

A Guide to your Instant Pot®

» **DEVELOPED FOR THOSE
POST WEIGHT LOSS SURGERY**

By Steph Wagner, MS RDN

TIME-SAVING MEAL PLANS

KEEP IT
SIMPLE

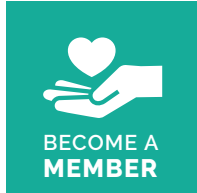
OPEN
THE BOX



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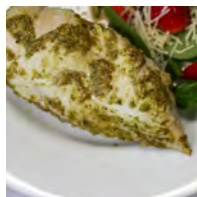
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INTRODUCTION

Conquering the Initial Intimidation Factor

Like many things in my life, I really strive to keep things simple. I have always preferred simple meals. Simple goals. Simple descriptions – because most of us do not have time to think farther than the “need to knows” or cook more in depth than a one pot dinner.

If there is one word I would not use to describe an Instant Pot® (IP), it would be the word simple. Don't get me wrong it took a little experimentation to overcome the intimidation factor, before simple became the word. I was overwhelmed by all the buttons and the robust statue of the Instant Pot®. *What even is all of this?* I have cooked nearly all of my life and used a great majority of every appliance there is to cook a meal. **If I feel intimidated by this big clunky pot with a bunch of numbers, I am willing to bet everyone feels the same way.**

In addition to the physical intimidation factors of this pot are the social intimidations. Everyone has one! You have to get one! You have to get the best price! You're going to LOVE it! *What is all this pressure (pun intended) to love this big clunky and confusing pot? Is it really that fast or am I doing it wrong? Why the heck does it keep beeping at me and say BURN in all capital letters?*

An overwhelming number of members in the FoodCoachMe (FCM) community have admitted to me that they bought their Instant Pot® and have yet to open it. The most requested item I have from my members? Instant Pot® recipes! However, I wonder, how many of them have used the recipes I've posted? I have not asked but I think it would be a small conversion rate.

For these reasons I have chosen to put together an ebook about using your Instant Pot® for your post-bariatric surgery diet. It seems there is more to this than just posting a recipe for you. **We need to back it up and review how to keep this darn thing more simple.** It does not feel like an Instant Pot® when the learning curve feels the opposite of instant! You should not need a master's level course to create fast and delicious meals. I am hopeful this ebook will save you tuition dollars and move you towards truly using the giant pot everyone dares you not to like. It truly can be a helpful tool in staying on track and reaching your weight loss goals.



“If I feel intimidated by this big clunky pot with a bunch of numbers, I am willing to bet everyone feels the same way.”

Steph Wagner, MS RDN



How this ebook works

I am going to outline only the parts of the pot I use and none of the other buttons. There are other books or blogs that will cover the other ninety seven buttons, however, I am going to help you **keep it simple** and just teach you a couple. I will also focus on more technical questions such as if your meat is frozen or fresh.

I am going to add a section on all the things I have done wrong with my IP to both provide you with humor as well as the gift of learning from my mistakes.

Then I will jump right in to a list of recipes you can start using today. Simple, **simple recipes that fit on the post-op diet. My recipes focus on lean protein, non-starchy vegetables and limited fat sources.** Other Instant Pot® recipes I have found often include rice, pasta or potatoes whereas my recipes have been adapted to a lower carb lifestyle.

I have created these recipes to make a "traditional" serving size. If you are cooking for one, I recommend purchasing small food containers that you can freeze and heat for later. The benefit of using a large pot appliance such as this is to **batch cook quickly and have meals on hand throughout your busy week.** Isn't making things simple just the best?

How to Use Your Pot in the Most Simple Way

I'll be honest. I really only use **two functions** on my seven-in-one pot. Three if you include the "warm" function when it's done cooking. I've found that using the "Pressure Cook" button is about all I need, or the sauté function on occasion.

There may be reasons for all the other buttons, in fact I'm sure IP experts would tell me I'm missing out on so much! What is the reason I will continue to camp out with my two to three functions? I really value keeping things simple. I feel if I introduce too many buttons into my use of the pot, it's harder for me to make adjustments if something needing more or less time.

In other words, changing the cook time is enough of a learning variable. If I am also changing the functions I am unable to make decisions on adjustments. I would rather rotate five recipes in the IP that I am adjusting and getting down right using the same two buttons. Five recipes with no more than two buttons is just good math for my keep it simple style.



2 BUTTONS TO KNOW

Pressure Cook

Sauté Function



Sometimes
wrong
helps us
find the
right

Learn from My Mistakes

Hoping you can learn from my mistakes and get a few laughs in.

