

# 7-Day Air Fryer Diet Plan

<b>Mon</b>	<i>Breakfast:</i> Breakfast Casserole <i>Lunch:</i> Frozen Salmon & Green Beans <i>Dinner:</i> Zucchini Fritters
<b>Tue</b>	<i>Breakfast:</i> Breakfast Casserole <i>Lunch:</i> Frozen Salmon & Green Beans <i>Dinner:</i> Cobb Salad
<b>Wed</b>	<i>Breakfast:</i> Breakfast Casserole <i>Lunch:</i> Frozen Salmon & Green Beans <i>Dinner:</i> Burger in a Bowl
<b>Thu</b>	<i>Breakfast:</i> Breakfast Casserole <i>Lunch:</i> Whole Chicken & Veggies <i>Dinner:</i> Harvest Casserole
<b>Fri</b>	<i>Breakfast:</i> Soft Boiled Eggs <i>Lunch:</i> Boneless Turkey Breast served w/ salad <i>Dinner:</i> Frozen Meatballs w/ Spaghetti Squash
<b>Sat</b>	<i>Breakfast:</i> Banana Souffle <i>Lunch:</i> Boneless Turkey Breast served w/ salad <i>Dinner:</i> Pork & Apple Burgers
<b>Sun</b>	<i>Breakfast:</i> English Breakfast <i>Lunch:</i> Beef Pot Roast <i>Dinner:</i> Pot Roast Leftovers