

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Air Fryer Whole Chicken	Air Fryer Cauliflower Curry	Classic Meatloaf	Chicken Fried Rice	Smoky Air Fryer Ribs	Shrimp Tempura Sushi Burrito	Stuffed Acorn Squash
Week 2	Air Fryer Chicken Breast	Steak with Herb Lemon Butter	Air Fryer Chicken Quesadillas	Air Fryer Salmon	Crunchy Air Fryer Grilled Cheese	Air Fryer Chicken Shawarma Bowl	Madagascar Bean Stew
Week 3	Air Fryer Chicken Thighs	Juicy Air Fryer Hamburgers	Crispy Air Fryer Chickpea Tacos	Air Fryer Fish	Air Fryer Hot Dogs	Pork Chops	Stuffed Peppers
Week 4	Crispy Air Fryer Chicken Wings with Parmesan	Cilantro Lime Air Fryer Shrimp Skewers	Air Fryer Turkey Meatballs	Air Fryer Pita Bread Pizza	Air Fryer Salmon Patties	Vegetarian Tacos	Beef Steak Kabobs
Extra	SIDES Air Fryer Tater Tots Crispy Air Fryer Brussels Sprouts Air Fryer Sweet Potato Fries Air Fryer Buffalo Cauliflower Wings		DESSERTS One Bowl Gluten Free Chocolate Cake Air Fryer Apple Chips Air Fryer Donuts Air Fryer Blueberry Hand Pies		BREAKFASTS Air Fryer French Toast Sticks Air Fryer Breakfast Frittata Air Fryer Bacon Air Fryer Plantains		