

NOVEMBER *Instant Pot* 2018 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 Apple Cranberry Walnut Salad	2 Pressure Cooker Chicken Marsala Salad with Pumpkin Balsamic Vinaigrette	3 10-Minute Instant Pot Salmon Salad w/ Maple Walnut Vinaigrette
4 Instant Pot BBQ Chicken Spaghetti	5 Instant Pot Turkey Meatball Stroganoff Salad w/ Pomegranate Vinaigrette	6 5 Ingredient Instant Pot Mac & Cheese	7 Instant Pot Pressure Cooker Chicken Enchiladas + Instant Pot Cilantro Lime Rice	8 Skinny Mongolian Beef (W30, P)	9 Instant Pot Pizza Pasta Green Salad	10 Instant Pot Turkey & Sweet Potato Chili Crackers
11 Instant Pot Butternut Squash Beef Stew	12 Instant Pot Zuppa Toscana	13 Autumn Cobb Salad with Smokey Pumpkin Dressing	14 Instant Pot Hamburger Soup (W30, P)	15 Instant Pot Honey Sesame Chicken + Instant Pot Cilantro Lime Rice	16 Roasted Fig and Hazelnut Quinoa Salad	17 Instant Pot Tomato Soup with Roasted Tomatoes Crackers
18 Pressure Cooker Meatloaf Salad with Apple Cider Vinaigrette	19 Favorite Apple Chicken Salad	20 Instant Pot Kalua Pork	21 Instant Pot Creamy Butternut Squash & Apple Soup (P, V, W30)	22 Happy Thanksgiving!! IP Turkey IP Sweet Potatoes IP Mini Pumpkin Pies	23 Thanksgiving Instant Pot Turkey Casserole	24 Instant Pot Ham & Potato Soup Cornbread
25 Pressure Cooker Cola-Braised Beef Short Ribs Apple Cranberry Slaw	26 Mexican Chopped Salad	27 Chunky Loaded Potato Soup (Instant Pot)	28 Instant Pot Chicken Tikka Masala	29 Roasted Fig and Hazelnut Quinoa Salad	30 Instant Pot Taco Soup	
Breakfast Options: * Pressure Cooker Pumpkin Steel Cut Oats with Pecan Pie Granola * Caramel Apple Pecan Instant Pot Coffee Cake * Apple Cinnamon Instant Pot Oatmeal		Snack Options: * Instant Pot Yogurt with Fruit * Quick & Easy Instant Pot Hummus * Popcorn in the Instant Pot * 175+ Snack Options		Lunch Options: * Instant Pot Recipes for Fall * 15 Minute IP Recipes * 5 Ingredient IP Recipes * Instant Pot Recipes Ready in 30 Minutes or Less		Dessert Options: * Easy Instant Pot Mug Cakes * GF Instant Pot Apple Crisp * Instant Pot Chocolate Pudding Cake