

# **KETO** **AIR FRYER** **RECIPES BOOK** *for Two*

Easy Low-Carb Meals in Full Color with 28-Day  
Meal Plan, Shopping List, and Special  
Mediterranean Keto Chapter for Weight Loss

**Dr. Elena Marini**

**2025**

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# Welcome to the Journey!

## YOUR PATH TO EASY AND HEALTHY KETO COOKING

**Dear reader, congratulations!** By picking up this book, you've taken a fantastic step toward better health, renewed energy, and confidence in the kitchen. I'm here to guide and encourage you at every stage of this journey.

### KETO + AIR FRYER: A PERFECT DUO

**The ketogenic diet focuses on low carbs, moderate protein, and high healthy fats, helping your body burn fat for fuel instead of sugar.**

Metabolic shift, known as ketosis, supports weight management, stable energy, and a clearer mind.

**Combine keto with the Air Fryer – your modern kitchen hero for crispy, golden meals with minimal oil – and enjoy fast, flavorful, guilt-free cooking.**

With this duo, you can enjoy “fried” favorites without the carbs or excess grease, making keto not just doable but deliciously enjoyable.

Enjoy



### THE GOAL OF THIS BOOK

The mission of this cookbook is to make keto cooking simple, fun, and full of flavor.

**My goal is to show you that healthy meals don't need to be complicated or time-consuming.** With your Air Fryer, you'll spend less time in the kitchen, less effort on prep, and more time enjoying meals that fuel your health and energy. This book is designed to help you feel confident and inspired every time you cook.

### WHO THIS BOOK IS FOR AND WHAT'S INSIDE

Whether you're just beginning your keto adventure or you're already a low-carb pro, this cookbook will guide you with clarity and motivation.

This is your friendly companion for building a lifestyle that's both healthy and enjoyable. It includes everything you need to succeed on your keto journey.

- 1 **80+ easy, low-carb recipes** for breakfasts, mains, sides, and tasty snacks
- 2 **Downloadable 28-Day Meal Plan and Shopping List via QR Code** – stay organized, motivated, and ready with effortless prep and printing.
- 3 **Special Mediterranean keto section** for vibrant flavors and extra variety
- 4 **Step-by-step instructions** to master both keto and your versatile Air Fryer
- 5 **Tips** for storing, prepping, and cooking to keep keto sustainable in real life

Every page is designed to save you time, simplify your cooking, and bring joy to your meals.

### A NOTE FROM THE AUTHOR

I wish you an exciting, rewarding, and delicious journey ahead! Cook with curiosity, celebrate every small win, and let this book be your partner in creating a healthier, more vibrant life. Your keto adventure starts now – let's make it amazing!

*With warmth and strength,  
Dr. Elena Marini*

# Chapter 1

## THE FOUNDATIONS AND BENEFITS OF KETO

Sometimes the body needs a reset, not through restrictions, but through thoughtful choices. The ketogenic diet is based on a simple yet powerful concept: **when we consume fewer carbohydrates, our body starts to rely on fat for energy.** This shift isn't just about weight loss. It's a complete change in how we feel.

### A NEW WAY OF EATING: WHAT KETO MEANS

When the body doesn't have carbs to burn, it starts producing ketones – molecules made from fat – which supply energy to the brain, muscles, and heart more evenly. **Keto is not a crash diet or a quick fix.** It's a gradual metabolic shift that builds long-term stability. More consistent energy, fewer cravings, clearer thinking – all of this begins when we start nourishing ourselves in a new way. It's a return to something steady.

Toolbox

- Meals built around healthy fats
- Moderate portions of meat, eggs, and cheese
- Low-starch vegetables
- Minimal sugar and flour
- Plenty of water and salt to support balance

### WHEN THIS DIET WORKS BEAUTIFULLY

What's essential is that keto is flexible. You don't have to count every gram. It's enough to understand the rhythm of your meals and your body's needs. Keto works beautifully if you stay consistent, patient, and mindful.

- 1 **Stabilize energy** throughout the day naturally and consistently, at work, home, and rest
- 2 **Need to reduce cravings for sugar** and constant snacking habits, especially in the evenings
- 3 **Support insulin sensitivity** with nourishing, low-carb food choices, rich in flavor and texture
- 4 **Manage inflammation** in joints, skin, and digestion gently, without medications or discomfort
- 5 **Want to lose weight** and feel lighter in daily movement, clothes, mood, and confidence



### WHAT IS KETOSIS

Ketosis is the quiet engine behind the power of the keto diet. It begins when carbohydrate intake drops low enough for the liver to start producing ketones from fat. **These ketones then become the body's primary source of energy.** Most people begin to feel ketosis within a few days. The signs are subtle: a steady sense of energy, fewer cravings, sometimes a metallic taste in the mouth, and better focus. It's not a buzz – it's a calm, balanced state, like the body has found its natural pace.

### WHY IT'S ABOUT MORE THAN JUST WEIGHT

While many discover keto because of weight goals, they stay for the way it makes them feel.

It's about eating in a way that supports both body and mind – **with no blood sugar spikes, no afternoon crashes, and no constant hunger.**

It also invites a different relationship with food. Meals become more intentional, cooking becomes simpler, and there's space for creativity. Whether you're making a breakfast omelet or crispy salmon, you're choosing food that works with your body, not against it.

### 70% FAT, 20% PROTEIN, 10% CARBOHYDRATE

It isn't a trend – it's a return to something steady, nourishing, and clear. Keto invites us to listen inward, to slow down, to eat with purpose. And with the air fryer, it becomes even more practical – a way to prepare real food that's crisp, full of flavor, and ready in minutes.



# INTENTIONAL EATING: SMARTER FOOD CHOICES

On keto, what you eat matters just as much as what you skip. This way of eating is about choosing food that helps the body feel steady, satisfied, and supported.

**Goal** **The goal is to focus on whole, nutrient-rich foods – simple ingredients that the body recognizes and thrives on.**

When we eliminate sugar and starch, we create space for flavors that are deep, grounding, and authentic.

## ● What to Enjoy Freely and Often

The heart of a keto plate is built from foods that are low in carbs and rich in nourishing fats and protein.

These include **meat, fish, eggs, and non-starchy vegetables**, as well as **high-quality oils and fermented dairy products**. Fatty fish like salmon, mackerel, and sardines are not just keto-friendly – they're deeply supportive of brain and heart health. Add in eggs, grass-fed meat, and seasonal vegetables like spinach or cauliflower, and you have the foundation of every meal.

## ● What to Use with Thoughtfulness

Some foods may technically fit into keto macros, but still require careful consideration. Processed meats, for example, might contain hidden sugars or additives.

Dairy can be nourishing, but only when well-sourced and full-fat. Nuts and seeds offer texture, but in large quantities, they can hinder progress.

## ● What to Leave Behind Gently

Refined sugar, white flour, and sweetened products shift the body out of ketosis and back into energy crashes. Even starchy vegetables – like potatoes, corn, and beets – can slow down progress, as can most fruits.

These foods don't support the goals of the keto diet.

## EVERYDAY KETO-FRIENDLY CHOICES

Keto begins in the kitchen. Each meal is an opportunity to nourish the body with calm, strength, and steadiness. And with every simple, well-chosen ingredient, we move closer to real balance.

- 1 **Avocados, olives, and extra-virgin olive oil** lend meals a natural richness and support heart health.
- 2 **Eggs, meat, poultry, and seafood** form the protein base, helping to build satiety and strength.
- 3 **Leafy greens, zucchini, mushrooms, and cauliflower** add fiber, texture, and gentle balance.
- 4 **Butter, ghee, and full-fat cream** offer flavor and help carry fat-soluble vitamins through the meal.
- 5 **Almonds, walnuts, chia seeds, and flax** bring crunch, minerals, and gentle energy when needed.

## WHY QUALITY MAKES THE DIFFERENCE

Not all fats and proteins are equal. Grass-fed meat, wild-caught fish, fresh eggs, and cold-pressed oils carry more than nutrients – they hold vitality.

When we eat with attention to source and freshness, meals feel lighter, digestion improves, and we begin to crave real food. It's not about perfection, but about choosing closer to the earth, closer to what feels right.

## LISTENING TO THE BODY'S FEEDBACK

Keto is not a fixed formula – it's a conversation. As we shift our eating habits, **the body responds: sometimes with increased clarity, sometimes with fatigue or cravings**. These signals are invitations to adjust.

Adding more salt, drinking more water, or gently increasing fat can make all the difference in how the body adapts. We begin to recognize which meals give us energy and which foods feel grounding.

# HOW FATS, PROTEINS, AND CARBS WORK TOGETHER

**Keto isn't just about removing carbs – it's about rebalancing the entire plate. When we shift our eating habits, we also shift how the body fuels itself.**

That's where macronutrients come in: fats, proteins, and carbohydrates. Each of these crucial macronutrients plays a specific and essential role.

**On the keto diet, we don't eliminate food groups – we adjust the proportions** so that the body enters a steady state of fat-burning called ketosis.

## FATS: YOUR PRIMARY FUEL

On a ketogenic diet, fats become the body's primary energy source. When carbs are low, the liver converts fat into ketones – a clean, stable fuel that powers the brain and muscles with clarity and endurance.

**Choice** Avocados and olives give richness and fiber.  
Ghee and butter help to absorb vitamins.  
Coconut oil fuels ketones.  
Fatty fish combine omega-3s with protein.

**Nuts and seeds are also essential.** They add texture, minerals, and energy to the diet. Fat doesn't just provide energy – it helps regulate appetite, support hormones, and make meals feel complete.

## PROTEINS: BUILDING AND REPAIRING

Protein supports the body in visible and invisible ways – from muscle tone to enzymes, immune function to skin repair. On a keto diet, we aim for a moderate protein intake enough to maintain lean tissue, but not so much that the body converts excess protein into glucose.

Choosing the right kinds of protein matters. **Look for whole sources, such as eggs, poultry, fish, and grass-fed meat.** These foods provide the amino acids your body knows how to use. Paired with fats and vegetables, they become the heart of a satisfying meal.

## CARBOHYDRATES: LESS, BUT SMARTER

The focus is on net carbs, which are calculated by subtracting fiber from total carbs. It matters because fiber doesn't spike blood sugar and doesn't interrupt ketosis. **There are between 20 and 30 grams of net carbs per day.** Leafy greens, zucchini, mushrooms, and cauliflower offer flavor while keeping carbs low.

## TRACKING AND TUNING: WHAT WORKS FOR YOU

Everybody is different, and keto isn't one-size-fits-all. **Some people feel best with more fat, others need a little extra protein.** Tracking macros can be helpful, but noticing how food affects your body can also be beneficial. If something feels off, small changes – such as adding more salt or green – can help restore balance.



## EVERYDAY MACRO WISDOM

- 1 **Fats** provide energy, reduce hunger, support hormones, and improve nutrient absorption.
- 2 **Proteins** build and repair tissues, support immunity, and stabilize metabolism.
- 3 **Net carbs from vegetables** support digestion, hydration, and a balanced intake of micronutrients.
- 4 **Simple tracking or mindful eating** allows you to discover what works best for you.
- 5 **A calm, clear state** often shows you're in a good rhythm before any weight shifts.

To make your keto journey even more effective and enjoyable, this book includes a **special Mediterranean section – a curated collection of Mediterranean-inspired keto recipes.**

# KETO POWER DRINKS FOR ENERGY AND BALANCE



When starting the keto diet, most of the focus is on food. But there's another layer that quietly holds everything together – **hydration, minerals, fats, and protein.**

Bonus

Since keto relies on a higher ratio of fats to protein, we've included daily recipes for nourishing drinks rich in both, especially designed for breakfasts and seamlessly fitting into your meal plan. You'll find them in the **Appetizers and Desserts** section on pages 57–58.

As the body shifts into fat-burning mode, it also begins to flush out more water. With that water go essential electrolytes. The right approach makes keto smoother and far more sustainable.

## ELECTROLYTES: WHY THEY MATTER

Electrolytes – primarily sodium, potassium, and magnesium – help regulate the heartbeat, nerve function, muscle movement, and hydration. On a keto diet, the body releases these minerals faster, which means we need to replenish them daily to stay balanced.

When we support minerals with care, we prevent dips in energy, mood, and focus, and keto starts to feel nourishing, not draining.

## EASING THE TRANSITION: AVOIDING “KETO FLU”

In the first few days of keto, some people feel tired, foggy, or irritable – a temporary phase called the “keto flu.” **It isn't a real illness, just a shift in electrolytes and fuel source.** The body is adjusting, and that process takes resources. The solution isn't to stop keto, but to support the transition.

More salt, water, and rest can make all the difference. Think of it not as a problem, but as the body's way of asking for support during change.

## WATER: MORE THAN JUST A HABIT

Hydration on keto matters deeply. As insulin levels drop, the kidneys release more water, making it essential to drink enough. **Dehydration can hide as fatigue, cravings, or headaches.** But regular, gentle hydration keeps things flowing – in digestion, in focus, in mood.

Water needs vary by body size and climate, but a good base is around 2–3 liters per day. Herbal teas, broths, and lemon water all count – but plain, clean water remains the foundation.

## MICRONUTRIENTS: THE INVISIBLE SUPPORT

While macros set the frame, **micronutrients fill in the details.** Zinc, selenium, iodine, and B vitamins support thyroid function, mood regulation, and immune defense. That's why egg, shellfish, seaweed, leafy greens, and organ meats are so important. But targeted supplements can also bridge gaps during the first few months.

## HYDRATION AND MINERAL WISDOM

- 1 **Start** each morning with water and a small pinch of salt to gently rehydrate after sleep.
- 2 **Include** leafy greens, seeds, and avocado to replenish your intake of potassium and magnesium.
- 3 **Sip** warm herbal teas or fresh lemon water between meals to support digestion and mental clarity.
- 4 **Add** nourishing broth or sparkling mineral water during sudden fatigue to replenish lost sodium and feel steady again.

When in doubt, always slow down and carefully listen – tiredness often signals an urgent need for water and minerals. Stay consistent, and your body will thank you.

# AIR FRYERS AND KETO COOKING: CRISP AND EASY

The air fryer is not just a trend. It is a compact kitchen tool that uses circulating hot air to cook food evenly. For anyone on a keto diet, it offers something rare: **texture, flavor, and crispness without relying on flour or deep frying.** The air fryer allows us to prepare golden, crunchy meals with less mess and more control.

## HOW THE AIR FRYER WORKS

An air fryer is perfect! It uses rapid air circulation to envelop food with heat. It creates a crispy surface while gently cooking the interior. It is similar to convection baking but faster, more compact, and more targeted.

**A non-stick basket lets hot air circulate the food**  
**A perforated tray helps fat drain away**  
**An adjustable temperature avoids burning**  
**Parchment with holes prevents sticking**  
**Ramekins are good for eggs, sauces, vegetables**

These tools are easy to use but make daily keto cooking simpler, neater, and more fun.

## WHY LESS OIL WORKS BETTER

One of the biggest surprises with the air fryer is how little oil is needed. A teaspoon brushed or sprayed on the surface is often enough. It means we get all the crisp and golden color, but none of the heaviness of deep frying.

**Less oil does not mean less satisfaction.** Fatty cuts of meat release their juices. Vegetables like zucchini or mushrooms caramelize in their moisture. The result is food that feels lighter and aligned with keto goals.

## TEXTURE WITHOUT THE CARBS

Crispy food is often associated with breading or batter. But with an air fryer, you can achieve a similar texture using keto-friendly ingredients, or no coating at all.

- 1 **Chicken wings become crisp** on the outside while staying juicy on the inside, with no coating required.
- 2 **Salmon skin turns golden and crunchy** with just salt and high heat for a few minutes.
- 3 **Pork belly or bacon crisps up perfectly**, releasing its fat in the process.
- 4 **Parmesan piles melt and crisp into salty snacks.**



## LESS MESS, MORE ROUTINE

Because the air fryer contains splatter and requires no deep oil, cleanup is fast, and the kitchen stays clean. It makes it easier to prepare food every day, even during a busy week: no large pots, no heavy baking trays – just a basket and a rinse.

It also supports a calm rhythm. Meals do not need constant watching. You can prep greens while the protein cooks and rest while the vegetables finish.

## KETO, AIR FRYER, AND MEDITERRANEAN FLAVORS

This book brings together a series of fish and seafood recipes, drawn from Mediterranean traditions and adapted for use in an air fryer. They are fast, clean, and deeply satisfying, requiring just a few ingredients and minimal preparation. Each one fits a keto lifestyle but keeps the spirit of the coast: sunny, fresh, and fragrant.

- **Fish fits within this frame** – a delicate protein, with an unmistakable taste and zero fuss.
- **Shellfish keep their shape.** A golden crispy edge forms on the surface while the inside remains in perfect balance.
- **Works well with keto dressings**, such as butter, nut pastes, or ripe avocado, **and low-carb vegetables.**
- **No need for complex sauces.** Just fat, protein, a few spices – and heat that honors structure.

Choosing fish at the market and adding a few pantry basics. Let the air fryer do the rest.

# HOW TO USE THE AIR FRYER FOR LOW-CARB MEALS

The air fryer is more than a convenient tool – it is a method that supports balance. For keto meals, where fat leads and protein supports, carbs stay low; this method offers precision without complication. **It preserves texture, flavor, and nutrients while avoiding extra oil or unnecessary coatings.**

## TIMING AND TOOLS MATTER

Cooking in an air fryer is about control. A few minutes too long can dry out chicken or overcook fish.

Each ingredient asks for its rhythm. Dense meat needs lower heat and more time. Tender fish prefers a hot burst and quick rest. Keto cooking benefits from this attention – it protects fat quality and keeps protein tender

*Enjoy* **Thermometer for internal temperature. Tongs for a careful turn. Rack for better airflow. Basket for a crispy finish. Silicone mat for easier cleanup. These simple additions help keep the process.**

Every step can be measured. Nothing happens by surprise. This allows us to adjust. Some fats melt faster. Some cuts shrink more. The air fryer helps notice those differences and respond gently.



## VEGETABLES IN FOCUS

Zucchini, cauliflower, mushrooms, and green beans work beautifully in the air fryer. Their high water content allows for a tender interior and a golden edge when cooked at medium-high temperatures. **Coat with olive oil or ghee, season simply, and avoid crowding the basket.** Small batches allow better circulation.

A preheated fryer gives the best surface texture.

## SAVORY SNACKS AND SIDES

Cheese crisps, seed crackers, and almond flour bites all benefit from even heat and quick cooking. Use parchment liners when required. Low-carb coatings made from crushed pork rinds or Parmesan remain crunchy after cooling. Eggplant or avocado slices coated with coconut flour provide a variety of options.

## CHOOSING THE RIGHT CUTS

- **Fatty cuts**, such as chicken thighs, pork belly, or salmon fillets, are suitable for the keto approach and hold up well to the heat of an air fryer.
- **Lean cuts** can quickly dry out unless carefully marinated or generously supplemented with added fat to preserve their tender texture.
- **Fresh fish** with skin crisps beautifully when gently placed skin-side down.
- **Ground meats** can be shaped into patties or meatballs for even cooking and browning.
- **Bone-in pieces** retain moisture longer – a helpful feature for longer cooking cycles

## MASTERING THE FLOW

Pat ingredients dry before cooking – moisture softens crusts and slows browning. **Let the protein rest before serving, as this helps maintain even juices and a stable flavor.**

Use oil sprays carefully – a light mist adds color, but too much may soak the surface. Flip through to ensure even contact. Resting racks allow both sides to crisp.

Keto meals need rhythm, not rush. The air fryer answers with calm precision. **When ingredients are prepared with thought and cooked with care, flavor aligns with intention – warm, balanced, and strong.**

# CHOOSING AND CARING FOR YOUR AIR FRYER

For many of us, the **air fryer becomes more than just a kitchen tool – it turns into a quiet ally in everyday cooking.** Especially on a keto diet, where the balance of fat and protein matters in every meal, a good air fryer helps bring consistency, taste, and ease.

Choosing the right model – and caring for it properly – enables us to prepare meals that feel both nourishing and joyful. Clean surfaces, even heat, and reliable timing transform a simple device into a daily partner in health.

## KEY POINTS WHEN CHOOSING

A well-chosen air fryer is an investment in a cozy. The size and basket volume should match the amount of food you cook daily. A small unit works for singles or couples, while families benefit from larger dual-basket models.

**A stainless steel interior lasts longer than thin non-stick coatings that wear off quickly. Pre-set programs can be helpful, but manual control is more reliable for keto meals, especially when fat content varies.**

Look for models with adjustable temperature control ranging from 80 to 200°C and a wide timer range for quick snacks and slower roasts. A good air fryer becomes part of a routine that promotes health.

## CHECKLIST FOR A RELIABLE MODEL

- 1 **Solid, heat-resistant handle** that stays cool during operation and protects from burns.
- 2 **Dishwasher-safe basket** and tray for easy cleanup.
- 3 **Compact shape** for limited counter space, or a vertical design for multi-level cooking.
- 4 **A loud and clear timer alert** to prevent overcooking delicate proteins.
- 5 **Spare parts** availability, like extra baskets or racks, ensures convenient future replacement options.
- 6 **A transparent window** or built-in light allows you to monitor cooking without opening the basket.
- 7 **Models with multiple racks** enhance airflow, enabling you to cook more items simultaneously.

The fryer is part of the journey, not just the gear. When it's chosen with care and kept with ease, it responds better. Quietly, it helps build the kind of cooking that feels simple, steady, and deeply satisfying, day after day.

## CLEAN TOOLS LAST LONGER

The gentler we handle a tool, the longer it lasts. After each use, allow the fryer to cool completely. Wipe the outer body with a soft cloth.

Clean the basket with warm water and a non-abrasive sponge. If anything sticks, soak with baking soda and lemon juice – avoid harsh cleaners or steel wool.



## ROUTINE THAT FEELS LIKE CARE

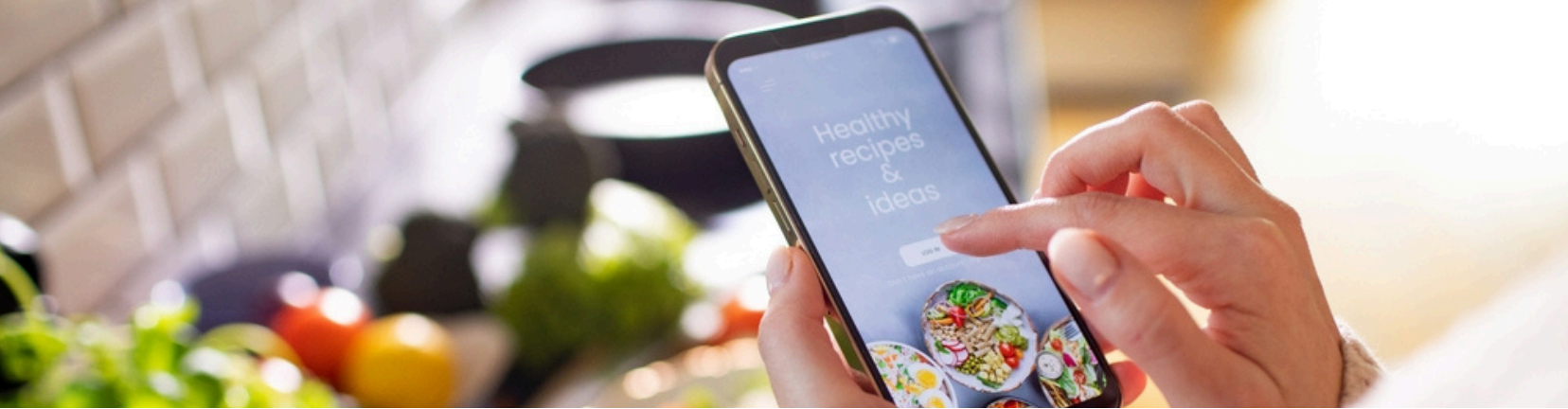
Caring for the fryer doesn't have to be a chore.

- It can be folded into rhythm – a rinse during dinner cleanup, a once-a-week check.
- A toothbrush works well for reaching corners.
- If the fryer smells smoky, it may require a more thorough cleaning. Most odors come from old oil caught in seams or the heating element.

If the drawer glides smoothly, the basket shines, and the fan hums gently, everything else becomes easier too.

**The air fryer is part of the journey, not just the gear.**

When it's selected carefully and maintained easily, it helps build the kind of cooking that feels simple, steady, and deeply satisfying, day after day.



# STEP-BY-STEP GUIDE TO A KETO DIET WITH AIR FRYER

Success on keto grows through a steady rhythm of small, repeated actions every single day. **The air fryer can be a part of that rhythm** – a quiet, reliable helper that makes good choices easier and faster. However, even with a keto diet and an air fryer, occasional missteps can still occur. They're part of learning, natural, and easy to fix.

**These are the ones we see most often:**

## 1 Undereating healthy fats out of habit

After years on low-fat diets, many new keto adopters instinctively avoid eating enough fat. They might use too little oil when cooking, choose the leanest cuts of meat, or feel unsure about adding avocados or cream. This quiet hesitation can slow down the adaptation process.

## 2 Overcomplicating meals and burning out

Many beginners dive into keto cooking with excitement, trying to make elaborate dishes every day. However, maintaining this level of effort can be challenging. Over time, chronic fatigue gradually sets in, and the diet becomes too demanding.

## 3 Ignoring electrolytes and hydration

At the start of the keto diet, the body sheds water quickly, and with it, essential electrolytes. This can lead to headaches, cramps, and fatigue in just a few days. Many mistake these signs for “keto not working,” when in fact it's a lack of minerals and fluids.

## 4 Expecting perfection and quitting too soon

Many newcomers impose strict standards on themselves. One off-plan meal feels like a failure, and guilt accumulates quickly. Don't aim for absolute perfection. Consistency matters more.

## THE BALANCE BETWEEN ROUTINE AND FREEDOM

Keto works best when it's lived, not imposed. Building a few repeatable meals helps during busy weeks, but so does curiosity – exploring seasonal produce, adjusting meals to energy needs, and enjoying variety.

Flexibility means preparing meals in advance or choosing simple ingredients to stay steady during travel.

The air fryer supports both planning and spontaneity.

