

Just 5!

**The 5-Ingredient
Air Fryer Cookbook
for Busy People**

Simple, Fast and Budget-Friendly Recipes for Everyday Life with Full-
Colour Photos, Easy Meals, 4-Week Meal Plan, Healthy Everyday
Cooking

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The information and recipes provided in this book are for informational purposes only. The author and publisher do not assume any responsibility for any errors or omissions in the content or for any actions taken based on the recipes or suggestions in this book. Always use your air fryer and cooking equipment according to the manufacturer's instructions and exercise caution when preparing food.

The recipes in this book are intended for healthy eating, but individual results may vary depending on personal dietary needs. If you have specific health concerns or dietary restrictions, please consult a medical professional or nutritionist before following any recipes.

Why I Created This Cookbook

Hello, dear readers! My name is Vanessa Loxley, and as a mom of two kids, I completely understand how difficult it can be to find time to make delicious and healthy meals. We all live such busy lives, always on the go, and I wanted every one of us to be able to offer our families not only healthy but also quick meals, without spending hours in the kitchen. That's why I created this book. Here, you'll find simple, fast, and tasty recipes that require just 5 main ingredients.

My goal is to help you cook with love, but in a way that's easy and stress-free. This book is filled with recipes that I cook for my own family, and I hope they will make your everyday life a little easier and tastier. After all, even in the busiest of schedules, there's always time for a delicious homemade meal!

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Introduction

Why the Air Fryer is Your Best Kitchen Ally

Let's talk about why I love my air fryer so much and why I believe it's the best kitchen ally.

As a mom of two and someone who is always in search of time-saving solutions, I can tell you that the air fryer is truly a lifesaver. We all know how hard it is to find time to cook, especially when your day is packed with activities. The air fryer solves that problem! It lets you make meals in just minutes, and the best part is — with minimal oil. That means you can enjoy all your favorite fried dishes, but in a much healthier way.

With the air fryer, you can make pretty much anything — from breakfasts to dinners. Want crispy bacon for breakfast or juicy chicken breasts for dinner? Easy! The air fryer will save you time and make cooking a lot simpler than traditional methods. Plus, it's easy to use and clean, which is a huge bonus for someone like me who's always on the go.

So, if you're looking to save time without sacrificing the quality of your meals, the air fryer is your best kitchen ally. I hope you love it as much as I do!

How to Use This Cookbook

Welcome to your new favorite kitchen companion! This cookbook is designed with busy people like you in mind – people who want to cook healthy, delicious meals without spending hours in the kitchen. Every recipe in this book is simple, fast, and uses just 5 main ingredients. It's all about making cooking easy, fun, and, most importantly, stress-free.

Here's how to get the most out of this book:

Keep it simple: Each recipe is designed to be quick and easy, with no complicated steps. You'll find recipes for every meal of the day, from breakfast to dinner and everything in between.

Less is more: You'll notice that the ingredient list is short – only 5 main ingredients per recipe. That's because we believe in keeping things simple and focusing on flavors that really shine. You won't need a lot of fancy ingredients to make a great meal.

Customize as you like: While the recipes are created with specific ingredients in mind, feel free to get creative! If you have different veggies or proteins on hand, swap them in. Cooking is all about making it your own, and the air fryer makes it easy to adapt to your taste.

Meal planning made easy: Use this book to plan your week's meals. Since the recipes are quick, you'll have time to make multiple dishes and mix and match throughout the week. This is a great way to keep things fresh and exciting.

Healthier meals in no time: The air fryer is all about convenience, and it makes cooking healthier meals easier than ever. Less oil, less mess, and still all the flavor.

I hope you find these recipes as simple and delicious as I do. Whether you're feeding your family or cooking for yourself, this book is here to make your life easier, one meal at a time. Let's get cooking!



Chapter 1: Breakfast for All Tastes

Classic Breakfast Burritos



Servings:
2 burritos



Prep Time:
10 min



Cook Time:
8 min



Ingredients:

- 2 medium flour tortillas
- 2 eggs
- ¼ cup shredded cheddar cheese
- ½ cup cooked potatoes (diced or hash-style)
- ¼ cup cooked breakfast sausage or beans (*optional for vegetarian*)

Step-by-step Instructions:

1. **Preheat** air fryer to 180°C / 350°F (3 min).
2. **Scramble** eggs in a pan or microwave until just set.
3. **Layer** eggs, potatoes, cheese, and sausage/beans into tortillas.
4. **Roll** burritos tightly and place seam-side down in the air fryer basket.
5. **Air fry** at 180°C / 350°F for 6–8 min until golden and crisp.
6. **Optional Garnishes:** Serve with salsa, avocado slices, or a dash of hot sauce.

Nutritional Info (per serving):

- Calories: ~320
- Protein: 15g
- Carbs: 28g
- Fat: 17g
- Fiber: 2g
- Cholesterol: 180mg
- Sodium: 480mg
- Potassium: 220mg

Good To Know:

Great for: Breakfast or brunch

Strengths: High-protein, quick, filling, beginner-friendly

Ideal Use: Quick, hearty, and perfect for busy mornings.

Crispy Hash Brown Patties



Servings:
4 patties



Prep Time:
10 min



Cook Time:
12 min



Ingredients:

- 2 medium potatoes (peeled and grated)
- 1 tbsp olive oil
- 1 tbsp cornstarch
- Salt to taste
- Black pepper to taste (*optional*)

Nutritional Info (per serving):

- Calories: ~130
- Protein: 2g
- Carbs: 18g
- Fat: 5g
- Fiber: 2g
- Cholesterol: 0mg
- Sodium: 120mg
- Potassium: 260mg

Step-by-step Instructions:

1. **Preheat** air fryer to 200°C / 400°F (3 min).
2. **Rinse** grated potatoes, squeeze out moisture with a clean towel.
3. **Mix** potatoes with oil, cornstarch, salt, and pepper.
4. **Shape** into 4 flat patties.
5. **Air fry** at 200°C / 400°F for 10–12 min, flipping halfway, until golden and crisp.

Good To Know:

Great for: Breakfast or snack

Strengths: Crispy texture, low-oil, gluten-free option, 5 ingredients

Ideal Use: Perfect for busy mornings — crisp, light, and satisfying.

Sausage & Egg Muffins



Servings:
4 muffins



Prep Time:
10 min



Cook Time:
10 min



Ingredients:

- 2 eggs
- 2 breakfast sausage patties (cooked and crumbled)
- ¼ cup shredded cheese (cheddar or mozzarella)
- 2 tbsp milk (dairy or plant-based)
- Salt and black pepper to taste

Optional Garnishes:

- Top with chopped chives or hot sauce before serving.

Step-by-step Instructions:

1. **Preheat** air fryer to 160°C / 320°F (3 min).
2. **Whisk** eggs, milk, salt, and pepper in a bowl.
3. **Add** sausage and cheese, mix well.
4. **Pour** mixture into silicone muffin cups (¾ full).
5. **Air fry** at 160°C / 320°F for 8–10 min until firm and golden.

Nutritional Info (per serving):

- Calories: ~140
- Protein: 10g
- Carbs: 2g
- Fat: 10g
- Fiber: 0g
- Cholesterol: 120mg
- Sodium: 280mg
- Potassium: 130mg

Good To Know:

Great for: Breakfast on-the-go

Strengths: High-protein, portable, quick prep, low-carb option

Benefits: Ideal for a quick, filling breakfast or meal prep.

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French Toast Sticks



Servings:
2 (8 sticks)



Prep Time:
5 min



Cook Time:
8 min



Ingredients:

- 2 slices whole grain or sandwich bread
- 1 egg
- 2 tbsp milk (any type)
- ½ tsp cinnamon (*optional*)
- 1 tsp maple syrup (*optional* or for serving)

Optional Garnishes:

- Serve with maple syrup, powdered sugar, or fresh berries.

Step-by-step Instructions:

1. **Preheat** air fryer to 180°C / 350°F (3 min).
2. **Whisk** egg, milk, and cinnamon in a bowl.
3. **Cut** bread into 4 strips per slice.
4. **Dip** each strip quickly in the egg mix, shake off excess.
5. **Place** on parchment in air fryer.
6. **Air fry** at 180°C / 350°F for 7–8 min until golden, flip halfway.

Nutritional Info (per serving):

- Calories: ~180
- Protein: 7g
- Carbs: 22g
- Fat: 7g
- Fiber: 2g
- Cholesterol: 85mg
- Sodium: 210mg
- Potassium: 130mg

Good To Know:

Great for: Breakfast, brunch, snack

Strengths: Kid-friendly, quick, no added oil, low sugar

Benefits: Quick, lightly sweet, and great for kids and adults alike.

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Buttermilk Pancake Bites



Servings:
8 mini bites



Prep Time:
5 min



Cook Time:
8 min



Ingredients:

- ½ cup buttermilk pancake mix
- ¼ cup water or milk
- 1 tsp maple syrup (*optional*)
- 1 tbsp mini chocolate chips or berries (*optional*)
- Oil spray for greasing (*minimal*)

Optional Garnishes:

- Serve with a drizzle of syrup, yogurt dip, or dust of powdered sugar.

Step-by-step Instructions:

1. **Preheat** air fryer to 180°C / 350°F (3 min).
2. **Mix** pancake batter with water/milk and syrup until smooth.
3. **Spoon** into mini silicone molds or muffin cups (¾ full).
4. (Optional) **Add** a few mini chips or berries to each.
5. **Air fry** at 180°C / 350°F for 6–8 min until golden and puffed.

Nutritional Info (per serving):

- Calories: ~90
- Protein: 2g
- Carbs: 14g
- Fat: 3g
- Fiber: 0.5g
- Cholesterol: 5mg
- Sodium: 130mg
- Potassium: 60mg

Good To Know:

Great for: Breakfast, kids' snack, brunch tray

Strengths: Fluffy texture, no frying, customizable, easy to portion

Benefits: Fun, fluffy, and perfect for quick breakfasts or snacking.

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Maple Glazed Bacon



Servings:
4 slices



Prep Time:
3 min



Cook Time:
8 min



Ingredients:

- 4 slices center-cut bacon
- 1 tbsp pure maple syrup
- Black pepper to taste (*optional*)
- Pinch of cayenne or paprika (*optional*)

Optional Garnishes:

- Serve with extra maple drizzle or fresh herbs for presentation.

