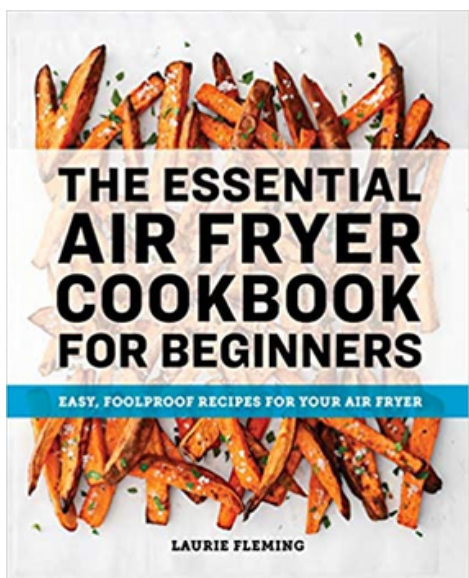


FORK
TO
SPOON

Weekly MEAL PLAN

WEEK 3



WWW.FORKTOSPOON.COM

Monday

OCT 19, 2020
AIR FRYER BAKED
APPLE TOAST

BREAKFAST

COPYCAT ARBY'S
BEEF & CHEDDAR
SANDWICH

LUNCH

AIR FRYER
SOUTHWESTERN
STUFFED BELL
PEPPERS

DINNER

Tuesday

OCT 20, 2020
AIR FRYER, BANANA
NUT ENGLISH
MUFFINS

BREAKFAST

AIR FRYER CHICKEN
QUESADILLA

LUNCH

AIR FRYER-HERBED
LAMB CHOPS

DINNER

Wednesday

OCT 21, 2020

AIR FRYER TOAST

BREAKFAST

AIR FRYER GRILLED
HAM AND CHEESE
SANDWICH

LUNCH

AIR FRYER EL POLLO
LOCO CHICKEN
(COPYCAT)

DINNER

Thursday

OCT 22, 2020

AIR FRYER BAKED
APPLES

BREAKFAST

BASIC HOT DOGS IN
THE AIR FRYER

LUNCH

AIR FRYER SHRIMP
AND CHORIZO PASTA

DINNER

Friday

OCT 23, 2020

AIR FRYER FRENCH
TOAST STICKS

BREAKFAST

AIR FRYER TACO
CUPS

LUNCH

AIR FRYER SHEET PAN
PIZZA

DINNER