Bariatric Air Fryer Cookbook

for Beginners

Iris Kennedy









Easy, High-Protein,
and Portion-Controlled Recipes
for Gastric Sleeve and Bypass Patients

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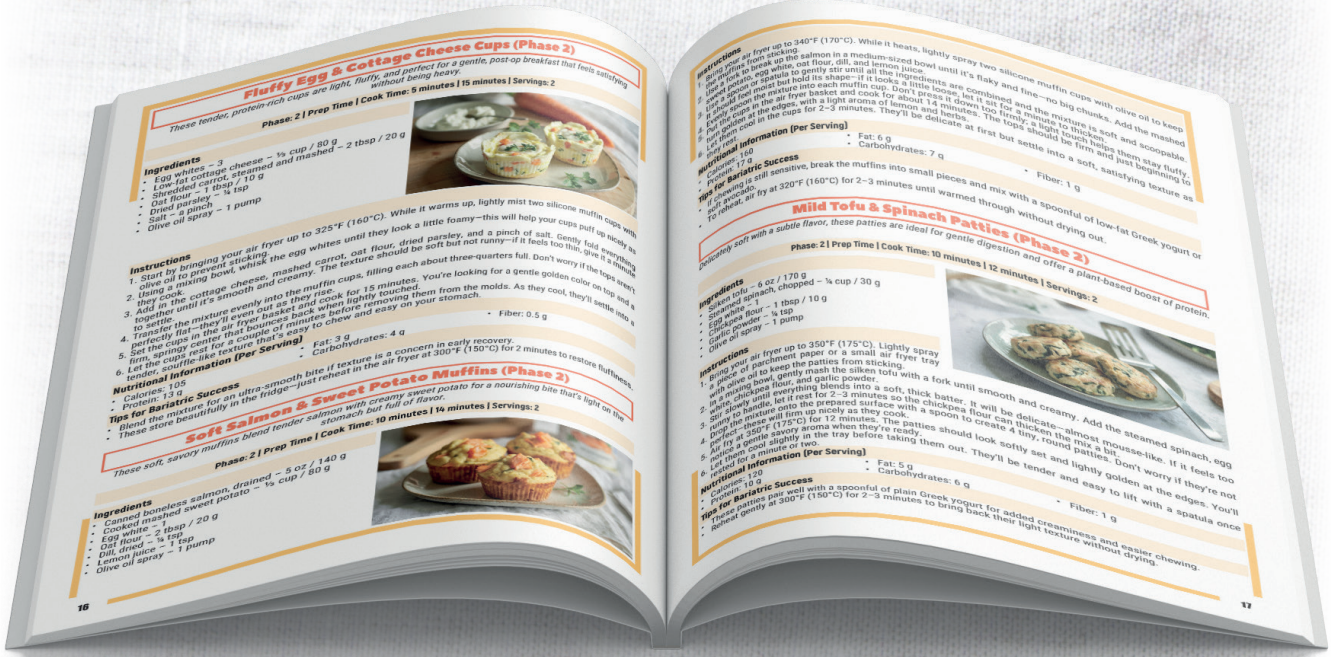
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Before we dive into the details, take a look at how simple and delicious your journey can be!



100 Bariatric Air Fryer Recipes



Inside, you'll find a QR code that gives you instant access to a **Bonus recipes** and complete **8-week recovery meal plan**. Just download them to your phone, and you'll always have a convenient guide for the store.

BONUS Recipes & Meal Plan

Introduction

Adjusting to life after bariatric surgery is a powerful, often emotional process—and one of the most immediate questions that arises is: *What can I eat now?* Finding meals that are safe, satisfying, and enjoyable shouldn't feel like another obstacle. That's where this cookbook comes in.

This isn't just a collection of recipes. It's a lifeline for anyone navigating the early stages of post-surgery recovery or establishing healthier eating patterns for the long haul. Whether you're just entering Phase 2 or steadily building new habits months down the line, this book is here to make each meal easier, smarter, and more enjoyable.

- **100 recipes designed for Phases 2 to 4**, thoughtfully aligned with bariatric nutritional needs
- **Protein-forward meals** that support healing, keep you full, and taste great
- **Easy air fryer meals** made with minimal oil and whole ingredients you already know
- **Quick, approachable prep** for those who want nourishing food without spending hours in the kitchen
- **Options for every meal and craving**—from breakfast to dinner, with snacks, sides, and bonus ideas to keep things interesting

Rooted in proven bariatric guidelines and real post-op experience, this book blends expert advice with everyday practicality. The recipes go beyond theory—they translate nutritional strategy into satisfying, real-world meals. You won't find guesswork here, only food that supports your progress.

Recipes are grouped by meal type, not by phase. This lets you shop, cook, and plan based on your daily rhythm rather than rigid stages. Each recipe is clearly marked for the appropriate recovery phase—2, 3, or 4—so you'll always know what's safe to try. From poultry and fish to vegetarian options and snacks, you'll find balanced, phase-friendly meals across every section.

This book isn't just about following rules—it's about reclaiming comfort, ease, and joy in the kitchen. With your air fryer as a powerful tool, and these recipes as your guide, you'll discover that healing can be flavorful, confidence-building, and even fun.

Let's turn recovery into something delicious. You're ready—and this book is here to help you thrive.

1. A Fresh Start: Demystifying Bariatric Surgery and the Road Ahead

Imagine giving your digestive system a new blueprint—one that's designed not just to help you lose weight, but to radically transform your health. That's the core of bariatric surgery. Rather than offering a temporary fix, it reconfigures how your body handles food, creating a foundation for lasting change. But what does that journey really look like?

The Science Behind the Transformation

At its essence, bariatric surgery reshapes the way food moves through your body. Depending on the type of procedure, it might limit how much your stomach can hold or alter how your small intestine absorbs nutrients. Either way, the purpose is clear: reduce caloric intake and support sustainable weight loss, while addressing chronic conditions like high blood pressure, type 2 diabetes, and sleep disturbances.

But let's be clear—this isn't just about shedding pounds. It's about gaining health. And that requires more than surgery. It demands commitment, learning, and a new relationship with eating.

Life After Surgery: A New Nutritional Mindset

After surgery, your body won't handle food the same way it used to. Your meals will be smaller, yes—but also more intentional. Think of it this way: with l less room in your stomach, every bite needs to count. That means prioritizing high-protein, low-sugar, low-fat foods. You'll chew more thoroughly, eat more slowly, and pay closer attention to the subtle cues your body gives when it's satisfied.

And let's talk hydration. You'll need to rethink how and when you drink fluids. No more sipping with meals. Instead, you'll build a habit of drinking water between eating times—steadily, throughout the day—to stay nourished without compromising digestion.

Beyond the Plate: Physical and Emotional Shifts

Surgery is only the beginning. Maintaining your progress calls for daily movement, consistent vitamin intake, and a serious shift in mindset. Many people are surprised to discover how emotional their attachment to food has been. It takes time and compassion to retrain those instincts.

That's where practical tools—like carefully designed cookbooks and structured meal plans—come in. They provide clarity, confidence, and simplicity when everything else feels new.

Procedures at a Glance

Though there are multiple surgical paths, two stand out for their effectiveness and popularity:

Sleeve Gastrectomy (Gastric Sleeve)

This surgery removes the majority of the stomach, leaving a narrow, sleeve-like pouch. With less space and reduced hunger hormone production, satiety comes quicker. It's a straightforward option with powerful outcomes.

Roux-en-Y Gastric Bypass

Here, the surgeon crafts a small stomach pouch and reroutes part of your intestines. It reduces both food intake and the absorption of nutrients. This method is especially beneficial for those managing obesity-related metabolic issues, but it requires strict, lifelong nutritional monitoring.

Other procedures—like adjustable gastric banding or the duodenal switch—exist, though they're less commonly performed today. Whichever route is chosen, the destination remains the same: a healthier, more empowered version of you.

2. Why the First Weeks After Bariatric Surgery Shape Everything That Follows

In the weeks after bariatric surgery, your body is undergoing far more than visible weight loss—it's adjusting on a cellular level. Organs are healing, digestion is recalibrating, and your mind is forming brand-new habits around food. This early period, especially the first 10 weeks, sets the pace for your long-term success. Think of it as laying the groundwork for a house: every healthy choice now helps build a stable structure for the future.