## INNER FUEL: WHAT KEEPS THE MOMENTUM

Motivation doesn't come from strict charts – it grows from noticing change. A more explicit focus, stable energy, and better sleep. These are the quiet victories of a well-fed body. Community also matters.

Sharing meals, encouraging each other, or reading new tips brings warmth. You're not doing this alone. Health becomes more natural when it's shared, not forced.

## SOME GENTLE REMINDERS

- **Choose food that supports your rhythm**, not just the numbers, but also how you feel.
- **Let each meal intentionally** be an act of care, not something to fix or compensate for quickly.
- **Use the air fryer daily to simplify your cooking** – to effortlessly create space for ease, variety, and comforting warmth.
- **See the rest as part of your momentum, not as a break from doing things right.**

Change doesn't happen all at once. But with the right tools, habits, and mindset, keto becomes not a challenge but a rhythm. Keto rewards patience.

Let each day build gently and steadily on the last. When we intentionally make space for routine and simple joy, change feels less like a return to our true selves.



## *Chapter 2*

# HEARTY BREAKFASTS



## ZUCCHINI NESTS WITH EGGS

### Ingredients:

- 1 medium zucchini (240 g), julienned
- 4 large eggs
- 1 medium avocado (150 g), sliced
- 2 teaspoons (10 g) ghee
- 2 lemon wedges (20 g)
- 4–6 fresh basil leaves
- Salt, to taste
- Black pepper, to taste



Calories: 260 kcal | Fats: 21 g |  
Protein: 11 g | Net Carbs: 4 g |  
Sugar: 1 g | Fiber: 4 g

### Instructions:

- 1 Julienne the zucchini into thin strips and shape into four compact nests (approx. 10 cm diameter). Press lightly to flatten and stabilize the base. Make sure the centers are slightly indented to hold the eggs later.
- 2 Grease parchment with ghee or tallow and place the nests in the air fryer basket. Air fry at 180°C (355°F) for 6 minutes until slightly crisped. The edges should begin to brown while the centers remain soft.
- 3 Remove the basket and crack one egg into the center of each pre-baked nest. Keep yolks centered and avoid overflow. If needed, use a spoon to adjust the zucchini walls before adding the eggs.
- 4 Return to the air fryer and bake another 6 minutes at 180°C until whites are set and yolks remain soft. Adjust time for firmer yolks if desired. The nests should be golden and hold their shape when lifted.
- 5 Transfer nests to plates and top with avocado slices. Garnish each plate with a lemon wedge and fresh basil leaves before serving. Serve immediately while warm for the best texture and flavor.

# OMELET WITH GREEN BEANS

Ingredients:

- 4 large eggs
- 1 cup (150 g) green beans
- 1 small fresh red pepper (0.9 oz/25 g)
- ½ cup (50 g) cheddar cheese
- 2 garlic cloves (6 g), minced
- 2 tablespoons (20 g) green onions
- 1 tablespoon (15 ml) olive oil
- ¼ cup (10 g) fresh basil leaves
- Salt and ground black pepper, to taste

## Instructions:

- 1 Wash vegetables and greens under cold running water. Pat dry with paper towels, trim the ends of the beans, slice the red pepper, and finely chop the green onions.
- 2 Preheat air fryer to 375°F (190°C). Toss beans with 0.5 tbsp olive oil, garlic, red pepper, salt, and ground black pepper. Air fry 5–6 minutes until tender-crisp.
- 3 Whisk eggs with salt, pepper, and cheddar until combined for a fluffier texture. Add green beans, red pepper, garlic, and green onions to the egg mixture. Mix to distribute vegetables throughout.
- 4 Pour the mixture into the prepared dish and air fryer for 10–12 minutes until set and golden. Let rest for 1 minute before serving.
- 5 Transfer the whole omelette to a plate using a spatula. Garnish with basil leaves and serve warm.

Calories: 346 kcal | Fats: 25 g | Protein: 21 g |  
Carbs: 9 g | Sugar: 4 g | Fiber: 3 g



# ZUCCHINI LASAGNA WITH RICOTTA AND SPINACH

Ingredients:

- 1 large egg
- 2 medium zucchinis (14 oz / 400 g total)
- ¾ cup (200 g) ricotta cheese
- ½ cup (60 g) mozzarella cheese
- 3 tablespoons (25 g) grated Parmesan cheese
- 1½ cups (40 g) fresh spinach
- ½ tablespoon (7.5 ml) olive oil
- Salt and ground black pepper, to taste

## Instructions:

- 1 Preheat the air fryer to 375°F (190°C). Lightly grease a small rectangular baking dish that fits inside your air fryer.
- 2 In a bowl, mix ricotta, egg, chopped spinach, salt, and pepper until smooth. Stir in half of the mozzarella and half of the Parmesan.
- 3 Brush zucchini slices with olive oil and air fryer for 5 minutes to soften. Let cool slightly before layering.
- 4 Layer zucchini slices and ricotta mixture in the dish, alternating until ingredients are used. Top with remaining mozzarella and Parmesan.
- 5 air fryer for 15 minutes until golden and bubbling. Let rest for 2 minutes before serving. Serve in portions, garnished with a fresh basil leaf.

Calories: 390 kcal | Fats: 28 g | Protein: 22 g |  
Carbs: 7 g | Sugar: 3 g | Fiber: 2 g



# BEEF STEAK WITH EGG AND SAUCE

## Ingredients:

- 2 beef steaks (6.3 oz / 180 g each), boneless
- 2 large eggs
- ¼ cup (40 g) white onion, finely chopped
- 2 garlic cloves (6 g), minced
- 1 tablespoon (4 g) fresh parsley, chopped
- ½ teaspoon (1 g) paprika
- 1 tablespoon (15 ml) olive oil
- Salt and ground black pepper, to taste



Calories: 420 kcal | Fats: 28 g |  
Protein: 35 g | Carbs: 4 g |  
Sugar: 2 g | Fiber: 1 g

## Instructions:

- 1 Preheat the air fryer to 400°F (200°C). Pat the steaks dry with paper towels and season both sides with salt, ground black pepper, and paprika. Let the steaks sit at room temperature for 10–15 minutes to ensure even cooking. This also helps the seasoning penetrate the meat more effectively.
- 2 Place the steaks in the air fryer basket and cook for 6–8 minutes, flipping halfway through. Remove and let rest for 2 minutes to preserve juiciness. Use tongs to flip the steaks to avoid piercing the surface. Resting allows the juices to redistribute, keeping the meat tender and flavorful.
- 3 In a small pan, heat olive oil over medium heat and sauté onion and garlic until translucent. Stir in parsley and a pinch of salt, then remove from heat and keep warm. You can cover the pan briefly to retain moisture and keep the herbs vibrant.
- 4 Lightly oil two silicone molds and crack one egg into each. Air fryer at 300°F (150°C) for 6–7 minutes until the whites are set and the yolks remain soft. Check at the 5-minute mark to adjust timing based on your air fryer model.
- 5 Slice the steaks across the grain into strips and arrange on plates. Drizzle with warm herb sauce and place the eggs on the side. Cutting across the grain makes each piece more tender.





## BAKED AVOCADO AND EGGS, BACON, AND GREEN ONIONS

Ingredients:

- 2 large avocados (14 oz / 400 g)
- 4 large eggs
- 1 bacon slice (0.45 oz / 13 g)
- 2 tablespoons (20 g) chopped green onions
- 1 teaspoon (5 g) unsalted butter
- Salt and ground black pepper, to taste

### Instructions:

- 1 Preheat the air fryer to 350°F (175°C). Slice avocados in half lengthwise, remove pits, and scoop out a little flesh to create more space for the egg.
- 2 Melt butter and generously brush the inside of each ripe avocado cavity. Season lightly with acceptable salt and freshly ground black pepper to enhance flavor.
- 3 Crack one egg into each avocado half, positioning them in a sturdy heatproof dish or foil cradle so they remain stable while cooking.
- 4 Air fry for about 8–10 minutes, until egg whites are fully set but yolks stay soft and perfectly creamy, adjusting cooking time for desired doneness.
- 5 While eggs cook, fry bacon until crispy, crumble it over the baked avocados, sprinkle with fresh green onions, and serve immediately. Enjoy the rich flavor, and extraordinary presentation of this dish.

Calories: 428 kcal | Fats: 36 g | Protein: 19 g |  
Carbs: 14 g | Sugar: 2 g | Fiber: 10 g

## BEEF WITH CUCUMBER AND EGGS

Ingredients:

- 1 beef sirloin (7.3 oz / 206 g)
- 2 medium cucumbers (8 oz / 230 g total)
- 2 large eggs
- ½ teaspoon (1.5 g) garlic powder
- ¼ teaspoon (0.5 g) ground ginger
- ¼ teaspoon (0.5 g) ground coriander
- ½ tablespoon (7.5 ml) olive oil
- Salt and ground black pepper, to taste
- 1 tablespoon (10 g) sesame seeds, for serving
- ½ cup (20 g) cilantro leaves, for serving
- 2 tablespoons (20 g) green onions, for serving
- ½ cup (20 g) fresh basil leaves, for serving

### Instructions:

- 1 Preheat air fryer to 375°F (190°C). Wash beef, pat dry, slice into pieces, and season with garlic powder, ginger, coriander, salt, pepper, and olive oil.
- 2 Air fry beef pieces in a single even layer for 6–8 minutes, turning once, until browned and tender.
- 3 Place eggs in the basket. Air fry at 270°F (132°C) for 15 minutes, then cool, peel, and cut into wedges.
- 4 Slice cucumbers into thin matchsticks, chop green onions, and toast sesame seeds in a dry skillet.
- 5 Arrange basil and cilantro on plates. Add cucumber, egg wedges, and beef. Sprinkle with sesame seeds and green onions. Serve immediately and enjoy.

Calories: 400 kcal | Fats: 24 g | Protein: 37 g |  
Carbs: 8 g | Sugar: 3 g | Fiber: 2 g





## CHICKEN FILLET WITH EGG AND VEGETABLES

### Ingredients:

- 1 chicken fillet (5.6 oz / 160 g)
- 4 large eggs
- 2 cherry tomatoes (1.2 oz / 35 g total)
- 1 ripe avocado (7 oz / 200 g)
- 1 small cucumber (3.5 oz / 100 g)
- 1 cup (20 g) arugula
- 1 cup (20 g) Swiss chard
- 1 teaspoon (5 ml) olive oil
- ¼ teaspoon (0.5 g) paprika
- Salt and freshly ground black pepper, to taste



Calories: 441 kcal | Fats: 27 g |  
Protein: 40 g | Carbs: 12 g |  
Sugar: 3 g | Fiber: 6 g

### Instructions:

- 1 Preheat your air fryer to 375°F (190°C). Wash chicken fillet and all vegetables thoroughly under cold water, then pat dry completely to ensure all ingredients are clean and ready for preparation.
- 2 Season chicken fillet with paprika, salt, and pepper. Place in the air fryer basket and cook for 6–7 minutes per side until golden and fully cooked through. Let rest for 3 minutes before slicing.
- 3 While the chicken cooks, cut the avocado into thin crescent slices, quarter the cherry tomatoes, and slice the cucumber into thin spirals using a peeler or spiralizer.
- 4 Lightly grease two small air fryer–safe dishes with olive oil. Crack two eggs into each dish and cook in the air fryer at 375°F (190°C) for 6 minutes until whites are set and yolks slightly runny.
- 5 Arrange on each plate: sliced chicken fillet, 2 fried eggs, quartered tomatoes, avocado crescents, cucumber spirals, arugula, and Swiss chard. Serve immediately while eggs and chicken are warm.

# WILD SALMON FILLET WITH ASPARAGUS AND LEMON

## Ingredients:

- ½ fillet wild salmon (8.8 oz / 250 g)
- 8 spears fresh asparagus (8.8 oz / 250 g total)
- 4 tablespoons (60 g) plain Greek yogurt, unsweetened
- 1 tablespoon (15 ml) olive oil
- 1 tablespoon (15 ml) lemon juice
- ½ teaspoon (1.5 g) paprika
- Salt and ground black pepper, to taste
- 4 lemon wedges (2.1 oz / 60 g), for serving
- ½ tablespoon (1.65 g) fresh parsley, for serving
- ¼ cup (10 g) fresh basil leaves, for serving

## Instructions:

- 1 Preheat air fryer to 375°F (190°C). Rinse salmon under water, pat dry with a paper towel, then season with paprika, salt, pepper, and drizzle with 0.5 tbsp olive oil.
- 2 Place salmon in the air fryer basket in a single layer. Cook for 8–10 minutes until opaque and flaky.
- 3 Toss asparagus with 0.5 tbsp olive oil, salt, and pepper. Air fry at 375°F (190°C) for 5 minutes.
- 4 Mix yogurt with lemon juice, salt, and pepper to make the sauce, ensuring it's smooth.
- 5 Divide salmon and asparagus between plates. Garnish with parsley and basil. Add 2 lemon wedges per plate and serve with the yogurt sauce.

Calories: 386 kcal | Fats: 25 g | Protein: 32 g |  
Carbs: 10 g | Sugar: 4 g | Fiber: 4 g



# OMELETTE WITH SPINACH LEAVES

## Ingredients:

- 4 large eggs
- 1½ cups (40 g) fresh spinach leaves
- ½ cup (50 g) shredded cheese
- 2 tablespoons (20 g) chopped green onions
- 1 tablespoon (15 ml) olive oil
- Salt and ground black pepper, to taste

## Instructions:

- 1 Preheat air fryer to 320°F (160°C). Line a heatproof dish with parchment paper, trimming it neatly to fit perfectly, and lightly oil the entire surface.
- 2 In a medium bowl, crack eggs and whisk vigorously until very frothy, creating more air for a fluffier texture. Season with salt and pepper to taste.
- 3 Add chopped spinach, shredded cheese, and finely chopped fresh green onions to the eggs. Stir thoroughly until the ingredients are evenly mixed and distributed in the mixture.
- 4 Pour the prepared mixture into the lined dish, spreading evenly. Air fry for 10–12 minutes, or until puffed, golden brown, and set firmly in the center.
- 5 Carefully lift the omelette out using the parchment paper, place it onto a serving plate, remove the paper, garnish with spinach, and serve immediately.

Calories: 316 kcal | Fats: 25 g | Protein: 19 g |  
Carbs: 2 g | Sugar: 1 g | Fiber: 1 g



## EGG ROLLS WITH PASTRAMI AND VEGETABLES

Ingredients:

- 4 large eggs
- 4 slices pastrami (2.8 oz / 80 g total)
- ½ cucumber (2.1 oz / 60 g)
- 2 radishes (1.4 oz / 40 g total)
- ¼ small red onion (0.7 oz / 20 g)
- 2 tablespoons (20 g) chopped green onions
- 1 tablespoon (6 g) fresh parsley
- 1 tablespoon (6 g) fresh dill
- 1 tablespoon (15 ml) olive oil
- Salt and ground black pepper, to taste

### Instructions:

- 1 Wash vegetables and greens, and pat dry. Slice the cucumber, radishes, and red onion into half-moons. Finely chop parsley, dill, and green onions.
- 2 Preheat air fryer to 320°F (160°C) for 3 minutes. Lightly oil a parchment paper to prevent sticking.
- 3 Whisk eggs with parsley, dill, salt, and pepper until frothy. Pour half the mixture onto the parchment.
- 4 Air fry for 4–5 minutes until set but still soft. Repeat with the remaining egg mixture to make 2 omelettes.
- 5 Layer each omelette sheet with pastrami, cucumber, radish, red onion, and green onions. Roll tightly, and serve immediately while it's hot and delicious.

Calories: 340 kcal | Fats: 25 g | Protein: 23 g |  
Carbs: 4 g | Sugar: 2 g | Fiber: 1 g

## OMELET PULYAR WITH SHRIMP

Ingredients:

- 4 large eggs
- 2 tablespoons (30 ml) heavy cream
- 6 medium shrimps (3.5 oz / 100 g total)
- 4 white mushrooms (2.8 oz / 80 g total)
- 4 cherry tomatoes (2.8 oz / 80 g total)
- 2 radishes (1.4 oz / 40 g total)
- 1 tablespoon (15 ml) olive oil
- Salt and ground black pepper, to taste
- 1 cup (20 g) fresh arugula leaves, for serving
- 2 tablespoons (20 g) chopped green onions, for serving

### Instructions:

- 1 Wash shrimps, vegetables, greens, and mushrooms. Halve the tomatoes and mushrooms, cut radishes into thin slices, and the onions into thin strips.
- 2 Air fry shrimps and mushrooms with half the olive oil, salt, and pepper 4–5 minutes at 375°F (190°C).
- 3 Separate yolks and whites. Whisk yolks with cream, salt, and pepper. Pour into a parchment-lined dish; air fry at 320°F (160°C) for 5–6 minutes.
- 4 Beat whites to stiff peaks. Spread over yolks, smooth the top, and cook 3–4 minutes until puffed.
- 5 Halve an omelet, stack with whites inside, top with shrimps, mushrooms, vegetables, and greens. Serve hot to enjoy the taste and aroma of this dish.

Calories: 335 kcal | Fats: 23 g | Protein: 27 g |  
Carbs: 6 g | Sugar: 4 g | Fiber: 2 g





# CHEESE OMELETTE WITH SHRIMP



## Ingredients:

- 4 large eggs
- 3 oz (85 g) cooked shrimp, peeled and chopped
- ½ cup (45 g) white mushrooms
- ¼ cup (50 g) soft goat cheese
- 1 tablespoon (15 ml) olive oil
- Salt and ground black pepper, to taste
- 2 tablespoons (20 g) chopped green onion tops

## Instructions:

- 1 Preheat the air fryer to 350°F (175°C). Lightly grease a round silicone dish suitable for an omelette. Rinse white mushrooms, peel and chop them.
- 2 In a large bowl, whisk eggs until smooth and season with salt and ground black pepper. Stir in goat cheese until evenly incorporated.
- 3 Add the chopped shrimp and mushrooms directly to the egg base. Stir to distribute the filling evenly for better air fryer cooking.
- 4 Pour the mixture into the prepared dish and air fryer at 350°F (175°C) for 10–12 minutes until set and golden. Let rest for 1 minute before serving.
- 5 Transfer the whole omelette to a plate using a spatula. Garnish with chopped green onion tops and serve warm to enjoy the rich and deep flavor, delicate texture, and pleasant aroma of this keto dish.

Calories: 370 kcal | Fats: 29 g | Protein: 24 g | Carbs: 3 g | Sugar: 1 g | Fiber: 1 g

# MINCED PORK WITH BASIL AND CHILI



## Ingredients:

- 7 oz (200 g) ground pork
- ¼ cup (30 g) red onion, finely chopped
- 1 teaspoon (2 g) grated ginger
- 2 garlic cloves (6 g), minced
- 1 Thai chili, finely sliced
- ½ cup (20 g) fresh basil leaves
- 1 tablespoon (15 ml) olive oil
- Salt and ground black pepper, to taste

## Instructions:

- 1 Preheat the air fryer to 375°F (190°C). Lightly grease a shallow baking dish or silicone pan suitable for minced meat. Make sure the dish fits comfortably in your air fryer basket.
- 2 In a bowl, mix ground pork with garlic, ginger, chili, salt, and pepper. Use a fork or spatula to break up the meat and ensure even seasoning.
- 3 Add chopped red onion and mix again. Let it sit for 5 minutes to allow flavors to meld and the onion to soften slightly.
- 4 Transfer mixture to prepared dish and air fryer for 10–12 minutes, stirring once halfway through. Cook until pork is browned and fully cooked.
- 5 Plate the cooked pork mixture while hot. Garnish with fresh basil leaves and serve warm.

Calories: 390 kcal | Fats: 30 g | Protein: 22 g | Carbs: 4 g | Sugar: 2 g | Fiber: 1 g



# POACHED EGGS WITH ZUCCHINI PANCAKES

Ingredients:

- 2 large eggs
- 2 oz (60 g) smoked salmon, sliced
- 1 medium zucchini (6 oz/170 g), grated
- ½ avocado (2 oz/60 g), sliced
- 3 tablespoons (21 g) almond flour
- 1 tablespoon (15 ml) olive oil
- 2 teaspoons (10 ml) lemon juice
- ¼ teaspoon (0.5 g) smoked paprika
- ½ teaspoon (1 g) lemon zest
- Salt and ground black pepper, to taste
- 1 tablespoon (5 g) fresh microgreens

## Instructions:

- 1 Preheat the air fryer to 375°F (190°C). Line the tray with parchment paper that brushed with olive oil.
- 2 Mix squeezed zucchini with almond flour, paprika, salt, and pepper.
- 3 Spoon 6 small pancakes onto the parchment and air fryer for 7 minutes per side until golden.
- 4 Lightly oil two silicone molds, pour in enough warm water to fully cover each egg, and crack one egg into each. Air fryer at 300°F (150°C) for 7 minutes, until the whites are set and the yolks remain soft.
- 5 Place 3 pancakes per plate, top with a poached egg, add avocado and salmon, and garnish with lemon juice, zest, and microgreens.

Calories: 410 kcal | Fats: 30 g | Protein: 23 g | Carbs: 7 g |  
Sugar: 2 g | Fiber: 3 g



# QUICHE WITH SALMON, SPINACH, AND BROCCOLI

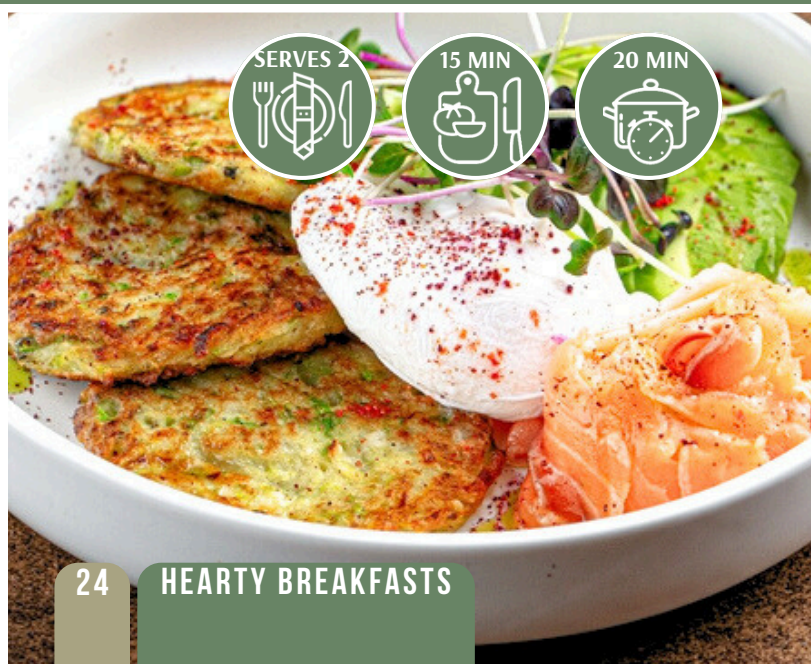
Ingredients:

- 4 oz (120 g) smoked salmon, chopped
- 2 cups (60 g) fresh spinach, chopped
- 1 cup (90 g) broccoli florets, steamed
- 2 large eggs
- ½ cup (120 ml) heavy cream
- ½ cup (60 g) shredded Cheddar cheese
- ¼ cup (40 g) finely chopped onion
- 2 tablespoons (30 g) unsalted butter
- ⅔ cup (70 g) almond flour
- 2 tablespoons (30 ml) cold water
- Salt and ground black pepper, to taste

## Instructions:

- 1 Preheat the air fryer to 350°F (175°C). Lightly grease a round baking dish (6.5–7 inches / 16–18 cm) that fits your air fryer.
- 2 Mix almond flour, butter, cold water, and a pinch of salt to form dough. Press evenly into the bottom of the dish to form a crust.
- 3 Air fryer the crust for 6 minutes until slightly firm.
- 4 In a bowl, whisk eggs and cream. Add cheese, onion, spinach, broccoli, salmon, salt, and pepper. Pour the mixture over the crust.
- 5 Air fryer for 20 minutes until the center is set. Cool slightly, slice into 4 portions, and serve.

Calories: 390 | Fats: 31 g | Protein: 20 g | Carbs: 5 g |  
Sugar: 2 g | Fiber: 2 g





## *Chapter 3*

# **VEAL AND PORK**

# ROASTED BEEF WITH ARUGULA SALAD

## Ingredients:

- 2 beef steaks (16 oz/450 g)
- 1 tablespoon (6 g) fresh parsley
- 1 cup (20 g) arugula
- 1 cup (20 g) mixed salad leaves
- 1 sprig fresh rosemary (0.07 oz/2 g)
- 2 tablespoons (30 ml) olive oil
- 1 tablespoon (15 ml) fresh orange juice
- Salt and freshly ground black pepper, to taste



Calories: 452 kcal | Fats: 31 g |  
Protein: 38 g | Carbs: 4 g |  
Sugar: 2 g | Fiber: 1 g

## Instructions:

- 1 Preheat your air fryer to 375°F (190°C). Wash beef steaks and all greens thoroughly under cold running water, then pat dry completely with the kitchen paper towels to ensure all ingredients are clean, fresh, and fully ready for careful, precise preparation before actual cooking begins.
- 2 Rub steaks generously with 1 tbsp olive oil, chopped rosemary, salt, and black pepper evenly on all sides. Place in the air fryer basket and cook for 5–6 minutes per side until golden and cooked to your preferred doneness, then allow them to rest for 5 minutes before slicing.
- 3 While the steaks cook, wash and drain arugula, mixed salad leaves, and parsley very well. Roughly chop parsley for the salad, keeping the leaves vibrant, crisp, and full of fresh aroma.
- 4 Whisk remaining olive oil with fresh orange juice until well combined. Whisk vigorously until the mixture emulsifies slightly, creating a light, fragrant, and refreshing citrus dressing for the salad.
- 5 Arrange arugula, salad leaves, and parsley beautifully on each plate. Add sliced beef on top, then drizzle with the citrus dressing generously. Serve immediately while the meat is warm and tender.





