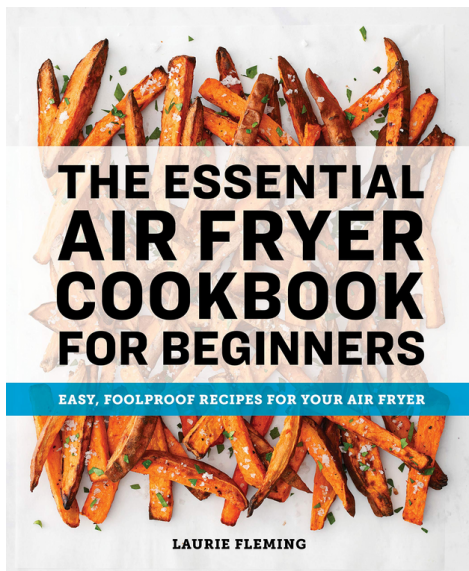


WEEK 2



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Monday

NOV 9, 2020

AIR FRYER
RASPBERRY DUTCH
BABY PANCAKES

BREAKFAST

AIR FRYER EGG
SALAD SANDWICHES

LUNCH

AIR FRYER HONEY
GARLIC MEATBALLS

DINNER

Tuesday

NOV 10, 2020

AIR FRYER
EVERYTHING BAGEL
BREAKFAST POCKETS

BREAKFAST

AIR FRYER LOADED
BAKED POTATOES

LUNCH

AIR FRYER CHICKEN
WITH ROASTED
ARUGULA AND
TOMATOES

DINNER

Wednesday

NOV 11, 2020

AIR FRYER STUFFED
BREAKFAST BOMBS
WITH EGGS & BACON

BREAKFAST

AIR FRYER RICOTTA
TOAST WITH
ROASTED GARLIC
AND TOMATOES

LUNCH

AIR FRYER FLANK
STEAK WITH
MUSHROOMS &
ONIONS

DINNER

Thursday

NOV 12, 2020

AIR FRYER PUMPKIN
FRENCH TOAST

BREAKFAST

AIR FRYER SPINACH
AND FETA
STROMBOLI

LUNCH

AIR FRYER
SOUTHWESTERN
SHRIMP TACOS

DINNER

Friday

NOV 13, 2020

AIR FRYER BRAN
MUFFINS

BREAKFAST

AIR FRYER BBQ
CHICKEN WINGS

LUNCH

AIR FRYER
PEPPERONI &
SAUSAGE FLATBREAD
PIZZA

DINNER