A Delicate Reset: Why Timing Matters

Right after surgery, your digestive system becomes extremely sensitive. You'll move through structured stages—from clear liquids to puréed foods, soft textures, and eventually solids. Each stage is like a gentle stepping stone, giving your stomach time to recover while teaching it to function with a smaller capacity.

Rushing through these stages, skipping steps, or testing foods too soon can have real consequences. Not only does it risk nausea or discomfort, but it can also slow healing or cause complications that interrupt your progress. This is a time to be patient, purposeful, and protective of your health.

Protein First, Always

After surgery, food becomes medicine. And protein is the most essential part of your daily dose. Whether you're healing tissues, preventing muscle loss, or staying energized, protein is key to everything your body needs right now.

But here's the challenge: your meals are tiny. At first, you may only be able to tolerate two or three spoonfuls at a time. That's why every bite has to count. Prioritizing high-quality protein (and not filling up on empty or sugary foods) ensures your body gets what it needs—even in small quantities.

Nutrient Absorption: Less Is More—Literally

Depending on your specific surgery, your digestive tract may no longer absorb nutrients as efficiently. That's why vitamin supplementation and nutrient-dense meals become non-negotiable. You're not just eating less—you're absorbing less—so each meal must be rich in purpose.

Meals low in fat and sugar, but high in protein and moisture, are your best allies in this phase. They're easier to digest, less likely to irritate your new stomach, and more likely to fuel your recovery.

When One Bite Is Too Much

The idea that "a little won't hurt" simply doesn't apply in the early post-op phase. Foods that once seemed harmless—like a piece of toast or a few fries—can now cause vomiting, acid reflux, or worse. Especially risky are:

- Fried or greasy items
- Foods high in added sugar
- Tough, dry meats or dense carbs
- High-fiber vegetables too early

For those who've had a gastric bypass, early indulgences can also trigger dumping syndrome—a rapid, unpleasant cascade of nausea, cramps, dizziness, and diarrhea caused by sugar or fat entering the intestine too quickly.

Recovery-Ready Eating

This is where having the right guidance becomes invaluable. The recipes in this book are carefully crafted to match your stage of recovery. Each one emphasizes portion control, healing-friendly ingredients, and the textures your body can handle. No guesswork. No strain on your system. Just thoughtfully prepared meals that meet your body where it is—and help it move forward.

Because this isn't just a cookbook. It's part of your healing toolkit. And these first few weeks? They're your most powerful opportunity to set the tone for a lifetime of wellness.

3. Why the Air Fryer Is a Game-Changer After Bariatric Surgery

Think of the air fryer as your post-op personal chef—one that's fast, gentle on your healing stomach, and remarkably good at turning wholesome ingredients into satisfying meals. After weight loss surgery, your digestive system is sensitive, your portions are small, and your nutritional needs are precise. The air fryer fits perfectly into this new rhythm, making it simple to stay on track without giving up the comfort of delicious food.

Crispy Without the Consequences

One of the first things many people miss after surgery is the satisfying crunch of roasted or fried foods. Traditional frying is off the table—too much oil can lead to nausea, bloating, and setbacks in your weight loss journey. But with the air fryer, you can reclaim that crispy texture using only a light mist of oil—or none at all.

From crisped chickpeas to golden-brown chicken, the air fryer mimics the texture of fried food without the digestive consequences. It lets you enjoy familiar flavors in a safer, lighter way that aligns with your new dietary needs.

Ideal for Quick, Small-Scale Meals

When you're eating smaller portions more frequently, traditional cooking methods can feel inefficient. Why preheat a full-size oven for one tiny meal? The air fryer skips the wait, preheating in seconds and cooking food evenly in a fraction of the time.

Whether you're whipping up two meatballs, reheating a portion of cauliflower mash, or cooking a single salmon fillet, the air fryer shines. It's low effort, low mess, and low energy—perfect for recovery days when you need simplicity without compromise.

Built-In Portion Control, Moisture Retention, and Comfort

One of the biggest challenges in post-op cooking is getting food that's both easy to digest and satisfying to eat. Dry, tough, or overly fibrous foods can be uncomfortable—or even risky—in the early phases of healing. Thankfully, the air fryer excels at locking in moisture, especially when you cook at lower temperatures or use parchment liners.

And here's a bonus: the size of the air fryer basket naturally encourages moderation. It's not designed for oversized portions, which helps reinforce mindful eating. You can easily prepare a single serving—or two smaller ones—and feel confident you're not overdoing it.

More Than a Kitchen Tool—A Lifeline for Recovery

The air fryer isn't just convenient. It's a supportive tool for rebuilding your relationship with food. It enables you to create meals that are flavorful, safe, and suited to your new way of eating—without relying on processed shortcuts or exhausting prep.

In the weeks and months ahead, having an appliance that simplifies healthy cooking can make all the difference. The air fryer meets you where you are and helps you stay consistent, comfortable, and well-nourished—one crisp, healing bite at a time.

4. Navigating This Cookbook: Your Guide to Healing, Eating, and Enjoying Again

Bariatric surgery reshapes more than your stomach—it reshapes how you relate to food. Suddenly, the act of eating becomes something intentional, measured, and deeply personal. This cookbook was created to be your everyday ally during that transition, offering simple, satisfying meals without confusion or complication.

Rather than presenting your recovery like a rigid checklist, we've built this book to flow with your life: meals that match your cravings, ingredients that respect your body, and labels that gently guide you toward what's safe.

Meals First, Phases Second

Instead of dividing recipes by healing stage, we've laid them out by how you actually live: breakfast, lunch, dinner, snacks. That way, if you wake up craving something warm and savory, or need a quick protein-packed dinner, you can find it fast—then check the phase label to see if it aligns with where you are in recovery.

We know that no two bodies heal at the same pace. By separating meals by type, not timeline, you get freedom of choice without sacrificing safety.

Clear Phase Guidance on Every Recipe

Each dish includes a visual tag showing which phase it belongs to, so you don't have to memorize dietary rules or cross-reference charts. Here's what you'll see:

- **Phase 2**: Smooth puréed meals (Weeks 3–4)
- **Phase 3**: Soft-textured foods (Weeks 5–6)
- **Phase 4**: Tender regular foods (Weeks 7–10)

Recipes for Phase 1 (liquids only) aren't included here because this cookbook centers on air fryer meals—and the air fryer isn't suitable for the liquid-only stage. We pick up at Phase 2, when solid food is cautiously reintroduced in a soft, safe form.

Ingredients That Belong in Your Grocery Cart—Not a Health Store

You won't find ingredients in here that require a trip across town or a Google search to decipher. Everything has been developed using common foods you already recognize: ground meats, soft vegetables, eggs, tofu, yogurt, and pantry basics.

These aren't gourmet meals—they're everyday recipes made from real food, for real people, in real kitchens. You'll never need fancy gadgets or rare superfoods to make something delicious and appropriate for your recovery.

Built for Nutrition, Tuned for Your New Needs

After surgery, nutrition becomes a science of precision. You have to eat less, but absorb more. That's why every recipe is crafted with these priorities:

- **Lean protein first** to help your body rebuild and stay satisfied
- **Low sugar, low fat** to prevent digestive distress or blood sugar swings
- **Tender, moist textures** that are easier on your healing stomach
- **Balanced carbs and modest portions** designed for your smaller capacity

Each meal yields two small servings—perfect for your new appetite. And because you're cooking it yourself, you'll know exactly what's on your plate, every time.

5. Your Post-Surgery Eating Plan: A Gentle, Four-Step Return to Nourishment

The first ten weeks after bariatric surgery mark one of the most important nutritional transitions of your life. During this time, your body isn't just healing physically—it's learning to accept food in a completely new way. What you eat, how you eat, and even how you feel about food will shift dramatically.

This phase-based roadmap is designed to support that journey with care, structure, and clarity. Each phase builds on the last, slowly guiding you back toward eating real, satisfying meals—safely and sustainably.

