

Instant Pot Gluten-Free Recipes

30 Days of Gluten-Free Meals

April 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Pressure Cooker Ham	Instant Pot Quinoa Black Bean Salad	Beef Tips with Mushrooms and Onions	Whole 30 Instant Pot Zuppa Toscana	Instant Pot Gluten-free Chicken Corn Chowder	Salsa Chicken with Cauliflower Rice	Cilantro Lime Rice
8	9	10	11	12	13	14
Lemon Saffron Shrimp	Easy Five Ingredient Instant Pot Italian Beef	Pressure Cooker Tomato & Chick Pea Soup	Instant Pot Chicken Marsala	Turkey Taco Stuffed Sweet Potatoes	Pot Roast	Instant Pot Fried Rice
15	16	17	18	19	20	21
Stuffed Peppers	Broccoli Cheese Soup	Red Pepper Tomato Soup	Instant Pot Sweet Potato with Whole30 Toppings	Instant Pot No Noodle Lasagna	Lemon Garlic Chicken	Spanish Rice
22	23	24	25	26	27	28
Pork Carnitas	Gluten Free Pasta Fagioli Soup	Cubed Steak with Mushrooms & Onions	Instant Pot Vegetable Beef Soup	Pressure Cooker Moo Goo Gai Pan	Spicy Sausage and Rice	Instant Pot Chicken & Rice
29	30					
Chili	Instant Pot Sesame Chicken					

Desserts: [Peeps Brownies](#) Cinnamon Applesauce

Sides: [Apple Sauce](#) [Perfect Rice](#) [Acorn Squash](#)