

February 2019 Instant Pot Meal Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Instant Pot Pork Carnitas (P/W30)	2 Instant Pot No Noodle Lasagna (low carb, GF)
3 Instant Pot Chicken Wings (GF, DF)	4 Mexican Style Shredded Beef Tacos/Burritos (P/W30)	5 Instant Pot Butternut Squash & Apple Soup (W30)	6 Instant Pot Lemon Garlic Chicken (K)	7 Roasted Fig and Hazelnut Quinoa Salad	8 Instant Pot Pizza Pasta Green Salad	9 Instant Pot Chicken & Dumplings
10 GGF Garlic Herb Pot Roast Recipe	11 Apple Cranberry Walnut Salad	12 Skinny Mongolian Beef (W30, P)	13 LC Instant Pot Sweet Potato Chili	14 Try one of these Instant Pot Valentine's Day Recipes	15 Instant Pot Hamburger Soup (W30, P)	16 DF, GF Un-stuffed Cabbage Bowls
17 GGF,K,LC,P, W30 Barbacoa Beef White/Brown Rice	18 Instant Pot Chicken Tikka Masala (W30, P, K)	19 Instant Pot Ancho-Orange Pulled Pork Wraps (P/W30)	20 Instant Pot Beet & Leek Soup	21 Instant Pot Beef Stroganoff	22 AIP, GGF Honey-Lime Chicken & Strawberry Salad	23 GGF Cream of Butternut Squash & Ginger Soup
24 Instant Pot Buttery Lemon Chicken	25 AIP, GGF Shrimp, Avocado, Mango and Fennel Salad	26 Instant Pot Red Lentil Kale Curry	27 Instant Pot Salsa Verde Shredded Chicken (P/W30)	28 GGF Instant Pot Honey Pork Chops	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:	
* Instant Pot Eggs Benedict * Instant Pot Cinnamon Banana Oatmeal * Instant Pot Lemon Blueberry Breakfast Cake	* Instant Pot Yogurt with Fruit * Instant Pot Caramel Popcorn * Instant Pot Cinnamon Applesauce * 175+ Snack Options		* 15 Minute IP Recipes * 5 Ingredient IP Recipes * Instant Pot Recipes Ready in 30 Minutes or Less		* Instant Pot Angel Food Cake * Red Velvet Bundt Cake (IP) * Valentine's Day Instant Pot Cheesecake for Two * PB pressure cooker Brownies	