Phase One: Clear and Full Liquids (Weeks 1–2)

➡️ **Why it matters:**

Your newly reshaped stomach needs time to rest and heal. Solid foods are off the table for now—literally. The goal here is simple: stay hydrated and begin introducing protein in liquid form.

➡️ **What to expect:**

Only thin, strainable liquids are allowed. Think broth, clear protein drinks, electrolyte fluids, and herbal tea. Creamy textures, caffeine, carbonation, and sugar are not tolerated and can cause discomfort or setbacks.

✅ **Pro tips:**

- Sip slowly throughout the day—no gulping
- Prioritize clear, high-protein fluids
- Skip the air fryer for now—this phase is 100% liquid

Phase Two: Puréed Nutrition (Weeks 3–4)

➡️ **Why it matters:**

Now your stomach is ready for soft, blended food. This is your first chance to get real nutrition from real ingredients—gently.

➡️ **What to expect:**

All food should be the consistency of applesauce or smooth mashed potatoes. Meals are small, protein-rich, and easy to digest. No lumps, chunks, or textures that require chewing.

✅ **Pro tips:**

- Introduce one food at a time to test for tolerance
- Keep meals tiny and eat very slowly
- The air fryer can help gently roast or steam ingredients before blending

Phase Three: Soft Solids (Weeks 5–6)

➡️ **Why it matters:**

Your pouch is ready to chew again! This phase reintroduces the sensation of eating while still being very gentle on your digestive system.

➡️ **What to expect:**

Foods should be moist, tender, and require minimal chewing. Moisture is essential—dry or dense foods can feel uncomfortable or even get stuck.

✅ **Pro tips:**

- Chew each bite 20–30 times
- Stop the moment you feel full
- The air fryer becomes helpful here—use it to lightly cook foods without drying them out

Phase Four: Regular Foods, Mindful Portions (Weeks 7–10)

➡️ **Why it matters:**

By this point, you're establishing the habits that will carry you into the long term. Your body is ready for a broader range of foods—as long as they're prepared with care.

➡️ **What to expect:**

Foods can now have more texture, though crunchy, dry, or fibrous ingredients should still be approached with caution. You'll begin to discover what your new stomach can tolerate as you settle into your new rhythm.

✅ **Pro tips:**

- Stick to small portions, rich in protein and low in added sugars and fats
- Eat slowly, with full attention on your body's cues
- The air fryer becomes a daily tool—great for tender proteins, soft vegetables, and moisture-rich meals

Transitioning Thoughtfully Between Phases

Your recovery path is personal, and the pace will differ from others. That's why each phase should be approached with care—and only after your medical team gives you the go-ahead.

➡️ **To transition safely:**

- Always wait for medical approval before progressing
- Add one new food at a time, noting how your body responds
- Avoid multitasking while eating—be fully present to detect early signs of fullness
- Don't drink with meals. Wait at least 30 minutes before or after eating to hydrate

These first ten weeks aren't just about recovery—they're your launchpad into a whole new way of living. Take it slow, stay tuned into your body, trust the process, and celebrate every small win along the way.

Ready to begin? Let's do this!

Chapter 1: Breakfast Recipes







Creamy Turkey & Zucchini Breakfast Bites (Phase 2)

Soft and satisfying, these protein-packed bites offer a gentle start to the day with a creamy interior and lightly crisp edges.

Phase: 2 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Ground turkey – 6 oz / 170 g
- Zucchini, peeled and finely grated – ¼ cup / 30 g
- Egg white – 1
- Ricotta cheese – 2 tbsp / 30 g
- Oat flour – 1 tbsp / 10 g
- Garlic powder – ¼ tsp
- Salt – a pinch (optional)
- Olive oil spray – 1 pump



Instructions

1. Bring the air fryer up to 350°F (175°C) for a few minutes as you get the mixture ready.
2. In a medium-sized bowl, gently combine the ground turkey, grated zucchini, egg white, ricotta, oat flour, garlic powder, and, if using, a pinch of salt. Use a fork or your hands to mix just until everything is evenly blended—don't overwork it or the texture can toughen.
3. Let the mixture rest for 2–3 minutes. This allows the oat flour to absorb moisture and helps everything hold together better.
4. Lightly spray your hands with olive oil and shape the mixture into 8 small, round bites about the size of a walnut.
5. Place them in a single layer in your air fryer basket, making sure there's space between each one. Mist the tops with olive oil spray.
6. Cook at 350°F (175°C) for 12 minutes, flipping gently at the halfway point. They should be lightly golden on the outside and fully cooked through—juices should run clear when pierced.
7. Let them cool for a couple of minutes before serving. The centers will continue to firm up a little as they rest.

Nutritional Information (Per Serving)

- Calories: 165
- Protein: 22 g
- Fat: 6 g
- Carbohydrates: 4 g
- Fiber: 0.5 g

Tips for Bariatric Success

- For easier chewing, mash lightly with a fork or pair with a spoonful of unsweetened Greek yogurt.
- Reheat leftovers in the air fryer at 320°F for 2–3 minutes to bring back the crisp edges without drying them out.

Fluffy Egg & Cottage Cheese Cups (Phase 2)

These tender, protein-rich cups are light, fluffy, and perfect for a gentle, post-op breakfast that feels satisfying without being heavy.

Phase: 2 | Prep Time: 5 minutes | Cook Time: 15 minutes | Servings: 2

Ingredients

- Egg whites – 3
- Low-fat cottage cheese – ⅓ cup / 80 g
- Shredded carrot, steamed and mashed – 2 tbsp / 20 g
- Oat flour – 1 tbsp / 10 g
- Dried parsley – ¼ tsp
- Salt – a pinch
- Olive oil spray – 1 pump



Instructions

1. Start by bringing your air fryer up to 325°F (160°C). While it warms up, lightly mist two silicone muffin cups with olive oil to prevent sticking.
2. Using a mixing bowl, whisk the egg whites until they look a little foamy—this will help your cups puff up nicely as they cook.
3. Add in the cottage cheese, mashed carrot, oat flour, dried parsley, and a pinch of salt. Gently fold everything together until it's smooth and creamy. The texture should be soft but not runny—if it feels too thin, give it a minute to settle.
4. Transfer the mixture evenly into the muffin cups, filling each about three-quarters full. Don't worry if the tops aren't perfectly flat—they'll even out as they rise.
5. Set the cups in the air fryer basket and cook for 15 minutes. You're looking for a gentle golden color on top and a firm, springy center that bounces back when lightly touched.
6. Let the cups rest for a couple of minutes before removing them from the molds. As they cool, they'll settle into a tender, souffle-like texture that's easy to chew and easy on your stomach.

Nutritional Information (Per Serving)

- Calories: 105
- Protein: 13 g
- Fat: 3 g
- Carbohydrates: 4 g
- Fiber: 0.5 g

Tips for Bariatric Success

- Blend the mixture for an ultra-smooth bite if texture is a concern in early recovery.
- These store beautifully in the fridge—just reheat in the air fryer at 300°F (150°C) for 2 minutes to restore fluffiness.

Soft Salmon & Sweet Potato Muffins (Phase 2)

These soft, savory muffins blend tender salmon with creamy sweet potato for a nourishing bite that's light on the stomach but full of flavor.

Phase: 2 | Prep Time: 10 minutes | Cook Time: 14 minutes | Servings: 2

Ingredients

- Canned boneless salmon, drained – 5 oz / 140 g
- Cooked mashed sweet potato – ⅓ cup / 80 g
- Egg white – 1
- Oat flour – 2 tbsp / 20 g
- Dill, dried – ¼ tsp
- Lemon juice – 1 tsp
- Olive oil spray – 1 pump



Instructions

1. Bring your air fryer up to 340°F (170°C). While it heats, lightly spray two silicone muffin cups with olive oil to keep the muffins from sticking.
2. Use a fork to break up the salmon in a medium-sized bowl until it's flaky and fine—no big chunks. Add the mashed sweet potato, egg white, oat flour, dill, and lemon juice.
3. Use a spoon or spatula to gently stir until all the ingredients are combined and the mixture is soft and scoopable. It should feel moist but hold its shape—if it looks a little loose, let it sit for a minute to thicken.
4. Evenly spoon the mixture into each muffin cup. Don't press it down too firmly; a light touch helps them stay fluffy.
5. Put the cups in the air fryer basket and cook for about 14 minutes. The tops should be firm and just beginning to turn golden at the edges, with a light aroma of lemon and herbs.
6. Let them cool in the cups for 2–3 minutes. They'll be delicate at first but settle into a soft, satisfying texture as they rest.