## SALTIMBOCCA WITH SAGE AND PROSCIUTTO

Ingredients:

- 2 thin veal cutlets (7 oz/200 g)
- 4 slices prosciutto (3.5 oz/100 g)
- 1 tablespoon (15 ml) dry white wine
- 1 teaspoon (5 g) unsalted butter
- 1 teaspoon (5 ml) olive oil
- ¼ teaspoon (0.5 g) smoked paprika
- ¼ teaspoon (0.5 g) ground oregano
- Salt and freshly ground black pepper, to taste
- 2 fresh sage leaves (0.3 oz/3 g), for serving

### Instructions:

- 1 Preheat the air fryer to 375°F (190°C) for 3 full minutes. Rinse both veal cutlets thoroughly under running cool water and pat dry with a kitchen paper towel.
- 2 In a large mixing bowl, generously season the veal cutlets on both sides with smoked paprika, ground oregano, salt, and freshly ground black pepper.
- 3 Wrap each veal cutlet tightly in two thin slices of prosciutto and secure with small toothpicks.
- 4 Brush lightly with olive oil and air fryer for 5–6 minutes per side until golden and cooked through.
- 5 Remove the cutlets, pour wine into the air fryer pan, add butter, and heat for 1–2 minutes. Drizzle the sauce over the cutlets and garnish with sage leaves.

Calories: 343 kcal | Fats: 19 g | Protein: 37 g |  
Carbs: 1 g | Sugar: 0 g | Fiber: 0 g

## BEEF ROLLS WITH JALAPENO PEPPERS AND CHEESE

Ingredients:

- 7 oz (200 g) ground beef, 85% lean
- ¾ cup (3.14 oz / 89 g) cheddar cheese
- 3.52 oz (100 g) bacon
- 4 fresh jalapeño peppers (2.8 oz / 80 g total)
- 2 large eggs
- 2 garlic cloves (0.4 oz / 10 g), minced
- ½ teaspoon (1 g) smoked paprika
- Salt and ground black pepper, to taste
- 4 cherry tomatoes (2 oz / 60 g), for serving
- 2 lettuce leaves (1 oz / 30 g), for serving

### Instructions:

- 1 Preheat the air fryer to 190°C (375°F) for 3 full minutes. In a large bowl, mix the ground beef with the egg, crushed garlic, paprika, salt, and pepper.
- 2 Rinse the jalapeño peppers, cut off the tops, remove the seeds, and stuff with cheddar cheese. Divide the beef mixture into four equal parts.
- 3 Flatten each mixture part into a rectangle, place a jalapeño with the filling in the center and wrap the beef around it, forming a compact patty.
- 4 Wrap each roll snugly with bacon and press lightly to seal edges. Air fry for 7 minutes on each side, until the bacon is crispy and the meat is cooked.
- 5 Put the rolls on the plates, adding a leaf of lettuce and halved cherry tomatoes to garnish. Serve hot.

Calories: 400 kcal | Fats: 30 g | Protein: 28 g |  
Carbs: 4 g | Sugar: 1 g | Fiber: 1 g



VEAL AND PORK

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## BONE-IN PORK STEAKS WITH LEMON SLICES

Ingredients:

- 14 oz (400 g) bone-in pork steaks, raw
- 1 cup (3.5 oz / 100 g) broccoli florets
- ¼ red onion (1.4 oz / 40 g)
- 2 garlic cloves (0.4 oz / 10 g)
- 1 tablespoon (15 ml) lemon juice
- 4 thin lemon wedges (1.4 oz / 40 g)
- 1 teaspoon (7 ml) olive oil
- ¼ teaspoon (0.5 g) smoked paprika
- ¼ teaspoon (0.2 g) ground nutmeg
- ¼ teaspoon (0.3 g) pink peppercorns
- Salt and freshly ground black pepper, to taste
- 2 rosemary sprigs (2 g), for serving

### Instructions:

- 1 Rinse the pork steaks, pat dry, and rub with lemon juice, olive oil, paprika, nutmeg, garlic, salt, and pepper. Let marinate for 10 minutes.
- 2 Place the steaks in the air fryer basket. Cook at 375°F (190°C) for 22–24 minutes, flipping halfway through.
- 3 Wash the broccoli and separate it into florets. Air fryer at 350°F (175°C) for 5 minutes until just tender.
- 4 Wash the onion and cut into half rings. On each plate, arrange broccoli, onion rings, and lemon.
- 5 Add steaks to the plates, top with pink peppercorns and rosemary sprigs. Serve garnished with basil.

Calories: 360 kcal | Fats: 29 g | Protein: 18 g |  
Carbs: 9 g | Sugar: 2 g | Fiber: 3 g

## VEAL ROLL STUFFED WITH HERBS

Ingredients:

- 15 oz (430 g) veal
- 1 teaspoon (7 ml) olive oil
- ¼ teaspoon (0.5 g) dried thyme
- ¼ teaspoon (0.5 g) dried oregano
- ¼ teaspoon (0.5 g) garlic powder
- Salt and ground black pepper, to taste
- 2 rosemary sprigs (0.1 oz/2 g), for serving

### Instructions:

- 1 Preheat the air fryer to 375°F (190°C). Place the veal on a board and butterfly it by slicing horizontally almost through, then open it like a book.
- 2 Cover with plastic wrap and pound lightly to an even thickness. Season both sides generously with thyme, oregano, garlic powder, salt, and pepper.
- 3 Brush the seasoned surface with oil, then roll the veal tightly from one short end into a log. Secure with kitchen twine or toothpicks to hold its shape.
- 4 Transfer the veal roll to the air fryer basket seam side down. Cook at 375°F (190°C) for 7 minutes per side, turning with tongs, until golden on all sides and fully cooked through.
- 5 Slice the roll crosswise into two equal portions. Garnish each generously with a rosemary sprig and serve hot alongside your choice of side.

Calories: 400 kcal | Fats: 21 g | Protein: 51 g |  
Carbs: 1 g | Sugar: 0 g | Fiber: 0 g





# DELICIOUS BEEF MEDALLIONS



## Ingredients:

- 12.2 oz (350 g) beef tenderloin
- 2 garlic cloves (0.4 oz / 10 g)
- 1/3 teaspoon (1 g) whole black peppercorns
- 1/3 teaspoon (1 g) whole white peppercorns
- 1 teaspoon (5 ml) olive oil
- 1 teaspoon (5 g) butter
- Sea salt and pepper, to taste
- Fresh rosemary, for serving
- 2 cherry tomatoes (0.7 oz / 20 g), for serving
- 2 green beans (0.5 oz / 15 g), for serving

## Instructions:

- 1 Rinse the beef tenderloin under water and cut into 2 equal medallions. Pat dry with a paper towel and season lightly with sea salt and pepper.
- 2 Heat olive oil and unsalted butter in a skillet over medium heat. Add lightly smashed garlic and cook for 30 seconds until fragrant.
- 3 Sear medallions for 2–3 minutes per side, basting with the butter mixture. Meanwhile, preheat air fryer to 375°F (190°C) for 3 minutes
- 4 Air fry the medallions for 4–5 minutes for medium-rare. Place on plates, add rosemary, tomatoes, beans, and black and white peppercorns.
- 5 Serve hot to enjoy its rich taste, spicy aroma, and delicate texture.

Calories: 380 kcal | Fats: 19 g | Protein: 51 g | Carbs: 2 g | Sugar: 1 g | Fiber: 1 g

# PORK CUTLETS



## Ingredients:

- 9.1 oz (260 g) ground pork
- 1 large egg
- 1 garlic clove (0.2 oz / 5 g)
- 1/4 teaspoon (0.5 g) ground turmeric
- 1/4 teaspoon (1 g) onion powder
- 1/4 teaspoon (0.5 g) ground paprika
- 1 teaspoon (5 ml) olive oil
- Salt and black pepper, to taste
- Fresh green onion (0.35 oz / 10 g), for serving

## Instructions:

- 1 In a bowl, place ground pork, onion powder, minced garlic, egg, turmeric, paprika, salt, and pepper. Stir the mixture until it is entirely uniform.
- 2 Divide the well-combined pork mixture into 6 equal portions. Shape each portion into a round, flat cutlet about 1/2 inch (1.2 cm) thick.
- 3 Lightly brush each cutlet on both sides with olive oil to help them brown evenly in the air fryer. Preheat the air fryer to 375°F (190°C) for 3 minutes.
- 4 Put the cutlets in the basket in a single layer. Cook for 6–7 minutes on one side, flip, and cook for another 6–7 minutes until golden brown.
- 5 Place the patties on plates, and sprinkle with chopped green onions. Serve hot to enjoy its deep flavor, spicy aroma, and tender texture.

Calories: 380 kcal | Fats: 26 g | Protein: 26 g | Carbs: 2 g | Sugar: 0 g | Fiber: 0 g





## AROMATIC PORK RIBS

### Ingredients:

- 6 pork ribs (16 oz/450 g)
- 0.5 teaspoon garlic powder (1.5 g)
- 0.5 teaspoon paprika (1 g)
- 1 teaspoon mustard (6 g)
- 1 tablespoon olive oil (15 ml)
- 1 tablespoon soy sauce (15 ml)
- 0.25 teaspoon stevia (0.5 g)
- Salt and ground black pepper, to taste
- 1 tablespoon fresh parsley (6 g), for serving
- 1 teaspoon white sesame seeds (4 g), for serving



Calories: 452 kcal | Fats: 31 g |  
Protein: 37 g | Carbs: 4 g |  
Sugar: 1 g | Fiber: 1 g

### Instructions:

- 1 Preheat your air fryer to 375°F (190°C). Wash pork ribs under running cold water, removing any loose bone fragments, then pat dry thoroughly with the kitchen paper towels. This ensures they are clean, dry, and fully ready to absorb seasoning evenly during cooking.
- 2 Combine garlic powder, paprika, salt, black pepper, mustard, olive oil, soy sauce, and stevia in a small mixing bowl. Mix well until the marinade is smooth, thick, aromatic, rich, glossy, and flavorful, releasing a pleasant balance of savory, smoky, and slightly sweet notes for the meat.
- 3 Rub the marinade over the ribs, coating all sides. Massage it into the meat so flavors penetrate deeper. Let the ribs sit for about 5 minutes to absorb the seasoning before cooking thoroughly.
- 4 Place ribs in the air fryer basket in a single layer. Cook for 10 minutes, turn, and continue cooking for another 8–10 minutes until the meat is browned, tender, and lightly caramelized.
- 5 Transfer ribs to serving plates, sprinkle with sesame seeds, and garnish with fresh parsley. Pour any leftover cooking juices into a small dish to serve as a decadent dipping sauce alongside the ribs.

# PIECES OF FRIED STEAK WITH ROSEMARY AND GARLIC

## Ingredients:

- 10 oz (285 g) beef
- 1 teaspoon (5 ml) olive oil
- 1 teaspoon (5 g) unsalted butter
- ¼ teaspoon (0.5 g) smoked paprika
- ¼ teaspoon (0.5 g) garlic powder
- ¼ teaspoon (0.3 g) dried rosemary
- Salt and freshly ground black pepper, to taste
- 1 small garlic clove (0.2 oz/5 g), for serving
- 2 rosemary sprigs (0.04 oz/1 g), for serving

## Instructions:

- 1 Preheat the air fryer to 375°F (190°C) for 3 minutes. Rinse the beef under running cool water, pat dry with a kitchen paper towel, and cut into bite-sized pieces.
- 2 Season beef with smoked paprika, garlic powder, dried rosemary, salt, and freshly ground black pepper. Drizzle with olive oil and toss to coat evenly.
- 3 Place the marinated beef pieces evenly on oiled parchment paper in the air fryer basket in a single layer with gaps to allow for proper air circulation.
- 4 Cook for 5–6 minutes per side, shaking the basket gently or turning the pieces once, until nicely browned and cooked to your preferred doneness.
- 5 Transfer to plates, top with a dot of butter and a sprinkle of fresh minced garlic. Garnish with rosemary sprigs and serve immediately.

Calories: 400 kcal | Fats: 29 g | Protein: 37 g |  
Carbs: 1 g | Sugar: 0 g | Fiber: 0 g



# JUICY FRESH PORK LOIN

## Ingredients:

- 10.8 oz (310 g) pork loin
- 2 teaspoons (10 g) mustard
- 1 teaspoon (5 ml) olive oil
- 1 teaspoon (5 ml) white wine
- ½ teaspoon (0.5 g) garlic powder
- ½ teaspoon (0.5 g) onion powder
- ¼ teaspoon (0.5 g) smoked paprika
- Salt and ground black pepper, to taste
- Fresh parsley (0.07 oz / 2 g), for serving

## Instructions:

- 1 Preheat the air fryer to 375°F (190°C) for 3 minutes. Rinse the pork loin under running cold water and pat dry thoroughly with kitchen paper towels.
- 2 In a bowl, mix olive oil, mustard, garlic powder, onion powder, paprika, salt, and pepper. Rub this marinade generously all over the whole pork loin.
- 3 Drizzle olive oil and wine over the meat and toss to coat. Let marinate for 5 minutes.
- 4 Place the whole pork loin into the air fryer basket carefully and evenly. Cook for 8 minutes per side, or until golden and fully cooked through.
- 5 Remove from the air fryer, let rest for 2–3 minutes, then slice into thick medallions. Put on the plates, add fresh parsley, and serve the dish while it's hot.

Calories: 400 kcal | Fats: 27 g | Protein: 38 g |  
Carbs: 3 g | Sugar: 0 g | Fiber: 0 g



# BEEF AND PEAS STIR-FRY

## Ingredients:

- 12.7 oz (360 g) beef
- 1 cup (100 g) snow peas
- ¼ medium white onion (1.4 oz / 40 g)
- 2 green onions (0.7 oz / 20 g)
- 2 tablespoons (10 ml) dark soy sauce
- 2 tablespoons (10 ml) light soy sauce
- 1 teaspoon (5 ml) olive oil
- ½ teaspoon (0.5 g) garlic powder
- ¼ teaspoon (0.5 g) ground ginger
- Salt and ground black pepper, to taste

## Instructions:

- 1 Preheat the air fryer to 375°F (190°C) for 3 minutes. Rinse the beef under running water, pat it dry with kitchen paper towels, and slice it into thin strips.
- 2 In a large bowl, toss the beef with garlic powder, ground ginger, salt, freshly ground black pepper, and both soy sauces. Let marinate for 5 minutes.
- 3 Add fresh snow peas and olive oil to the beef mixture and stir well to combine everything evenly.
- 4 Place the mixture in the preheated air fryer basket in a single layer. Cook at 375°F (190°C) for 5–6 minutes per side, shaking once for even browning.
- 5 Transfer to plates, and sprinkle with chopped green and white onions. Serve immediately to enjoy the taste, flavor, aroma, and tender texture of this hot dish.

Calories: 397 kcal | Fats: 24 g | Protein: 36 g |  
Carbs: 7 g | Sugar: 3 g | Fiber: 2 g



# BAKED PORK FILLET WITH MUSHROOM SAUCE

## Ingredients:

- 10.6 oz (300 g) pork tenderloin
- 4.2 oz (120 g) champignons
- 2 tablespoons (40 g) heavy cream, 30%
- 1 tablespoon (15 ml) dry white wine
- 1 teaspoon (5 ml) olive oil
- ½ teaspoon (0.5 g) garlic powder
- ½ teaspoon (0.5 g) onion powder
- Salt and ground black pepper, to taste
- Fresh sage (0.07 oz/2 g), for serving

## Instructions:

- 1 Preheat the air fryer to 375°F (190°C) for 3 minutes. Rinse the pork tenderloin under running cold water and pat dry with kitchen paper towels thoroughly.
- 2 Rub the meat with olive oil, garlic powder, onion powder, salt, and freshly ground black pepper.
- 3 Place the whole tenderloin in the air fryer basket. Cook for 8–9 minutes per side, until golden and cooked through. Remove, and let rest for 2 minutes.
- 4 Meanwhile, cook sliced mushrooms in a pan with wine over medium heat until softened. Stir in the cream and salt, and simmer for 2–3 minutes.
- 5 Slice the pork tenderloin into medallions. Serve on plates with mushroom sauce and sage leaves.

Calories: 314 kcal | Fats: 18 g | Protein: 33 g |  
Carbs: 4 g | Sugar: 2 g | Fiber: 1 g





## *Chapter 4*

# JUICY POULTRY



## DUCK BREAST SALAD WITH ORANGES AND PINE NUTS

### Ingredients:

- 1 skin-on duck breast (9.2 oz / 260 g)
- 1 medium orange (5.3 oz / 150 g)
- 1 teaspoon (5 ml) olive oil
- ½ teaspoon (1 g) paprika
- Salt and ground black pepper, to taste
- 4 cups (120 g) mixed leaf salad
- 2 teaspoons (10 g) pine nuts, lightly toasted



Calories: 379 kcal | Fats: 22 g |  
Protein: 33 g | Carbs: 12 g |  
Sugar: 8 g | Fiber: 3 g

### Instructions:

- 1 Preheat the air fryer to 375°F (190°C) for 3 minutes. Pat the duck breast thoroughly dry on all sides with paper towels to remove any surface moisture. This step ensures the meat browns evenly and develops a light, appetizing crust during cooking, enhancing both flavor and appearance.
- 2 In a small bowl, mix olive oil, paprika, black pepper, and salt until well blended. Rub the seasoning mixture evenly over both sides of the duck breast, ensuring that all edges are coated. Let it rest at room temperature for about 5 minutes, allowing the flavors to penetrate the meat fibers.
- 3 Place the duck breast in the air fryer basket skin-side up, ensuring space around it for even air circulation. Cook for 7 minutes, then flip with tongs and air fryer for an additional 5–6 minutes, or until the internal temperature reaches 135°F (57°C) for medium doneness.
- 4 While the duck is cooking, prepare the salad by combining the mixed leaf greens, juicy orange segments, and toasted pine nuts in a large bowl. Toss the leaves gently to avoid bruising, then cover and refrigerate to maintain their crispness and freshness until serving time.
- 5 Remove the duck from the air fryer and transfer to a cutting board. Allow it to rest for 3 minutes so the juices redistribute within the meat. Slice thinly across the grain, arrange attractively over the prepared salad, and serve immediately while the duck is still warm and fragrant.

# RUSTIC CHICKEN TERRINE

Ingredients:

- 8.8 oz (250 g) ground chicken
- 3.5 oz (100 g) chicken liver
- 1 medium shallot (1.4 oz / 40 g)
- 1 large egg
- 2 tablespoons (40 g) heavy cream, 30%
- 1 tablespoon (15 ml) dry white wine
- ½ teaspoon (0.5 g) garlic powder
- ¼ teaspoon (0.5 g) ground nutmeg
- ¼ teaspoon (0.5 g) ground white pepper
- Salt and ground black pepper, to taste
- Fresh basil leaves (0.04 oz / 1 g), for serving

## Instructions:

- 1 Preheat the air fryer to 175°C (350°F) for 3 minutes. Wash the onion and chicken livers under water, pat dry with a paper towel, and cut them into pieces.
- 2 Combine the ground chicken, livers, chopped shallots, egg, cream, white wine, garlic powder, nutmeg, white pepper, salt, and black pepper.
- 3 Pour the mixture into a small ovenproof loaf pan lined with greased parchment. Smooth the top.
- 4 Place the pan in the air fryer basket and cook for 23–25 minutes, until thickened and cooked through.
- 5 Slice the chicken terrine, add fresh basil leaves, and serve warm or chilled to enjoy the deep and rich flavor, spicy aroma, and delicate texture of this dish.

Calories: 387 kcal | Fats: 27 g | Protein: 33 g |  
Carbs: 5 g | Sugar: 2 g | Fiber: 0 g



# SPICY QUAIL

Ingredients:

- 4 whole quails (18.3 oz / 520 g)
- 1 teaspoon (5 ml) olive oil
- 2 teaspoons (10 ml) soy sauce
- 2 teaspoons (10 ml) lemon juice
- ½ teaspoon (1 g) stevia powder
- ½ teaspoon (1 g) garlic powder
- ½ teaspoon (1 g) ground ginger
- ¼ teaspoon (0.5 g) smoked paprika
- ¼ teaspoon (0.5 g) ground turmeric
- ¼ teaspoon (0.5 g) ground coriander
- Salt and ground black pepper, to taste
- 2 thyme sprigs (0.07 oz / 2 g), for serving

## Instructions:

- 1 Preheat the air fryer to 375°F (190°C) for 3 minutes. Rinse the quails under cold water and pat them dry.
- 2 In a bowl, mix olive oil, soy sauce, lemon juice, stevia, garlic powder, ginger, paprika, turmeric, coriander, salt, and pepper to make a marinade.
- 3 Rub the marinade evenly over each quail, coating all sides. Let them marinate for 5–7 minutes.
- 4 Place the marinated quails in the air fryer basket breast-side up. Cook for 10 minutes per side, or until golden, aromatic, and fully cooked through.
- 5 Transfer the quails to serving plates. Sprinkle with chopped fresh thyme and serve while it's hot.

Calories: 379 kcal | Fats: 27 g | Protein: 34 g |  
Carbs: 2 g | Sugar: 1 g | Fiber: 0 g



## STUFFED TURKEY ROLL

Ingredients:

- 10.6 oz (300 g) turkey breast fillet
- 2.8 oz (80 g) chicken liver
- 1.4 oz (40 g) onion
- 1 garlic clove (0.2 oz / 5 g)
- 1 large egg
- 3 tablespoons (20 g) almond flour
- 1 teaspoon (5 g) unsalted butter
- ¼ teaspoon (0.5 g) ground nutmeg
- Salt and ground black pepper, to taste
- Fresh basil leaves (0.04 oz / 1 g), for serving

### Instructions:

- 1 Preheat the air fryer to 375°F (190°C). Rinse the turkey fillet, cut it in half, and beat lightly. Rinse the liver and onion, pat them dry, and finely chop them with garlic.
- 2 Mix the liver thoroughly with the onion, garlic, flour, egg, nutmeg, salt, and pepper until it forms a mince.
- 3 Spread the stuffing evenly over the turkey fillet. Roll it into a tight roll and secure with kitchen twine or toothpicks. Brush the outside with melted butter.
- 4 Place the roll seam side down in the air fryer basket, and cook for 10–11 minutes per side until golden.
- 5 Remove, let rest for 3 minutes, cut into circles, arrange on plates, sprinkle basil on top, and serve.

Calories: 328 kcal | Fats: 19 g | Protein: 34 g |  
Carbs: 3 g | Sugar: 1 g | Fiber: 1 g

## STUFFED PEPPERS

Ingredients:

- 8.6 oz (245 g) ground chicken
- 1 red bell pepper (5.3 oz / 150 g)
- 1 yellow bell pepper (5.3 oz / 150 g)
- ½ onion (1.8 oz / 50 g)
- 1 garlic clove (0.4 oz / 10 g)
- 4 cherry tomatoes (2.8 oz / 80 g)
- 1.4 oz (40 g) cheddar cheese
- 1 teaspoon (5 ml) olive oil
- ¼ teaspoon (0.5 g) ground cumin
- Salt and ground black pepper, to taste
- Fresh microgreens (0.04 oz / 1 g), for serving

### Instructions:

- 1 Preheat the air fryer to 375°F (190°C). Rinse the vegetables under water, and pat them dry with paper towels. Remove the seeds of the peppers.
- 2 Finely chop the onion, garlic, and tomatoes. In a bowl, mix ground chicken with the chopped vegetables, cumin, salt, and black pepper.
- 3 Fill the bell peppers with the meat mixture and press lightly. Top each bell pepper with grated cheddar cheese. Brush the outside with olive oil.
- 4 Place them upright in the air fryer basket lined with parchment paper. Cook for 20 minutes, or until the peppers are soft and the filling is fully cooked.
- 5 Serve on 2 plates with fresh microgreens and enjoy this delicious, aromatic, and bright dish.

Calories: 375 kcal | Fats: 23 g | Protein: 32 g |  
Carbs: 10 g | Sugar: 5 g | Fiber: 2 g





# CHICKEN SKEWERS



## Ingredients:

- 13.4 oz (380 g) chicken breast fillet
- 1 bell pepper (2.8 oz / 80 g)
- 2 teaspoons (10 ml) olive oil
- 2 teaspoons (10 ml) lemon juice
- ¼ teaspoon (1 g) garlic powder
- ¼ teaspoon (0.5 g) ground paprika
- Salt and freshly ground black pepper, to taste
- 2 lemon wedges (0.35 oz / 10 g), for serving
- Fresh parsley (0.14 oz / 4 g), for serving

## Instructions:

- 1 Rinse chicken breast under running cold water, pat dry with a kitchen paper towel, and cut into bite-sized cubes. Place in a medium bowl.
- 2 Add olive oil, garlic powder, paprika, lemon juice, salt, and freshly ground black pepper. Mix well to coat all the chicken pieces evenly.
- 3 Rinse the bell pepper under running cold water, pat dry, and cut. Thread the spiced chicken and bell pepper chunks alternately onto skewers.
- 4 Preheat the air fryer to 375°F (190°C). Arrange the skewers in a single layer in the basket. Cook for 6–7 minutes per side until the chicken is golden.
- 5 Serve hot with lemon wedges and sprinkle with chopped parsley.

Calories: 375 kcal | Fats: 10 g | Protein: 59 g | Carbs: 5 g | Sugar: 2 g | Fiber: 1 g

# CHICKEN CUTLETS



## Ingredients:

- 16.1 oz (460 g) ground chicken
- 1 large egg
- 1.4 oz (40 g) onion
- 2 garlic cloves (0.4 oz/10 g)
- ¼ teaspoon (0.5 g) ground paprika
- ¼ teaspoon (0.5 g) ground turmeric
- ¼ teaspoon (0.5 g) ground white pepper
- Salt and black pepper, to taste
- Fresh dill (0.14 oz/4 g), for serving

## Instructions:

- 1 In a bowl, mix well ground chicken, egg, minced onion and garlic, paprika, turmeric, salt, white and black pepper until the mass is entirely uniform.
- 2 Divide the mixed-well meat mixture into equal 8 portions and shape into evenly sized, round, flat cutlets about ½ inch (1.2 cm) thick.
- 3 Preheat the air fryer to 375°F (190°C) for 3 minutes. Lightly brush the cutlets with oil on both sides. Arrange on the parchment in a single layer.
- 4 Air fry the cutlets evenly for 6–7 minutes on one side, flip, and cook for another 6–7 minutes until fully cooked and golden brown.
- 5 Place the cutlets on plates and sprinkle with chopped dill on top. Serve hot.

