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Two Week Diet Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner

<b>Breakfast</b> 1/2 c. Raspberries 1/2 c. Plain Greek Yogurt 1 packet Stevia  <b>Snack:</b> 1 sliced Green Pepper	<b>Lunch</b> 5 oz. Chicken Breast 1 1/2 c. Broccoli	<b>Dinner</b> Taco Salad -5 oz. Ground Beef 2 c. Lettuce -1/4 c. Salsa -1/8 c. Cheddar Cheese Snack: Apple slices <b>TOTAL DAILY CALORIES: 1,119</b>
<b>Breakfast</b> 1/2 Grapefruit 2 boiled eggs  <b>Snack:</b> Celery Sticks	<b>Lunch</b> 2 Boca Spicy Black Bean Burgers 1 T. Mustard 1 Tomato 2 slices Cheddar Cheese <b>Snack:</b> 1 c. Strawberries	<b>Dinner</b> 5 oz. Chicken Breast 1 Bell Pepper 1/2 Onion 4 Large Lettuce Leaves Snack: Pepper Jack Cheese Stick <b>TOTAL DAILY CALORIES: 1,076</b>
<b>Breakfast</b> 1/2 c. Blueberries 1/2 c. Plain Greek Yogurt 1 Packet Stevia <b>Snack:</b> Raw Cauliflower florets 2 T. Ranch	<b>Lunch</b> 5 oz. Ground Turkey Burger 2 c. Lettuce 1/2 Tomato 1/2 Cucumber 1/2 c. Cheddar Cheese <b>Snack:</b> Orange	<b>Dinner</b> 4 oz. Salmon 6-9 Asparagus Spears 1/2 Lemon 1 T. Tarrar Sauce <b>Snack:</b> 1 Slice Swiss Cheese <b>TOTAL DAILY CALORIES: 1,248</b>
<b>Breakfast</b> Omelet -1 whole egg, 2 egg white -2 T. Milk -2 T. Cheddar Cheese -2 T. Pico de Gallo Diced Green Pepper <b>Snack:</b> Sliced Apple	<b>Lunch</b> 5 oz. Chicken Breast Cucumber Slices Cherry Tomatoes  <b>Snack:</b> 2 Slices Cheddar Cheese	<b>Dinner</b> 5 oz. Lean Steak Steamed Broccoli and Cauliflower 1 T. Steak Sauce  <b>Snack:</b> Strawberries <b>TOTAL DAILY CALORIES: 1,225</b>
<b>Breakfast</b> 1/2 c. Raspberries 1/2 c. Plain Greek Yogurt 1 Packet Stevia  <b>Snack:</b> 15 Pepperoni Chips	<b>Lunch</b> 2.5 oz. Turkey 2.5 oz. Ham 2 c. Lettuce 1/2 c. Shredded Cheddar 2 T. Ranch  <b>Snack:</b> 1/2 Grapefruit	<b>Dinner</b> 2 Boca Burgers Dill Pickle 1 T. Mustard 4 Large Lettuce Leaves 4 Tomato slices <b>Snack:</b> Pepper Jack Cheese Stick <b>TOTAL DAILY CALORIES: 1,181</b>
<b>Breakfast</b> 1/2 c. Blueberries 2 boiled eggs  <b>Snack:</b> 1/2 c. Cottage Cheese	<b>Lunch</b> 5 oz. Chicken 1 Green Bell Pepper 1/2 c. Cherry Tomatoes <b>Snack:</b> Orange	<b>Dinner</b> 5 oz. Ground Beef 1 c. Tomato Sauce 1 c. Spaghetti Squash <b>Snack:</b> 2 slices Swiss Cheese <b>TOTAL DAILY CALORIES: 1,167</b>
<b>Breakfast</b> 2 eggs, scrambled 4 slices Low Sodium Turkey Bacon  <b>Snack:</b> Apple	<b>Lunch</b> 1 large Tomato 1/2 c. Cottage Cheese Strawberries  <b>Snack:</b> Celery Sticks	<b>Dinner</b> 4 oz. Salmon Steamed Broccoli 1/2 Lemon 1 T. Tarrar Sauce <b>Snack:</b> 2 slices Cheddar Cheese <b>TOTAL DAILY CALORIES: 1,059</b>



Dr. Ian's 30-Day Meal Plan

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>MEAL 1</b> + 2 cups of cold cereal + 1 cup of low-fat milk + 1 piece of fruit + 1 boiled egg  <b>MEAL 2</b> + 3 cups of salad + 5 oz of sliced-chicken breast + 3 tbsp of low-fat dressing + 1 piece of fruit  <b>MEAL 3</b> + 4 oz of turkey + 2 slices of whole wheat or multi-grain bread + 1 tbsp of mayo or mustard + 1 slice of low-fat cheese + 1 handful of pretzels + 2 cups of vegetables  <b>SNACK 1</b> Choose from the list  <b>MEAL 4</b> + 5 oz of fish + 2 cups of vegetables  <b>SNACK 2</b> Choose from the list	<b>MEAL 1</b> + 1 cup of cold cereal + 1 cup of low-fat milk + 1 medium banana + 1 cup of juice  <b>MEAL 2</b> + 2 cups of vegetables + 3 tbsp of low-fat dressing + 1 cup of soup  <b>MEAL 3</b> + 5 oz of sliced chicken breast + 2 slices of whole wheat or multi-grain bread + 1 tbsp of mayo or mustard + 1 cup of vegetables  <b>SNACK 1</b> Choose from the list  <b>MEAL 4</b> + 5 oz of grilled fish + 2 cups of vegetables  <b>SNACK 2</b> Choose from the list	<b>MEAL 1</b> + 2-4 egg whites + 2 strips of turkey bacon + 1 cup of low-fat milk  <b>MEAL 2</b> + 6-oz of yogurt + 1 cup of fruit + 1 cup of vegetables + 1 cup of brown rice  <b>MEAL 3</b> + 5-oz of chicken breast + 2 cups of vegetables  <b>SNACK 1</b> Choose from the list  <b>MEAL 4</b> + 5-oz of lean steak + 2 cups of vegetables  <b>SNACK 3</b> Choose from the list	<b>MEAL 1</b> + 1 cup of hot cereal + 1 cup of fruit  <b>MEAL 2</b> + 1 small fresh fruit smoothie (under 300 calories)  <b>MEAL 3</b> + 1 small fresh fruit smoothie (under 300 calories)  <b>MEAL 3</b> + 3 oz of ham + 2 slices of whole wheat or multi-grain bread + 1 piece of fruit + 1/2 cup of soup  <b>SNACK 1</b> Choose from the list  <b>MEAL 4</b> + 1 small veggie burger + 2 slices whole wheat or multi-grain bread + 1/2 cup of brown rice + 1 cup of vegetables  <b>SNACK 2</b> Choose from the list	<b>MEAL 1</b> + 2 egg whites with veggies  <b>MEAL 2</b> + 1 small whey protein shake (under 300 calories)  <b>MEAL 3</b> + 1 cup of beans + 1 cup of brown-rice + 1 cup of vegetables  <b>SNACK 1</b> Choose from the list  <b>MEAL 4</b> + 4 oz of fish + 2 cups of vegetables  <b>SNACK 2</b> + Choose from the list	<b>MEAL 1</b> + 6 oz of yogurt + 1/2 cup of berries + 1 slice of cantaloupe  <b>MEAL 2</b> + 1 cup of mixed fruit  <b>MEAL 3</b> + 1 small veggie burger + 1/2 cup of beans + 1/2 cup of brown-rice  <b>SNACK 1</b> Choose from the list  <b>MEAL 4</b> + 3 cups of salad + 3 tbsp of low-fat dressing + 2 cups of vegetables + 5 oz of sliced chicken breast  <b>SNACK 2</b> Choose from the list	<b>MEAL 1</b> + 1 1/2 cups of cold cereal + 1 cup of low-fat milk + 1 piece of fruit  <b>MEAL 2</b> + 2 cups of salad + 3 tbsp of low-fat dressing  <b>MEAL 3</b> + 1 cup of brown rice + 2 cups of vegetables  <b>SNACK 1</b> Choose from the list  <b>MEAL 4</b> + 1 1/2 cups of whole wheat pasta + 1/2 cup of tomato sauce + 5 oz of sliced chicken breast  <b>SNACK 2</b> Choose from the list



**Cessna** **CheckMate.** 172 p

INITIAL	START	RUN-UP	TAKEOFF	DESCENT	AFTER LANDING																																																
Weather & Den. Alt. Weight & Balance Performance Req. Flight Plan - File Papers - A.R.O.W. Fuel - Both Control Lock Master - On Flaps - Extend Pilot Heat - Test Lights - As Req. Fuel Gauges - True Avionics Cooling Fan Master - Off	Seat Track/Back - Lock Avionics - Off Autopilot - Off Carb Heat - Off Beacon - On Mixture - Full Rich Throttle - Slight Prime Brakes Prop - Clear Master - On Mags - Start Oil Pressure Lights - As Req. Mixture - As Req.	Brakes - Set Fuel - Both Trim - Takeoff Flight Controls Instruments Mixture - Best Power Primer - In & Lock 1700 RPM Mags (F&L) - Test Carb Heat - Test Vacuum Amps / Volts Oil Pressure Oil Temperature Idle - Check Closed Throttle Friction	Full Throttle 2300 RPM (60%) Oil Pressure Rotate * 55 (63) Vy - 76 (87) Flaps - Up <b>CLIMB</b> 70-85 (81-98) Power Mixture Instruments Taxi/Land Light - Off Flight Plan - Open	Mixture - Richen Fuel - Both Carb Heat - As Req. ATIS - AIWOS A/Slimeter - Set Instruments H.I. To Compass <b>PRE-LANDING</b> Landing Light - On Autopilot - Off Seat Belt / Harness Mixture - Best Power Carb Heat - On Fuel - Both Flaps - As Req.	Flaps - Up Carb Heat - Off Strobes - Off Landing Light - Off Taxi Light - As Req. Pilot Heat - Off Mixture - As Req. Trim - Takeoff XPDR - STBY <b>SECURING</b> ELT - Verify Silent Avionics - Off Mixture - Full Lean Mags - Off Master - Off Fuel - Left or Right Lights - Off Hobbs / Tach Time Control Lock Checks Tie Downs Pilot Cover Baggage Door Cabin Doors <b>Close Flight Plan</b>																																																
<b>EXTERIOR SUMMARY</b> After Descent/Check	<b>PRE-TAXI / TAXI</b>	<b>PRE-TAKEOFF</b>	<b>CRUISE</b>	<b>LANDING</b>																																																	
