

SUPER EASY AIR FRYER

COOKBOOK FOR BEGINNERS

*Quick, Healthy, and Budget-Friendly
Recipes for Busy Lives - Breakfast,
Lunch & Dinner*

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INTRODUCTION

The air fryer isn't just another kitchen gadget—it's a culinary revolution, transforming how we cook by delivering golden, crispy textures with little to no oil, all while locking in flavor and nutrients. For beginners, this means no more guesswork: just simple, foolproof recipes that turn even the most inexperienced cook into a kitchen hero. Whether you're whipping up a weeknight dinner, a weekend snack, or a celebratory feast, this cookbook empowers you to create restaurant-quality dishes in minutes.

Why air frying?

It's the ultimate shortcut to healthier living without sacrificing taste. From crunchy veggie fries to juicy roasted chicken, melt-in-your-mouth salmon, and even decadent desserts, the air fryer does it all. Its rapid cooking time and even heat distribution make it perfect for busy mornings, hectic weekdays, or lazy Sundays. Plus, its compact design and easy cleanup mean more time enjoying your meal and less time scrubbing pans.

Inside, you'll discover:

- 100+ beginner-friendly recipes that prioritize speed, simplicity, and satisfaction.
- Nutrient-rich meals designed to fuel your body, from protein-packed lunches to fiber-filled sides.
- Creative twists on classics, like air-fried avocado fries, honey-glazed salmon, and cinnamon-dusted apple chips.
- Tips for every skill level, including how to avoid common mistakes and customize recipes for dietary needs.

This book isn't just about cooking—it's about rediscovering the joy of mealtime. With every flip of a page, you'll learn to embrace the air fryer's versatility, experiment with bold flavors, and serve dishes that impress without the stress. By the end, you'll wonder how you ever lived without this indispensable tool.

So, preheat your air fryer, grab your favorite ingredients, and let's turn everyday meals into something extraordinary. Healthy, delicious, and *effortlessly* crispy—your kitchen adventures start here!

Welcome to Air Fryer Cooking

Welcome to the world of air fryer cooking, where convenience meets healthy eating. The air fryer has quickly become a must-have kitchen appliance, offering a simple yet revolutionary way to prepare meals. For beginners, it's the perfect starting point for cooking flavorful dishes without the complexity of traditional methods. With its compact design and user-friendly features, the air fryer allows you to enjoy crispy, golden textures with little to no oil—making it an ideal choice for those who want delicious food without the added calories. This cookbook is here to guide you through the process, showing you how easy it can be to prepare meals that are both satisfying and nourishing.

One of the greatest advantages of air fryer cooking is the time it saves. Traditional cooking methods like baking or frying can be time-consuming and require constant monitoring, but the air fryer simplifies this. With preset functions, adjustable temperatures, and rapid cooking technology, you can prepare a variety of dishes in a fraction of the time. Busy mornings can start with a quick, nutritious breakfast, and hectic evenings can end with a delicious dinner on the table in minutes. The air fryer transforms mealtime into an enjoyable experience rather than a chore, perfect for anyone with a busy schedule or limited cooking experience.

Beyond speed and convenience, air fryers also promote healthier eating. Because they require significantly less oil than conventional frying, meals are naturally lower in fat and calories. Yet, the flavor and texture remain uncompromised—think crispy fries, juicy chicken, and tender seafood, all without the excess grease. This makes it easier to enjoy your favorite comfort foods without feeling guilty. Plus, air fryers help retain the nutrients in your ingredients, making meals not only tasty but also good for your body. Whether you're watching your calorie intake or simply want to eat cleaner, the air fryer makes healthy cooking effortless.

Most importantly, air fryer cooking is incredibly versatile. From breakfast and lunch to dinner and dessert, there's virtually no limit to what you can prepare. You can roast vegetables, bake pastries, reheat leftovers, and even experiment with new dishes—all with one appliance. As you explore the recipes in this cookbook, you'll discover how the air fryer simplifies cooking while enhancing flavor. Whether you're cooking for yourself or loved ones, this book will help you master the basics and beyond. Get ready to unlock the full potential of your air fryer and enjoy meals that are as easy to prepare as they are delicious.

Getting Started with Your Air Fryer

Starting your air fryer journey is an exciting step toward simpler, healthier cooking. The air fryer works by circulating hot air around the food, creating a crispy outer layer while locking in moisture. This rapid air technology mimics the results of deep frying but with significantly less oil, making meals lighter and healthier. Before diving into recipes, it's essential to familiarize yourself with your air fryer's components, such as the basket, tray, and control panel. Each air fryer model may have slightly different features, but understanding the basic functions will ensure you get the best results every time.

The first step in using your air fryer is preheating. While some models preheat automatically, others require manual preheating, which typically takes just a few minutes.

Preheating ensures even cooking and optimal texture, especially for foods that need a crispy finish. Next, avoid overcrowding the basket; leaving enough space for air to circulate is crucial for achieving that perfect golden-brown result. If you're cooking larger portions, consider cooking in batches for the best texture and taste. Additionally, using a light spray of oil can help achieve extra crispiness without adding unnecessary calories.

Understanding temperature and time settings is also key. Different foods require different cooking times and temperatures, which this cookbook will outline clearly. Many air fryers come with preset programs for common foods like fries, chicken, and fish, making it even easier for beginners. However, don't hesitate to adjust settings based on your preferences. For example, flipping or shaking the basket halfway through cooking ensures even browning. With a little practice, you'll become comfortable making these adjustments, tailoring recipes to your taste and texture preferences.

Lastly, maintaining your air fryer is essential for consistent performance. After each use, allow it to cool before cleaning the basket and tray with warm, soapy water. Most air fryer components are dishwasher safe, making cleanup quick and hassle-free. Regular cleaning prevents residue buildup, ensuring your air fryer continues to operate efficiently. As you gain confidence, you'll discover just how versatile this appliance is—capable of roasting vegetables, baking desserts, and even reheating leftovers while preserving texture and flavor. With these basics in mind, you're ready to explore the delicious and healthy possibilities that air fryer cooking offers.

Essential Ingredients and Tools

To make the most of your air fryer, it's important to have a well-stocked kitchen with essential ingredients and tools that simplify the cooking process. The beauty of air fryer recipes lies in their simplicity—most dishes require minimal ingredients while still delivering incredible flavor. Start by keeping versatile pantry staples on hand, such as olive oil spray for achieving a crispy finish with less fat, breadcrumbs and panko for added crunch, and a variety of herbs and spices like garlic powder, paprika, black pepper, and Italian seasoning to enhance flavor. Whole grains like quinoa, rice, and oats are also useful for balanced meals, while fresh produce like potatoes, bell peppers, and broccoli are perfect for quick, healthy sides.

In addition to pantry staples, having a variety of proteins will expand your recipe possibilities. Keep chicken breasts, thighs, and drumsticks for quick, lean meals, along with seafood like salmon and shrimp, which cook beautifully in the air fryer. For plant-based meals, tofu, tempeh, and legumes like chickpeas are excellent choices.

Dairy products such as cheese and yogurt can add creaminess and flavor, while eggs are perfect for breakfast recipes or adding protein to meals. With these ingredients readily available, you'll be able to prepare a variety of dishes without extra trips to the store.

The right tools also make air fryer cooking more efficient and enjoyable. A reliable meat thermometer ensures proteins are cooked to safe internal temperatures without overcooking. Silicone tongs make flipping and removing food easy without scratching the air fryer basket. Parchment paper liners specifically designed for air fryers can prevent sticking and make cleanup even quicker. Additionally, small heat-resistant baking dishes and ramekins expand your options, allowing you to bake desserts, casseroles, or eggs right in the air fryer.

Lastly, consider investing in a kitchen scale for accurate ingredient measurements, especially when following recipes focused on portion control and nutritional balance. A good set of measuring spoons and cups is essential for precise seasoning, while a sharp knife and cutting board make prepping vegetables, fruits, and proteins quicker and safer. With these essential ingredients and tools, you'll be fully prepared to create delicious, healthy meals using your air fryer. From quick snacks to hearty dinners, everything you need to succeed in air fryer cooking will be right at your fingertips.

BREAKFAST RECIPES



AIR FRYER AVOCADO EGG BOATS

Prep Time: 5 mins | Cooking Time: 10 mins | Servings: 2

Ingredients:

- 2 ripe avocados, halved and pitted
- 4 small eggs
- Salt and pepper to taste
- Chopped chives for garnish

Instructions:

1. Preheat the air fryer to 350°F (175°C).
2. Scoop out a bit of avocado flesh to create space for the eggs.
3. Crack an egg into each avocado half. Season with salt and pepper.

4. Place avocados in the air fryer basket. Cook for 10 minutes or until the eggs are set.
5. Garnish with chives and serve immediately.

Tips: Use small eggs to prevent overflow.

Nutritional Value (per serving):

Calories: 230, Protein: 6g, Fat: 18g, Carbs: 10g

Recipe Benefits: High in healthy fats, supports heart health, and keeps you full longer.



AIR FRYER GREEK YOGURT PANCAKES

Prep Time: 10 mins | Cooking Time: 8 mins | Servings: 4

Ingredients:

- 1 cup all-purpose flour
- 1 tsp baking powder
- ½ tsp baking soda
- 1 cup Greek yogurt
- 2 large eggs
- 1 tsp vanilla extract

Instructions:

1. Mix flour, baking powder, and baking soda in a bowl.
2. In another bowl, whisk Greek yogurt, eggs, and vanilla extract.
3. Combine wet and dry ingredients until smooth.

4. Scoop batter onto parchment paper and air fry at 320°F (160°C) for 8 minutes.
5. Serve with fresh berries and honey.

Tips: Use parchment paper to avoid sticking.

Nutritional Value (per serving):

Calories: 190, Protein: 9g, Fat: 4g, Carbs: 28g

Recipe Benefits: High in protein for sustained energy.



AIR FRYER BREAKFAST BURRITOS

Prep Time: 10 mins | Cooking Time: 10 mins | Servings: 4

Ingredients:

- 4 whole-wheat tortillas
- 4 large eggs
- 1 cup cooked turkey sausage, crumbled
- 1 cup shredded cheddar cheese
- 1 cup spinach, chopped

Instructions:

1. Scramble eggs and turkey sausage in a pan.
2. Fill tortillas with scrambled eggs, sausage, cheese, and spinach.

3. Roll into burritos and place in the air fryer.
4. Air fry at 370°F (188°C) for 10 minutes, flipping halfway.
5. Serve with salsa.

Tips: Wrap burritos tightly to prevent spillage.

Nutritional Value (per serving):

Calories: 280, Protein: 17g, Fat: 12g, Carbs: 25g

Recipe Benefits: Balanced with protein, carbs, and healthy fats.



AIR FRYER CINNAMON APPLE CHIPS

Prep Time: 5 mins | Cooking Time: 12 mins | Servings: 2

Ingredients:

- 2 apples, thinly sliced
- 1 tsp cinnamon
- 1 tsp coconut sugar (optional)

Instructions:

1. Preheat air fryer to 320°F (160°C).
2. Toss apple slices with cinnamon and sugar.
3. Arrange in a single layer in the air fryer basket.
4. Air fry for 12 minutes, flipping halfway.
5. Let them cool before serving.

Tips: Slice apples uniformly for even cooking.

