

Instant Pot Budget Friendly Meal Plan

MAY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		Honey Glazed Ham	Instant Pot Beef and Broccoli	Teriyaki Chicken Drumsticks	Instant Pot Creamy Lentils	Instant Pot BBQ Chicken Sandwiches
6	7	8	9	10	11	12
Gluten Free Pressure Cooker Spaghetti Sauce Recipe	Instant Pot Whole Chicken	Mushroom & Onion Cube Steak	Pressure Cooker Mussels with Apples and Bacon	Instant Pot Chicken Fajitas	Instant Pot Beef Stew	Instant Pot Enchilada Pasta
13	14	15	16	17	18	19
Turkey Breast Pressure Cooker Recipe	Instant Pot Lemon Pepper Chicken	Beef Tips	Instant Pot Coconut Curry Chicken	Instant Pot Cabbage Beef Soup	Pressure Cooker Taco Soup	Ground Beef Stroganoff
20	21	22	23	24	25	26
Gluten Free Instant Pot Chicken Pineapple Taco Recipe	Pressure Cooker Black Beans & Chorizo	Irish Stew	Instant Pot Ribs with BBQ Sauce	Instant Pot Chicken Adobo	Instant Pot Hobo Packets	Instant Pot Italian Ground Beef Stew
27	28	29	30	31		
Gluten Free Pressure Cooker Whole Chicken Recipe	Instant Pot Shredded Mexican Chicken	Sloppy Joe's	Instant Pot White Bean Parmesan Spinach Soup	Instant Pot French Toast Casserole		

Dessert:

[Instant Pot Baked Apples](#)

Sides:

[Instant Pot Green Beans & Ham](#)

[Instant Pot Mashed Potatoes](#)

[Instant Pot Spanish Rice](#)