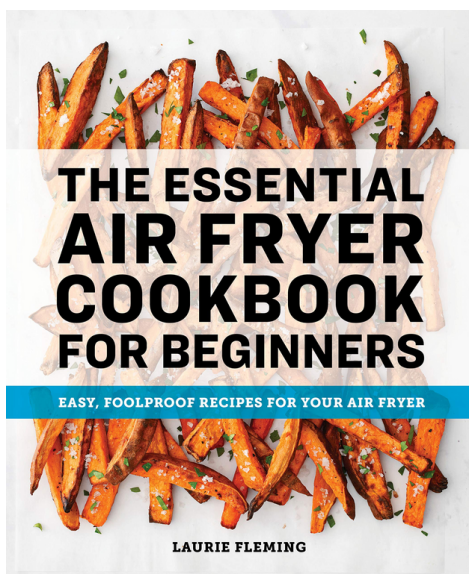


FORK
TO
SPOON

Weekly MEAL PLAN

WEEK 4



WWW.FORKTOSPOON.COM

Monday

NOV 23, 2020

AIR FRYER
BLUEBERRY BAKED
OATMEAL

BREAKFAST

AIR FRYER RANCH
CHICKEN PITA
POCKETS

LUNCH

AIR FRYER SHRIMP

DINNER

Tuesday

NOV 24, 2020

AIR FRYER AVOCADO
TOAST

BREAKFAST

AIR FRYER
PROSCIUTTO, FIG AND
GOUDA SANDWICHES

LUNCH

AIR FRYER BEEF
KABOBS

DINNER

Wednesday

NOV 25, 2020

AIR FRYER CINNAMON
SUGAR ENGLISH
MUFFINS

BREAKFAST

AIR FRYER PEANUT
BUTTER BANANA
SANDWICH

LUNCH

AIR FRYER SCALLOPS

DINNER



NOV 26, 2020

AIR FRYER BONELESS
TURKEY BREAST ROAST

AIR FRYER SWEET POTATO
CASSEROLE

AIR FRYER GARLIC
ROASTED POTATOES

AIR FRYER ROASTED
CARROTS

AIR FRYER PUMPKIN PIE

LUNCH | DINNER

Friday

NOV 27, 2020

AIR FRYER FRENCH
TOAST AND SAUSAGE
ROLL-UPS

BREAKFAST

AIR FRYER HOT DOGS

LUNCH
AIR FRYER PULL-
APART PEPPERONI
PIZZA

DINNER