Calories: 381 kcal | Fats: 15 g | Protein: 54 g | Carbs: 4 g | Sugar: 1 g | Fiber: 0 g





## BAKED CHICKEN DRUMSTICKS WITH PESTO SAUCE

### Ingredients:

- 4 small chicken drumsticks (12 oz / 340 g)
- 1 teaspoon (5 ml) olive oil
- 1 tablespoon (20 g) pesto sauce
- ½ teaspoon (1 g) garlic powder
- ¼ teaspoon (0.5 g) white ground pepper
- Salt and ground black pepper, to taste
- Fresh basil leaves (0.35 oz / 10 g), for serving



Calories: 392 kcal | Fats: 21 g |  
Protein: 48 g | Carbs: 1 g |  
Sugar: 0 g | Fiber: 0 g

### Instructions:

- 1 Preheat the air fryer to 375°F (190°C) for 3 minutes. Pat the chicken drumsticks thoroughly dry with a kitchen paper towel to remove any surface moisture. This simple step helps them brown evenly and develop a light, appetizing golden crust during cooking, resulting in better flavor.
- 2 In a small bowl, mix olive oil, garlic powder, white pepper, salt, and black pepper until well blended. Add the drumsticks and toss to coat them evenly on all sides, making sure the seasoning reaches every part. Let them marinate for 5–10 minutes so the flavors infuse the meat.
- 3 Arrange the drumsticks in the air fryer basket in a single layer, leaving space between each piece for proper air circulation. This ensures even cooking and a consistent texture.
- 4 Cook for 10 minutes, then carefully flip each drumstick with tongs and continue cooking for another 7–8 minutes, ensuring hot air circulates freely. The chicken is ready when the thickest part reaches 165°F (74°C). Rest for 2 minutes before serving to lock in juices.
- 5 Just before serving, brush the hot drumsticks generously with pesto sauce, coating them lightly. Garnish with fresh basil leaves and serve immediately while warm and fragrant.

# CHICKEN CURRY

## Ingredients:

- 12 oz (342 g) boneless skin-on chicken thighs
- 0.4 oz (10 g) green onions
- 1 garlic clove (0.2 oz / 5 g)
- 4 bay leaves
- 1 teaspoon (5 ml) olive oil
- 2 teaspoons (10 g) heavy cream, 30% fat
- ¼ teaspoon (0.5 g) curry powder
- ¼ teaspoon (0.5 g) ground turmeric
- ¼ teaspoon (0.5 g) ground coriander
- 1/16 teaspoon (0.25 g) ground chili
- Salt and ground black pepper, to taste

## Instructions:

- 1 Preheat the air fryer to 375°F (190°C). Rinse the chicken, pat it dry, and cut it into bite-sized chunks. Rinse and chop onions and cherries. Mince the garlic.
- 2 Mix thoroughly the chicken with curry powder, turmeric, coriander, garlic, chili, salt, and ground black pepper. Add olive oil and mix to coat evenly.
- 3 Place the well-combined chicken mixture in the air fryer basket in a single layer. Cook for 10 minutes.
- 4 Add chopped green onion, heavy cream, and bay leaves to the basket and evenly distribute. Continue cooking for an additional 6 minutes, until fragrant.
- 5 Remove the bay leaf, stir, and cook for another 3–5 minutes until the sauce slightly thickens. Serve hot to fully enjoy the deep, rich taste, spicy aroma, and delicate texture of the finished dish.

Calories: 351 kcal | Fats: 26 g | Protein: 28 g |  
Carbs: 2 g | Sugar: 0 g | Fiber: 1 g



# CHICKEN FILLET WITH LEMON AND CAPERS

## Ingredients:

- 2 chicken breast fillets (10.6 oz / 300 g)
- 1.4 oz (40 g) onion
- 2 tablespoons (14 g) almond flour
- 1 tablespoon (10 g) capers
- 2 teaspoons (10 ml) lemon juice
- ½ teaspoon (1 g) lemon zest
- 2 tablespoons (30 ml) dry white wine
- 1 teaspoon (5 ml) olive oil
- 1 teaspoon (5 g) unsalted butter
- 1/8 teaspoon (0.25 g) ground turmeric
- Salt and ground black pepper, to taste
- Fresh parsley (0.04 oz / 1 g), for serving
- 8 lemon wedges, for serving

## Instructions:

- 1 Rinse the chicken, pat it dry, and season both sides with salt and pepper, then coat it in almond flour.
- 2 Place in the air fryer basket in a single layer, spray with oil, and cook for 7 minutes at 375°F (190°C).
- 3 Flip fillets. Add the diced onion and cook 6 minutes, until the fillets are golden and the onion is soft.
- 4 Mix juice, zest, capers, wine, turmeric, and butter. Pour over chicken. Cook 5–6 minutes until slightly.
- 5 Divide the fillets with the sauce among plates, add parsley, and 4 lemon wedges. Serve while it's hot.

Calories: 360 kcal | Fats: 14 g | Protein: 49 g |  
Carbs: 8 g | Sugar: 2 g | Fiber: 2 g





## TURKEY BREAST STUFFED WITH SPINACH AND CHEESE

Ingredients:

- 2 turkey breast fillets (10.6 oz / 300 g)
- 2.8 oz (80 g) spinach
- 1.4 oz (40 g) feta cheese
- 1 large egg
- 1.4 oz (40 g) onion
- 1 teaspoon (5 ml) olive oil
- 2 tablespoons (14 g) almond flour
- 1 tablespoon (20 ml) dry white wine
- 1/8 teaspoon (1 g) garlic powder
- Salt and ground black pepper, to taste
- Field salad (0.7 oz / 20 g), for serving
- 2 cherry tomatoes (0.7 oz / 20 g), for serving

### Instructions:

- 1 Rinse the spinach and turkey, and then pat them dry. Cut the fillets, beat, and season with salt and pepper.
- 2 Sauté the onion for 2 minutes, add the spinach, and cook until wilted. Cool. Mix with feta, egg, and garlic.
- 3 Spread the filling along one edge of each fillet, roll tightly, and secure if needed. Lightly coat in flour.
- 4 Air fry at 375°F (190°C) for 10 minutes. Flip, drizzle with wine, and cook for another 8–10 minutes.
- 5 Serve the turkey rolls warm with field salad and halved cherry tomatoes. Enjoy this tasty and aromatic dish.

Calories: 344 kcal | Fats: 11 g | Protein: 53 g |  
Carbs: 6 g | Sugar: 2 g | Fiber: 2 g

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POULTRY

## CHICKEN LIVER WITH CREAM AND SPICES

Ingredients:

- 7 oz (200 g) chicken liver
- 1.4 oz (40 g) onion
- 1 garlic clove (0.2 oz / 5 g)
- 3.4 fl oz (100 ml) heavy cream, 33–36% fat
- 1 teaspoon (5 g) unsalted butter
- 1 teaspoon (5 ml) olive oil
- 1 tablespoon (15 ml) dry white wine
- 1/4 teaspoon (0.5 g) ground paprika
- 1/4 teaspoon (0.5 g) ground thyme
- 1/8 teaspoon (0.3 g) ground nutmeg
- Salt and ground black pepper, to taste
- Fresh parsley (0.04 oz / 1 g)
- Fresh dill (0.04 oz / 1 g)

### Instructions:

- 1 Rinse liver under, trim connective tissue, and pat dry. Finely chop onion, garlic, parsley, and dill.
- 2 In an air fryer, cook the onion and garlic with butter and olive oil at 375°F (190°C) for 2 minutes.
- 3 Add liver, season with salt, pepper, paprika, thyme, and nutmeg. Cook for 4 minutes, stirring once.
- 4 Pour in white wine, cook for 1 minute, then add cream, parsley, and dill. Combine well.
- 5 Air fry for 6–8 minutes until the sauce thickens and the liver is fully cooked through. Serve hot.

Calories: 349 kcal | Fats: 27 g | Protein: 18 g |  
Carbs: 6 g | Sugar: 2 g | Fiber: 1 g





*Chapter 5*

**SALADS AND SIDE DISHES**

# CHICKEN FILLET SALAD WITH SPINACH AND WALNUTS

## Ingredients:

- 2 chicken fillets, skinless (9.2 oz / 260 g)
- ½ medium avocado (2.8 oz / 80 g)
- 4 quail eggs
- 1 tablespoon (10 g) walnuts, chopped
- 2 teaspoons (2 g) sesame seed mix
- 4 cups (120 g) fresh spinach leaves
- 1 teaspoon (5 ml) olive oil
- ½ teaspoon (1 g) garlic powder
- Salt and black pepper, to taste



Calories: 384 kcal | Fats: 19 g |  
Protein: 46 g | Carbs: 7 g |  
Sugar: 1 g | Fiber: 5 g

## Instructions:

- 1 Preheat the air fryer to 375°F (190°C) for 3 minutes. Rinse the chicken fillets under running cool water and pat dry with a kitchen paper towel to remove surface moisture for better browning.
- 2 In a small bowl, mix olive oil, garlic powder, black pepper, and salt. Rub the mixture evenly over the fillets, ensuring all sides are coated. Let them rest for 5 minutes to allow the flavors to absorb.
- 3 Place the fillets in the air fryer basket in a single layer. Cook for 6 minutes, flip, and cook for another 5–6 minutes until the internal temperature reaches 165°F (74°C). Let it rest for 2 minutes.
- 4 While the chicken rests, place whole quail eggs in the air fryer and cook at 250°F (120°C) for 6 minutes until hard-boiled. Cool slightly, then peel and cut in half. Remove the pit from the avocado and cut it into half-moons just before assembling to prevent browning.
- 5 Arrange spinach leaves on serving plates. Add avocado slices, halved quail eggs, sliced chicken, and sprinkle with walnuts and sesame seeds. Serve immediately to enjoy its taste and aroma.





## BAKED ZUCCHINI WITH CHEESE

Ingredients:

- 1 medium zucchini (9 oz / 250 g)
- 4.2 oz (120 g) cheddar cheese
- 2 teaspoons (10 ml) olive oil
- ¼ teaspoon (0.6 g) ground thyme
- ¼ teaspoon (0.6 g) ground white pepper
- Salt and ground black pepper, to taste
- Fresh basil leaves (0.07 oz / 2 g), for serving

### Instructions:

- 1 Wash the zucchini and basil under running cold water, then pat dry with kitchen paper towels. Slice the zucchini into ¼-inch (0.5 cm) thick rounds.
- 2 Brush both sides of the slices with 1 teaspoon of olive oil until they are lightly coated. Season thoroughly with salt, ground black and white pepper, and ground thyme.
- 3 Place the zucchini slices in a single layer on greased parchment in a fryer basket and cook at 375°F (190°C) for 12–15 minutes.
- 4 Sprinkle the zucchini with grated cheese a couple of minutes before cooking. Cook for an additional 2–3 minutes, or until the cheese is bubbling.
- 5 Transfer to plates, garnish with fresh basil leaves. Serve immediately while it's hot to fully enjoy the taste and aroma of this cheesy, keto-friendly side.

Calories: 303 kcal | Fats: 26 g | Protein: 15 g |  
Carbs: 3 g | Sugar: 2 g | Fiber: 1 g

## BAKED BEEF SALAD WITH ARUGULA

Ingredients:

- 15.2 oz (430 g) beef sirloin
- 0.7 oz (20 g) mozzarella cheese
- 3.5 oz (100 g) green beans
- 1 oz (30 g) arugula
- 2 teaspoons (10 ml) balsamic glaze
- 1 teaspoon (5 ml) olive oil
- ¼ teaspoon (0.6 g) ground paprika
- Salt and ground black pepper, to taste

### Instructions:

- 1 Rinse the beef, green beans, and arugula under running water. Pat them dry. Trim the beans, and cut the meat into thin strips or bite-sized pieces.
- 2 Place the beef and green beans in a large bowl. Season with salt, freshly ground black pepper, and ground paprika. Toss with 1 teaspoon olive oil.
- 3 Preheat the air fryer to 375°F (190°C) for 3 minutes. Arrange beef and beans in a single layer on parchment paper in the air fryer basket.
- 4 Air fry for 18–20 minutes, flipping halfway through, until the beef is cooked through and the beans are tender. Add mozzarella in the last 2 minutes to melt.
- 5 Arrange arugula on plates. Top with warm beef, beans, and melted cheese. Drizzle with balsamic glaze and serve immediately while the dish is hot.

Calories: 397 kcal | Fats: 22 g | Protein: 46 g |  
Carbs: 4 g | Sugar: 2 g | Fiber: 1 g





## BEEF SALAD WITH LETTUCE AND CUCUMBER

### Ingredients:

- 10.6 oz (300 g) beef tenderloin
- 1 medium cucumber (5.3 oz / 150 g)
- 4 cups (120 g) iceberg lettuce leaves
- 1 cup (20 g) fresh arugula leaves
- ½ cup (10 g) purple basil leaves
- 2 teaspoons (10 ml) olive oil
- 2 teaspoons (10 ml) lemon juice
- 2 teaspoons (8 g) white sesame seeds
- Salt and ground black pepper, to taste



Calories: 372 kcal | Fats: 9 g |  
Protein: 43 g | Carbs: 6 g |  
Sugar: 3 g | Fiber: 2 g

### Instructions:

- 1 Rinse iceberg lettuce, arugula, and basil, then pat them dry to remove excess moisture. Tear the lettuce into bite-sized pieces and slice the cucumber into half moons, cutting out the center.
- 2 Pat the beef tenderloin completely dry with paper towels to eliminate any excess surface moisture. Season evenly on all sides with salt and freshly ground black pepper, pressing so the seasoning adheres well. Let it rest for 5 minutes to allow rich flavors to develop fully.
- 3 Preheat the air fryer to 375°F (190°C) for 3 minutes. Place the beef tenderloin in the basket, leaving enough space around it for air circulation. Cook for 8–9 minutes per side until the internal temperature reaches 145°F (63°C). Rest for 3–4 minutes before slicing.
- 4 Arrange iceberg lettuce, arugula, and basil neatly on two serving plates, creating an even layer of fresh greens. Add cucumber slices on top, followed by the freshly sliced beef, distributing the meat evenly between all portions for perfect visual and flavor balance.
- 5 Drizzle olive oil and lemon juice evenly over each plate, letting the flavors coat the salad. Sprinkle with white sesame seeds for added texture and aroma, and serve immediately while it's hot.

# BAKED GREEN BEANS WITH SALT AND PEPPER

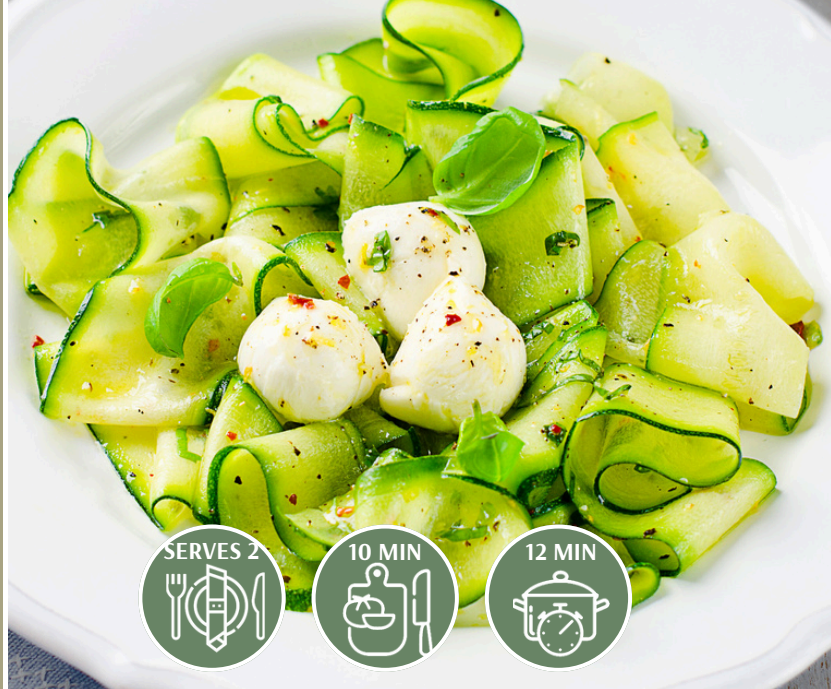
## Ingredients:

- 14.1 oz (400 g) green beans
- 3<sup>2</sup>/<sub>3</sub> tablespoons (48 ml) olive oil
- 2 teaspoons (10 ml) fresh lemon juice
- 2 teaspoons (4 g) lemon zest
- 1/2 teaspoon (1.5 g) garlic powder
- 1/4 teaspoon (0.5 g) ground paprika
- 1/4 teaspoon (0.5 g) ground thyme
- Salt and ground black pepper, to taste

## Instructions:

- 1 Rinse the green beans under water, trim the ends, and pat dry thoroughly with a paper towel. It helps the oil and seasonings stick better during roasting.
- 2 In a large bowl, toss the green beans with olive oil, garlic powder, paprika, thyme, salt, and pepper, thoroughly coating them in the seasoning mixture.
- 3 Set your air fryer to 375°F (190°C) and let it preheat for 3 minutes. This ensures even cooking and a crisp texture from the very beginning of roasting.
- 4 Arrange the seasoned beans in a single layer on parchment paper in the air fryer basket. Air fry for 15 minutes, shaking the basket once halfway through.
- 5 Transfer to plates, drizzle with fresh lemon juice, and sprinkle with lemon zest. Serve immediately while it's hot to enjoy the crispy texture, rich flavor, and vibrant aroma of the finished baked green beans.

Calories: 260 kcal | Fats: 24 g | Protein: 3 g |  
Carbs: 9 g | Sugar: 4 g | Fiber: 4 g



# ZUCCHINI NOODLES WITH MOZZARELLA

## Ingredients:

- 14.1 oz (400 g) zucchini
- 2.1 oz (60 g) mozzarella cheese
- 2 teaspoons (10 ml) olive oil
- 2 teaspoons (10 ml) fresh lemon juice
- 2 teaspoons (4 g) lemon zest
- 1/2 teaspoon (0.75 g) garlic powder
- 1/4 teaspoon (0.5 g) ground paprika
- 1/4 teaspoon (0.5 g) ground thyme
- 1/4 teaspoon (0.3 g) dried oregano
- Salt and ground black pepper, to taste
- Fresh basil leaves (0.07 oz / 2 g), for serving

## Instructions:

- 1 Rinse the zucchini and basil under running cold water and pat dry. Use a spiralizer or julienne peeler to cut zucchini into thin noodle-like strands.
- 2 Mix the zucchini noodles with olive oil, garlic powder, paprika, thyme, oregano, salt, and pepper.
- 3 Preheat the air fryer to 375°F (190°C) for 3 minutes. Place the noodles in the air fryer basket.
- 4 Cook zucchini noodles for 10–12 minutes, shaking the basket once halfway through.
- 5 Serve with top mozzarella, drizzle with lemon juice, and sprinkle with lemon zest and fresh basil.

Calories: 290 kcal | Fats: 23 g | Protein: 13 g |  
Carbs: 6 g | Sugar: 3 g | Fiber: 2 g



# CAULIFLOWER BITES WITH PARMESAN



## Ingredients:

- 14.1 oz (400 g) cauliflower florets
- 1.8 oz (50 g) Parmesan cheese
- 2 large eggs
- 1 garlic clove (0.35 oz / 10 g)
- 1½ tablespoons (22 ml) olive oil
- ¼ teaspoon (0.5 g) ground paprika
- Salt and ground black pepper, to taste
- Fresh parsley (0.07 oz / 2 g), for serving

## Instructions:

- 1 Rinse the cauliflower and parsley and pat them dry. Cut the cauliflower into evenly sized florets. Chop the garlic and grate the Parmesan.
- 2 In a large bowl, whisk the eggs and add olive oil, minced garlic, paprika, salt, and black pepper. Toss in the cauliflower and stir until fully coated.
- 3 Preheat the air fryer to 375°F (190°C) for 3 minutes. Place the cauliflower florets evenly in a single layer on parchment paper in the air fryer basket.
- 4 Air fry for 16–18 total minutes, shaking the basket halfway through, until golden and tender. Sprinkle Parmesan on top in the last 2 minutes.
- 5 Transfer to plates and garnish with fresh parsley. Serve immediately to enjoy the crispy texture, rich flavor, and vibrant aroma of the finished dish.

Calories: 320 kcal | Fats: 25 g | Protein: 16 g | Carbs: 5 g | Sugar: 2 g | Fiber: 2 g

# WARM SALAD WITH CHICKEN LIVER



## Ingredients:

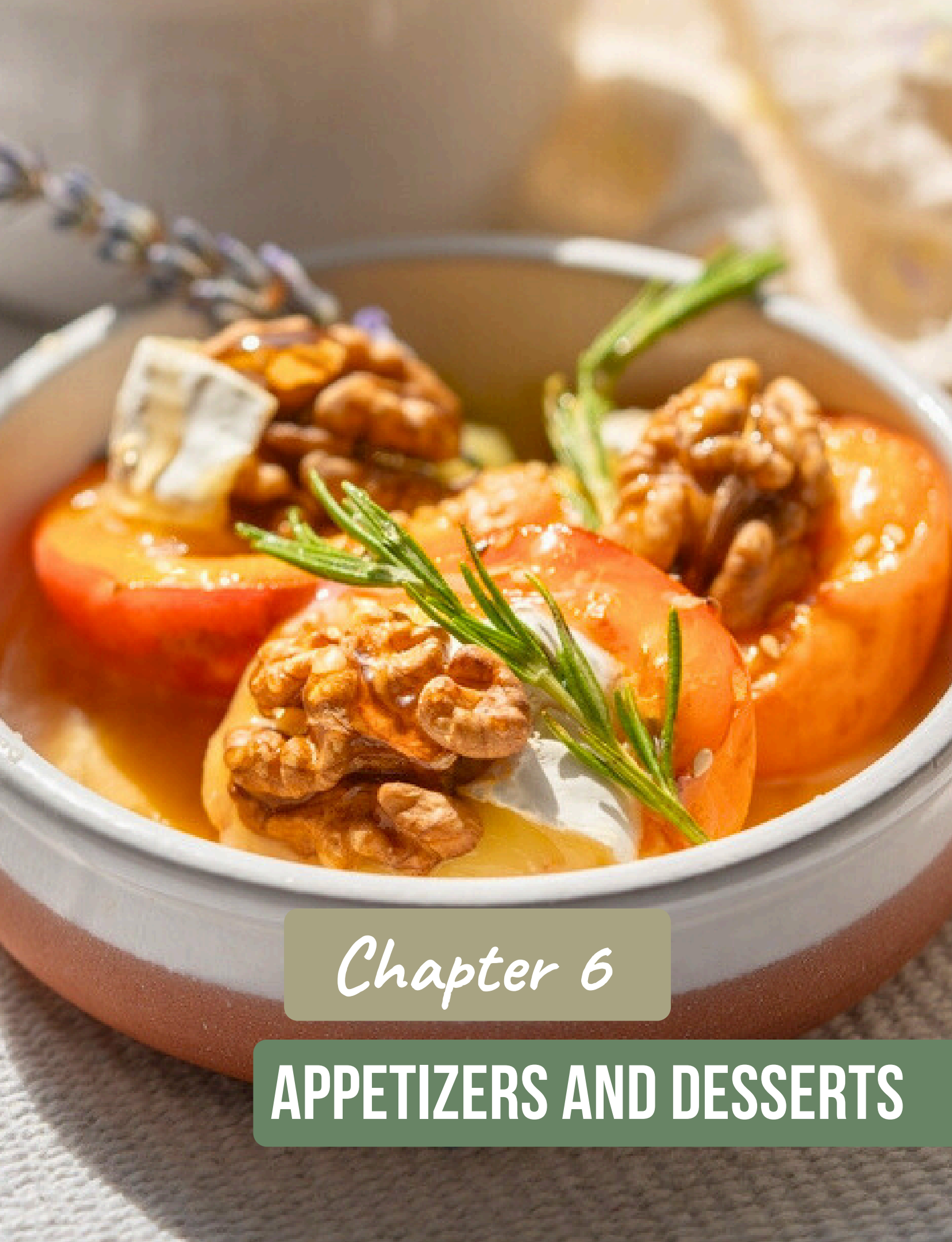
- 10.6 oz (300 g) chicken liver
- 2 large eggs
- 1 garlic clove (0.35 oz / 10 g)
- 2 teaspoons (10 g) Dijon mustard
- 1½ tablespoons (22 ml) olive oil
- ¼ teaspoon (0.5 g) ground thyme
- Salt and black pepper, to taste
- 2.8 oz (80 g) leaf lettuce
- 2 cherry tomatoes (1.4 oz / 40 g)
- Microgreens (0.14 oz / 4 g), for serving

## Instructions:

- 1 Rinse the chicken liver, lettuce, cherry tomatoes, and microgreens, and pat them dry. Cut the liver into bite-sized pieces and quarter the tomatoes.
- 2 Place the eggs in the air fryer and cook at 375°F (190°C) for 15 minutes. Let the cold water cool in a bowl, then peel and cut into quarters.
- 3 Mix the liver with minced garlic, thyme, salt, and pepper. Toss with 1 tablespoon olive oil. Preheat the air fryer to 375°F (190°C) for 3 minutes.
- 4 Cook the liver for 10–12 minutes, shaking the basket halfway through. Arrange lettuce on the plates, add cooked liver, eggs, and cherry tomatoes.
- 5 Top with microgreens, drizzle with Dijon mustard and olive oil. Serve hot.