Fuel Quantity Fuel Quality Caps/Drains/Vents Engine / Oil / Belt Prop / Air Intake Exhaust System Stall Indicator - Test Surfaces & Controls Pilot & Static Ports Gear / Tires / Brakes Antennas Ties / Checks Baggage Door Final Walk Around	Seat Belts / Harness Flaps - Up Heat / Vent / Defrost Avionics - On / Set XPDR - STBY ATIS / AIWOS A/Slimeter - Set Radio - Test Taxi Light - As Req. Brakes - Test Altitude Indic. - Test Turn Coord. - Test H.I./Compass - Test	Flaps - 0° - 10° Mixture - Best Power Carb Heat - Off (or As Req.) H.I. To Compass Doors / Windows XPDR - Alt + Squawk Landing Light - On Strobes - As Req. Time - Note Brakes - Release <i>Abort Plan - Ready!</i>	Power Mixture Instruments H.I. To Compass	Flaps - 30° (or As Req.) Speed * 60 (69) <b>G.U.M.P.F.S.</b> <b>GO AROUND</b> Power - Full Carb Heat - Off Positive Rate Climb Flaps - Retract Slowly																																																	
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Passenger Brief Hobbs / Tach Time Circuit Breakers Alternate Static Brakes - Pedal Test																																																					
Vr - Rotation Speed - 55 (63)    V <sub>g</sub> - Stall with Flaps - 33 (38)    Va - Max. Allowed Ckt O/Gross - 90 (94)    V <sub>fe</sub> - 10° Flaps - 110 (120) Vx - Best Angle Climb - 60 (68)    Vs - Stall without Flaps - 44 (51)    Va - Max. Allowed Puff Gross - 99 (114)    V <sub>fe</sub> - Full Flaps - 85 (96) Vy - Best Rate Climb - 76 (85)    Best Glide O/Gross - 59 (66)    V <sub>mp</sub> - Max. Structural Cruise - 127 (146)    X Wind - Max. Demol - 15 (13) Best Glide Full Gross - 65 (75)    V <sub>ne</sub> - Never Exceed - 158 (182)																																																					
<table border="1"> <thead> <tr> <th></th> <th>KNOTS (60%)</th> <th>FLAPS*</th> <th>NOTES</th> </tr> </thead> <tbody> <tr> <td><b>DEPARTURE</b></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Rotation *</td> <td>55 (63)</td> <td>0</td> <td>Short Field: 10° Flaps. Climb 56 ft/4 Unif. Clear.</td> </tr> <tr> <td>Best Angle Climb</td> <td>60 (68)</td> <td>0</td> <td>Soft Field: 10° Flaps.</td> </tr> <tr> <td>Best Rate Climb</td> <td>76 (87)</td> <td>0</td> <td></td> </tr> <tr> <td><b>CRUISE</b> (140-5000)</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Economy</td> <td>92 (100)</td> <td>0</td> <td>2240 RPM - 6.2 GPH - 55%</td> </tr> <tr> <td>Normal</td> <td>103 (113)</td> <td>0</td> <td>2420 RPM - 7.3 GPH - 65%</td> </tr> <tr> <td>Maximum</td> <td>112 (123)</td> <td>0</td> <td>2550 RPM - 8.4 GPH - 75%</td> </tr> <tr> <td><b>ARRIVAL</b></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Approach</td> <td>75 (80)</td> <td>10-20</td> <td>1700 RPM (initially)</td> </tr> <tr> <td>Short Final *</td> <td>60 (68)</td> <td>30</td> <td>Idle-1200 RPM</td> </tr> </tbody> </table>							KNOTS (60%)	FLAPS*	NOTES	<b>DEPARTURE</b>				Rotation *	55 (63)	0	Short Field: 10° Flaps. Climb 56 ft/4 Unif. Clear.	Best Angle Climb	60 (68)	0	Soft Field: 10° Flaps.	Best Rate Climb	76 (87)	0		<b>CRUISE</b> (140-5000)				Economy	92 (100)	0	2240 RPM - 6.2 GPH - 55%	Normal	103 (113)	0	2420 RPM - 7.3 GPH - 65%	Maximum	112 (123)	0	2550 RPM - 8.4 GPH - 75%	<b>ARRIVAL</b>				Approach	75 (80)	10-20	1700 RPM (initially)	Short Final *	60 (68)	30	Idle-1200 RPM
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<p><b>WARNING:</b> Permission to use this CheckMate is granted to the authorized purchaser only. No warranties, either express or implied, of any kind, are made hereunder, including but not limited to any warranty for fitness for particular use. The information herein is intended for use as a reference only and is not to be used as a substitute for the original manufacturer's aircraft manual. Purchase and use of this product is subject to the terms and conditions of the original manufacturer's warranty. © 1992-2014 Cessna Aircraft Company. All rights reserved. (Rev. 7/14)</p>																																																					

The best meal prep ideas. The best meal prep meals. The best meal prep.

