

December 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 Pizza Pasta Green Salad	2 Instant Pot Ham & Potato Soup Cornbread	3 Instant Pot Pressure Cooker Chicken Enchiladas + Instant Pot Cilantro Lime Rice	4 Instant Pot Beef Stroganoff	5 Instant Pot Zuppa Toscana
6 Instant Pot Teriyaki Pork Tenderloin	7 Butternut Squash and Cranberry Quinoa Salad	8 Instant Pot Butternut Squash Beef Stew	9 Instant Pot Chicken Tikka Masala	10 Instant Pot Turkey Breast with Gravy (W30, P)	11 Instant Pot Chicken & Noodles Recipe	12 Instant Pot Lemon Vegetable Risotto
13 Instant Pot Beef Gyros	14 Instant Pot Smoked Sausage, White Bean & Vegetable Soup	15 Roasted Fig and Hazelnut Quinoa Salad	16 Instant Pot Creamy Butternut Squash & Apple Soup (P, V, W30)	17 5 Ingredient Instant Pot Mac & Cheese	18 Easy Gumbo Recipe (Instant Pot Version)	19 Chunky Loaded Potato Soup (Instant Pot)
20 Instant Pot Pot Roast Salad with Apple Cider Vinaigrette	21 Instant Pot Tomato Soup with Roasted Tomatoes Crackers	22 Instant Pot Beet & Leek Soup	23 Instant Pot Chili	24 Instant Pot Chicken Potato Corn Chowder with Bacon	25 Try one of these delicious meals for Christmas	26 Skinny Mongolian Beef (W30, P)
27 Instant Pot BBQ Chicken Spaghetti Salad w/ Maple Walnut Vinaigrette	28 Instant Pot Hamburger Soup (W30, P)	29 Apple Cranberry Walnut Salad	30 Instant Pot Beef Barley Vegetable Soup	31 Instant Pot Teriyaki Turkey Meatballs		
Breakfast Options:		Snack Options:		Lunch Options:		Dessert Options:
* Apple Pie Instant Pot Steel Cut Oats * Homemade Instant Pot Biscuits & Gravy * Instant Pot 100 Low-Calorie Copy-Cat Starbucks Gingerbread Latte		* Instant Pot Yogurt with Fruit * Popcorn in the Instant Pot * Instant Pot Apple Cider Applesauce * 175+ Snack Options		* 15 Minute IP Recipes * 5 Ingredient IP Recipes * Instant Pot Recipes Ready in 30 Minutes or Less		* Instant Pot Gingerbread Bread Pudding * Instant Pot Apple Cake * Instant Pot Rice Krispie Snowmen