Nutritional Info (per serving):

- Calories: ~110
- Protein: 5g
- Carbs: 3g
- Fat: 9g
- Fiber: 0g
- Cholesterol: 15mg
- Sodium: 190mg
- Potassium: 70mg

Step-by-step Instructions:

1. **Preheat** air fryer to 200°C / 400°F (3 min).
2. **Brush** bacon lightly with maple syrup on both sides.
3. (Optional) **Sprinkle** with pepper or cayenne.
4. **Place** in a single layer in the air fryer basket.
5. **Air fry** at 200°C / 400°F for 7–8 min, flipping halfway, until crisp and caramelized.

Good To Know:

Great for: Breakfast, brunch, sweet-savory snack

Strengths: Crispy edges, minimal grease, sweet & salty flavor, ultra-fast

Benefits: Crispy, smoky, and sweet — quick to make, hard to resist

Sunny-Side Up Avocado Toast



Servings:
5



Prep Time:
5 min



Cook Time:
5 min



Ingredients:

- 2 slices whole grain bread
- 1 ripe avocado
- 2 eggs
- Salt and pepper to taste
- 1 teaspoon olive oil

Optional Garnishes:

- Red pepper flakes, fresh herbs

Nutritional Info (per serving):

- Calories: ~220
- Protein: 7g
- Carbs: 16g
- Fat: 15g
- Fiber: 5g
- Cholesterol: 185mg
- Sodium: 210mg
- Potassium: 480mg

Step-by-step Instructions:

1. **Toast the bread:** Toast the slices of whole grain bread until golden brown.
2. **Cook the eggs:** Heat olive oil in a pan. Crack the eggs and cook on low heat for 2-3 minutes until the whites are set but the yolks remain runny.
3. **Mash the avocado:** While the eggs cook, mash the avocado and season with salt and pepper.
4. **Assemble the toast:** Spread the mashed avocado on each slice of toast.
5. **Top with eggs:** Place the sunny-side-up eggs on top of the avocado toast.

Good To Know:

Great for: A quick and nutritious breakfast or light lunch.

Strengths: High in healthy fats, protein, and fiber; keeps you full longer.

Benefits: Packed with healthy fats, protein, and fiber for sustained energy.

Bacon and Egg Breakfast Muffins



Servings:
4



Prep Time:
10 min



Cook Time:
12 min



Ingredients:

- 4 large eggs
- 4 slices bacon
- 1/2 cup shredded cheddar cheese
- 1/2 cup spinach, chopped
- 1/4 teaspoon salt and pepper

Optional Garnishes:

- Fresh parsley or chives

Nutritional Info (per serving):

- Calories: ~190
- Protein: 10g
- Carbs: 6g
- Fat: 14g
- Fiber: 0g
- Cholesterol: 170mg
- Sodium: 360mg
- Potassium: 120mg

Step-by-step Instructions:

1. **Preheat** the air fryer to 350°F (175°C) for 3 minutes.
2. **Place** the bacon slices in the air fryer basket and cook for 5-6 minutes until crispy. Remove and crumble into small pieces.
3. **Prepare the muffin cups:** Grease 4 muffin cups in a silicone muffin tray or use parchment liners.
4. **Assemble the muffins:** Crack an egg into each muffin cup. Add crumbled bacon, spinach, cheese, salt, and pepper.
5. **Air fry:** Place the muffin tray in the air fryer and cook for 10-12 minutes until eggs are set.

Good To Know:

Great for: A high-protein, grab-and-go breakfast or snack.

Strengths: Quick, customizable, rich in protein and vegetables, and perfect for meal prep.

Benefits: Packed with protein and healthy fats for sustained energy.



Chapter 2: Game-Day Snacks & Appetizers

Loaded Potato Skins



Servings:
4 halves



Prep Time:
10 min



Cook Time:
12 min



Ingredients:

- 2 medium russet potatoes (baked and halved)
- ¼ cup shredded cheddar cheese
- 2 tbsp cooked crumbled bacon (*or veggie bacon*)
- 2 tbsp sour cream or Greek yogurt
- 1 tbsp chopped green onion (*optional*)

Optional Garnishes:

- Fresh parsley, hot sauce, or a sprinkle of paprika.

Step-by-step Instructions:

1. **Preheat** air fryer to 200°C / 400°F (3 min).
2. **Scoop** out most of the potato flesh, leaving 0.5 cm edge.
3. **Fill** each skin with cheese and bacon.
4. **Air fry** at 200°C / 400°F for 10–12 min until crispy and bubbling.
5. **Top** with sour cream and green onion before serving.

Nutritional Info (per serving):

- Calories: ~150
- Protein: 5g
- Carbs: 13g
- Fat: 9g
- Fiber: 1.5g
- Cholesterol: 20mg
- Sodium: 200mg
- Potassium: 300mg

Good To Know:

Great for: Game-day snack, party appetizer

Strengths: Crispy edges, savory filling, crowd-pleaser, naturally gluten-free

Benefits: Crispy, cheesy, and satisfying — perfect for sharing or snacking.

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Mozzarella Sticks



Servings:
6 sticks



Prep Time:
10 min



Cook Time:
7 min



Ingredients:

- 6 mozzarella cheese sticks
- 1 egg
- ¼ cup breadcrumbs
- 1 tbsp grated Parmesan (*optional*)
- Pinch of Italian seasoning or oregano (*optional*)

Optional Garnishes:

- Serve with marinara sauce or a sprinkle of chili flakes.

Step-by-step Instructions:

1. **Freeze** cheese sticks for 30–60 min (prevents melting too fast).
2. **Preheat** air fryer to 190°C / 375°F (3 min).
3. **Whisk** egg in a small bowl.
4. **Mix** breadcrumbs, Parmesan, and seasoning in another bowl.
5. **Dip** frozen cheese sticks in egg, then breadcrumb mix. Repeat for thicker coating.
6. **Air fry** at 190°C / 375°F for 6–7 min until golden and crisp. Don't overcrowd.

Nutritional Info (per serving):

- Calories: ~100
- Protein: 5g
- Carbs: 6g
- Fat: 6g
- Fiber: 0.5g
- Cholesterol: 20mg
- Sodium: 170mg
- Potassium: 40mg

Good To Know:

Great for: Party snack, kids' treat, movie night

Strengths: Gooey center, crispy outside, low-oil, crowd-favorite

Benefits: Crunchy outside, melty center — the ultimate snack made healthier.

Buffalo Cauliflower Bites



Servings:
2



Prep Time:
10 min



Cook Time:
15 min



Ingredients:

- 2 cups cauliflower florets
- 2 tbsp hot sauce (e.g. Frank's RedHot)
- 1 tbsp olive oil
- 1 tbsp cornstarch
- ½ tsp garlic powder (optional)

Optional Garnishes:

- Serve with vegan ranch, celery sticks, or sprinkle of chopped parsley.

Step-by-step Instructions:

1. **Preheat** air fryer to 200°C / 400°F (3 min).
2. **Toss** cauliflower with oil, cornstarch, and garlic powder.
3. **Air fry** at 200°C / 400°F for 10 min, shake halfway.
4. **Brush or toss** with hot sauce and air fry again for 3–5 min until crisp.

Nutritional Info (per serving):

- Calories: ~120
- Protein: 3g
- Carbs: 10g
- Fat: 8g
- Fiber: 3g
- Cholesterol: 0mg
- Sodium: 420mg
- Potassium: 350mg

Good To Know:

Great for: Party snack, appetizer, plant-based option

Strengths: Spicy, crunchy, low-carb, vegan-friendly

Benefits: Bold, spicy, and crisp — a perfect plant-based snack.

Jalapeño Poppers



Servings:
4 (8 halves)



Prep Time:
10 min



Cook Time:
10 min



Ingredients:

- 4 fresh jalapeños (halved, seeds removed)
- ¼ cup cream cheese
- ¼ cup shredded cheddar cheese
- 2 tbsp breadcrumbs (*optional*)
- Pinch of garlic powder or smoked paprika (*optional*)

Optional Garnishes:

- Serve with ranch dressing, chopped cilantro, or lime wedges.

Step-by-step Instructions:

1. **Preheat** air fryer to 190°C / 375°F (3 min).
2. **Mix** cream cheese, cheddar, and spices in a bowl.
3. **Fill** jalapeño halves with the cheese mixture.
4. **Top** with breadcrumbs if using.
5. **Air fry** at 190°C / 375°F for 8–10 min until golden and bubbling.

Nutritional Info (per serving):

- Calories: ~120
- Protein: 4g
- Carbs: 5g
- Fat: 10g
- Fiber: 1g
- Cholesterol: 15mg
- Sodium: 160mg
- Potassium: 90mg

Good To Know:

Great for: Party appetizer, spicy snack

Strengths: Low-carb, bold flavor, keto-friendly, crispy

Benefits: Cheesy, spicy, and bite-sized — a party favorite made healthier.

Mini Corn Dogs



Servings:
6



Prep Time:
10 min



Cook Time:
8 min



Ingredients:

- 3 hot dogs (cut in half)
- ½ cup cornmeal pancake or cornbread mix
- ¼ cup milk
- 1 egg
- Oil spray (minimal, for crispiness)

Optional Garnishes:

- Serve with ketchup, mustard, or spicy dipping sauce.

Step-by-step Instructions:

1. **Preheat** air fryer to 190°C / 375°F (3 min).
2. **Mix** pancake mix, milk, and egg into thick batter.
3. **Skewer** each hot dog half with a toothpick or small stick.
4. **Dip** each into batter, coating evenly. Let excess drip off.
5. **Place** on parchment in air fryer basket.
6. **Air fry** at 190°C / 375°F for 7–8 min until golden brown.

Nutritional Info (per serving):

- Calories: ~140
- Protein: 5g
- Carbs: 12g
- Fat: 8g
- Fiber: 1g
- Cholesterol: 25mg
- Sodium: 310mg
- Potassium: 80mg

Good To Know:

Great for: Game day, kids' snack, party food

Strengths: Fun, portable, low-oil, classic American flavor

Benefits: Crispy, nostalgic, and perfect for parties or lunchboxes.

