

MONDAY

CREAMY INSTANT
POT OATMEAL

IP PORK TENDERLOIN
WITH PAN SAUCE

TUESDAY

INSTANT POT HARD BOILED
EGGS

IP INDIAN BUTTER
CHICKEN

WEDNESDAY

CREAMY INSTANT POT
OATMEAL

IP BEEF &
BROCCOLI

THURSDAY

INSTANT POT HARD BOILED
EGGS

IP BABYBACK
RIBS

FRIDAY

SMOOTHIE

PERFECT POT ROAST WITH
VEGGIES & GRAVY

SATURDAY

BACON & EGGS

FAMILY NIGHT
OUT

SUNDAY

LEFTOVER
NIGHT!!

WEEKLY MEAL PLAN - WK 4