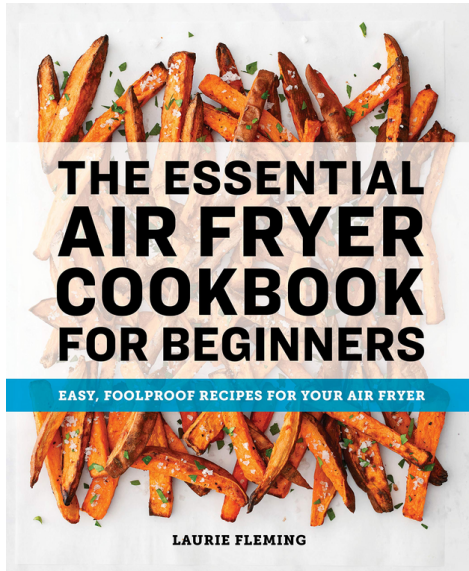




# Weekly MEAL PLAN

WEEK 5



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## Monday

SEPT 28, 2020

Air Fryer Breakfast Casserole

BREAKFAST

Air Fryer Apple, Bacon & Cheddar Cheese Sandwich

LUNCH

Air Fryer Honey Sriracha Chicken Tenders with choice of side

DINNER

## Tuesday

SEPT 29, 2020

Air Fryer Whipped Blueberry Honey Ricotta Toast

BREAKFAST

Air Fryer Baked potato with sour cream and chives

LUNCH

Air Fryer Chicken and Vegetable Stir Fry

DINNER

## Wednesday

SEPT 30, 2020

Air Fryer Egg & Cheese Breakfast Quesadilla

BREAKFAST

Air Fryer Mini Deep Pizzas

LUNCH

Air Fryer Crab Cakes

DINNER

## Thursday

OCT 1, 2020

Air Fryer Copycat McDonald's Sausage McMuffin

BREAKFAST

Air Fryer Mac & Cheese

LUNCH

Air Fryer Eggplant Parmesan

DINNER

## Friday

OCT 2, 2020

Air Fryer Apple Pie Crescents

BREAKFAST

Air Fryer Peanut Butter Banana Sandwich

LUNCH

Air Fryer Philly Cheesesteaks

DINNER