Nutritional Value (per serving):

Calories: 95, Protein: 0.5g, Fat: 0g, Carbs: 25g

Recipe Benefits: High in fiber and antioxidants



AIR FRYER BANANA BREAD MUFFINS

Prep Time: 10 mins Cooking Time: 12 mins Servings: 6	
Ingredients: <ul style="list-style-type: none"> • 2 ripe bananas, mashed • 1 cup whole-wheat flour • 1 tsp baking soda • ¼ cup honey • 1 large egg • 1 tsp vanilla extract Instructions: <ul style="list-style-type: none"> • Preheat air fryer to 330°F (165°C). • Mix all ingredients until smooth. • Pour batter into silicone muffin cups. 	<ul style="list-style-type: none"> • Air fry for 12 minutes. • Let cool before serving.
	Tips: Use silicone molds for best results. Nutritional Value (per serving): Calories: 160, Protein: 3g, Fat: 2g, Carbs: 32g Recipe Benefits: High in potassium and fiber.



AIR FRYER OATMEAL CUPS

Prep Time: 10 mins Cooking Time: 15 mins Servings: 6	
Ingredients: <ol style="list-style-type: none"> 1 cup rolled oats 1 cup almond milk 1 ripe banana, mashed 1 tsp cinnamon 1 tsp vanilla extract ¼ cup raisins 	<ul style="list-style-type: none"> Cool and enjoy.
Instructions: <ul style="list-style-type: none"> Mix all ingredients in a bowl. Spoon mixture into silicone muffin cups. Air fry at 330°F (165°C) for 15 minutes. 	<p>Tips: Add nuts or seeds for extra texture.</p> <p>Nutritional Value (per serving): Calories: 140, Protein: 3g, Fat: 2g, Carbs: 28g</p> <p>Recipe Benefits: Rich in fiber and energy-boosting carbs.</p>



AIR FRYER BREAKFAST EGG MUFFINS

Prep Time: 10 mins | Cooking Time: 10 mins | Servings: 4

Ingredients:

- 6 large eggs
- 1 cup chopped spinach
- ½ cup diced bell peppers
- ½ cup shredded cheese
- Salt and pepper to taste

Instructions:

- Whisk eggs and season with salt and pepper.
- Stir in spinach, peppers, and cheese.
- Pour into silicone muffin cups.

- Air fry at 350°F (175°C) for 10 minutes.
- Let cool before serving.

Tips: Use silicone molds for best results.

Nutritional Value (per serving):

Calories: 160, Protein: 3g, Fat: 2g, Carbs: 32g

Recipe Benefits: High in potassium and fiber.



AIR FRYER FRENCH TOAST STICKS

Prep Time: 5 mins Cooking Time: 8 mins Servings: 4	
Ingredients: <ul style="list-style-type: none"> • 4 slices whole-grain bread • 2 large eggs • ¼ cup milk • 1 tsp cinnamon • 1 tsp vanilla extract 	<ul style="list-style-type: none"> • Air fry at 370°F (188°C) for 8 minutes. • Serve with maple syrup.
Instructions: <ul style="list-style-type: none"> • Cut bread into strips. • Whisk eggs, milk, cinnamon, and vanilla together. • Dip bread strips into the mixture. 	<p>Tips: Use day-old bread for better texture.</p> <p>Nutritional Value (per serving): Calories: 210, Protein: 7g, Fat: 5g, Carbs: 32g</p> <p>Recipe Benefits: Balanced energy and fiber.</p>



AIR FRYER BREAKFAST POTATOES

Prep Time: 10 mins Cooking Time: 15 mins Servings: 4	
Ingredients: <ul style="list-style-type: none"> • 2 large potatoes, diced • 1 tbsp olive oil • 1 tsp paprika • 1 tsp garlic powder • Salt and pepper to taste Instructions: <ul style="list-style-type: none"> • Toss potatoes with oil and seasonings. • Air fry at 400°F (200°C) for 15 minutes, shaking halfway. • Serve warm. 	<ul style="list-style-type: none"> • Air fry for 12 minutes. • Let cool before serving.
	Tips: Add chopped onions for extra flavor. Nutritional Value (per serving): Calories: 150, Protein: 3g, Fat: 5g, Carbs: 24g Recipe Benefits: Great source of potassium and energy.



AIR FRYER BERRY-STUFFED CROISSANTS

Prep Time: 5 mins | Cooking Time: 8 mins | Servings: 4

Ingredients:

- 4 mini croissants
- ½ cup cream cheese
- 1 cup mixed berries
- 1 tbsp honey

Instructions:

- Slice croissants and spread cream cheese inside.
- Add berries and drizzle with honey.

- Air fry at 350°F (175°C) for 8 minutes.
- Serve warm.

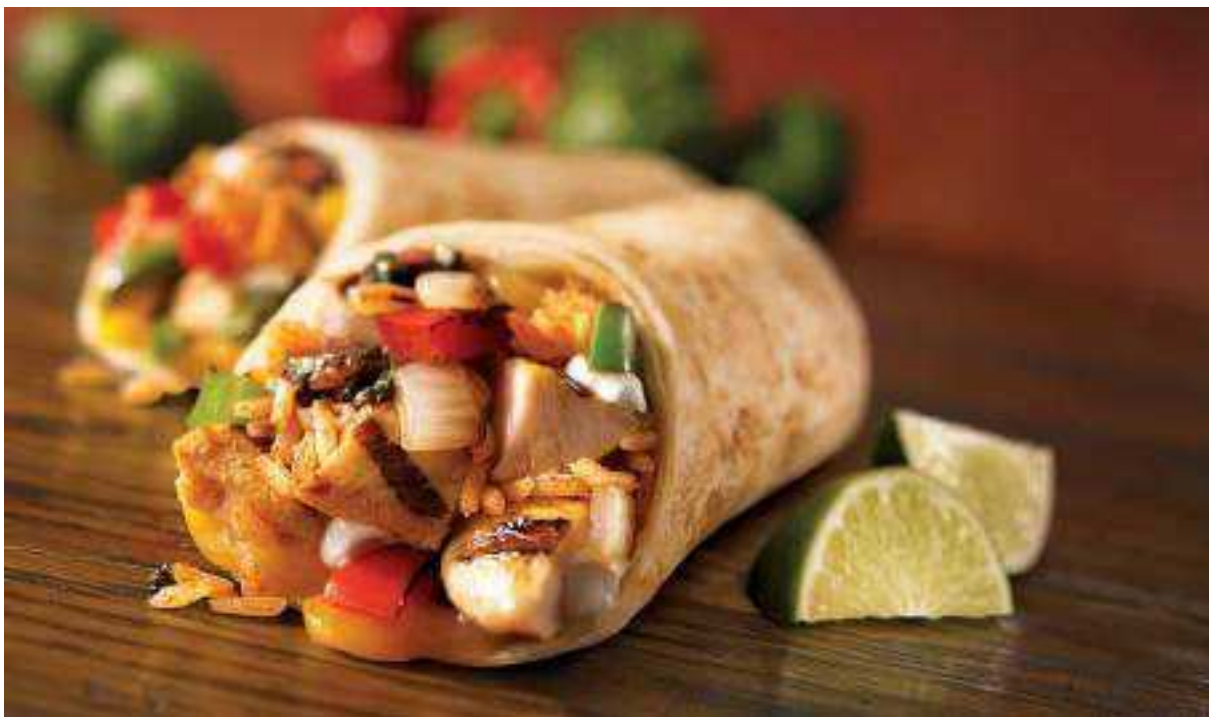
Tips: Use seasonal berries for the best flavor.

Nutritional Value (per serving):

Calories: 180, Protein: 4g, Fat: 8g, Carbs: 22g

Recipe Benefits: Antioxidant-rich and indulgent yet light.

LUNCH RECIPES



AIR FRYER CHICKEN CAESAR WRAP

Prep Time: 10 mins | Cooking Time: 12 mins | Servings: 2

Ingredients:

- 2 boneless, skinless chicken breasts
- 1 tbsp olive oil
- 1 tsp garlic powder
- Salt and pepper to taste
- 2 whole-wheat tortillas
- 1 cup romaine lettuce, chopped
- ¼ cup Caesar dressing
- ¼ cup grated Parmesan cheese

Instructions:

- Preheat air fryer to 370°F (188°C).
- Rub chicken breasts with olive oil, garlic powder, salt, and pepper.
- Air fry for 12 minutes, flipping halfway. Let rest, then slice.

- Fill tortillas with lettuce, sliced chicken, Caesar dressing, and Parmesan.
- Wrap and serve.

Tips: Grill the wraps in the air fryer for 2 minutes for extra crispiness.

Nutritional Value (per serving):
Calories: 350, Protein: 28g, Fat: 15g, Carbs: 24g

Recipe Benefits: High in protein and fiber for a filling lunch.



AIR FRYER TURKEY AND CHEESE QUESADILLA

Prep Time: 5 mins | Cooking Time: 8 mins | Servings: 2

Ingredients:

- 2 whole-wheat tortillas
- 1 cup shredded mozzarella cheese
- 1 cup cooked turkey breast, sliced
- 1 small avocado, sliced
- ½ cup salsa

Instructions:

- Layer turkey, cheese, and avocado on one tortilla and top with the second tortilla.
- Air fry at 360°F (182°C) for 8 minutes, flipping halfway.
- Cut into wedges and serve with salsa.

Tips: Use toothpicks to secure the tortillas if needed.

Nutritional Value (per serving):

Calories: 320, Protein: 25g, Fat: 16g, Carbs: 20g

Recipe Benefits: Protein-rich with healthy fats from avocado.



AIR FRYER VEGGIE AND HUMMUS PITA POCKET

Prep Time: 10 mins Cooking Time: 6 mins Servings: 2	
Ingredients: <ul style="list-style-type: none"> • 2 whole-wheat pita pockets • 1 cup mixed bell peppers, sliced • 1 small zucchini, sliced • 1 cup hummus • 1 tsp olive oil • Salt and pepper to taste Instructions: <ul style="list-style-type: none"> • Toss vegetables with olive oil, salt, and pepper. • Air fry at 380°F (193°C) for 6 minutes. • Fill pita pockets with hummus and roasted veggies. 	<ul style="list-style-type: none"> • Serve immediately.
	Tips: Add feta cheese for extra flavor. Nutritional Value (per serving): Calories: 290, Protein: 9g, Fat: 10g, Carbs: 40g Recipe Benefits: High in fiber, plant-based protein, and antioxidants.



AIR FRYER TUNA MELT SANDWICH

Prep Time: 5 mins Cooking Time: 10 mins Servings: 2	
Ingredients: <ul style="list-style-type: none"> • 4 slices whole-grain bread • 1 can tuna in water, drained • 2 tbsp Greek yogurt • 1 tsp Dijon mustard • ½ cup shredded cheddar cheese • 1 small tomato, sliced 	<ul style="list-style-type: none"> • Air fry at 360°F (182°C) for 10 minutes, flipping halfway. • Serve warm.
Instructions: <ul style="list-style-type: none"> • Mix tuna, Greek yogurt, and mustard. • Spread tuna mixture on two bread slices, top with cheese and tomato. • Cover with remaining bread slices. 	<p>Tips: Use whole-grain bread for extra fiber.</p> <p>Nutritional Value (per serving): Calories: 320, Protein: 22g, Fat: 12g, Carbs: 28g</p> <p>Recipe Benefits: High in omega-3s and protein.</p>



AIR FRYER SHRIMP TACOS

Prep Time: 10 mins | Cooking Time: 8 mins | Servings: 4

Ingredients:

- 1 lb shrimp, peeled and deveined
- 1 tbsp olive oil
- 1 tsp chili powder
- 1 tsp garlic powder
- 8 small corn tortillas
- 1 cup cabbage slaw
- ¼ cup Greek yogurt
- 1 tbsp lime juice

Instructions:

- Toss shrimp with olive oil, chili powder, and garlic powder.
- Air fry at 400°F (200°C) for 8 minutes.
- Warm tortillas in the air fryer for 1 minute.

- Fill tortillas with shrimp, slaw, and drizzle with yogurt and lime juice.

Tips: Add avocado for extra creaminess.

Nutritional Value (per serving):

Calories: 250, Protein: 20g, Fat: 9g, Carbs: 18g

Recipe Benefits: High in lean protein and antioxidants.