Nutritional Information (Per Serving)

- Calories: 160
- Fat: 6 g
- Fiber: 1 g
- Protein: 17 g
- Carbohydrates: 7 g

Tips for Bariatric Success

- If chewing is still sensitive, break the muffins into small pieces and mix with a spoonful of low-fat Greek yogurt or soft avocado.
- To reheat, air fry at 320°F (160°C) for 2–3 minutes until warmed through without drying out.

Mild Tofu & Spinach Patties (Phase 2)

Delicately soft with a subtle flavor, these patties are ideal for gentle digestion and offer a plant-based boost of protein.

Phase: 2 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Silken tofu – 6 oz / 170 g
- Steamed spinach, chopped – ¼ cup / 30 g
- Egg white – 1
- Chickpea flour – 1 tbsp / 10 g
- Garlic powder – ¼ tsp
- Olive oil spray – 1 pump



Instructions

1. Bring your air fryer up to 350°F (175°C). Lightly spray a piece of parchment paper or a small air fryer tray with olive oil to keep the patties from sticking.
2. In a mixing bowl, gently mash the silken tofu with a fork until smooth and creamy. Add the steamed spinach, egg white, chickpea flour, and garlic powder.
3. Stir slowly until everything blends into a soft, thick batter. It will be delicate—almost mousse-like. If it feels too runny to handle, let it rest for 2–3 minutes so the chickpea flour can thicken the mix a bit.
4. Drop the mixture onto the prepared surface with a spoon to create 4 tiny, round patties. Don't worry if they're not perfect—these will firm up nicely as they cook.
5. Air fry at 350°F (175°C) for 12 minutes. The patties should look softly set and lightly golden at the edges. You'll notice a gentle savory aroma when they're ready.
6. Let them cool slightly in the tray before taking them out. They'll be tender and easy to lift with a spatula once rested for a minute or two.

Nutritional Information (Per Serving)

- Calories: 120
- Fat: 5 g
- Fiber: 1 g
- Protein: 10 g
- Carbohydrates: 6 g

Tips for Bariatric Success

- These patties pair well with a spoonful of plain Greek yogurt for added creaminess and easier chewing.
- Reheat gently at 300°F (150°C) for 2–3 minutes to bring back their light texture without drying.

Soft Chicken & Carrot Mash Cakes (Phase 2)

Tender and mild, these mash cakes combine lean chicken and soft carrot for a protein-rich, easy-to-chew meal that's gentle on healing stomachs.

Phase: 2 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Cooked ground chicken, finely mashed – 6 oz / 170 g
- Cooked carrot, mashed – ¼ cup / 30 g
- Egg white – 1
- Oat flour – 1 tbsp / 10 g
- Onion powder – ¼ tsp
- Olive oil spray – 1 pump



Instructions

1. Bring your air fryer up to 350°F (175°C). Line the basket with parchment or use a small tray, then lightly mist it with olive oil spray.
2. In a medium bowl, combine the mashed ground chicken and carrot. Stir in the egg white, oat flour, and onion powder until you have a smooth, soft mixture. It should be thick enough to scoop but still moist—like soft mashed potatoes.
3. Let the mixture sit for 1–2 minutes. This helps the oat flour absorb moisture and gives the cakes a better hold during cooking.
4. With lightly oiled hands or a spoon, shape the mixture into 4 small, round patties. Don't press too hard—they'll cook more evenly if kept light and airy.
5. Place the patties in the air fryer basket, spacing them out so air can circulate. Mist the tops with a quick spray of olive oil.
6. Air fry for 12 minutes, flipping gently at the halfway mark. They should be lightly golden on the outside and fully set in the center. The aroma will be savory and slightly sweet from the carrot.
7. Let rest for 2 minutes before serving—they'll become a little firmer as they cool, making them easier to lift and chew.

Nutritional Information (Per Serving)

- Calories: 145
- Protein: 20 g
- Fat: 5 g
- Carbohydrates: 3 g
- Fiber: 0.5 g

Tips for Bariatric Success

- For added moisture, serve with a spoonful of no-salt broth or plain low-fat yogurt.
- Reheat in your air fryer at 320°F (160°C) for 2–3 minutes to maintain the soft texture without over-drying.

Ricotta Pumpkin Protein Cups (Phase 2)

Creamy, lightly spiced, and packed with gentle protein, these soft cups are a comforting way to start the day—or wind it down.

Phase: 2 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Pumpkin purée, unsweetened – ⅓ cup / 80 g
- Ricotta cheese – ¼ cup / 60 g
- Egg white – 1
- Unflavored whey protein powder – 1 tbsp / 10 g
- Oat flour – 1 tbsp / 10 g
- Cinnamon – ⅛ tsp
- Olive oil spray – 1 pump



Instructions

1. Bring your air fryer up to 325°F (160°C). Lightly spray two silicone muffin cups with olive oil to help with easy release.
2. In a small bowl, combine the pumpkin purée, ricotta, egg white, protein powder, oat flour, and cinnamon. Gently stir until the mixture becomes creamy and smooth—it should feel like a thick yogurt.
3. Let it rest for 1–2 minutes. This gives the oat flour and protein powder a chance to settle and thicken the batter slightly.
4. Divide the mixture between the muffin cups. They'll rise just a bit, so fill them about ¾ of the way.
5. Place the cups in your air fryer basket and cook at 325°F (160°C) for 14 minutes. The tops should look set and slightly puffed, with a faint golden hue and the warm scent of cinnamon.
6. Let the cups rest for 3 minutes before removing. They'll continue to firm up as they cool and will slide out more easily when slightly cooled.

Nutritional Information (Per Serving)

- Calories: 120
- Fat: 4.5 g
- Fiber: 1 g
- Protein: 12 g
- Carbohydrates: 5 g

Tips for Bariatric Success

- If you'd like a smoother texture, blend all ingredients before baking for an extra silky finish.
- Reheat in your air fryer at 300°F (150°C) for 2 minutes to restore the warm, creamy texture.

Mashed Lentil & Zucchini Patties (Phase 2)

Soft and earthy with a hint of cumin, these gentle patties are a perfect plant-based option for early healing stages—nourishing, moist, and easy to chew.

Phase: 2 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Cooked red lentils, very soft – ½ cup / 100 g
- Zucchini, steamed and mashed – ¼ cup / 30 g
- Egg white – 1
- Oat flour – 2 tbsp / 20 g
- Cumin – ⅛ tsp
- Olive oil spray – 1 pump



Instructions

1. Bring your air fryer up to 350°F (175°C). Line the basket with parchment or use a small tray, then mist it lightly with olive oil spray.
2. In a bowl, gently stir together the soft lentils and mashed zucchini. Add the egg white, oat flour, and cumin. Mix until the texture is thick and smooth, almost like hummus with a little body.
3. Let it sit for a couple of minutes—this short rest allows the oat flour to absorb some moisture, making the patties easier to form.
4. Using a spoon or damp hands, shape the mixture into 4 small patties. They'll feel soft and delicate—just nudge them into shape without pressing too hard.
5. Place them in the air fryer basket and give the tops a light mist of olive oil spray.
6. Cook at 350°F (175°C) for about 12 minutes. While the inside remains soft and creamy, the edges should gradually firm up and turn a light golden color. You'll smell the warm, nutty cumin as they finish cooking.
7. Allow the patties to cool for 2–3 minutes before lifting. They'll hold together much better once they've had a moment to settle.

Nutritional Information (Per Serving)

- Calories: 135
- Fat: 3 g
- Fiber: 4 g
- Protein: 9 g
- Carbohydrates: 16 g

Tips for Bariatric Success

- For an even softer texture, mash the lentils and zucchini together before mixing.
- Reheat in your air fryer at 300°F (150°C) for 2 minutes to keep them moist and tender.

