

OCTOBER 2020 *Instant Pot* MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
W30 = Whole30 P = Paleo V = Vegan K = Keto LC = Low Carb	SC = Slow Cooker GF = Gluten-Free GGF = Gluten & Grain free	DF = Dairy Free NF = Nut Free SF = Soy Free SGF = Sugar Free		1 Lasagna Soup	2 Instant Pot Firecracker Chicken	3 Instant Pot Teriyaki Ribs
4 Instant Pot French Dip Sandwiches	5 Roasted Butternut Squash Spinach Salad with Chicken	6 Pressure Cooker Taco Soup	7 {DF, GF, LC, P} Healthy Instant Pot Mongolian Beef	8 Italian Wedding Soup	9 Beef and Butternut Squash Stew	10 Instant Pot Chicken Chili
11 Instant Pot Paneer Tikka Masala	12 Instant Pot Acorn Squash	13 Creamy Parmesan Tomato and Spinach Tortellini Soup	14 Harvest Cobb Salad	15 Butternut Cauliflower Soup	16 Instant Pot Ribs and Instant Pot Baked Beans	17 Instant Pot Stuffed Pepper Soup
18 Instant Pot Honey Mustard Chicken	19 Comforting Beef Barley Soup	20 Buffalo Chicken Chili	21 Instant Pot Loaded Taco Pasta	22 Loaded Potato Soup with Bacon	23 Instant Pot Chicken Curry and Rice	24 Instant Pot Beef Tips Recipe
25 Apple Cider Pot Roast	26 Instant Pot Butter Chicken	27 Instant Pot Posole {Mexican Stew}	28 Apple Pecan Chicken Salad	29 Instant Pot Zuppa Toscana - coypcat	30 Bacon-Parmesan Spaghetti Squash Recipe	31 Instant Pot Pizza Casserole
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
* Instant Pot Pecan French Toast * Healthy Pumpkin Oatmeal {IP} * IP Apple Cinnamon Steel Cut Oats * IP Pumpkin Spice Donut Holes		* Instant Pot Hard-Boiled Eggs * Instant Pot Pumpkin Bites Recipe * Applesauce in the Instant Pot * Instant Pot Candied Nuts		* Creamy Salsa Instant Pot Chicken * Easy Instant Pot Steak Fajitas * Instant Pot Chicken Thighs * Instant Pot Stuffed Peppers		* Instant Pot Cinnamon Apples * Chocolate Chip Cookie for One * Instant Pot Almond Cake Bites * Instant Pot Apple Crisp