

# AIR FRYER

THE ORIGINAL DINNER MENU PLAN  
WEEK 1



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MON

[Air Fryer Mushroom Tacos](#)  
(Meatless Monday)

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TUE

[Air Fryer Bratwurst](#)

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WED

[Air Fryer Frozen Chicken Wings](#)

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THU

[Air Fryer Shrimp](#)

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FRI

[Air Fryer Meatloaf](#)

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