1. BURN Setting

The first time I used my IP it kept beeping at my and saying **BURN** in all capital letters. It felt like I was being yelled at or that something terrible was about to happen. I'd be lying if I didn't say it has happened more than once since then, however, **I have learned the importance of adding liquid. Always.** Even if you are sautéing. I try to go light on oil when I sauté to keep calories down but man does that thing get hot. I have learned to do one of two things:

1. Stir constantly if sautéing
2. Add a little more oil than normal. You can also use a little broth instead but too much liquid will prevent it from truly sautéing. Always keep one cup of liquid in your Instant Pot® if you plan to use the pressure cook function.

Another reason one might get the **BURN** warning (*yes this is speaking from experience*) is if you happen to have food bits on the bottom of the pot. Let's say you used the saute function but some of the onion was still adhered to the bottom. It's best to scrape that off. You do not need to use the trivet every time, but you do want to add liquid before the meat.

TIP If I use the trivet, I prefer to wrap it in foil for easier cleaning.

2. Why isn't the cook time countdown starting?

If you happen to notice your pot taking far longer than you expected to reach pressure and start the countdown on your cook time, you may not have actually turned the valve to close as you thought. I'm just saying, this is a possibility. If the value is open, steam releases and pressure is not released. You are welcome.

DISCLAIMER: I am still learning. I have owned my own Instant Pot® for a year at the time of writing this which means I have learned a lot but am still learning. Instead of waiting another few years to share my thoughts, I wanted to get my knowledge base out sooner than later!

If Nothing Else... Read These Tips

Let's keep it extra simple and I will provide the tips I think all Instant Pot® users should know.

- Always have one cup of liquid in your pot. Personally, this is often broth, tomato sauce or diced tomatoes. Even with tomatoes I may add a little broth or water.
- Keep a note on your phone when you try a new Instant Pot® recipe and make notes on how it went. The learning curve is big and even my recipes posted here will take some testing.
- Test the temperature of your meat with a thermometer. Chicken and beef should read 160°F (it will reach 165 with carry over cooking) and pork should read 140°F. **If your meat is undercooked you can switch on the slow cooker and leave it a bit longer instead of starting pressure over.**

1 CUP
LIQUID



TAKE
NOTES



TEST
TEMP.



Membership Incentives



Time-Saving Meal Plans and Exclusive Recipes

Access WLS menus with grocery lists focused on low carb, high protein meals for post-ops. Members unlock the full FoodCoachMe recipe library containing over 500 weight-loss surgery recipes.



Simple Nutrition Lessons for Better Habits

Video courses from Steph include Getting Back on Track, Cooking for One After Weight-loss Surgery, Protein Do's and Don'ts and more. Watch at your own pace and learn or re-learn bariatric surgery nutrition information.



Confidence Building Post-Op Support

Connect with other post-ops in our private online group. You will find encouragement, ideas and inspiration from patients up to 15 years out of their surgery.



Focus with a Community

Three times a year Steph hosts a 28-Day Focus Challenge where members can choose goals and challenge one another to reach them.



Support from a Bariatric Dietitian

Members have access to Steph through email, the online community and your Baritastic App. Whether you've hit a stall or you need new meal ideas, any question is welcome.

Get the most out of your surgery

BECOME A MEMBER NOW



Food
COACH*me*



EGGS

INSTANT POT® BOILED EGGS

SERVINGS

12

PREP TIME

5 MINUTES

COOK TIME

15 MINUTES

INSTRUCTIONS

1. Pour water in bottom of Instant Pot®. Add trivet to the pot. Spread 12 eggs in the trivet. (Note: water amount and cooking time are the same no matter how many eggs you are making)
2. Place lid on the pot and close the valve to the sealing position. Turn on high pressure for 5 minutes. Once it beeps that pressure cooking is over, set a timer for yourself for 5 minutes to remove to an ice bath for another 5 minutes. (5 minutes high pressure, 5 minutes natural release, 5 minutes ice bath)

INGREDIENTS

- ☐ 12 Eggs
- ☐ 1 cup water

ICE BATH =



3. Remove from ice bath and either store in the refrigerator for later (up to one week) or peel and enjoy. Can also use for deviled eggs or egg salads.

POULTRY

Chicken Breast

Fresh

1 cup broth	
1 lbs chicken breast	2 lbs chicken breast
<ul style="list-style-type: none"> • 4 minutes high pressure • 10 minutes natural release 	<ul style="list-style-type: none"> • 5 minutes high pressure • 10 minutes natural release

Frozen

1 cup broth
1.5 lbs chicken breast
<ul style="list-style-type: none"> • 11 minutes high pressure • 10 minutes natural release

Chicken Tenderloins

Fresh

Not recommended in pressure cooker. Hard to not overcook and just as easy to use another method of cooking.

