

JUNE 2020 *Instant Pot* MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Instant Pot Lazy Lasagna	2 Instant Pot: Quinoa Tabbouleh Salad	3 Instant Pot Pulled Pork Sandwiches	4 Rainbow Chicken Salad with Almond Honey Mustard Dressing	5 Grilled Salmon Citrus Skewers	6 Instant Pot Ribs IP Corn on the Cob Green Salad
7 Instant Pot Mediterranean Chicken	8 IP Balsamic Beef IP Mashed Potatoes IP Green Beans	9 Deviled Egg Macaroni Salad	10 IP Sloppy Joes Chips Pickle	11 Garlic Butter Shrimp and Rice	12 Grilled Hawaiian Barbecue Chicken in Foil + Three-Cheese Potatoes	13 IP Creamy Cajun Pasta with Sausage
14 IP Barbacoa Beef Tacos	15 Instant Pot Chicken Taco Bowls	16 Instant Pot Egg Roll in a Bowl	17 Instant Pot Barbecue Chicken Sandwiches	18 Chopped Salad with Cilantro-Lime Dressing	19 Make Your Own Grilled Pizza	20 IP Cilantro Lime Chicken Burrito Bowl
21 Instant Pot French Dip Sandwiches	22 Chicken Caesar Pasta Salad	23 Instant Pot Ranch Chicken and Rice	24 Instant Pot Creamy Tortellini with Sausage	25 Instant Pot Honey Teriyaki Chicken IP Sticky Rice	26 Grilled Jerk Shrimp and Pineapple Skewers	27 IP BBQ Pork Chops IP Mashed Potatoes
28 Instant Pot Bruschetta Chicken Pasta	29 Instant Pot Brisket Creamy Cilantro Lime Coleslaw	30 BLT Easy Pasta Salad	W30 = Whole30 P = Paleo V = Vegan	K = Keto LC = Low Carb SC = Slow Cooker	GF = Gluten-Free GGF = Gluten & Grain free	DF = Dairy Free NF = Nut Free SF = Soy Free SGF = Sugar Free
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
* IP Sausage Gravy * IP Egg Bites * Breakfast Burrito Casserole		* IP Dill Pickle Potato Salad * Instant Pot Hot Spinach Dip * Instant Pot Almond Milk Yogurt		* IP Shredded Chicken Burrito Bowl * IP Orange Chicken Lettuce Wraps * IP Brussels Sprouts and Farro Salad		* IP Peanut Butter Cheesecake * IP Lemon Blueberry Cheesecake * IP Peach Crisp (GF, DF)