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BBQ Chicken Wings



Servings:
2



Prep Time:
5 min



Cook Time:
20 min



Ingredients:

- 8 chicken wings (split if needed)
- 2 tbsp BBQ sauce
- 1 tsp olive oil
- ½ tsp garlic powder (*optional*)
- Salt and black pepper to taste

Optional Garnishes:

- Chopped parsley, extra BBQ sauce for dipping, or sliced scallions.

Step-by-step Instructions:

1. **Preheat** air fryer to 200°C / 400°F (3 min).
2. **Toss** wings with oil, salt, pepper, and garlic powder.
3. **Air fry** at 200°C / 400°F for 15 min, flipping halfway.
4. **Brush** with BBQ sauce and air fry 5 min more until sticky and caramelized.

Nutritional Info (per serving):

- Calories: ~320
- Protein: 24g
- Carbs: 5g
- Fat: 22g
- Fiber: 0g
- Cholesterol: 95mg
- Sodium: 420mg
- Potassium: 250mg

Good To Know:

Great for: Game day, casual dinner, party platter

Strengths: Crispy skin, juicy inside, no deep frying, rich flavor

Benefits: Sweet, smoky, and crispy — everything wings should be, without the grease.

Garlic Parmesan Fries



Servings:
4



Prep Time:
5 min



Cook Time:
15 min



Ingredients:

- 4 medium potatoes, cut into fries
- 2 tablespoons olive oil
- 2 tablespoons grated Parmesan cheese
- 2 cloves garlic, minced
- 1/4 teaspoon salt and pepper

Optional Garnishes:

- Fresh parsley, chopped

Nutritional Info (per serving):

- Calories: ~230
- Protein: 4g
- Carbs: 26g
- Fat: 12g
- Fiber: 3g
- Cholesterol: 10mg
- Sodium: 310mg
- Potassium: 510mg

Step-by-step Instructions:

1. **Preheat the air fryer:** Preheat your air fryer to 400°F (200°C) for 3 minutes.
2. **Prepare the fries:** Toss the potato fries with olive oil, garlic, salt, and pepper.
3. **Air fry the fries:** Place the fries in the air fryer basket in a single layer. Cook for 12-15 minutes, shaking halfway through.
4. **Add Parmesan:** Once the fries are golden and crispy, sprinkle with Parmesan cheese while still hot.
5. **Serve:** Garnish with fresh parsley if

Good To Know:

Great for: A tasty and crunchy side dish or snack.

Strengths: Crispy, flavorful, easy to prepare, and low in calories.

Benefits: Low-calorie, high in flavor, and a healthier alternative to deep-fried fries.

desired and serve immediately.

Crispy Chickpea Bites



Servings:
4



Prep Time:
5 min



Cook Time:
15 min



Ingredients:

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 tablespoon olive oil
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt

Optional Garnishes:

- Fresh lemon wedges

Nutritional Info (per serving):

- Calories: ~180
- Protein: 6g
- Carbs: 20g
- Fat: 8g
- Fiber: 5g
- Cholesterol: 0mg
- Sodium: 220mg
- Potassium: 240mg

Step-by-step Instructions:

1. **Preheat the air fryer:** Preheat your air fryer to 400°F (200°C) for 3 minutes.
2. **Prepare the chickpeas:** Pat the chickpeas dry with a towel. Toss them with olive oil, paprika, garlic powder, and salt.
3. **Air fry the chickpeas:** Place the chickpeas in the air fryer basket in a single layer. Cook for 12-15 minutes, shaking halfway through.
4. **Serve:** Once crispy, remove the chickpeas and serve with fresh lemon wedges for added zest.

Good To Know:

Great for: A crunchy, healthy snack or salad topping.

Strengths: Low-calorie, high in protein, fiber-rich, and easy to make.

Benefits: High-protein, high-fiber, and a great alternative to chips.

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Chapter 3:

Comfort Food Classics

Fried Chicken Tenders



Servings:
2



Prep Time:
10 min



Cook Time:
10 min



Ingredients:

- 250 g (about ½ lb) chicken breast, cut into strips
- 1 egg
- ¼ cup breadcrumbs
- 1 tbsp flour
- Salt and pepper to taste

Optional Garnishes:

- Serve with dipping sauces like honey mustard, ketchup, or ranch.

Step-by-step Instructions:

1. **Preheat** air fryer to 200°C / 400°F (3 min).
2. **Whisk** egg in a bowl. In another bowl, combine breadcrumbs, flour, salt, and pepper.
3. **Dip** chicken strips into egg, then coat with breadcrumb mixture.
4. **Place** tenders in the air fryer basket in a single layer.
5. **Air fry** at 200°C / 400°F for 9–10 min, flipping halfway, until golden and crispy.

Nutritional Info (per serving):

- Calories: ~260
- Protein: 28g
- Carbs: 10g
- Fat: 12g
- Fiber: 1g
- Cholesterol: 125mg
- Sodium: 300mg
- Potassium: 350mg

Good To Know:

Great for: Lunch, dinner, family meals

Strengths: Crispy coating, juicy inside, kid-friendly, less oil than frying

Benefits: Crispy outside, tender inside — a classic made healthier in the air fryer.

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Mac & Cheese Balls



Servings:
6 balls



Prep Time:
15 min



Cook Time:
10 min



Ingredients:

- 1 cup cooked macaroni and cheese (chilled)
- ¼ cup breadcrumbs
- 1 egg
- 1 tbsp grated Parmesan (*optional*)
- Pinch of paprika or garlic powder (*optional*)

Optional Garnishes:

- Serve with marinara or ranch sauce, sprinkle with chives.

Step-by-step Instructions:

1. **Preheat** air fryer to 200°C / 400°F (3 min).
2. **Form** mac & cheese into 6 firm balls using your hands. Chill if too soft.
3. **Whisk** egg in a bowl. In another bowl, mix breadcrumbs, Parmesan, and spices.
4. **Dip** balls in egg, then coat in breadcrumbs.
5. **Air fry** at 200°C / 400°F for 8–10 min until golden and crisp, shaking halfway.

Nutritional Info (per serving):

- Calories: ~140
- Protein: 5g
- Carbs: 14g
- Fat: 7g
- Fiber: 1g
- Cholesterol: 35mg
- Sodium: 220mg
- Potassium: 90mg

Good To Know:

Great for: Party snack, kids' treat, comfort food

Strengths: Crispy outside, creamy inside, fun to eat, low-oil

Benefits: Crispy, cheesy, and comforting — perfect for sharing or snacking.

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Country-Style Pork Chops



Servings:
2



Prep Time:
10 min



Cook Time:
12 min



Ingredients:

- 2 boneless pork chops (about 1.5–2 cm thick)
- 1 tbsp olive oil
- 1 tbsp breadcrumbs
- ½ tsp paprika
- Salt and black pepper to taste

Optional Garnishes:

- Fresh rosemary, lemon wedges, or a drizzle of honey mustard.

Step-by-step Instructions:

1. **Preheat** air fryer to 200°C / 400°F (3 min).
2. **Brush** pork chops with oil.
3. **Combine** breadcrumbs, paprika, salt, and pepper; coat both sides of chops.
4. **Place** in air fryer basket.
5. **Air fry** at 200°C / 400°F for 10–12 min, flipping halfway, until golden and cooked through (internal temp 63°C / 145°F).

Nutritional Info (per serving):

- Calories: ~290
- Protein: 28g
- Carbs: 4g
- Fat: 18g
- Fiber: 0g
- Cholesterol: 80mg
- Sodium: 300mg
- Potassium: 400mg

Good To Know:

Great for: Weeknight dinners, hearty meals

Strengths: Juicy, flavorful, crispy edges, low oil

Benefits: Tender, well-seasoned, and satisfying — classic comfort with a lighter touch.

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Meatloaf Bites



Servings:
6



Prep Time:
10 min



Cook Time:
12 min



Ingredients:

- 200 g (7 oz) ground beef or turkey
- 2 tbsp breadcrumbs
- 1 tbsp ketchup (plus extra for topping)
- 1 tsp mustard (*optional*)
- Salt and black pepper to taste

Optional Garnishes:

- Fresh parsley, ketchup swirl, or mashed potato side.

Nutritional Info (per serving):

- Calories: ~95
- Protein: 7g
- Carbs: 3g
- Fat: 6g
- Fiber: 0g
- Cholesterol: 25mg
- Sodium: 180mg
- Potassium: 140mg

Step-by-step Instructions:

1. **Preheat** air fryer to 180°C / 350°F (3 min).
2. **Mix** all ingredients in a bowl until just combined.
3. **Form** into 6 equal balls or muffin shapes.
4. **Place** in silicone molds or directly in the air fryer basket.
5. **Air fry** at 180°C / 350°F for 10–12 min until browned and cooked through.
6. **Top** with a dab of ketchup and air fry

Good To Know:

Great for: Dinner, appetizers, meal prep

Strengths: Protein-rich, quick-cooking, family-friendly

Benefits: Savory, juicy, and perfect for portion control or party trays.

1 more minute if desired.

Chicken Pot Pie Pockets



Servings:
4



Prep Time:
12 min



Cook Time:
10 min



Ingredients:

- 1 cup cooked, shredded chicken
- ½ cup frozen mixed vegetables (thawed)
- 2 tbsp cream cheese or light cream
- 1 sheet refrigerated pie dough
- Salt and pepper to taste

Optional Garnishes:

- Serve with fresh thyme or a light salad.

Nutritional Info (per serving):

- Calories: ~240
- Protein: 12g
- Carbs: 18g
- Fat: 13g
- Fiber: 2g
- Cholesterol: 45mg
- Sodium: 310mg
- Potassium: 180mg

Step-by-step Instructions:

1. **Preheat** air fryer to 190°C / 375°F (3 min).
2. **Mix** chicken, veggies, cream cheese, salt, and pepper in a bowl.
3. **Cut** dough into 4 rectangles. Add filling to one side of each, fold and seal edges with a fork.
4. (Optional) **Brush** tops with a bit of milk or egg wash.
5. **Air fry** at 190°C / 375°F for 10 min until golden and crisp.