Frozen

1 cup broth
4 frozen chicken breast tenderloin, salt and pepper
<ul style="list-style-type: none"> • 1 minutes high pressure • 10 minutes natural release

Chicken Thighs

Fresh

Trim fat, 1 cup broth
1 lbs chicken thighs
<ul style="list-style-type: none"> • 8 minutes high pressure • 10 minutes natural release
Dice and add No Rice Gumbo ingredients
<ul style="list-style-type: none"> • 3 minutes high pressure • 5 minutes natural release

Frozen

*Not ideal as it is harder to trim fat from thighs if frozen.
1 lbs chicken thighs
<ul style="list-style-type: none"> • 12 minutes high pressure • 10 minutes natural release

Ground Turkey

Fresh

Use the saute function to brown the ground turkey
Add remaining ingredients
<ul style="list-style-type: none"> • 2-3 minutes high pressure – depending on recipe

Frozen

Not highly recommended but can be done following same instructions under frozen ground beef.

**See also variation of making turkey burgers in the pressure cooker.*

INSTANT POT® TACO CHICKEN

SERVINGS

4

PREP TIME

5 MINUTES

COOK TIME

15 MINUTES

INSTRUCTIONS

1. Pour chicken broth into bottom of pressure cooker. Season both sides of chicken breast with salt and pepper.
2. Add chicken to bottom of the pot and pour half of salsa over top (half cup). Close the valve to the sealed position. Select high pressure for 4 minutes if using fresh chicken, 10 minutes if using frozen chicken. *For two pounds of chicken select 5 minutes.
3. Allow to naturally release for 10 minutes. Then switch valve to open, being cautious to allow steam out if need. Open the lid and check temperature of chicken has reach 160°F.
4. Remove from pot. Shred and top with remaining half cup of salsa. Add other toppings as desired.

RECIPE NOTES: Each serving provides an estimated 23 grams protein, 4 gram carbohydrate and 3 grams fat.



INGREDIENTS

- ☐ 1 lb boneless, skinless chicken breast
- ☐ 1 cup chicken broth
- ☐ ¼ tsp salt
- ☐ ¼ tsp pepper
- ☐ 1 cup salsa of choice



INSTANT POT® PESTO CHICKEN

SERVINGS

4

PREP TIME

5 MINUTES

COOK TIME

15 MINUTES

INSTRUCTIONS

1. Pour chicken broth into bottom of pressure cooker. Season both sides of chicken breast with salt and pepper.
2. Spread pesto over both sides of chicken and add to bottom of the pot. Close the valve to the sealed position. Select high pressure for 4 minutes if using fresh chicken, 10 minutes if using frozen chicken. *For two pounds of chicken select 5 minutes.
3. Allow to naturally release for 10 minutes. Then switch valve to open, being cautious to allow steam out if need. Open the lid and check temperature of chicken has reach 160°F.
4. Remove from pot. Slice and serve.

RECIPE NOTES: Each serving provides an estimated 24 grams protein, 1 gram carbohydrate and 8 grams fat.

INGREDIENTS

- ☐ 1 lb boneless, skinless chicken breast
- ☐ 1 cup chicken broth
- ☐ ¼ tsp salt
- ☐ ¼ tsp pepper
- ☐ 3 tbsp fresh pesto can use jarred pesto



INSTANT POT® GREEK CHICKEN

SERVINGS

4

PREP TIME

5 MINUTES

COOK TIME

20 MINUTES

INGREDIENTS

- ☐ 1 lb boneless skinless chicken breast, fresh or frozen
- ☐ 2 tbsp Greek seasoning
- ☐ ½ cup chicken broth
- ☐ 1 pint cherry tomatoes, halved
- ☐ ¼ cup kalamata olives, halved
- ☐ 2 tsp olive oil

INSTRUCTIONS

1. Start by prepping the veggies and getting out the frozen chicken. Turn the Instant Pot® to the saute function and add 2 tsp olive oil to the bottom.
2. Add cherry tomatoes and olives. Stirring somewhat frequently until the skins of the tomatoes begin to blister. Remove to a bowl and drain any remaining oil.
3. Add chicken broth to the Instant Pot® followed by the frozen chicken breast (or fresh). Coat both sides of chicken with Greek Seasoning. Place lid on the cooker and move the venting valve to closed. Select the poultry option and cook for 10 minutes if frozen, 6 minutes if fresh.
4. Allow to naturally release 8-10 minutes then move valve to open to manually release any remaining pressure. Serve with tomatoes and olives. (Add reduced fat Feta cheese crumbles for added flavor!)

