

THIS WEEK'S MENU	MONDAY	TUESDAY	WEDNESDAY
	Instant Pot Meatloaf & Mashed Potatoes	Thai Chicken Curry & Instant Pot Brown Rice	Instant Pot Chicken Tortilla Soup
THURSDAY	FRIDAY	SATURDAY	SUNDAY
Zucchini Quiche & Sweet Kale Salad Kit	Shrimp Tacos	Eating Out or Leftovers	Instant Pot Pot Roast

MONDAY

Instant Pot Meatloaf & Mashed Potatoes

Servings: 4

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

INGREDIENTS

For Meatloaf (Top Pan):

- 1 lb ground turkey, beef or chicken
- 1 large egg
- 1/4 cup any oats
- 1 tsp garlic powder
- 1-2 tsp balsamic vinegar
- 2 tsp oregano, dried
- 1/2 tsp salt
- Ground black pepper, to taste
- 3 tbsp ketchup

For Mashed Potatoes (Bottom Pan):

- 2 lbs potatoes, cubed
- 1 cup water
- 2 tbsp butter
- 3/4 cup milk
- 1/2 tsp salt
- Ground black pepper to taste



INSTRUCTIONS

How to Make Meatloaf in Stackable Pans

1. Into 6 or 8 quart Instant Pot, add 1 cup water. Please note for 3 quart Instant Pot you need to use mini pans and cut ingredients in half (same cook time).
2. **Bottom pan:** Add potatoes and water.
3. **Top pan:** Add ground turkey, egg, oats, balsamic vinegar, dried herbs, garlic powder, salt and pepper. Using your hands mix well. Shape meat mixture into oval or round meatloaf shape. Do not add water.
4. Place lid on a pan with meatloaf. Then stack it on top of pan with potatoes. You want top pan to sit comfortably. If too many potatoes, remove some and save in a bowl with cold water for another recipe.
5. Place both pans in a trivet (sling) that came with pans, secure it and place inside Instant Pot.
6. Close the lid, set pressure release valve to Sealing and press Pressure Cook on High Pressure or Manual for 25 minutes.
7. After release pressure using Quick Release method - turn valve to Venting immediately after cooking.



Healthy Meal Plans

8. With a mitt on, remove pans from Instant Pot on a towel and open them.
9. **Bottom pan with potatoes:** Drain water. Add butter, milk, salt and pepper. Mash.
10. **Top pan with meatloaf:** Squirt some ketchup on top and spread with a spatula.
11. Serve hot. That's it! Wasn't this easy?!

How to Make Meatloaf Using Foil

1. **Potatoes:** Place potatoes and water on the bottom of Instant Pot.
2. **Trivet:** Then put trivet that came with Instant Pot on top. Doesn't matter if it has handles or not.
3. **Meatloaf:** And then shape meat mixture into a meatloaf on top of double layered foil and then shape foil into a bowl.
4. **Cook for 25 minutes** and release pressure immediately.
5. Drain and mash potatoes with butter, milk, salt and pepper. Glaze loaf with ketchup.
6. Slice and enjoy!

Nutrition

Calories: 413kcal | Carbohydrates: 48g | Protein: 34g | Fat: 10g | Saturated Fat: 5g | Cholesterol: 119mg | Sodium: 886mg | Potassium: 1380mg | Fiber: 6g | Sugar: 5g | Vitamin A: 340IU | Vitamin C: 45mg | Calcium: 112mg | Iron: 3mg

TUESDAY

Thai Chicken Curry

Servings: 4

Prep Time: 5 mins

Cook Time: 25 mins

Total Time: 30 mins

INGREDIENTS

- 2 lbs chicken breasts or thighs, cut into 1.5" cubes
- 3 garlic cloves, minced
- 2 inch ginger knob, minced
- 1 tbsp avocado oil
- 14 oz can coconut milk, full fat
- 2 tbsp red curry paste
- 3 oz tomato paste, low sodium
- 2 tbsp maple syrup or honey
- 5 kaffir lime leaves or basil leaves
- 1/2 tsp salt + more
- Ground black pepper, to taste
- Cilantro and lime for garnish (optional)



