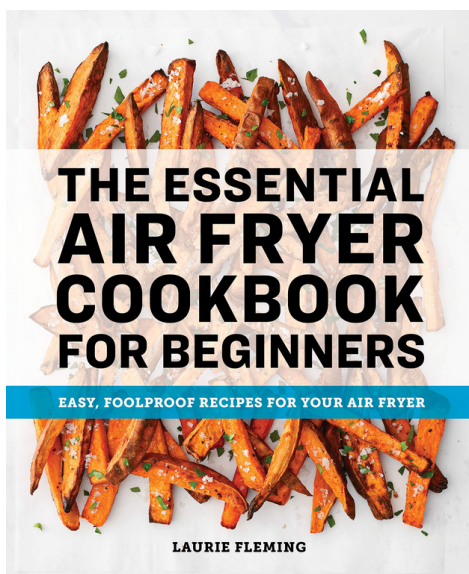


WEEK 3



WWW.FORKTOSPOON.COM

Monday

DEC 14, 2020

AIR FRYER
RASPBERRY SCONES

BREAKFAST

AIR FRYER PEANUT
BUTTER BANANA
SANDWICH

LUNCH

AIR FRYER THE
EASIEST PHILLY
CHEESESTEAKS

DINNER

Tuesday

DEC 15, 2020

AIR FRYER ZUCCHINI
PUMPKIN QUICK
BREAD

BREAKFAST

AIR FRYER ITALIAN
SAUSAGE, PEPPERS,
AND ONIONS

LUNCH

AIR FRYER SHEET-
PAN EGGPLANT
PARMESAN

DINNER

Wednesday

DEC 16, 2020

AIR FRYER
BREAKFAST
EGGROLLS

BREAKFAST

AIR FRYER REUBEN
SANDWICH

LUNCH

AIR FRYER SESAME
BEEF STIR-FRY

DINNER

Thursday

DEC 17, 2020

AIR FRYER EASY
BREAKFAST PIZZA

BREAKFAST

AIR FRYER SPINACH
AND TOMATO
FRITTATA

LUNCH

AIR FRYER
HOMEMADE SALMON
PATTIES

DINNER

Friday

DEC 18, 2020

AIR FRYER
BREAKFAST BISCUITS
WITH EGGS & BACON

BREAKFAST

AIR FRYER EGG-IN-
THE HOLE

LUNCH

AIR FRYER RAVIOLI
LASAGNA

DINNER