

JULY 2020 Instant Pot MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	1 Instant Pot Summer Soup	2 Hawaiian Chicken with Pineapple Salsa	3 Instant Pot Salsa Verde Shredded Chicken (P/W30)	4 Instant Pot BBQ Ribs with Instant Pot Bacon Potato Salad
5 Instant Pot Teriyaki Turkey Meatballs	6 Instant Pot Pizza Pasta Green Salad	7 Grilled Fajita Steak Salad with Avocado Cilantro Dressing (non-IP)	8 Instant Pot Kung Pao Chicken (LC, K, P)	9 Instant Pot {Pressure Cooker} Ham & Penne Pasta	10 Instant Pot Lemon Pepper Salmon	11 Instant Pot Chicken Asparagus Roulade with Herb Risotto
12 Mexican Style Shredded Beef Tacos/Burritos (P/W30)	13 Instant Pot Spicy Pineapple Chicken Tacos	14 Loaded Beef Taco Salad with Creamy Lime Cilantro Dressing (non-IP)	15 Instant Pot Egg Roll in a Bowl	16 Arugula Salad with Strawberries, Pistachios and Goat Cheese	17 Instant Pot Cheeseburger Mac	18 Instant Pot Cajun Shrimp and Sausage Boil
19 Instant Pot Roast with Carrots & Squash	20 Instant Pot Bruschetta Chicken Pasta	21 Instant Pot Pork Carnitas (P/W30)	22 BLT Pasta Salad (non-IP)	23 Instant Pot Sweet and Sour Shrimp	24 Easy Pressure Cooker Beef & Broccoli	25 Easy Instant Pot Orange Chicken with Rice
26 Instant Pot Ancho-Orange Pulled Pork Wraps (P/W30)	27 Pressure Cooker Italian Meatballs Green Salad	28 Peach Salad w/ Grilled Basil Chicken and White Balsamic-Honey Vinaigrette (non-IP)	29 Instant Pot Tomato Basil Spaghetti Squash	30 Instant Pot Lemon Garlic Chicken (K)	31 Two Ingredient Instant Pot Salsa Pork Chops	
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
* Instant Pot Steel Cut Oatmeal * Instant Pot Lemon Blueberry Breakfast Cake * Instant Pot Breakfast Burrito Casserole * Classic Eggs Benedict		* Instant Pot Yogurt with Fruit * Instant Pot Hard Boiled Eggs * 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 Oreo Cheesecake * Instant Pot Lemon Custard