



## Welcome!

These air fryer recipes are here to **support you—not restrict you**. Every recipe is designed to be flexible and easy to adapt to your tastes, schedule, and real life. If you don't like an ingredient or don't have it on hand, feel free to swap it for something you enjoy or already have. Cooking with an air fryer should feel quick, simple, and enjoyable—not stressful or all-or-nothing.

Every recipe in this book is built with **balance and blood sugar support in mind**. Every meal includes protein, healthy fats, and fiber to help you feel full, satisfied, and energized—without blood sugar spikes or crashes. The air fryer makes it easier to create these balanced meals with less prep and less cleanup.

**IMPORTANT NOTE:** Look at the **notes** section for each recipe. Any tips for the recipe or what to serve with it are listed here to make things easier for you.

Use these recipes in a way that works for *you*. Cook once and enjoy leftovers. Double a recipe for busy weeks. Adjust portions based on hunger.

**It's important that you eat until you feel satisfied—not just what a serving size suggests.** Serving sizes are simply a reference point, not a rule. Your body's cues matter more than numbers.

Most importantly, make these recipes your own, trust your body, and remember that **consistency over time matters far more than perfection**. You are allowed to enjoy convenient, delicious food and still support your health goals.

## Air Fryer Tips for Success

- **Give food a little space.** Try not to pack the basket too full. Air fryers need space for hot air to move around so food cooks evenly and gets crispy.
- **Use a small amount of oil.** A light spray or drizzle is enough. You don't need much for good flavor and texture.
- **Shake or flip halfway through.** This helps everything cook evenly, especially veggies or smaller pieces.
- **Check early the first few times.** Air fryers cook fast, and every model is a little different. It's okay to peek and adjust.
- **Preheat if your air fryer suggests it.** Some work better with a quick preheat, others don't—both are fine.

Happy air frying!

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## Air Fryer Raspberry Crisp

4 servings

30 minutes

### Ingredients

- 2 1/2 cups Frozen Raspberries
- 1/2 cup Coconut Sugar (divided, or any sugar)
- 1 tsp Cornstarch
- 1/2 cup Quick Oats
- 1/4 cup Almond Flour
- 1/4 cup Butter (melted)

### Nutrition

Amount per serving	
Fat	16g
Carbs	38g
Fiber	6g
Protein	4g

### Directions

- 1 Preheat the air fryer to 350°F (175°C).
- 2 In a bowl, combine the raspberries, half of the sugar, and the cornstarch. Divide the mixture evenly among ramekins. Place the ramekins in the air fryer basket and cook for 10 minutes.
- 3 Meanwhile, in a separate bowl, combine the oats, almond flour, remaining sugar, and melted butter. Mix until the dry ingredients are moistened.
- 4 Remove the basket from the air fryer. Top each ramekin with the oat mixture.
- 5 Return to the air fryer and cook for another 10 minutes. Remove and let sit for five minutes before serving. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. Can be served warm or cold.

**More Flavor:** Add cinnamon, nutmeg, or vanilla extract to the crumble.

**Additional Toppings:** Whipped cream, ice cream, yogurt or toasted nuts.



## Air Fryer Nectarine with Yogurt

1 serving

15 minutes

### Ingredients

- 1/4 tsp Maple Syrup
- 1/8 tsp Cinnamon
- 1 Nectarine (cut in half, pit removed)
- 1/4 cup Plain Greek Yogurt
- 2 tbsps Pecans (chopped)

### Nutrition

Amount per serving	
Fat	11g
Carbs	21g
Fiber	4g
Protein	8g

### Directions

- 1 Preheat the air fryer to 350°F (175°C).
- 2 Drizzle the maple syrup and cinnamon over the cut side of the nectarine and place in the air fryer, cut side up. Bake for nine to ten minutes, until softened and just starting to brown around the edges.
- 3 Spoon the yogurt in a bowl and add the nectarine. Top with pecans. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Like it Sweet:** Use a scoop of ice cream or frozen yogurt instead of Greek yogurt.



## Air Fryer Chicken Parmesan

4 servings

20 minutes

### Ingredients

10 ozs Chicken Breast (pounded thin)  
Sea Salt & Black Pepper (to taste)  
2 ozs Unbleached All Purpose Flour  
1 Egg  
1 cup Bread Crumbs  
1/4 cup Parmigiano Reggiano (finely grated)  
1/2 tsp Garlic Powder  
1/2 cup Marinara Sauce  
3 1/2 ozs Mozzarella Ball  
2 tsps Parsley (chopped fine)

### Nutrition

Amount per serving	
Fat	13g
Carbs	32g
Fiber	2g
Protein	31g

### Directions

- 1 Pat the chicken dry and season with salt and pepper.
- 2 Preheat the air fryer to 380°F (195°C).
- 3 Set up your breading station: place the flour in one large bowl. Whisk the egg(s) in a second large bowl and add the bread crumbs, parmesan, and garlic powder into a third bowl. Season the bread crumbs with salt and pepper.
- 4 Coat the chicken in the flour, shaking off any excess, and then in the egg, followed by the bread crumbs. Repeat with any remaining pieces.
- 5 Transfer the chicken to the air fryer. Work in batches if needed, ensuring they don't overlap. Spray with avocado oil and bake for 12 minutes, flipping halfway through. Be sure to spray with oil after flipping.
- 6 Spread the marinara sauce on top of the chicken and top with mozzarella. Return to the air fryer and cook for two to three minutes, until the cheese has melted. Top with parsley and season with salt and pepper. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Additional Toppings:** Basil leaves.

