

MARCH 2020 *Instant Pot* MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Instant Pot Pressure Cooker Beef Stew	2 Instant Pot Huli Huli Hawaiian Chicken	3 Asparagus and Arugula Pasta Salad	4 Balsamic Instant Pot Pork Tenderloin	5 Instant Pot Spicy Honey Chicken	6 Instant Pot Lemon Pepper Salmon	7 Instant Pot Crack Chicken Sandwiches
8 Instant Pot Pot Roast	9 Instant Pot Chicken Tinga	10 Southwest Tortellini Pasta Salad	11 Instant Pot Beef Gyros	12 Instant Pot Pizza Pasta Green Salad	13 Instant Pot Lemon Chicken with Garlic	14 Instant Pot Boneless Pork Chops
15 Pressure Cooker Pasta Primavera Plus Chicken	16 5 Ingredient Instant Pot Mac & Cheese	17 Happy St. Patrick's Day Instant Pot Corned Beef & Cabbage	18 Cheesy Instant Pot Risotto with Spring Veggies	19 Springtime Mixed Berry Salad	20 Instant Pot Chicken Fajitas Tortillas of choice IP Mexican Rice	21 Instant Pot Teriyaki Pork Tenderloin
22 Instant Pot Beef and Noodles	23 Instant Pot Bacon Ranch Baked Potato Casserole	24 Instant Pot Sweet and Sour Shrimp	25 BBQ Chicken Salad	26 Instant Pot Pressure Cooker French Dip Sandwiches	27 Instant Pot Chicken Parmesan Spaghetti Garlic Bread	28 Instant Pot Ham Cups
29 Instant Pot Bacon Barbecue Meatloaf with Mashed Potatoes	30 Berry Almond Salad with Creamy Berry Dressing	31 Instant Pot Cajun Shrimp and Sausage Boil		W30 = Whole30 P = Paleo V = Vegan	K = KETO LC = Low Carb SF = Sugar Free	GF = Gluten-Free GGF = Gluten & Grain free DF = Dairy Free
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
<ul style="list-style-type: none"> * Instant Pot Egg Bites * Instant Pot Carrot Cake Steel Cut Oatmeal * Instant Pot Cinnamon Rolls * KETO Instant Pot Yogurt * Instant Pot Raisin Bread (no knead) 		<ul style="list-style-type: none"> * Instant Pot Garlic Hummus * Instant Pot Copycat P.F. Chang's Lettuce Wraps * IP No Peel Hard Boiled Eggs * Instant Pot Baked Potato * IP Banana Bread Recipe 		<ul style="list-style-type: none"> * No Noodle Lasagna KETO * Egg Roll Filling Bowls * Thai Coconut Rice Bowls * Instant Pot Fiesta Rice Bowls * 15 Minute IP Recipes * 5 Ingredient IP Recipes 		<ul style="list-style-type: none"> * Instant Pot Lemon Poppy Seed Cake * Instant Pot Churro Bites * Instant Pot Lemon Custard * Instant Pot Lime Cheesecake * IP Almond Pound Cake