

November 2017 *Instant Pot* Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Pressure Cooker Chicken Marsala Salad with Pumpkin Balsamic Vinaigrette	2 Instant Pot Turkey Meatball Stroganoff Salad w/ Pomegranate Vinaigrette	3 Instant Pot Pressure Cooker Chicken Enchiladas + Instant Pot Cilantro Lime Rice	4 Apple Cranberry Walnut Salad
5 Instant Pot BBQ Chicken Spaghetti	6 5 Ingredient Instant Pot Mac & Cheese	7 Instant Pot Pizza Pasta Green Salad	8 Instant Pot Hamburger Soup (W30, P)	9 Thanksgiving Instant Pot Turkey Casserole	10 Harvest Cobb Salad	11 Instant Pot Turkey & Sweet Potato Chili Crackers
12 Pressure Cooker Meatloaf Salad with Apple Cider Vinaigrette	13 Instant Pot Ham & Potato Soup Cornbread	14 Autumn Cobb Salad with Smokey Pumpkin Dressing	15 Instant Pot Creamy Butternut Squash & Apple Soup (P, V, W30)	16 Skinny Mongolian Beef (W30, P)	17 10-Minute Instant Pot Salmon Salad w/ Maple Walnut Vinaigrette	18 Instant Pot Zuppa Toscana
19 Pressure Cooker Cola-Braised Beef Short Ribs Apple Cranberry Slaw	20 Roasted Fig and Hazelnut Quinoa Salad	21 Instant Pot Tomato Soup with Roasted Tomatoes Crackers	22 Butternut Squash and Cranberry Quinoa Salad	23 Happy Thanksgiving!! IP Turkey IP Sweet Potatoes IP Mini Pumpkin Pies	24 Instant Pot Taco Soup	25 Instant Pot Honey Sesame Chicken + Instant Pot Cilantro Lime Rice
26 Instant Pot Butternut Squash Beef Stew	27 Instant Pot Kalua Pork	28 Mexican Chopped Salad	29 Chunky Loaded Potato Soup (Instant Pot)	30 Instant Pot Chicken Tikka Masala	W30 = Whole30 P = Paleo V = Vegan	GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
<ul style="list-style-type: none"> * Pressure Cooker Pumpkin Steel Cut Oats with Pecan Pie Granola * Caramel Apple Pecan Instant Pot Coffee Cake * Apple Cinnamon Instant Pot Oatmeal 		<ul style="list-style-type: none"> * Instant Pot Yogurt with Fruit * Quick & Easy Instant Pot Hummus * Popcorn in the Instant Pot * 175+ Snack Options 		<ul style="list-style-type: none"> * Instant Pot Recipes for Fall * 15 Minute IP Recipes * 5 Ingredient IP Recipes * Instant Pot Recipes Ready in 30 Minutes or Less 		<ul style="list-style-type: none"> * Easy Instant Pot Mug Cakes * GF Instant Pot Apple Crisp * Instant Pot Chocolate Pudding Cake