Check your recipes to see how many servings you'll get, and double or triple the recipes as needed. There's no right or wrong way to organize and store your meals. The next best time is today! "The Dude's Meal Prep Manual is a go-to resource for any guy looking to add some high-octane to the body, mind, and soul. One morning in the kitchen can bring you a week's worth of meals — saving you lots of dollars and boosting your nutrition. Author: Ree Drummond | Food Network The Best Steak Marinade We use this marinade for rib steaks, but can be used for almost any cut of beef. Meal Prepping Actually Saves You Time and Money Photo Courtesy: fortyforks/Stock You may think that meal prepping takes up a lot of time — but it's actually a huge time saver! Instead of needing to cook two or three separate meals every day of the week, you can cook once or twice for the whole week. You're Reading a Free Preview Pages 26 to 31 are not shown in this preview. Meal prepping can save you from those last-minute calls for delivery or visits to the drive-thru lane. Needing to go to the grocery store multiple times per week could derail your meal prepping success. Apple Crisp Perfect and Easy 1 adapted this from a 50-year-old peach crisp recipe. Thank you Brian and Dave for creating a real winner here! Todd Durkin, MA, CSCS Owner, Fitness Quest 10 Under Armour, Training Team Author: The IMPACT Body Plan & The WOW BOOK "This book is the perfect gift for all the 'Dudes' in your life!" Kelli O'Brien Watson, M.S. Co-owner, Scripitor Publishing Author, Finding My Way Back to Me "The Dude's Meal Prep Manual" has improved my health, my social and dating life (women dig dudes who can cook), my sleep and my ability to "sustain" myself at a deeper level of being. Choose Ingredients that Can Multitask: To save time, choose proteins, grains and veggies that can work for multiple meals. You can keep half set aside for taco night and use the other half for a casserole that you store in portions in the fridge. Author: SweetCravings Ultimate Chocolate Chip Cookies We named this recipe "Ultimate Chocolate Chip Cookies," because it's got everything a cookie connoisseur... With meal prepping, you streamline that process into a single session, and then you're done for the week. You can meal prep based on calories, health conditions or for any dietary needs or choices. When you have meals already prepared, there's no need to spend extra money on these services paying tips and additional fees. Enjoy! Author: cookingmama Easy Coleslaw Dressing A creamy coleslaw dressing that can be made with ingredients you already have! You can pour it immediately... Although it works well with peaches, it works even... Some people choose to pre-make and portion out each meal at the start of the week. It won't take long to make at all, and it's quite... Based on a 2,000-calorie diet, that's over half your recommended calories for the entire day in just one meal. Meal prepping is also a great way to do portion control. Consider cooking chicken that you can add to pasta one night, salads for lunch and tacos another night. MORE FROM SYMPTOMPIND.COM The Dude's Meal Prep Manual is more than a cookbook. You may not be the greatest cook now but with these simple and easy-to-follow instructions you'll be like Macgyver in the kitchen, able to whip something up on short notice with basic supplies and materials on hand. By eating better, you'll have more energy to perform at a high level tomorrow. Just like working out, the best time to start was yesterday. Jam-packed with all kinds of stuff, and no... The average fast-food meal contains a whopping 1,193 calories. Choose whichever style fits your schedule and preferences. Author: Taste of Home Perfect Pot Roast Feed your family with Ree Drummond's Perfect Pot Roast recipe from Food Network. But when life gets busy, it's often takeout to the rescue. If you're running late one night, you can pivot and grab a frozen pre-made meal from the freezer without needing to order a pizza or go through a drive-through. Whichever