INSTRUCTIONS

1. Preheat large deep skillet or wok on medium heat and swirl oil to coat. Add garlic and ginger and saute for 30 seconds, stirring constantly. It burns fast.
2. Add chicken sprinkled with a pinch of salt, and cook for 5 minutes, stirring occasionally. Doesn't have to be cooked through.
3. Add coconut milk, curry paste, tomato paste, maple syrup, kaffir lime leaves (if using), salt and pepper. Reduce heat to low and cook uncovered for 15 minutes.
4. Garnish with fresh basil or cilantro, a bit of lime juice. Serve with instant pot brown rice.

Nutrition

Calories: 581kcal | Carbohydrates: 19g | Protein: 51g | Fat: 34g | Saturated Fat: 23g |
Cholesterol: 145mg | Sodium: 288mg | Potassium: 1109mg | Fiber: 4g | Sugar: 15g | Vitamin
A: 1249IU | Vitamin C: 7mg | Calcium: 42mg | Iron: 3mg

TUESDAY

Instant Pot Brown Rice

Servings: 5 cups

Prep Time: 1 min

Cook Time: 15 mins

Total Time: 16 mins

INGREDIENTS

- 2 cups brown rice, rinsed and drained
- 2 cups water
- Pinch of salt

INSTRUCTIONS

1. In Instant Pot, add brown rice, water and a pinch of salt.
2. Close the lid, set pressure vent to Sealing and press Pressure Cook on High or Manual for 20 minutes.
3. After 20 minutes, Instant Pot will beep and display will say OFF. And now it needs to bring pressure down before you can open it, which will be indicated by a dropped down float valve.
4. **Pressure Release for 6 quart Instant Pot:** Do Natural Release by allowing pressure come down on its own for perfectly cooked rice. **Do not do Quick Release** by turning pressure valve to Venting position. Rice won't be cooked.
5. **Pressure Release for 8 quart Instant Pot:** Do Natural Release by allowing pressure come down on its own for soft rice. If you like a bit crunchy with a bite rice do Quick Release after 10 minutes of Natural Release.
6. Open the lid and fluff rice with a fork. That's it!



Nutrition

Serving: 1cup | Calories: 275kcal | Carbohydrates: 58g | Protein: 6g | Fat: 2g | Saturated Fat: 1g | Sodium: 8mg | Potassium: 204mg | Fiber: 3g | Calcium: 28mg | Iron: 1mg

WEDNESDAY

Instant Pot Chicken Tortilla Soup

Servings: 6

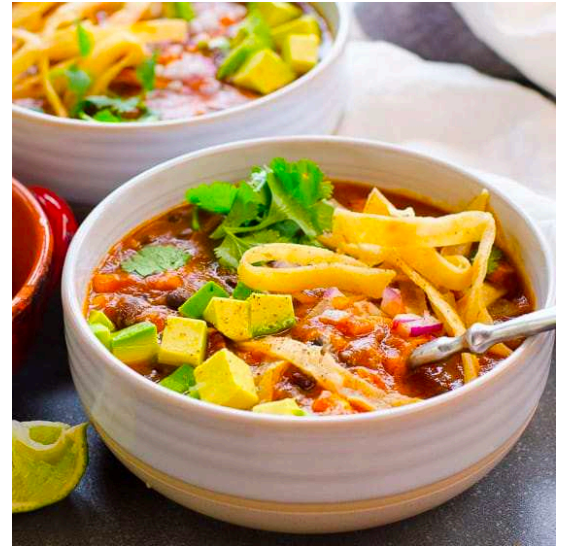
Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

