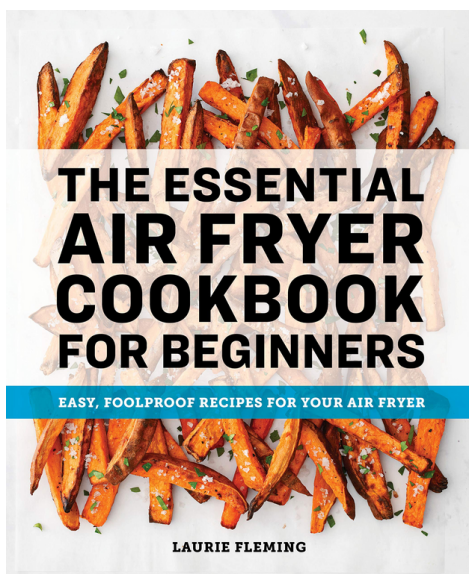


## WEEK 1



[WWW.FORKTOSPOON.COM](http://WWW.FORKTOSPOON.COM)

## Monday

NOV 2, 2020

AIR FRYER JALAPENO  
AND CHEDDAR  
BAGELS

BREAKFAST

AIR FRYER ZUCCHINI  
PIZZA BOATS

LUNCH

AIR FRYER  
MEATBALLS

DINNER

## Tuesday

NOV 3, 2020

AIR FRYER, HAM AND  
CHEESE BAKED EGG  
CUPS (KETO)

BREAKFAST

AIR FRYER BEEF AND  
BEAN TAQUITOS

LUNCH

AIR FRYER HONEY  
ROASTED TURKEY  
WINGS

DINNER

## Wednesday

NOV 4, 2020

AIR FRYER 2  
INGREDIENT PUMPKIN  
MUFFINS

BREAKFAST

AIR FRYER WONTON  
MOZZARELLA STICKS

LUNCH

AIR FRYER, GARLIC  
AND ROSEMARY  
LAMB CHOPS

DINNER

## Thursday

NOV 5, 2020

AIR FRYER TWO  
INGREDIENT SCOTCH  
EGGS (KETO)

BREAKFAST

AIR FRYER APPLE  
HAND PIES

LUNCH

AIR FRYER KOREAN  
FRIED CHICKEN  
TACOS

DINNER

## Friday

NOV 6, 2020

AIR FRYER, EASY AIR  
FRYER CHEESE  
OMELETTE (KETO)

BREAKFAST

AIR FRYER FRIED  
RAVIOLIS

LUNCH

FROZEN FRENCH  
BREAD PIZZA

DINNER