RECIPES FROM A PANTRY

INSTANT POT MEAL PLAN

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Moroccan Chickpea Stew	Turkey Breast with Garlic Butter Gravy	Low Carb Chicken Tomatillo Soup	Pork Chops with Sauerkraut, Apples & Bacon	Lemon Garlic Chicken	BBQ Jackfruit Pizza	Thai Peanut Curry and Rice
Week 2	Venison Stew	Creamy Tomato Soup	Green Mung Beans Curry	Beef Short Ribs	Ridiculously Easy Chicken Tacos	Tortellini Alla Panna	Gumbo with Shrimp and Sausage
Week3	Shredded Chicken	Meatloaf	Chicken Bacon Ranch Pasta	Vegan Mexican White Bean Soup	5 Minute Salmon and Rice Pilaf	Pork Tenderloin with Root Vegetables	21 Day Fix Flank Steak Tacos
Week 4	Chicken Wings	Mac and Cheese	Paleo Chicken Fajita Soup	Vegan Chili	Beef Brisket	Shrimp Scampi	Sweet Potato Soup

Extra	SIDES	DESSERTS	BREAKFASTS
	Creamy Hummus Black Beans Rice-a-Roni Garlic Parmesan Mashed Potatoes	Applesauce Rainbow Cake Keto Turtle Cheesecake Apple Crisp	Egg Bites Creamy Greek Yogurt Steel Cut Oats Smoked Salmon Frittata