Good To Know:

Great for: Lunch, dinner, meal prep

Strengths: Comforting, handheld, freezer-friendly, full-flavor

Benefits: Creamy, crisp, and comforting — everything you love about pot pie in a portable pocket.

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Cheeseburger Sliders



Servings:
4



Prep Time:
10 min



Cook Time:
10 min



Ingredients:

- 200 g (7 oz) ground beef
- 4 slider buns
- 4 small slices of cheddar cheese
- Salt and black pepper to taste
- Optional toppings: pickle slices, ketchup, mustard, lettuce

Optional Garnishes:

- Serve with fries, pickles, or a dipping sauce trio.

Nutritional Info (per serving):

- Calories: ~260
- Protein: 15g
- Carbs: 18g
- Fat: 14g
- Fiber: 1g
- Cholesterol: 45mg
- Sodium: 330mg
- Potassium: 220mg

Step-by-step Instructions:

1. **Preheat** air fryer to 200°C / 400°F (3 min).
2. **Form** ground beef into 4 small patties. Season with salt and pepper.
3. **Air fry** patties at 200°C / 400°F for 7–8 min, flipping halfway.
4. **Add** cheese slices in last minute to melt.
5. **Assemble** sliders with buns and desired toppings.

Good To Know:

Great for: Weeknight dinner, game-day snack, party platter

Strengths: Juicy, quick, kid-approved, customizable

Benefits: Mini burgers with full flavor — quick, juicy, and fun to serve.

Crispy Chicken Parmesan Bites



Servings:
4



Prep Time:
10 min



Cook Time:
12 min



Ingredients:

- 2 boneless, skinless chicken breasts, cut into bite-sized pieces
- 1/2 cup breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon garlic powder
- 1/2 cup marinara sauce

Optional Garnishes:

- Fresh basil leaves, chopped

Step-by-step Instructions:

1. **Preheat** your air fryer to 375°F (190°C) for 3 minutes.
2. **Prepare the chicken:** Mix breadcrumbs, Parmesan cheese, and garlic powder. Coat each chicken piece in the breadcrumb mixture.
3. **Place** the coated chicken pieces in the air fryer basket in a single layer. Cook for 10-12 minutes, shaking halfway through, until golden and crispy.
4. **Drizzle** marinara sauce over the chicken bites and garnish with fresh basil leaves.

Nutritional Info (per serving):

- Calories: ~210
- Protein: 18g
- Carbs: 7g
- Fat: 12g
- Fiber: 1g
- Cholesterol: 70mg
- Sodium: 330mg
- Potassium: 280mg

Good To Know:

Great for: A delicious appetizer or meal for any occasion.

Strengths: Crispy, flavorful, protein-packed, and easy to make.

Benefits: High in protein and flavor with a healthy, crispy coating.

Cheesy Bacon Potato Casserole



Servings:
4



Prep Time:
10 min



Cook Time:
25 min



Ingredients:

- 4 medium potatoes, peeled and diced
- 4 slices bacon, cooked and crumbled
- 1/2 cup shredded cheddar cheese
- 1/2 cup sour cream
- 1/4 teaspoon salt and pepper

Optional Garnishes:

- Chopped green onions or parsley

Nutritional Info (per serving):

- Calories: ~250
- Protein: 8g
- Carbs: 22g
- Fat: 15g
- Fiber: 2g
- Cholesterol: 30mg
- Sodium: 390mg
- Potassium: 460mg

Step-by-step Instructions:

1. **Preheat** the air fryer to 375°F (190°C).
2. **Boil** diced potatoes for 8–10 minutes, drain.
3. **Mix** potatoes with bacon, cheddar, sour cream, salt, and pepper.
4. **Transfer** to a small baking dish and air fry for 15–20 minutes until golden and bubbly.
5. **Garnish** with green onions or parsley if desired.

Good To Know:

Great for: A creamy, comforting side dish or main course.

Strengths: Cheesy, savory, hearty, and perfect for sharing.

Benefits: Packed with protein, healthy fats, and comforting flavors.



Chapter 4:

Family Dinners Made Easy

BBQ Ribs



Servings:
2



Prep Time:
10 min



Cook Time:
25 min



Ingredients:

- 500 g (1.1 lb) pork ribs (cut into sections)
- 2 tbsp BBQ sauce
- 1 tsp olive oil
- ½ tsp smoked paprika (*optional*)
- Salt and black pepper to taste

Optional Garnishes:

- Fresh herbs, extra BBQ sauce, or a squeeze of lime.

Step-by-step Instructions:

1. **Preheat** air fryer to 180°C / 350°F (3 min).
2. **Rub** ribs with oil, salt, pepper, and paprika.
3. **Air fry** at 180°C / 350°F for 20 min, flipping halfway.
4. **Brush** with BBQ sauce and air fry 5 more minutes at 200°C / 400°F for caramelization.

Nutritional Info (per serving):

- Calories: ~430
- Protein: 28g
- Carbs: 6g
- Fat: 33g
- Fiber: 0g
- Cholesterol: 95mg
- Sodium: 380mg
- Potassium: 420mg

Good To Know:

Great for: Dinner, weekend treat, casual gathering

Strengths: Tender inside, caramelized outside, no grill needed, flavor-packed

Benefits: Sticky, smoky, and fall-off-the-bone — air-fried perfection without the grill.

Lemon Garlic Salmon



Servings:
2



Prep Time:
5 min



Cook Time:
10 min



Ingredients:

- 2 salmon fillets (skin on or off)
- 1 tbsp olive oil
- 1 clove garlic (minced)
- Juice of ½ lemon
- Salt and black pepper to taste

Optional Garnishes:

- Lemon wedges, chopped parsley, or a side of steamed veggies.

Step-by-step Instructions:

1. **Preheat** air fryer to 200°C / 400°F (3 min).
2. **Brush** salmon with oil and lemon juice, season with salt, pepper, and garlic.
3. **Place** fillets skin-side down in air fryer basket.
4. **Air fry** at 200°C / 400°F for 8–10 min until flaky and golden on top.

Nutritional Info (per serving):

- Calories: ~290
- Protein: 25g
- Carbs: 1g
- Fat: 20g
- Fiber: 0g
- Cholesterol: 70mg
- Sodium: 170mg
- Potassium: 470mg

Good To Know:

Great for: Light dinner, healthy lunch

Strengths: Omega-3 rich, fresh flavor, no marinade needed, low-carb

Benefits: Flaky, zesty, and nutritious — a fast seafood favorite with zero fuss.

Turkey Meatballs



Servings:
2 (8 meatballs)



Prep Time:
10 min



Cook Time:
10 min



Ingredients:

- 250 g (9 oz) ground turkey
- 2 tbsp breadcrumbs (use gluten-free if needed)
- 1 egg
- ½ tsp garlic powder (*optional*)
- Salt and black pepper to taste

Optional Garnishes:

- Chopped parsley, marinara sauce, or a sprinkle of Parmesan.

Step-by-step Instructions:

1. **Preheat** air fryer to 190°C / 375°F (3 min).
2. **Mix** turkey, breadcrumbs, egg, and seasonings in a bowl.
3. **Form** into 8 equal meatballs.
4. **Place** in the air fryer basket, not touching.
5. **Air fry** at 190°C / 375°F for 9–10 min, shaking halfway, until golden and cooked through (internal temp 74°C / 165°F).

Nutritional Info (per serving):

- Calories: ~240
- Protein: 26g
- Carbs: 4g
- Fat: 13g
- Fiber: 0g
- Cholesterol: 120mg
- Sodium: 260mg
- Potassium: 320mg

Good To Know:

Great for: Weeknight dinners, meal prep, healthy lunches

Strengths: Lean protein, quick, juicy inside, gluten-free option

Benefits: Light, flavorful, and done in minutes — great with pasta or on their own.

Southwest Chicken Breasts



Servings:
2



Prep Time:
10 min



Cook Time:
12 min



Ingredients:

- 2 boneless, skinless chicken breasts
- 1 tbsp olive oil
- ½ tsp smoked paprika
- ½ tsp ground cumin
- Salt and black pepper to taste

Optional Garnishes:

- Chopped cilantro, lime wedges, or avocado slices.

Step-by-step Instructions:

1. **Preheat** air fryer to 200°C / 400°F (3 min).
2. **Rub** chicken with oil and seasonings on both sides.
3. **Place** in air fryer basket.
4. **Air fry** at 200°C / 400°F for 10–12 min, flipping halfway, until internal temp reaches 74°C / 165°F.

Nutritional Info (per serving):

- Calories: ~280
- Protein: 27g
- Carbs: 1g
- Fat: 18g
- Fiber: 0g
- Cholesterol: 80mg
- Sodium: 300mg
- Potassium: 420mg

Good To Know:

Great for: Healthy dinner, high-protein meal

Strengths: Bold flavor, low carb, juicy and quick

Benefits: Juicy, zesty, and protein-packed — perfect with salad or rice bowls.

Crispy Tilapia Fillets



Servings:
2



Prep Time:
8 min



Cook Time:
10 min



Ingredients:

- 2 tilapia fillets
- 1 tbsp olive oil
- 2 tbsp breadcrumbs
- ½ tsp lemon zest (*optional*)
- Salt and black pepper to taste

Optional Garnishes:

- Serve with lemon wedges, chopped dill, or a dollop of tartar sauce.

Step-by-step Instructions:

1. **Preheat** air fryer to 200°C / 400°F (3 min).
2. **Brush** tilapia with oil and season with salt, pepper, and zest.
3. **Coat** lightly with breadcrumbs on both sides.
4. **Place** fillets in the air fryer basket.
5. **Air fry** at 200°C / 400°F for 8–10 min until golden and crisp.

Nutritional Info (per serving):

- Calories: ~200
- Protein: 24g
- Carbs: 4g
- Fat: 10g
- Fiber: 0g
- Cholesterol: 60mg
- Sodium: 180mg
- Potassium: 350mg

Good To Know:

Great for: Light dinner, pescatarian meal

Strengths: Crispy coating, flaky inside, low-calorie, fast-cooking

Benefits: Light, flaky, and golden — a healthy take on classic fried fish.