**Gluten-Free:** Use gluten-free all purpose flour and bread crumbs.



## Air Fryer Hot Honey Crispy Chicken with Wedges

2 servings

30 minutes

### Ingredients

- 1 1/2 tbsps Honey
- 1 tbsp Soy Sauce
- 1 tsp Chili Flakes
- 1 Russet Potato (large, cut into wedges)
- 1/8 oz Avocado Oil Spray (divided, or any oil spray)
- Sea Salt & Black Pepper (to taste)
- 8 ozs Chicken Breast (pounded thin)
- 3 tbsps Egg Whites
- 1/2 cup Panko Bread Crumbs
- 2 tps Sesame Seeds (toasted)

### Nutrition

Amount per serving	
Fat	5g
Carbs	45g
Fiber	3g
Protein	33g

### Directions

- 1 Preheat the air fryer to 400°F (205°C). In a bowl, whisk together the honey, soy sauce, and chili flakes, then set aside.
- 2 Place the potato wedges in the air fryer basket. Spray with half of the avocado oil and season with salt and pepper. Cook for 10 minutes.
- 3 Meanwhile, season the chicken with salt and pepper. Prepare a breading station: place the egg whites in one bowl and the panko breadcrumbs in another. Coat the chicken in the egg whites, then in the breadcrumbs, pressing gently to adhere and tapping off any excess.
- 4 Place the chicken in the air fryer basket with the potatoes and spray with the remaining oil. Cook for 10 to 12 minutes, or until fully cooked, flipping halfway through. In the last two minutes, brush the chicken with the hot honey mixture.
- 5 Divide the chicken and potatoes evenly between plates and sprinkle with sesame seeds. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add garlic and ginger to the honey mixture.

**Additional Toppings:** Top with green onion.

**Gluten-Free:** Use gluten-free bread crumbs instead.

**Avocado Oil Spray:** One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.



## Air Fryer Chicken Tenders

4 servings

20 minutes

### Ingredients

3/4 cup Almond Flour (or any flour)  
1 tsp Italian Seasoning  
1/2 tsp Garlic Powder  
1/2 tsp Sea Salt  
1 Egg  
14 ozs Chicken Breast (boneless, skinless, sliced into strips)

### Nutrition

Amount per serving	
Fat	14g
Carbs	5g
Fiber	2g
Protein	28g

### Directions

- 1 In a medium-sized bowl, add the almond flour, Italian seasoning, garlic powder, and salt. Mix to combine. In a separate bowl, whisk the egg.
- 2 Take each chicken strip and dip in the egg first and then in the almond flour mix, coating each side well.
- 3 Set the temperature on the air fryer to 400°F (204°C). Place the chicken strips inside, ensuring they are spaced out.
- 4 Bake for 5 minutes, then remove, flip and bake for 5 minutes more, until crispy and cooked through. Repeat with remaining chicken strips. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Nut-Free:** Use another type of flour, such as rice flour.

**More Flavor:** Add smoked paprika.

**Make it Vegan:** Use extra-firm pressed and drained tofu instead of chicken.

**Crispier Chicken Tenders:** Use some oil cooking spray to spray both the chicken tenders and the air fryer itself.



## Air Fryer Teriyaki Chicken Thighs

3 servings

30 minutes

### Ingredients

1 lb Chicken Thighs (boneless, skinless)

1/2 cup Teriyaki Sauce (divided)

### Nutrition

Amount per serving	
Fat	6g
Carbs	7g
Fiber	0g
Protein	33g

### Directions

- 1 Preheat the air fryer to 380°F (195°C).
- 2 Combine the chicken thighs and half of the teriyaki sauce in a sealable container. Seal with the lid, then shake until well-coated. Allow it to marinate for at least five minutes and up to 12 hours in the fridge. Reserve the remaining sauce in a separate container.
- 3 Transfer the chicken to the air fryer and cook for 12 minutes. Flip the chicken and continue to cook for another 10 to 14 minutes or until the chicken is cooked through. Brush the thighs with the remaining teriyaki sauce before serving. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is equal to approximately two to three chicken thighs.



## Crispy Air Fryer Chicken Wings

3 servings

20 minutes

### Ingredients

1 lb Chicken Wings  
1/2 tsp Baking Powder  
1/2 tsp Sea Salt  
1/2 tsp Garlic Powder  
1/16 oz Avocado Oil Spray (or any oil spray )

### Nutrition

Amount per serving	
Fat	19g
Carbs	1g
Fiber	0g
Protein	27g

### Directions

- 1 Preheat the air fryer to 400°F (205°C).
- 2 Pat the chicken wings dry and place them in a large bowl. Add the baking powder, salt, and garlic powder and toss well to coat the wings.
- 3 Place the wings in the air fryer in a single layer. Spray with oil. Bake for 16 to 18 minutes, flipping once, until they are crispy. Serve and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately after baking. Refrigerate in an airtight container for up to two days.

