

# December 2018 *Instant Pot* Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <a href="#">Instant Pot Butternut Squash Beef Stew</a>
2 <a href="#">Instant Pot Ham &amp; Potato Soup</a> <a href="#">Cornbread</a>	3 <a href="#">Instant Pot Turkey Breast with Gravy</a> (W30, P)	4 <a href="#">Instant Pot Pizza Pasta</a> Green Salad	5 <a href="#">Instant Pot Smoked Sausage, White Bean &amp; Vegetable Soup</a>	6 <a href="#">Instant Pot Pressure Cooker Chicken Enchiladas</a> + <a href="#">Instant Pot Cilantro Lime Rice</a>	7 <a href="#">Butternut Squash and Cranberry Quinoa Salad</a>	8 <a href="#">Instant Pot Zuppa Toscana</a>
9 <a href="#">Instant Pot Pot Roast</a> Salad with <a href="#">Apple Cider Vinaigrette</a>	10 <a href="#">Instant Pot Lemon Vegetable Risotto</a>	11 <a href="#">Easy Gumbo Recipe</a> (Instant Pot Version)	12 <a href="#">Instant Pot Tomato Soup with Roasted Tomatoes</a> Crackers	13 <a href="#">Instant Pot Chicken &amp; Noodles Recipe</a>	14 <a href="#">Instant Pot Beef Stroganoff</a>	15 <a href="#">Instant Pot Beet &amp; Leek Soup</a>
16 <a href="#">Instant Pot Creamy Butternut Squash &amp; Apple Soup</a> (P, V, W30)	17 <a href="#">Roasted Fig and Hazelnut Quinoa Salad</a>	18 <a href="#">Instant Pot Teriyaki Pork Tenderloin</a>	19 <a href="#">Instant Pot Hamburger Soup</a> (W30, P)	20 <a href="#">Instant Pot Chicken Tikka Masala</a>	21 <a href="#">Skinny Mongolian Beef</a> (W30, P)	22 <a href="#">Instant Pot Chicken Potato Corn Chowder with Bacon</a>
23 <a href="#">Instant Pot Beef Barley Vegetable Soup</a>	24 <a href="#">5 Ingredient Instant Pot Mac &amp; Cheese</a>	25 <a href="#">Try one of these delicious meals for Christmas</a>	26 <a href="#">Chunky Loaded Potato Soup (Instant Pot)</a>	27 <a href="#">Apple Cranberry Walnut Salad</a>	28 <a href="#">Instant Pot Beef Gyros</a>	29 <a href="#">Instant Pot Chili</a>
30 <a href="#">Instant Pot BBQ Chicken Spaghetti</a> Salad w/ <a href="#">Maple Walnut Vinaigrette</a>	31 <a href="#">Instant Pot Teriyaki Turkey Meatballs</a>				W30 = Whole30 P = Paleo V = Vegan	GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free
<b>Breakfast Options:</b>		<b>Snack Options:</b>		<b>Lunch Options:</b>		<b>Dessert Options:</b>
* <a href="#">Apple Pie Instant Pot Steel Cut Oats</a> * <a href="#">Homemade Instant Pot Biscuits &amp; Gravy</a> * <a href="#">Instant Pot 100 Low-Calorie Copy-Cat Starbucks Gingerbread Latte</a>		* <a href="#">Instant Pot Yogurt with Fruit</a> * <a href="#">Popcorn in the Instant Pot</a> * <a href="#">Instant Pot Apple Cider Applesauce</a> * <a href="#">175+ Snack Options</a>		* <a href="#">15 Minute IP Recipes</a> * <a href="#">5 Ingredient IP Recipes</a> * <a href="#">Instant Pot Recipes Ready in 30 Minutes or Less</a>		* <a href="#">Instant Pot Gingerbread Bread Pudding</a> * <a href="#">Instant Pot Apple Cake</a> * <a href="#">Instant Pot Rice Krispie Snowmen</a>