Veggie-Stuffed Bell Peppers



Servings:
2



Prep Time:
10 min



Cook Time:
12 min



Ingredients:

- 1 large bell pepper (halved, seeds removed)
- ½ cup cooked rice or quinoa
- ¼ cup canned black beans (drained)
- 2 tbsp shredded cheese
- 1 tbsp salsa (*optional*)

Optional Garnishes:

- Top with fresh cilantro, avocado slices, or a squeeze of lime.

Nutritional Info (per serving):

- Calories: ~170
- Protein: 6g
- Carbs: 21g
- Fat: 6g
- Fiber: 5g
- Cholesterol: 10mg
- Sodium: 180mg
- Potassium: 300mg

Step-by-step Instructions:

1. **Preheat** air fryer to 180°C / 350°F (3 min).
2. **Mix** rice, beans, cheese, and salsa in a bowl.
3. **Stuff** pepper halves with the mixture.
4. **Place** in air fryer basket.
5. **Air fry** at 180°C / 350°F for 10–12 min until peppers are tender and tops golden.

Good To Know:

Great for: Vegetarian lunch or dinner

Strengths: High-fiber, colorful, customizable, meal-prep friendly

Benefits: Wholesome, filling, and vibrant — a plant-powered favorite.

Garlic Herb Roasted Chicken



Servings:
4



Prep Time:
10 min



Cook Time:
25 min



Ingredients:

- 4 chicken thighs, bone-in and skin-on
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 tablespoon fresh rosemary, chopped
- 1/2 teaspoon salt and pepper

Optional Garnishes:

- Lemon wedges

Nutritional Info (per serving):

- Calories: ~270
- Protein: 24g
- Carbs: 2g
- Fat: 18g
- Fiber: 0g
- Cholesterol: 80mg
- Sodium: 320mg
- Potassium: 300mg

Step-by-step Instructions:

1. **Preheat** your air fryer to 375°F (190°C) for 3 minutes.
2. **Prepare the chicken:** Rub the chicken thighs with olive oil, minced garlic, rosemary, salt, and pepper.
3. **Place** the chicken thighs in the air fryer basket, skin-side up.
Cook for 20-25 minutes, or until the chicken is golden and the internal temperature reaches 165°F (74°C).
4. **Garnish** with lemon wedges and serve hot.

Good To Know:

Great for: A simple, flavorful dinner or special occasion.

Strengths: Juicy, flavorful, and packed with protein.

Benefits: High in protein and healthy fats, perfect for a hearty meal.

Honey Mustard Pork Tenderloin



Servings:
4



Prep Time:
10 min



Cook Time:
20 min



Ingredients:

- 1 pork tenderloin (about 1 lb)
- 2 tablespoons honey
- 2 tablespoons Dijon mustard
- 1 tablespoon olive oil
- 1/2 teaspoon salt and pepper

Optional Garnishes:

- Fresh thyme or rosemary

Nutritional Info (per serving):

- Calories: ~240
- Protein: 25g
- Carbs: 6g
- Fat: 12g
- Fiber: 0g
- Cholesterol: 75mg
- Sodium: 310mg
- Potassium: 350mg

Step-by-step Instructions:

1. **Preheat** your air fryer to 375°F (190°C) for 3 minutes.
2. In a small bowl, mix honey, Dijon mustard, olive oil, salt, and pepper.
3. **Rub** the pork tenderloin with the honey mustard glaze.
4. **Place** the tenderloin in the air fryer basket and cook for 18-20 minutes, turning halfway, until the internal temperature reaches 145°F (63°C).
5. **Let** the pork rest for 5 minutes before slicing. Garnish with fresh thyme or rosemary.

Good To Know:

Great for: A flavorful, sweet-and-savory main dish.

Strengths: Tender, juicy, and packed with protein.

Benefits: High in protein, low in fat, and full of rich, balanced flavors.



Chapter 5: Satisfying Sides

Sweet Potato Fries



Servings:
2



Prep Time:
5 min



Cook Time:
12 min



Ingredients:

- 1 medium sweet potato (peeled, cut into fries)
- 1 tbsp olive oil
- ½ tsp paprika (*optional*)
- Salt and black pepper to taste

Optional Garnishes:

- Sprinkle with fresh rosemary, sea salt, or serve with garlic yogurt dip.

Step-by-step Instructions:

1. **Preheat** air fryer to 200°C / 400°F (3 min).
2. **Toss** sweet potato fries with oil, paprika, salt, and pepper.
3. **Place** in air fryer basket in a single layer.
4. **Air fry** at 200°C / 400°F for 10–12 min, shaking halfway through, until crispy and browned.

Nutritional Info (per serving):

- Calories: ~160
- Protein: 2g
- Carbs: 23g
- Fat: 7g
- Fiber: 3g
- Cholesterol: 0mg
- Sodium: 150mg
- Potassium: 400mg

Good To Know:

Great for: Side dish, snack, healthy alternative to fries

Strengths: Naturally sweet, crispy edges, low-oil, fiber-rich

Benefits: Naturally sweet, crispy, and satisfying — a better-for-you fry favorite.

Garlic Parmesan Green Beans



Servings:
2



Prep Time:
5 min



Cook Time:
8 min



Ingredients:

- 200 g (about 2 cups) fresh green beans (trimmed)
- 1 tbsp olive oil
- 1 tbsp grated Parmesan
- ½ tsp garlic powder
- Salt and pepper to taste

Optional Garnishes:

- Lemon zest, crushed red pepper flakes, or extra cheese.

Step-by-step Instructions:

1. **Preheat** air fryer to 200°C / 400°F (3 min).
2. **Toss** green beans with oil, garlic powder, salt, and pepper.
3. **Air fry** at 200°C / 400°F for 6–8 min, shaking halfway.
4. **Sprinkle** with Parmesan and serve immediately.

Nutritional Info (per serving):

- Calories: ~120
- Protein: 4g
- Carbs: 9g
- Fat: 8g
- Fiber: 3g
- Cholesterol: 3mg
- Sodium: 180mg
- Potassium: 230mg

Good To Know:

Great for: Side dish, light snack

Strengths: Crisp-tender texture, low-carb, savory flavor, quick and easy

Benefits: Crispy, cheesy, and perfectly seasoned — a fast and flavorful veggie side.

Corn on the Cob



Servings:
5



Prep Time:
5 min



Cook Time:
10 min



Ingredients:

- 2 ears of corn (halved if needed)
- 1 tbsp olive oil or melted butter
- Salt and black pepper to taste
- Optional: ½ tsp smoked paprika or garlic powder

Optional Garnishes:

- Grated Parmesan, chopped herbs, lime wedges, or chili flakes.

Step-by-step Instructions:

1. **Preheat** air fryer to 200°C / 400°F (3 min).
2. **Brush** corn with oil or butter. Season with salt, pepper, and spices if using.
3. **Place** corn in the air fryer basket in a single layer.
4. **Air fry** at 200°C / 400°F for 10–12 min, turning halfway, until lightly browned and tender.

Nutritional Info (per serving):

- Calories: ~150
- Protein: 4g
- Carbs: 20g
- Fat: 7g
- Fiber: 2g
- Cholesterol: 5mg
- Sodium: 140mg
- Potassium: 250mg

Good To Know:

Great for: Side dish, summer meals, BBQ alternative

Strengths: Sweet, juicy, lightly charred, no boiling needed

Benefits: Juicy, golden, and slightly smoky — classic corn made simple.

Roasted Baby Carrots



Servings:
2



Prep Time:
5 min



Cook Time:
12 min



Ingredients:

- 2 cups baby carrots
- 1 tbsp olive oil
- Salt and black pepper to taste
- ½ tsp dried thyme or rosemary (optional)

Optional Garnishes:

- Chopped parsley or a drizzle of honey.

Nutritional Info (per serving):

- Calories: ~110
- Protein: 1g
- Carbs: 13g
- Fat: 6g
- Fiber: 4g
- Cholesterol: 0mg
- Sodium: 140mg
- Potassium: 360mg

Step-by-step Instructions:

1. **Preheat** air fryer to 190°C / 375°F (3 min).
2. **Toss** carrots with oil, salt, pepper, and herbs.
3. **Air fry** at 190°C / 375°F for 10–12 min until tender and lightly browned, shaking halfway.

Good To Know:

Great for: Side dish

Strengths: Naturally sweet, colorful, very simple

Benefits: Low-calorie, high in fiber, rich in vitamins, simple, and delicious.

Cheesy Broccoli



Servings:
2



Prep Time:
5 min



Cook Time:
8 min



Ingredients:

- 2 cups broccoli florets
- 1 tbsp olive oil
- ¼ cup shredded cheddar cheese
- Salt and pepper to taste

Optional Garnishes:

- Sprinkle of paprika or nutritional yeast.

Nutritional Info (per serving):

- Calories: ~160
- Protein: 6g
- Carbs: 8g
- Fat: 12g
- Fiber: 3g
- Cholesterol: 10mg
- Sodium: 190mg
- Potassium: 330mg

Step-by-step Instructions:

1. **Preheat** air fryer to 200°C / 400°F (3 min).
2. **Toss** broccoli with oil, salt, and pepper.
3. **Air fry** for 6 min. Add cheese and cook 2 min more until melted.

Good To Know:

Great for: Side dish, kids' veggie favorite

Strengths: High in fiber, cheesy, low effort

Benefits: Nutrient-rich, high in fiber, delicious, and quick to prepare.

Baked Mac & Cheese



Servings:
2



Prep Time:
10 min



Cook Time:
10 min



Ingredients:

- 1 cup cooked macaroni
- ¼ cup milk
- ¼ cup shredded cheddar
- 1 tbsp breadcrumbs
- Salt to taste

Optional Garnishes:

- Extra cheese, parsley.

Nutritional Info (per serving):

- Calories: ~280
- Protein: 10g
- Carbs: 28g
- Fat: 13g
- Fiber: 1g
- Cholesterol: 30mg
- Sodium: 280mg
- Potassium: 150mg

Step-by-step Instructions:

1. **Preheat** air fryer to 190°C / 375°F (3 min).
2. **Mix** macaroni, milk, cheese, and salt in a bowl.
3. **Spoon into** ramekins and top with breadcrumbs.
4. **Air fry** for 8–10 min until bubbling and golden on top.