**More Flavor:** Add extra seasonings such as lemon pepper, herbs, or smoked paprika.

**No Air Fryer:** Bake at 425°F (220°C) for about 35 minutes, flipping halfway through until crispy.

**Avocado Oil Spray:** One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.



## Air Fryer Crispy Chicken Thighs & Potatoes

4 servings  
40 minutes

### Ingredients

4 cups Mini Potatoes (halved)  
2 tbsps Extra Virgin Olive Oil (divided)  
1 tsp Garlic Powder (divided)  
Sea Salt & Black Pepper (to taste)  
1 1/4 lbs Chicken Thighs with Skin (boneless)  
1/2 tsp Paprika  
1/4 tsp Dried Thyme

### Nutrition

Amount per serving	
Fat	30g
Carbs	27g
Fiber	3g
Protein	27g

### Directions

- 1 Preheat the air fryer to 400°F (205°C).
- 2 Add the potatoes and half of the oil to a large bowl. Add half of the garlic powder, salt, and pepper. Toss to coat and combine. Transfer to the air fryer and cook for 10 minutes. Shake the basket and cook for eight to ten minutes longer, until the potatoes are crispy and cooked through. Remove and set aside.
- 3 Place the chicken in the same large bowl along with the remaining oil, paprika, remaining garlic powder, and thyme. Mix well to combine. Season with salt and pepper.
- 4 Transfer the chicken skin side down to the air fryer and cook for nine minutes. Flip and cook the chicken skin side up for eight to nine minutes longer, until cooked through.
- 5 Divide the chicken and potatoes between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is one chicken thigh and one cup of potatoes.

**Serve it Hot:** Once the chicken is done cooking, add the potatoes back into the air fryer and bake for one minute to reheat. If you have a multi-basket air fryer, cook the chicken and potatoes at the same time.



## Air Fryer Chicken Fajitas

2 servings

20 minutes

### Ingredients

- 8 ozs Chicken Thighs (boneless, skinless, sliced)
- 1 Orange Bell Pepper (medium, sliced)
- 1/2 Yellow Onion (cut into wedges)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Taco Seasoning
- 1/16 oz Avocado Oil Spray (or any oil spray)
- 6 Corn Tortilla (or any tortilla)

### Nutrition

Amount per serving	
Fat	6g
Carbs	54g
Fiber	5g
Protein	27g

### Directions

- 1 Preheat the air fryer to 390°F (200°C).
- 2 In a large bowl, combine the chicken, peppers, onions, salt, pepper, and taco seasoning. Mix well to combine. Transfer to the air fryer in an even layer. If you cannot fit the ingredients in an even layer, be sure to cook in batches.
- 3 Spray the chicken and veggies with oil. Bake for 15 minutes, tossing halfway through.
- 4 Divide the fajita mixture evenly between tortillas. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Squeeze some lime juice on top when serving.

**Additional Toppings:** Add black beans. Top with green onions, cilantro, sour cream, cheese, guacamole, and/or salsa.

**Serve it With:** Instead of tortillas serve with lettuce to make into lettuce wraps. Serve over rice. Serve over tortilla chips and top with cheese for fajita nachos.

**Avocado Oil Spray:** One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

**Air Fryer Tip:** Work in batches to ensure the food can get browned and not steam, make sure the chicken and veggies are in an even layer and not overlapping.



## Air Fryer BBQ Chicken Pinwheels

2 servings

40 minutes

### Ingredients

10 ozs Chicken Breast  
2 Whole Wheat Tortilla (large)  
2 tbsps Cream Cheese, Regular  
2 tbsps Barbecue Sauce  
2 ozs Cheddar Cheese (grated)  
2 tbsps Chives (chopped)  
1/2 tsp Italian Seasoning

### Nutrition

Amount per serving	
Fat	22g
Carbs	27g
Fiber	4g
Protein	44g

### Directions

- 1 To make the shredded chicken, bring a pot of water to a boil. Add the chicken, reduce to a gentle simmer, and cover. Let simmer until the chicken is cooked, about 15 to 20 minutes. Remove the chicken and transfer it to a bowl. Shred it into pieces using two forks.
- 2 Preheat the air fryer to 375°F (190°C). Lay the tortillas flat and spread cream cheese on each one, right to the edges.
- 3 Spread the barbecue sauce, shredded chicken, cheese, chives, and Italian seasoning evenly on each tortilla. Tightly roll up each tortilla and slice into pinwheels.
- 4 Place the pinwheels in the air fryer basket. Cook for six to eight minutes or until crispy and golden. Divide evenly between plates and enjoy!