Calories: 372 kcal | Fats: 27 g | Protein: 26 g | Carbs: 5 g | Sugar: 2 g | Fiber: 2 g





*Chapter 6*

**APPETIZERS AND DESSERTS**



## CHICKEN ROLLS WITH CHEESE AND BACON

### Ingredients:

- 7.05 oz (200 g) chicken breast
- 1 slice bacon (1 oz / 28 g)
- 0.5 oz (14 g) mozzarella cheese
- 1 garlic clove (3 g), minced
- $\frac{3}{4}$  teaspoon (3 g) olive oil
- $\frac{1}{4}$  teaspoon (0.3 g) dried thyme
- Salt and ground black pepper, to taste
- 4 cherry tomatoes (2.4 oz / 68 g)
- Microgreens (0.14 oz / 4 g), for serving



Calories: 212 kcal | Fats: 9 g |  
Protein: 30 g | Carbs: 2 g |  
Sugar: 1 g | Fiber: 0 g

### Instructions:

- 1 Preheat the air fryer to 375°F (190°C) for 3 minutes. Rinse the chicken breast under cool, running water, pat it dry with paper towels, cut it into 4 equal pieces, and gently pound each piece with a meat mallet until it is thin and even. This helps the meat cook evenly and roll up easily.
- 2 Season the chicken on both sides with salt, ground black pepper, minced garlic, and crushed thyme. Cut the bacon slice lengthwise into 4 thin strips so each roll can be wrapped individually.
- 3 Place a small piece of mozzarella in the center of each chicken piece. Roll up tightly, tucking in the edges if needed, and wrap each roll with a bacon strip. Secure with toothpicks to keep the shape.
- 4 Lightly brush the surface of each roll with olive oil. Arrange them in the air fryer basket in a single layer on parchment without overlapping. Air fry for 7 minutes, flip with tongs, and cook for another 6–7 minutes until the chicken reaches 165°F (74°C) inside and the bacon is golden.
- 5 Remove the rolls from the air fryer and discard the toothpicks. Arrange 2 rolls on each plate, adding quarter cherry tomatoes and fresh microgreens for garnish. Serve immediately while warm to enjoy the crispy texture, rich flavor, and vibrant aroma of the chicken rolls with cheese and bacon.

# STUFFED MUSHROOMS

## Ingredients:

- 6 large white mushrooms (3.2 oz / 90 g)
- ¼ medium red bell pepper (1 oz / 30 g)
- 0.2 oz (6 g) green onion
- 1 garlic clove (0.1 oz / 3 g)
- 1 slice bacon (0.28 oz / 8 g)
- 2 oz (55 g) cheddar cheese, shredded
- 0.2 oz (7 g) walnuts
- 2 teaspoons (10 g) olive oil
- ¼ teaspoon (0.25 g) dried oregano
- Salt and ground black pepper, to taste

## Instructions:

- 1 Preheat the air fryer to 375°F (190°C) for 3 minutes to ensure even cooking. Rinse the mushrooms and bell pepper, and pat them dry with paper towels.
- 2 Remove stems from mushrooms, chop them, and set aside for stuffing. Chop bell pepper, walnuts, and green onion for stuffing mushroom caps.
- 3 In a mixing bowl, combine the chopped stems, shredded cheddar, minced garlic, green onion, walnuts, diced bell pepper, crumbled bacon, oregano, salt, and pepper. Mix evenly blended.
- 4 Brush the mushroom caps both inside and out with olive oil, then fill them generously with the prepared mixture. Arrange them in a single layer on parchment paper in the air fryer basket.
- 5 Air fry for 8 minutes, or until mushrooms are tender, cheese is fully melted, and the tops are golden. Serve immediately warm.

Calories: 220 kcal | Fats: 18 g | Protein: 12 g |  
Carbs: 5 g | Sugar: 1 g | Fiber: 1 g



# BAKED EGG WITH VEGETABLES

- 2 large eggs
- ½ cup (60 g) chopped tomato, for baking
- ½ cup (60 g) chopped bell pepper
- ½ cup (45 g) raw cauliflower florets
- 2 tablespoons (20 g) finely chopped onion
- ¼ cup (30 g) shredded mozzarella cheese
- 2 teaspoons (10 ml) olive oil, for sautéing
- 2 teaspoons (10 ml) olive oil, for greasing
- 2 pinches salt
- 2 teaspoons (10 g) finely chopped tomato, for garnish
- 1 teaspoon (2 g) chopped fresh dill, for garnish

## Ingredients:

## Instructions:

- 1 Preheat oven to 350°F (180°C) and lightly grease two small baking dishes with olive oil.
- 2 Sauté onion in 2 tsp olive oil until soft (1–2 minutes).
- 3 Arrange chopped bell pepper, tomato, raw cauliflower florets, sautéed onion, and mozzarella in each dish. Sprinkle with salt.
- 4 Crack one egg into each dish, cover with foil, and bake for 6 minutes. Remove foil and bake for another 6 minutes.
- 5 Garnish with finely chopped fresh tomato and herbs before serving.

Calories: 210 kcal | Fats: 15 g | Protein: 12 g |  
Carbs: 5 g | Sugar: 2 g | Fiber: 2 g



## CHICKEN BREAST WRAPPED IN BACON

Ingredients:

- 5.5 oz (155 g) chicken breast
- 0.8 oz (23 g) bacon strips
- 2 teaspoons (10 g) prepared mustard
- 1 teaspoon (5 ml) olive oil
- ¼ teaspoon (0.5 g) paprika
- ¼ teaspoon (1 g) garlic powder
- Salt and ground black pepper, to taste
- 2 cherry tomatoes (1.4 oz / 40 g)
- 0.14 oz (4 g) fresh parsley

### Instructions:

- 1 Rinse the chicken breast under water and pat dry. Cut into 4 equal strips to make 4 small rolls.
- 2 In a bowl, rub the chicken pieces with mustard, paprika, garlic powder, salt, and ground black pepper.
- 3 Wrap each chicken piece in bacon strips, securing the ends with if necessary. Preheat the air fryer to 375°F (190°C) for 3 minutes.
- 4 Lightly brush with olive oil and arrange them in a single layer on the parchment paper in the basket, making sure they are not touching each other.
- 5 Air fry for 10–12 minutes, turning halfway, until reaches 165°F (74°C). Arrange rolls on the plates with cherry tomatoes and chopped parsley. Serve hot.

Calories: 220 kcal | Fats: 13 g | Protein: 23 g |  
Carbs: 2 g | Sugar: 1 g | Fiber: 0 g

## CHEESE COOKIES WITH SESAME SEEDS

Ingredients:

- 2 egg yolks
- 1 cup (120 g) shredded Cheddar cheese
- ½ cup (60 g) grated Parmesan cheese
- ⅔ cup (70 g) almond flour
- 2 tablespoons (30 g) sesame seeds
- 2 tablespoons (30 g) softened butter
- ½ teaspoon (1 g) baking powder
- Pinch of salt

### Instructions:

- 1 Preheat the air fryer to 350°F (175°C). Line the tray with parchment paper. This ensures even cooking and prevents sticking.
- 2 Mix Cheddar, Parmesan, almond flour, sesame seeds, butter, egg yolks, baking powder, and salt into a soft dough. Stir until fully combined and the mixture holds together easily.
- 3 Shape into 12 small balls and flatten slightly into cookie shapes. Use damp hands to prevent sticking while shaping.
- 4 Place on parchment and air fryer for 5 minutes. Flip and air fryer another 5 minutes until golden. Watch closely during the last minutes to avoid overbaking.
- 5 Cool slightly before serving. Store in an airtight container. They will firm up as they cool and develop a crisp edge.

Calories: 220 kcal | Fats: 18 g | Protein: 9 g |  
Carbs: 3 g | Sugar: 1 g | Fiber: 1 g





# JULIENNE WITH MUSHROOMS



## Ingredients:

- 2.5 oz (70 g) chicken breast
- 3.53 oz (100 g) mushrooms
- ½ onion (1.41 oz / 40 g)
- ⅓ cup (33.6 g) heavy cream, 36%
- 0.89 oz (25.2 g) cheddar cheese
- 1 teaspoon (4.2 g) almond flour
- 1½ teaspoons (6.7 g) unsalted butter
- ¼ teaspoon (1 g) paprika
- Salt and freshly ground black pepper, to taste
- Fresh parsley (0.07 oz / 2 g), for serving

## Instructions:

- 1 Rinse the chicken breast, mushrooms, and onion under water, then pat dry. Dice the chicken, slice the mushrooms, and finely chop the onion.
- 2 Preheat the air fryer to 375°F (190°C) for 3 minutes. Place the butter in 2 heatproof dishes that fit the air fryer basket and melt for 1 minute.
- 3 Add chopped onion and chicken to the dishes, season with salt, ground black pepper, and paprika, and air fry for 5 minutes, stirring halfway.
- 4 Stir in flour and cream, and sprinkle with shredded cheese. Put mushrooms on top of the cheese in an even layer. Air fry for 5–6 minutes until done.
- 5 Garnish with chopped parsley and serve hot to enjoy the taste and flavor.

Calories: 220 kcal | Fats: 15 g | Protein: 17 g | Carbs: 4 g | Sugar: 2 g | Fiber: 1 g

# ROASTED AVOCADO PIECES WRAPPED IN BACON



## Ingredients:

- 1 avocado (5 oz / 150 g)
- 1.25 oz (35 g) bacon strips
- 1¼ teaspoons (6 g) olive oil
- 1 teaspoon (5 g) lemon juice
- ¼ teaspoon (1 g) garlic powder
- ¼ teaspoon (1 g) smoked paprika
- Salt and freshly ground black pepper, to taste

## Instructions:

- 1 Rinse the avocado under running cold water, pat dry with a paper towel, and remove the pit. Slice the avocado into even wedges with a sharp knife.
- 2 In a small bowl, mix garlic powder, smoked paprika, salt, and ground black pepper. Lightly brush avocado wedges with lemon juice and olive oil.
- 3 Wrap each avocado wedge with a strip of bacon, securing the ends with toothpicks if necessary to keep the rolls from falling apart while cooking.
- 4 Preheat the air fryer to 375°F (190°C) for 3 minutes. Place the wrapped avocado pieces in a basket on parchment in a single layer, making sure they are not touching each other to allow for air circulation during cooking.
- 5 Air fry for 8–10 minutes until the bacon is crisp and golden. Serve hot to fully enjoy the taste, aroma, and texture of this keto snack.

Calories: 220 kcal | Fats: 20 g | Protein: 6 g | Carbs: 5 g | Sugar: 1 g | Fiber: 3 g





## ALMOND COOKIES WITH MARZIPAN FILLING

### Ingredients:

- 1 large egg
- 1 cup (100 g) almond flour
- 2 tablespoons (30 g) marzipan
- 2 tablespoons (30 g) almond paste
- 2 tablespoons (10 g) almond flakes
- 2 tablespoons (30 g) unsalted butter, softened
- ½ teaspoon (2.5 ml) vanilla extract
- Pinch of salt
- Fresh mint leaves, for serving



Calories: 240 kcal | Fats: 20 g  
| Protein: 6 g | Carbs: 5 g |  
Sugar: 2 g | Fiber: 2 g

### Instructions:

- 1 Preheat the air fryer to 350°F (175°C). Line the tray with parchment paper. This ensures even baking and prevents sticking. If using a basket-style fryer, place cookies on a flat rack to avoid deformation.
- 2 Mix almond flour, butter, egg yolk, vanilla extract, and salt into a soft dough. Stir until smooth; chill briefly if too sticky. The dough should be pliable but not crumbly—adjust flour or butter if needed.
- 3 Divide dough into 16 small discs. Place marzipan and almond paste in the center of 8 discs, then cover with the remaining discs. Seal edges by pressing with a fork. This creates a filled cookie with a decorative crimped edge. For uniform size, use a round cutter or weigh each disc before shaping.
- 4 Brush tops with egg white, sprinkle with almond flakes, and place on parchment. for 6 minutes, rotate, and bake another 6 minutes until golden and glossy. Watch closely to avoid overbaking; the surface should be lightly browned. If almond flakes begin to darken too quickly, tent loosely with foil.
- 5 Cool slightly before serving. Garnish with fresh mint leaves. Serve warm or at room temperature for the best texture. Cookies will firm up as they cool, so avoid moving them while hot.

# APRICOT WITH CAMEMBERT, AND NUT

## Ingredients:

- 2 fresh apricots (2.8 oz / 80 g)
- 2.65 oz (75 g) Camembert cheese
- 0.7 oz (20 g) walnut halves
- 1 teaspoon (5 g) olive oil
- ¼ teaspoon (1 g) smoked paprika
- ⅛ teaspoon (0.5 g) vanilla powder
- Salt and freshly ground black pepper, to taste

## Instructions:

- 1 Rinse the apricots and rosemary under water and pat them dry with a paper towel. Slice the apricots in half using a sharp knife and remove the pits.
- 2 Cut Camembert into 6 cubes. Place a cube of Camembert cheese and a walnut half into each apricot half, pressing them in place.
- 3 In a bowl, mix olive oil, paprika, vanilla powder, salt, and ground black pepper. Lightly brush the surface of each filled apricot with the seasoned oil mixture.
- 4 Preheat the air fryer to 375°F (190°C) for 3 minutes. Line the basket with parchment paper and place the stuffed apricots, cut side up, in a single layer.
- 5 Air fry for 6–7 minutes until the cheese softens and begins to melt, and the tops are slightly golden. Transfer to serving plates and garnish with fresh rosemary sprigs. Serve immediately while it's hot.

Calories: 221 kcal | Fats: 18 g | Protein: 7 g |  
Carbs: 7 g | Sugar: 5 g | Fiber: 1 g



# CREME BRULEE DESSERT WITH BLUEBERRIES

- 2 egg yolks
- ⅓ cup (80 g) heavy cream, 36%
- 1 tablespoon (10 g) erythritol
- ¼ teaspoon (0.5 g) vanilla powder
- Salt, to taste
- 1.1 oz (30 g) fresh blueberries
- 2 fresh mint leaves (0.04 oz / 1 g), for serving

## Ingredients:

## Instructions:

- 1 Preheat the air fryer to 300°F (150°C) for 3 minutes. Meanwhile, prepare two small molds suitable for cooking in an air fryer, which will fit into the basket.
- 2 In a small bowl, whisk together the egg yolks, erythritol, vanilla powder, and salt thoroughly until the mixture becomes pale and slightly thickened.
- 3 Heat the cream in a saucepan over low heat until just warm, not boiling. Slowly pour the warm cream into the yolk mixture while whisking constantly.
- 4 Divide the custard between ramekins. Add hot water to the air fryer basket to reach halfway up the sides. Air fry for 18–20 minutes until just set.
- 5 Cool slightly, then top each with fresh blueberries and a mint leaf. Serve warm or chilled to fully enjoy the taste, aroma, and texture of this dessert.

Calories: 204 kcal | Fats: 20 g | Protein: 4 g |  
Carbs: 2 g | Sugar: 1 g | Fiber: 0 g

# APRICOT TART WITH ALMOND CREAM

## Ingredients:

### For the crust:

- 1 egg yolk
- 1 tablespoon (15 ml) cold water
- 1 cup (120 g) all-purpose flour
- ¼ cup (60 g) unsalted butter, cold and cubed
- Pinch of salt

### For the almond cream:

- ½ cup (60 g) almond flour
- ¼ cup (60 g) unsalted butter, softened

- 1 large egg
- ¼ cup (50 g) sugar
- ½ teaspoon (2.5 ml) vanilla extract
- Zest of ½ lemon (optional)
- 2 tablespoons (30 ml) unsweetened almond milk
- For topping:
  - 6–8 ripe apricots, thinly sliced



Calories: 275 kcal | Fats: 17 g |  
Protein: 5 g | Carbs: 24 g |  
Sugar: 11 g | Fiber: 3 g

## Instructions:

- 1 Preheat oven to 350°F (175°C). Grease a 20–22 cm tart pan with removable bottom. Ensures easy release and clean edges.
- 2 In a bowl, rub flour, salt, and butter until crumbly. Add yolk and water, and knead into a smooth dough. Chill for 15 minutes to relax the gluten and ease rolling.
- 3 Roll out dough and press into tart pan. Prick base with a fork and chill while preparing filling. Prevents puffing during baking.
- 4 Beat butter and sugar until creamy. Add egg, almond flour, almond milk, vanilla, and zest, and mix until smooth. Cream should be spreadable but not runny.
- 5 Spread almond cream over the crust. Arrange apricot slices in overlapping concentric circles. For a rosette effect, start from the outer edge and work inward.
- 6 Bake 35 minutes until golden and set. Cool thoroughly before slicing. Sliced apricots bake evenly and create a refined visual finish.





## LEMON CHEESECAKE BARS

Ingredients:

- 2 large eggs
- 9 tablespoons (50 g) almond flour
- 2 tablespoons (30 g) unsalted butter
- 2 tablespoons (24 g) erythritol
- 240 g (about 16 tablespoons) cream cheese
- 90 g (4½ tablespoons) heavy cream, 36%
- 2 tablespoons (26 g) lemon juice
- 1 teaspoon (2.5 g) lemon zest
- ¾ teaspoon (3.5 g) vanilla extract
- Salt, to taste
- 8 lemon wedges (0.23 oz / 6.5 g each)

### Instructions:

- 1 Preheat oven to 325°F (160°C) and line a square pan (approx. 20 × 20 cm) with parchment paper.
- 2 Mix almond flour, melted butter, erythritol, and salt until crumbly. Press into the pan to form a compact crust layer.
- 3 In a bowl, whisk cream cheese until smooth. Add cream, eggs, lemon juice, zest, vanilla, and salt. Blend until silky.
- 4 Pour filling over crust and bake for 30 minutes until edges are set and center jiggles slightly.
- 5 Chill for 2 hours until firm. Slice into 8 bars and serve with lemon wedges and sprigs.

Calories: 220 kcal | Fats: 20 g | Protein: 5 g |  
Carbs: 5 g | Sugar: 1 g | Fiber: 1 g

## BAKED RASPBERRY MUFFINS

Ingredients:

- 1 cup (96 g) almond flour
- 1½ teaspoons (6 g) baking powder
- 3 large eggs
- ¼ cup (60 ml / 62 g) whole milk
- 3 tablespoons (42 g) unsalted butter, melted
- ½ teaspoon (2.5 g) vanilla extract
- 1 teaspoon (2 g) lemon zest
- ¾ cup (90 g) fresh raspberries
- 3 tablespoons (36 g) erythritol
- Pinch of salt

### Instructions:

- 1 Preheat the air fryer to 350°F (175°C) for 3 minutes. Lightly grease 8 small silicone muffin cups.
- 2 In a medium bowl, whisk together the eggs, milk, melted butter, vanilla extract, and erythritol until the mixture is perfectly smooth and slightly airy.
- 3 Add the almond flour, baking powder, salt, and lemon zest to the large mixing bowl. Stir until the dry ingredients are just evenly incorporated.
- 4 Carefully fold the raspberries into the batter with a spatula. Divide the batter evenly between the prepared muffin cups, filling each about ¾ full.
- 5 Air fryer for 12–15 minutes, until a toothpick inserted into the center comes out clean. Let the muffins cool for 2–3 minutes. Serve warm with fresh mint.

Calories: 217 kcal | Fats: 15 g | Protein: 8 g |  
Carbs: 9 g | Sugar: 3 g | Fiber: 3 g





## CRISPY RHUBARB CRUMBLE

### Ingredients:

- 2 cups (240 g) chopped rhubarb
- 3 tablespoons (36 g) erythritol
- 1 teaspoon (2 g) lemon zest
- ½ teaspoon (1.2 g) ground cinnamon
- ⅔ cup (64 g) almond flour
- 3½ tablespoons (50 g) unsalted butter
- 4 tablespoons (60 g) heavy cream, 36%
- ½ teaspoon (2.5 g) vanilla extract
- Salt, to taste

### Instructions:

- 1 Preheat the air fryer to 350°F (175°C) for 3 minutes. Lightly grease 2 ramekins that fit in your air fryer.
- 2 In a bowl, toss the rinsed and chopped rhubarb with erythritol and a pinch of fine salt. Divide the juicy mixture evenly between the 2 ramekins.
- 3 In another bowl, mix almond flour, lemon zest, and cinnamon. Add diced butter and rub it into the mixture with your fingers until it forms crumbs.
- 4 Sprinkle the crumble topping evenly over the rhubarb. Cook in an air fryer at 350°F (175°C) for 15 minutes until the top is golden.
- 5 Whip the cream with vanilla extract until soft peaks form. Top each warm crumble with a spoonful of whipped cream and serve immediately while it's hot.

Calories: 221 kcal | Fats: 18 g | Protein: 3 g |  
Carbs: 10 g | Sugar: 3 g | Fiber: 3 g

## KETO CHOCOLATE BROWNIE

### Ingredients:

- 2 large eggs
- ½ cup (48 g) almond flour
- 1 teaspoon (4 g) baking powder
- ¼ cup (24 g) unsweetened cocoa powder
- 6 tablespoons (72 g) erythritol
- 6 tablespoons (84 g) unsalted butter, melted
- 1 teaspoon (5 g) vanilla extract
- Salt, to taste
- 4 teaspoons (12 g) chopped almonds, for serving

### Instructions:

- 1 Preheat the air fryer to 325°F (160°C) for 3 minutes. Line a square pan (approx. 20 × 20 cm) with parchment paper.
- 2 In a medium bowl, whisk together the egg, unsalted melted butter, erythritol, and vanilla extract until smooth and slightly glossy for better texture.
- 3 Add to the mixture almond flour, cocoa powder, baking powder, and salt. Mix thoroughly until a thick batter forms with no dry spots remaining.
- 4 Pour batter into the pan and smooth the top.
- 5 Bake 22 minutes until set with a soft center. Cool 10 minutes. Slice into 4 squares and top with chopped almonds before serving.

Calories: 198 kcal | Fats: 16 g | Protein: 6 g |  
Carbs: 6 g | Sugar: 1 g | Fiber: 3 g



Bonus



## BULLETPROOF COFFEE

Ingredients:

- 2 cups (480 ml) freshly brewed coffee
- 2 tablespoons (30 g) cacao butter, chopped or shaved
- 2 tablespoons (30 g) unsalted grass-fed butter
- ½ teaspoon (2.5 ml) vanilla extract
- Pinch of salt (optional)
- Optional: 1 packet (2 g) erythritol or monk fruit sweetener

### Instructions:

- 1 Brew 2 cups of hot coffee and let it cool slightly to avoid pressure buildup during blending. Use freshly ground beans for optimal flavor and aroma.
- 2 Add cacao butter, grass-fed butter, vanilla extract, and optional sweetener to a high-speed blender. Ensure all ingredients are measured precisely for consistent texture.
- 3 Pour in the warm coffee and blend on high for 20–30 seconds until frothy and fully emulsified. The mixture should become creamy and light in color.
- 4 Taste the drink and adjust salt or sweetness if needed to suit your preference. A pinch of salt enhances the richness and balances bitterness.
- 5 Pour into mugs and serve immediately while hot and creamy. For the best mouthfeel, enjoy within 10 minutes of blending.

Calories: 240 kcal | Fats: 26 g | Protein: 0 g |  
Carbs: 1 g | Sugar: 0 g | Fiber: 0 g

57 APPETIZERS & DESSERTS

## AVOCADO SMOOTHIE WITH COCONUT MILK AND LIME

Ingredients:

- 1 ripe avocado (6 oz / 170 g), peeled and pitted
- 1 cup (240 ml) unsweetened coconut milk
- 2 tablespoons (30 ml) coconut cream
- 1 tablespoon (15 ml) lime juice
- ½ teaspoon (2.5 ml) vanilla extract
- Pinch of salt
- Optional: 1 packet (2 g) erythritol
- Optional: 4 ice cubes

### Instructions:

- 1 Cut the avocado in half, remove the pit, and scoop the flesh into a blender. Use a ripe avocado for a smooth, creamy texture.
- 2 Add coconut milk, coconut cream, lime juice, vanilla extract, salt, and optional sweetener. For a chilled version, add ice cubes at this stage.
- 3 Blend on high speed for 30–40 seconds until entirely smooth and emulsified. Scrape down the sides if needed to ensure even blending.
- 4 Taste and adjust lime or sweetness to your preference. The salt enhances the richness and balances the acidity.
- 5 Pour into glasses and serve immediately. For the best texture, consume within 10 minutes of blending.

Calories: 220 kcal | Fats: 18 g | Protein: 9 g |  
Carbs: 3 g | Sugar: 1 g | Fiber: 1 g





# MATCHA WITH COCONUT CREAM



## Ingredients:

- 1½ cups (360 ml) unsweetened coconut milk
- 2 tablespoons (30 ml) coconut cream
- ½ teaspoon (2.5 ml) vanilla extract
- 1 teaspoon (2 g) ceremonial-grade matcha powder
- Pinch of salt
- Optional: 1 packet (2 g) erythritol

## Instructions:

- 1 Heat coconut milk in a small saucepan over medium heat until steaming but not boiling. Stir to prevent separation.
- 2 Add coconut cream and vanilla extract to the warm milk. Mix until fully incorporated and smooth.
- 3 Sift matcha powder into a small bowl to remove clumps. Add 2 tablespoons of hot coconut milk and whisk vigorously until frothy.
- 4 Pour the whisked matcha into the saucepan and stir to combine. Add sweetener and salt, adjusting to taste.
- 5 Blend the mixture for 10 seconds for a silky texture, or whisk briskly by hand. Serve immediately in warm mugs.

Calories: 220 kcal | Fats: 24 g | Protein: 1 g | Carbs: 2 g | Sugar: 1 g | Fiber: 1 g

# KETO COCOA



## Ingredients:

- 1½ cups (360 ml) unsweetened coconut milk
- 2 tablespoons (30 g) cacao butter, chopped
- 1 tablespoon (6 g) unsweetened cocoa powder
- 1 tablespoon (15 g) grass-fed butter
- ½ teaspoon (2.5 ml) vanilla extract
- Pinch of salt
- Optional: 1 packet (2 g) erythritol

## Instructions:

- 1 Pour coconut milk into a small saucepan and heat over medium until steaming but not boiling. Stir occasionally to prevent scorching.
- 2 Add cacao butter and grass-fed butter to the warm coconut milk. Stir until both fats are fully melted and incorporated.
- 3 Whisk in cocoa powder, vanilla extract, salt, and optional sweetener. Continue whisking until smooth and slightly thickened.
- 4 Remove from heat and let sit for 1 minute to allow flavors to meld. Taste and adjust the sweetness or salt if needed.
- 5 Pour into mugs and serve immediately while hot and creamy. For a frothy texture, blend briefly before serving.

