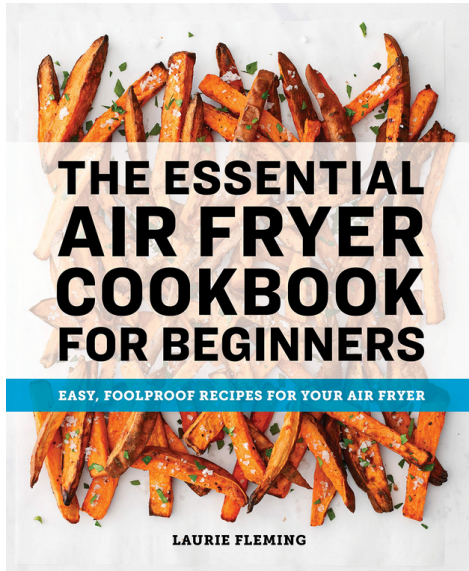




Weekly MEAL PLAN

WEEK 4



WWW.FORKTOSPOON.COM

Monday

SEPT 21, 2020

Air Fryer 2 ingredient pumpkin muffins

BREAKFAST

Air Fryer Ham and Cheese Crescent Rolls

LUNCH

Air Fryer Pecan Crusted Chicken with choice of side

DINNER

Tuesday

SEPT 22, 2020

Air Fryer Oatmeal

BREAKFAST

Air Fryer 5 minute lunch chicken patty sandwiches

LUNCH

Air Fryer Meatloaf with choice of side

DINNER

Wednesday

SEPT 23, 2020

Air Fryer Egg and Toast cups

BREAKFAST

Air Fryer Quiche

LUNCH

Air Fryer Flatbread Margherita Pizza

DINNER

Thursday

SEPT 24, 2020

Air Fryer Pumpkin Nut Bread

BREAKFAST

Air Fryer Tuna Patties

LUNCH

Air Fryer Tortellini Alfredo with melted mozzarella cheese

DINNER

Friday

SEPT 25, 2020

Air Fryer German Apple Pancakes

BREAKFAST

Air Fryer Corn Dog Bites

LUNCH

Air Fryer Chicken Sausage Subs

DINNER