### Notes

**More Flavor:** Add a dash of hot sauce or smoked paprika. Use green onion instead of chives.

**Additional Toppings:** Dip in ranch, sour cream, or extra BBQ sauce.



## Air Fryer Chicken Shawarma Wrap

2 servings

25 minutes

### Ingredients

1/2 Lemon (juiced)  
1 tbsp Extra Virgin Olive Oil  
1 tbsp Shawarma Spice Blend  
Sea Salt & Black Pepper (to taste)  
10 ozs Chicken Breast (boneless, skinless, sliced)  
2 Whole Wheat Tortilla (large)  
1/4 Cucumber (medium, chopped)  
3 leaves Romaine (chopped)  
2 1/2 ozs Pepperoncini Peppers (chopped)

### Nutrition

Amount per serving	
Fat	15g
Carbs	24g
Fiber	5g
Protein	37g

### Directions

- 1 Preheat the air fryer to 375°F (190°C).
- 2 In a bowl, whisk together the lemon juice, oil, shawarma spice blend, salt, and pepper. Add the chicken and toss to coat.
- 3 Place the chicken in the air fryer basket and cook for 12 to 13 minutes or until fully cooked, shaking halfway through.
- 4 To assemble, top the tortilla with chicken, cucumber, romaine, and pepperoncinis. Wrap tightly and enjoy!

### Notes

**More Flavor:** Add hot sauce, hummus and/or tahini.

**Additional Toppings:** Top with cilantro and tomato.



## Air Fryer Chimichangas

2 servings

15 minutes

### Ingredients

6 ozs Chicken Breast, Cooked (shredded)  
1/2 cup Black Beans (cooked, rinsed)  
1/3 cup Enchilada Sauce  
1/4 cup Salsa  
2 1/2 ozs Cheddar Cheese (shredded)  
2 Whole Wheat Tortilla (large size)  
1 tsp Oil

### Nutrition

Amount per serving	
Fat	21g
Carbs	34g
Fiber	9g
Protein	43g

### Directions

- 1 Preheat the air fryer to 400°F (205°C).
- 2 In a medium-sized bowl, combine the chicken, beans, enchilada sauce, and salsa and mix to combine. Then fold in the cheese and stir just to combine.
- 3 Lay the tortilla on a flat surface and divide the chicken mixture evenly into the tortillas. Roll tightly, tucking in all sides, and place in the air fryer, seam side down. Brush each chimichanga with oil.
- 4 Bake for nine to ten minutes, flipping halfway through, until lightly browned and crispy on both sides. Remove and let cool slightly before cutting in half. Enjoy!



## Air Fryer Open Faced Reuben

2 servings

20 minutes

### Ingredients

- 2 tbsps Mayonnaise
- 1 1/2 tsps Ketchup
- 1 1/2 tsps Yellow Mustard
- 1/4 tsp Worcestershire Sauce
- 1 tbsp Shallot (finely chopped)
- 2 slices Rye Bread
- 1/2 cup Sauerkraut (drained)
- 4 ozs Corned Beef (thinly sliced)
- 2 ozs Swiss Cheese (slices)
- 2 tsps Chives (optional)

### Nutrition

Amount per serving	
Fat	31g
Carbs	16g
Fiber	3g
Protein	21g

### Directions

- 1 Preheat the air fryer to 375°F (190°C).
- 2 In a bowl, combine the mayonnaise, ketchup, mustard, Worcestershire, and shallot. Set aside.
- 3 Place the bread slices in the basket of the air fryer. Cook for two minutes.
- 4 Remove the toasts from the air fryer and spread the mayonnaise mixture on top. Divide the sauerkraut, corned beef, and cheese evenly between each slice of toast.
- 5 Place each toast with toppings in the basket of the air fryer and cook for six to eight minutes or until the cheese has melted. Top with chives (optional) and serve immediately. Enjoy!



## Air Fryer Steak Bite & Hummus Wrap

2 servings

20 minutes

### Ingredients

8 ozs Top Sirloin Steak (cubed)  
1 1/2 tsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
1/4 cup Hummus  
2 Whole Wheat Pita  
1/4 Cucumber (medium, chopped)  
1/2 cup Cherry Tomatoes (halved)

### Nutrition

Amount per serving	
Fat	26g
Carbs	43g
Fiber	6g
Protein	32g

### Directions

- 1 Preheat the air fryer to 400°F (205°C). Coat the steak pieces with oil and season with salt and pepper.
- 2 Place the steak in the air fryer basket and cook for eight to 10 minutes or until it reaches your desired doneness. Shake twice while cooking.
- 3 Spread the hummus on the pita. Top each pita evenly with cucumber, tomato, and cooked steak. Roll the pita into a wrap and enjoy!

### Notes

**Additional Toppings:** Cilantro, lettuce, and tzatziki.



## Air Fryer Steak Fajitas

2 servings

25 minutes

### Ingredients

- 10 ozs Flank Steak (sliced into strips, against the grain)
- 1/2 Red Bell Pepper (medium, sliced)
- 1/2 Green Bell Pepper (medium, sliced)
- 1/2 cup Red Onion (diced)
- 1 tbsp Extra Virgin Olive Oil
- 2 Garlic (clove, minced)
- 1 tbsp Fajita Seasoning
- 4 Corn Tortilla (warm, or any tortilla )

### Nutrition

Amount per serving	
Fat	20g
Carbs	38g
Fiber	4g
Protein	33g

### Directions

- 1 Preheat the air fryer to 400°F (205°C).
- 2 In a large bowl, mix the steak, bell peppers, onion, oil, garlic and fajita seasoning until evenly coated.
- 3 Add to the air fryer basket without overcrowding. Cook for 10 to 12 minutes, shaking halfway, or until the steak and vegetables are tender. Work in batches if needed.
- 4 Divide steak and vegetables evenly between tortillas. Enjoy!

