

# APRIL 2019 *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 Mexican Pulled Pork</a>	<b>3</b> <a href="#">Easy Instant Pot Orange Chicken with Rice</a>	<b>4</b> <a href="#">Loaded Beef Taco Salad with Creamy Lime Cilantro Dressing</a>	<b>5</b> <a href="#">Instant Pot Chicken Cacciatore</a>	<b>6</b> <a href="#">Instant Pot Tomato Basil Spaghetti Squash</a>
<b>7</b> <a href="#">Instant Pot Creamy Chicken with Sun-Dried Tomatoes &amp; Spinach</a>	<b>8</b> <a href="#">Instant Pot Pork Tenderloin Teriyaki</a> Jasmine Rice	<b>9</b> <a href="#">Arugula Salad with Strawberries, Pistachios and Goat Cheese</a>	<b>10</b> <a href="#">Instant Pot Lemon Chicken</a>	<b>11</b> V <a href="#">Vegan Mushroom Barley Soup</a>	<b>12</b> <a href="#">Instant Pot Lemon Pepper Salmon</a>	<b>13</b> <a href="#">Instant Pot Spicy Pineapple Chicken Tacos</a>
<b>14</b> <a href="#">Pressure Cooker Italian Meatballs</a> Green Salad	<b>15</b> <a href="#">Instant Pot Salsa Chicken</a>	<b>16</b> <a href="#">Turmeric Cauliflower Bisque</a>	<b>17</b> <a href="#">Grilled Fajita Steak Salad with Avocado Cilantro Dressing</a>	<b>18</b> <a href="#">Cheesy Instant Pot Risotto with Spring Veggies</a>	<b>19</b> <a href="#">Two Ingredient Instant Pot Salsa Pork Chops</a>	<b>20</b> <a href="#">Instant Pot Sweet and Sour Shrimp</a>
<b>21</b> <a href="#">Instant Pot Ham Cups</a>	<b>22</b> <a href="#">Instant Pot Chicken Asparagus Roulade with Herb Risotto</a>	<b>23</b> <a href="#">Instant Pot Crispy Carnitas</a>	<b>24</b> V <a href="#">Vegan Instant Pot Teff Vegetable Soup</a>	<b>25</b> <a href="#">Instant Pot Kung Pao Chicken</a>	<b>26</b> <a href="#">Instant Pot Pizza Pasta</a> Green Salad	<b>27</b> <a href="#">Potato Soup with Corn &amp; Kale</a>
<b>28</b> <a href="#">Instant Pot Cajun Shrimp and Sausage Boil</a>	<b>29</b> <a href="#">Instant Pot Egg Roll in a Bowl</a>	<b>30</b> <a href="#">Layered Spring Salad</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
<b>Breakfast Options:</b>		<b>Snack Options:</b>		<b>Lunch Options:</b>		<b>Dessert Options:</b>
<ul style="list-style-type: none"> <li>* <a href="#">Instant Pot Strawberry Trail Mix Oatmeal</a></li> <li>* <a href="#">Instant Pot Lemon Blueberry Breakfast Cake</a></li> <li>* <a href="#">Instant Pot Breakfast Burrito Casserole</a></li> </ul>		<ul style="list-style-type: none"> <li>* <a href="#">Instant Pot Yogurt with Fruit</a></li> <li>* <a href="#">Instant Pot Caramel Popcorn</a></li> <li>* <a href="#">Instant Pot Pull Apart Bread</a></li> <li>* <a href="#">175+ Snack Options</a></li> </ul>		<ul style="list-style-type: none"> <li>* <a href="#">Instant Pot DIY Sandwich Meat</a></li> <li>* <a href="#">15 Minute IP Recipes</a></li> <li>* <a href="#">5 Ingredient IP Recipes</a></li> <li>* <a href="#">Instant Pot Recipes Ready in 30 Minutes or Less</a></li> </ul>		<ul style="list-style-type: none"> <li>* <a href="#">Easy Instant Pot Strawberry Cheesecake (Grain Free)</a></li> <li>* <a href="#">Lemon Yogurt Cake with Blueberries</a></li> <li>* <a href="#">Instant Pot Mini Pineapple Upside Down Cake</a></li> </ul>