Good To Know:

Great for: Comfort food side or main

Strengths: Creamy center, crisp top, kid-friendly

Benefits: Comforting, creamy, hearty, and easy to make.

Crispy Roasted Brussels Sprouts



Servings:
4



Prep
Time:
5 min



Cook
Time:
15 min



Ingredients:

- 1 lb Brussels sprouts, trimmed and halved
- 2 tablespoons olive oil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Optional Garnishes:

- Balsamic glaze or grated Parmesan

Step-by-step Instructions:

1. **Preheat the air fryer:** Preheat your air fryer to 375°F (190°C) for 3 minutes.
2. **Prepare the Brussels sprouts:** Toss the halved Brussels sprouts with olive oil, garlic powder, salt, and pepper.
3. **Air fry the Brussels sprouts:** Place the Brussels sprouts in the air fryer basket in a single layer. Cook for 12-15 minutes, shaking halfway through.
4. **Serve:** Once crispy, serve with optional balsamic glaze or grated Parmesan.

Nutritional Info (per serving):

- Calories: ~110
- Protein: 4g
- Carbs: 10g
- Fat: 7g
- Fiber: 4g
- Cholesterol: 0mg
- Sodium: 200mg
- Potassium: 380mg

Good To Know:

Great for: A crispy, healthy side dish or snack.

Strengths: Low-calorie, high in fiber, quick, and full of flavor.

Benefits: High in fiber, rich in vitamins, and low in calories.

Herb-Infused Mashed Potatoes



Servings:
4



Prep Time:
10 min



Cook Time:
15 min



Ingredients:

- 4 medium potatoes, peeled and diced
- 2 tablespoons unsalted butter
- 1/4 cup milk
- 1 teaspoon fresh thyme, chopped
- Salt and pepper to taste

Optional Garnishes:

- Fresh parsley or chives

Nutritional Info (per serving):

- Calories: ~160
- Protein: 3g
- Carbs: 22g
- Fat: 7g
- Fiber: 2g
- Cholesterol: 15mg
- Sodium: 180mg
- Potassium: 450mg

Step-by-step Instructions:

1. **Boil the potatoes:** Boil the diced potatoes in salted water for 10-12 minutes until tender.
2. **Mash the potatoes:** Drain the potatoes and return them to the pot. Mash with butter and milk until smooth.
3. **Add herbs:** Stir in fresh thyme, salt, and pepper.
4. **Serve:** Garnish with optional parsley or chives.

Good To Know:

Great for: A creamy, flavorful side dish for any meal.

Strengths: Smooth, buttery, and rich in flavor with fresh herbs.

Benefits: High in fiber and vitamins, comforting and satisfying.



Chapter 6:

Crowd-Pleasing Desserts

Blueberry-Lemon Hand Pies



Servings:
4



Prep Time:
10 min



Cook Time:
15 min



Ingredients:

- 1 cup fresh blueberries
- 1 tablespoon lemon zest
- 1 tablespoon lemon juice
- 1/4 cup sugar
- 1 package of pre-made pie crust (or homemade if preferred)
- 1 egg (for egg wash)

Optional Garnishes:

- Powdered sugar (for dusting)

Nutritional Info (per serving):

- Calories: 220
- Protein: 3g
- Carbs: 28g
- Fat: 10g
- Fiber: 2g
- Cholesterol: 25mg
- Sodium: 100mg
- Potassium: 100mg

Step-by-step Instructions:

1. **Prepare the Filling:** Combine blueberries, lemon zest, lemon juice, and sugar in a bowl.
2. **Preheat:** Set the air fryer to 375°F (190°C).
3. **Assemble:** Roll out pie crust, cut into 4-inch circles. Add a spoonful of filling to the center, fold and seal the edges.
4. **Egg Wash:** Brush pies with egg wash (egg beaten with water).
5. **Cook:** Place pies in the air fryer and cook for 8-10 minutes until golden

Good To Know:

Great for: A sweet snack or dessert, perfect for a family treat.

Strengths: Light, refreshing, and sweet with a zesty lemon flavor, easy to hold and eat, and perfect for busy schedules.

Benefits: A bite-sized burst of fresh blueberries and citrus – a perfect on-the-go dessert!

brown.

Air Fryer Brownies



Servings:
6



Prep Time:
10 min



Cook Time:
15 min



Ingredients:

- 1/2 cup (115g) unsalted butter, melted
- 1 cup (200g) granulated sugar
- 2 large eggs
- 1/3 cup (40g) all-purpose flour
- 1/3 cup (30g) unsweetened cocoa powder

Optional Garnishes:

- Powdered sugar or whipped cream

Nutritional Info (per serving):

- Calories: 200
- Protein: 2g
- Carbs: 25g
- Fat: 10g
- Fiber: 2g
- Cholesterol: 30mg
- Sodium: 150mg
- Potassium: 150mg

Step-by-step Instructions:

1. **Mix** melted butter, sugar, eggs, flour, and cocoa powder.
2. **Preheat** air fryer to 320°F (160°C) for 5 minutes.
3. **Grease** a small baking pan and pour in the batter.
4. **Air fry** at 320°F (160°C) for 15-18 minutes.
5. **Cool, cut, and serve** with optional garnishes.

Good To Know:

Great for: A quick dessert, satisfying your sweet tooth, easy baking

Strengths: Rich, fudgy, and indulgent with minimal effort.

Benefits: Decadent, fudgy brownies made in your air fryer—fast and easy!

Apple Fritters



Servings:
4



Prep Time:
10 min



Cook Time:
8 min



Ingredients:

- 1 apple (peeled, chopped)
- ½ cup flour
- 1 egg
- 1 tbsp sugar
- ½ tsp cinnamon

Optional Garnishes:

- Powdered sugar or honey drizzle.

Nutritional Info (per serving):

- Calories: ~130
- Protein: 2g
- Carbs: 20g
- Fat: 5g
- Fiber: 1g
- Cholesterol: 30mg
- Sodium: 70mg
- Potassium: 110mg

Step-by-step Instructions:

1. **Preheat** air fryer to 190°C / 375°F (3 min).
2. **Mix** all ingredients into a thick batter.
3. **Drop** spoonfuls onto parchment.
4. **Air fry** for 7–8 min until golden and set.

Good To Know:

Great for: Dessert or snack

Strengths: Sweet, crisp outside, tender inside

Benefits: Sweet, light, and satisfying, packed with fiber and vitamins from apples, with a crispy texture and minimal ingredients.

Chocolate Chip Cookies



Servings:
6 cookies



Prep Time:
8 min



Cook Time:
8 min



Ingredients:

- ½ cup flour
- 2 tbsp butter (softened)
- 2 tbsp sugar
- 1 egg yolk
- 2 tbsp chocolate chips

Optional Garnishes:

- Sprinkle sea salt or dip in melted chocolate.

Step-by-step Instructions:

1. **Preheat** air fryer to 160°C / 320°F (3 min).
2. **Mix** all ingredients into dough.
3. **Form** 6 small balls, flatten slightly.
4. **Place** on parchment in air fryer.
5. **Air fry** for 6–8 min until golden at edges.

Nutritional Info (per serving):

- Calories: ~110
- Protein: 1g
- Carbs: 12g
- Fat: 6g
- Fiber: 0.5g
- Cholesterol: 20mg
- Sodium: 60mg
- Potassium: 35mg

Good To Know:

Great for: Dessert, snack, kids' treat

Strengths: Soft center, crispy edge, quick and classic

Benefits: Rich, indulgent, comforting, quick, full of flavor, and easy to prepare.

S'mores Bites



Servings:
6



Prep Time:
5 min



Cook Time:
6 min



Ingredients:

- 6 mini graham cracker squares
- 6 marshmallows
- 6 squares milk chocolate

Optional Garnishes:

- Dust with cocoa or cinnamon.

Nutritional Info (per serving):

- Calories: ~100
- Protein: 1g
- Carbs: 14g
- Fat: 4g
- Fiber: 0g
- Cholesterol: 2mg
- Sodium: 45mg
- Potassium: 30mg

Step-by-step Instructions:

1. **Preheat** air fryer to 180°C / 350°F (3 min).
2. **Place** graham cracker base, marshmallow, and chocolate on top.
3. **Air fry** at 180°C / 350°F for 4–6 min until melted and toasted.
4. *(Optional)* Sandwich with another graham on top.

Good To Know:

Great for: Dessert, snack, campfire alternative

Strengths: Goopy, nostalgic, bite-sized

Benefits: Sweet, crunchy, chocolaty, satisfying, easy-to-make, and perfect for sharing.

Mini Cheesecakes



Servings:
4



Prep Time:
10 min



Cook Time:
10 min



Ingredients:

- 4 tbsp cream cheese
- 1 egg
- 2 tbsp sugar
- 2 graham crackers (crumbled)
- 1 tbsp butter (melted)

Optional Garnishes:

- Berries or fruit sauce.

Nutritional Info (per serving):

- Calories: ~150
- Protein: 3g
- Carbs: 10g
- Fat: 11g
- Fiber: 0g
- Cholesterol: 50mg
- Sodium: 80mg
- Potassium: 40mg

Step-by-step Instructions:

1. **Mix** cracker crumbs with butter, press into silicone cups.
2. **Mix** cream cheese, egg, and sugar until smooth.
3. **Pour** over crusts.
4. **Preheat** air fryer to 160°C / 320°F (3 min).
5. **Air fry** for 8–10 min until set, chill before serving.

Good To Know:

Great for: Dessert, special treat

Strengths: Creamy texture, small portion, simple

Benefits: Creamy, indulgent, bite-sized, rich in flavor, and quick to make.

