

INSTANT POT MEAL PLAN #1

INSTANT POT DINNERS



GREEK CHICKEN LEMON SOUP



CAESAR PASTA SALAD



EASY MISSISSIPPI ROAST



CREAMY ZUCCHINI SOUP



CHICKEN ENCHILADAS

FOR LUNCHES



**ITALIAN MEATBALL
CAPRESE SANDWICHES**



CHAR SIU PORK

FOR DESSERT



PEACH COBBLER

NOTES

SHOPPING LIST

MEAT/FISH/DAIRY

- 8 eggs
- Chicken breasts (5 pieces)
- Chicken thighs (2 pieces)
- 3-4 lbs. beef roast
- 1 lb ground beef
- 0.5 lb. ground pork or Italian sausage
- 3-4 lbs. boneless pork shoulder butt roast
- Package of bacon
- Heavy Cream (16 oz.)
- 2 tablespoons Greek yogurt
- Parmesan cheese
- Grated white cheese
- Grated yellow cheese
- 1/3 cup (1.5 oz) crumbled blue cheese
- 8-9 oz. soft mozzarella cheese

SPECIALTY ITEMS

- 1 teaspoon chinese 5-spice powder
- 2 tablespoons Chipotle in adobo sauce
- 1/2 teaspoon dried sage
- Au just seasoning packet (Knorr or McCormick)
- Ranch seasoning powder (Hidden Valley Ranch)
- 2 Anchovies

PRODUCE

- 6 onions
- 3 large carrots
- 3 medium zucchini
- 3 celery sticks
- 4 large tomatoes
- 1 large avocado
- 2 cups diced butternut squash
- 5-8 Cherry tomatoes
- Lettuce (a head or bag)
- 8 peaches
- Ginger (medium size)
- 4 whole garlic
- 3 Lemons
- 1 Lime
- A bunch of cilantro
- Fresh basil leaves (1 cup)
- Fresh parsley (garnish)
- Rosemary sprig (optional)

PANTRY ITEMS

**You might already have many of these items*

- 1 jar of pepperoncini peppers
- 1/4 cup mayonnaise
- Mustard of choice
- 1/4 cup soy or tamari sauce
- Chicken stock or cubes
- Vegetable stock or cubes
- Beef stock or cubes
- 1 teaspoon Dijon mustard
- 2 teaspoons Worcestershire sauce
- 1/2 cup Hoisin sauce
- 1/4 cup Ketchup
- 1/4 cup of dry white wine
- 1 can black beans
- 1 box white or yellow cake mix
- 1 can tomato sauce (puree)
- 1.5 can crushed tomatoes (14 oz)
- 2 tablespoons of tomato paste
- 1 cup orzo
- 1 +1/2 cups arborio rice
- 1 cup dry fusilli pasta
- 12 tortillas
- 1.5 cups Croutons
- 1/4 cup Bread crumbs
- 8-10 soft bread rolls or buns
- All-purpose flour
- 2 tablespoons cornstarch
- 1/2 cup honey
- 1/4 cup brown sugar
- Italian mixed dried herbs
- Oregano
- 1 tablespoon cumin
- 2 bay leaves
- 1 teaspoon cinnamon
- Walnuts (garnish)

YOUR OWN
meal plan

BREAKFAST

LUNCH

DINNER

SNACK



	BREAKFAST	LUNCH	DINNER	SNACK
S				
M				
T				
W				
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