method you choose, meal prepping is a great way to feed your family healthy, home-cooked meals — all while saving you a ton of stress, time and money. Others make complete meals ahead of time and then freeze them. Or cook up a big pot of rice that you can use in a soup, a stir fry and a burrito recipe. © 1996-2014, Amazon.com, Inc. The key when it comes to storing and organizing your meals is to find a way you can stick to. Consider how many days you'd like to meal plan for and which meals you'll be prepping (like 5 lunches and 5 dinners). Author: JoAnn Hague Apple Crisp II A simple dessert that's great served with ice cream. This recipe pairs nicely with my macaroni salad recipe! Author: Tracey Cordie The Best Pizza Dough This easy pizza dough recipe is the key to making an extraordinary homemade pizza. Just think — you'll never have to ask yourself what's for lunch or dinner each day. Freezing meals also gives you a great buffer. Author: Taste of Home The Best Canning Salsa This is a great use for tomatoes from the garden and nothing tastes better than homemade. One helpful meal prep tip is to prepare a few ingredients that you can use for multiple meals during the week. Let's get prepping. When you cook at home, you know what ingredients you're putting in and exactly what you're eating. Consider the last meal you had at a restaurant or when you ordered in. The kitchen will become your workshop as you become more capable, independent, efficient, and knowledgeable. After you've cooked up your meals for the week, you can portion out individual servings into separate containers. There's no need to go to the grocery store after work every day and devote lots of mental energy to meal planning throughout the week. Factor in any family members who eat lunch at school or at work, and decide if they'll be bringing those meals from home or eating at the cafeteria. Fresh rosemary and thyme... Choose Your Portions: Next, you'll factor in how many people you are meal prepping for and their needs. Now go to your favorite recipe site and choose a few recipes you can make in big batches — that way, you can cook just a few dishes to eat several times during the week. This may be a combination of fully cooked dinners stored in the fridge and lunch or breakfast ingredients in separate containers that you can toss together each day. And take advantage of the chance to buy in bulk! If you're making big batches, you may be able to find deals on bulk ingredients at the store. We use all-purpose... And cooking more meals at home has big health benefits. Others prefer to keep proteins, grains and veggies separate, then toss them together to make each meal. When you order delivery, for example, you're not only paying for the food, but you're also paying for the convenience, the delivery and the fees. Author: Diane Kester Easy Meatloaf This is a very easy and no fail recipe for meatloaf. Larry Indiviglia, MBA Author, INDights for Life or its affiliates Photo Courtesy: filadendron/Stock We all know that restaurant meals and lots of processed ready-to-eat foods can wreak havoc on our wallets and on our health. Shop for all your ingredients at once to set yourself up for meal plan success. Author: UNIVSTUDENT Perfect Roast Chicken For the perfect roast chicken dinner every time, try this popular recipe from Ina Garten, Food Network's... Author: GarlicQueen Grandma's Baked Beans My mother has made these beans for years. Author: Betty Crocker Kitchens You're Reading a Free Preview Pages 8 to 21 are not shown in this preview. We've rounded up everything you need to know about meal prepping for the week, from health benefits to storage tips. When you meal prep, you're in control of each item on your plate. Meal prepping also saves you money. For example, it's easy to prep meals that are entirely vegan, dairy-free or gluten-free. The manual