RECIPE NOTES: Each serving provides an estimated 23 grams protein, 2 grams carbohydrate and 7 grams fat.



INSTANT POT® GRILLED VEGETABLE TACO STEW

SERVINGS

4

PREP TIME

8 MINUTES

COOK TIME

25 MINUTES

INGREDIENTS

- ☐ 1 lb boneless, skinless chicken breast
- ☐ 1 package taco seasoning
- ☐ ¼ cup chicken broth
- ☐ 2 cups grilled vegetables (bell peppers, onions, zucchini)
- ☐ ¼ cup salsa of choice

INSTRUCTIONS

1. **NOTE:** This recipe uses previously grilled recipes that were frozen. Either plan ahead in your week OR you can use the saute function in your Instant Pot® for veggies before adding other ingredients!
2. Add broth to bottom of the pot. Add trivet to the pot and spread chicken over it, then vegetables and then seasonings. Spread salsa over top next. Close the lid and seal the vent.
3. Select the soup setting for 8 minutes. Allow to naturally release for 10 minutes and then quick release.
4. Remove chicken to a cutting board and dice. Add back to stew and serve.

RECIPE NOTES: Each serving provides an estimated 23 grams protein, 6 grams carbohydrate and 3 grams fat.



INSTANT POT®

TURKEY SPAGHETTI WITH ZUCCHINI NOODLES

SERVINGS

4

PREP TIME

5 MINUTES

COOK TIME

30 MINUTES

INGREDIENTS

- ☐ 1 ½ cup water
- ☐ 1 envelope onion soup mix
- ☐ 1 lb 93% lean ground turkey, frozen
- ☐ 1 ½ cups marinara sauce, divided
lowest sugar available
- ☐ 10 oz zucchini noodles purchase
packaged or shred on your own

INSTRUCTIONS

1. Add water and onion soup mix to the bottom of the pressure cooker bowl. Stir. Add turkey and 2 tbsp marinara sauce. Spoon water mixture over the meat and use the back of a spoon to spread the marinara over the turkey slightly.
2. Place the lid on the cooker, seal the vent and set to pressure cook on high for 25 minutes for frozen turkey.
3. Let pressure naturally release (meaning leave it alone after it's done) for 5-10 minutes. Then move the valve open and manually release the pressure. Open the lid.
4. Use a wooden spatula to break the ground turkey up into small pieces and stir into the liquid. Add zucchini noodles and remaining marinara sauce into the pot and stir. Set the lid back on and let the noodles sit in the warm sauce for a couple minutes. Use a slotted spoon to remove onto serving plate. Top with shredded Parmesan cheese if desired (note: nutrition information does not reflect cheese)

RECIPE NOTES: Each serving provides an estimated 24 grams protein, 14 grams carbohydrate and 8 grams fat.



INSTANT POT® CHICKEN CAESAR LETTUCE WRAPS

SERVINGS

4

PREP TIME

5 MINUTES

COOK TIME

20 MINUTES

INGREDIENTS

- ☐ 1 lb boneless, skinless chicken breasts
*see notes on cooking and dicing
- ☐ 1 small tomato, diced
- ☐ 1/4 cup light Caesar dressing
- ☐ 2 tbsp shredded parmesan cheese
- ☐ 1/4 cup plain Greek yogurt
- ☐ 8 leaves butterleaf lettuce

INSTRUCTIONS

Cook Chicken

1. Place fresh chicken breast in a pressure cooker with 1/4 tsp each salt and pepper and 1/2 cup low sodium chicken broth. Use the poultry setting and set time to 6 minutes. The pressure cooker will take 8-10 minutes to reach pressure and then the timer will begin. When 6 minutes is complete, leave the pressure cooker for 10 more minutes to allow natural release of pressure. Pressure cooker should open after this point, if not move the valve to "venting" for quick release.

Wraps

2. Once chicken is cooked, allow to cool slightly and dice finely. Add to large bowl. Add Greek yogurt, tomato and Parmesan cheese. Mix well to combine. Taste the mixture and season as needed.
3. Scoop chicken into lettuce leaf and wrap as tightly as able or eat with a fork.

RECIPE NOTES: Each serving provides an estimated 25 grams protein, 4 grams carbohydrate and 7 grams fat.



