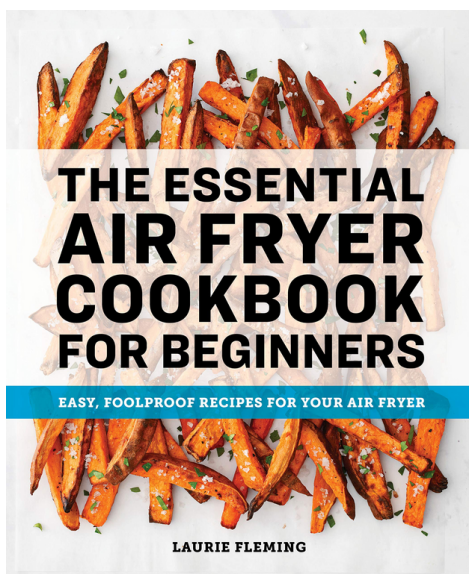


FORK
TO
SPOON

Weekly MEAL PLAN

WEEK 4



WWW.FORKTOSPOON.COM

Monday

OCT 26, 2020
AIR FRYER EASY
BREAKFAST
QUESADILLAS

BREAKFAST
AIR FRYER
PEPPERONI GRILLED
CHEESE
LUNCH

AIR FRYER FROZEN
STEAK

DINNER

Tuesday

OCT 27, 2020
AIR FRYER, BACON
AND CHEESE
BREAKFAST
PINWHEELS

BREAKFAST
AIR FRYER ONION &
MUSHROOM
QUESADILLA
LUNCH

AIR FRYER CHICKEN
FAJITA MARINADE

DINNER

Wednesday

OCT 28, 2020

AIR FRYER CHEESE
BAKED EGGS

BREAKFAST

AIR FRYER CHICKEN
PATTY SANDWICHES

LUNCH

AIR FRYER ITALIAN
BAKED STUFFED
SHELLS

DINNER

Thursday

OCT 29, 2020

AIR FRYER EGGS
BENEDICT

BREAKFAST

AIR FRYER BACON
WRAPPED HOT DOG

LUNCH

AIR FRYER FRIED
CHICKEN with choice
of side

DINNER

Friday

OCT 30, 2020

AIR FRYER
CINNAMON SUGAR
APPLE PUFF PASTRY

BREAKFAST

AIR FRYER,
PROSCIUTTO, FIG
AND GOUDA
SANDWICHES

LUNCH

AIR FRYER NAAN
BUFFALO CHICKEN
PIZZA

DINNER