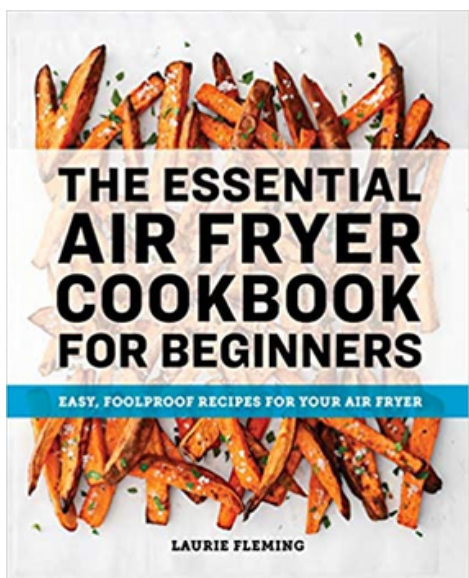


FORK
TO
SPOON

Weekly MEAL PLAN

WEEK 2



WWW.FORKTOSPOON.COM

Monday

OCT 12, 2020
AIR FRYER NAVAJO
FRY BREAD

BREAKFAST

FROZEN CHICKEN
TENDERS

LUNCH

SPINACH RAVIOLI
WITH SAUSAGE
PASTA SAUCE

DINNER

Tuesday

OCT 13, 2020
AIR FRYER
CRANBERRY BREAD
WITH ORANGE GLAZE

BREAKFAST

AIR FRYER BAKED
POTATO

LUNCH

AIR FRYER BUFFALO
AND BLUE CHEESE
BREADED CHICKEN
BREAST
DINNER

Wednesday

OCT 14, 2020

AIR FRYER JIFFY
BANANA MUFFINS

BREAKFAST

AIR FRYER, 3
INGREDIENT REUBEN
CRESCENT ROLL-UPS

LUNCH

AIR FRYER HONEY
GARLIC PORK CHOPS

DINNER

Thursday

OCT 15, 2020

AIR FRYER 5 MINUTE
CROISSANTS

BREAKFAST

AIR FRYER
HOMEMADE PIZZA
BAGELS

LUNCH

AIR FRYER KIELBASA
AND POTATOES

DINNER

Friday

OCT 16, 2020

AIR FRYER
CHOCOLATE FRENCH
TOAST

BREAKFAST

AIR FRYER EASY FISH
SANDWICH

LUNCH

AIR FRYER BEEF
ENCHILADAS

DINNER