### Notes

**Leftovers:** Refrigerate the steak and vegetables in an airtight container for up to three days.

**Make it Vegan:** Use sliced portobello mushrooms instead of steak.

**Additional Toppings:** Salsa, guacamole, shredded cheese, sour cream, lime wedges, cilantro and/or hot sauce.



## Air Fryer Steak Bites with Snap Pea & Goat Cheese Salad

2 servings

20 minutes

### Ingredients

8 ozs Top Sirloin Steak (cubed)  
Sea Salt & Black Pepper (to taste)  
1 tbsp Extra Virgin Olive Oil (divided)  
1/3 Lemon (juiced)  
1 cup Snap Peas (sliced)  
2 cups Arugula  
3 tbsps Goat Cheese (crumbled)

### Nutrition

Amount per serving	
Fat	25g
Carbs	5g
Fiber	2g
Protein	26g

### Directions

- 1 Preheat the air fryer to 400°F (205°C).
- 2 Season the steak pieces with salt and pepper and drizzle with 1/3 of the oil.
- 3 Place the steak in the air fryer basket and cook for eight to ten minutes or until it reaches your desired doneness. Shake twice while cooking.
- 4 Meanwhile, in a medium-sized bowl, whisk together the remaining oil, lemon juice, salt, and pepper. Add the snap peas, arugula, and goat cheese and toss to combine. Divide the steak and salad evenly between plates. Enjoy!

### Notes

**Leftovers:** Best enjoyed fresh. Refrigerate the steak and the undressed salad separately in airtight containers for up to three days.

**Serving Size:** One serving is approximately one cup of steak and 1 1/2 cups of salad.

**More Flavor:** Add mushrooms and bell peppers.

**Additional Toppings:** Top with slivered almonds or pecans.

**Dairy-Free:** Omit the goat cheese or use a plant-based cheese alternative.



## Air Fryer Beef Jerky

12 servings

5 hours 35 minutes

### Ingredients

- 1 lb Flank Steak
- 1 tbsp Steak Spice Seasoning
- 1 tbsp Brown Sugar
- 1 tbsp Water
- 1 1/2 tsps Soy Sauce
- 1 tsp Smoked Paprika

### Nutrition

Amount per serving	
Fat	3g
Carbs	2g
Fiber	0g
Protein	8g

### Directions

- 1 Partially freeze the steak for 30 to 45 minutes for easier slicing. Slice against the grain into 1/8 to 1/4-inch strips (3 to 6 mm), or to your preference.
- 2 Mix the steak seasoning, sugar, water, soy sauce, and smoked paprika in a large bowl. Add the steak and gently toss to coat. Cover and refrigerate for at least three hours or overnight.
- 3 Arrange the steak strips in a single layer in the air fryer basket, working in batches if needed. Cook in the air fryer at 175°F (80°C) for two hours or until dehydrated and tender chewy. Time may vary based on thickness. Enjoy!

### Notes

**No Air Fryer:** Preheat the oven to 175°F (80°C). Place a wire rack over a baking sheet and arrange the steak strips in a single layer. Bake for three hours or until dehydrated and tender chewy.



## Air Fryer Tonkatsu

2 servings

30 minutes

### Ingredients

- 1 cup Green Cabbage (finely shredded)
- 1/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 12 ozs Pork Chop (boneless, thin cut)
- 3 tbsps Egg Whites
- 1/3 cup Panko Bread Crumbs
- 1/16 oz Avocado Oil Spray (or any oil spray)
- 1 tbsp Ketchup
- 1 tbsp Worcestershire Sauce
- 1 tsp Soy Sauce
- 1 tsp Honey

### Nutrition

Amount per serving	
Fat	15g
Carbs	17g
Fiber	1g
Protein	40g

### Directions

- 1 Preheat the air fryer to 400°F (205°C). In a bowl, mix together the cabbage, lemon juice, salt, and pepper. Set aside.
- 2 Season the pork chops all over with salt and pepper. Set up your breading station: add the egg white to one plate and add the panko bread crumbs onto another plate.
- 3 First coat the pork chops with the egg whites, then transfer to the panko bread crumbs and coat well, tapping off any excess.
- 4 Place the pork chops into the air fryer basket and spray with avocado oil. Bake for 10 to 12 minutes or until cooked through and crispy, flipping halfway.
- 5 Meanwhile, in a bowl whisk together the ketchup, Worcestershire sauce, soy sauce, and honey.
- 6 To serve, divide the pork chops, cabbage, and sauce evenly between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**No Air-Fryer:** Fry the Tonkatsu in a pan on the stove top or in the oven.

