instant Pot Cilantro Lime Rice		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 Eggs Benedict * Instant Pot Cinnamon Banana Oatmeal * Instant Pot Lemon Blueberry Breakfast Cake	* Instant Pot Yogurt with Fruit * Instant Pot Caramel Popcorn * Instant Pot Cinnamon Applesauce * 175+ Snack Options		* 15 Minute IP Recipes * 5 Ingredient IP Recipes * Instant Pot Recipes Ready in 30 Minutes or Less		* Instant Pot Angel Food Cake * Red Velvet Bundt Cake (IP) * Valentine's Day Instant Pot Cheesecake for Two * PB pressure cooker Brownies	