

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

**Desserts:** [Peeps Brownies](#) [Cinnamon Applesauce](#)

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