

INSTANT POT MEAL PLAN #2

INSTANT POT DINNERS



**ORZO WITH LEMON,
PARMESAN & SPINACH**



TACO MEAT



CHICKEN BREASTS & GRAVY



BORSCHT (BEET SOUP)



BALSAMIC PORK TENDERLOIN

FOR LUNCHES



**MUSTARD MAPLE
CHICKEN WINGS**



QUINOA BLACK BEAN SALAD

FOR BREAKFAST



**OATMEAL PORRIDGE
FAVORITE TOPPINGS**

NOTES

SHOPPING LIST

MEAT/FISH/DAIRY

- 1.8 lb / 800 g ground beef (we used 93% meat, 7% fat)
- 3 chicken breasts (skinless/boneless, about 0.5 lb / 270 g each)
- 2 lb / 1 kg chicken wings (50/50 wings and drumettes)
- 1-2 pork tenderloins
- 1 cup grated Parmesan cheese (90 g/3 oz)
- Sour cream or yoghurt (to serve with soup)
- 1/2 cup whole milk or low-fat or dairy-free

SPECIALTY ITEMS

- 10-15 g / 1 oz dried porcini mushrooms
- 1 cup edamame beans (can be frozen)

PRODUCE

- 3 medium onions
- 1 red onion
- 1 red bell pepper
- 6 lemons
- 1 large carrot (about 4.5 oz / 125 g)
- 2 large white potatoes (about 1lb / 450 g)
- 2-3 raw beets (7-8 oz / 200-250 g)
- 1/4 medium white cabbage (12 oz / 350 g)
- 2 cups of chopped baby spinach
- Fresh parsley (garnish)
- 1/2 serrano or jalapeno chili
- 1 head of garlic
- Fresh cilantro
- Fresh parsley
- Bananas or/and other fruit for porridge

PANTRY ITEMS

**You might already have many of these items*

- 1.5 cup dry orzo
- 1 cup quinoa (any color)
- 1/2 cup rolled oats per serve
- 1 x 14-15oz can black beans
- 1.5 tablespoons tomato paste
- 1 cup chopped tinned tomatoes
- 1 cup of sweet canned corn
- 2.5 cups vegetable stock
- 1 cup low-sodium chicken stock
- 1 cube beef stock
- 1 cube vegetable stock
- 1 tablespoon all-purpose flour
- 2 tablespoons corn starch
- 1 cup brown sugar
- 2 teaspoons sugar or honey
- 5 tablespoons maple syrup
- 1/4 teaspoon vanilla extract
- 2 tablespoons dijon mustard
- 1/2 teaspoon yellow mustard
- 4 tablespoons soy sauce
- 3 tablespoons apple cider vinegar
- 1/2 cup balsamic vinegar
- 1 tablespoon chili powder
- 1 teaspoon ground coriander seed
- 2 teaspoons ground cumin
- 2 teaspoons paprika
- 1 teaspoon dried oregano
- 1 teaspoon paprika powder
- 2 teaspoon onion powder
- 3 teaspoon garlic powder
- 2 bay leaves
- 2 teaspoons dried Italian herbs
- Cinnamon for porridge

YOUR OWN
meal plan

BREAKFAST

LUNCH

DINNER

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