

OCTOBER 2018 *Instant Pot* MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Instant Pot Chicken Paprikish	2 Instant Pot Porcupine Meatballs	3 Instant Pot Stuffed Peppers	4 Instant Pot White Bean Sausage Soup	5 Instant Pot Tuscan Chicken Pasta	6 Two Ingredient Instant Pot Salsa Pork Chops
7 Instant Pot Beef Stew	8 Instant Pot Sweet and Sour Shrimp	9 Instant Pot BBQ Bacon Apple Chicken	10 Loaded Beef Taco Salad with Creamy Lime Cilantro Dressing	11 Instant Pot Spaghetti and Meatballs Garlic Bread Green Beans	12 Instant Pot Butternut Squash & Apple Soup (W30)	13 Instant Pot Lemon Pepper Salmon
14 Instant Pot Ancho-Orange Pulled Pork Wraps (P/W30)	15 Instant Pot Buffalo Chicken - Dump and Go Dinner	16 Instant Pot Pizza Pasta Green Salad	17 Instant Pot Cheeseburger Meatball Sandwich	18 Instant Pot GF, Dairy Free, Chicken Ranch & Rice Soup	19 Instant Pot Paleo Mongolian Beef with Brown or White Rice	20 Steak Kabobs with Apple Cider marinade
21 IP Creamy Lemon Garlic Chicken Breasts	22 Autumn Chopped Salad	23 Instant Pot Jalapeno Popper Chicken Chili	24 Asian Salmon for the Instant Pot	25 Instant Pot Root Beer Pulled Pork	26 Instant Pot BBQ Ribs with Instant Pot Bacon Potato Salad	27 Instant Pot Egg Roll in a Bowl
28 Instant Pot Cranberry Roast Beef	29 Apple Cranberry Walnut Salad	30 Instant Pot Cajun Shrimp and Sausage Boil	31 Instant Pot Taco Soup	W30 = Whole30 P = Paleo	V = Vegan K = Keto GF = Gluten-Free	GGF = Gluten & Grain free DF = Dairy Free
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
<ul style="list-style-type: none"> * Instant Pot Poached Eggs * Instant Pot Cinnamon Roll Casserole * Instant Pot Omelette Bites * IP Pumpkin Pie Steel Cut Oats 		<ul style="list-style-type: none"> * Instant Pot Hummus * Instant Pot Caramel Corn * Instant Pot Cajun Trail Mix with Candied Chickpeas 		<ul style="list-style-type: none"> * Instant Pot Quinoa Burrito Bowls * Instant Pot Apple Butter Sandwich * Instant Pot Curried Sweet Potato Chickpea Quinoa 		<ul style="list-style-type: none"> * Instant Pot Cinnamon Apples * Instant Pot Apple Crisp * 8 Fall Instant Pot Cheesecake Recipes