

JUNE 2019 *Instant Pot* MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
W30 = Whole30 P = Paleo V = Vegan	K = Keto LC = Low Carb	GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free	NF = Nut Free SF = Soy Free SGF = Sugar Free SC = Slow Cooker			1 Instant Pot Tomato Basil Tilapia served over IP Quinoa
2 Lettuce Wraps with Instant Pot Ancho-Orange Pulled Pork	3 Instant Pot Brown Sugar Garlic Chicken	4 Instant Pot Stuffed Peppers	5 Salmon, Avocado and Cucumber Salad with Cilantro Dressing	6 Instant Pot Cheddar Ranch Burgers	7 Instant Pot Shrimp Boil	8 Instant Pot Bruschetta Chicken Pasta
9 Instant Pot Egg Roll in a Bowl	10 Instant Pot Tortellini Alfredo	11 Easy Instant Pot BBQ Chicken	12 V, GF, SF, NF Quinoa Spring Salad	13 P, W30 Instant Pot Kalua Pork w/ IP Cauliflower Rice (P)	14 Instant Pot Mediterranean Chicken over Fluffy White Rice	15 Instant Pot Sloppy Joes with Tangy Slaw
16 Instant Pot Pineapple Chicken and Rice with IP Coconut Rice	17 Instant Pot Thai Pork Lettuce Wraps	18 Shrimp and Avocado Salad with Miso Dressing	19 Instant Pot Buffalo Chicken Mac and Cheese	20 10 min IP Spaghetti with Green Salad & dressing of choice	21 Instant Pot Barbecue Ribs with Instant Pot Bacon Potato Salad	22 IP Lemon Herb Chicken with Pressure Cooker Asparagus
23 Instant Pot Healthy Salsa Verde Pork and Bean Tamales	24 P, W30 Instant Pot Salsa & Spinach Shredded Chicken	25 Instant Pot Creamy Shells and Beef	26 W30, P, GGF, DF Instant Pot Lemon Garlic Salmon	27 Avocado Strawberry Chicken Salad	28 Instant Pot Hawaiian Pineapple Pork	29 Instant Pot Garlic Sesame Chicken with IP Coconut Rice
30 Instant Pot Barbecue Beef Sandwiches						
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
* Instant Pot Steel Cut Oatmeal * Pressure Cooker Berries & Cream Breakfast Cake * Instant Pot Pancake Bites * Instant Pot Spinach Mushroom Egg Bites		* Instant Pot Popcorn Recipe * Instant Pot Spinach Artichoke Dip * Crispy Instant Pot Plantain Chips		* Instant Pot Grape Jelly Meatballs * Instant Pot Reuben Sandwiches * 15-Minute IP Recipes		* Summer Berry Bread Pudding * Instant Pot Stuffed Peaches * Instant Pot Oreo Cheesecake