

Weekly Meal

PLANNER



Meal Plan #28 - April 26 - May 2

MONDAY
Meatless
Meal

Air Fryer
Stuffed
Peppers

TUESDAY
Mexican

Air Fryer
Burgers
with Twice
Baked
Potatoes

WEDNESDAY
Chicken,
Beef or Fish

Honey
Garlic
Chicken
Wings

THURSDAY
Italian or
Pasta

Chicken
Parmesan

FRIDAY
Sandwiches
and Soup

Air Fryer
Fish Sticks

SATURDAY
Pizza or
Order Out

Monkey
Bread Pizza

SUNDAY
Comfort
Food

Lemon
Butter
Salmon

NOTES