AIR FRYER GRILLED VEGGIE SANDWICH

Prep Time: 10 mins | Cooking Time: 12 mins | Servings: 2

Ingredients:

- 4 slices sourdough bread
- 1 small zucchini, sliced
- 1 red bell pepper, sliced
- ½ cup mozzarella cheese
- 2 tbsp pesto

Instructions:

- Air fry zucchini and bell pepper at 380°F (193°C) for 8 minutes.
- Spread pesto on bread slices.
- Layer grilled veggies and mozzarella between bread.

- Air fry the sandwich at 360°F (182°C) for 4 minutes, flipping halfway.

Tips: Add arugula for extra greens.

Nutritional Value (per serving): Calories: 280, Protein: 11g, Fat: 12g, Carbs: 30g

Recipe Benefits: Rich in fiber, vitamins, and minerals.



AIR FRYER CHICKEN TENDERS WITH HONEY MUSTARD

Prep Time: 10 mins Cooking Time: 10 mins Servings: 4	
Ingredients: <ul style="list-style-type: none"> • 1 lb chicken tenders • 1 cup whole-wheat breadcrumbs • 1 tsp paprika • 2 large eggs, beaten • ½ cup Greek yogurt • 2 tbsp Dijon mustard • 1 tbsp honey Instructions: <ul style="list-style-type: none"> • Dip chicken in eggs, then breadcrumbs mixed with paprika. • Air fry at 400°F (200°C) for 10 minutes, flipping halfway. • Mix yogurt, mustard, and honey for the dipping sauce. 	<ul style="list-style-type: none"> • Serve immediately.
	<p>Tips: Use panko for extra crispiness.</p> <p>Nutritional Value (per serving): Calories: 310, Protein: 25g, Fat: 10g, Carbs: 28g</p> <p>Recipe Benefits: Lean protein with a low-fat dip.</p>



AIR FRYER FALAFEL WRAP

Prep Time: 15 mins | Cooking Time: 12 mins | Servings: 4

Ingredients:

- 2 cups canned chickpeas, drained
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 tsp cumin
- 2 tbsp parsley, chopped
- 2 tbsp flour
- 4 whole-wheat tortillas
- 1 cup lettuce
- ½ cup tahini sauce

Instructions:

- Blend chickpeas, onion, garlic, cumin, parsley, and flour.
- Shape mixture into small balls.
- Air fry at 370°F (188°C) for 12 minutes.

- Serve falafel in tortillas with lettuce and tahini sauce.

Tips: Chill mixture before shaping for easier handling.

Nutritional Value (per serving): Calories: 300, Protein: 12g, Fat: 10g, Carbs: 40g

Recipe Benefits: High in plant-based protein and fiber



AIR FRYER CHICKEN AND VEGGIE BOWL

Prep Time: 10 mins | Cooking Time: 15 mins | Servings: 2

Ingredients:

- 2 boneless chicken thighs, cubed
- 1 cup broccoli florets
- 1 red bell pepper, sliced
- 1 tbsp olive oil
- 1 tsp garlic powder
- Salt and pepper to taste
- 1 cup cooked brown rice

Instructions:

- Toss chicken and vegetables with olive oil, garlic powder, salt, and pepper.
- Air fry at 380°F (193°C) for 15 minutes, shaking halfway.
- Serve over brown rice.

Tips: Add a squeeze of lemon for extra freshness.

Nutritional Value (per serving): Calories: 390, Protein: 28g, Fat: 12g, Carbs: 38g

Recipe Benefits: Balanced with protein, fiber, and whole grains.



AIR FRYER SALMON WITH ASPARAGUS

Prep Time: 5 mins Cooking Time: 10 mins Servings: 2	
Ingredients: <ul style="list-style-type: none"> • 2 salmon fillets (4 oz each) • 1 bunch asparagus, trimmed • 1 tbsp olive oil • Salt and pepper to taste 	<ul style="list-style-type: none"> • Air fry at 400°F (200°C) for 10 minutes. • Serve with lemon slices.
Instructions: <ul style="list-style-type: none"> • Season salmon with salt and pepper. • Toss asparagus with olive oil, salt, and pepper. • Arrange salmon and asparagus in the air fryer. 	<p>Tips: Do not overcrowd the air fryer for even cooking.</p> <p>Nutritional Value (per serving): Calories: 320, Protein: 28g, Fat: 18g, Carbs: 8g</p> <p>Recipe Benefits: High in omega-3s and low in carbs for a light, nutritious lunch.</p>

DINNER RECIPES



1. AIR FRYER LEMON GARLIC CHICKEN THIGHS

Prep Time: 10 mins Cooking Time: 15 mins Servings: 6	
Ingredients: <ul style="list-style-type: none">• 6 boneless, skinless chicken thighs• 2 tbsp olive oil• 2 tbsp lemon juice• 3 cloves garlic, minced• 1 tsp paprika• 1 tsp dried oregano• Salt and pepper to taste Instructions: <ul style="list-style-type: none">• Preheat the air fryer to 380°F (193°C).• In a bowl, mix olive oil, lemon juice, garlic, paprika, oregano, salt, and pepper.• Coat the chicken thighs with the marinade.• Place the chicken in the air fryer basket and cook for 15 minutes, flipping halfway.	<ul style="list-style-type: none">• Serve with a side of steamed vegetables. <p>Tips: Add lemon slices on top before cooking for extra citrus flavor.</p> <p>Nutritional Value (per serving): Calories: 250, Protein: 26g, Fat: 14g, Carbs: 1g</p> <p>Recipe Benefits: High in protein and healthy fats, perfect for a balanced dinner.</p>



2. AIR FRYER TERIYAKI SALMON

Prep Time: 10 mins | Cooking Time: 12 mins | Servings: 6

Ingredients:

- 6 salmon fillets (4 oz each)
- ¼ cup low-sodium soy sauce
- 2 tbsp honey
- 1 tbsp rice vinegar
- 1 tbsp grated ginger
- 1 garlic clove, minced
- Sesame seeds for garnish

Instructions:

- In a bowl, whisk soy sauce, honey, rice vinegar, ginger, and garlic.
- Marinate salmon fillets in the mixture for 10 minutes.
- Preheat air fryer to 400°F (200°C).
- 4. Place salmon in the air fryer and cook for 12 minutes.
- Garnish with sesame seeds before serving.

Tips: Use silicone molds for best results.

Nutritional Value (per serving):

Calories: 160, Protein: 3g, Fat: 2g, Carbs: 32g

Recipe Benefits: High in potassium and fiber.



3. AIR FRYER STUFFED BELL PEPPERS

Prep Time: 10 mins | Cooking Time: 15 mins | Servings: 6

Ingredients:

- 6 large bell peppers, tops removed and seeds cleaned
- 1 lb ground turkey
- 1 cup cooked quinoa
- 1 cup marinara sauce
- 1 cup shredded mozzarella cheese
- 1 tsp Italian seasoning
- Salt and pepper to taste

Instructions:

- In a skillet, cook ground turkey until browned.
- Stir in cooked quinoa, marinara sauce, Italian seasoning, salt, and pepper.
- Stuff the bell peppers with the turkey mixture and top with mozzarella.

- Preheat air fryer to 360°F (182°C) and cook for 15 minutes.
- Serve hot.

Tips: Use different colored peppers for visual appeal.

Nutritional Value (per serving):
Calories: 280, Protein: 22g, Fat: 10g, Carbs: 18g

Recipe Benefits: High in protein and fiber with vibrant antioxidants from peppers.



4. AIR FRYER GARLIC BUTTER SHRIMP

Prep Time: 10 mins | Cooking Time: 8 mins | Servings: 6

Ingredients:

- 1½ lbs large shrimp, peeled and deveined
- 3 tbsp melted butter
- 3 cloves garlic, minced
- 1 tsp lemon zest
- 2 tbsp chopped parsley
- Salt and pepper to taste

Instructions:

- Toss shrimp with melted butter, garlic, lemon zest, salt, and pepper.
- Preheat air fryer to 400°F (200°C).
- Arrange shrimp in a single layer in the basket.
- Air fry for 8 minutes, shaking halfway through.

- Garnish with parsley and serve.

Tips: Pair with garlic bread or pasta for a complete dinner.

Nutritional Value (per serving):
Calories: 190, Protein: 24g, Fat: 10g, Carbs: 2g

Recipe Benefits: Low-carb, high-protein meal rich in essential minerals.



5. AIR FRYER BBQ CHICKEN DRUMSTICKS

Prep Time: 10 mins | Cooking Time: 15 mins | Servings: 6

Ingredients:

- 2 ripe bananas, mashed
- 1 cup whole-wheat flour
- 1 tsp baking soda
- ¼ cup honey
- 1 large egg
- 1 tsp vanilla extract

Instructions:

- Toss drumsticks with olive oil, paprika, salt, and pepper.
- Preheat air fryer to 400°F (200°C).
- 3. Cook drumsticks for 10 minutes.
- Brush with BBQ sauce and cook for an additional 5 minutes.

- Serve with coleslaw.

Tips: Use a sugar-free BBQ sauce for a lower-carb option.

Nutritional Value (per serving): Calories: 320, Protein: 26g, Fat: 18g, Carbs: 8g

Recipe Benefits: High in protein with bold, smoky flavors.



6. AIR FRYER VEGETABLE LASAGNA ROLLS

Prep Time: 10 mins Cooking Time: 15 mins Servings: 6	
Ingredients: <ul style="list-style-type: none"> • 6 lasagna noodles, cooked • 1 cup ricotta cheese • 1 cup spinach, chopped • ½ cup shredded mozzarella cheese • 1 cup marinara sauce • 1 tsp Italian seasoning Instructions: <ul style="list-style-type: none"> • Mix ricotta, spinach, and Italian seasoning in a bowl. • Spread the mixture on each lasagna noodle, roll them up, and place in a baking dish. • Top with marinara sauce and mozzarella cheese. 	<ul style="list-style-type: none"> • Preheat air fryer to 360°F (182°C) and cook for 15 minutes. • Serve warm.
	Tips: Add mushrooms for extra umami flavor. Nutritional Value (per serving): Calories: 260, Protein: 12g, Fat: 9g, Carbs: 30g Recipe Benefits: Vegetarian-friendly and rich in calcium and fiber.



7. AIR FRYER BEEF AND BROCCOLI STIR-FRY

Prep Time: 10 mins | Cooking Time: 12 mins | Servings: 6

Ingredients:

- 1 lb beef sirloin, sliced thinly
- 3 cups broccoli florets
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 1 tbsp cornstarch
- 2 cloves garlic, minced
- 1 tsp ginger, grated

Instructions:

- Marinate beef in soy sauce, sesame oil, garlic, and ginger for 10 minutes.
- Toss broccoli with a little oil and salt.
- Air fry beef and broccoli together at 390°F (199°C) for 12 minutes, shaking halfway.

- Serve with brown rice.

Tips: Add red pepper flakes for a spicy kick.

Nutritional Value (per serving):
Calories: 340, Protein: 26g, Fat: 16g, Carbs: 18g

Recipe Benefits: High-protein meal packed with fiber and essential nutrients.



8. AIR FRYER HONEY MUSTARD PORK CHOPS

Prep Time: 10 mins | Cooking Time: 15 mins | Servings: 6

Ingredients:

- 6 boneless pork chops
- ¼ cup Dijon mustard
- 2 tbsp honey
- 1 tbsp olive oil
- 1 tsp garlic powder
- Salt and pepper to taste

Instructions:

- Mix mustard, honey, olive oil, garlic powder, salt, and pepper.
- Brush the mixture over pork chops.
- Preheat air fryer to 400°F (200°C).
- Cook pork chops for 15 minutes, flipping halfway.

