

FEBRUARY 2020 *Instant Pot* MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
W30 = Whole30 P = Paleo V = Vegan	K = KETO LC = Low Carb SF = Sugar Free	GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free				1 Instant Pot Garlic Parmesan Chicken & Rice
2 Super Bowl! Try any of these recipes in your IP	3 Instant Pot Lasagna Soup	4 Winter Salad with Homemade Vinaigrette	5 Instant Pot Butter Chicken IP Sticky Rice	6 Instant Pot Loaded Baked Potato Soup	7 Roasted Vegetable Winter Salad	8 Instant Pot Macaroni & Cheese
9 IP Round Steak & Gravy Mashed Potatoes Corn on the Cob	10 Instant Pot Cajun Pasta	11 Crunchy Winter Salad w/ Balsamic Honey Mustard Dressing	12 Mexican Tamales in the IP IP Mexican Rice	13 Instant Pot Fried Rice Chinese Style	14 Valentine's Day! Country Style IP Cube Steak Mashed Potatoes Steamed Carrots	15 Instant Pot Wild Rice Mushroom Soup
16 Instant Pot Classic Roast	17 Instant Pot Pulled Pork Nachos	18 Instant Pot Shrimp Scampi with Angel Hair	19 Instant Pot Beef Stew	20 Winter Pasta Salad with Roasted Vegetables	21 W30 Instant Pot Hamburger Soup	22 Easy IP Chicken Marsala Mashed Potatoes
23 Instant Pot Meatloaf Mashed Potatoes	24 Instant Pot Orange Chicken IP Sticky Rice	25 Spinach, Apple, Gorgonzola & Candied Walnut Winter Salad	26 Instant Pot Jambalaya with Sausage	27 Honey Garlic Instant Pot Pork Chops	28 Baby Bok Choy Salad with Ginger Sesame Soy Dressing	29 Instant Pot Goulash
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
* Instant Pot Blueberry Muffin Steel Cut Oatmeal * Apple-Delicata Squash Porridge (GF, Paleo, AIP, GAPS) * Instant Pot Chocolate Oatmeal * "Overnight" IP Steel Cut Oats		* Best Winter Fruit Salad * Instant Pot Popcorn * Pressure Cooker Hard Boiled Eggs * Instant Pot Buffalo Chicken Dip * Instant Pot Greek Yogurt		* Lemon Garlic Roasted Broccoli Salad * Apple Walnut Quinoa Salad * Instant Pot Spaghetti * Instant Pot Chicken Noodle Soup		* Instant Pot Apple Crisp * Easy Instant Baked Apples * Instant Pot Rice Pudding * Instant Pot Creme Brulee Cheesecake * IP Pecan Pie Cheesecake