Peach Cobbler Bites



Servings:
4



Prep Time:
10 min



Cook Time:
12 min



Ingredients:

- 2 large peaches, peeled and chopped
- 1/4 cup brown sugar
- 1/2 teaspoon cinnamon
- 1 sheet puff pastry
- 1 tablespoon butter, melted

Optional Garnishes:

- Whipped cream or vanilla ice cream

Nutritional Info (per serving):

- Calories: ~170
- Protein: 2g
- Carbs: 26g
- Fat: 7g
- Fiber: 1g
- Cholesterol: 15mg
- Sodium: 160mg
- Potassium: 90mg

Step-by-step Instructions:

1. **Prepare the peaches:** Toss the chopped peaches with brown sugar and cinnamon.
2. **Prepare the pastry:** Cut the puff pastry into small squares, about 2 inches each.
3. **Assemble the bites:** Place a spoonful of peach mixture on each pastry square and fold the edges slightly.
4. **Air fry:** Brush the bites with melted butter and air fry at 375°F (190°C) for 10-12 minutes until golden and puffed.
5. **Serve** warm with whipped cream or vanilla ice cream if desired.

Good To Know:

Great for: A sweet, bite-sized dessert perfect for any occasion.

Strengths: Sweet, fruity, and crispy with a hint of spice.

Benefits: Low in calories and packed with fruit, making it a lighter dessert option.

Cinnamon Sugar Churros



Servings:
4



Prep Time:
10 min



Cook Time:
10 min



Ingredients:

- 1 cup water
- 1/4 cup unsalted butter
- 1 cup all-purpose flour
- 1 large egg
- 1/4 cup granulated sugar and 1 tablespoon ground cinnamon

Optional Garnishes:

- Chocolate or caramel dipping sauce

Step-by-step Instructions:

1. In a saucepan, bring water and butter to a boil. Add flour and stir until a dough forms. Let it cool slightly, then beat in the egg.
2. **Transfer** the dough to a piping bag with a star tip. Pipe 4-inch strips onto parchment paper.
3. **Preheat** the air fryer to 375°F (190°C) for 3 minutes. Place churro strips in the air fryer basket and cook for 8-10 minutes until golden brown.
4. **Mix** sugar and cinnamon in a bowl. Immediately coat the hot churros in the cinnamon sugar mixture.

Nutritional Info (per serving):

- Calories: ~110
- Protein: 5g
- Carbs: 3g
- Fat: 9g
- Fiber: 0g
- Cholesterol: 15mg
- Sodium: 190mg
- Potassium: 70mg

Good To Know:

Great for: A fun, crispy dessert or snack.

Strengths: Crispy on the outside, soft on the inside, and full of flavor.

Benefits: Quick, easy, and satisfying with a touch of sweetness.



Bonus:

Light & Healthy Favorites

Grilled Chicken Salad



Servings:
2



Prep Time:
10 min



Cook Time:
10 min



Ingredients:

- 2 boneless chicken breasts
- Mixed salad greens
- ½ cup cherry tomatoes (halved)
- ¼ avocado (sliced)
- 1 tbsp olive oil
- Salt, pepper, lemon juice to taste

Optional Garnishes:

- Fresh herbs, balsamic glaze.

Nutritional Info (per serving):

- Calories: ~290
- Protein: 28g
- Carbs: 7g
- Fat: 18g
- Fiber: 3g
- Cholesterol: 75mg
- Sodium: 240mg
- Potassium: 470mg

Step-by-step Instructions:

1. **Preheat** air fryer to 200°C / 400°F (3 min).
2. **Season** chicken with salt, pepper, olive oil.
3. **Air fry** for 8–10 min, flipping halfway.
4. **Slice** chicken and serve over greens with tomatoes and avocado.
5. **Drizzle** with lemon juice or preferred dressing.

Good To Know:

Great for: Light lunch, post-workout meal

Strengths: High-protein, fresh, low-carb

Benefits: Protein-packed, light, refreshing, nutrient-rich, and perfect for a healthy meal.

Zucchini Chips



Servings:
4 muffins



Prep Time:
10 min



Cook Time:
10 min



Ingredients:

- 1 medium zucchini (thinly sliced)
- 1 tbsp olive oil
- Salt to taste
- ½ tsp garlic or onion powder (*optional*)

Optional Garnishes:

- Grated Parmesan or paprika.

Nutritional Info (per serving):

- Calories: ~80
- Protein: 1g
- Carbs: 5g
- Fat: 6g
- Fiber: 1g
- Cholesterol: 0mg
- Sodium: 80mg
- Potassium: 260mg

Step-by-step Instructions:

1. **Toss** slices with oil and seasoning.
2. **Preheat** air fryer to 200°C / 400°F (3 min).
3. **Air fry** at 200°C for 8–10 min, flipping halfway.

Good To Know:

Great for: Snack, low-carb side

Strengths: : Light, crispy, low-calorie

Benefits: Crispy, low-calorie, nutrient-rich, satisfying, and a healthy snack option.

Roasted Chickpeas



Servings:
2



Prep Time:
5 min



Cook Time:
15 min



Ingredients:

- 1 cup canned chickpeas (drained, dried)
- 1 tbsp olive oil
- ½ tsp paprika
- Salt and pepper to taste

Optional Garnishes:

- Lemon zest, chili flakes.

Nutritional Info (per serving):

- Calories: ~140
- Protein: 6g
- Carbs: 15g
- Fat: 6g
- Fiber: 4g
- Cholesterol: 0mg
- Sodium: 180mg
- Potassium: 240mg

Step-by-step Instructions:

1. **Toss** chickpeas with oil and seasoning.
2. **Preheat** air fryer to 200°C / 400°F (3 min).
3. **Air fry** for 14–16 min, shaking every 5 min until crunchy.

Good To Know:

Great for: Healthy snack, salad topper

Strengths: : Crunchy, protein-rich, shelf-stable

Benefits: Crunchy, high-protein, fiber-rich, low-calorie, and a perfect snack.

Cauliflower Tots



Servings:
2



Prep Time:
10 min



Cook Time:
10 min



Ingredients:

- 1 cup riced cauliflower (steamed and drained)
- 2 tbsp shredded cheese
- 1 egg
- 1 tbsp breadcrumbs
- Salt and pepper to taste

Optional Garnishes:

- Serve with ketchup or ranch.

Step-by-step Instructions:

1. **Mix** all ingredients into a soft dough.
2. **Form** small tot shapes by hand.
3. **Preheat** air fryer to 200°C / 400°F (3 min).
4. **Air fry** for 8–10 min until golden and firm.

Nutritional Info (per serving):

- Calories: ~130
- Protein: 6g
- Carbs: 6g
- Fat: 9g
- Fiber: 2g
- Cholesterol: 50mg
- Sodium: 190mg
- Potassium: 280mg

Good To Know:

Great for: Snack, kid-friendly veggie side

Strengths: Low-carb, cheesy, tender inside

Benefits: Low-carb, fiber-rich, crispy, healthy, and a fun alternative to fries.

Tuna-Stuffed Avocados



Servings:
2



Prep Time:
10 min



Cook Time:
5 min



Ingredients:

- 1 ripe avocado (halved, pit removed)
- 1 small can tuna (in water, drained)
- 1 tbsp Greek yogurt or mayo
- Salt, pepper, lemon juice to taste

Optional Garnishes:

- Chopped chives or chili flakes.

Nutritional Info (per serving):

- Calories: ~180
- Protein: 11g
- Carbs: 3g
- Fat: 14g
- Fiber: 4g
- Cholesterol: 20mg
- Sodium: 200mg
- Potassium: 430mg

Step-by-step Instructions:

1. **Mix** tuna with yogurt, lemon, salt, and pepper.
2. **Fill** avocado halves with the mixture.
3. **Preheat** air fryer to 180°C / 350°F (3 min).
4. **Place** avocados in basket and **air fry** for 4–5 min.

Good To Know:

Great for: Light lunch, keto meal

Strengths: Healthy fats, no crust, easy protein

Benefits: Protein-packed, healthy fats, low-carb, creamy, and quick to prepare.

Lemon Herb Grilled Chicken Salad



Servings:
2



Prep Time:
10 min



Cook Time:
15 min



Ingredients:

- 2 boneless, skinless chicken breasts
- 1 tablespoon olive oil
- 1 teaspoon lemon zest
- 2 cups mixed greens (spinach, arugula, lettuce)
- 1 tablespoon lemon juice

Optional Garnishes:

- Sliced avocado or extra lemon wedges

Step-by-step Instructions:

1. **Prepare the Chicken:** Rub the chicken breasts with olive oil, lemon zest, and a pinch of salt.
2. **Grill the Chicken:** Preheat the grill or air fryer to 375°F (190°C). Grill the chicken for 6-8 minutes per side until cooked through.
3. **Assemble the Salad:** Toss the mixed greens with lemon juice and arrange them on a plate.
4. **Slice the Chicken:** Slice the grilled chicken and place it on top of the salad.
5. **Serve:** Garnish with optional avocado

Nutritional Info (per serving):

- Calories: 300
- Protein: 30g
- Carbs: 10g
- Fat: 15g
- Fiber: 3g
- Cholesterol: 70mg
- Sodium: 200mg
- Potassium: 600mg

Good To Know:

Great for: A light lunch or dinner, healthy eating, weight management

Strengths: Low in calories, packed with protein and vitamins, refreshing, and full of flavor.

Benefits: High-protein, refreshing, low-calorie, rich in vitamins, and quick to prepare.

slices or extra lemon wedges.



Helpful Extras

Cooking Times Cheat Sheet

When using your air fryer, cooking times can vary depending on the food, the thickness of the ingredients, and the model of your air fryer. To make your life easier, here's a handy cheat sheet to guide you. Remember, these are general guidelines, so always check the food and adjust accordingly.

Food	Cooking Time	Temperature
Chicken Breasts	18-20 minutes	375°F (190°C)
Chicken Wings	20-25 minutes	375°F (190°C)
Fish Fillets	10-12 minutes	375°F (190°C)
Pork Chops	15-20 minutes	375°F (190°C)
Vegetables (e.g., carrots, potatoes)	15-20 minutes	375°F (190°C)
Frozen Fries	12-15 minutes	400°F (200°C)
Frozen Chicken Nuggets	10-12 minutes	375°F (190°C)
Frozen Mozzarella Sticks	6-8 minutes	375°F (190°C)
Bacon	8-10 minutes	400°F (200°C)
Cakes & Muffins	10-15 minutes	320°F (160°C)

Use this cheat sheet to get your meals ready quickly and easily. Adjust the time based on your air fryer's capacity and your food preferences. Happy cooking!

