

OCTOBER 2019 *Instant Pot* MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Instant Pot Hamburger Soup (W30, P)	2 Pressure Cooker Shrimp Paella	3 Kale, Roasted Pumpkin, Chicken and Avocado Salad with Smoky Pumpkin Dressing	4 Instant Pot Butternut Squash Beef Stew	5 Instant Pot Egg Roll in a Bowl
6 Pressure Cooker Meatloaf Salad with Apple Cider Vinaigrette	7 Apple Cranberry Walnut Salad	8 5 Ingredient Instant Pot Mac & Cheese	9 Instant Pot Taco Soup	10 Chicken Burrito Lasagna in the Instant Pot	11 Pressure Cooker Stuffed Green Pepper Casserole	12 Instant Pot Pizza Pasta Green Salad
13 Instant Pot Ancho-Orange Pulled Pork Wraps (P/W30)	14 Instant Pot BBQ Chicken Spaghetti	15 Instant Pot Jalapeno Popper Chicken Chili	16 Instant Pot White Bean Sausage Soup	17 Persimmon, Pomegranate and Ricotta Salad	18 Instant Pot Chicken Paprikish	19 Instant Pot Cheeseburger Meatball Sandwich
20 Instant Pot Tuscan Chicken Pasta	21 Chunky Loaded Potato Soup (Instant Pot)	22 10-Minute Instant Pot Salmon Salad w/ Maple Walnut Vinaigrette	23 Instant Pot Ham & Potato Soup and Cornbread	24 IP Creamy Lemon Garlic Chicken Breasts	25 Pressure Cooker Cola-Braised Beef Short Ribs with Apple Cranberry and Almond Coleslaw	26 Instant Pot Sweet and Sour Shrimp
27 Instant Pot Turkey Meatball Stroganoff Salad w/ Pomegranate Vinaigrette	28 Steak Kabobs with Apple Cider marinade	29 Instant Pot Buffalo Chicken - Dump and Go Dinner	30 Butternut Squash and Cranberry Quinoa Salad	31 Instant Pot BBQ Bacon Apple Chicken	W30 = Whole30 P = Paleo V = Vegan K = Keto LC = Low Carb DF = Dairy Free	GF = Gluten-Free GGF = Gluten & Grain free NF = Nut Free SF = Soy Free SGF = Sugar Free
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
* Pressure Cooker Cranberry Baked French Toast * Apple Cinnamon Instant Pot Oatmeal * Instant Pot Cinnamon Roll Casserole		* Instant Pot Yogurt with Fruit * Quick & Easy Instant Pot Hummus * Popcorn in the Instant Pot * 175+ Snack Options		* Homeschool Lunches Made Easy * Instant Pot Recipes for Fall * 15 Minute IP Recipes * 5 Ingredient IP Recipes		* Easy Instant Pot Mug Cakes * GF Instant Pot Apple Crisp * Instant Pot Chocolate Pudding Cake