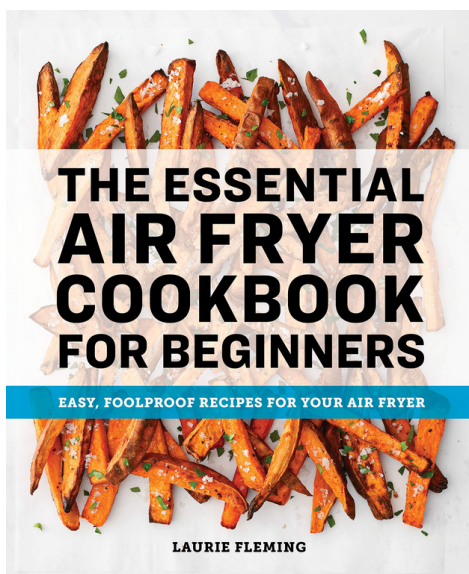


WEEK 5



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Monday

DEC 28, 2020

AIR FRYER EASY
BREAKFAST
QUESADILLAS

BREAKFAST

AIR FRYER TACO
CUPS

LUNCH

AIR FRYER ITALIAN
BAKED STUFFED
SHELLS

DINNER

Tuesday

DEC 29, 2020

AIR FRYER BACON &
CHEESE BREAKFAST
PINWHEELS

BREAKFAST

AIR FRYER CHICKEN
PATTY SANDWICHES

LUNCH

AIR FRYER KIELBASA
AND POTATOES

DINNER

Wednesday

DEC 30, 2020

AIR FRYER CINNAMON
SUGAR APPLE PUFF
PASTRY

BREAKFAST

AIR FRYER
PEPPERONI GRILLED
CHEESE

LUNCH

AIR FRYER KOREAN
FRIED CHICKEN
TACOS

DINNER

Thursday

DEC 31, 2020

AIR FRYER KETO
CHEESE BAKED EGGS

BREAKFAST

AIR FRYER
CARAMELIZED ONION
& MUSHROOM
QUESADILLA

LUNCH

AIR FRYER BACON
BURGERS

DINNER

HAPPY NEW YEAR

Friday

DEC 01, 2021

AIR FRYER CRANBERRY
BRIE APPETIZERS BITES

AIR FRYER GARLIC AND
ROSEMARY LAMB CHOPS

AIR FRYER ROASTED
YUKON POTATOES

AIR FRYER CHEESY
BROCCOLI

AIR FRYER APPLE PIE
WONTONS

LUNCH | DINNER