

7-Day Instant Pot Diet Plan

Mon	<i>Breakfast:</i> Soft Boiled Eggs <i>Lunch:</i> Whole Chicken & Cabbage <i>Dinner:</i> Green Lentil Curry
Tue	<i>Breakfast:</i> Soft Boiled Eggs <i>Lunch:</i> Salmon & Broccoli <i>Dinner:</i> Green Lentil Curry
Wed	<i>Breakfast:</i> Soft Boiled Eggs <i>Lunch:</i> Salmon & Broccoli <i>Dinner:</i> Green Lentil Curry
Thu	<i>Breakfast:</i> Soft Boiled Eggs <i>Lunch:</i> Frozen Veggie Soup <i>Dinner:</i> Green Lentil Curry
Fri	<i>Breakfast:</i> Soft Boiled Eggs <i>Lunch:</i> Whole Chicken & Cabbage <i>Dinner:</i> Leftover Turkey Chili
Sat	<i>Breakfast:</i> Steel Cut Oatmeal <i>Lunch:</i> Baked Potato Bar <i>Dinner:</i> Leftover Turkey Chili
Sun	<i>Breakfast:</i> Steel Cut Oatmeal <i>Lunch:</i> Cottage Pie <i>Dinner:</i> Leftover Turkey Chili