

SEPTEMBER 2019 *Instant Pot* MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Instant Pot Chicken Adobo	2 Instant Pot Pizza Pasta Green Salad	3 Instant Pot Sweet and Sour Shrimp	4 Instant Pot Cheeseburger Mac	5 Instant Pot Stuffed Peppers	6 Instant Pot Chicken Wings (GF, DF)	7 Instant Pot Ancho-Orange Pulled Pork Wraps (P/W30)
8 Mexican Style Shredded Beef Tacos/Burritos (P/W30)	9 Instant Pot Lemon Garlic Chicken (K)	10 Apple Cranberry Walnut Salad	11 Pressure Cooker Italian Beef Sandwiches	12 Asian Salmon for the Instant Pot	13 Two Ingredient Instant Pot Salsa Pork Chops	14 Hawaiian Chicken with Pineapple Salsa
15 Instant Pot Egg Roll in a Bowl	16 Loaded Beef Taco Salad with Creamy Lime Cilantro Dressing	17 Pressure Cooker Lemon Risotto with Summer Squash	18 Instant Pot Chicken Tikka Masala (W30, P, K)	19 Instant Pot Picadillo Served over rice or riced cauliflower	20 Instant Pot Lemon Pepper Salmon	21 Instant Pot Santa Fe Beans and Rice
22 Instant Pot Teriyaki Chicken Serve with white or brown rice	23 First Day of Fall – Steak Kabobs with Apple Cider marinade	24 Instant Pot Cajun Shrimp and Sausage Boil	25 Autumn Chopped Salad	26 IP Creamy Lemon Garlic Chicken Breasts	27 Grilled Harvest Meal	28 Instant Pot BBQ Ribs with Instant Pot Bacon Potato Salad
29 IP Chicken Tetrazzini	30 Instant Pot Butternut Squash & Apple Soup (W30)			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
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
* Instant Pot Poached Eggs * Instant Pot Cinnamon Roll Casserole * Instant Pot Omelette Bites * IP Pumpkin Pie Steel Cut Oats		* Instant Pot Hummus * Instant Pot Caramel Corn * Instant Pot Cajun Trail Mix with Candied Chickpeas		* Instant Pot Quinoa Burrito Bowls * Instant Pot Apple Butter Sandwich * Instant Pot Curried Sweet Potato Chickpea Quinoa		* Instant Pot Cinnamon Apples * Instant Pot Apple Crisp * 8 Fall Instant Pot Cheesecake Recipes