

## FOURGANIC SISTERS: 1-Week Instant Pot meal plan

### **BBQ Chicken**

[Sweet & Spicy Shrimp](#) (That Girl Cooks Healthy)

**Super Simple Instant Pot Chili**

[Instant Pot Chicken and Broccoli](#) (The Brooklyn Mom)

[Stir Fry](#) (Raia's Recipes)

[Vegan Instant Pot Corn Chowder](#) (Zardy Plants)

**Egg Roll in a Bowl**

#### GROCERY LIST:

##### MEAT

1 pound of organic chicken breasts  
1 pound of organic chicken breasts  
1 pound organic grassfed beef  
1 pound of organic grassfed beef  
(Optional-bacon for topping corn chowder)

##### PRODUCE

2 pounds (4 cups) fresh corn  
1 pound Yukon gold potatoes  
1 bag sweet onions  
2-3 bulbs of garlic  
1 organic green pepper  
1 organic yellow bell pepper  
1 organic red bell pepper  
1 pound of organic carrots  
1 bunch of broccoli  
1 bunch of organic green onions  
1 bag slaw mix (coleslaw or broccoli slaw)  
OR 1 small head of cabbage  
1 knob of fresh ginger

##### DAIRY

4 eggs  
1.5 cups of mexican blend cheese

##### PANTRY

1 can green beans  
28-32 ounce bag of long grain rice  
(2) 32-ounce cartons of organic chicken broth  
1 14.5 oz can coconut milk  
32- ounce carton organic beef broth

**Instant Pot Barbecue Chicken**

28- ounce can organic diced tomatoes  
15-ounce can of organic tri-blend beans (or black beans)

##### FROZEN

12-16 ounces of frozen shrimp  
1 bag frozen peas

##### SPICES/ PANTRY EXTRAS

Coconut, avocado and/or olive oil  
Sesame oil  
½ barbecue sauce  
Organic soy sauce or coconut aminos  
½ cup mayonnaise  
¼ cup nutritional yeast  
1 Tablespoon oregano  
¼-½ teaspoon ginger  
1 Tbsp chili powder  
2 tsp cumin  
1 Tablespoon plus 1 tsp paprika  
1 Tablespoon plus ½ tsp oregano  
1 tsp garlic powder  
1 tsp onion powder  
½ tsbp mixed herbs (parsley, thyme, marjoram)  
chili flakes  
½ tsp smoked paprika  
1 bay leaf  
3 Tbsp of coconut nectar, agave, or maple syrup  
3 ½ tablespoons of honey  
2 tablespoons of apple cider vinegar  
2-3 tablespoons sesame seeds (optional, for garnish)  
Salt and pepper

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1 pound of organic chicken breasts  
½ barbecue sauce  
1 can green beans  
Super simple slaw  
½ bag of slaw mix  
½ cup mayonnaise  
2 tablespoons of honey  
2 tablespoons of apple cider vinegar  
Pinch of salt

1. Place chicken breasts on Instant Pot insert. Add 1 cup of water. Pour ½ bbq sauce on top of breasts. Cook at manual pressure for 6 minutes (longer if the breasts are extra thick).
2. While chicken is cooking, prepare slaw. Mix dressing ingredients together with a whisk and add about half bag of slaw mixture. (or about 4 cups of shredded cabbage)
3. Natural release for 5-10 minutes, then quick release if there is still pressure. Drain off some of the water.

NOTES: My family loves shredded barbecue chicken, so at this point I use my hand mixer to shred and let the chicken soak up the sauce for a minute or two. You can also just halve the breasts and serve, depending on how many you're serving. This comfortably feeds our family of five. Serve with slaw and green beans.