Banana Oat Protein Cakes (Phase 2)

Naturally sweet and warmly spiced, these soft little cakes offer a comforting boost of protein with the familiar flavor of banana bread—perfect for a gentle morning meal.

Phase: 2 | Prep Time: 5 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Mashed ripe banana – ⅓ cup / 80 g
- Egg white – 1
- Vanilla whey protein powder, unsweetened – 2 tbsp / 15 g
- Oat flour – 1 tbsp / 10 g
- Cinnamon – ⅛ tsp
- Olive oil spray – 1 pump



Instructions

1. Bring your air fryer up to 325°F (160°C). Lightly mist two silicone muffin cups with olive oil spray to prevent sticking.
2. In a small-sized bowl, combine the mashed banana and egg white. Stir until smooth and creamy—there should be no large banana chunks.
3. Add the protein powder, oat flour, and cinnamon. Mix gently just until combined. The batter should feel like thick yogurt: soft but scoopable.
4. Let the mixture rest for 1–2 minutes to thicken slightly. This gives the protein powder and oat flour time to absorb moisture and helps the cakes hold their shape.
5. Fill the muffin cups evenly with batter, leaving about a quarter of the space at the top.
6. Air fry at 325°F (160°C) for 12 minutes. The tops should be softly set with a golden hint and a cozy banana-cinnamon aroma.
7. Allow the cakes to cool in the cups for 2–3 minutes before removing. They'll firm up slightly as they cool and will release more easily when warm, not hot.

Nutritional Information (Per Serving)

- Calories: 125
- Protein: 11 g
- Fat: 2.5 g
- Carbohydrates: 10 g
- Fiber: 1 g

Tips for Bariatric Success

- Mash banana thoroughly for the smoothest texture; a few seconds with a fork or mini whisk goes a long way.
- Reheat in your air fryer at 300°F (150°C) for 2 minutes to bring back the softness and warmth without drying.

Savory Egg & Ricotta Rounds (Phase 2)

Delicately savory and soft in texture, these protein-rich rounds combine mild ricotta, tender cauliflower, and a gentle hint of pepper—ideal for early recovery meals.

Phase: 2 | Prep Time: 5 minutes | Cook Time: 13 minutes | Servings: 2

Ingredients

- Egg whites – 2
- Ricotta cheese – ¼ cup / 60 g
- Steamed cauliflower, mashed – ¼ cup / 30 g
- Oat flour – 1 tbsp / 10 g
- Black pepper – a pinch
- Olive oil spray – 1 pump



Instructions

1. Begin by bringing your air fryer up to 325°F (160°C). Lightly spray two silicone muffin cups with olive oil to keep the rounds from sticking.

2. In a small-sized mixing bowl, whisk the egg whites until slightly foamy. This gives the final texture a bit of lift and lightness.
3. Add in the ricotta, mashed cauliflower, oat flour, and a pinch of black pepper. Stir slowly until everything comes together into a soft, pale batter—smooth, but not watery.
4. Let the mixture sit for a minute to allow the oat flour to absorb some moisture. This helps the rounds cook more evenly.
5. Divide the batter evenly between the prepared muffin cups. You can gently tap the cups on the counter to level the tops, but no need to fuss—they'll settle nicely as they cook.
6. Place the cups into your air fryer basket and cook at 325°F (160°C) for 13 minutes. The tops should be just set and feel firm to the touch with a soft, steamy center.
7. Cool in the cups for 2–3 minutes before removing. The rounds will hold their shape better once slightly cooled and can be lifted out with ease.

Nutritional Information (Per Serving)

- Calories: 110
- Fat: 4 g
- Fiber: 0.5 g
- Protein: 11 g
- Carbohydrates: 4 g

Tips for Bariatric Success

- These are easy to mash with a spoon for slower, mindful eating.
- To reheat, pop them back into the air fryer at 300°F (150°C) for 2 minutes to restore warmth without drying out.

Soft Tuna & Squash Mash Cakes (Phase 2)

Moist and mild with a touch of garlic, these soft cakes blend tender tuna and smooth squash for a protein-rich, easy-to-digest option that's ideal in the early stages of recovery.

Phase: 2 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Canned tuna in water, drained – 5 oz / 140 g
- Cooked mashed squash – ⅓ cup / 80 g
- Egg white – 1
- Chickpea flour – 1 tbsp / 10 g
- Garlic powder – ¼ tsp
- Olive oil spray – 1 pump



Instructions

1. Bring your air fryer up to 340°F (170°C) and lightly mist a piece of parchment paper or a small tray with olive oil to prevent sticking.
2. In a medium bowl, flake the drained tuna with a fork until soft and fine. Add in the mashed squash, egg white, chickpea flour, and garlic powder.
3. Mix gently until everything is well combined. The mixture should be smooth and moist—like thick mashed potatoes. If it feels too wet to handle, let it rest for a couple of minutes to thicken slightly.
4. Scoop out the mixture and shape into 4 small, soft patties. You don't need to press or pack them tightly—just guide them into form with a spoon or lightly damp hands.
5. After arranging the patties in the air fryer basket, spray the tops slightly with olive oil.
6. Cook at 340°F (170°C) for 12 minutes. They should feel set on the outside with a tender, warm center and a subtle golden edge.
7. Let the cakes cool for 2–3 minutes before removing—they'll be easier to lift and hold their shape better once settled.

Nutritional Information (Per Serving)

- Calories: 140
- Fat: 4.5 g
- Fiber: 1 g
- Protein: 17 g
- Carbohydrates: 5 g

Tips for Bariatric Success

- Mash with a spoon and mix with a little unsweetened yogurt or soft avocado for added creaminess and easy chewing.
- Reheat in your air fryer at 300°F (150°C) for 2 minutes to bring back warmth and soft texture without crisping the edges too much.

Cheesy Egg & Spinach Breakfast Squares (Phase 3)

Light, savory, and satisfying, these airy squares blend egg whites, spinach, and just enough cheese to feel indulgent—perfect for a protein-rich, Phase 3 breakfast.

Phase: 3 | Prep Time: 5 minutes | Cook Time: 15 minutes | Servings: 2

Ingredients

- Egg whites – 4
- Low-fat shredded cheese – 2 tbsp / 15 g
- Steamed spinach, chopped – ¼ cup / 30 g
- Oat flour – 1 tbsp / 10 g
- Garlic powder – ¼ tsp
- Salt – a pinch (optional)
- Olive oil spray – 1 pump



Instructions

1. Bring your air fryer up to 325°F (160°C). Lightly spray a small silicone or ceramic square dish (that fits your air fryer) with olive oil.
2. In a medium dish, whisk the egg whites until frothy. This adds lightness and helps the squares puff up during cooking.
3. Stir in the chopped spinach, shredded cheese, oat flour, garlic powder, and a pinch of salt if using. The mixture should be smooth but slightly textured—thicker than plain eggs, but pourable.
4. Pour the mixture into your prepared dish and gently shake it side to side to even out the surface.
5. Air fry at 325°F (160°C) for about 15 minutes. The top should look set and lightly golden, and the edges may pull away slightly from the sides.
6. Let it cool for 3–4 minutes, then slice into two even squares. The texture should be soft but springy, easy to cut and chew.

Nutritional Information (Per Serving)

- Calories: 110
- Fat: 4.5 g
- Fiber: 0.5 g
- Protein: 13 g
- Carbohydrates: 2 g

Tips for Bariatric Success

- For a smoother texture, blend the mixture before cooking to evenly distribute the spinach.
- Reheat leftovers at 300°F (150°C) in the air fryer for 2–3 minutes to restore the light, moist texture.

Chicken & Broccoli Egg Muffins (Phase 3)

These protein-packed muffins combine tender chicken and soft broccoli in a fluffy egg base—easy to chew, easy to portion, and perfect for a savory start to your day.