Air Fryer Cleaning & Care Tips

Your air fryer is a great tool, but keeping it clean and well-maintained is key to getting the best performance and extending its lifespan. Here are some easy tips to keep it in top shape:

- **Turn off and unplug the air fryer:** Always make sure it's turned off and unplugged before cleaning.
- **Clean after each use:** To prevent food build-up, wipe the basket and the inside of the air fryer after every use. A damp cloth or sponge works wonders.
- **Use warm soapy water:** For deeper cleaning, remove the basket and tray and wash them with warm, soapy water. Be sure to dry them completely before putting them back in the fryer.
- **Don't use harsh chemicals:** Avoid using abrasive cleaners or harsh chemicals, as they can damage the non-stick coating.
- **Check the heating element:** Occasionally, wipe down the heating element with a dry cloth to remove any food residue. Be gentle – the heating element can be delicate.
- **Deodorize with lemon:** If your air fryer starts to smell, you can place a cut lemon in the basket and run it at a low temperature for 5-10 minutes to freshen it up.

Taking these simple steps will keep your air fryer working well for years to come!

Top 10 Grocery Staples for Quick Meals

When you're looking for fast, healthy meals, keeping these essential ingredients on hand can help you whip up a variety of dishes in no time.

- **Chicken Breasts or Thighs** – Quick to cook and versatile for all kinds of meals.
- **Frozen Vegetables** – A time-saver that still packs in nutrients.
- **Sweet Potatoes** – A healthy, easy-to-cook side or base for meals.
- **Eggs** – Perfect for breakfasts, snacks, or adding protein to any dish.
- **Frozen Fish Fillets** – Healthy and fast to prepare.
- **Cheese (e.g., cheddar or mozzarella)** – Adds flavor to almost any dish, from snacks to dinners.
- **Canned Beans** – Great for making quick salads, sides, or wraps.
- **Whole Grain Bread or Wraps** – Easy to turn into sandwiches or wraps.
- **Garlic & Onions** – Aromatics that bring flavor to any dish.
- **Olive Oil Spray** – For easy cooking without the mess or excess fat.

Having these staples in your pantry or fridge ensures you can quickly put together healthy, tasty meals with minimal prep time. Stock up on these, and you'll always have the makings of a great meal.

Ingredient Swaps for Dietary Needs

Whether you follow a specific diet or need to avoid certain foods, swapping ingredients is an easy way to make these recipes work for you. Here are some simple swaps for various dietary needs:

For Dairy-Free:

- Swap cow's milk with almond or oat milk.
- Use dairy-free cheese instead of regular cheese.
- Replace butter with coconut oil or olive oil.

For Gluten-Free:

- Swap regular flour with almond flour, coconut flour, or a gluten-free flour blend.
- Use gluten-free bread crumbs for breaded recipes.
- Ensure your frozen foods are marked "gluten-free," or make your own using gluten-free ingredients.

For Low-Carb/Keto:

- Swap potatoes with cauliflower for mashed or baked dishes.
- Use zucchini or spaghetti squash instead of pasta.
- Replace bread crumbs with ground almonds or crushed pork rinds for a low-carb coating.

For Vegetarian/Vegan:

- Use tofu or tempeh instead of meat for a plant-based protein.
- Replace eggs with a flaxseed or chia seed mixture (1 tbsp of ground flax or chia + 3 tbsp of water) for binding.
- Use nutritional yeast instead of cheese for a cheesy flavor.

With these swaps, you can easily adapt the recipes to suit any dietary needs without compromising on taste. Enjoy making these dishes your own!



Complete 28-Day Meal Guide

Week 1

Day 1

Breakfast: Classic Breakfast Burritos

Lunch: Mozzarella Sticks

Dinner: BBQ Ribs

Dessert: Brownies

Day 2

Breakfast: French Toast Sticks

Lunch: Jalapeño Poppers

Dinner: Chicken Pot Pie Pockets

Dessert: Blueberry-Lemon Hand Pies

Day 3

Breakfast: Buttermilk Pancake Bites

Lunch: Mini Corn Dogs

Dinner: Lemon Garlic Salmon

Dessert: Apple Fritters

Day 4

Breakfast: Maple Glazed Bacon

Lunch: Loaded Potato Skins

Dinner: Veggie-Stuffed Bell Peppers

Dessert: Chocolate Chip Cookies

Day 5

Breakfast: Sausage & Egg Muffins

Lunch: Buffalo Cauliflower Bites

Dinner: Southwest Chicken Breasts

Dessert: S'mores Bites

Day 6

Breakfast: Classic Breakfast Burritos

Lunch: Fried Chicken Tenders

Dinner: Turkey Meatballs

Dessert: Mini Cheesecakes

Day 7

Breakfast: French Toast Sticks

Lunch: BBQ Chicken Wings

Dinner: Crispy Tilapia Fillets

Dessert: Brownies

Week 2

Day 8

Breakfast: Buttermilk Pancake

Bites

Lunch: Mozzarella Sticks

Dinner: Country-Style Pork Chops

Dessert: Blueberry-Lemon Hand
Pies

Day 9

Breakfast: Maple Glazed Bacon

Lunch: Jalapeño Poppers

Dinner: Cheeseburger Sliders

Dessert: Apple Fritters

Day 10

Breakfast: Sausage & Egg Muffins

Lunch: Loaded Potato Skins

Dinner: BBQ Ribs

Dessert: Chocolate Chip Cookies

Day 11

Breakfast: Classic Breakfast

Burritos

Lunch: Fried Chicken Tenders

Dinner: Meatloaf Bites

Dessert: S'mores Bites

Day 12

Breakfast: French Toast Sticks

Lunch: Buffalo Cauliflower Bites

Dinner: Lemon Garlic Salmon

Dessert: Mini Cheesecakes

Day 13

Breakfast: Buttermilk Pancake
Bites

Lunch: Mini Corn Dogs

Dinner: Crispy Tilapia Fillets

Dessert: Brownies

Day 14

Breakfast: Maple Glazed Bacon

Lunch: Mozzarella Sticks

Dinner: Veggie-Stuffed Bell
Peppers

Dessert: Blueberry-Lemon Hand
Pies

Week 3

Day 15

Breakfast: Classic Breakfast
Burritos
Lunch: Loaded Potato Skins
Dinner: Southwest Chicken Breasts
Dessert: Apple Fritters

Day 16

Breakfast: French Toast Sticks
Lunch: Fried Chicken Tenders
Dinner: BBQ Chicken Wings
Dessert: Chocolate Chip Cookies

Day 17

Breakfast: Buttermilk Pancake
Bites
Lunch: Buffalo Cauliflower Bites
Dinner: Country-Style Pork Chops
Dessert: S'mores Bites

Day 18

Breakfast: Maple Glazed Bacon
Lunch: Mozzarella Sticks
Dinner: Turkey Meatballs
Dessert: Mini Cheesecakes

Day 19

Breakfast: Sausage & Egg Muffins
Lunch: Jalapeño Poppers
Dinner: Cheeseburger Sliders
Dessert: Brownies

Day 20

Breakfast: Classic Breakfast
Burritos
Lunch: Loaded Potato Skins
Dinner: Veggie-Stuffed Bell
Peppers
Dessert: Blueberry-Lemon Hand
Pies

Day 21

Breakfast: French Toast Sticks

Lunch: Fried Chicken Tenders

Dinner: Crispy Tilapia Fillets

Dessert: Apple Fritters

Week 4

Day 22

Breakfast: Buttermilk Pancake Bites

Lunch: BBQ Chicken Wings

Dinner: Meatloaf Bites

Dessert: Chocolate Chip Cookies

Day 23

Breakfast: Maple Glazed Bacon

Lunch: Mozzarella Sticks

Dinner: Lemon Garlic Salmon

Dessert: S'mores Bites

Day 24

Breakfast: Sausage & Egg Muffins

Lunch: Buffalo Cauliflower Bites

Dinner: Country-Style Pork Chops

Dessert: Mini Cheesecakes

Day 25

Breakfast: Classic Breakfast Burritos

Lunch: Fried Chicken Tenders

Dinner: Crispy Tilapia Fillets

Dessert: Brownies

Day 26

Breakfast: French Toast Sticks

Lunch: Loaded Potato Skins

Dinner: BBQ Ribs

Dessert: Blueberry-Lemon Hand Pies

Day 27

Breakfast: Buttermilk Pancake Bites

Lunch: Mini Corn Dogs

Dinner: Veggie-Stuffed Bell Peppers

Dessert: Apple Fritters

Day 28

Breakfast: Maple Glazed Bacon

Lunch: Mozzarella Sticks

Dinner: Southwest Chicken Breasts

Dessert: Chocolate Chip Cookies



Conclusion

Congratulations on finishing this book! I hope you've found plenty of useful recipes and ideas for quick, healthy meals. Cooking with the air fryer isn't just easy – it's fun. I'm confident that with it, your lunches and dinners will not only become more diverse but also cook up much faster, freeing up more time for what truly matters.

Remember, the most important thing is simplicity and the joy of preparing meals for yourself and your family. Five ingredients can work wonders, and I hope the recipes in this book will help you create delicious and nutritious dishes every day.

Now that you have the **Complete 28-Day Meal Guide**, you no longer need to wonder what to make for dinner or lunch. Plan your days, cook with love, and enjoy every bite. I believe that with the air fryer, every meal will be easier, faster, and tastier.

Thank you for choosing this book. I'm sure you'll turn to it time and time again, and the results will bring you joy and satisfaction.

Wishing you a happy culinary journey!

We'd Love to Hear From You!

If you've enjoyed cooking from this book and have found the recipes easy to follow and delicious, we'd love to hear about your experience! Your feedback not only helps us improve but also inspires other readers to give it a try.

Taking a moment to leave a review truly makes a difference. It's the best way to let others know how this book has helped make cooking faster, healthier, and more enjoyable. Your words can inspire someone else to start their own journey in the kitchen.

Simply scan the QR code below to share your thoughts.

Thank you so much for your support – it means the world to us. Happy cooking and we hope this book continues to make your mealtime stress-free and delightful!