

APRIL 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 Lemon Chicken	2 Loaded Beef Taco Salad with Creamy Lime Cilantro Dressing	3 Instant Pot Salsa Chicken	4 Instant Pot Lemon Pepper Salmon
5 Pressure Cooker Italian Meatballs Green Salad	6 Instant Pot Pork Tenderloin Teriyaki Jasmine Rice	7 Instant Pot Mexican Pulled Pork	8 Vegan Mushroom Barley Soup	9 Hawaiian Chicken with Pineapple Salsa	10 Instant Pot Crispy Carnitas	11 Instant Pot Egg Roll in a Bowl
12 Choose one of these Healthy Easter Meals!	13 Instant Pot Kung Pao Chicken	14 Grilled Fajita Steak Salad with Avocado Cilantro Dressing	15 Instant Pot Sweet and Sour Shrimp	16 Instant Pot Chicken Asparagus Roulade with Herb Risotto	17 Instant Pot Cajun Shrimp and Sausage Boil	18 Vegan Instant Pot Teff Vegetable Soup
19 Instant Pot Creamy Chicken with Sun-Dried Tomatoes & Spinach	20 Instant Pot Tomato Basil Spaghetti Squash	21 Arugula Salad with Strawberries, Pistachios and Goat Cheese	22 Instant Pot Chicken Cacciatore	23 Two Ingredient Instant Pot Salsa Pork Chops	24 Easy Instant Pot Orange Chicken with Rice	25 Instant Pot Ham Cups
26 Instant Pot Lasagna Garlic Bread Green Salad	27 Cheesy Instant Pot Risotto with Spring Veggies	28 Instant Pot Spicy Pineapple Chicken Tacos	29 Instant Pot Pizza Pasta Green Salad	30 Instant Pot Honey and Garlic Chicken		
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
* Instant Pot Strawberry Trail Mix Oatmeal * Instant Pot Lemon Blueberry Breakfast Cake * Instant Pot Breakfast Burrito Casserole		* Instant Pot Yogurt with Fruit * Instant Pot Caramel Popcorn * Instant Pot Pull Apart Bread * 175+ Snack Options		* Instant Pot DIY Sandwich Meat * 15 Minute IP Recipes * 5 Ingredient IP Recipes * Instant Pot Recipes Ready in 30 Minutes or Less		* Easy Instant Pot Strawberry Cheesecake (Grain Free) * Lemon Yogurt Cake with Blueberries * Instant Pot Mini Pineapple Upside Down Cake