

PRINTABLE INSTANT POT MEAL PLAN

Chicken
Taco Soup
(0SP)

Instant Pot
Lo Mein
(6SP)

Instant Pot
Kung Pao
Chicken
(4SP)

Instant Pot
Egg Bake
(3SP)

Raspberry
Almond
Oatmeal
(3SP)

Instant Pot
Crack Chicken
(3SP)

Instant Pot
Hot Dogs
(2SP)

Instant Pot
Hard Boiled
Eggs
(0SP)

Instant Pot
Apple Butter
(0SP)

Instant Pot
Beef Stew
(6SP)

Veggie Loaded
Mac and Cheese
(4SP)

Instant Pot
Chili
(0SP)

Zero Point
Chicken
(0SP)

Instant Pot
Apple Crisp
(6SP)

Avocado Egg
Salad
(4SP)

Instant Pot
Bundt Cake
(4SP)

Instant Pot
Hummus
(0SP)

Instant Pot
Buffalo Chicken
Dip
(4SP)

Weight
Watchers
Bread Pudding
(4SP)

Instant Pot
Turkey Pasta
(7SP)

Instant Pot
Jalapeno Dip
(1SP)

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SlapDashMom.com

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Facebook group!**

