

# JULY 2018 *Instant Pot* MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> <a href="#">Hawaiian Chicken with Pineapple Salsa</a>	<b>2</b> <a href="#">Instant Pot Pizza Pasta</a> Green Salad	<b>3</b> <a href="#">Instant Pot Kung Pao Chicken</a>	<b>4</b> <a href="#">Instant Pot Pork Carnitas (P/W30)</a>	<b>5</b> <a href="#">Instant Pot Summer Soup</a>	<b>6</b> <a href="#">Instant Pot Lemon Pepper Salmon</a>	<b>7</b> <a href="#">Easy Instant Pot Orange Chicken with Rice</a>
<b>8</b> <a href="#">Instant Pot Roast with Carrots &amp; Squash</a>	<b>9</b> <a href="#">Arugula Salad with Strawberries, Pistachios and Goat Cheese</a>	<b>10</b> <a href="#">Grilled Fajita Steak Salad with Avocado Cilantro Dressing (non-IP)</a>	<b>11</b> <a href="#">Instant Pot Egg Roll in a Bowl</a>	<b>12</b> <a href="#">Instant Pot Spicy Pineapple Chicken Tacos</a>	<b>13</b> <a href="#">Two Ingredient Instant Pot Salsa</a> <a href="#">Pork Chops</a>	<b>14</b> <a href="#">Instant Pot Salsa Verde Shredded Chicken (P/W30)</a>
<b>15</b> <a href="#">Pressure Cooker Italian Meatballs</a> Green Salad	<b>16</b> <a href="#">Instant Pot Chicken Asparagus Roulade with Herb Risotto</a>	<b>17</b> <a href="#">Instant Pot Sweet and Sour Shrimp</a>	<b>18</b> <a href="#">BLT Pasta Salad (non-IP)</a>	<b>19</b> <a href="#">Instant Pot Teriyaki Turkey Meatballs</a>	<b>20</b> <a href="#">Instant Pot Lemon Garlic Chicken (K)</a>	<b>21</b> <a href="#">Instant Pot BBQ Ribs with Instant Pot Bacon Potato Salad</a>
<b>22</b> <a href="#">Instant Pot {Pressure Cooker} Ham &amp; Penne Pasta</a>	<b>23</b> <a href="#">Mexican Style Shredded Beef Tacos/Burritos (P/W30)</a>	<b>24</b> <a href="#">Instant Pot Bruschetta Chicken Pasta</a>	<b>25</b> <a href="#">Loaded Beef Taco Salad with Creamy Lime Cilantro Dressing (non-IP)</a>	<b>26</b> <a href="#">Easy Pressure Cooker Beef &amp; Broccoli</a>	<b>27</b> <a href="#">Instant Pot Tomato Basil Spaghetti Squash</a>	<b>28</b> <a href="#">Instant Pot Cajun Shrimp and Sausage Boil</a>
<b>29</b> <a href="#">Instant Pot Cheeseburger Mac</a>	<b>30</b> <a href="#">Peach Salad w/ Grilled Basil Chicken and White Balsamic-Honey Vinaigrette (nonIP)</a>	<b>31</b> <a href="#">Instant Pot Ancho-Orange Pulled Pork Wraps (P/W30)</a>			<b>W30</b> = Whole30 <b>P</b> = Paleo <b>V</b> = Vegan <b>K</b> = Keto	<b>GF</b> = Gluten-Free <b>GGF</b> = Gluten & Grain free <b>DF</b> = Dairy Free

### Breakfast Options:

- \* [Instant Pot Steel Cut Oatmeal](#)
- \* [Instant Pot Lemon Blueberry Breakfast Cake](#)
- \* [Instant Pot Breakfast Burrito Casserole](#)
- \* [Classic Eggs Benedict](#)

### Snack Options:

- \* [Instant Pot Yogurt with Fruit](#)
- \* [Instant Pot Hard Boiled Eggs](#)
- \* [Instant Pot Caramel Popcorn](#)
- \* [Instant Pot Pull Apart Bread](#)
- \* [175+ Snack Options](#)

### Lunch Options:

- \* [Instant Pot DIY Sandwich Meat](#)
- \* [15 Minute IP Recipes](#)
- \* [5 Ingredient IP Recipes](#)
- \* [Instant Pot Recipes Ready in 30 Minutes or Less](#)

### Dessert Options:

- \* [Easy Instant Pot Strawberry Cheesecake \(Grain Free\)](#)
- \* [Lemon Yogurt Cake with Blueberries](#)
- \* [Instant Pot Oreo Cheesecake](#)
- \* [Instant Pot Lemon Custard](#)