INSTANT POT® CHEESEBURGER STEW

SERVINGS

4

PREP TIME

10 MINUTES

COOK TIME

4 HOURS

INGREDIENTS

- ☐ 1 lb ground chicken or 97% ground turkey
- ☐ 1 cup onion, chopped
- ☐ 1 cup carrots, chopped
- ☐ 1 cup celery ribs
- ☐ 1 cup chicken broth
- ☐ 2 tbsp basil
- ☐ ¼ tsp each salt and pepper
- ☐ ¾ cup reduced fat cheddar cheese cubes
- ☐ pickle slices for topping

INSTRUCTIONS

1. Turn IP to saute function. Add 1 tsp olive oil and saute veggies for a couple minutes until softened.
2. Add ground meat. Cook until browned. Drain and add seasonings. Add chicken broth and cheese cubes. Place lid on the cooker and close vent to sealing position. Select high pressure for 5 minutes. Allow natural release for 10 minutes.
3. Move vent to venting position and stand back, allowing steam to release if needed. Use slotted spoon to scoop into bowls (avoiding liquid helps keep the meal solid and maintain better fullness and portion control). Serve with pickles slices if desired.

RECIPE NOTES: Each serving provides an estimated 32 grams protein, 7 grams carbohydrate and 10 grams fat.



INSTANT POT® DIJON CHICKEN THIGHS

SERVINGS

4

PREP TIME

10 MINUTES

COOK TIME

30 MINUTES

INGREDIENTS

- ☐ 44 oz skinless boneless chicken thighs
*trimmed of fat
- ☐ ¼ tsp each salt and pepper
- ☐ ½ lemon, juiced
- ☐ 2 tsp dijon mustard plus extra for serving
- ☐ 1 clove fresh garlic, pressed or minced
- ☐ 1 oz chicken broth

SIDE SALAD

- ☐ 5 oz baby arugula
- ☐ 1 cup grape tomatoes, halved
- ☐ 1 tbsp balsamic vinegar
- ☐ ¼ cup chopped red onion

INSTRUCTIONS

1. Sprinkle chicken with salt & pepper. Combine chicken with lemon juice, garlic and dijon mustard. Toss to coat and set aside for about 5 minutes.
2. Put cooker on saute mode (if available) and spray with cooking spray or olive oil. When ready, add chicken thighs and saute for 3 minutes per side. This step may need to be done in two batches to not overcrowd the cooker. Remove chicken. Add ¼ cup chicken broth and scrape the bits from the bottom of the cooker.
3. Add chicken back to cooker, close the lid and the venting valve. Select 'poultry' mode for 5 minutes.
4. When the cooker beeps to indicate 10 minutes is completed, leave the vessel and allow the cooker to natural release steam for approximately 6-8 minutes. Then move the steam valve open, staying clear of the valve. When the handle easily lifts, it is safe to open. Even so, hold face back and remove lid slowly.
5. Test the temperature of the chicken to ensure it has been cooked to 165°F. If making salad – place chicken on a cutting board and cut into smaller pieces. Toss with arugula, tomatoes, red onion and vinegar. Serve.

RECIPE NOTES: Each serving (including salad) provides an estimated 28 grams protein, 3 grams carbohydrate and 10 grams fat.

INSTANT POT® TURKEY BURGER

SERVINGS

4

PREP TIME

5 MINUTES

COOK TIME

15 MINUTES

INGREDIENTS

- ☐ 1 lb 93% lean ground turkey
- ☐ ¼ tsp salt
- ☐ ¼ tsp pepper
- ☐ ½ tsp onion powder
- ☐ 1 tsp dried thyme
- ☐ 4 pieces foil

INSTRUCTIONS

1. Add 1 ½ cups water to the inside of pressure cooker. Place the trivet in bottom of pot.
2. Mix all ingredients together and form into four patties. Wrap each patty in foil. Place wrapped patties on trivet inside cooker.
3. Place the lid on the pot and set steam release valve to the sealing position. Cook on high pressure for 10 minutes. When the cook cycle is finished, do a quick release and open the steam valve.
4. Carefully remove patties using tongs. Let rest a minute then peel open foil and serve with toppings as desired (tomatoes, spinach, mustard).
5. Allow to naturally release 8-10 minutes then move valve to open to manually release any remaining pressure. Serve with tomatoes and olives. (Add reduced fat Feta cheese crumbles for added flavor!)

RECIPE NOTES: Each serving provides an estimated 22 grams protein, 0 grams carbohydrate and 8 grams fat.

