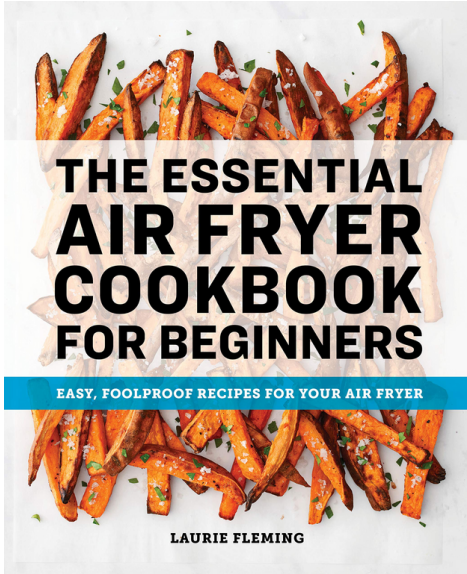




Weekly MEAL PLAN

WEEK 3



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Monday

SEPT 14, 2020

Air Fryer Blueberry & Brown Sugar Oatmeal
BREAKFAST

Air Fryer Loaded Baked Potato
LUNCH

Air Fryer Chinese Sesame Chicken
DINNER

Tuesday

SEPT 15, 2020

Air Fryer Avocado Toast
BREAKFAST

Air Fryer Ham and Cheese Egg Cups
LUNCH

Air Fryer Bourbon Marinated Steak Tips
DINNER

Wednesday

SEPT 16, 2020

Air Fryer Cinnamon Sugar English Muffins
BREAKFAST

Air Fryer Tasty Ham and Cheese Sandwich
LUNCH

LUNCH

Air Fryer Ranch Chicken Pita Pockets
DINNER

DINNER

Thursday

SEPT 17, 2020

Air Fryer Toasted Bagel
BREAKFAST

Air Fryer Cheese Quesadillas
LUNCH

LUNCH

Air Fryer Salmon Patties with choice of side
DINNER

DINNER

Friday

SEPT 18, 2020

Air Fryer French Toast and sausage roll ups
BREAKFAST

Air Fryer Caribbean Chicken with Pineapple Salsa
LUNCH

LUNCH

Air Fryer Easy Bacon Burgers
DINNER

DINNER