**Avocado Oil Spray:** One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.



## Air Fryer Sesame Salmon Bites

2 servings

30 minutes

### Ingredients

- 2 tbsps Soy Sauce
- 1 1/2 tbsps Honey
- 2 tsps Rice Vinegar
- 1 tsp Sesame Oil
- 12 ozs Salmon Fillet (skinless, cut into large cubes)
- 2 tsps Sesame Seeds

### Nutrition

Amount per serving	
Fat	12g
Carbs	14g
Fiber	0g
Protein	40g

### Directions

- 1 In a bowl, whisk together the soy sauce, honey, rice vinegar, and sesame oil. Add the salmon, stir, and marinate for about 15 minutes.
- 2 Preheat the air fryer to 400°F (205°C).
- 3 Transfer the salmon bites to the air fryer basket and bake for seven to eight minutes or until cooked through, shaking halfway through.
- 4 Top the salmon with sesame seeds and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**More Flavor:** Add sriracha or chili flakes to the marinade.

**Additional Toppings:** Top with cilantro or green onion.

**Serve it With:** Rice and vegetable of choice.



## Air Fryer Teriyaki Salmon

2 servings

30 minutes

### Ingredients

- 2 tbsps Soy Sauce
- 1 tsp Rice Vinegar
- 2 tbsps Coconut Sugar (or any sugar )
- 1 Garlic (clove, minced)
- 1/2 tsp Ginger (grated)
- 1/2 tsp Cornstarch
- 1 1/2 tbsps Water
- 12 ozs Salmon Fillet (skinless)
- 1 stalk Green Onion (chopped)
- 1/4 tsp Sesame Seeds (optional, for garnish)

### Nutrition

Amount per serving	
Fat	8g
Carbs	5g
Fiber	0g
Protein	39g

### Directions

- 1 In a small saucepan combine the soy sauce, vinegar, sugar, garlic and ginger. Bring to a simmer over medium-low heat.
- 2 In a small bowl, combine the cornstarch and water and whisk to create a slurry. Pour the cornstarch mixture into the sauce and whisk to combine, until thickened, about 30 seconds. Remove from the heat and set aside.
- 3 Pat the salmon dry with a paper towel and place in a shallow bowl. Pour about 3/4 of the sauce onto the salmon and coat entirely. Let it sit for about 15 minutes. Set the remaining sauce aside for later.
- 4 Preheat the air fryer to 400°F (205°C).
- 5 Line the air fryer with an air fryer parchment sheet and place the salmon on top. Bake for seven to nine minutes, depending on thickness, until flaky and cooked through to your liking.
- 6 Remove the salmon and drizzle with the remaining sauce and top with green onion and sesame seeds. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is one piece of salmon.

**Serve it With:** Air-fried or steamed vegetables and/or rice.



## Air Fryer Salmon & Potatoes

2 servings

30 minutes

### Ingredients

- 2 cups Mini Potatoes (halved)
- 2 tsps Extra Virgin Olive Oil (divided)
- 3/4 tsp Smoked Paprika (divided)
- 3/4 tsp Garlic Powder (divided)
- 1/2 tsp Sea Salt (divided)
- 12 ozs Salmon Fillet

### Nutrition

Amount per serving	
Fat	13g
Carbs	28g
Fiber	4g
Protein	41g

### Directions

- 1 Preheat the air fryer to 400°F (205°C).
- 2 In a medium-sized bowl, toss the potatoes with half the oil, 3/4 of the smoked paprika, 3/4 of the garlic powder, and half the salt.
- 3 Add the potatoes to the air fryer and bake for 10 minutes, remove and flip and bake for eight to nine minutes longer, until cooked through and crispy. Remove and set aside.
- 4 Meanwhile, season the salmon with the remaining oil, smoked paprika, garlic powder, and salt.
- 5 Place the salmon in the air fryer and bake for seven to nine minutes, depending on thickness, until flaky and cooked through to your liking.
- 6 Divide the salmon and potatoes onto plates. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Additional Toppings:** Top with chopped cilantro.



## Air Fryer Coconut Shrimp

2 servings

20 minutes

### Ingredients

- 1/4 cup Gluten-Free Bread Crumbs
- 1/4 cup Unsweetened Shredded Coconut
- 1 tsp Dried Parsley
- Sea Salt & Black Pepper (to taste)
- 1 Egg
- 1/4 cup All Purpose Gluten-Free Flour
- 10 ozs Shrimp (peeled, deveined)
- 1/16 oz Avocado Oil Spray
- 1/2 Lemon (for serving)

### Nutrition

Amount per serving	
Fat	10g
Carbs	29g
Fiber	5g
Protein	35g

### Directions

- 1 Preheat the air fryer to 360°F (180°C).
- 2 In one bowl, combine the bread crumbs, shredded coconut, dried parsley, salt, and pepper. In another bowl, whisk the egg, and in a third bowl add the flour.
- 3 Dredge each shrimp first into the flour, then whisked eggs, then into the coconut mixture. Place the shrimp into the air fryer basket and spray with avocado oil.
- 4 Cook for about eight to ten minutes or until crispy and slightly browned, flipping halfway through. Drizzle with lemon juice before serving and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

**Serving Size:** One serving is approximately six to seven shrimp.

**More Flavor:** Add paprika and garlic powder to the coconut mixture.

**Avocado Oil Spray:** One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.



## Air Fryer Lemon Pepper Shrimp

2 servings

10 minutes

### Ingredients

- 10 ozs Shrimp (peeled, deveined)
- 1/16 oz Avocado Oil Spray (or any oil spray )
- 3/4 tsp Lemon Pepper Seasoning

### Nutrition

Amount per serving	
Fat	1g
Carbs	2g
Fiber	0g
Protein	28g

### Directions

- 1 Preheat the air fryer to 400°F (205°C).
- 2 In a bowl, spray the shrimp with the oil. Add the seasoning and toss to combine.
- 3 Transfer the shrimp to the air fryer basket and bake for eight minutes, until cooked through. Remove and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately after baking. Refrigerate in an airtight container for up to two days.