Calories: 260 kcal | Fats: 28 g | Protein: 2 g | Carbs: 3 g | Sugar: 1 g | Fiber: 2 g

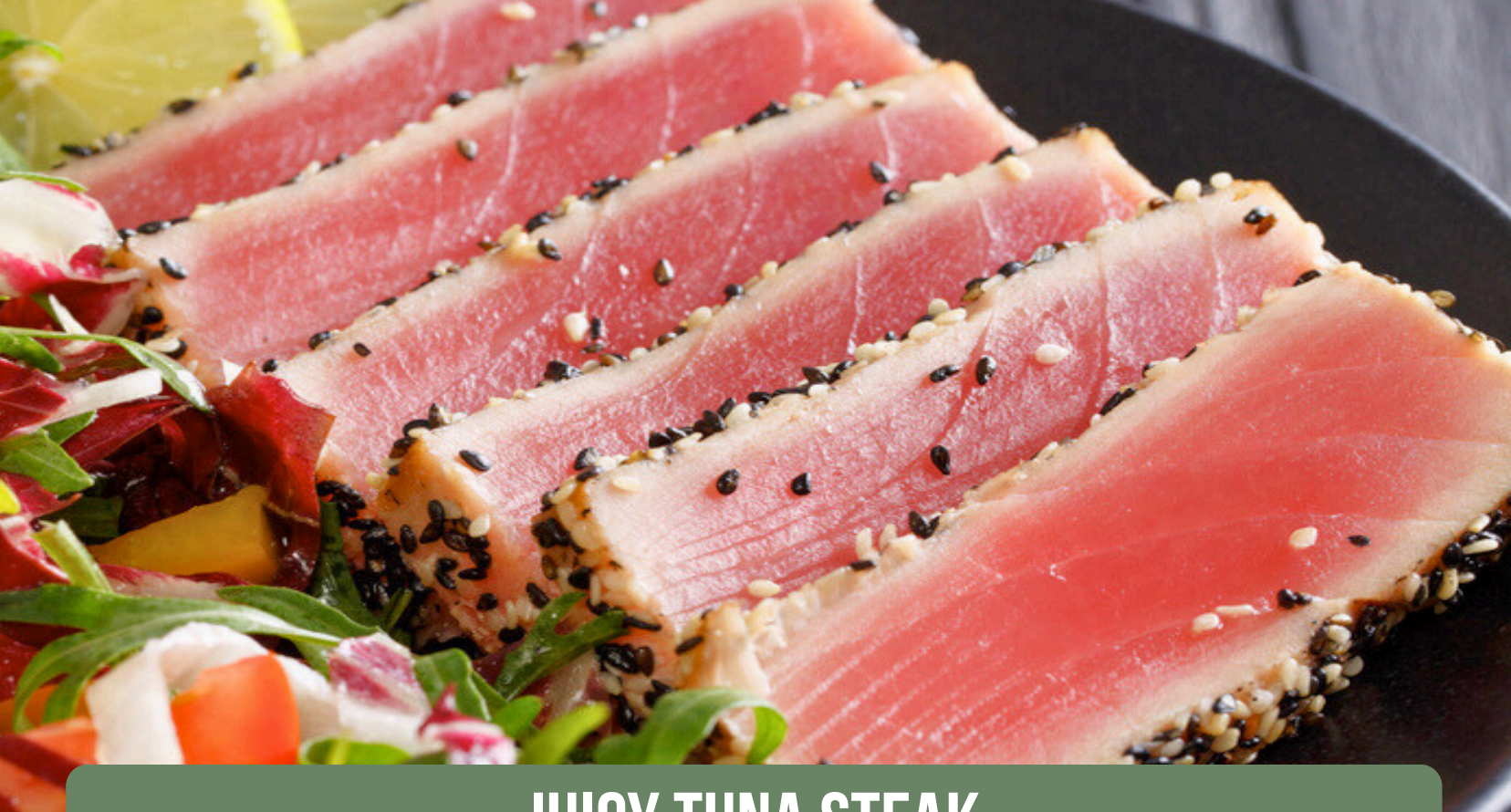


A close-up photograph of a Mediterranean dish. The main focus is on several pieces of grilled squid, showing a golden-brown char on their skin and tender white flesh. They are served alongside sliced potatoes, some of which are also grilled. The dish is garnished with fresh, colorful vegetables, including sliced tomatoes, shredded carrots, and green herbs like microgreens. A drizzle of orange-colored sauce is visible at the bottom of the frame. The background is a plain white surface.

*Bonus*

*Chapter 7*

**MEDITERRANEAN DISHES**



## JUICY TUNA STEAK

### Ingredients:

- 2 fresh tuna steaks (10.6 oz/300 g)
- 4 teaspoons (20 ml) olive oil
- 2 teaspoons (6 g) mixed sesame seeds
- 1 medium red bell pepper (4.2 oz/120 g)
- 1 medium yellow bell pepper (4.2 oz/120 g)
- 1 cup (40 g) mixed leaf salad
- 1 cup (30 g) fresh arugula
- 2 teaspoons (10 ml) lemon juice
- Salt and ground black pepper, to taste
- 2 lemon wedges, for serving



Calories: 347 kcal | Fats: 13 g |  
Protein: 45 g | Carbs: 10 g |  
Sugar: 5 g | Fiber: 3 g

### Instructions:

- 1 Preheat the air fryer to 375°F (190°C) for 3 minutes. Lightly grease the basket with 1 teaspoon olive oil to prevent sticking. Ensure the basket preheats too, stabilizing the temperature for cooking.
- 2 Rinse the tuna steaks under cool running water and pat dry with paper towels. Brush both sides with 2 teaspoons olive oil, season with salt and freshly ground black pepper, roll in mixed sesame seeds, and let sit for 5 minutes. Place tuna steaks in the air fryer basket in a single layer.
- 3 Cook for 6 minutes, then flip and cook for another 5–6 minutes until medium-rare (125°F / 52°C). Use a thermometer, considering carryover heat when estimating doneness accurately.
- 4 Rinse peppers, salad leaves, and arugula. Dice peppers into bite-sized pieces. Combine with salad leaves and arugula. Drizzle with lemon juice and the remaining 1 teaspoon olive oil, tossing lightly.
- 5 Divide the fillets between 2 plates. Cut the tuna into strips, and serve with fresh salad and arugula for color, freshness, and crunch. Add lemon wedges for garnish. Serve hot to fully enjoy the extraordinary taste, bright aroma, and delicate texture of the juicy tuna steaks.

# BAKED SALMON SALAD

## Ingredients:

- 5 oz (145 g) salmon filet
- 2 oz (50 g) pitted olives
- 7 oz (190 g) mixed salad greens
- 1 oz (20 g) walnuts
- 1 oz (30 g) Parmesan cheese
- 2¼ teaspoons (10 g) olive oil
- 1 tablespoon (18 g) balsamic vinegar
- Salt, to taste

## Instructions:

- 1 Preheat the air fryer to 375°F (190°C) for 3 minutes to ensure even cooking. Lightly grease a parchment sheet with oil for better crisp and easy release.
- 2 Place the salmon fillets in the preheated air fryer basket and cook for 10–12 minutes, or until they flake easily with a fork when tested inside. Let cool slightly, then break into large bite-sized chunks.
- 3 In a salad bowl, combine the rinsed mixed greens, pitted olives, and chopped walnuts. Toss to distribute evenly. Arrange the 2 serving bowls.
- 4 Add the warm flaked salmon and sliced parmesan to each salad bowl. Drizzle generously with olive oil and balsamic vinegar, and sprinkle with salt to taste.
- 5 Gently toss all ingredients together until evenly and lightly coated. Serve immediately while the salmon is still warm and the cheese slightly softens.

Calories: 400 kcal | Fats: 33 g | Protein: 24 g |  
Carbs: 6 g | Sugar: 2 g | Fiber: 2 g



# SALMON FISH STEAK, AND FRESH VEGETABLE SALAD

## Ingredients:

- 2 small salmon fillet steaks (7 oz/200 g)
- 1 small avocado (5 oz/140 g)
- 4 cherry tomatoes (4.5 oz/130 g)
- 1 yellow bell pepper (3 oz/90 g)
- 4 oz (114 g) mixed salad greens
- 2 tablespoons (18 g) lemon juice
- 2 teaspoons (15 g) olive oil
- ¼ teaspoon (1.3 g) ground paprika
- ¼ teaspoon (1.4 g) ground thyme
- ¼ teaspoon (1.2 g) dried oregano
- Salt and ground black pepper, to taste

## Instructions:

- 1 Preheat the air fryer to 375°F (190°C). Season the fish with salt, pepper, paprika, thyme, and oregano.
- 2 Place the salmon in the preheated air fryer basket and cook for 10–12 minutes, or until the surface is golden and the center is cooked through.
- 3 Combine the rinsed salad greens, quartered cherry tomatoes, and yellow bell pepper, cut into strips.
- 4 Divide the salad between 2 serving bowls. Top each with the cooked salmon and avocado halves.
- 5 Drizzle with olive oil and lemon juice, season to taste, and serve immediately while the dish is warm.

Calories: 380 kcal | Fats: 29 g | Protein: 27 g |  
Carbs: 7 g | Sugar: 2 g | Fiber: 3 g



# BAKED SHRIMP WITH SAUCE

## Ingredients:

- 16 oz (450 g) raw large shrimp
- 2 tablespoons (30 ml) olive oil
- $\frac{3}{4}$  teaspoon (2 g) garlic powder
- 1 teaspoon (2 g) paprika
- $\frac{1}{3}$  cup (40 g) green onion
- Salt and ground black pepper, to taste
- 2 lemon wedges, for serving



Calories: 326 kcal | Fats: 15 g |  
Protein: 46 g | Carbs: 4 g |  
Sugar: 1 g | Fiber: 1 g

## Instructions:

- 1 Preheat the air fryer to 400°F (200°C) for 3 minutes. Let the empty basket preheat too, stabilizing heat for even cooking and a light sear on the shrimp. Check that the basket is clean and dry.
- 2 Rinse the unwashed shrimp under cold running water, drain well, and pat very dry with paper towels. In a bowl, whisk olive oil with garlic powder, paprika, salt, and black pepper. Toss shrimp thoroughly; marinate 5 minutes. Meanwhile, rinse and dry the unwashed green onion.
- 3 Place the shrimp in a single layer in the hot basket, without overlapping, for air circulation. Cook for 5 minutes (shake the basket halfway through cooking) until the shrimp are opaque and firm.
- 4 Transfer shrimp to a warm bowl and immediately toss with any hot basket juices to coat evenly. Taste and adjust seasoning with a pinch of salt or pepper if needed, then let rest 1 minute so juices redistribute and flavors settle for enhanced gloss, aroma, and satisfying saucy cling.
- 5 Divide between 2 plates. Finely slice the green onion, then sprinkle generously over the shrimp. Add lemon wedges. Serve hot to fully enjoy the extraordinary taste, bright aroma, and delicate texture of this exquisite Mediterranean dish, which is a perfect complement to the keto diet.





## BAKED COD WITH ASPARAGUS

Ingredients:

- 2 cod fillets (15 oz / 420 g)
- 10 oz (280 g) asparagus
- 1 tablespoon (27 g) unsalted butter
- 2 teaspoons (4.5 g) olive oil
- ½ teaspoon (2 g) garlic powder
- ½ teaspoon (3 g) ground paprika
- ½ teaspoon (3 g) pink peppercorns
- 2 teaspoons (1 g) lemon zest
- Salt and ground black pepper, to taste
- ⅓ cup (11 g) fresh parsley, for serving
- ½ cup (17 g) fresh basil, for serving
- 1 cup (50 g) Swiss chard, for serving

### Instructions:

- 1 Rinse the cod fillets, pat dry, and season both sides with salt, black pepper, paprika, and garlic powder.
- 2 Toss the asparagus with melted butter and a pinch of salt. Arrange cod and asparagus in the air fryer basket.
- 3 Air fryer at 375°F (190°C) for 12–15 minutes until the fish is golden, and the asparagus is tender.
- 4 Place cooked asparagus on serving plates. Top with the cooked fish and rinsed chard, basil, and parsley
- 5 Drizzle with olive oil and sprinkle with lemon zest and pink peppercorns. Serve immediately while it's hot.

Calories: 342 kcal | Fats: 20 g | Protein: 36 g |  
Carbs: 6 g | Sugar: 2 g | Fiber: 3 g

## GRILLED SQUID WITH FRESH SALAD

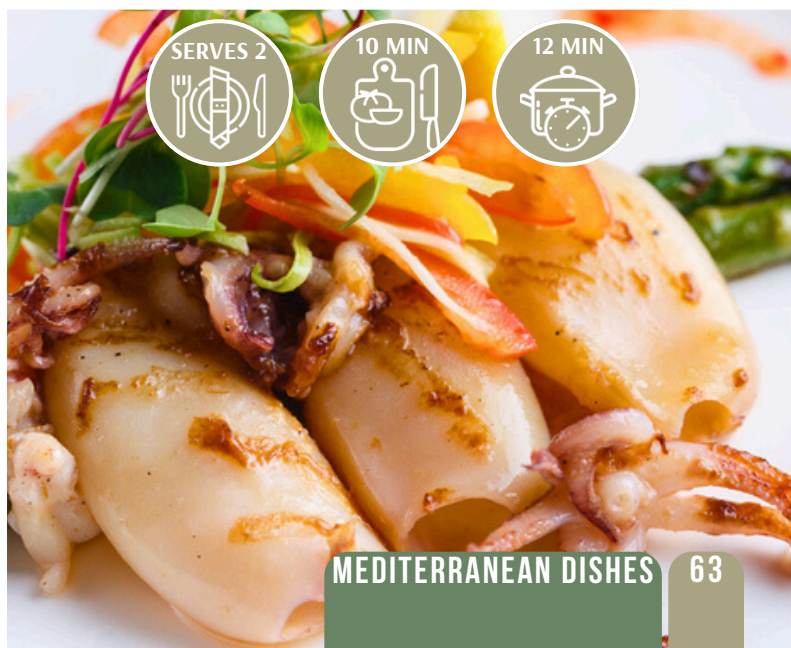
Ingredients:

- 6 cleaned squid (23 oz / 640 g)
- 1 tablespoon (15 g) olive oil
- 2 garlic cloves (6 g)
- 1 tablespoon (15 g) lemon juice
- ⅓ red bell pepper (1 oz / 30 g)
- ⅓ yellow bell pepper (1 oz / 30 g)
- 3 oz (80 g) asparagus spears
- ¾ cup (20 g) microgreens
- Salt and ground black pepper, to taste

### Instructions:

- 1 Preheat the air fryer to 400°F (200°C) and lightly grease the basket if needed to prevent sticking.
- 2 Pat dry squid, then thoroughly toss together with olive oil, minced garlic, fresh lemon juice, salt, and freshly ground black pepper until evenly coated.
- 3 Arrange in a single layer in the air fryer basket and air fryer at 400°F (200°C) for 6–7 minutes until opaque, lightly golden, and just firm to the touch.
- 4 Place spears directly into the basket together with the squid and cook for an additional 5 minutes, turning once halfway through, until tender-crisp.
- 5 Arrange squid on plates, add asparagus on the side, and top with fresh microgreens and raw julienned red and yellow peppers for color and crunch.

Calories: 380 kcal | Fats: 12 g | Protein: 63 g |  
Carbs: 6 g | Sugar: 3 g | Fiber: 2 g





## DELICIOUS BAKED POLLOCK FILLETS

Ingredients:

- 2 pollock fillets (12 oz/340 g)
- 1.4 oz (40 g) unsalted butter
- 2 teaspoons (10 g) lemon juice
- ½ teaspoon (2 g) lemon zest
- ¼ teaspoon (1 g) garlic powder
- ¼ teaspoon (1 g) ground paprika
- Salt and ground black pepper, to taste
- 0.1 oz (4 g) fresh parsley, for serving
- 0.1 oz (4 g) fresh thyme, for serving
- 2 cherry tomatoes (1 oz/30 g), for serving

### Instructions:

- 1 Preheat the air fryer to 375°F (190°C). Grease a parchment with oil for better crisp and easy release.
- 2 Pat the pollock fillets dry with paper towels. Season thoroughly both sides with garlic powder, ground paprika, salt, and freshly ground black pepper.
- 3 In a bowl, mix melted butter with lemon juice and zest. Brush the mixture generously over the fillets.
- 4 Place the fillets in the air fryer basket in a single layer on a parchment-lined baking sheet. Cook for 12–15 minutes until the fish flakes easily with a fork.
- 5 Serve hot, garnished with fresh parsley and thyme on top, and halved cherry tomatoes on the side.

Calories: 308 kcal | Fats: 19 g | Protein: 31 g |  
Carbs: 2 g | Sugar: 1 g | Fiber: 0 g

## SALAD WITH PRAWNS AND CUCUMBER

Ingredients:

- 12 raw prawns (10.5 oz/300 g)
- 2 cucumbers (5 oz/150 g)
- ¼ teaspoon (1 g) garlic powder
- ½ cups (40 g) mixed leafy greens
- 1 tablespoon (15 g) lemon juice
- 2 tablespoons (30 g) olive oil
- Salt and ground black pepper, to taste
- 2 lemon wedges (0.7 oz/20 g), for serving

### Instructions:

- 1 Preheat the air fryer to 375°F (190°C) for 3 minutes to ensure even cooking. Rinse raw prawns under running cool water and pat dry with paper towels.
- 2 In the bowl, toss prawns thoroughly with 1 tablespoon olive oil, garlic powder, salt, and freshly ground black pepper until evenly coated.
- 3 Arrange prawns in a single layer in the air fryer basket. Cook for 5–6 minutes, shaking the basket halfway through, until pink and opaque. Let cool.
- 4 Using a spiralizer, cut the cucumbers into fragile, noodle-like strands. Arrange the cucumber slices and mixed greens in 2 serving salad bowls.
- 5 Add the cooked prawns, drizzle with the remaining olive oil and lemon juice, season to taste, add lemon wedges, and serve to enjoy a just-cooked dish.

Calories: 303 kcal | Fats: 15 g | Protein: 31 g |  
Carbs: 4 g | Sugar: 2 g | Fiber: 1 g





# BAKED HAKE WITH LEMON



## Ingredients:

- 2 hake fillets (16 oz/450 g)
- 3 tablespoons (40 g) unsalted butter
- 2 teaspoons (10 g) lemon juice
- ½ teaspoon (2 g) lemon zest
- ¼ teaspoon (1 g) garlic powder
- ¼ teaspoon (1 g) dried thyme
- ¼ teaspoon (0.5 g) dried oregano
- Salt and black pepper, to taste
- 0.1 oz (2 g) fresh dill, for serving
- 4 lemon wedges (1.1 oz/30 g), for serving

## Instructions:

- 1 Preheat the air fryer to 375°F (190°C). Lightly grease a parchment with oil for a better crisp texture and easy release after cooking.
- 2 Rinse hake fillets under water and pat dry with paper towels. Season both sides with garlic powder, dried thyme, salt, and ground black pepper.
- 3 In a small bowl, combine melted butter with lemon juice and fresh lemon zest. Brush the mixture evenly over the prepared fish fillets before cooking.
- 4 Place the fillets on a parchment-lined rack in the air fryer basket. Cook at 375°F (190°C) for 12–15 minutes until the fish flakes easily with a fork.
- 5 Serve hot, with dried oregano, garnished with fresh dill and lemon wedges.

Calories: 356 kcal | Fats: 20 g | Protein: 39 g | Carbs: 1 g | Sugar: 0 g | Fiber: 0 g

# SALMON FISH WITH LEEKS ON SKEWERS



## Ingredients:

- 10.6 oz (300 g) salmon fillet
- 3.5 oz (100 g) leeks
- 2 teaspoons (10 g) olive oil
- ¼ teaspoon (1 g) garlic powder
- ¼ teaspoon (1 g) ground paprika
- Salt and black pepper, to taste
- 2 teaspoons (2 g) sesame seeds (white and black mix), for serving
- 2 teaspoons (5 g) chopped green onion, for serving

## Instructions:

- 1 Preheat the air fryer to 390°F (200°C) for 3 minutes. Rinse salmon fillet and leeks, pat dry, and cut into even-sized chunks for skewering.
- 2 In a large bowl, thoroughly toss salmon and leek chunks with olive oil, garlic powder, ground paprika, salt, and ground black pepper until coated.
- 3 Thread the salmon and leeks onto soaked wooden skewers, alternating pieces. Place skewers in the air fryer basket in a single layer.
- 4 Cook at 390°F (200°C) for 10–12 minutes, turning once halfway through the cooking process, until the salmon is opaque and golden.
- 5 Transfer the skewers to plates. Sprinkle with sesame seeds and chopped green onions. Serve hot to enjoy the taste and aroma of this keto dish.

Calories: 396 kcal | Fats: 24 g | Protein: 37 g | Carbs: 4 g | Sugar: 2 g | Fiber: 1 g



# SPICY WHITEFISH FILLET, BAKED

## Ingredients:

- 2 whitefish fillets (12 oz/350 g)
- 2 tablespoons (25 g) olive oil
- ¼ teaspoon (1 g) ground paprika
- ⅛ teaspoon (0.5 g) ground thyme
- ⅛ teaspoon (0.5 g) ground oregano
- 3.5 oz (100 g) asparagus
- ½ red bell pepper (2 oz/50 g)
- ½ cup (3 g) fresh basil leaves
- Salt and black pepper, to taste
- 2 lemon wedges (1 oz/30 g), for serving
- 2 teaspoons (2 g) fresh dill, for serving

## Instructions:

- 1 Preheat the air fryer to 375°F (190°C). Rinse the whitefish fillets under cool water and pat dry.
- 2 Season fish on both sides with 1 tablespoon of olive oil, paprika, thyme, oregano, salt, and black pepper.
- 3 Place the fillets in the air fryer basket on a lightly greased parchment sheet. Bake at 375°F (190°C) for 12–15 minutes until the fish flakes easily with a fork.
- 4 Meanwhile, in a bowl, combine rinsed asparagus, sliced red pepper, and basil leaves. Drizzle with the remaining 1 tablespoon olive oil and mix thoroughly.
- 5 Plate the baked fillets, top with lemon wedges and fresh dill. Serve with the fresh vegetables and herb salad on the side to fully enjoy the taste of this dish.

Calories: 373 kcal | Fats: 24 g | Protein: 35 g |  
Carbs: 4 g | Sugar: 2 g | Fiber: 2 g



# SEARED SCALLOPS WITH GREEN VEGETABLES

- 16.5 oz (470 g) sea scallops
- 2 oz (60 g) broccoli
- 2 oz (60 g) zucchini
- 2 tablespoons (30 g) olive oil
- 1 tablespoon (15 g) lemon juice
- ½ teaspoon (2 g) lemon zest
- ¼ teaspoon (1 g) garlic powder
- ¼ teaspoon (1 g) ground paprika
- ¼ teaspoon (1 g) dried thyme
- Salt and ground black pepper, to taste
- ⅓ cup (10 g) fresh microgreens, for serving

## Instructions:

- 1 Preheat your air fryer to 390°F (200°C). Lightly grease the basket with oil for better cooking.
- 2 Rinse scallops and veggies, pat dry. Cut the broccoli into florets, and the zucchini into thin slices.
- 3 Toss scallops and vegetables with olive oil, lemon juice, zest, and seasonings until well coated.
- 4 Cook scallops and vegetables in a single layer for 6 minutes, shaking once halfway through, until scallops are golden and vegetables are tender.
- 5 Transfer to plates, top with fresh microgreens, and serve immediately while hot to enjoy this dish.

Calories: 308 kcal | Fats: 20 g | Protein: 27 g |  
Carbs: 7 g | Sugar: 2 g | Fiber: 2 g

## Ingredients:



# EGG-BASED FRITTATA WITH SALMON

## Ingredients:

- 3 large eggs
- 4 oz (120 g) smoked salmon
- 1.5 oz (40 g) spinach
- 2 oz (50 g) broccoli
- 1.5 oz (40 g) cream cheese
- 1 tablespoon (15 g) olive oil
- ¼ teaspoon (1 g) onion powder
- ¼ teaspoon (1 g) garlic powder
- ¼ teaspoon (1 g) ground paprika
- ¼ teaspoon (1 g) ground coriander
- ¼ teaspoon (1 g) ground white pepper
- ¼ teaspoon (1 g) ground oregano
- ¼ teaspoon (1 g) ground pink pepper
- Salt and freshly ground black pepper, to taste



## Instructions:

- 1 Preheat the air fryer to 350°F (175°C). Lightly grease a small heatproof baking dish with olive oil to ensure the frittata doesn't stick and browns evenly.
- 2 In a bowl, whisk the eggs with cream cheese until smooth. Add onion and garlic powders, paprika, coriander, peppers, oregano, and salt. Mix well.
- 3 Rinse spinach, broccoli, and fish, and pat them dry with paper towels. Cut them and stir them into the egg mixture, ensuring distribution throughout the batter.
- 4 Pour the mixture into the dish and put it in the air fryer. Bake for 16 minutes or until puffed, golden on top, and set in the center. Avoid overcooking to keep it tender.
- 5 Remove from the air fryer, let cool slightly. Divide in half and place on plates. Serve warm to enjoy the flavor with a delicate aroma of herbs and smoked fish.

Calories: 380 kcal | Fats: 30 g | Protein: 25 g |  
Carbs: 3 g | Sugar: 1 g | Fiber: 1 g



# BAKED FISH DORADO WITH LEMON AND FRESH SALAD

## Ingredients:

- 2 whole dorado (21.16 oz / 600 g)
- 6 cherry tomatoes (3.53 oz / 100 g)
- 1 cucumber (3.53 oz / 100 g)
- 1.76 oz (50 g) lettuce leaves
- 1.06 oz (30 g) red onion
- 0.56 oz (16 g) olive oil
- 0.53 oz (15 g) lemon juice
- 0.18 oz (5 g) rosemary and parsley mix
- Salt and ground black pepper, to taste
- 2 lemon wedges (1.06 oz / 30 g), for serving



Calories: 377 kcal | Fats: 20 g |  
Protein: 44 g | Carbs: 8 g |  
Sugar: 4 g | Fiber: 2 g

## Instructions:

- 1 Preheat the air fryer to 375°F (190°C) for 3 minutes. Pat the dorado dry with paper towels inside and out. Season the cavity and skin with salt, black pepper, and half of the chopped fresh herbs.
- 2 Brush the fish lightly with half of the olive oil. Place it in the air fryer basket and cook for 10 minutes, then turn and cook for another 8–10 minutes until the flesh is opaque and flakes easily.
- 3 While the fish is cooking, rinse the vegetables and greens. Slice cherry tomatoes in half, cucumber into thin rounds, and red onion into thin half rings. Tear lettuce leaves into bite-sized pieces.
- 4 In a large bowl, combine lettuce, cucumber, tomatoes, and onion. Drizzle with the remaining olive oil, lemon juice, and season with salt, pepper, and remaining herbs. Toss to coat evenly.
- 5 Serve the baked dorado on plates with lemon wedges on the side and a generous portion of the fresh salad. Enjoy immediately while the fish is hot and the salad is crisp.





