

MAY

AIR FRYER MEAL PLAN



	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	<u>Air Fryer</u> <u>Pepperoni Pierogi</u> <u>Casserole</u>	<u>Air Fryer</u> <u>Lamb</u> <u>Chops</u>	<u>Crispy</u> <u>Air Fryer</u> <u>Breaded</u> <u>Pork Chops</u>	<u>Bubble Up</u> <u>Pizza</u>
TUE	<u>Air Fryer</u> <u>Chicago Style</u> <u>Deep-Dish Pizza</u>	<u>Air Fryer</u> <u>Manicotti</u>	<u>Air Fryer</u> <u>Lamb</u> <u>Gyro</u>	<u>Air Fryer Orange</u> <u>Chicken (Panda Express</u> <u>Copycat)</u>
WED	<u>Air Fryer</u> <u>Lamb</u> <u>Cutlets</u>	<u>Air Fryer</u> <u>KFC Fried</u> <u>Chicken</u>	<u>Air Fryer</u> <u>Lasagna</u>	<u>Air Fryer Sheet Pan</u> <u>Pizza</u>
THU	<u>Air Fryer</u> <u>Lamb</u> <u>Cutlets</u>	<u>Air Fryer</u> <u>Margherita</u> <u>Flatbread Pizza</u>	<u>Air Fryer</u> <u>Chicken</u> <u>Tenders</u>	<u>Air Fryer</u> <u>Lasagna Rolls</u>
FRI	<u>Air Fryer</u> <u>Clams</u>	<u>Air Fryer</u> <u>Roughy</u>	<u>Air Fryer</u> <u>Lobster</u> <u>Bisque Pasta</u>	<u>Air Fryer Breaded</u> <u>Scallops</u>