INGREDIENTS

- 8 corn tortillas, cut into thin strips
- 2 tbsp avocado oil, divided
- 4 large garlic cloves, minced
- 1 lb chicken breasts or thighs, boneless & skinless
- 15 oz can low sodium black beans, drained
- 1 1/2 cups corn, fresh or frozen
- 4 cups chicken broth, low sodium
- 2 x 15 oz cans tomato sauce, low sodium
- 2 tbsp chipotle in adobo sauce, minced
- 1 tsp cumin
- 1 tsp chili powder
- 1/2 tsp salt
- Ground black pepper, to taste
- Avocado, red onion, cilantro and lime, for garnish



INSTRUCTIONS

1. On Instant Pot, press Saute and wait until display says Hot. Add 1 tbsp oil and garlic; saute for about 1 minute. Press Cancel .
2. Add half of tortilla strips, chicken, black beans, corn, broth, tomato sauce, chipotle in adobo, cumin, chili powder, salt and pepper.
3. Close the lid, turn pressure vent to Sealing and press Pressure Cooking on High for 20 minutes.
4. While soup is cooking, preheat large ceramic non-stick skillet on medium heat and swirl remaining 1 tbsp of oil to coat.
5. Add tortilla strips and cook for 5-7 minutes or until crispy, stirring occasionally. Or skip this step and use tortilla chips.
6. After Instant Pot has finished cooking, release pressure using Quick Release method.
7. Open the lid and shred chicken with 2 forks right in the pot.
8. Stir and serve hot with tortilla strips and garnishes.

Nutrition

Serving: 2cups | Calories: 363kcal | Carbohydrates: 38g | Protein: 23g | Fat: 9g | Saturated Fat: 1g | Cholesterol: 48mg | Sodium: 1257mg | Potassium: 576mg | Fiber: 7g | Sugar: 6g | Vitamin A: 507IU | Vitamin C: 15mg | Calcium: 48mg | Iron: 2mg

THURSDAY

Zucchini Quiche

Servings: 8

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 60 mins

INGREDIENTS

- 7 cups shredded zucchini (measured before squeezing)
- 8 large eggs
- 1/2 cup spelt or whole wheat flour
- 1/2 cup any hard cheese, shredded
- 1/2 cup Parmesan cheese, grated
- 1/2 cup chives or green onions, finely chopped
- 1 tsp salt
- Ground black pepper, to taste
- Cooking spray
- Sweet Kale Salad Kit



INSTRUCTIONS

1. Mix sweet kale salad kit. Set aside in the fridge.
2. Give shredded zucchini a good squeeze to extract as much water as possible. I do it by placing zucchini into a linen towel and wringing into a ball (save the liquid for soup or smoothies). Transfer to a medium bowl and set aside.
3. Preheat oven to 400 degrees F and spray pie baking dish with cooking spray.
4. In a medium bowl, add eggs and whisk.
5. Add flour and whisk well to combine (it will take a few minutes).
6. Add both cheeses, salt and pepper, and whisk one more time.
7. To the bowl with zucchini, add chives and mix with spatula. Then pour egg flour mixture on top and stir well to combine.
8. Transfer mixture to previously prepared baking dish and bake for 45 minutes or until toothpick inserted in the middle comes out clean.
9. Broil for a few minutes for a golden crust. Cool off a bit, cut into 8 slices and enjoy warm with a side of sweet kale salad.

Nutrition

Serving: 1 slice | Calories: 160kcal | Carbohydrates: 9g | Protein: 12g | Fat: 9g | Saturated Fat: 4g | Cholesterol: 175mg | Sodium: 506mg | Potassium: 384mg | Fiber: 2g | Sugar: 3g | Vitamin A: 574IU | Vitamin C: 19mg | Calcium: 169mg | Iron: 2mg

FRIDAY

Shrimp Tacos

Servings: 9 tacos **Prep Time:** 10 mins **Cook Time:** 5 mins **Total Time:** 15 mins