## SALMON AND ZUCCHINI CASSEROLE

### Ingredients:

- 7 oz (200 g) salmon fillet
- 3.5 oz (100 g) zucchini
- 2 large eggs
- 2 tablespoons (30 g) heavy cream
- 2 teaspoons (10 g) grated Parmesan cheese
- ½ tablespoon (5 g) unsalted butter
- ¼ teaspoon (1 g) dried dill
- ⅛ teaspoon (0.25 g) ground nutmeg
- Salt and ground black pepper, to taste
- 2 rosemary sprigs, for serving

### Instructions:

- 1 Preheat the air fryer to 350°F (175°C) for 3 minutes. Grease a small baking dish with butter to prevent sticking and ensure even browning.
- 2 Cut the salmon into small cubes. Julienne the zucchini into thin matchsticks. In a bowl, whisk together the eggs, cream, Parmesan, dill, nutmeg, salt, and black pepper.
- 3 Stir the salmon and zucchini into the egg mixture and combine well to distribute everything evenly.
- 4 Pour the mixture into the dish and place it in the air fryer. Bake at 350°F (175°C) for 16–18 minutes until puffed, lightly golden on top, and firm in the center.
- 5 Serve hot, topped with fresh rosemary sprigs for a fragrant touch and appealing presentation.

Calories: 380 kcal | Fats: 26 g | Protein: 32 g |  
Carbs: 3 g | Sugar: 1 g | Fiber: 0 g

## WARM SEAFOOD SALAD

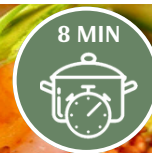
### Ingredients:

- 4 baby octopuses (5 oz / 150 g)
- 4 cleaned squid (5 oz / 150 g)
- 8 raw shrimp (3.5 oz / 100 g)
- 6 sea scallops (3.5 oz / 100 g)
- 2 tablespoons (30 g) olive oil
- ¼ teaspoon (1 g) garlic powder
- ¼ teaspoon (1 g) ground paprika
- Salt and ground black pepper, to taste
- ½ cup (50 g) green beans
- 2 cups (50 g) mixed leafy greens
- 1 tablespoon (10 g) brown toasted sesame seeds, for serving

### Instructions:

- 1 Preheat your air fryer to 390°F (200°C) for 3 minutes. Rinse all seafood and pat dry. Rinse green beans and leafy greens and set them aside.
- 2 Season the octopuses, squid, shrimp, and scallops with 1½ tablespoons of olive oil, garlic powder, paprika, salt, and black pepper. Toss to coat.
- 3 Cook the octopuses in a single layer for 3 minutes. Then add the other seafood, and cook all together for 5 more minutes, shaking once halfway through.
- 4 Rinse the vegetables and pat them dry. In a large bowl, toss them with the remaining olive oil.
- 5 Arrange the warm seafood on plates, top with raw green beans and leafy greens, and finish with a sprinkle of toasted sesame seeds. Serve hot.

Calories: 380 kcal | Fats: 25 g | Protein: 35 g |  
Carbs: 3 g | Sugar: 1 g | Fiber: 2 g





## BAKED DORADO FISH FILLET WITH VEGETABLES

Ingredients:

- 2 dorado fillets, skin-on (14 oz / 400 g)
- 2 tablespoons (30 g) olive oil
- 2 teaspoons (10 g) lemon juice
- ½ teaspoon (2 g) lemon zest
- ¼ teaspoon (1 g) garlic powder
- ¼ teaspoon (1 g) dried thyme
- Salt and ground black pepper, to taste
- ½ red bell pepper (2 oz / 50 g), for serving
- 1 cup (50 g) fresh Swiss chard leaves, for serving

### Instructions:

- 1 Preheat the air fryer to 375°F (190°C). Lightly grease parchment paper or the basket to prevent sticking.
- 2 Pat the dorado fillets dry. Season both sides with garlic powder, thyme, salt, and ground black pepper.
- 3 In a small bowl, thoroughly mix olive oil, lemon juice, and lemon zest. Brush evenly over both fillets.
- 4 Place the dorado fillets skin-side down in the air fryer basket on parchment. Cook at 375°F (190°C) for 14–15 minutes until the flesh flakes easily with a fork.
- 5 Arrange the plates with julienned red bell pepper and Swiss chard leaves on the side. Serve hot to enjoy the taste, aroma, and texture of this freshly cooked dish.

Calories: 369 kcal | Fats: 27 g | Protein: 32 g |  
Carbs: 2 g | Sugar: 1 g | Fiber: 1 g

## BAKED MACKEREL WITH LEMON AND VEGETABLES

Ingredients:

- 2 small mackerel carcasses (16.5 oz / 465 g)
- 2 tablespoons (30 g) olive oil
- 2 teaspoons (10 g) lemon juice
- ½ teaspoon (2 g) lemon zest
- ¼ teaspoon (1 g) garlic powder
- ¼ teaspoon (1 g) ground paprika
- ⅛ teaspoon (0.5 g) ground white pepper
- Salt and ground black pepper, to taste
- ½ small red onion (1 oz / 30 g)
- 2 red cherry tomatoes (1 oz / 30 g)
- 2 yellow pear-shaped cherry tomatoes (1 oz / 30 g)
- 4 lemon wedges (1 oz / 30 g), for serving
- 0.1 oz (3 g) fresh parsley, for serving

### Instructions:

- 1 Preheat the air fryer to 375°F (190°C) and lightly grease the parchment paper. Pat the mackerels dry.
- 2 Mix olive oil, lemon juice, zest, garlic powder, paprika, white pepper, salt, and black pepper.
- 3 Brush the seasoning mixture generously over and inside each fish. Place them in the air fryer basket.
- 4 Bake for 14–15 minutes, flipping once halfway through, until golden and cooked through.
- 5 Serve fish with lemon wedges, fresh parsley, whole cherry tomatoes, and raw red onion half-rings.

Calories: 340 kcal | Fats: 24 g | Protein: 29 g |  
Carbs: 3 g | Sugar: 2 g | Fiber: 1 g





## SEAFOOD MUSSELS WITH LEMON AND PARSLEY

Ingredients:

- 18 oz (520 g) raw mussel meat
- 2 teaspoons (10 g) olive oil
- 2 tablespoons (30 g) dry white wine
- 2 teaspoons (10 g) lemon juice
- ½ teaspoon (2 g) lemon zest
- 1 garlic clove, minced (3 g)
- ¼ teaspoon (1 g) garlic powder
- Salt and ground black pepper, to taste
- 2 lemon wedges (1 oz / 30 g), for serving
- 1 tablespoon (3 g) chopped fresh parsley, for serving

### Instructions:

- 1 Rinse the raw mussel meat under running cold water and pat dry thoroughly with paper towels.
- 2 In a medium bowl, mix olive oil, minced garlic, lemon juice, zest, wine, garlic powder, salt, and pepper. Toss the mussels in this mixture to coat evenly.
- 3 Preheat the air fryer to 375°F (190°C). Arrange the mussels in a single layer in the air fryer basket.
- 4 Cook for 8–10 minutes, or until mussels are opaque and tender, with edges slightly crisp and golden.
- 5 Serve immediately, topped with chopped parsley and lemon wedges for a fresh and aromatic finish.

Calories: 290 kcal | Fats: 10 g | Protein: 39 g |  
Carbs: 3 g | Sugar: 1 g | Fiber: 0 g

## BAKED TILAPIA FISH WITH ASPARAGUS

Ingredients:

- 17 oz (475 g) tilapia fillets
- 3.5 oz (100 g) asparagus
- 2 teaspoons (10 g) lemon juice
- ½ teaspoon (2 g) lemon zest
- 1 teaspoon (1 g) garlic powder
- 1 teaspoon (1 g) ground paprika
- 2 teaspoons (10 g) unsalted butter
- Salt and ground black pepper, to taste
- 4 lemon slices (1 oz / 30 g), for serving

### Instructions:

- 1 Preheat the air fryer to 375°F (190°C) for 3 minutes. Lightly grease parchment paper or the basket to prevent sticking for a better cooking process.
- 2 Rinse the tilapia fillets and pat dry. Season both sides with garlic powder, paprika, salt, and pepper.
- 3 In a small bowl, mix melted butter, lemon juice, and zest. Brush the mixture over the fish. Place the fillets in the air fryer basket in a single layer.
- 4 Add rinsed and trimmed asparagus beside the fish. Cook it with tilapia fillets for 14–15 minutes until the fish flakes easily and the asparagus is tender.
- 5 Arrange the plates with lemon slices. Serve immediately to enjoy the rich flavor, savory aroma, and tender texture of a hot, freshly prepared meal.

Calories: 320 kcal | Fats: 12 g | Protein: 45 g |  
Carbs: 2 g | Sugar: 1 g | Fiber: 1 g



# Chapter 8

## BUILDING A 28-DAY KETO PLAN WITH THE AIR FRYER

Having a plan means fewer decisions and more flow. It is a flexible guide that helps you eat well and use your air fryer to add variety and speed to your routine.

### WHY A PLAN HELPS

A plan gives your days rhythm, makes shopping easier, and lowers the temptation to stray off course just because you're tired or rushed.

#### Helpers

- A quiet moment to look over the weekly plan
- Your favorite air fryer in a clean, ready spot
- A shelf with go-to ingredients
- A grocery list that matches real meals
- A printed calendar with what's planned

These tiny helpers collaborate. They turn daily cooking into a soothing rhythm and a nurturing process.

### HOW TO READ AND USE THE PLAN

The schedule includes three meals per day with flexible timing and a weekly rhythm that repeats with variation. You'll notice the intentional reuse of ingredients to minimize waste and prep, **as well as meals that take no longer than 30 minutes to prepare with the air fryer.**

Each week includes one Mediterranean-inspired day to broaden the palette while staying keto-friendly. It brings flavor and supports a more balanced intake.

### HOW THE PLAN WAS BUILT

The plan follows keto's macro profile — **high fat, moderate protein, and low carbs.** The air fryer is a partner in your routine, consistent and helpful.

- 1 **Meals are structured for macro balance**, without over-relying on cheese or fat bombs.
- 2 **Each week features a variety of options:** roasted, grilled, steamed, and crisped.
- 3 **Flavors shift gently across the plan**, using herbs, spices, and textures.
- 4 **Staples repeat** just enough to keep grocery lists.



### MAKING SPACE FOR REAL LIFE

Each week, one short planning session helps bring clarity. You'll have a complete 4-week meal plan, built from the recipes in this book, with matching shopping lists — **ready to access by QR code.** Meals are grouped to save you time, help you stay in ketosis, and simplify the decision-making process.

The plan offers structure, but it leaves room for flexibility. It's not a test — it's a tool.

### CONSISTENCY WITHOUT PRESSURE

Progress on keto often comes not from perfection, but from quiet consistency. This plan invites a soft kind of discipline — the kind that flows with your life and leaves room for rest. Use it daily, adapt it gently, and let it carry you forward with calm confidence.

If you're traveling, tired, or just want to swap a lunch, the framework holds steady. You can repeat meals, adjust serving sizes, or pause and resume later.

### LIVING WITH THE PLAN

Let this plan blend into your days the way light settles into a room — quietly, without asking for extra effort. Some meals will become familiar, while others may surprise you, but over time, they will bring you comfort.

**This plan is your companion. Whether you follow it fully or dip into parts of it, the support remains steady, warm, and just practical enough to stay by your side.**

# KETO & INTERMITTENT FASTING: A POWERFUL COMBO

**Intermittent fasting (IF) has become one of the most effective ways to maximize the results of a ketogenic lifestyle.** By limiting your eating window and allowing your body longer breaks between meals, you can boost fat burning, improve energy levels, and simplify your daily routine. **When combined with the convenience of the air fryer, fasting and keto become easier and more sustainable than ever.** This powerful combination helps you stay consistent, enjoy delicious meals, and achieve your health goals with less stress.

## WHY INTERMITTENT FASTING WORKS WITH KETO

Keto already shifts your body into fat-burning mode by reducing carbohydrates and encouraging ketone production. Intermittent fasting enhances this process by extending the time your body spends in ketosis.

Common fasting patterns include:

- 1 **16/8 (16 hours fasting, 8 hours eating), 18/6**
- 2 **OMAD (One Meal a Day, 23/1 or 20/4 variations).**

A clear list and a bit of planning make the whole process smoother, from shopping to cooking to enjoying your meals. It's all about giving your routine some support.

## WHO BENEFITS MOST FROM IF ON KETO?

Intermittent fasting is especially recommended for those who are already adapted to a keto diet and want to improve their results further – whether it's enhanced mental clarity, steady fat loss, or improved metabolic health.

**However, beginners can also ease into IF slowly, starting with 12-hour fasts and progressing toward longer windows.** With the combination of keto-friendly foods and the convenience of the air fryer, fasting becomes a simple process.

## TWO MEALS OR THREE?

In the meal plan presented in this book, you will find both **two-meal** (lunch and dinner) and **three-meal variations** depending on your lifestyle.

**Beginners may find it easier to start with three meals within a shorter eating window, while more experienced keto followers often transition to two meals per day.**

The key is to listen to your body and gradually adjust your schedule until you find the pattern that gives you the most energy and satisfaction.

Easy

## QUICK ACCESS: MEAL PLAN AND SHOPPING LISTS VIA QR CODE

A well-structured shopping and prep routine transforms daily cooking from a scramble into a calm, reliable process. With a clear list and simple strategies, you spend less time guessing and more time enjoying meals that keep you in ketosis and energized.



**SCAN THE QR CODE FOR A PRINTABLE SHOPPING LIST**

When both your plan and list are always at hand, cooking stops feeling like a chore.

The shopping list is sorted by categories (proteins, pantry items, essentials), making your grocery trip fast and stress-free. Save it to your phone, or print it and stick it on your fridge – your week just got easier. Every step is designed to support your keto journey with the air fryer.



**SCAN THE QR CODE FOR A PRINTABLE 28-DAY MEAL PLAN**

It's not about perfection – it's about making life simple, organized.

# MEAL PLAN FOR WEEK 1

## BREAKFAST

## LUNCH

## DINNER

SUNDAY

Bulletproof Coffee, p. 57

Chicken Fillet with Egg and Vegetables, p. 20



Juicy Tuna Steak, p. 60



Baked Zucchini with Cheese, p. 43



Saltimbocca with Sage, p. 27

Roasted Avocado Pieces Wrapped in Bacon, p. 51

Calories: 1894 | Fats: 131 g | Protein: 143 g | Carbs: 32 g | Sugar: 11 g

Fiber: 13 g

MONDAY

Avocado Smoothie, p. 57

Wild Salmon Fillet with Asparagus and Lemon, p. 21



Chicken Fillet with Lemon and Capers, p. 39



Chicken Fillet Salad with Spinach and Walnuts, p. 42



Baked Salmon Salad, p. 61

Chicken Breast Wrapped in Bacon, p. 50

Calories: 1970 kcal | Fats: 122 g | Protein: 183 g | Carbs: 36 g | Sugar: 11 g

Fiber: 14 g

TUESDAY

Matcha with Cream, p. 58

Omelette with Spinach Leaves, p. 21



Salmon Fish Steak, and Fresh Vegetable Salad, p. 61



Cauliflower Bites with Parmesan, p. 46



Stuffed Mushrooms, p. 49

Roasted Beef with Arugula Salad, p. 26

Calories: 1908 kcal | Fats: 152 g | Protein: 113 g | Carbs: 25 g | Sugar: 9 g

Fiber: 9 g

WEDNESDAY

Avocado Smoothie, p. 57

Egg Rolls with Pastrami and Vegetables, p. 22



Turkey Breast Stuffed with Spinach and Cheese, p. 40



Warm Salad with Chicken Liver, p. 46



Julienne with Mushrooms, p. 51

Baked Shrimp with Sauce, p. 62

Calories: 1822 kcal | Fats: 111 g | Protein: 174 g | Carbs: 26 g | Sugar: 10 g

Fiber: 8 g

THURSDAY

Keto Cocoa, p. 58

Omelet Pulyar with Shrimp, p. 22



Baked Cod with Asparagus, p. 63



Zucchini Noodles with Mozzarella, p. 45



Cheese Cookies, p. 50

Beef Rolls with Jalapeno Peppers and Cheese, p. 27

Calories: 1847 kcal | Fats: 142 g | Protein: 115 g | Carbs: 28 g | Sugar: 12 g

Fiber: 11 g

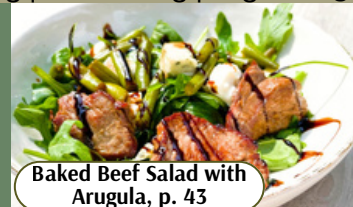
FRIDAY

Bulletproof Coffee, p. 57

Cheese Omelette with Shrimp, p. 23



Chicken Liver with Cream and Spices, p. 40



Baked Beef Salad with Arugula, p. 43



Delicious Baked Pollock Fillets, p. 64

Chicken Rolls with Cheese and Bacon, p. 48

Calories: 1876 kcal | Fats: 132 g | Protein: 149 g | Carbs: 18 g | Sugar: 7 g

Fiber: 3 g

SATURDAY

Avocado Smoothie, p. 57

Minced Pork with Basil and Chili, p. 23



Grilled Squid with Fresh Salad, p. 63



Baked Green Beans with Salt and Pepper, p. 45



Baked Egg with Vegetables, p. 49

Bone-In Pork Steaks with Lemon Slices, p. 28

Calories: 1896 kcal / 125 g protein / 121 g fat / 50.6 g carbs / 16.4 g sugar / 12 g fiber

# SHOPPING LIST

for Week 1

## Meat & Fish

- Chicken fillet 5.6 oz / 160 g
- Chicken breast 29.35 oz / 830 g
- Chicken liver 17.6 oz / 500 g
- Bone-in pork steaks 14 oz / 400 g
- Ground pork 7 oz / 200 g
- Ground beef 7 oz / 200 g
- Beef sirloin 15.2 oz / 430 g
- Veal cutlets 7 oz / 200 g
- Pastrami 2.8 oz / 80 g
- Bacon strips 3.52 oz / 100 g
- Bacon slice 1 oz / 28 g
- Prosciutto 3.5 oz / 100 g
- Tuna steaks 10.6 oz / 300 g
- Salmon fillet 12 oz / 345 g
- Wild salmon fillet 8.8 oz / 250 g
- Raw large shrimp 19 oz / 535 g
- Medium shrimps 3.5 oz / 100 g
- Pollock fillets 12 oz / 340 g
- Cod fillets 30 oz / 840 g
- Squid 23 oz / 640 g

## Eggs & Dairy

- Large eggs 26 pcs
- Quail eggs 4 pcs
- Cheddar cheese 11.8 oz / 335 g
- Parmesan cheese 9.9 oz / 110 g
- Mozzarella cheese 3.3 oz / 94 g
- Soft goat cheese 1.8 oz / 50 g
- Feta cheese 1.4 oz / 40 g
- Soft cream cheese 4 oz / 115 g
- Plain Greek yogurt 3.7 oz / 105 g
- Greek yogurt, unsweetened 2.1 oz / 60 g
- Heavy cream 6.8 oz / 200 ml
- Unsalted butter 4.5 oz / 130 g
- Grass-fed butter 1 oz / 30 g

## Vegetables

- Cherry tomatoes 13.7 oz / 390 g
- Cucumber 5.6 oz / 160 g
- Red bell pepper 7.3 oz / 210 g
- Yellow bell pepper 5.2 oz / 150 g
- Jalapeño peppers 2.8 oz / 80 g
- Zucchini 23.1 oz / 650 g
- Cauliflower florets 19.6 oz / 555 g
- Onion 6.3 oz / 180 g
- Red onion 2.8 oz / 80 g
- White mushrooms 7.1 oz / 200 g
- Green beans 17.6 oz / 500 g
- Broccoli florets 3.5 oz / 100 g
- Asparagus spears 11.8 oz / 330 g
- Radishes 4.2 oz / 120 g
- Thai chili 1 pc
- Garlic cloves 1.2 oz / 35 g
- Microgreens 0.6 oz / 17 g
- Leaf lettuce 3.8 oz / 110 g

- Spinach leaves 11.2 oz / 320 g
- Swiss chard 1.7 oz / 50 g
- Arugula 4.8 oz / 135 g
- Mixed salad greens 12.6 oz / 360 g
- Field salad 0.7 oz / 20 g
- Tomato 4.2 oz / 120 g

## Fruits

- Avocado 35.8 oz / 1015 g
- Lemon wedges 3.5 oz / 100 g
- Lemon juice 6.3 oz / 180 g
- Lemon zest 0.3 oz / 8 g
- Lime juice 1 oz / 30 g
- Orange juice 0.5 oz / 15 g
- Orange zest 0.07 oz / 2 g

## Nuts, Seeds & Dry Items

- Almond flour 4.2 oz / 120 g
- Sesame seed mix 1.3 oz / 38 g
- Walnuts, chopped 1.1 oz / 30 g
- Pine nuts 0.7 oz / 20 g
- Cacao butter 2.1 oz / 60 g
- Unsweetened cocoa powder 0.6 oz / 16 g
- Baking powder 0.04 oz / 1 g
- Erythritol 0.2 oz / 6 g

## Spices & Flavorings

- Olive oil 21.8 oz / 620 ml
- Dry white wine 1.7 oz / 50 ml
- Coconut cream 2 oz / 60 ml
- Vanilla extract 0.4 oz / 12 ml
- Almond extract 0.04 oz / 1.25 ml
- Garlic powder 0.2 oz / 6 g
- Paprika 0.4 oz / 11 g
- Smoked paprika 0.5 oz / 14 g
- Ground paprika 0.3 oz / 9 g
- Dried oregano 0.04 oz / 1.0 g
- Dried thyme 0.09 oz / 2.5 g
- Ground nutmeg 0.02 oz / 0.5 g
- Pink peppercorns 0.1 oz / 3 g
- Matcha powder 0.07 oz / 2 g
- Dijon mustard 0.35 oz / 10 g
- Mustard 0.35 oz / 10 g

## Liquids

- Freshly brewed coffee 32.4 oz / 960 ml
- Unsweetened coconut milk 36.6 oz / 1080 ml
- Balsamic vinegar 0.6 oz / 18 g
- Balsamic glaze 0.35 oz / 10 g

## Fresh Herbs

- Fresh parsley 0.9 oz / 26 g
- Fresh dill 0.2 oz / 6 g
- Fresh basil leaves 0.8 oz / 22 g
- Fresh rosemary 0.1 oz / 4 g



# MEAL PLAN FOR WEEK 2

## BREAKFAST

## LUNCH

## DINNER

SUNDAY

Matcha with Coconut Cream, p. 58



Poached Eggs with Zucchini Pancakes, p. 24

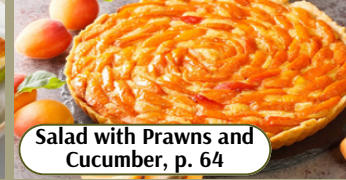


Baked Pork Fillet with Mushroom Sauce, p. 32



Baked Zucchini with Cheese, p. 43

Apricot Tart with Cream, p. 54



Salad with Prawns and Cucumber, p. 64

Calories: 1,825 kcal | Fats: 130 g | Protein: 108 g | Carbs: 44 g | Sugar: 20 g | Fiber: 10 g

MONDAY

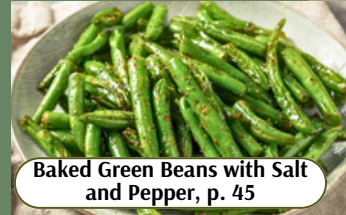
Keto Cocoa, p. 58



Zucchini Lasagna with Ricotta and Spinach, p. 17

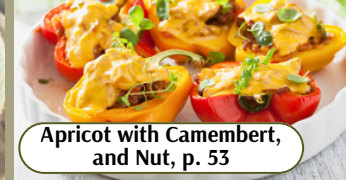


Baked Hake with Lemon, p. 65



Baked Green Beans with Salt and Pepper, p. 45

Stuffed Peppers, p. 36



Apricot with Camembert, and Nut, p. 53

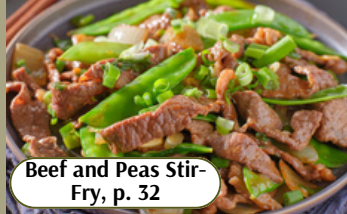
Calories: 1862 kcal | Fats: 141 g | Protein: 105 g | Carbs: 37 g | Sugar: 18 g | Fiber: 11 g

TUESDAY

Bulletproof Coffee, p. 57



Zucchini Nests with Eggs, p. 16



Beef and Peas Stir-Fry, p. 32



Baked Beef Salad with Arugula, p. 43

Cheese Cookies, p. 50



Salmon Fish with Leeks on Skewers, p. 65

Calories: 1980 kcal | Fats: 135 g | Protein: 160 g | Carbs: 22 g | Sugar: 10 g | Fiber: 6 g

WEDNESDAY

Avocado Smoothie, p. 57



Omelet with Green Beans, p. 17



Spicy Whitefish Fillet, Baked, p. 66



Chicken Fillet Salad with Spinach and Walnuts, p. 42

Spicy Quail, p. 35



Creme Brulee Dessert with Blueberries, p. 53

Calories: 1970 kcal | Fats: 138 g | Protein: 151 g | Carbs: 25 g | Sugar: 8 g | Fiber: 11 g

THURSDAY

Matcha with Coconut Cream, p. 58



Quiche with Salmon, Spinach, and Broccoli, p. 24



Juicy Fresh Pork Loin, p. 31



Cauliflower Bites with Parmesan, p. 46

Stuffed Mushrooms, p. 49



Seared Scallops with Green Vegetables, p. 66

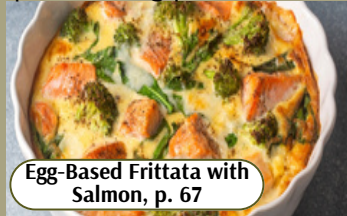
Calories: 1858 | Fats: 145 g | Protein: 114 g | Carbs: 27 g | Sugar: 8 g | Fiber: 8 g

