

DECEMBER 2019 *Instant Pot* MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Instant Pot Turkey Breast with Gravy (W30, P)	2 Instant Pot Chicken Noodle Soup	3 Instant Pot Pizza Pasta Green Salad	4 Instant Pot Teriyaki Pork Tenderloin	5 Instant Pot Black Bean Soup	6 Instant Pot Chicken & Noodles Recipe	7 Instant Pot Goulash
8 Instant Pot Pot Roast Salad with Apple Cider Vinaigrette	9 Butternut Squash and Cranberry Quinoa Salad	10 Instant Pot Creamy Tomato Soup	11 Instant Pot Beef Stroganoff	12 Instant Pot Broccoli Cheese Soup	13 Pressure Cooker Indian Butter Chicken	14 Skinny Mongolian Beef (W30, P)
15 Pressure Cooker Chicken Tortilla Soup	16 Instant Pot BBQ Chicken Sliders	17 5 Ingredient Instant Pot Mac & Cheese	18 Instant Pot Posole (Mexican Stew)	19 Roasted Fig and Hazelnut Quinoa Salad	20 Instant Pot Teriyaki Turkey Meatballs	21 Instant Pot Lasagna Soup
22 Instant Pot BBQ Chicken Spaghetti Salad w/ Maple Walnut Vinaigrette	23 Apple Cranberry Walnut Salad	24 Instant Pot Beef Vegetable Soup	25 Merry Christmas! Try one of these delicious meals for Christmas	26 Instant Pot Chicken and Rice Burrito Bowls	27 Instant Pot Chili	28 (W30, P) Instant Pot Hamburger Soup
29 Instant Pot Beef Gyros	30 Instant Pot Lemon Vegetable Risotto	31 Instant Pot Easy Gumbo Recipe	W30 = Whole30 P = Paleo V = Vegan	K = Keto LC = Low Carb DF = Dairy Free	GF = Gluten-Free GGF = Gluten & Grain free	NF = Nut Free SF = Soy Free SGF = Sugar Free
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
<ul style="list-style-type: none"> * Pressure Cooker Cranberry Baked French Toast * Apple Cinnamon Instant Pot Oatmeal * Gingerbread Instant Pot Steel Cut Oats 		<ul style="list-style-type: none"> * Instant Pot Yogurt with Fruit * Popcorn in the Instant Pot * Instant Pot Apple Cider Applesauce * 175+ Snack Options 		<ul style="list-style-type: none"> * 15 Minute IP Recipes * 5 Ingredient IP Recipes * Instant Pot Recipes Ready in 30 Minutes or Less 		<ul style="list-style-type: none"> * Instant Pot Rice Krispie Snowmen * Instant Pot Peppermint Grain Free Cheesecake