- Serve with roasted potatoes.

Tips: Let pork chops rest for 5 minutes before serving for juicier results.

Nutritional Value (per serving):
Calories: 320, Protein: 28g, Fat: 12g, Carbs: 10g

Recipe Benefits: High-protein dinner option with a perfect sweet and savory balance.



9. AIR FRYER SWEET POTATO AND BLACK BEAN TACOS

Prep Time: 10 mins | Cooking Time: 15 mins | Servings: 6

Ingredients:

- 3 medium sweet potatoes, peeled and cubed
- 1 can black beans, rinsed and drained
- 2 tbsp olive oil
- 1 tsp cumin
- 1 tsp chili powder
- 12 small corn tortillas
- Fresh cilantro and lime wedges for serving

Instructions:

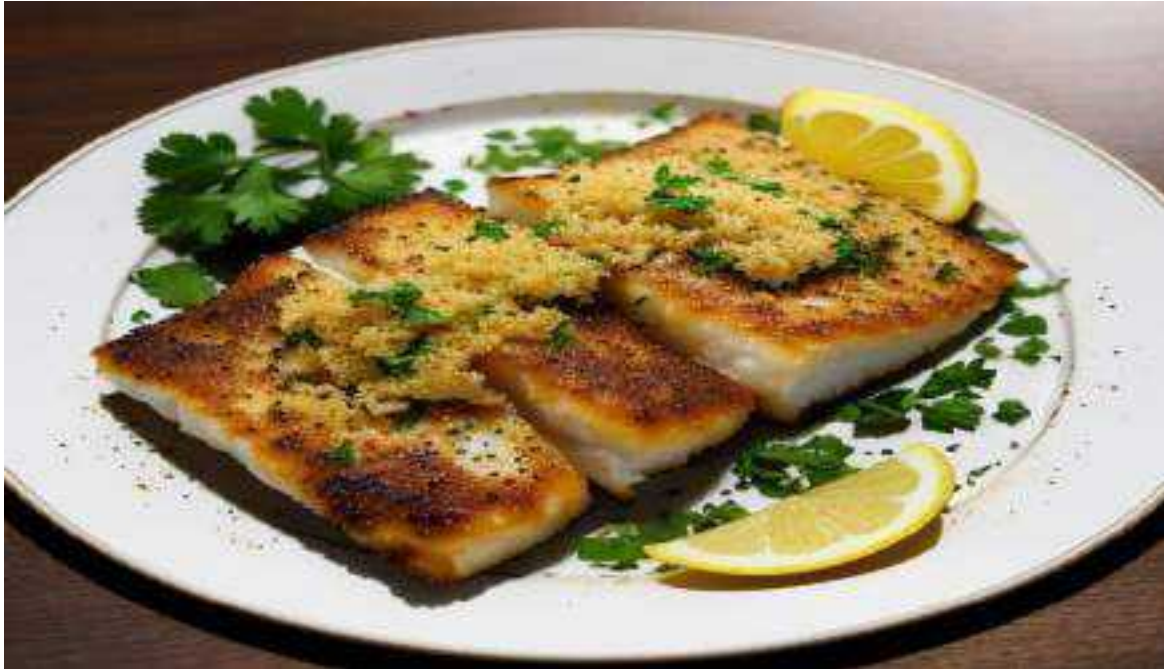
- Toss sweet potatoes with olive oil, cumin, and chili powder.
- Preheat air fryer to 390°F (199°C).
- Air fry sweet potatoes for 15 minutes, shaking halfway.
- Warm tortillas in the air fryer for 1 minute.

- Fill tortillas with sweet potatoes and black beans. Top with cilantro and lime.

Tips: Add avocado slices for extra creaminess.

Nutritional Value (per serving):
Calories: 270, Protein: 9g, Fat: 7g, Carbs: 40g

Recipe Benefits: Plant-based, high in fiber, and rich in antioxidants.



10. AIR FRYER HERB-CRUSTED COD

Prep Time: 10 mins | Cooking Time: 12 mins | Servings: 6

Ingredients:

- 6 cod fillets (4 oz each)
- 1 cup whole-wheat breadcrumbs
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried thyme
- 1 tsp dried parsley
- Salt and pepper to taste

Instructions:

- Mix breadcrumbs with garlic powder, thyme, parsley, salt, and pepper.
- Brush cod fillets with olive oil and coat with breadcrumb mixture.
- Preheat air fryer to 400°F (200°C).
- Place cod in the air fryer basket and cook for 12 minutes.

- Serve with lemon wedges.

Tips: Serve with roasted asparagus for a light dinner.

Nutritional Value (per serving):
Calories: 290, Protein: 24g, Fat: 10g, Carbs: 20g

Recipe Benefits: Lean source of protein with heart-healthy herbs.

CHICKEN RECIPES



1. AIR FRYER CRISPY CHICKEN WINGS

Prep Time: 10 mins | Cooking Time: 25 mins | Servings: 6

Ingredients:

- 2 lbs chicken wings
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp smoked paprika
- ½ tsp black pepper
- ½ tsp salt

Instructions:

- Pat chicken wings dry and toss with olive oil, garlic powder, paprika, salt, and pepper.
- Preheat air fryer to 400°F (200°C).
- Arrange wings in a single layer and cook for 25 minutes, shaking the basket every 5 minutes.
- Serve with your favorite dipping sauce.

Tips: For extra crispiness, air fry for an additional 5 minutes.

Nutritional Value (per serving):
Calories: 290, Protein: 24g, Fat: 20g, Carbs: 0g

Recipe Benefits: High-protein, low-carb option perfect for keto diets.



2. AIR FRYER CHICKEN PARMESAN

Prep Time: 10 mins Cooking Time: 15 mins Servings: 6	
Ingredients: <ul style="list-style-type: none"> • 6 boneless chicken breasts • 1 cup whole-wheat breadcrumbs • ½ cup grated Parmesan cheese • 2 eggs, beaten • 1 cup marinara sauce • 1 cup shredded mozzarella cheese • 1 tsp Italian seasoning Instructions: <ul style="list-style-type: none"> • Mix breadcrumbs, Parmesan, and Italian seasoning in a bowl. • Dip chicken breasts in beaten eggs, then coat with breadcrumb mixture. • Preheat air fryer to 370°F (188°C). • Air fry for 12 minutes, flip, add marinara and mozzarella, and cook for another 3 minutes. 	<ul style="list-style-type: none"> • Serve hot with a side of spaghetti.
	<p>Tips: Garnish with fresh basil for extra flavor.</p> <p>Nutritional Value (per serving): Calories: 340, Protein: 34g, Fat: 12g, Carbs: 18g</p> <p>Recipe Benefits: Rich in protein and calcium, a healthier take on a classic dish.</p>



3. AIR FRYER HONEY GARLIC CHICKEN BITES

Prep Time: 10 mins Cooking Time: 10 mins Servings: 6	
Ingredients: <ul style="list-style-type: none"> • 2 lbs chicken breast, cut into bite-sized pieces • 2 tbsp olive oil • ¼ cup honey • 2 tbsp soy sauce • 2 cloves garlic, minced • 1 tbsp cornstarch • Salt and pepper to taste Instructions: <ul style="list-style-type: none"> • Toss chicken pieces with olive oil, salt, and pepper. • Preheat air fryer to 380°F (193°C). • Cook chicken for 10 minutes, shaking halfway through. • In a pan, heat honey, soy sauce, and garlic. Add cornstarch mixture to thicken. 	<ul style="list-style-type: none"> • Toss cooked chicken in the honey garlic sauce before serving.
	Tips: Add sesame seeds and chopped green onions for garnish. Nutritional Value (per serving): Calories: 310, Protein: 26g, Fat: 10g, Carbs: 22g Recipe Benefits: High in protein with a sweet and savory flavor.



4. AIR FRYER CHICKEN FAJITAS

Prep Time: 10 mins | Cooking Time: 15 mins | Servings: 6

Ingredients:

- 1½ lbs chicken breast, sliced
- 2 bell peppers, sliced
- 1 onion, sliced
- 2 tbsp olive oil
- 1 tbsp fajita seasoning
- 6 flour tortillas

Instructions:

- Toss chicken, peppers, and onions with olive oil and fajita seasoning.
- Preheat air fryer to 390°F (199°C).
- Cook for 15 minutes, shaking the basket halfway.
- Serve with warm tortillas.

Tips: Add sour cream and guacamole for a complete meal.

Nutritional Value (per serving):
Calories: 340, Protein: 28g, Fat: 12g, Carbs: 30g

Recipe Benefits: Balanced meal rich in lean protein and fiber.



5. AIR FRYER LEMON PEPPER CHICKEN BREASTS

Prep Time: 10 mins | Cooking Time: 12 mins | Servings: 6

Ingredients:

6 boneless, skinless chicken breasts

- 2 tbsp olive oil
- 1 tbsp lemon zest
- 2 tbsp lemon juice
- 1 tsp black pepper
- 1 tsp garlic powder
- Salt to taste

Instructions:

- Coat chicken with olive oil, lemon zest, lemon juice, pepper, garlic powder, and salt.
- Preheat air fryer to 400°F (200°C).
- Cook chicken for 12 minutes, flipping halfway.
- Serve with roasted vegetables.

Tips: Rest the chicken for 5 minutes before slicing for juicy results.

Nutritional Value (per serving): Calories: 280, Protein: 30g, Fat: 12g, Carbs: 2g

Recipe Benefits: High in protein, refreshing lemon flavor, perfect for a light dinner.



6. AIR FRYER CHICKEN DRUMSTICKS WITH PAPRIKA RUB

Prep Time: 10 mins Cooking Time: 20 mins Servings: 6	
Ingredients: <ul style="list-style-type: none"> • 12 chicken drumsticks • 2 tbsp olive oil • 1 tbsp smoked paprika • 1 tsp garlic powder • 1 tsp onion powder • Salt and black pepper to taste 	
Instructions: <ul style="list-style-type: none"> • Toss drumsticks with olive oil and all spices. • Preheat air fryer to 380°F (193°C). • Place drumsticks in the basket and cook for 20 minutes, flipping halfway. • Serve with coleslaw. 	<p>Tips: Add a dash of cayenne for extra heat.</p> <p>Nutritional Value (per serving): Calories: 300, Protein: 26g, Fat: 18g, Carbs: 0g</p> <p>Recipe Benefits: Protein-rich with bold smoky flavors.</p>



7. AIR FRYER CHICKEN TENDERS

Prep Time: 10 mins | Cooking Time: 12 mins | Servings: 6

Ingredients:

- 2 lbs chicken tenders
- 1 cup panko breadcrumbs
- 2 eggs, beaten
- ½ cup whole-wheat flour
- 1 tsp paprika
- 1 tsp garlic powder
- Salt and pepper to taste

Instructions:

- Dredge chicken tenders in flour, dip in eggs, and coat with breadcrumbs mixed with paprika and garlic powder.
- Preheat air fryer to 400°F (200°C).
- Cook tenders for 12 minutes, flipping halfway.
- Serve with honey mustard sauce.

Tips: For extra crispiness, spray tenders with cooking oil before air frying.

Nutritional Value (per serving):
Calories: 320, Protein: 28g, Fat: 10g, Carbs: 20g

Recipe Benefits: Kid-friendly, high-protein meal with a crispy texture.



