

AUGUST 2018 *Instant Pot* MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
W30 = Whole30 P = Paleo V = Vegan K = Keto	GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free		1 Pressure Cooker Pasta, Cheese, and Peas Summer Salad	2 Mexican Style Shredded Beef Tacos/Burritos (P/W30)	3 Instant Pot Lemon Pepper Salmon	4 Instant Pot Pizza Pasta Green Salad
5 Mexican Style Shredded Beef (for DIY tacos or burritos) (P, W30)	6 Grilled Fajita Steak Salad with Avocado Cilantro Dressing	7 Pressure Cooker Lemon Risotto with Summer Squash	8 Instant Pot Ancho-Orange Pulled Pork Wraps (P/W30)	9 Instant Pot Sweet and Sour Shrimp	10 Instant Pot Stuffed Peppers	11 Instant Pot BBQ Ribs with Instant Pot Bacon Potato Salad
12 Instant Pot Chicken Adobo	13 Instant Pot Crispy Carnitas	14 Instant Pot Lemon Garlic Chicken (K)	15 Asian Salmon for the Instant Pot	16 Loaded Beef Taco Salad with Creamy Lime Cilantro Dressing	17 Hawaiian Chicken with Pineapple Salsa	18 Instant Pot Picadillo Served over rice or riced cauliflower
19 Two Ingredient Instant Pot Salsa Pork Chops	20 Loaded Beef Taco Salad with Creamy Lime Cilantro Dressing (non-IP)	21 Instant Pot Cajun Shrimp and Sausage Boil	22 Easy Pressure Cooker Beef & Broccoli	23 Instant Pot Creamy Lemon Garlic Chicken Breasts	24 Instant Pot Egg Roll in a Bowl	25 Instant Pot Taco Pasta
26 Pressure Cooker Italian Beef Sandwiches	27 Instant Pot Chicken Tikka Masala (W30, P, K)	28 Instant Pot Cheeseburger Mac	29 Instant Pot Teriyaki Chicken Serve with white or brown rice	30 Arugula Salad with Strawberries, Pistachios and Goat Cheese	31 Instant Pot Chicken Wings (GF, DF)	
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
* Instant Pot Poached Eggs * Instant Pot Brown Butter Oatmeal * Delicious Instant Pot Coffee Cake * Instant Pot Frittata Muffins		* Pressure Cooker Applesauce * Instant Pot Kettle Corn * Instant Pot Homemade Greek Yogurt		* Instant Pot Shredded Hummus Chicken * Chinese BBQ Pork Lettuce Wraps * Instant Pot Quinoa Burrito Bowls		* Instant Pot Stuffed Peaches * Instant Pot Raspberry Swirl Cake * Instant Pot Carrot Cake * Instant Pot Lemon Custard