

APRIL 2018 *Instant Pot* MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Instant Pot Lemon Chicken	2 Instant Pot Pork Tenderloin Teriyaki Jasmine Rice	3 Loaded Beef Taco Salad with Creamy Lime Cilantro Dressing	4 Turmeric Cauliflower Bisque	5 Instant Pot Mexican Pulled Pork	6 Instant Pot Salsa Chicken	7 Instant Pot Lemon Pepper Salmon
8 Pressure Cooker Italian Meatballs Green Salad	9 Hawaiian Chicken with Pineapple Salsa	10 Vegan Mushroom Barley Soup	11 Instant Pot Kung Pao Chicken	12 Grilled Fajita Steak Salad with Avocado Cilantro Dressing	13 Instant Pot Chicken Asparagus Roulade with Herb Risotto	14 Instant Pot Tomato Basil Spaghetti Squash
15 Instant Pot Creamy Chicken with Sun-Dried Tomatoes & Spinach	16 Arugula Salad with Strawberries, Pistachios and Goat Cheese	17 Instant Pot Crispy Carnitas	18 Instant Pot Sweet and Sour Shrimp	19 Easy Instant Pot Orange Chicken with Rice	20 Vegan Instant Pot Teff Vegetable Soup	21 Instant Pot Chicken Cacciatore
22 Two Ingredient Instant Pot Salsa Pork Chops	23 Instant Pot Egg Roll in a Bowl	24 Layered Spring Salad	25 Potato Soup with Corn & Kale	26 Cheesy Instant Pot Risotto with Spring Veggies	27 Instant Pot Spicy Pineapple Chicken Tacos	28 Instant Pot Ham Cups
29 Instant Pot Pizza Pasta Green Salad	30 Instant Pot Cajun Shrimp and Sausage Boil				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"> * Instant Pot Strawberry Trail Mix Oatmeal * Instant Pot Lemon Blueberry Breakfast Cake * Instant Pot Breakfast Burrito Casserole 		<ul style="list-style-type: none"> * Instant Pot Yogurt with Fruit * Instant Pot Caramel Popcorn * Instant Pot Pull Apart Bread * 175+ Snack Options 		<ul style="list-style-type: none"> * Instant Pot DIY Sandwich Meat * 15 Minute IP Recipes * 5 Ingredient IP Recipes * Instant Pot Recipes Ready in 30 Minutes or Less 		<ul style="list-style-type: none"> * Easy Instant Pot Strawberry Cheesecake (Grain Free) * Lemon Yogurt Cake with Blueberries * Instant Pot Mini Pineapple Upside Down Cake