FRIDAY

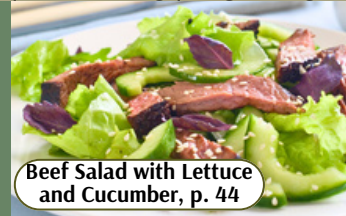
Keto Cocoa, p. 58



Beef Steak with Egg and Sauce, p. 18



Egg-Based Frittata with Salmon, p. 67



Beef Salad with Lettuce and Cucumber, p. 44

Stuffed Turkey Roll, p. 36



Roasted Avocado Pieces Wrapped in Bacon, p. 51

Calories: 1980 kcal | Fats: 134 g | Protein: 145 g | Carbs: 24 g | Sugar: 9 g | Fiber: 10 g

SATURDAY

Bulletproof Coffee, p. 57



Baked Avocado and Eggs, Bacon, and Green Onions, p. 19



Pieces of Fried Steak with Rosemary and Garlic, p. 31



Zucchini Noodles with Mozzarella, p. 45

Almond Cookies with Filling, p. 52



Baked Fish Dorado with Lemon and Fresh Salad, p. 68

Calories: 1975 kcal | Fats: 154 g | Protein: 119 g | Carbs: 35 g | Sugar: 11 g | Fiber: 16 g

# SHOPPING LIST

for Week 2

## Meat & Fish

- Chicken fillets, skinless 18.4 oz / 520 g
- Chicken liver 2.8 oz / 80 g
- Turkey breast fillet 21.2 oz / 600 g
- Pork loin 21.4 oz / 610 g
- Beef 10 oz / 285 g
- Beef steaks, boneless 12.6 oz / 360 g
- Beef sirloin 25.8 oz / 730 g
- Bacon strips 1.70 oz / 48 g
- Smoked salmon 10 oz / 300 g
- Sea scallops 16.5 oz / 470 g
- Tuna steaks 10.6 oz / 300 g
- Whitefish fillets 12 oz / 350 g
- Whole quails 18.3 oz / 520 g
- Whole dorado 21.16 oz / 600 g

## Eggs & Dairy

- Large eggs 24 pcs
- Quail eggs 4 pcs
- Cheddar cheese 6.2 oz / 175 g
- Mozzarella cheese 2.1 oz / 60 g
- Ricotta cheese 7 oz / 200 g
- Parmesan cheese 3.2 oz / 90 g
- Camembert cheese 2.65 oz / 75 g
- Cream cheese 1.5 oz / 40 g
- Heavy cream 11.3 oz / 320 g
- Unsalted butter 8.3 oz / 240 g
- Grass-fed butter 2 oz / 60 g

## Vegetables

- Zucchini 20.1 oz / 570 g
- Cucumber 8.8 oz / 250 g
- Red bell pepper 3 oz / 80 g
- White onion 5.6 oz / 160 g
- Red onion 1.06 oz / 30 g
- Garlic cloves 1.2 oz / 35 g
- Cherry tomatoes 6.33 oz / 180 g
- Green onion 0.2 oz / 6 g
- Green onion tops 0.7 oz / 20 g
- Broccoli florets 5 oz / 140 g
- Cauliflower florets 28.2 oz / 800 g
- Asparagus 3.5 oz / 100 g
- Lettuce leaves 1.76 oz / 50 g
- Iceberg lettuce leaves 4.2 oz / 120 g
- Spinach leaves 6.4 oz / 180 g
- Arugula leaves 1 oz / 30 g
- Mixed leafy greens 2.5 oz / 70 g
- Purple basil leaves 0.35 oz / 10 g
- Basil leaves, fresh 0.14 oz / 4 g

## Fruits

- Avocados 29.8 oz / 845 g

- Apricots 2.8 oz / 80 g
- Lemon juice 3.5 oz / 100 g
- Lemon zest 0.3 oz / 8 g
- Lime juice 1 oz / 30 g
- Lemon wedges 3.1 oz / 90 g
- Blueberries 1.1 oz / 30 g

## Nuts, Seeds & Dry Items

- Almond flour 10.6 oz / 300 g
- Almond paste 1.1 oz / 30 g
- Almond flakes 0.35 oz / 10 g
- Marzipan 1.1 oz / 30 g
- Walnuts 0.9 oz / 27 g
- Sesame seed mix 0.07 oz / 2 g
- White sesame seeds 0.28 oz / 8 g
- Erythritol 0.35 oz / 10 g

## Spices & Flavorings

- Olive oil 13.7 oz / 390 g
- Coconut cream 3 oz / 90 ml
- Vanilla extract 0.5 oz / 15 ml
- Vanilla powder 0.02 oz / 0.5 g
- Garlic powder 0.2 oz / 6 g
- Onion powder 0.02 oz / 0.5 g
- Smoked paprika 0.1 oz / 3 g
- Ground paprika 0.2 oz / 5 g
- Ground cumin 0.02 oz / 0.5 g
- Ground turmeric 0.02 oz / 0.5 g
- Ground coriander 0.02 oz / 0.5 g
- Ground ginger 0.04 oz / 1 g
- Ground nutmeg 0.02 oz / 0.5 g
- Ground white pepper 0.02 oz / 0.5 g
- Ground pink pepper 0.02 oz / 0.5 g
- Dried thyme 0.06 oz / 1.6 g
- Dried oregano 0.02 oz / 0.5 g
- Dried rosemary 0.01 oz / 0.3 g
- Stevia powder 0.04 oz / 1 g

## Liquids

- Unsweetened coconut milk 43.2 oz / 1280 ml
- White wine 0.3 oz / 10 ml
- Soy sauce 0.7 oz / 20 ml
- Freshly brewed coffee 32 oz / 960 ml

## Fresh Herbs

- Rosemary sprigs 0.08 oz / 2 g
- Thyme sprigs 0.07 oz / 2 g
- Fresh dill 0.07 oz / 2 g
- Fresh parsley 0.25 oz / 7 g
- Fresh mint leaves 0.04 oz / 1 g
- Fresh microgreens 0.5 oz / 15 g



# MEAL PLAN FOR WEEK 3

## LUNCH

## DINNER

SUNDAY

Avocado Smoothie, p. 57



Beef with Cucumber and Eggs, p. 19



Cheese Cookies with Sesame Seeds, p. 50

Apricot Tart with Cream, p. 54



Cauliflower Bites with Parmesan, p. 46



Baked Salmon Salad, p. 61

Calories: 1835 kcal | Fats: 135 g | Protein: 100 g | Carbs: 49 g | Sugar: 20 g | Fiber: 11 g

MONDAY

Keto Cocoa, p. 58



Chicken Fillet with Egg and Vegetables, p. 20



Chicken Breast Wrapped in Bacon, p. 50

Rhubarb Crumble, p. 56



Baked Chicken Drumsticks with Pesto Sauce, p. 38



Baked Zucchini with Cheese, p. 43

Calories: 1837 kcal | Fats: 133 g | Protein: 131 g | Carbs: 31 g | Sugar: 10 g | Fiber: 12 g

TUESDAY

Bulletproof Coffee, p. 57



Wild Salmon Fillet with Asparagus and Lemon, p. 21



Baked Egg with Vegetables, p. 49

Lemon Cheesecake Bars, p. 55



Aromatic Pork Ribs, p. 30



Chicken Fillet Salad with Spinach and Walnuts, p. 42

Calories: 1892 kcal | Fats: 136 g | Protein: 132 g | Carbs: 32 g | Sugar: 9 g | Fiber: 13 g

WEDNESDAY

Keto Cocoa, p. 58



Omelette with Spinach Leaves, p. 21



Roasted Avocado Pieces Wrapped in Bacon, p. 51

Baked Raspberry Muffins, p. 55



Veal Roll Stuffed with Herbs, p. 28



Warm Salad with Chicken Liver, p. 46

Calories: 1785 kcal | Fats: 136 g | Protein: 112 g | Carbs: 25 g | Sugar: 8 g | Fiber: 11 g

THURSDAY

Matcha with Coconut Cream, p. 58



Egg Rolls with Pastrami and Vegetables, p. 22



Julienne with Mushrooms, p. 51

Apricot Tart with Cream, p. 54



Grilled Squid with Fresh Salad, p. 63

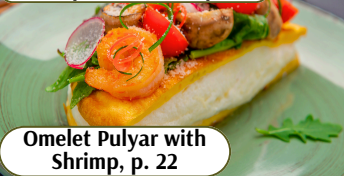


Beef Salad with Lettuce and Cucumber, p. 44

Calories: 1807 kcal | Fats: 102 g | Protein: 152 g | Carbs: 46 g | Sugar: 22 g | Fiber: 10 g

FRIDAY

Bulletproof Coffee, p. 57



Omelet Pulyar with Shrimp, p. 22



Stuffed Mushrooms, p. 49

Almond Cookies with Filling, p. 52



Chicken Fillet Salad with Spinach and Walnuts, p. 42



Rustic Chicken Terrine, p. 35

Calories: 1806 kcal | Fats: 133 g | Protein: 124 g | Carbs: 29 g | Sugar: 10 g | Fiber: 10 g

SATURDAY

Keto Cocoa, p. 58



Cheese Omelette with Shrimp, p. 23



Chicken Rolls with Cheese and Bacon, p. 48

Apricot with Camembert, p. 53



Roasted Beef with Arugula Salad, p. 26



Cauliflower Bites with Parmesan, p. 46

Calories: 1835 kcal | Fats: 140 g | Protein: 117 g | Carbs: 24 g | Sugar: 12 g | Fiber: 7 g

# SHOPPING LIST

for Week 3

## Meat & Fish

- Beef sirloin 17.9 oz / 506 g
- Beef steaks 32 oz / 900 g
- Veal 15 oz / 430 g
- Chicken breast 30.0 oz / 875 g
- Chicken drumsticks 12 oz / 340 g
- Chicken liver 14.1 oz / 400 g
- Ground chicken 8.8 oz / 250 g
- Pastrami slices 2.8 oz / 80 g
- Bacon strips 3.5 oz / 98 g
- Shrimp 3 oz / 85 g
- Medium shrimps 3.5 oz / 100 g
- Salmon fillet 5 oz / 145 g
- Wild salmon fillet (1/2) 8.8 oz / 250 g
- Squid 23 oz / 640 g

## Eggs & Dairy

- Large eggs 40 pcs
- Quail eggs 8 pcs
- Cheddar cheese 6.1 oz / 175 g
- Parmesan cheese 3.8 oz / 110 g
- Mozzarella cheese 0.5 oz / 14 g
- Soft goat cheese 1.8 oz / 50 g
- Cream cheese 8.5 oz / 240 g
- Camembert cheese 2.65 oz / 75 g
- Plain Greek yogurt 2.1 oz / 60 g
- Heavy cream (30–36%) 11.3 oz / 320 g
- Whole milk 2.2 oz / 62 g
- Unsalted butter 12.6 oz / 360 g
- Grass-fed butter 2 oz / 60 g

## Vegetables

- Cucumbers 15.9 oz / 450 g
- Cherry tomatoes 8.6 oz / 245 g
- Zucchini 23.1 oz / 655 g
- Bell peppers 6 oz / 170 g
- Cauliflower florets 28.2 oz / 800 g
- Asparagus spears 11.8 oz / 330 g
- Mushrooms 9.6 oz / 270 g
- Onion 7.2 oz / 205 g
- Red onion 0.7 oz / 20 g
- Garlic cloves 1.1 oz / 31 g
- Green onions + tops 2.2 oz / 62 g
- Leaf lettuce 2.8 oz / 80 g
- Iceberg lettuce leaves 4.2 oz / 120 g
- Swiss chard 0.7 oz / 20 g
- Arugula leaves 2 oz / 60 g
- Mixed salad leaves 7.7 oz / 210 g
- Purple basil leaves 0.35 oz / 10 g
- Radishes 2.8 oz / 80 g

## Fruits

- Avocados 20.6 oz / 585 g

- Lemon juice 2.8 oz / 80 g
- Lemon zest 0.2 oz / 6 g
- Lemon wedges 2.6 oz / 75 g
- Lime juice 1 oz / 30 g
- Orange juice 1 oz / 30 g
- Raspberries 3.2 oz / 90 g
- Apricots 5.6 oz / 160 g

## Nuts, Seeds & Dry Items

- Almond flour 13.3 oz / 376 g
- All-purpose flour 4.2 oz / 120 g
- Almond paste 1.1 oz / 30 g
- Almond flakes 0.35 oz / 10 g
- Marzipan 1.1 oz / 30 g
- Walnut 1.8 oz / 50 g
- Sesame seeds 3.85 oz / 110 g
- Sugar 1.8 oz / 50 g
- Erythritol 5.2 oz / 148 g

## Spices & Flavorings

- Olive oil 14.9 oz / 422 ml
- Coconut cream 2 oz / 60 ml
- Vanilla extract 0.6 oz / 17.5 ml
- Vanilla powder 0.02 oz / 0.5 g
- Baking powder 0.2 oz / 6 g
- Garlic powder 0.2 oz / 6 g
- Ground ginger 0.02 oz / 0.5 g
- Ground coriander 0.02 oz / 0.5 g
- Ground paprika 0.2 oz / 5 g
- Smoked paprika 0.3 oz / 8 g
- Ground thyme 0.1 oz / 3 g
- Dried thyme 0.02 oz / 0.5 g
- Dried oregano 0.02 oz / 0.5 g
- Ground nutmeg 0.02 oz / 0.5 g
- Ground white pepper 0.02 oz / 0.5 g

## Liquids

- Unsweetened coconut milk 43.2 oz / 1280 ml
- Unsweetened almond milk 1 oz / 30 ml
- Whole milk 2.2 oz / 62 g
- Dry white wine 1 oz / 30 ml
- Soy sauce 0.5 oz / 15 ml
- Pesto sauce 0.7 oz / 20 g
- Balsamic vinegar 0.6 oz / 18 g
- Freshly brewed coffee 32 oz / 960 ml

## Fresh Herbs

- Fresh basil leaves 0.6 oz / 17 g
- Fresh parsley 0.3 oz / 8 g
- Fresh dill 0.07 oz / 2 g
- Fresh mint leaves – for serving
- Microgreens 0.5 oz / 15 g



# MEAL PLAN FOR WEEK 4

## LUNCH

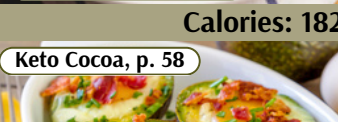
## DINNER

SUNDAY

Matcha with Coconut Cream, p. 58



Minced Pork with Basil and Chili, p. 23

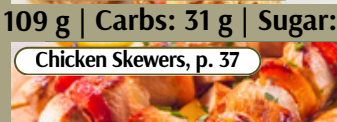


Rhubarb Crumble, p. 56

Stuffed Mushrooms, p. 49



Beef Rolls with Jalapeno Peppers and Cheese, p. 27



Beef Salad with Lettuce and Cucumber, p. 44

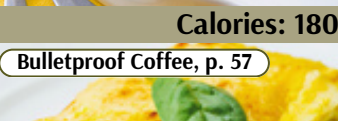
Calories: 1823 kcal | Fats: 129 g | Protein: 109 g | Carbs: 31 g | Sugar: 11 g | Fiber: 9 g

MONDAY

Keto Cocoa, p. 58



Baked Avocado and Eggs, Bacon, and Green Onions, p. 19



Baked Raspberry Muffins, p. 55

Chicken Skewers, p. 37



Chicken Breast Wrapped in Bacon, p. 50



Baked Zucchini with Cheese, p. 43

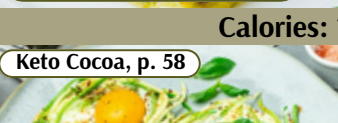
Calories: 1803 kcal | Fats: 128 g | Protein: 126 g | Carbs: 36 g | Sugar: 11 g | Fiber: 17 g

TUESDAY

Bulletproof Coffee, p. 57



Zucchini Lasagna with Ricotta and Spinach, p. 17

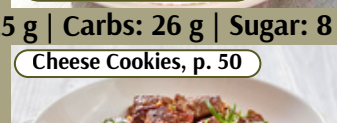


Lemon Cheesecake Bars, p. 55

Baked Shrimp with Sauce, p. 60



Baked Beef Salad with Arugula, p. 43



Roasted Avocado Pieces Wrapped in Bacon, p. 51

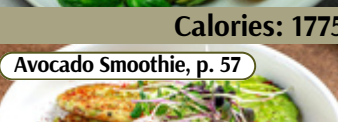
Calories: 1793 | Fats: 131 g | Protein: 125 g | Carbs: 26 g | Sugar: 8 g | Fiber: 8 g

WEDNESDAY

Keto Cocoa, p. 58



Zucchini Nests with Eggs, p. 16

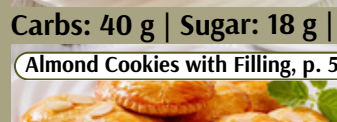


Apricot Tart with Almond Cream, p. 54

Cheese Cookies, p. 50



Pieces of Fried Steak with Rosemary and Garlic, p. 31



Zucchini Noodles with Mozzarella, p. 45

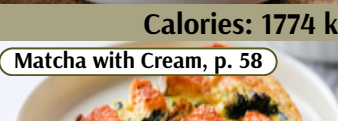
Calories: 1775 | Fats: 136 g | Protein: 98 g | Carbs: 40 g | Sugar: 18 g | Fiber: 9 g

THURSDAY

Avocado Smoothie, p. 57



Poached Eggs with Zucchini Pancakes, p. 24



Creme Brulee Dessert with Blueberries, p. 53

Almond Cookies with Filling, p. 52



Cauliflower Bites with Parmesan, p. 46



Salmon Fish Steak, and Fresh Vegetable Salad, p. 61

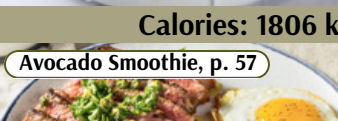
Calories: 1774 kcal | Fats: 142 g | Protein: 85 g | Carbs: 29 g | Sugar: 10 g | Fiber: 11 g

FRIDAY

Matcha with Cream, p. 58



Quiche with Salmon, Spinach, and Broccoli, p. 24

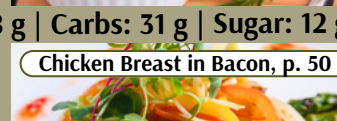


Apricot with Camembert, and Nut, p. 53

Baked Egg with Vegetables, p. 49



Chicken Cutlets, p. 37



Chicken Fillet Salad with Spinach and Walnuts, p. 42

Calories: 1806 kcal | Fats: 116 g | Protein: 148 g | Carbs: 31 g | Sugar: 12 g | Fiber: 11 g

SATURDAY

Avocado Smoothie, p. 57



Beef Steak with Egg and Sauce, p. 18

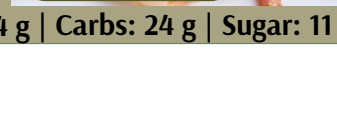


Almond Cookies with Filling, p. 52

Chicken Breast in Bacon, p. 50



Grilled Squid with Fresh Salad, p. 63



Cauliflower Bites with Parmesan, p. 46

Calories: 1800 kcal | Fats: 122 g | Protein: 144 g | Carbs: 24 g | Sugar: 11 g | Fiber: 8 g

# SHOPPING LIST

for Week 4

## Meat & Fish

- Beef steaks (boneless) 12.6 oz / 360 g
- Beef tenderloin 10.6 oz / 300 g
- Beef 10 oz / 285 g
- Ground beef (85% lean) 7 oz / 200 g
- Ground pork 7 oz / 200 g
- Ground chicken 16.1 oz / 460 g
- Chicken breast 39.9 oz / 1130 g
- Bacon slice 5.57 oz / 157 g
- Tuna steaks (skinless) 10.6 oz / 300 g
- Salmon fillet steaks 7 oz / 200 g
- Smoked salmon 6 oz / 180 g
- Squid 23 oz / 640 g
- Large shrimp 16 oz / 450 g

## Eggs & Dairy

- Large eggs 30 pcs
- Quail eggs 4 pcs
- Cheddar cheese 7.3 oz / 209 g
- Parmesan cheese 3.8 oz / 110 g
- Mozzarella cheese 2.6 oz / 74 g
- Ricotta cheese 7 oz / 200 g
- Cream cheese 8.5 oz / 240 g
- Camembert cheese 2.65 oz / 75 g
- Soft goat cheese 1.8 oz / 50 g
- Heavy cream (30–36%) 11.3 oz / 320 g
- Whole milk 2.2 oz / 62 g
- Unsalted butter 12.6 oz / 360 g
- Grass-fed butter 2 oz / 60 g

## Vegetables

- Zucchini 29.1 oz / 825 g
- Cauliflower florets 28.2 oz / 800 g
- Broccoli florets 3.2 oz / 90 g
- Cherry tomatoes 12.3 oz / 350 g
- Bell peppers 7 oz / 200 g
- Red bell pepper 1 oz / 30 g
- Jalapeño peppers 2.8 oz / 80 g
- Cucumber 8.1 oz / 230 g
- White mushrooms 9.2 oz / 260 g
- Asparagus spears 11.8 oz / 330 g
- Onion 5.3 oz / 150 g
- Garlic cloves 1.1 oz / 31 g
- Green onion 2.2 oz / 62 g
- Iceberg lettuce leaves 4.2 oz / 120 g
- Lettuce leaves 1 oz / 30 g
- Mixed salad greens 5.1 oz / 144 g
- Swiss chard 0.7 oz / 20 g
- Microgreens 0.7 oz / 20 g
- Tomato 2.5 oz / 70 g

## Fruits

- Avocados 19 oz / 535 g

- Lemon juice 3.5 oz / 100 g
- Lemon zest 0.3 oz / 9 g
- Lemon wedges 2.6 oz / 75 g
- Lime juice 1 oz / 30 g
- Blueberries 1.1 oz / 30 g
- Orange juice 1 oz / 30 g
- Apricots 5.6 oz / 160 g

## Nuts, Seeds & Dry Items

- Almond flour 13.3 oz / 376 g
- All-purpose flour 4.2 oz / 120 g
- Almond paste 1.1 oz / 30 g
- Almond flakes 0.35 oz / 10 g
- Marzipan 1.1 oz / 30 g
- Walnut 1.8 oz / 50 g
- Sesame seeds 3.15 oz / 90 g
- Sugar 1.8 oz / 50 g
- Erythritol 5.2 oz / 148 g

## Spices & Flavorings

- Olive oil 14.9 oz / 422 ml
- Coconut cream 2 oz / 60 ml
- Vanilla extract 0.6 oz / 17.5 ml
- Vanilla powder 0.02 oz / 0.5 g
- Baking powder 0.2 oz / 6 g
- Garlic powder 0.2 oz / 6 g
- Grated ginger 0.07 oz / 2 g
- Ground paprika 0.3 oz / 8 g
- Smoked paprika 0.3 oz / 8 g
- Ground cinnamon 0.04 oz / 1.2 g
- Ground turmeric 0.02 oz / 0.5 g
- Dried thyme 0.06 oz / 1.7 g
- Dried oregano 0.02 oz / 0.5 g
- Ground white pepper 0.02 oz / 0.6 g
- Crushed pink peppercorns 0.02 oz / 0.5 g
- Dried rosemary 0.01 oz / 0.3 g
- Rosemary sprigs 0.14 oz / 4 g

## Liquids

- Unsweetened coconut milk 43.2 oz / 1280 ml
- Unsweetened almond milk 1 oz / 30 ml
- Whole milk 2.2 oz / 62 g
- Dry white wine 1 oz / 30 ml
- Freshly brewed coffee 32 oz / 960 ml
- Balsamic glaze 0.7 oz / 20 g

## Fresh Herbs

- Arugula leaves 2 oz / 60 g
- Purple basil leaves 0.35 oz / 10 g
- Fresh basil leaves 0.28 oz / 8 g
- Fresh parsley 0.3 oz / 8 g
- Fresh dill 0.21 oz / 6 g



# Conclusion

## A JOURNEY THAT STARTS IN YOUR KITCHEN



### THIS IS JUST THE BEGINNING

We've reached the final page, but this is just the beginning. We've explored how a keto lifestyle, combined with the convenience of the air fryer, can transform your kitchen routine and bring new energy to your everyday meals. The idea was never about following rules – it was about creating a rhythm that fits, supports, and adapts.

### A ROUTINE THAT FITS INTO LIFE

**Planning, shopping, and cooking don't need to take over the day.** With just a few moments of weekly focus, it becomes easier to prepare ahead, choose meals that match your schedule, and even spot patterns that help you refine your plan.

**Whether you're here for weight balance, energy, or clarity of mind, this approach offers tools that can quietly work in your favor.**

Your favorite air fryer, a few trusted containers, and an outlet you know by heart – these are small helpers that reduce friction and make the process more intuitive.

**A keto-friendly air-fryer menu brings more than convenience.** Let that be part of the journey, and let your curiosity lead the way.

### LISTENING TO YOUR RHYTHM

There's no one way to eat well. That's why this plan is flexible: each week offers variety, and each recipe invites adjustments. **The Mediterranean section** adds another layer of inspiration, featuring bright flavors and plant-forward options that cater to keto preferences.

**You're invited to take what works, skip what doesn't, and shape the flow to your own needs.**

No matter how your week unfolds, returning to meals that feel right – in terms of flavor and timing – is one of the most sustainable ways to care for your body.

### OPEN THE DOOR TO TRYING SOMETHING NEW

Some days will feel aligned and easy. Others may feel scattered. That's part of any change.

- **Progress happens in the consistent repetition of small, deliberate steps.**
- **If you occasionally miss a meal or go off-plan, there's absolutely no need for guilt.**
- **One well-timed dinner can restore the rhythm.**
- **This book is a collection of strategies to try, keep, or reshape as needed.**

I hope this book becomes a quiet presence in your kitchen – a reminder that nourishment can be simple, steady, and kind.

*To your health and happiness,  
Dr. Elena Marini*

Tools