8. AIR CHICKEN MEATBALLS

Prep Time: 10 mins Cooking Time: 10 mins Servings: 6	
Ingredients: <ul style="list-style-type: none"> • 1½ lbs ground chicken • ½ cup breadcrumbs • 1 egg • 2 cloves garlic, minced • 1 tbsp parsley, chopped • 1 tsp onion powder • Salt and pepper to taste Instructions: <ul style="list-style-type: none"> • Mix all ingredients and form into small meatballs. • Preheat air fryer to 380°F (193°C). • Cook meatballs in batches for 10 minutes, shaking halfway. • Serve with marinara sauce. 	<ul style="list-style-type: none"> • Air fry for 12 minutes. • Let cool before serving.
	<p>Tips: Add grated Parmesan to the mixture for richer flavor.</p> <p>Nutritional Value (per serving): Calories: 280, Protein: 24g, Fat: 10g, Carbs: 15g</p> <p>Recipe Benefits: Lean protein source, perfect with whole-grain pasta.</p>



9. AIR FRYER BBQ CHICKEN BREAST

Prep Time: 10 mins Cooking Time: 15 mins Servings: 6	
Ingredients: <ul style="list-style-type: none"> • 6 boneless chicken breasts • ½ cup BBQ sauce • 1 tbsp olive oil • 1 tsp smoked paprika • Salt and pepper to taste 	<ul style="list-style-type: none"> • Serve with peanut sauce
Instructions: <ul style="list-style-type: none"> • Coat chicken breasts with olive oil, paprika, salt, and pepper. • Preheat air fryer to 370°F (188°C). • Cook for 12 minutes, brush with BBQ sauce, and cook for another 3 minutes. • Serve with corn on the cob. 	<p>Tips: Use sugar-free BBQ sauce for a lower-carb option.</p> <p>Nutritional Value (per serving): Calories: 290, Protein: 30g, Fat: 10g, Carbs: 8g</p> <p>Recipe Benefits: High-protein meal with smoky BBQ flavor.</p>



10. AIR FRYER THAI CHICKEN SATAY

Prep Time: 10 mins | Cooking Time: 12 mins | Servings: 6

Ingredients:

- 2 lbs chicken breast, cut into strips
- ¼ cup coconut milk
- 2 tbsp soy sauce
- 1 tbsp curry powder
- 1 tsp ground coriander
- 1 tbsp lime juice
- Wooden skewers, soaked in water

Instructions:

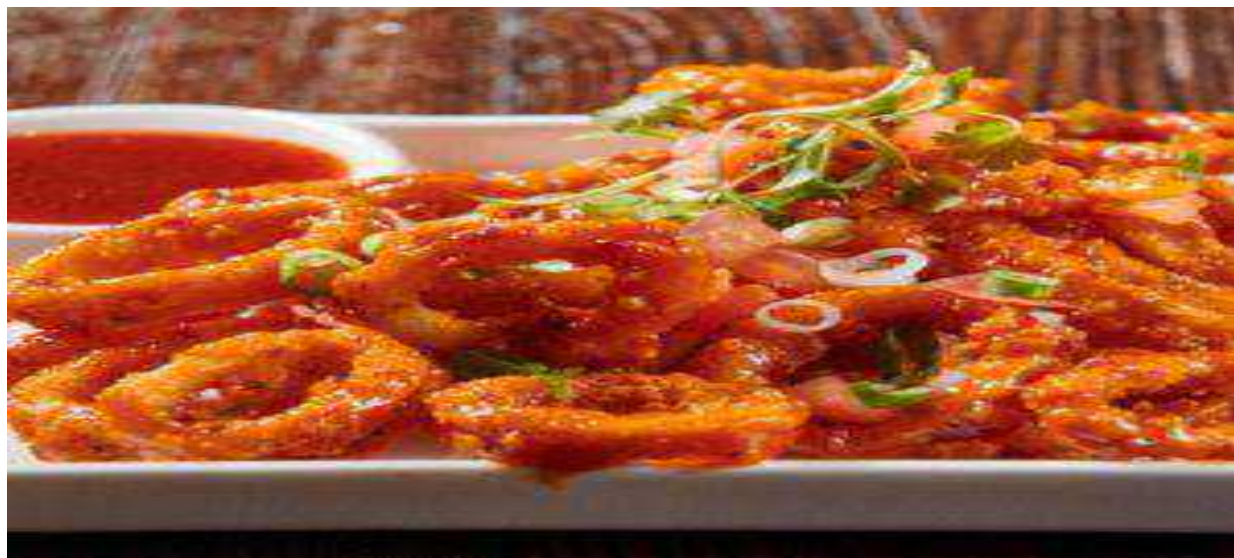
- Marinate chicken in coconut milk, soy sauce, curry powder, coriander, and lime juice for 15 minutes.
- Thread chicken onto skewers.
- Preheat air fryer to 390°F (199°C).
- Cook skewers for 12 minutes, turning halfway.

Tips: Garnish with fresh cilantro and lime wedges for a burst of flavor.

Nutritional Value (per serving):
Calories: 310, Protein: 28g, Fat: 12g, Carbs: 10g

Recipe Benefits: Balanced flavors, high in protein, perfect for a light dinner.

SEAFOOD RECIPES



1. AIR FRYER GARLIC BUTTER SHRIMP

Prep Time: 10 mins Cooking Time: 8 mins Servings: 6	
Ingredients: <ul style="list-style-type: none">• 2 lbs large shrimp, peeled and deveined• 2 tbsp unsalted butter, melted• 3 cloves garlic, minced• 1 tbsp lemon juice• 1 tsp paprika• Salt and black pepper to taste Instructions: <ul style="list-style-type: none">• Toss shrimp with melted butter, garlic, lemon juice, paprika, salt, and pepper.• Preheat air fryer to 400°F (200°C).• Arrange shrimp in a single layer and cook for 8 minutes, shaking halfway.• Serve with lemon wedges and fresh parsley.	Tips: Add a pinch of red pepper flakes for a spicy kick. Nutritional Value (per serving): Calories: 190, Protein: 24g, Fat: 9g, Carbs: 2g Recipe Benefits: High in protein and low in calories, perfect for a light meal.



2. AIR FRYER SALMON FILLETS WITH DILL SAUCE

Prep Time: 10 mins | Cooking Time: 12 mins | Servings: 6

Ingredients:

- 6 salmon fillets (6 oz each)
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp paprika
- Salt and black pepper to taste
- ½ cup Greek yogurt
- 1 tbsp fresh dill, chopped
- 1 tbsp lemon juice

Instructions:

- Rub salmon fillets with olive oil, garlic powder, paprika, salt, and pepper.
- Preheat air fryer to 390°F (199°C).
- Cook fillets for 12 minutes, skin side down.
- Mix Greek yogurt, dill, and lemon juice for the sauce and serve over salmon.

Tips: Serve with steamed asparagus for a complete meal.

Nutritional Value (per serving):
Calories: 320, Protein: 30g, Fat: 18g, Carbs: 3g

Recipe Benefits: Rich in omega-3 fatty acids and protein, supporting heart health.



3. AIR FRYER CRISPY FISH TACOS

Prep Time: 15 mins Cooking Time: 10 mins Servings: 6	
Ingredients: <ul style="list-style-type: none"> • 2 lbs white fish fillets (cod or tilapia) • 1 cup panko breadcrumbs • 2 eggs, beaten • 1 tsp chili powder • 1 tsp cumin • 6 corn tortillas • 1 cup shredded cabbage • ½ cup salsa • Lime wedges for serving 	<ul style="list-style-type: none"> • Assemble tacos with fish, cabbage, salsa, and lime wedges.
Instructions: <ul style="list-style-type: none"> • Season fish with chili powder and cumin. • Dip fish in eggs and coat with breadcrumbs. • Preheat air fryer to 400°F (200°C). • Air fry fish for 10 minutes, flipping halfway. 	<p>Tips: Add avocado slices for extra creaminess.</p> <p>Nutritional Value (per serving): Calories: 350, Protein: 28g, Fat: 10g, Carbs: 32g</p> <p>Recipe Benefits: Balanced meal rich in lean protein, fiber, and healthy fats.</p>



4. AIR FRYER LEMON GARLIC TILAPIA

Prep Time: 10 mins | Cooking Time: 10 mins | Servings: 6

Ingredients:

- 6 tilapia fillets
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 2 cloves garlic, minced
- 1 tsp parsley, chopped
- Salt and black pepper to taste

Instructions:

- Brush fillets with olive oil, lemon juice, garlic, salt, and pepper.
- Preheat air fryer to 380°F (193°C).
- Cook fillets for 10 minutes.
- Garnish with parsley and serve with lemon wedges.

Tips: Serve with quinoa and roasted vegetables for a balanced meal.

Nutritional Value (per serving):
Calories: 220, Protein: 25g, Fat: 12g, Carbs: 1g

Recipe Benefits: Light, protein-rich meal with heart-healthy fats.



5. AIR FRYER COCONUT SHRIMP

Prep Time: 15 mins | Cooking Time: 10 mins | Servings: 6

Ingredients:

- 2 lbs large shrimp, peeled and deveined
- 1 cup shredded coconut
- 1 cup panko breadcrumbs
- 2 eggs, beaten
- ½ cup all-purpose flour
- 1 tsp paprika
- Sweet chili sauce for serving

Instructions:

- Coat shrimp in flour, dip in beaten eggs, and coat with a mixture of coconut and breadcrumbs.
- Preheat air fryer to 400°F (200°C).
- Cook shrimp in batches for 10 minutes, flipping halfway.
- Serve with sweet chili sauce.

Tips: Use unsweetened coconut for a healthier option.

Nutritional Value (per serving):
Calories: 310, Protein: 24g, Fat: 14g, Carbs: 18g

Recipe Benefits: High in protein with a delightful crispy texture.



6. AIR FRYER MISO-GLAZED COD

Prep Time: 10 mins Cooking Time: 12 mins Servings: 6	
Ingredients: <ul style="list-style-type: none"> • 6 cod fillets • 2 tbsp white miso paste • 1 tbsp soy sauce • 1 tbsp honey • 1 tbsp rice vinegar • 1 tsp sesame oil 	<ul style="list-style-type: none"> • Serve with steamed rice and vegetables.
Instructions: <ul style="list-style-type: none"> • Mix miso paste, soy sauce, honey, rice vinegar, and sesame oil to make the glaze. • Brush glaze over cod fillets. • Preheat air fryer to 390°F (199°C). • Cook fillets for 12 minutes. 	<p>Tips: Garnish with sesame seeds and green onions for extra flavor.</p> <p>Nutritional Value (per serving): Calories: 280, Protein: 25g, Fat: 10g, Carbs: 12g</p> <p>Recipe Benefits: Rich in omega-3s and flavorful miso benefits digestion.</p>



7. AIR FRYER STUFFED SALMON WITH SPINACH AND CREAM CHEESE

Prep Time: 15 mins Cooking Time: 12 mins Servings: 6	
Ingredients: <ul style="list-style-type: none"> • 6 salmon fillets • 1 cup spinach, sautéed • ½ cup cream cheese • 1 tbsp lemon juice • Salt and black pepper to taste 	<ul style="list-style-type: none"> • Serve with a fresh garden salad.
Instructions: <ul style="list-style-type: none"> • Mix sautéed spinach with cream cheese and lemon juice. • Cut a slit in each salmon fillet and stuff with the mixture. • Preheat air fryer to 390°F (199°C). • Cook for 12 minutes. 	<p>Tips: Use low-fat cream cheese for a lighter version.</p> <p>Nutritional Value (per serving): Calories: 350, Protein: 32g, Fat: 18g, Carbs: 4g</p> <p>Recipe Benefits: Omega-3-rich salmon combined with calcium-rich spinach.</p>



8. AIR FRYER TUNA PATTIES

Prep Time: 10 mins | Cooking Time: 10 mins | Servings: 6

Ingredients:

- 3 cans (5 oz each) tuna, drained
- 1 cup breadcrumbs
- 2 eggs, beaten
- 2 tbsp mayonnaise
- 1 tbsp Dijon mustard
- 1 tsp lemon juice
- Salt and pepper to taste

Instructions:

- Combine all ingredients in a bowl and form into patties.
- Preheat air fryer to 380°F (193°C).
- Cook patties in batches for 10 minutes, flipping halfway.
- Serve with tartar sauce.

