

January 2019 Instant Pot Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Instant Pot BBQ Pork Chops Instant Pot Black Eyed Peas	2 Instant Pot Pizza Pasta Casserole	3 LC Instant Pot Sweet Potato Chili	4 GGF Instant Pot Honey Pork Chops	5 Instant Pot Orange Chicken
6 GGF Garlic Herb Pot Roast Recipe	7 Instant Pot Creamy Chicken & Wild Rice Soup	8 Instant Pot Pho Recipe	9 GGF Curried Egg Salad	10 Instant Pot Chicken & Dumplings	11 Instant Pot Red Lentil Kale Curry	12 AIP, GGF Shrimp, Avocado, Mango and Fennel Salad
13 Beef Barley Soup	14 Instant Pot Mac & Cheese	15 LC, K, GF Taco Salad	16 Instant Pot Buttery Lemon Chicken	17 GGF Cream of Butternut Squash & Ginger Soup	18 GF Instant Pot Apple Cherry Pork Loin	19 GGF,K,LC,P, W30 Barbacoa Beef White/Brown Rice
20 GF Instant Pot Chorizo Chili	21 DF, GF Un-stuffed Cabbage Bowls	22 Instant Pot Soup with Smoked Sausage, White Beans & Veggies	23 P,LC,W30,K Paleo Asian Chicken Cabbage Salad	24 GGF Instant Pot Salisbury Steak and Gravy	25 Egg Salad Banh Mi Sandwiches	26 Easy and Delicious Zuppa Toscana
27 Instant Pot Cornbread and Beef Stew	28 AIP, GGF Honey-Lime Chicken & Strawberry Salad	29 GGF Egg Salad Lettuce Wraps	30 Instant Pot Lasagna Soup	31 GF Crispy Chicken Carnitas	W30 = Whole30 P = Paleo V = Vegan K = KETO LC = Low Carb	GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free SF = Sugar Free
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
<ul style="list-style-type: none"> * 5 Ingredient Pressure Cooker Cheesy Egg Bake * Instant Pot Cinnamon Banana Oatmeal * Instant Pot Lemon Blueberry Breakfast Cake 		<ul style="list-style-type: none"> * Instant Pot Yogurt with Fruit * Popcorn in the Instant Pot * Instant Pot Caramel Popcorn * Instant Pot Applesauce * 175+ Snack Options 		<ul style="list-style-type: none"> * 15 Minute IP Recipes * 5 Ingredient IP Recipes * Instant Pot Recipes Ready in 30 Minutes or Less 		<ul style="list-style-type: none"> * Instant Pot Rice Pudding * 5 Minute Healthy Instant Pot Chocolate Pudding * Instant Pot Chocolate Pudding Cake (GF, DF)