

AUGUST 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 Chicken Enchilada Casserole with Rice
2 Instant Pot Stuffed Bell Peppers	3 Instant Pot Turkey Sloppy Joes	4 Instant Pot Hibachi Shrimp	5 Instant Pot Honey BBQ Wings	6 Mediterranean Chickpea Salad	7 GRILL: Caribbean Jerk Chicken and Pineapple Salsa	8 Instant Pot Egg Roll Bowls
9 Instant Pot Jamaican Jerk Chicken	10 Instant Pot Goulash	11 Greek Chicken Pasta Salad	12 Instant Pot Butter Burgers	13 Instant Pot Pineapple Chicken	14 GRILL: Shrimp Pineapple Kabobs	15 Beef Taco Salad
16 Instant Pot Chicken Bruschetta	17 {GF} Instant Pot Pad Thai	18 Hawaiian Chicken Tacos with Jalapeno Ranch Slaw	19 Instant Pot Grape Jelly Meatballs	20 Chopped Salad Pizza	21 GRILL: Bacon Ranch Chicken Kabobs	22 Instant Pot Baby Back Pork Ribs
23 Instant Pot Lemon Vegetable Risotto	24 Instant Pot Chicken Fried Rice Meal Prep Bowls	25 Garlic Butter Shrimp and Rice in Instant Pot	26 Instant Pot Hamburger Helper	27 Couscous Summer Salad	28 GRILL: Balsamic Chicken and Veggie Kabobs	29 {GF} Instant Pot Barbecue Turkey Meatballs
30 Instant Pot Lemon Garlic Parmesan Shrimp Pasta	31 Blackberry Balsamic Chicken Salad					

Breakfast Options:

- * [Instant Pot Blueberry Muffin Bites](#)
- * [Instant Pot Bacon Cheddar Egg Bites](#)
- * [IP Stuffed French Toast](#)

Snack Options:

- * [Instant Pot Cold Start Vanilla Yogurt](#)
- * [Instant Pot Applesauce](#)
- * [Instant Pot Deviled Eggs](#)

Lunch Options:

- * [Instant Pot Barbecue Chicken](#)
- * [IP Recipes Ready in 30 Minutes or Less](#)
- * [15 Minute IP Recipes](#)

Dessert Options:

- * [Instant Pot Key Lime Cheesecake](#)
- * [Instant Pot Cherry Dump Cake](#)
- * [IP Lemon Blueberry Cheesecake](#)