Tips: Add chopped parsley for freshness.

Nutritional Value (per serving):
Calories: 280, Protein: 22g, Fat: 12g, Carbs: 15g

Recipe Benefits: High in protein, easy to make, and great for meal prep.



9. AIR FRYER SCALLOPS WITH GARLIC BUTTER

Prep Time: 10 mins | Cooking Time: 8 mins | Servings: 6

Ingredients:

- 2 lbs scallops, cleaned
- 2 tbsp unsalted butter, melted
- 2 cloves garlic, minced
- 1 tbsp lemon juice
- Salt and black pepper to taste

Instructions:

- Toss scallops with butter, garlic, lemon juice, salt, and pepper.
- Preheat air fryer to 400°F (200°C).
- Cook scallops for 8 minutes, shaking halfway.
- Serve with lemon wedges and parsley.

Tips: Ensure scallops are dry before cooking for a better sear.

Nutritional Value (per serving):
Calories: 210, Protein: 22g, Fat: 10g, Carbs: 2g

Recipe Benefits: High in lean protein and low in fat, perfect for a light dinner.



10. AIR FRYER CAJUN CATFISH

Prep Time: 10 mins | Cooking Time: 12 mins | Servings: 6

Ingredients:

- 6 catfish fillets
- 2 tbsp olive oil
- 1 tbsp Cajun seasoning
- 1 tsp paprika
- Lemon wedges for serving

Instructions:

- Rub fillets with olive oil, Cajun seasoning, and paprika.
- Preheat air fryer to 390°F (199°C).
- Cook fillets for 12 minutes.
- Serve with lemon wedges and coleslaw.

Tips: Adjust Cajun seasoning to preferred spice level.

Nutritional Value (per serving):

Calories: 280, Protein: 25g, Fat: 12g, Carbs: 3g

Recipe Benefits: Flavorful protein-rich meal with a spicy kick.

APPETIZERS & SNACKS



1. AIR FRYER MOZZARELLA STICKS

Prep Time: 15 mins | Cooking Time: 8 mins | Servings: 6

Ingredients:

- 12 mozzarella sticks
- 1 cup panko breadcrumbs
- 2 eggs, beaten
- ½ cup all-purpose flour
- 1 tsp Italian seasoning
- 1 tsp garlic powder

Instructions:

- Coat mozzarella sticks in flour, dip in beaten eggs, and roll in seasoned breadcrumbs.
- Freeze for 30 minutes.
- Preheat air fryer to 390°F (199°C).
- Cook for 8 minutes, flipping halfway.

- Serve with marinara sauce.

Tips: Freeze longer for an extra crispy texture.

Nutritional Value (per serving):
Calories: 210, Protein: 9g, Fat: 12g, Carbs: 14g

Recipe Benefits: High in calcium and perfect for quick snacking.



2. AIR FRYER BUFFALO CAULIFLOWER BITES

Prep Time: 10 mins Cooking Time: 12 mins Servings: 6	
Ingredients: <ul style="list-style-type: none"> • 1 head cauliflower, cut into florets • 1 cup flour • 1 cup water • 1 tsp garlic powder • 1 cup buffalo sauce 	<ul style="list-style-type: none"> • Toss with buffalo sauce before serving.
Instructions: <ul style="list-style-type: none"> • Mix flour, water, and garlic powder into a batter. • Dip cauliflower florets in the batter. • Preheat air fryer to 380°F (193°C). • Cook for 12 minutes, tossing halfway. 	<p>Tips: Serve with ranch dressing for added flavor.</p> <p>Nutritional Value (per serving): Calories: 180, Protein: 4g, Fat: 5g, Carbs: 30g</p> <p>Recipe Benefits: High in fiber and vitamins with a spicy kick.</p>



3. AIR FRYER ZUCCHINI FRIES

Prep Time: 10 mins | Cooking Time: 10 mins | Servings: 6

Ingredients:

- 2 zucchinis, sliced into fries
- 1 cup panko breadcrumbs
- ½ cup Parmesan cheese, grated
- 2 eggs, beaten
- 1 tsp Italian seasoning

Instructions:

- Dip zucchini slices in beaten eggs and coat with breadcrumbs and Parmesan.
- Preheat air fryer to 400°F (200°C).
- Cook for 10 minutes, shaking halfway.
- Serve with marinara sauce.

Tips: Use whole wheat breadcrumbs for extra fiber.

Nutritional Value (per serving):

Calories: 170, Protein: 7g, Fat: 6g, Carbs: 20g

Recipe Benefits: Low-carb snack packed with fiber and nutrients.



4. AIR FRYER CHICKEN WINGS

Prep Time: 10 mins | Cooking Time: 25 mins | Servings: 6

- **Ingredients:**
- 2 lbs chicken wings
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp black pepper
- Salt to taste

Instructions:

- Season wings with garlic powder, paprika, salt, and pepper.
- Preheat air fryer to 390°F (199°C).
- Cook wings for 25 minutes, shaking the basket every 5 minutes.
- Serve with your favorite dipping sauce.

Tips: Add buffalo sauce for a spicy variation.

Nutritional Value (per serving):
Calories: 290, Protein: 24g, Fat: 20g, Carbs: 1g

Recipe Benefits: High in protein, making it a filling snack.



5. AIR FRYER SWEET POTATO CHIPS

Prep Time: 10 mins Cooking Time: 15 mins Servings: 6	
Ingredients: <ul style="list-style-type: none"> • 2 ripe bananas, mashed • 1 cup whole-wheat flour • 1 tsp baking soda • ¼ cup honey • 1 large egg • 1 tsp vanilla extract Ingredients: <ul style="list-style-type: none"> • 2 large sweet potatoes, thinly sliced • 1 tbsp olive oil • 1 tsp sea salt • ½ tsp paprika 	
	<p>Tips: Slice evenly for consistent crispiness.</p> <p>Nutritional Value (per serving): Calories: 150, Protein: 2g, Fat: 4g, Carbs: 28g</p> <p>Recipe Benefits: High in fiber and vitamin A for immune support.</p>



6. AIR FRYER JALAPEÑO POPPERS

Prep Time: 15 mins Cooking Time: 10 mins Servings: 6	
Ingredients: <ul style="list-style-type: none"> • 12 jalapeños, halved and deseeded • 8 oz cream cheese • 1 cup shredded cheddar cheese • 1 tsp garlic powder • 1 cup panko breadcrumbs Instructions: <ul style="list-style-type: none"> • Mix cream cheese, cheddar, and garlic powder. • Stuff jalapeño halves with the mixture. • Coat with breadcrumbs. • Preheat air fryer to 375°F (190°C). 	<ul style="list-style-type: none"> • Cook for 10 minutes.
	<p>Tips: Use turkey bacon for added flavor.</p> <p>Nutritional Value (per serving): Calories: 210, Protein: 7g, Fat: 16g, Carbs: 10g</p> <p>Recipe Benefits: Creamy and spicy snack rich in vitamin C.</p>



7. AIR FRYER FALAFEL BALLS

Prep Time: 15 mins Cooking Time: 12 mins Servings: 6	
Ingredients: <ul style="list-style-type: none"> • 2 cups canned chickpeas, drained • 1 onion, chopped • 2 cloves garlic • 1 tsp cumin • 1 tsp coriander • 2 tbsp flour • Salt and pepper to taste 	<ul style="list-style-type: none"> • Serve with tahini sauce.
Instructions: <ul style="list-style-type: none"> • Blend chickpeas, onion, garlic, cumin, coriander, flour, salt, and pepper until coarse. • 2. Form into small balls. • Preheat air fryer to 370°F (188°C). • Cook for 12 minutes, flipping halfway. 	<p>Tips: Refrigerate mixture before cooking for firmer texture.</p> <p>Nutritional Value (per serving): Calories: 180, Protein: 6g, Fat: 4g, Carbs: 30g</p> <p>Recipe Benefits: High in fiber and plant-based protein.</p>



8. AIR FRYER EGGPLANT FRIES

Prep Time: 10 mins | Cooking Time: 12 mins | Servings: 6

Ingredients:

- 2 eggplants, cut into fries
- 1 cup panko breadcrumbs
- ½ cup grated Parmesan
- 2 eggs, beaten
- 1 tsp oregano

Instructions:

- Dip eggplant fries in eggs, then coat with breadcrumbs and Parmesan.
- Preheat air fryer to 400°F (200°C).
- Cook for 12 minutes, flipping halfway.
- Serve with marinara sauce.

Tips: Sprinkle with fresh parsley before serving.

Nutritional Value (per serving):

Calories: 170, Protein: 5g, Fat: 6g, Carbs: 22g

Recipe Benefits: Fiber-rich snack with antioxidants.



9. AIR FRYER STUFFED MINI PEPPERS

Prep Time: 10 mins | Cooking Time: 10 mins | Servings: 6

Ingredients:

- 12 mini bell peppers, halved and deseeded
- 1 cup cream cheese
- ½ cup feta cheese, crumbled
- 1 tbsp olive oil
- 1 tsp oregano

Instructions:

- Mix cream cheese, feta, olive oil, and oregano.
- Fill mini peppers with the mixture.
- Preheat air fryer to 370°F (188°C).
- Cook for 10 minutes.

Tips: Garnish with chopped dill for freshness.

Nutritional Value (per serving):
Calories: 200, Protein: 6g, Fat: 14g, Carbs: 10g

Recipe Benefits: Rich in calcium and vitamin C.



10. AIR FRYER GARLIC PARMESAN PRETZEL BITES

Prep Time: 15 mins | Cooking Time: 8 mins | Servings: 6

Ingredients:

- 1 lb pizza dough
- 2 tbsp butter, melted
- 2 cloves garlic, minced
- ½ cup Parmesan cheese, grated
- 1 tsp parsley, chopped

Instructions:

- Cut pizza dough into bite-sized pieces.
- Preheat air fryer to 390°F (199°C).
- Cook dough pieces for 8 minutes.
- Toss in melted butter, garlic, and Parmesan.

- Garnish with parsley and serve.

Tips: Serve with marinara or cheese sauce.

Nutritional Value (per serving):
Calories: 250, Protein: 6g, Fat: 9g, Carbs: 36g

Recipe Benefits: Perfect energy boosting snack with a savory twist

VEGETARIAN DELIGHTS



1. AIR FRYER STUFFED BELL PEPPERS

Prep Time: 15 mins Cooking Time: 20 mins Servings: 6	
Ingredients: <ul style="list-style-type: none">• 3 large bell peppers, halved and deseeded• 1 cup cooked quinoa• 1 cup black beans, rinsed• ½ cup corn kernels• 1 cup shredded mozzarella cheese• 1 tsp cumin• Salt and pepper to taste Instructions: <ul style="list-style-type: none">• Mix quinoa, black beans, corn, cumin, salt, and pepper in a bowl.• Stuff the pepper halves with the mixture and top with cheese.• Preheat air fryer to 370°F (188°C).• Cook for 20 minutes until peppers are tender.	<ul style="list-style-type: none">• 5. Serve warm. <p>Tips: Use brown rice instead of quinoa for a different texture.</p> <p>Nutritional Value (per serving): Calories: 210, Protein: 9g, Fat: 5g, Carbs: 34g</p> <p>Recipe Benefits: High in plant-based protein, fiber, and vitamin C.</p>



2. AIR FRYER VEGGIE SPRING ROLLS

Prep Time: 20 mins | Cooking Time: 10 mins | Servings: 6

Ingredients:

- 12 spring roll wrappers
- 1 cup shredded cabbage
- 1 cup grated carrots
- 1 cup bean sprouts
- 2 tbsp soy sauce
- 1 tbsp sesame oil

Instructions:

- Sauté cabbage, carrots, and bean sprouts with soy sauce and sesame oil.
- Fill wrappers with the vegetable mixture and roll tightly.
- Preheat air fryer to 380°F (193°C).