INSTANT POT® BARBECUE CHICKEN & CARROTS

SERVINGS

4

PREP TIME

5 MINUTES

COOK TIME

20 MINUTES

INGREDIENTS

- ☐ ½ cup chicken broth
- ☐ 2 frozen chicken breasts
*fresh okay, decrease cook time
- ☐ 1 tbsp Montreal steak seasoning
- ☐ 1 cup baby carrots
- ☐ 2 tbsp BBQ sauce lowest sugar available

INSTRUCTIONS

1. Add broth to bottom of pressure cooker.
2. Wrap wire insert in foil for easy cleanup. Add frozen chicken breast. Sprinkle steak seasoning on top.
3. Spread carrots around chicken. Add barbecue sauce over chicken.
4. Close lid of pressure cooker and close the steam valve. Select 'manual' or 'pressure cook' on high for 15 minutes (if chicken is frozen, 8 minutes if fresh).
5. Allow to naturally release for 10 minutes. Then move steam valve to open and manual release. Open lid with face held away from the pot. Move chicken to plate and shred or chop. Serve with carrots.
6. **NOTE:** if you prefer cooked carrots to be more firm, steam separately in the microwave. Pressure cooked carrots will be soft.

RECIPE NOTES: Each serving provides an estimated 16 grams protein, 8 grams carbohydrate and 2 grams fat.

PORK

Tenderloin

Fresh

1 cup broth		
2 - ½ lbs pork tenderloin	1 lb pork tenderloin	2 lbs pork tenderloin
<ul style="list-style-type: none"> • 5 minutes high pressure • 10 minutes natural release 	<ul style="list-style-type: none"> • 8 minutes high pressure • 10 minutes natural release 	<ul style="list-style-type: none"> • 15 minutes high pressure • 10 minutes natural release

Frozen

1 cup broth
2.5 lbs pork tenderloin
<ul style="list-style-type: none"> • 25 minutes high pressure • 10 minutes natural release • Shred

Chop

I have not found pork chops to be a desirable texture in the Instant Pot®.



INGREDIENTS

- ☐ 1.5 lbs lean pork tenderloin
- ☐ 2 tbsp grill seasoning of choice
ex: McCormick's Montreal Steak
- ☐ ½ cup beef broth
- ☐ ½ cup barbecue sauce lowest sugar available, more for serving

INSTANT POT®

BARBECUE SHREDDED PORK

SERVINGS

6

PREP TIME

2 MINUTES

COOK TIME

40 MINUTES

INSTRUCTIONS

1. Trim tenderloin of fat and tendons if needed. Spread seasoning evenly over pork. Add and spread barbecue sauce.
2. Add broth to bottom of the cooker. Place seasoned pork on trivet in bottom of pressure cooker. Close the venting valve and put cooker on high pressure for 20 minutes.
3. Allow the cooker to naturally release for 15 minutes. Remove from pot to cutting board and shred.

RECIPE NOTES: Each serving provides an estimated 21 grams protein, 2 grams carbohydrate and 2 grams fat. *These values do not include additional sauce for serving.



INSTANT POT®

GREEN ENCHILADA PORK CHILI

SERVINGS

6

PREP TIME

10 MINUTES

COOK TIME

20 MINUTES

INGREDIENTS

- ☐ ¼ cup light Italian salad dressing
- ☐ ½ onion, diced
- ☐ ½ tsp minced garlic
- ☐ 1 ½ lbs lean pork tenderloin
*trimmed of fat
- ☐ ¼ cup chopped fresh cilantro
- ☐ 1 can (15 oz) pinto beans rinsed and divided
- ☐ 1 jar (16 oz) green salsa
- ☐ ½ can (14 oz) low sodium chicken broth

INSTRUCTIONS

1. Turn on cooker's saute function. When cooker indicates it is on, add dressing, onion and minced garlic.
2. Turn off cooker. Divide beans in half and mash half. Add whole beans and mashed beans, pork tenderloin, green salsa and broth. Stir to combine. Place cooker lid on and close the venting valve. Set to high pressure for 10 minutes.
3. When cooker indicates cook time is up, allow to naturally release for 10 minutes. Then manually release the rest. Open lid slowly with face away from the pot.
4. Remove pork from the cooker and shred. Return to cooker and stir. Use a slotted spoon to serve.

RECIPE NOTES: Each serving provides an estimated 27 grams protein, 19 grams carbohydrate and 4 grams fat.

NOTE: Cut beans in half or omit completely to reduce carbohydrate content further



INSTANT POT®

PESTO PORK TENDERLOIN

SERVINGS

4

PREP TIME

5 MINUTES

COOK TIME

15 MINUTES

INGREDIENTS

- ☐ 1 lb lean pork tenderloin
- ☐ 2 tbsp prepared pesto
- ☐ 1 cup chicken or beef broth

INSTRUCTIONS

1. Spread pesto all over pork tenderloin. Pour broth into bottom of pressure cooker. Place pork inside the pot.
2. Secure lid and close valve to the sealed position. Select high pressure for 8 minutes. Allow to naturally release for 10 minutes.
3. Move valve to venting to release any remaining pressure. Remove lid from the cooker and remove pork to a cutting board. Slice into 1 inch pieces and serve.