Phase: 3 | Prep Time: 10 minutes | Cook Time: 14 minutes | Servings: 2

Ingredients

- Cooked shredded chicken breast – 5 oz / 140 g
- Steamed broccoli, chopped – ¼ cup / 30 g
- Egg whites – 3
- Oat flour – 1 tbsp / 10 g
- Black pepper – a pinch
- Salt – a pinch (optional)
- Olive oil spray – 1 pump



Instructions

1. Begin by bringing your air fryer up to 325°F (160°C). While it warms up, lightly mist three silicone muffin cups with olive oil spray—this helps the muffins lift out cleanly later.
2. In a bowl, whisk the egg whites until they're a bit foamy. You're not aiming for peaks—just enough air to give the muffins some lightness.
3. Fold in the shredded chicken, chopped broccoli, oat flour, and seasonings. The mixture should be textured and thick but still pourable. If it feels dry, give it a gentle stir and let it rest a minute to loosen.
4. Divide the mixture evenly between the muffin cups. No need to pack it down—just spoon it in and let the tops settle naturally.
5. Set the filled cups into your air fryer basket and cook for 14 minutes. As they bake, you'll see the tops puff slightly and turn a soft golden color. They're ready when the centers feel firm to the touch but still moist inside.
6. Let the muffins rest in their cups for a couple of minutes before removing. This quick pause helps them hold their shape and makes them easier to lift out without crumbling.

Nutritional Information (Per Serving)

- Calories: 145
- Protein: 20 g
- Fat: 3.5 g
- Carbohydrates: 2 g
- Fiber: 0.5 g

Tips for Bariatric Success

- Chop the chicken finely or pulse in a mini chopper for a softer, more uniform bite.
- Reheat in your air fryer at 300°F (150°C) for 2 minutes to keep them light and tender.

Soft Turkey Breakfast Patties (Phase 3)

Tender and moist with a savory touch, these turkey patties are light enough for a healing stomach yet satisfying enough to start your day strong.

Phase: 3 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Ground turkey – 6 oz / 170 g
- Grated zucchini – ¼ cup / 30 g
- Egg white – 1
- Oat flour – 2 tbsp / 20 g
- Onion powder – ¼ tsp
- Salt – ⅛ tsp (optional)
- Olive oil spray – 1 pump



Instructions

1. Bring your air fryer up to 350°F (175°C). While it's heating, line the basket with parchment or prep a small tray and mist it with olive oil spray.
2. In a mixing bowl, combine the turkey, grated zucchini, egg white, oat flour, onion powder, and salt. Use a fork or your hands to gently mix everything until the texture is even—but don't overwork it or the patties may turn out dense.
3. The mixture should feel soft but shapeable. If it seems too loose, let it sit for a couple of minutes—oat flour thickens quickly as it absorbs moisture.
4. With clean, slightly damp hands, form 4 small patties. Press them lightly into shape without flattening too much—they'll hold together better if you keep them about ½ inch thick.
5. Place the patties in the air fryer basket and mist the tops with a little olive oil spray.
6. Cook for about 12 minutes, flipping them gently halfway through. You'll know they're done when the outsides turn lightly golden and the centers feel firm but still juicy. A soft sizzle and savory aroma will tell you they're nearly ready.
7. Let them rest for a minute or two before serving—this helps the juices settle and the patties hold together perfectly.

Nutritional Information (Per Serving)

- Calories: 160
- Protein: 22 g
- Fat: 6 g
- Carbohydrates: 3 g
- Fiber: 0.5 g

Tips for Bariatric Success

- These patties are great on their own or topped with a spoonful of plain yogurt for added moisture.
- To reheat, air fry at 320°F (160°C) for 2–3 minutes for warm, tender results without drying.

Tuna & Potato Mash Cakes (Phase 3)

Soft, savory, and easy on the stomach, these mash cakes combine tender tuna and creamy potato for a comforting, protein-rich meal that's light but filling.

Phase: 3 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Canned tuna in water, drained – 5 oz / 140 g
- Mashed cooked potato – ⅓ cup / 80 g
- Egg white – 1
- Oat flour – 1 tbsp / 10 g
- Dried dill – ¼ tsp
- Salt – a pinch (optional)
- Olive oil spray – 1 pump



Instructions

1. Start by bringing your air fryer up to 340°F (170°C). While it warms, line the basket with parchment or use a small tray, then mist lightly with olive oil spray.
2. In a medium bowl, flake the drained tuna with a fork until it's broken down into soft, fine pieces. Add in the mashed potato, egg white, oat flour, dill, and salt.
3. Mix everything gently until it forms a soft, slightly sticky mash. The mixture should hold together when pressed, but still feel moist. If it's too loose to shape, let it sit for a minute—oat flour will help it thicken.
4. Form the mixture into 4 small patties using damp hands or a spoon. No need for perfection—just keep them compact and about ½ inch thick.
5. Place the patties into the air fryer basket and slightly spray the tops with olive oil.
6. Cook for 12 minutes, flipping once about halfway through. You're looking for lightly golden edges and a warm, firm center. You'll notice a cozy, herby aroma as they finish.
7. Let them rest for 2–3 minutes after cooking. This helps the texture set and makes them easier to lift without crumbling.

Nutritional Information (Per Serving)

- Calories: 150
- Protein: 17 g
- Fat: 4.5 g
- Carbohydrates: 6 g
- Fiber: 0.5 g

Tips for Bariatric Success

- These are great paired with a spoonful of plain yogurt or soft avocado mash to make each bite more moist and easy to chew.
- Reheat in your air fryer at 300°F (150°C) for 2 minutes to warm without drying.

Savory Lentil & Carrot Patties (Phase 3)

These soft, gently spiced patties bring together tender lentils, sweet carrot, and warming cumin for a satisfying plant-based option that's light and bariatric-friendly.

Phase: 3 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Cooked lentils – ½ cup / 100 g
- Mashed cooked carrot – ¼ cup / 30 g
- Egg white – 1
- Chickpea flour – 1 tbsp / 10 g
- Cumin – ⅛ tsp
- Salt – a pinch (optional)
- Olive oil spray – 1 pump



Instructions

1. Preheat your air fryer to 350°F (175°C). While it heats, line the basket with parchment or a small tray, then lightly mist it with olive oil spray.
2. In a bowl, mash the lentils with a fork until most of them are broken down—they should feel thick and creamy with just a bit of texture left.
3. Add the mashed carrot, egg white, chickpea flour, cumin, and salt. Stir everything together until it forms a smooth, scoopable mix. It should feel like soft dough—moist but not runny.
4. Let the mixture rest for 2–3 minutes so the chickpea flour can absorb excess moisture. This makes shaping easier and helps the patties hold together during cooking.
5. Form 4 small patties using your hands or a spoon. Keep them about ½ inch thick and lightly press into shape—no need to overwork them.
6. Place in the air fryer basket and spray the tops with olive oil. Cook for 12 minutes, flipping carefully halfway through. You're looking for gently crisp edges and a warm, tender center. A light cumin aroma will tell you they're almost ready.
7. Let them cool for 2–3 minutes before serving. They'll firm up slightly and lift from the surface with ease.

Nutritional Information (Per Serving)

- Calories: 140
- Fat: 3 g
- Fiber: 4 g
- Protein: 9 g
- Carbohydrates: 16 g

Tips for Bariatric Success

- For easier chewing, mash the patties slightly with a fork and add a spoonful of soft avocado or plain yogurt.
- Reheat at 300°F (150°C) for 2 minutes in the air fryer to keep them moist and soft.

Air-Fried Turkey & Cheese Egg Cups (Phase 4)

These savory cups combine lean turkey, melty mozzarella, and a pop of pepper in a soft, protein-packed bite that's perfect for Phase 4 mornings.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 13 minutes | Servings: 2

Ingredients

- Ground turkey, cooked – 5 oz / 140 g
- Low-fat shredded mozzarella – 2 tbsp / 15 g
- Egg whites – 3
- Bell pepper, finely chopped – 2 tbsp / 20 g
- Salt – ⅛ tsp (optional)
- Olive oil spray – 1 pump



Instructions

1. Bring your air fryer up to 325°F (160°C). While it heats up, mist two silicone muffin cups with olive oil spray to help the egg cups release cleanly.
2. In a mixing dish, whisk the egg whites until they're light and slightly frothy—this helps create a fluffier texture in the final cups.
3. Stir in the cooked turkey, shredded cheese, bell pepper, and salt. The mixture should look colorful and well-distributed, but still pour easily.
4. Divide the mixture equally into the muffin cups, filling each about ¾ full. If any toppings float to the top, that's totally fine—they'll settle as they cook.
5. Place the cups into your air fryer basket and cook for 13 minutes. You'll know they're done when the tops are set, the sides pull gently from the cup edges, and there's a savory, cheesy aroma in the air.
6. Let the cups rest for 2–3 minutes before removing. They'll firm up just a bit and lift out with less sticking when slightly cooled.

