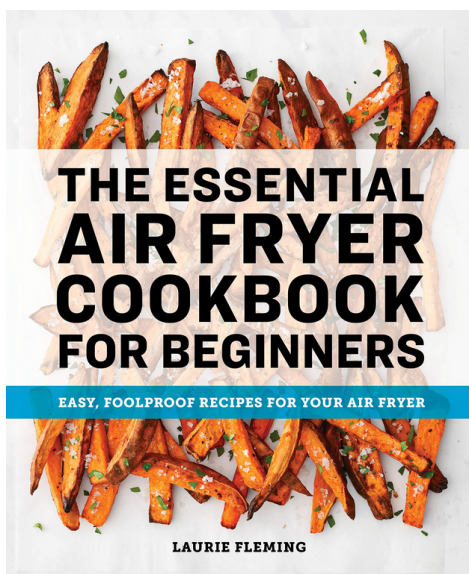


FORK
TO
SPOON

Weekly MEAL PLAN

WEEK 3



WWW.FORKTOSPOON.COM

Monday

NOV 16, 2020

AIR FRYER CHEESY
EGG MUG OMELET

BREAKFAST

AIR FRYER
CARAMELIZED APPLE
CHEDDAR MELTS

LUNCH

AIR FRYER NAKED
CHICKEN WINGS

DINNER

Tuesday

NOV 17, 2020

AIR FRYER CINNAMON
ROLLS IN A MUG

BREAKFAST

AIR FRYER SHRIMP
ROLL

LUNCH

AIR FRYER CHEESY
BEEF ENCHILADAS

DINNER

Wednesday

NOV 18, 2020

AIR FRYER CHEESY
BREAKFAST TACOS

BREAKFAST

AIR FRYER COPYCAT
WINGERS STICKY
CHICKEN FINGERS

LUNCH

AIR FRYER PORK
SCHNITZEL

DINNER

Thursday

NOV 19, 2020

AIR FRYER
SCRAMBLED EGG
TOAST

BREAKFAST

AIR FRYER PEANUT
BUTTER BANANA
SANDWICH

LUNCH

AIR FRYER SPICY
CHICKEN TACOS

DINNER

Friday

NOV 20, 2020

AIR FRYER
STRAWBERRY
CROISSANT FRENCH
TOAST

BREAKFAST

AIR FRYER CLASSIC
TUNA MELT

LUNCH

AIR FRYER MEXICAN
PIZZA (TACO BELL
COPYCAT RECIPE)

DINNER