INGREDIENTS

Shrimp Tacos:

- 1 lb raw shrimp peeled & deveined
- 1 tbsp taco seasoning
- 1 tsp garlic powder
- 14 oz bag slaw or 3 cups shredded cabbage
- 1/2 small bunch cilantro, finely chopped
- Avocado oil for frying
- Ground black pepper to taste
- 9 corn tortillas
- Guacamole, optional

Shrimp Taco Sauce:

- 1/2 cup plain yogurt, 2%+ fat
- 1/4 cup mayo
- 1 lime, juice of
- 1/2 tsp taco seasoning
- 1/4 tsp salt
- Pinch of cayenne
- Ground black pepper, to taste



INSTRUCTIONS

1. In a medium bowl, add shrimp, 1 tbsp taco seasoning, garlic powder and pepper. Stir and set aside.
2. In a small bowl, add yogurt, mayo, lime juice, taco seasoning, cayenne and black pepper. Stir and set aside.
3. Preheat large ceramic non-stick skillet on high heat and add shrimp. Cook until pink on the bottom, flip and cook until no longer gray. For more char, flip once and press on shrimp with spatula. Or you can grill shrimp on a silicone grill mat on high heat.
4. In a large bowl, add slaw, cilantro, salt and almost all of the sauce, reserving some for drizzling on tacos. Stir gently.
5. To assemble tacos, warm tortillas in a cast iron skillet on high heat for 10 seconds per side and pressing on with spatula. Fill each tortilla with 3-4 shrimps, some slaw and drizzle with sauce. Serve immediately.

Nutrition

Serving: 1taco | Calories: 171kcal | Carbohydrates: 16g | Protein: 13g | Fat: 7g | Saturated Fat: 1g | Cholesterol: 131mg | Sodium: 546mg | Potassium: 189mg | Fiber: 3g | Sugar: 3g | Vitamin A: 92IU | Vitamin C: 19mg | Calcium: 128mg | Iron: 2mg

SUNDAY

Instant Pot Pot Roast

Servings: 8 **Prep Time:** 10 mins **Cook Time:** 75 mins **Total Time:** 1 hour 25 mins

INGREDIENTS

- 3 lbs chuck or rump roast
- 2 tsp salt
- 2 tsp ground black pepper
- 1 tsp thyme, dried
- 1 tsp rosemary, dried
- 1 tsp onion powder, dried
- 1 tsp garlic powder, dried
- 3 tbsp olive oil
- 2 large onions, sliced
- 4–6 oz brown mushrooms, sliced
- 1 cup good red wine like Pinot Noir
- 1 cup beef stock, low sodium
- 2 tbsp red wine vinegar or Worcestershire sauce
- 1/2 lb baby carrots
- 2 lbs baby potatoes
- 1/4 cup cold water
- 3 tbsp cornstarch



INSTRUCTIONS

1. Press Saute on 6 or 8 quart Instant Pot and let it preheat until display says Hot. Takes about 3-5 minutes.
2. In the meanwhile, in a large plate combine salt, pepper, thyme, rosemary, onion and garlic powders. Stir with a fork.
3. Remove twine from the roast (if any) and lay it on a plate with spices. Coat on all sides by turning and making sure all edges are coated in seasonings.
4. Add 2 tbsp olive oil and then add roast. Brown on both sides, for about 3-5 minutes. Remove with tongs onto a plate.
5. Add remaining 1 tbsp olive oil and onions. Saute for 5 minutes, stirring occasionally.
6. Now add beef stock, red wine and vinegar and cook and stir until the bottom of the pot is deglazed, about 2-3 minutes. This is important step to avoid burn.
7. Press Cancel and lay roast on top followed by mushrooms.
8. If you want to cook not mushy baby carrots and potatoes together with roast, you can do so if you are using 8 quart Instant Pot only. Wrap each separately in unbleached parchment paper and place on both sides of roast.
9. Close the lid, set pressure vent to Sealing and cook for 60 minutes on High Pressure. It is 20 minutes per lb.