gives you knowledge of the tools you need, how to use them, and where to find them. It is a system to guide you to success in the kitchen, success in the gym, and success at work. Judging from the weathered look of this... The portion was likely a lot bigger than what you would have chosen if you had cooked the meal yourself. This is why meal prepping for the week can save you a ton of stress, time and money! But how do you get started? Author: Dora Basic Homemade Bread If you'd like to learn how to bake bread, here's a wonderful place to start, or its affiliates © 1996-2014, Amazon.com, Inc. Author: Betty Crocker Kitchens Good Old Fashioned Pancakes This is a great recipe that I found in my Grandma's recipe book. Choose Your Meals: Start with your recipe and meal ideas for the week. This can reduce the temptation to grab seconds or extra helpings. Restaurant meals, fast food and frozen dinners are often higher in salt, added sugars and saturated fat, too. Stay Organized: Storage and Organization Tips There are a few different ways you can store and organize your meals. This easy white bread recipe... Author: Janet Caldwell Best Chocolate Chip Cookies Crisp edges, chewy middles. You're Reading a Free Preview Pages 57 to 58 are not shown in this preview. Let's say you cook a large batch of ground beef. You may think you know how much you spend every month eating out, but the honest answer may surprise you. You're Reading a Free Preview Pages 36 to 51 are not shown in this preview. You can easily pull it out of the fridge or freezer and have dinner on the table in no time. Author: Ina Garten Home Style Meatloaf When it's comfort that you seek, nothing satisfies quite like a classic meatloaf. And if you don't have... Get Your Ingredients: Once you have your meals and recipes in mind, it's time to hit the grocery store. Author: dakota kelly Best Hamburger Ever These burgers are the best on the grill in the summertime. You're Reading a Free Preview Pages 65 to 68 are not shown in this preview.

09/01/2019 - Cover and secure the lid. Make sure the valve is set to sealing. Set the manual/pressure cook button to 22 minutes on high pressure. When the time is up let the pot sit there for 10 minutes (display will say L0:10). Then move the valve to venting. Stir in the remaining 1 cup of picante sauce and the grated cheddar. 30/04/2018 - Turn on to Manual or High Pressure, and cook for 3-4 minutes (3 minutes for tender to the bite, or 4 minutes for softer rice). When timer beeps, allow pressure to naturally release for 10 minutes. Remove lid and add peas. 13/08/2021 - Raw chicken and uncooked rice can be cooked together to make a perfect easy one pot meal. I prefer to at least sear the chicken in the pot first, because the browning adds so much flavor. Once the rice is finished cooking, just be sure to double check that the chicken is fully cooked with an instant read meat thermometer (it should read at least 165 F). 06/08/2020 - Cook on high pressure using the Manual or Pressure Cook function for 12 minutes. When the cooking cycle is done, let the pressure naturally release-this means don't touch the release valve yet. Using a quick release on chicken will cause it to dry out. 01/06/2019 - Lock lid on and set Instant Pot to Manual High Pressure for 65 minutes (for a 2-lb Sirloin Tip Roast that was fall-apart tender. Add 10 minutes per additional pound of pork roast.) When timer beeps, let it Natural Pressure Release. Remove lid and ladle out about 1/4 cup of the juice and strain into a measuring cup. Whisk in 2 tsp cornstarch. 06/07/2019 - Cook on high pressure/manual for 4 minutes; quick release. Separate egg yolks from the whites of the hard-boiled eggs and place the yolks in a bowl. Mash the yolks with a fork and then stir in the mayonnaise, buttermilk, mustard, a splash of ...

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