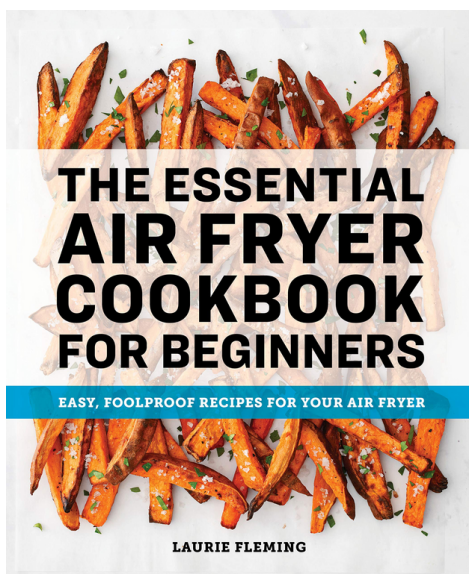


FORK  
TO  
SPOON

# Weekly MEAL PLAN

WEEK 4



WWW.FORKTOSPOON.COM

Monday

DEC 21, 2020

AIR FRYER NAVAJO  
FRY BREAD

BREAKFAST

AIR FRYER BLT  
(BACON, LETTUCE &  
TOMATO) SANDWICH

LUNCH

AIR FRYER CHICKEN  
FAJITAS

DINNER

Tuesday

DEC 22, 2020

AIR FRYER  
CRANBERRY BREAD  
WITH ORANGE GLAZE

BREAKFAST

COPYCAT ARBY'S  
BEEF AND CHEDDAR  
SANDWICHES

LUNCH

AIR FRYER ROASTED  
TOMATOES & ZUCCHINI  
FLATBREAD

DINNER

Wednesday

DEC 23, 2020

AIR FRYER JIFFY  
BANANA MUFFINS

BREAKFAST

AIR FRYER CHICKEN  
QUESADILLA

LUNCH

AIR FRYER CHINESE  
SESAME CHICKEN

DINNER

Thursday

DEC 24, 2020

AIR FRYER 5 MINUTE  
CROISSANTS

BREAKFAST

AIR FRYER GRILLED  
HAM AND CHEESE  
SANDWICH

LUNCH

AIR FRYER RANCH  
CHICKEN PITA  
POCKETS

DINNER

MERRY CHRISTMAS

Friday

DEC 25, 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  
SNOWMAN COOKIES

LUNCH | DINNER