

# INSTANT POT MEAL PLAN #4

## INSTANT POT DINNERS

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**BOLOGNESE SAUCE**



**THAI CHICKEN CURRY**



**PORK AL PASTOR RICE  
CASSEROLE**



**CHICKPEA & MUSHROOM PASTA**



**MOROCCAN LAMB & POTATO STEW**

## FOR LUNCHESES

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**CREAMY BUTTERNUT  
SQUASH SOUP**



**BUFFALO CHICKEN**

## FOR DESSERT

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**CHOCOLATE BROWNIE CAKE**

### NOTES

SHOPPING LIST BASED ON MAKING  
BUFFALO CHICKEN SLIDERS

# SHOPPING LIST

## MEAT/FISH/DAIRY

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- 3 eggs
- 3 oz / 90 g bacon
- 2.5 lb / 1.1-1.2kg ground beef
- 1.4 lb / 650 g diced chicken meat (breast and thighs)
- 4 boneless skinless chicken breasts (about 2 lb.)
- 2 lb / 900 g pork shoulder
- 1.7 lb / 800 g diced stewing lamb
- 1/2 cup sour cream
- 1/2 cup light cream (half & half)
- 2 tablespoons double /thick cream or mascarpone cream
- 1/2 cup crumbled blue cheese
- 1.5 cups shredded cheese (Mozzarella or Cheddar)
- 1 cup grated Parmesan cheese

## HERBS & SPICES

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- Fresh parsley or basil
- Fresh cilantro
- 4 bay leaves
- 1/4 tsp nutmeg powder (optional)
- 2 tsp dried thyme or basil
- 1 tsp cumin
- 1 tsp oregano leaves
- 2 tsp sweet or mild paprika
- 3 tbsp chipotle chili in adobo
- 1/2 teaspoon chili flakes
- 1 tsp coriander seed powder
- 1/2 tsp turmeric powder
- 1 teaspoon mild curry powder
- 1/2 teaspoon cinnamon powder
- 2 tsp ranch seasoning

## PRODUCE

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- 2 garlic bulbs
- 4-5 slices of ginger
- 2 limes
- 1 lemon
- 6 onions
- Shallots (garnish)
- 4 cup coleslaw mix
- 3 large carrots
- 4 celery ribs
- 1/2 large zucchini
- 1/2 head of broccoli
- 1 red pepper
- 1 ripe pineapple
- 1 medium tomato
- 8 oz / 250 g mushrooms
- 6 medium potatoes
- 1/2 large butternut squash (5 cups of diced squash or about 2 lb /1kg)
- 1 orange

## SPECIALTY ITEMS

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- 1/3 cup red curry paste (depending on the spice level)
- 1 tbsp fish sauce
- 1.5 cup frozen peas
- 6 dried apricots
- 1 1/2 tsp instant coffee granules

## PANTRY ITEMS

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*\*You might already have these items*

- 1 cup olive oil
- 1 cup unsalted butter
- 1/2 cup dry white or red wine
- 5 cups chicken stock
- 5 cups vegetable stock
- 1/2 cup hot sauce
- 2 tbsp tomato paste
- 1 cup (200 g) tinned tomatoes or cherry tomatoes with juice
- 1 can or jar of tomato sauce or puree (14 oz/ 400 g)
- 1 can (14-16oz) black beans
- 1 small can of sweet corn ( 4-5oz)
- 1 can chickpeas (14 oz / 400 g)
- 1 cup coconut milk
- 1/4 cup coconut cream
- 1 cup all-purpose flour (or gluten-free flour, tapioca, arrowroot)
- 3-4 cups pre-cooked white rice
- Spaghetti pasta
- 4 oz penne pasta (about 120 g)
- 2 tsp sugar
- 1 cup firmly packed brown sugar
- Pumpkin seeds (garnish)
- 1/3 cup ranch dressing
- 12 slider buns (or fewer)
- 1 1/2 tsp vanilla extract
- 3/4 cup cocoa powder
- 3/4 cup semi-sweet chocolate chips
- 3/4 cup walnuts, chopped up

YOUR OWN  
**meal plan**

BREAKFAST

LUNCH

DINNER

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