Nutritional Information (Per Serving)

- Calories: 150
- Fat: 5.5 g
- Fiber: 0 g
- Protein: 20 g
- Carbohydrates: 2 g

Tips for Bariatric Success

- For a smoother texture, finely chop or shred the turkey before mixing.
- Reheat at 300°F (150°C) for 2 minutes in the air fryer to bring back warmth and keep the centers soft.

Baked Tofu & Cauliflower Cakes (Phase 4)

Crisp on the outside and soft in the center, these savory cakes combine hearty tofu and cauliflower with a hint of paprika for a plant-based option that's light but satisfying.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 14 minutes | Servings: 2

Ingredients

- Firm tofu, crumbled – 6 oz / 170 g
- Steamed cauliflower, chopped – ¼ cup / 30 g
- Egg white – 1
- Chickpea flour – 1 tbsp / 10 g
- Paprika – ⅛ tsp
- Salt – a pinch (optional)
- Olive oil spray – 1 pump



Instructions

1. Preheat your air fryer to 350°F (175°C). Line the basket with parchment or use a small tray, then lightly mist it with olive oil spray.
2. In a medium bowl, crumble the tofu with your fingers or a fork until it looks like soft breadcrumbs. Stir the chopped cauliflower, egg white, chickpea flour, paprika, and a pinch of salt.
3. Gently mix until the mixture feels a bit sticky and holds its shape when you press it. If it's still too crumbly, let it sit for 2–3 minutes so the chickpea flour can do its magic and bind it all together.
4. Form the mixture into 4 small patties, about ½ inch thick. Don't worry about getting them perfectly smooth—they'll settle nicely in the air fryer.
5. Arrange the cakes in the air fryer basket and mist the tops with olive oil.
6. Cook for 14 minutes, flipping them gently at the halfway mark. The edges should turn golden and crisp, while the centers stay soft and tender with a warm, savory aroma.
7. Let them cool for a couple of minutes before serving. They'll be easier to handle and hold together better after resting.

Nutritional Information (Per Serving)

- Calories: 135
- Protein: 13 g
- Fat: 6 g
- Carbohydrates: 5 g
- Fiber: 1 g

Tips for Bariatric Success

- Press tofu in advance if it seems overly moist—this helps with texture and binding.
- Reheat in your air fryer at 300°F (150°C) for 2 minutes to refresh the crisp exterior without drying out the inside.

Air Fryer Apple Cinnamon Oat Cups (Phase 3)

A warm, comforting breakfast that's soft, flavorful, and perfect for post-op nutrition.

Phase: 3 | Prep Time: 10 minutes | Cook Time: 15–18 minutes | Servings: 2

Ingredients

- Rolled oats – ½ cup / 45 g
- Unsweetened applesauce – ½ cup / 120 g
- Apple, peeled and finely diced – ½ cup / 75 g
- Egg white – 1
- Ground cinnamon – ½ tsp
- Baking powder – ¼ tsp
- Vanilla extract – ¼ tsp (optional)
- Olive oil spray – as needed



Instructions

1. Begin by bringing your air fryer up to 350°F (175°C). Lightly mist four silicone muffin cups with olive oil spray, ensuring a non-stick surface for easy removal later.
2. In a mixing dish, combine the rolled oats, unsweetened applesauce, finely diced apple, egg white, cinnamon, baking powder, and vanilla extract if using. Stir until everything is fully blended into a moist, textured batter with sweet apple pieces scattered throughout.
3. Spoon the batter evenly into the prepared muffin cups, filling each about three-quarters full to allow room for gentle rising during cooking.
4. Carefully place the filled cups into the air fryer basket, spacing them so the hot air can circulate freely around each cup.
5. Cook for 15 to 18 minutes. During this time, the oat cups will firm up and develop a light golden crust on top. A warm, inviting aroma of cinnamon and baked apple will fill your kitchen.
6. Once done, remove the muffin cups with care and let them cool for a few minutes. This brief rest allows the oat cups to set fully, making them easier to handle and enhancing their soft, tender texture.

Nutritional Information (Per Serving)

- Calories: 180
- Fat: 1.5 g
- Fiber: 5 g
- Protein: 6 g
- Carbohydrates: 36 g

Tips for Bariatric Success

- For a smoother texture, pulse the diced apples slightly before mixing.
- Reheat oat cups in the air fryer at 300°F (150°C) for 2 minutes to restore warmth and softness.

Soft Chicken & Sweet Potato Patties (Phase 4)

Moist and gently seasoned, these patties blend lean chicken and creamy sweet potato into a soft, flavorful bite that's satisfying yet easy to digest.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Cooked ground chicken – 6 oz / 170 g
- Mashed sweet potato – ¼ cup / 60 g
- Egg white – 1
- Oat flour – 1 tbsp / 10 g
- Garlic powder – ¼ tsp
- Salt – ⅛ tsp (optional)
- Olive oil spray – 1 pump



Instructions

1. Preheat your air fryer to 350°F (175°C). Line the basket with parchment or use a tray if needed, and mist the surface lightly with olive oil spray.
2. In a bowl, combine the ground chicken, mashed sweet potato, egg white, oat flour, garlic powder, and salt. Mix gently with a fork or your hands until the ingredients are just combined. You're aiming for a smooth, soft texture—like thick mashed potatoes with a bit more structure.
3. Let the mixture rest for a couple of minutes. This allows the oat flour to absorb moisture and makes the patties easier to shape.
4. Form the mixture into 4 small patties, about ½ inch thick. Use damp hands if it feels sticky. Don't worry about perfection—the shapes will even out during cooking.
5. Place the patties in the air fryer basket and spray the tops with olive oil. Cook for 12 minutes, flipping carefully at the halfway point. They should feel firm to the touch with light golden edges and a subtle, savory aroma.
6. Let them sit for a few minutes after cooking. They'll be easier to handle and hold together better once slightly cooled.

Nutritional Information (Per Serving)

- Calories: 155
- Fat: 5 g
- Fiber: 0.5 g
- Protein: 21 g
- Carbohydrates: 4 g

Tips for Bariatric Success

- To soften further, mash with a spoon and pair with a bit of plain yogurt or no-salt broth.
- Reheat in the air fryer at 300°F (150°C) for 2–3 minutes to bring back warmth without drying.

Egg, Zucchini & Cheese Mini Bakes (Phase 4)

Light, fluffy, and full of gentle flavor, these mini bakes offer a soft, satisfying way to start the day—with just enough cheese to feel comforting.

Phase: 4 | Prep Time: 5 minutes | Cook Time: 13 minutes | Servings: 2

Ingredients

- Egg whites – 3
- Grated zucchini – ¼ cup / 30 g
- Low-fat cheese – 2 tbsp / 15 g
- Oat flour – 1 tbsp / 10 g
- Salt – a pinch (optional)
- Olive oil spray – 1 pump



Instructions

1. Preheat your air fryer to 325°F (160°C). While it heats, spray two silicone muffin cups with olive oil to keep the bakes from sticking.
2. In a small bowl, whisk the egg whites until light bubbles form. This adds a touch of lift to the final texture.
3. Fold in the grated zucchini, shredded cheese, oat flour, and salt. Stir until everything is well blended—the mixture should look creamy with bits of green and cheese throughout.
4. Let the batter rest for a minute or two to allow the oat flour to soak up some moisture. This helps the bakes firm up without drying out.
5. Spoon the mixture evenly into the muffin cups. You'll want them about ¾ full—no need to press down or smooth the tops.
6. Air fry at 325°F (160°C) for about 13 minutes. The tops should rise gently and feel springy to the touch when done. A warm, cheesy aroma with just a hint of zucchini will let you know they're ready.
7. Allow to cool for 2–3 minutes in the cups. This short rest makes them easier to lift and gives the texture time to settle.