RECIPE NOTES: Each serving provides an estimated 25 grams protein, 2 grams carbohydrate and 6 grams fat.

INSTANT POT®

CARIBBEAN PORK & ZUCCHINI

SERVINGS

4

PREP TIME

10 MINUTES

COOK TIME

20 MINUTES

INGREDIENTS

- ☐ 2 tsp salt
- ☐ 1/2 tsp black pepper
- ☐ 1 tsp ground cumin
- ☐ 1 tsp chili powder
- ☐ 1 tsp cinnamon
- ☐ 1 lb lean pork tenderloin
- ☐ 1 large zucchini squash, cut into ½ circles

INSTRUCTIONS

1. Cut pork in half. *If pork is frozen, put cooker on saute mode. When ready, add 2 tsp oil and brown on each side. Remove from the cooker and add seasonings. **If pork is not frozen, cover with seasonings and then put cooker on saute mode. When ready, add 2 tsp oil and brown on each side.
2. Remove pork. Without scraping bottom of the pan, add zucchini and saute 3-4 minutes or until cooked to desired texture preference. Remove and cover to keep warm.
3. Return pork to cooker. If frozen, select the 'meat' function for 15 minutes. If fresh, select 'meat' function for 6 minutes. *Can skip the saute step and cook high pressure for 8 minutes instead.
4. When cook time is finished, leave cooker to naturally release steam about 8 minutes. Move the steaming valve to open, keep face away from valve. When the lid turns easily, open slowly. Remove pork. Slice and serve with zucchini.

RECIPE NOTES: Each serving (including zucchini) provides an estimated 21 grams protein, 7 grams carbohydrate and 2 grams fat.



BEEF

Ground

Fresh

1 tbsp olive oil for ground beef

Recommended to use saute function to brown meat instead of pressure cook. Only change would be wrapping burgers in foil.

Frozen

1 cup water

1 lb ground beef

- Use trivet
- 35 minutes high pressure
- 5 minutes natural release
- manual release*

Chop up with a meat chopper or wooden spoon and add ingredients.
Ex: Chili or marinara sauce.

*Manual Release is when you manually open the safety valve to release the pressure quickly, allowing you to open your Instant Pot®

Roast

Fresh

Option 1: Cubed Stew Meat

1 lb cubed lean stew meat

1 cup water or broth

Add other ingredients as desired

- 30 minutes high pressure
- 10 minutes natural release

Option 2: Roast

2.6 lbs roast

- 45 minutes high pressure
- 10 minutes natural release

3 lbs roast

- 60 minutes high pressure
- 10 minutes natural release

Frozen

I have not tested frozen as I'd prefer to cook fresh and then freeze in small batches after recipe has been made.

INSTANT POT®

QUICK ROAST & CARROTS

SERVINGS

4

PREP TIME

5 MINUTES

COOK TIME

40 MINUTES

INGREDIENTS

- ☐ 1 cup water
- ☐ 1 lb lean beef stew meat
- ☐ 12 oz baby carrots
- ☐ 1 packet brown gravy seasoning mix
- ☐ ½ (1 oz) packet ranch dressing seasoning mix
- ☐ 2 tbsp Italian dressing seasoning mix

INSTRUCTIONS

1. Add water to pressure cooker first.
2. Combine seasoning mixes and toss with beef and carrots. Add to bottom of pressure cooker.
3. Secure lid, close venting valve and set pressure to "meat" or manual for 30 minutes. Allow pressure to naturally release for 10 minutes. Release remaining pressure with caution. Serve.

RECIPE NOTES: Each serving provides an estimated 24 grams protein, 20 grams carbohydrate and 5 grams fat.

INSTANT POT®

CLASSIC SHREDDED BEEF ROAST & CARROTS

SERVINGS

8

PREP TIME

5 MINUTES

COOK TIME

75 MINUTES

INGREDIENTS

- ☐ 1 tbsp olive oil
- ☐ ½ tsp salt
- ☐ ½ tsp pepper
- ☐ 1 tbsp dried minced garlic
- ☐ 2.5 lbs chuck roast
- ☐ 4 large carrots cut into fourths
- ☐ 2 small onions sliced
- ☐ 4 cups beef broth

INSTRUCTIONS

1. Put pot on saute setting. Add 1 tbsp olive oil. Season roast with salt, pepper and minced garlic. Saute for 4 minutes per side. Turn off and add broth. Use a wooden spoon to scrape any bits off the bottom of the pot.
2. Add carrots and onions. Set to high pressure for 45 minutes with valve closed. Allow to release naturally for 10 minutes.
3. Release any remaining pressure and open lid, keeping face back. Remove beef to a large cutting board and use two large forks to shred. Move shredded meat to a large serving dish. Using a slotted spoon remove the cooked carrot and onion from the pot, adding to the serving dish.

