

# Instant Pot Menu Plan!

4 weeks of dinners that can all be made in an Instant Pot

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Vegetable Soup	Mongolian Beef	"Rotisserie" Chicken	Creamy Shells & Beef	Sloppy Joes	Chicken Breasts	Macaroni & Cheese
	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Week 2	Meatloaf	Teriyaki Chicken & Rice	Chicken Noodle Soup	Beef Stroganoff	Red Beans & Rice	Chicken Broccoli & Rice	Cheesesteak Sandwiches
	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Week 3	Chicken Fajitas	Baked Potato Soup	Goulash	French Dip Sandwiches	Chicken Taco Bowls	Chili	Chicken Cacciatore
	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Week 4	Creamy Tortellini, Spinach & Chicken Soup	Pot Roast	Pulled Pork Sandwiches	Chicken Alfredo Fettuccini	Chicken Enchiladas	Spaghetti	Beef Stew