

NOVEMBER 2019 *Instant Pot* MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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		1 Instant Pot Lasagna Soup	2 10-Minute Instant Pot Salmon Salad w/ Maple Walnut Vinaigrette
3 Autumn Apple Chicken	4 Turkey Meatball Stroganoff Salad w/ Pomegranate Vinaigrette	5 Apple Cranberry Walnut Salad	6 Instant Pot Bacon Chicken Ranch Baked Potato Casserole	7 Instant Pot Black Bean Soup	8 Instant Pot Chili Crackers	9 Instant Pot Pizza Casserole
10 Pressure Cooker Meatloaf Salad with Apple Cider Vinaigrette	11 Instant Pot Butternut Cauliflower Soup	12 Autumn Cobb Salad with Smoky Pumpkin Dressing	13 5 Ingredient Instant Pot Mac & Cheese	14 Pressure Cooker Chicken Marsala Salad with Pumpkin Balsamic Vinaigrette	15 Instant Pot Posole	16 Chunky Loaded Potato Soup (Instant Pot)
17 Instant Pot Turkey & Sweet Potato Chili Crackers	18 Instant Pot BBQ Chicken Spaghetti	19 Instant Pot Wild Rice Soup	20 Favorite Apple Chicken Salad	21 Instant Pot Vegetable Beef Soup	22 Pressure Cooker Cola-Braised Beef Short Ribs with Cranberry Apply Coleslaw	23 Instant Pot Taco Soup
24 Instant Pot Tomato Soup with Roasted Tomatoes Crackers	25 Instant Pot Honey Sesame Chicken + Instant Pot Cilantro Lime Rice	26 Mexican Chopped Salad	27 Instant Pot Creamy Butternut Squash & Apple Soup (P, V, W30)	28 Happy Thanksgiving!! IP Turkey IP Sweet Potatoes IP Mini Pumpkin Pies	29 Instant Pot Turkey Tetrazzini	30 Instant Pot Ham & Potato Soup with Instant Pot Cornbread
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 * Instant Pot Apple Crisp * Instant Pot Chocolate Pudding Cake