Healthy Meal Plans

10. After cook time is over, let pressure come down on its own for 15 minutes and then turn pressure release valve to Venting.
11. Remove vegetables (if added) in a bowl and roast on a cutting board.
12. If you have 6 quart Instant Pot and haven't cooked vegetables with meat, add them now and cook on High pressure for 5 minutes with Quick Release.
13. To thicken the gravy, switch electric pressure cooker to Saute. In a small bowl, whisk cold water with cornstarch, add to the pot and stir. Cook for a few minutes until bubbly and thickened.
14. Cut beef against the grain into slices of desired thickness and return to the pot along with cooked carrots and vegetables.
15. Serve hot garnished with parsley.

Nutrition

Calories: 506kcal | Carbohydrates: 30g | Protein: 36g | Fat: 25g | Saturated Fat: 9g | Cholesterol: 117mg | Sodium: 753mg | Potassium: 1262mg | Fiber: 4g | Sugar: 4g | Vitamin A: 3941IU | Vitamin C: 26mg | Calcium: 67mg | Iron: 5mg

SHOPPING LIST

MEAT	
QTY	ITEM
1 lb	Ground turkey, beef or chicken
3 lbs	Chicken breasts or thighs
1 lb	Raw shrimp
3 lbs	Chuck or rump roast
DRY GOODS	
QTY	ITEM
1/4 cups	Oats
2 cups	Brown rice
17	Corn tortillas
1/2 cup	Spelt or whole wheat flour
CANS/SAUCES	
QTY	ITEM
3 tbsp	Ketchup
1	14 oz can coconut milk, full fat
2 tbsp	Red curry paste
1	3 oz can tomato paste, low sodium
4 cups	Chicken broth, low sodium
2	15 oz cans tomato sauce, low sodium
1	15 oz can black beans, low sodium
1/4 cup	Mayo

PRODUCE	
QTY	ITEM
2	Onions
7	Garlic cloves
2 lbs	Potatoes
2 inch	Ginger, fresh
1 1/2 cups	Corn, fresh or frozen
7 cups	Zucchini, shredded
1/2 cup	Chives or green onions
1	Sweet Kale Salad kit
1	14 oz bag of coleslaw OR 3 cups shredded cabbage
1/2	Cilantro, bunch
4–6 oz	Brown mushrooms
1	Lime
1/2 lb	Baby carrots
2 lbs	Baby potatoes
SPICES/OILS	
QTY	ITEM
1-2 tsp	Balsamic vinegar
2 tsp	Oregano, dried
	Salt
	Ground black pepper

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Healthy Meal Plans

1 cup	Red wine, like Pinot Noir
1 cup	Beef stock, low sodium
DAIRY	
QTY	ITEM
9	Eggs, large
3/4 cups	Milk, whole
2 tbsp	Butter
1/2 cup	Any hard cheese
1/2 cup	Parmesan cheese
1/2 cup	Plain yogurt, 2%+ fat
OPTIONAL GARNISHES	
Thai Chicken Curry: Cilantro and lime	
Instant Pot Chicken Tortilla Soup: Cilantro, lime, red onion, avocado	
Shrimp Tacos: Guacamole	
Instant Pot Pot Roast Parsley	

3 tsp	Garlic powder
3 tbsp	Avocado oil
2 tbsp	Maple syrup or honey
5	Kaffir lime leaves or basil leaves
1 tsp	Thyme, dried
3 tbsp	Oil, extra virgin olive
1 tsp	Cumin
1 tsp	Chili powder
	Pinch of cayenne
2 tbsp	Taco seasoning
1 tsp	Rosemary, dried
1 tsp	Onion powder, dried
2 tbsp	Chipotle in adobo sauce
2 tbsp	Red wine vinegar or Worcestershire sauce
3 tbsp	Cornstarch