- Cook for 10 minutes, flipping halfway.
- Serve with sweet chili sauce.

Tips: Brush spring rolls lightly with oil for extra crispiness.

Nutritional Value (per serving):
Calories: 180, Protein: 4g, Fat: 3g, Carbs: 32g

Recipe Benefits: Low in fat, high in fiber, and rich in vitamins.



3. AIR FRYER CAULIFLOWER STEAKS

Prep Time: 10 mins | Cooking Time: 15 mins | Servings: 6

Instructions:

- 1. Brush cauliflower steaks with olive oil
- and season with paprika, garlic powder, salt, and pepper.
- 2. Preheat air fryer to 390°F (199°C).
- 3. Cook for 15 minutes, flipping halfway.
- 4. Serve with tahini dressing.

Instructions:

- Brush cauliflower steaks with olive oil and season with paprika, garlic powder, salt, and pepper.
- Preheat air fryer to 390°F (199°C).
- 3. Cook for 15 minutes, flipping halfway.
- Serve with tahini dressing.

Tips: Add lemon juice before serving for extra flavor.

Nutritional Value (per serving):

Calories: 150, Protein: 5g, Fat: 7g, Carbs: 18g

Recipe Benefits: High in fiber, antioxidants, and low in calories.



4. AIR FRYER BROCCOLI CHEESE BALLS

Prep Time: 15 mins | Cooking Time: 10 mins | Servings: 6

Ingredients:

- 2 cups steamed broccoli, finely chopped
- 1 cup shredded cheddar cheese
- 1 cup breadcrumbs
- 2 eggs, beaten
- 1 tsp onion powder

Instructions:

- Combine broccoli, cheddar, breadcrumbs, eggs, and onion powder in a bowl.
- Form mixture into small balls.
- Preheat air fryer to 380°F (193°C).
- Cook for 10 minutes, flipping halfway.

- Serve with ranch or garlic dip.

Tips: Chill the mixture before shaping for easier handling.

Nutritional Value (per serving):
Calories: 190, Protein: 8g, Fat: 9g, Carbs: 18g

Recipe Benefits: Packed with calcium, fiber, and essential nutrients.



5. AIR FRYER EGGPLANT PARMESAN

Prep Time: 15 mins | Cooking Time: 12 mins | Servings: 6

Ingredients:

2 eggplants, sliced
1 cup panko breadcrumbs
1 cup grated Parmesan cheese
2 eggs, beaten
1 cup marinara sauce

Instructions:

1. Dip eggplant slices in eggs, then coat with breadcrumbs and Parmesan.
2. Preheat air fryer to 400°F (200°C).
3. Cook for 12 minutes, flipping halfway.
4. Top with marinara sauce and serve.

Tips: Add mozzarella for a cheesier version.

Nutritional Value (per serving):

Calories: 220, Protein: 9g, Fat: 8g, Carbs: 28g

Recipe Benefits: Fiber-rich and calcium-packed vegetarian meal.



6. AIR FRYER CRISPY TOFU BITES

Prep Time: 10 mins | Cooking Time: 15 mins | Servings: 6

Ingredients:

- 1 block firm tofu, cubed
- 2 tbsp soy sauce
- 1 tbsp cornstarch
- 1 tbsp sesame oil
- 1 tsp garlic powder

Instructions:

- Toss tofu cubes with soy sauce, cornstarch, sesame oil, and garlic powder.
- Preheat air fryer to 380°F (193°C).
- Cook for 15 minutes, shaking the basket halfway.
- Serve with teriyaki sauce.

Tips: Press tofu before seasoning for crispier results.

Nutritional Value (per serving):
Calories: 160, Protein: 10g, Fat: 8g, Carbs: 12g

Recipe Benefits: Excellent plant-based protein source.



7. AIR FRYER VEGGIE FRITTERS

Prep Time: 15 mins Cooking Time: 12 mins Servings: 6	
Ingredients: <ul style="list-style-type: none"> • 1 zucchini, grated • 1 carrot, grated • 1 cup flour • 2 eggs, beaten • 1 tsp cumin • Salt and pepper to taste Instructions: <ul style="list-style-type: none"> • Combine grated vegetables, flour, eggs, cumin, salt, and pepper. • Form into small patties. • Preheat air fryer to 375°F (190°C). • Cook for 12 minutes, flipping halfway. 	<ul style="list-style-type: none"> • Serve with yogurt dip.
	<p>Tips: Drain grated vegetables to avoid sogginess.</p> <p>Nutritional Value (per serving): Calories: 180, Protein: 6g, Fat: 5g, Carbs: 25g</p> <p>Recipe Benefits: High in fiber, low in fat, and nutrient-dense.</p>



8. AIR FRYER SPINACH AND FETA PASTRIES

Prep Time: 15 mins | Cooking Time: 10 mins | Servings: 6

Ingredients:

- 1 cup cooked spinach, drained
- 1 cup crumbled feta cheese
- 1 sheet puff pastry, cut into squares
- 1 egg, beaten (for brushing)

Instructions:

- 1. Mix spinach and feta cheese.
- 2. Place filling in pastry squares and fold over to seal.
- 3. Brush with beaten egg.
- 4. Preheat air fryer to 370°F (188°C).
-

- 5. Cook for 10 minutes until golden.

Tips: Add dill for extra flavor.

Nutritional Value (per serving):

Calories: 210, Protein: 7g, Fat: 12g, Carbs: 18g

Recipe Benefits: Rich in iron and calcium.



9. AIR FRYER ROASTED CHICKPEAS

Prep Time: 5 mins | Cooking Time: 15 mins | Servings: 6

Ingredients:

- 2 cups canned chickpeas, drained and rinsed
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp cumin
- Salt to taste

Instructions:

- 1. Toss chickpeas with olive oil and spices.
- 2. Preheat air fryer to 390°F (199°C).
- 3. Cook for 15 minutes, shaking the basket every 5 minutes.
- 4. Cool before serving for extra crunch.

Tips: Use curry powder for an Indian twist.

Nutritional Value (per serving):
Calories: 160, Protein: 6g, Fat: 5g, Carbs: 22g

Recipe Benefits: High in fiber and plant protein.



10. AIR FRYER MUSHROOM AND CHEESE QUESADILLAS

Prep Time: 10 mins Cooking Time: 8 mins Servings: 6	
Ingredients: <ul style="list-style-type: none"> • 6 whole-wheat tortillas • 2 cups mushrooms, sliced • 1 cup shredded cheddar cheese • 1 tbsp olive oil • 1 tsp thyme Instructions: <ul style="list-style-type: none"> • 1. Sauté mushrooms with olive oil and thyme. • 2. Place mushrooms and cheese between tortillas. • 3. Preheat air fryer to 380°F (193°C). • 4. Cook for 8 minutes, flipping halfway. 	<ul style="list-style-type: none"> • 5. Slice and serve with salsa.
	Tips: Add spinach for extra nutrition. Nutritional Value (per serving): Calories: 250, Protein: 10g, Fat: 9g, Carbs: 30g Recipe Benefits: High in fiber, antioxidants, and calcium.

DESSERTS & SWEET TREATS



1. AIR FRYER CINNAMON APPLE CHIPS

Prep Time: 10 mins | Cooking Time: 15 mins | Servings: 6

Ingredients:

- 3 large apples, thinly sliced
- 1 tsp cinnamon
- 1 tbsp honey (optional)

Instructions:

- 1. Toss apple slices with cinnamon and honey (if using).
- 2. Preheat air fryer to 350°F (175°C).
- 3. Arrange apple slices in a single layer in the air fryer basket.
- 4. Cook for 15 minutes, flipping halfway.

- 5. Let them cool to crisp before serving.

Tips: Use different apple varieties for unique flavors.

Nutritional Value (per serving):

Calories: 90, Protein: 0.5g, Fat: 0g, Carbs: 24g

Recipe Benefits: Low-calorie, high in fiber, and naturally sweet.



2.Air Fryer Chocolate Lava Cakes

Prep Time: 10 mins | Cooking Time: 8 mins | Servings: 6

Ingredients:

- 1 cup dark chocolate, melted
- ½ cup unsalted butter, melted
- 2 eggs
- 2 egg yolks
- ½ cup powdered sugar
- ¼ cup flour

Instructions:

1. Whisk together eggs, yolks, and sugar until smooth.
2. Stir in melted chocolate, butter, and flour.
3. Pour batter into greased ramekins.

- 4. Preheat air fryer to 370°F (188°C).
- 5. Cook for 8 minutes.
- 6. Let cool for 2 minutes before serving.

Tips: Serve with vanilla ice cream for an indulgent treat.

Nutritional Value (per serving):

Calories: 280, Protein: 5g, Fat: 18g, Carbs: 24g

Recipe Benefits: Rich in antioxidants from dark chocolate.



3. Air Fryer Peanut Butter Cookies

Prep Time: 10 mins | Cooking Time: 10 mins | Servings: 6

Ingredients:

- 1 cup peanut butter
- 1 cup sugar
- 1 egg
- 1 tsp vanilla extract

Instructions:

1. Mix all ingredients until smooth.
2. Form into small balls and flatten with a fork.
3. Preheat air fryer to 350°F (175°C).
4. Cook for 10 minutes.

- 5. Cool before serving.

Tips: Add chocolate chips for extra flavor.

Nutritional Value (per serving):

Calories: 210, Protein: 5g, Fat: 12g,
Carbs: 18g

Recipe Benefits: High in protein and healthy fats.



4. Air Fryer Banana Bread Muffins

Prep Time: 15 mins | Cooking Time: 12 mins | Servings: 6

Ingredients:

- 2 ripe bananas, mashed
- 1 cup flour
- ½ cup brown sugar
- 1 tsp baking powder
- 1 egg
- ¼ cup melted butter

Instructions:

1. Combine all ingredients in a bowl.
2. Spoon batter into muffin cups.
3. Preheat air fryer to 330°F (165°C).

- 4. Cook for 12 minutes.
- 5. Let cool before serving.

Tips: Add walnuts for extra crunch.

Nutritional Value (per serving):

Calories: 190, Protein: 4g, Fat: 6g, Carbs: 30g

Recipe Benefits: High in potassium and fiber.



5. Air Fryer Churros

Prep Time: 15 mins | Cooking Time: 10 mins | Servings: 6

Ingredients:

- 1 cup flour
- 1 cup water
- 2 tbsp butter
- 2 tbsp sugar
- 1 tsp cinnamon
- 1 egg

Instructions:

1. Boil water, butter, and sugar. Add flour and mix until dough forms.
2. Let dough cool, then add beaten egg.
3. Pipe dough into air fryer basket.

4. Preheat air fryer to 375°F (190°C).
5. Cook for 10 minutes.
6. Dust with cinnamon sugar

Tips: Serve with chocolate sauce for dipping.

Nutritional Value (per serving):

Calories: 160, Protein: 3g, Fat: 5g, Carbs: 26g

Recipe Benefits: Light and crispy treat with less oil.



6. Air Fryer Baked Pears with Honey

Prep Time: 5 mins | Cooking Time: 12 mins | Servings: 6

- **Ingredients:**
- 3 ripe pears, halved and cored
- 3 tbsp honey
- 1 tsp cinnamon
- ½ cup Greek yogurt (for serving)

Instructions:

1. Drizzle pears with honey and sprinkle with cinnamon.
2. Preheat air fryer to 350°F (175°C).
3. Cook pears for 12 minutes until tender.

4. Serve with a dollop of Greek yogurt

Tips: Add crushed nuts for extra texture.

