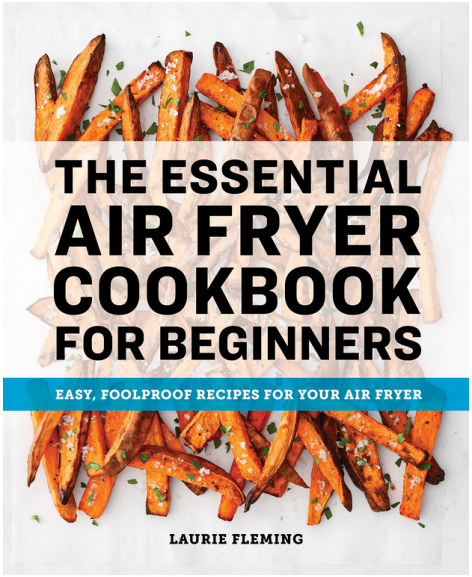
FORK TO SPOON

Weekly MEAL PLAN

WEEK 2



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Monday

DEC 7, 2020

AIR FRYER BREAKFAST CASSEROLE

BREAKFAST

AIR FRYER, HAM AND CHEESE BAKED EGG CUPS

LUNCH

AIR FRYER BANG BANG CHICKEN

DINNER

Tuesday

DEC 8, 2020

AIR FRYER EGGS & CHEESE BREAKFAST QUESADILLA

BREAKFAST

AIR FRYER BAKED POTATOES WITH SOUR CREAM & CHIVES

LUNCH

AIR FRYER HONEY SRIRACHA CHICKEN TENDERS

DINNER

Wednesday

DEC 9, 2020

AIR FRYER COPYCAT MCDONALD'S SAUSAGE MCMUFFIN

BREAKFAST

AIR FRYER GRILLED APPLE, BACON, AND CHEDDAR SANDWICHES

LUNCH

AIR FRYER BUTTERMILK FRIED CHICKEN

DINNER

Thursday

DEC 10, 2020

AIR FRYER WHIPPED BLUEBERRY HONEY RICOTTA TOAST

BREAKFAST

AIR FRYER MARYLAND JUMBO LUMP CRAB CAKES

LUNCH

AIR FRYER CHICKEN & VEGETABLE STIR FRY

DINNER

Friday

DEC 11, 2020

AIR FRYER APPLE PIE CRESCENTS

BREAKFAST

AIR FRYER CLASSIC BAKED MAC & CHEESE

LUNCH

AIR FRYER MINI DEEP DISH PIZZAS

DINNER