

# JANUARY 2020 *Instant Pot* MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>W30</b> = Whole30 <b>P</b> = Paleo <b>V</b> = Vegan	<b>K</b> = KETO <b>LC</b> = Low Carb <b>SF</b> = Sugar Free	<b>GF</b> = Gluten-Free <b>GGF</b> = Gluten & Grain free <b>DF</b> = Dairy Free	<b>1</b> <a href="#">Instant Pot BBQ Pork Chops</a> <a href="#">Instant Pot Black Eyed Peas</a>	<b>2</b> <a href="#">Healthy Turkey Sweet Potato Chili</a>	<b>3</b> <a href="#">Instant Pot Vegetarian Pho</a>	<b>4</b> <a href="#">Instant Pot Ham &amp; Cheese Pasta</a>
<b>5</b> <a href="#">Instant Pot Classic Pot Roast</a>	<b>6</b> <a href="#">Instant Pot Spaghetti</a>	<b>7</b> <b>LC, K, GF</b> <a href="#">Taco Salad</a>	<b>8</b> <a href="#">Instant Pot French Dip Sandwiches</a>	<b>9</b> <a href="#">Instant Pot Beef Bourguignon</a>	<b>10</b> <a href="#">IP Creamy Chicken Bacon Ranch Pasta</a>	<b>11</b> <b>K, LC</b> <a href="#">Instant Pot Pizza Soup</a>
<b>12</b> <a href="#">Instant Pot Brisket Sliders with Caramelized Onions</a>	<b>13</b> <a href="#">Instant Pot Beef and Broccoli Ramen</a>	<b>14</b> <a href="#">Winter Salad with Homemade Vinaigrette</a> + Grilled Chicken	<b>15</b> <a href="#">Instant Pot Italian Sausage Chili</a>	<b>16</b> <b>P,LC,W30,K</b> <a href="#">Paleo Asian Chicken Cabbage Salad</a>	<b>17</b> <a href="#">Country Style Instant Pot Cube Steak</a>	<b>18</b> <a href="#">Instant Pot Shrimp Scampi</a>
<b>19</b> <a href="#">Instant Pot Boneless Pork Chops</a>	<b>20</b> <b>GGF</b> <a href="#">Egg Salad Lettuce Wraps</a>	<b>21</b> <a href="#">Instant Pot Pasta Fagioli</a>	<b>22</b> <a href="#">Instant Pot Creamy Tomato Basil Pasta</a>	<b>23</b> <a href="#">Crunchy Winter Salad with Balsamic Honey Mustard Dressing</a>	<b>24</b> <a href="#">Instant Pot Beef Tips</a>	<b>25</b> <a href="#">Pressure Cooker Chicken Enchilada Pasta</a>
<b>26</b> <a href="#">Instant Pot Ham &amp; Penne Pasta</a>	<b>27</b> <a href="#">Instant Pot Hamburger Stroganoff</a>	<b>28</b> <a href="#">Spinach Salad with Sweet-Spicy Nuts, Apples, Feta &amp; Bacon</a>	<b>29</b> <a href="#">Instant Pot Beef Taco Soup</a>	<b>30</b> <a href="#">Instant Pot Buffalo Chicken Pasta</a>	<b>31</b> <a href="#">Instant Pot Root Beer BBQ Meatballs</a>	
<b>Breakfast Options:</b>		<b>Snack Options:</b>		<b>Lunch Options:</b>		<b>Dessert Options:</b>
* <a href="#">Instant Pot Breakfast Casserole</a> * <a href="#">IP Apple-Delicata Squash Porridge</a> (GF, Paleo, AIP, GAPS) * <a href="#">Instant Pot Chocolate Oatmeal</a> * <a href="#">Instant Pot Biscuits &amp; Gravy</a> * <a href="#">Instant Pot Apple Cinnamon Steel Cut Oats</a>		* <a href="#">Easy Instant Pot Baked Apples</a> * <a href="#">KETO Instant Pot Greek Yogurt</a> * <a href="#">Pressure Cooker Corn Dog Bites</a> * <a href="#">IP Spinach Artichoke Dip</a> * <a href="#">Instant Pot Popcorn</a> * <a href="#">IP Kettle Corn Snack</a>		* <a href="#">Loaded Instant Pot Potato Soup</a> * <a href="#">Instant Pot Pineapple Mexican Shredded Chicken</a> * <a href="#">Loaded Instant Pot Mac &amp; Cheese</a> * <a href="#">IP Seasoned Chicken &amp; Rice</a>		* <a href="#">Pressure Cooker Churro Bites</a> * <a href="#">Instant Pot Monkey Bread</a> * <a href="#">Easy IP Chocolate Lava Cake</a> * <a href="#">Instant Pot Apple Crisp</a> * <a href="#">Instant Pot Cinnamon Apples with a Thick Brown Sugar Glaze</a>