Nutritional Value (per serving):

Calories: 120, Protein: 3g, Fat: 1g, Carbs: 26g

Recipe Benefits: High in fiber and natural sugars.



7. Air Fryer Oatmeal Raisin Cookies

Prep Time: 10 mins | Cooking Time: 8 mins | Servings: 6

Ingredients:

- 1 cup rolled oats
- ½ cup flour
- ½ cup raisins
- ½ cup brown sugar
- 1 egg
- ½ cup butter, melted
- 1 tsp cinnamon

Instructions:

- Combine all ingredients in a bowl.
- Form dough into small balls.
- Preheat air fryer to 350°F (175°C).

- Cook for 8 minutes.
- Cool and serve.

Tips: Add chopped nuts for extra crunch.

Nutritional Value (per serving):

Calories: 180, Protein: 4g, Fat: 7g, Carbs: 28g

Recipe Benefits: Rich in fiber and energy-boosting carbs.



8. Air Fryer Chocolate Brownies

Prep Time: 10 mins | Cooking Time: 12 mins | Servings: 6

Ingredients:

- 1 cup flour
- 1 cup sugar
- ½ cup cocoa powder
- ½ cup melted butter
- 2 eggs
- 1 tsp vanilla extract

Instructions:

- Mix all ingredients into a smooth batter.
- Pour into a greased baking pan that fits the air fryer.
- Preheat air fryer to 320°F (160°C).

- Cook for 12 minutes.
- Let cool and cut into squares

Tips: Add chocolate chips for extra richness.

Nutritional Value (per serving):

Calories: 240, Protein: 4g, Fat: 10g, Carbs: 34g

Recipe Benefits: Indulgent treat with rich cocoa flavor.



9. Air Fryer Baked Donuts

Prep Time: 15 mins | Cooking Time: 10 mins | Servings: 6

Ingredients:

- 1 cup flour
- ½ cup sugar
- 1 tsp baking powder
- ½ cup milk
- 1 egg
- 2 tbsp melted butter

Instructions:

- Combine all ingredients into a smooth batter.
- Pour into donut molds.
- Preheat air fryer to 350°F (175°C).

- Cook for 10 minutes.
- Glaze with icing or dust with sugar

Tips: Use whole-wheat flour for a healthier version.

Nutritional Value (per serving):

Calories: 200, Protein: 5g, Fat: 6g, Carbs: 30g

Recipe Benefits: Delicious baked treat with less oil.



10. Air Fryer Berry Hand Pies

Prep Time: 20 mins | Cooking Time: 12 mins | Servings: 6

Ingredients:

- 1 sheet puff pastry
- 1 cup mixed berries
- 2 tbsp sugar
- 1 tbsp cornstarch
- 1 egg, beaten (for brushing)

Instructions:

- Mix berries, sugar, and cornstarch.
- Cut pastry into squares and fill with berry mixture.
- Fold over and seal edges. Brush with beaten egg.

- Preheat air fryer to 360°F (182°C).
- Cook for 12 minutes until golden.

Tips: Serve with whipped cream or vanilla ice cream.

Nutritional Value (per serving):

Calories: 230, Protein: 4g, Fat: 9g, Carbs: 32g

Recipe Benefits: Bursting with antioxidants and natural sweetness.

29 DAYS MEAL PLAN

WEEK 1

Day 1:

Breakfast: Air Fryer Breakfast Burritos

Lunch: Air Fryer Chicken Caesar Wrap

Dinner: Air Fryer Lemon Garlic Chicken Thighs

Snack/Dessert: Air Fryer Sweet Potato Chips

Day 2:

Breakfast: Air Fryer Cinnamon Apple Chips

Lunch: Air Fryer Tuna Melt Sandwich

Dinner: Air Fryer Teriyaki Salmon

Snack/Dessert: Air Fryer Chocolate Lava Cakes

Day 3:

Breakfast: Air Fryer Banana Bread Muffins

Lunch: Air Fryer Veggie and Hummus Pita Pocket

Dinner: Air Fryer Stuffed Bell Peppers

Snack/Dessert: Air Fryer Zucchini Fries

Day 4:

Breakfast: Air Fryer French Toast Sticks

Lunch: Air Fryer Chicken and Veggie Bowl

Dinner: Air Fryer Garlic Butter Shrimp

Snack/Dessert: Air Fryer Peanut Butter Cookies

Day 5:

Breakfast: Air Fryer Breakfast Egg Muffins

Lunch: Air Fryer Falafel Wrap

Dinner: Air Fryer BBQ Chicken Drumsticks

Snack/Dessert: Air Fryer Mozzarella Sticks

Day 6:

Breakfast: Air Fryer Berry-Stuffed Croissants

Lunch: Air Fryer Shrimp Tacos

Dinner: Air Fryer Beef and Broccoli Stir-Fry

Snack/Dessert: Air Fryer Churros

Day 7:

Breakfast: Air Fryer Breakfast Potatoes

Lunch: Air Fryer Grilled Veggie Sandwich

Dinner: Air Fryer Vegetable Lasagna Rolls

Snack/Dessert: Air Fryer Baked Pears with Honey

WEEK 2

Day 8:

Breakfast: Air Fryer Banana Bread Muffins

Lunch: Air Fryer Turkey and Cheese Quesadilla

Dinner: Air Fryer Honey Mustard Pork Chops

Snack/Dessert: Air Fryer Eggplant Fries

Day 9:

Breakfast: Air Fryer Cinnamon Apple Chips

Lunch: Air Fryer Veggie and Hummus Pita Pocket

Dinner: Air Fryer Sweet Potato and Black Bean Tacos

Snack/Dessert: Air Fryer Oatmeal Raisin Cookies

Day 10:

Breakfast: Air Fryer Breakfast Egg Muffins

Lunch: Air Fryer Chicken Tenders with Honey Mustard

Dinner: Air Fryer Herb-Crusted Cod

Snack/Dessert: Air Fryer Jalapeño Poppers

Day 11:

Breakfast: Air Fryer French Toast Sticks

Lunch: Air Fryer Salmon with Asparagus

Dinner: Air Fryer Thai Chicken Satay

Snack/Dessert: Air Fryer Baked Donuts

Day 12:

Breakfast: Air Fryer Breakfast Burritos

Lunch: Air Fryer Falafel Wrap

Dinner: Air Fryer Garlic Butter Shrimp

Snack/Dessert: Air Fryer Broccoli Cheese Balls

Day 13:

Breakfast: Air Fryer Breakfast Potatoes

Lunch: Air Fryer Tuna Melt Sandwich

Dinner: Air Fryer Lemon Pepper Chicken Breasts

Snack/Dessert: Air Fryer Berry Hand Pies

Day 14:

Breakfast: Air Fryer Berry-Stuffed Croissants

Lunch: Air Fryer Chicken and Veggie Bowl

Dinner: Air Fryer Miso-Glazed Cod

Snack/Dessert: Air Fryer Sweet Potato Chip

WEEK 3

Day 15:

Breakfast: Air Fryer Banana Bread Muffins

Lunch: Air Fryer Grilled Veggie Sandwich

Dinner: Air Fryer BBQ Chicken Drumsticks

Snack/Dessert: Air Fryer Chocolate Brownies

Day 16:

Breakfast: Air Fryer Cinnamon Apple Chips

Lunch: Air Fryer Turkey and Cheese Quesadilla

Dinner: Air Fryer Garlic Butter Shrimp

Snack/Dessert: Air Fryer Garlic Parmesan Pretzel Bites

Day 17:

Breakfast: Air Fryer French Toast Sticks

Lunch: Air Fryer Veggie and Hummus Pita Pocket

Dinner: Air Fryer Stuffed Salmon with Spinach and Cream Cheese

Snack/Dessert: Air Fryer Zucchini Fries

Day 18:

Breakfast: Air Fryer Breakfast Egg Muffins

Lunch: Air Fryer Chicken Tenders with Honey Mustard

Dinner: Air Fryer Beef and Broccoli Stir-Fry

Snack/Dessert: Air Fryer Churros

Day 19:

Breakfast: Air Fryer Berry-Stuffed Croissants

Lunch: Air Fryer Falafel Wrap

Dinner: Air Fryer Teriyaki Salmon

Snack/Dessert: Air Fryer Spinach and Feta Pastries

Day 20:

Breakfast: Air Fryer Breakfast Potatoes

Lunch: Air Fryer Shrimp Tacos

Dinner: Air Fryer Honey Mustard Pork Chops

Snack/Dessert: Air Fryer Oatmeal Raisin Cookies

Day 21:

Breakfast: Air Fryer Breakfast Burritos

Lunch: Air Fryer Chicken Caesar Wrap

Dinner: Air Fryer Vegetable Lasagna Rolls

Snack/Dessert: Air Fryer Peanut Butter Cookie

WEEK 4

Day 22:

Breakfast: Air Fryer French Toast Sticks

Lunch: Air Fryer Chicken and Veggie Bowl

Dinner: Air Fryer Lemon Garlic Tilapia

Snack/Dessert: Air Fryer Stuffed Mini Peppers

Day 23:

Breakfast: Air Fryer Banana Bread Muffins

Lunch: Air Fryer Tuna Melt Sandwich

Dinner: Air Fryer Chicken Parmesan

Snack/Dessert: Air Fryer Baked Pears with Honey

Day 24:

Breakfast: Air Fryer Cinnamon Apple Chips

Lunch: Air Fryer Veggie and Hummus Pita Pocket

Dinner: Air Fryer BBQ Chicken Breast

Snack/Dessert: Air Fryer Broccoli Cheese Balls

Day 25:

Breakfast: Air Fryer Breakfast Egg Muffins

Lunch: Air Fryer Grilled Veggie Sandwich

Dinner: Air Fryer Cajun Catfish

Snack/Dessert: Air Fryer Sweet Potato Chips

Day 26:

Breakfast: Air Fryer Berry-Stuffed Croissants

Lunch: Air Fryer Chicken Tenders with Honey Mustard

Dinner: Air Fryer Scallops with Garlic Butter

Snack/Dessert: Air Fryer Chocolate Lava Cakes

Day 27:

Breakfast: Air Fryer Breakfast Potatoes

Lunch: Air Fryer Turkey and Cheese Quesadilla

Dinner: Air Fryer Sweet Potato and Black Bean Tacos

Snack/Dessert: Air Fryer Baked Donuts

Day 28:

Breakfast: Air Fryer Breakfast Burritos

Lunch: Air Fryer Shrimp Tacos

Dinner: Air Fryer Herb-Crusted Cod

Snack/Dessert: Air Fryer Chocolate Brownies

CONCLUSION

Congratulations on taking the first step toward mastering air fryer cooking! By exploring the diverse recipes in this cookbook, you've unlocked the potential of a kitchen appliance that brings convenience, health, and flavor together. The air fryer is more than just a trendy gadget—it's a practical solution for preparing delicious meals with less oil, fewer calories, and more nutrients, all while saving time. From quick breakfasts to satisfying dinners and indulgent desserts, these recipes are designed to fit seamlessly into your daily routine.

As you continue your air fryer journey, remember that cooking is an art meant to be personalized. Don't hesitate to experiment with flavors, adjust ingredients, and make each recipe your own. Whether you're preparing a wholesome meal for yourself or hosting friends and family, these dishes can be tailored to suit any taste or dietary preference. The key is to have fun and enjoy the process, knowing that healthy, flavorful meals are just a few minutes away.

Finally, the benefits of air frying extend beyond the kitchen. By embracing this healthier cooking method, you're making a positive impact on your well-being. The air fryer allows you to savor your favorite foods with fewer unhealthy fats and calories, supporting a balanced lifestyle without compromising taste. It's about making smart choices that feel indulgent but are good for you.

Thank you for choosing this cookbook as your guide. May it inspire you to keep exploring, keep cooking, and keep savoring every bite. Happy air frying!