### ***Sweet Chili Shrimp (That Girl Cooks Healthy)***

1 lb uncooked shrimp deveined  
1 yellow bell pepper sliced  
1 red bell pepper sliced  
1 tbsp sweet paprika  
1 tsp garlic powder  
1 tsp onion powder  
½ tsbp mixed herbs (parsley, thyme, marjoram)  
1 tsp black pepper  
¼ tsp chili flakes  
½ sea salt  
3 Tbsp of coconut nectar, agave, or maple syrup  
1 cup of water  
2 Tbsp coconut or olive oil

Full Recipe: <https://thatgirlcookshealthy.com/sweet-spicy-shrimp-recipe/>

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### ***Instant Pot Chili***

1- pound organic ground beef  
15- ounce can organic tri-bean blend drained & rinsed  
32- ounce carton organic beef broth  
28- ounce can organic diced tomatoes  
1 onion diced  
1 green pepper diced  
1 Tbsp chili powder  
2 tsp cumin  
1 tsp paprika  
1 tsp salt  
½ tsp oregano

#### Instructions:

1. Brown beef in Instant Pot, breaking up chunks until cooked through.
2. Add onion and pepper sauté another 3-4 minutes.
3. Add spices and cook about one minute.
4. Add tomatoes, broth and beans and stir.
5. Cook on manual pressure 20 minutes. (Carefully quick release or let pressure come down naturally)
6. Serve with favorite chili toppings.

#### Notes:

I typically like to add two cans of beans to my chili, but not everyone loves beans as much as our family! If you can't find a tri-bean blend, mix and match black beans, pinto, or kidney beans. Adjust spices if necessary. We sometimes double spices and add garlic powder, depending on mood. I also pile on the hot sauce in my bowl, but since we have three young kids, we dial it back a bit in the recipe.

### ***Instant Pot Stir Fry (Raia's Recipes)***

3 cups long-grained rice  
3 carrots, cut into coins  
½ onion, diced  
2-3 cloves of garlic, minced  
1 tablespoon of oregano  
¼-½ teaspoon of ginger  
Water or broth  
¼ cup coconut aminos  
1 cup frozen peas  
Salt and pepper to taste  
4 eggs, whisked

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Full Recipe: <https://raiasrecipes.com/2020/06/instant-pot-fried-rice-or-quinoa.html>

### **Instant Pot Chicken and Broccoli (The Brooklyn Mom)**

1 pound boneless skinless chicken breasts, cut into strips  
1 Tablespoon coconut oil  
1 Tablespoon Sesame Oil  
1 onion, chopped  
3 cloves of garlic, chopped  
¼ Teaspoon crushed red pepper  
1 Teaspoon Minced Fresh ginger  
½ cup Low sodium chicken broth  
⅔ Bragg's liquid aminos or coconut aminos  
1.5 Tablespoons of raw honey  
1 cup of broccoli florets  
Salt and pepper  
Cornstarch  
Optional: sesame seeds for garnish

Full Recipe:

<http://www.thebrooklynmom.com/healthy-instant-pot-chicken-and-broccoli>

### **Vegan Instant Pot Corn Chowder (Zardy Plants)**

2 pounds (4 cups) frozen or fresh corn (+ 2 cups reserved for topping, optional)  
1 pound Yukon gold potatoes, diced (see note 1)  
1 medium sweet or white onion, diced  
2-3 cloves garlic, minced  
5 cups broth (see note 2)  
1/2 tsp smoked paprika  
1 bay leaf  
1 14.5 oz can coconut milk (see note 3)  
1/4 cup nutritional yeast

Full Recipe:

<https://zardyplants.com/recipes/gluten-free/vegan-instant-pot-corn-chowder/>

**Egg Roll in a Bowl**

1 pound of organic, grassfed beef

1 onion, diced

4-5 cloves of garlic

4-6 cups of slaw mix

Coconut aminos

1 bag of frozen cauliflower rice

1. Use saute function on Instant Pot to brown ground beef. Add onion and cook 2-3 minutes. Stir in garlic and cook about 1 minute.
2. Add ½-1 cup of water, then add slaw mix and cauliflower rice. Set manual pressure to “0” minutes and let come to pressure.
3. Carefully manually release pressure and stir. If it’s really liquid-y, you can use the saute function again to let some of the water evaporate. Serve immediately with coconut aminos drizzled on top, and sliced green onions if desired.