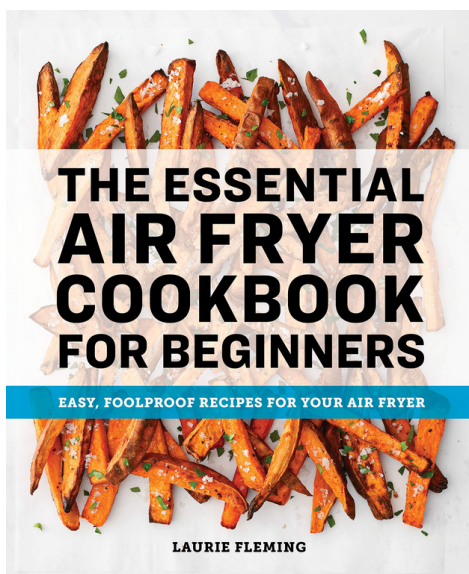


## WEEK 1



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

## Monday

NOV 30, 2020  
AIR FRYER 2  
INGREDIENT  
PUMPKIN MUFFINS

BREAKFAST  
AIR FRYER  
EMPANADAS

LUNCH

AIR FRYER SALMON  
KEBABS

DINNER

## Tuesday

DEC 1, 2020  
AIR FRYER  
STRAWBERRY  
OATMEAL

BREAKFAST  
AIR FRYER LOADED  
BAKED POTATOES

LUNCH

AIR FRYER TRADER  
JOE'S TEMPURA  
CHICKEN

DINNER

## Wednesday

DEC 2, 2020  
AIR FRYER EGG AND  
TOAST CUPS

BREAKFAST

AIR FRYER GRILLED  
CARIBBEAN CHICKEN

LUNCH

AIR FRYER CALAMARI

DINNER

## Thursday

DEC 3, 2020  
AIR FRYER PUMPKIN  
NUT BREAD

BREAKFAST

AIR FRYER HAM AND  
CHEESE SANDWICH

LUNCH

AIR FRYER LOBSTER  
GRILLED CHEESE

DINNER

## Friday

DEC 4, 2020  
AIR FRYER GERMAN  
APPLE PANCAKES

BREAKFAST

AIR FRYER CHEESE  
QUESADILLAS

LUNCH

AIR FRYER CHICKEN  
KEBABS

DINNER