**Additional Toppings:** Top with chopped parsley or cilantro.

**Avocado Oil Spray:** One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.



## Air Fryer Shrimp Wontons

4 servings

30 minutes

### Ingredients

8 ozs Shrimp (peeled, deveined, tails removed, chopped very finely)  
 2 stalks Green Onion (chopped)  
 3 tbsps Soy Sauce (divided)  
 1 tsp Chinese Five Spice  
 Sea Salt & Black Pepper (to taste)  
 7 ozs Wonton Wrapper  
 1/8 oz Avocado Oil Spray (or any oil spray )

### Nutrition

Amount per serving	
Fat	1g
Carbs	30g
Fiber	1g
Protein	17g

### Directions

- 1 Mix together the chopped shrimp, green onions, 1/3 of the soy sauce, Chinese Five Spice, salt, and pepper in a large bowl.
- 2 To assemble, working with one wonton wrapper at a time, wet the edges of the wrapper with water. Place about 1/2 tablespoon of filling in the center of each wonton.
- 3 Fold in half to form a triangle, and press firmly all around to seal. Pinch the two long outside points together. Repeat this until all of the wrappers are filled.
- 4 Preheat the air fryer to 375°F (190°C). Place the wontons into the basket in one layer, working in batches if necessary. Spray with avocado oil and cook for 10 minutes, flipping halfway through.
- 5 Serve the shrimp wonton with the remaining soy sauce and enjoy!

### Notes

**Leftovers:** Refrigerate the cooked shrimp wontons in an airtight container for up to three days. Reheat in the air fryer. Freeze before air frying. Arrange the wontons in a tray in a single layer. Freeze for two hours and then transfer them into a freezer bag. Freeze for up to three months.

**More Flavor:** Add ground pork and sesame oil to the shrimp mixture.

**Avocado Oil Spray:** One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.



## Air Fryer Panko Cod & Arugula Burger

2 servings

20 minutes

### Ingredients

- 2 Cod Fillet
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Egg Whites
- 1/4 cup Panko Bread Crumbs
- 1/16 oz Avocado Oil Spray (or any oil spray )
- 2 ozs Tartar Sauce (divided)
- 4 ozs Whole Wheat Bun (toasted)
- 1 cup Arugula

### Nutrition

Amount per serving	
Fat	9g
Carbs	36g
Fiber	4g
Protein	52g

### Directions

- 1 Preheat the air fryer to 400°F (205°C) and season the cod all over with salt and pepper.
- 2 Set up your breading station: add the egg whites to one plate and add the panko bread crumbs into a second plate.
- 3 First coat the cod fillets with the egg white, then transfer to the panko bread crumbs and coat well, tapping off any excess.
- 4 Place the fillets into the air fryer basket and spray with avocado oil. Bake for 10 to 12 minutes or until the fish is cooked and crispy, flipping halfway.
- 5 To assemble, spread the tartar sauce on the buns. Top with the crispy cod and arugula. Close the burger and enjoy!

### Notes

**Leftovers:** Refrigerate the cod in an airtight container for up to two days. Reheat the cod in the air fryer.

**More Flavor:** Add hot sauce to the burger.

**Cod Fillet:** One cod fillet is equal to 231 grams or eight ounces.

**Avocado Oil Spray:** One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.



## Crispy Air Fryer Fish Tacos with Tzatziki

4 servings  
30 minutes

### Ingredients

- 2 Cod Fillet
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Cornstarch
- 1 Egg (large, whisked)
- 1/3 cup Panko Bread Crumbs
- 3 cups Coleslaw Mix
- 8 Corn Tortilla (small, warmed, or any tortilla )
- 1 Tomato (diced)
- 1/2 cup Tzatziki
- 1/4 cup Cilantro (chopped)

### Nutrition

Amount per serving	
Fat	5g
Carbs	42g
Fiber	4g
Protein	27g

### Directions

- 1 Preheat the air fryer to 400°F (205°C).
- 2 Cut the fish into strips approximately 3 inches (8 cm) long and season with salt and pepper. Prepare a breading station: place the cornstarch on a plate, the whisked egg in a shallow bowl, and the bread crumbs on another plate.
- 3 One at a time, coat each piece of fish in the cornstarch, dip it in the egg, and coat it in bread crumbs. Place the battered fish in a single layer in the air fryer basket. Cook for four minutes, flip, and cook for two to three additional minutes until golden and cooked through.
- 4 Divide the coleslaw and cooked fish evenly among the warmed tortillas. Top with diced tomato, tzatziki, and cilantro. Enjoy!