RECIPE NOTES: This recipe makes a generous amount of food. 8 large servings with an estimated 27 grams protein, 1 grams carbs and 5 grams fat per serving.

INSTANT POT® COWBOY BEEF STEW

SERVINGS

6

PREP TIME

10 MINUTES

COOK TIME

35 MINUTES

INSTRUCTIONS

1. Turn on "saute" mode of cooker. Wait until the screen says "hot." Spray cooker generously with cooking spray and brown meat for one minute, turning while it cooks.
2. Click "cancel" and add all other ingredients. Click "meat/stew" and put 15 minutes on the clock. Place lid on top and close venting valve.
3. Cooker will take 5-8 minutes to reach pressure and then timer will start counting down the 15 minutes. When cook time is complete, leave the pot to naturally release steam about 8 minutes. Then turn the valve to release steam.
4. Use caution when opening the lid and make sure it's easy to lift, ensuring pressure has left. Remove from cooker and serve.

RECIPE NOTES: Each serving provides an estimated 34 grams protein, 7 grams carbohydrates and 6 grams fat.



INGREDIENTS

- ☐ 2 lbs lean beef stew meat (1 inch pieces)
- ☐ 2 tbsp chili powder
- ☐ 10 baby carrots, diced
- ☐ 1/2 cup onion, diced
- ☐ 3 stalks celery
- ☐ 1 cup salsa of choice
- ☐ 2 tbsp BBQ sauce (lowest sugar available)



INSTANT POT® TACO CHILI

SERVINGS

6

PREP TIME

5 MINUTES

COOK TIME

20 MINUTES

INSTRUCTIONS

1. Turn on "saute" mode of cooker. Add 1 tsp olive oil and ground beef/turkey. Brown and drain.
2. Add ranch and taco seasoning to the meat and stir. Add tomatoes/chiles and black beans. Add a half cup of water to keep liquid content high enough for pressure cooking.
3. Place lid on the pot and move valve to the sealed position. Select high pressure for 3 minutes. Allow to release 10 minutes.
4. Move valve to venting position, keeping face away and covering with kitchen towel if needed. Use a slotted spoon to scoop chili into bowls and maintain a thick chili which fills up the post-op pouch on a smaller portion and maintains fullness longer.

RECIPE NOTES: Each serving will yield an estimated 26 grams protein, 14 grams carbs, 8 grams of fat.

INGREDIENTS

- ☐ 1 lb 93% lean ground beef
*or ground turkey
- ☐ 1 packet ranch seasoning
- ☐ 1 packet taco seasoning
- ☐ 1 (10 oz) can diced green chiles and tomatoes (ex: Rotel)
- ☐ 1 (15 oz) can black beans, drained and rinsed



INSTANT POT® CLASSIC CHILI

SERVINGS

6

PREP TIME

10 MINUTES

COOK TIME

4 HOURS

INGREDIENTS

- ☐ 2 tsp olive oil
- ☐ 1 lb 93% lean ground beef
- ☐ 1 tsp dried minced garlic
- ☐ 1 cup sweet onion, diced
- ☐ 1 red bell pepper, diced
- ☐ 3 tbsp tomato paste
- ☐ 3 tbsp chili powder
- ☐ 2 tsp paprika
- ☐ 2 tsp dried oregano
- ☐ 2 tsp cumin
- ☐ 1 can diced tomatoes
- ☐ 1 cup beef broth
- ☐ 1 cup black beans, drained and rinsed
- ☐ ½ tsp each salt and pepper

INSTRUCTIONS

1. If pressure cooker includes saute function, turn it to saute and add beef. Brown and drain.
2. Add garlic, onion, bell pepper to pot. Cook, stirring occasionally until pepper and onion are tender. Stir in tomato paste, chili powder, paprika, oregano, cumin.
3. Stir in broth, scraping bottom of the pot to loosen up any browned bits. Add diced tomatoes and black beans. Season with salt and pepper.
4. Select manual high pressure and set timer for 18 minutes. When finished, use quick release and open valve to release pressure. Remove lid, stir and serve.

RECIPE NOTES: Each serving provides an estimated 20 grams protein, 18 grams carbohydrates and 8 grams fat.



"If I feel intimidated by this big clunky pot with a bunch of numbers, I am willing to bet everyone feels the same way."

Steph Wagner, MS RDN