

FORK  
TO  
SPOON

# Weekly MEAL PLAN

WEEK 1



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Monday

OCT 5, 2020

AIR FRYER  
RASPBERRY SCONES

BREAKFAST

AIR FRYER SAUSAGE,  
PEPPER, AND ONIONS

LUNCH

AIR FRYER SKILLET  
CHICKEN POT PIE

DINNER

Tuesday

OCT 6, 2020

AIR FRYER EASY  
BREAKFAST PIZZA

BREAKFAST

AIR FRYER REUBEN  
SANDWICH

LUNCH

AIR FRYER CRACKER  
BARREL MACARONI  
AND CHEESE

DINNER

Wednesday

OCT 7, 2020

AIR FRYER  
BREAKFAST EGG  
ROLLS

BREAKFAST

AIR FRYER SPINACH  
AND TOMATO  
FRITTATA

LUNCH

AIR FRYER BEEF AND  
BEAN TAQUITOS

DINNER

Thursday

OCT 8, 2020

AIR FRYER  
BREAKFAST BISCUITS  
WITH EGGS & BACON

BREAKFAST

AIR FRYER BACON  
LETTUCE AND  
TOMATO SANDWICH

LUNCH

AIR FRYER CHICKEN  
MILANESE

DINNER

Friday

OCT 9, 2020

AIR FRYER ZUCCHINI  
PUMPKIN QUICK  
BREAD

BREAKFAST

AIR FRYER EGG-IN-  
THE HOLE

LUNCH

AIR FRYER EASY PITA  
CHEESE PIZZA-6  
MINUTES

DINNER