### Notes

**Leftovers:** Best served fresh. Refrigerate the ingredients separately in airtight containers for up to two days.

**Additional Toppings:** Finely chopped onions, cubed avocado, lime juice, and/or hot sauce.



## Air Fryer Panko Fish Cakes

4 servings  
20 minutes

### Ingredients

- 2 Haddock Fillet
- 1 Egg
- 1/2 cup Panko Bread Crumbs
- 1 1/2 tbsps Fresh Sage (chopped)
- 1 tsp Onion Powder
- Sea Salt & Black Pepper (to taste)
- 1/8 oz Oil Spray (divided)
- 1/2 Lemon (for serving)

### Nutrition

Amount per serving	
Fat	2g
Carbs	7g
Fiber	1g
Protein	18g

### Directions

- 1 Preheat the air fryer to 375°F (190°C).
- 2 Cut the fish into big pieces and transfer to a food processor. Process for about 30 seconds or until a paste with small chunks forms.
- 3 Transfer the fish paste to a bowl. Add the egg, bread crumbs, sage, onion powder, salt, and pepper. Mix until well combined.
- 4 Use a 1/4 cup measuring cup and scoop out the mixture. Gently shape and flatten into a patty in your hands.
- 5 Transfer the patties into the air fryer basket. Spray with oil and cook for about 10 minutes or until cooked, flipping halfway through.
- 6 Serve the fish cakes with lemon juice and enjoy!

### Notes

**No Haddock:** Use any other white fish.

**More Flavor:** Add capers and garlic powder.

**No Sage:** Use dill or parsley instead.

**Cooking Oil Spray:** One gram (or 1/16 oz) of cooking oil spray is equal to a one-second spray.



## Air Fryer Broccoli & Cheddar Quiche Cups

3 servings

20 minutes

### Ingredients

- 1/16 oz Cooking Oil Spray
- 6 Egg (whisked)
- Sea Salt & Black Pepper (to taste)
- 1 cup Broccoli (florets, chopped very small)
- 2 1/2 ozs Cheddar Cheese (grated, divided)
- 3 slices Bacon, Cooked (chopped)

### Nutrition

Amount per serving	
Fat	21g
Carbs	4g
Fiber	1g
Protein	22g

### Directions

- 1 Preheat the air fryer to 300°F (150°C) and grease ramekin(s) with oil spray.
- 2 Season the whisked eggs with salt and pepper. Add the broccoli, 3/4 of the cheese, and the bacon to the eggs and mix to combine.
- 3 Divide the egg mixture evenly between the ramekin(s) and place in the air fryer. Bake for 13 to 14 minutes, until cooked through.
- 4 Top with the remaining cheese and increase the temperature to 380°F (195°C). Bake for two minutes longer or until the cheese has melted.
- 5 Carefully remove from the air fryer. Enjoy!

### Notes

**Additional Toppings:** Top with green onions, chives, or parsley.

**Cooking Oil Spray:** One gram (or 1/16 oz) of cooking oil spray is equal to a one-second spray.



## Air Fryer Breakfast Burrito

1 serving  
15 minutes

### Ingredients

- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 1/16 oz Cooking Oil Spray
- 1 Whole Wheat Tortilla (large)
- 1 slice Bacon, Cooked
- 1 oz Cheddar Cheese (shredded)
- 1/2 Avocado
- 1/2 tsp Hot Sauce (optional)

### Nutrition

Amount per serving	
Fat	41g
Carbs	29g
Fiber	11g
Protein	28g

### Directions

- 1 Preheat the air fryer to 375°F (190°C).
- 2 Crack the eggs into a bowl and whisk well. Season with salt and pepper.
- 3 Heat a skillet over medium-low heat and spray with oil to coat. Once the skillet is hot, add the eggs to the pan and stir continuously. Keep pushing the eggs around the skillet until fluffy and cooked to your desired consistency. Remove from the heat.
- 4 Lay the tortilla on a flat surface and add the bacon. Then add the eggs, cheese, avocado, and hot sauce (if using). Roll tightly, tucking in all sides, and place in the air fryer, seam side down. Spray with oil.
- 5 Cook for eight minutes, flipping halfway through, until lightly browned and crispy on both sides. Remove and let cool slightly before cutting in half. Enjoy!

### Notes

**Cooking Oil Spray:** One gram (or 1/16 oz) of cooking oil spray is equal to a one-second spray.



## Air Fryer Crispy Chickpeas

4 servings

20 minutes

### Ingredients

- 2 cups Chickpeas (drained, rinsed)
- 1 1/2 tsps Cooking Oil Spray
- 1/2 tsp Smoked Paprika
- 1/2 tsp Sea Salt
- 1/4 tsp Garlic Powder

### Nutrition

Amount per serving	
Fat	2g
Carbs	23g
Fiber	6g
Protein	7g

### Directions

- 1 Preheat the air fryer to 390°F (200°C).
- 2 In a bowl, mix together the chickpeas, oil, smoked paprika, salt, and garlic powder.
- 3 Transfer the chickpeas to the air fryer and bake for 12 to 14 minutes, shaking the tray halfway through, until crispy and browned. Enjoy!