Nutritional Information (Per Serving)

- Calories: 110
- Protein: 12 g
- Fat: 4 g
- Carbohydrates: 3 g
- Fiber: 0.5 g

Tips for Bariatric Success

- For a smoother bite, squeeze excess moisture from the zucchini before mixing.
- Reheat in the air fryer at 300°F (150°C) for 2 minutes to refresh the soft, fluffy texture.

Chapter 2: Lunch Recipes







Pumpkin-Salmon Breakfast Mash (Phase 2)

A smooth, comforting dish perfect for early post-op nutrition, combining tender salmon with sweet roasted pumpkin and creamy ricotta.

Phase: 2 | Prep Time: 10 minutes | Cook Time: 15 minutes | Servings: 2



Ingredients

- Salmon fillet, skinless and boneless – 5 oz / 140 g
- Pumpkin, peeled and chopped – ½ cup / 80 g
- Egg white – 1
- Low-fat ricotta cheese – 2 tbsp / 30 g
- Garlic powder – ¼ tsp
- Salt – a pinch (optional)
- Olive oil spray – 1–2 pumps

Instructions

1. Bring your air fryer up to 350°F (175°C). Lightly mist the salmon fillet and pumpkin chunks with olive oil spray to encourage gentle roasting and prevent sticking.
2. Put the pumpkin pieces in the air fryer basket first, roasting them for 10 minutes. Midway through (after 5 minutes), add the salmon fillet on top or alongside the pumpkin, so both cook together for the remaining time. You're aiming for tender, flaky salmon and soft, caramelized pumpkin.
3. Once cooked, transfer the salmon and pumpkin to a blender or food processor. Add the egg white, ricotta cheese, garlic powder, and a pinch of salt if desired.
4. Blend all the ingredients until you achieve a creamy, smooth mash. If the mixture seems too thick or dry, gradually add warm water or low-sodium broth to reach a silky, spoonable consistency.
5. Spoon the mash into bowls and serve warm or at room temperature, enjoying the gentle flavors and soft texture ideal for sensitive digestion.

Nutritional Information (Per Serving)

- Calories: 220
- Protein: 28 g
- Fat: 7 g
- Carbohydrates: 6 g
- Fiber: 1.5 g

Tips for Bariatric Success

- For the smoothest texture, blend longer or strain through a fine mesh before serving.
- When reheating, warm gently in the air fryer at 300°F (150°C) for 3 minutes, adding a bit of broth if needed to maintain moisture.

Lemon-Garlic Cod with Cauliflower Purée (Phase 2)

Light and flavorful, this dish pairs tender cod with a creamy, zesty cauliflower purée—perfectly suited for gentle digestion and nourishing recovery.

Phase: 2 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2



Ingredients

- Cod fillet, skinless and boneless – 5 oz / 140 g
- Cauliflower florets – 1 cup / 100 g
- Lemon juice – ½ tsp
- Garlic powder – ¼ tsp
- Plain low-fat Greek yogurt – 2 tbsp / 30 g
- Salt – a pinch (optional)
- Olive oil spray – 1 pump

Instructions

1. Begin by steaming the cauliflower florets until they're very soft—this usually takes about 8 to 10 minutes. You want them tender enough to mash effortlessly, with a gentle sweetness developing as they soften.

2. While the cauliflower steams, preheat your air fryer to 350°F (175°C). Lightly spray the cod fillet with olive oil, then season it evenly with garlic powder and a pinch of salt if you're using it.
3. Put the cod in the air fryer basket and cook for 8 to 10 minutes. As it roasts, the fish will turn opaque and flake easily with a fork, releasing a delicate aroma of garlic and fresh sea air.
4. Place the steamed cauliflower into a blender or bowl. Toss in the Greek yogurt and lemon juice, then blend or mash the mixture until it's smooth and creamy. The purée should be silky with a subtle tang from the lemon, balancing the mild flavor of the cauliflower perfectly.
5. Serve the flaky cod alongside a generous scoop of the cauliflower purée. The combination of textures—from the soft fish to the velvety mash—makes for a soothing, satisfying meal.

Nutritional Information (Per Serving)

- Calories: 180
- Fat: 4 g
- Fiber: 2 g
- Protein: 26 g
- Carbohydrates: 6 g

Tips for Bariatric Success

- For an even smoother purée, use a hand blender and add extra yogurt or broth if needed.
- When reheating, warm the cod gently in the air fryer at 300°F (150°C) for 2–3 minutes and re-whip the purée to restore creaminess.

Air Fryer Mediterranean Stuffed Zucchini Boats (Phase 4)

Tender zucchini halves filled with spiced ground turkey, fresh herbs, and a hint of tangy tomato—crisped perfectly in the air fryer for a wholesome, satisfying meal.

Phase: 4 | Prep Time: 15 minutes | Cook Time: 18 minutes | Servings: 2

Ingredients

- Medium zucchini – 2 (about 8 oz / 230 g each)
- Ground turkey (lean) – 6 oz / 170 g
- Cherry tomatoes, finely chopped – ½ cup / 75 g
- Red onion, finely chopped – 2 tbsp / 30 g
- Fresh parsley, chopped – 1 tbsp / 5 g
- Dried oregano – ½ tsp
- Garlic powder – ¼ tsp
- Lemon zest – ½ tsp
- Olive oil spray – as needed
- Salt and pepper – a pinch each (optional)



Instructions

1. Bring your air fryer up to 375°F (190°C). While it warms, slice the zucchinis lengthwise and carefully scoop out the seeds and some of the flesh to form little "boats." Set the scooped zucchini flesh aside—this will add moisture and flavor to the filling.
2. In a bowl, mix the ground turkey with chopped cherry tomatoes, red onion, parsley, oregano, garlic powder, lemon zest, and the reserved zucchini flesh finely chopped. Season slightly with salt and pepper if you like, but keep it mild for Phase 4. The mixture should feel fresh and vibrant, with bursts of tomato and herb throughout.
3. Generously fill each zucchini boat with the turkey mixture, pressing lightly to pack the filling but not so much that it becomes dense.
4. Give the stuffed boats a light spray of olive oil to encourage a lovely golden finish.
5. Place the zucchini boats in the air fryer basket in a single layer, making sure they're not crowded so the hot air can crisp the outsides evenly.
6. Cook for 15 to 18 minutes. You'll notice the turkey browning gently and the zucchini becoming tender but still holding its shape, with a fragrant mix of herbs and lemon zest filling the air.
7. Remove carefully and let the boats rest for a minute before serving. Garnish with extra fresh parsley if desired for a bright, fresh touch.

Nutritional Information (Per Serving)

- Calories: 220
- Fat: 7 g
- Fiber: 3 g
- Protein: 28 g
- Carbohydrates: 8 g

Tips for Bariatric Success

- Finely chopping the zucchini flesh for the filling keeps moisture balanced and prevents dryness.
- Use the air fryer to reheat leftovers for 3 minutes at 325°F (160°C) to revive the crisp edges and warm through evenly.

Spiced Lentil & Sweet Potato Patties (Phase 3)

Soft patties with a gentle, warming spice that are easy to chew and full of comforting flavors.

Phase: 3 | Prep Time: 15 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Cooked red lentils (canned or home-cooked) – ½ cup / 100 g
- Sweet potato, peeled and chopped – ⅓ cup / 80 g
- Egg white – 1
- Oat flour – 1 tbsp / 10 g
- Ground cumin – ⅛ tsp
- Garlic powder – ¼ tsp
- Salt – a pinch (optional)
- Olive oil spray – 1 pump



Instructions

1. Start by steaming the sweet potato cubes until they are tender enough to mash easily, about 10 minutes. Once soft, mash them thoroughly until smooth and creamy.
2. Put the cooked lentils, mashed sweet potato, egg white, oat flour, ground cumin, garlic powder, and, if using, a pinch of salt in a bowl. Stir gently until everything forms a soft, pliable dough-like mixture.
3. Form the mixture into small patties, about the size of your palm, keeping them about ½ inch thick for even cooking.
4. Bring your air fryer up to 375°F (190°C). Spray the patties lightly with olive oil to encourage a golden finish and prevent sticking.
5. Place the patties in the air fryer basket in a single layer, ensuring they have space around them for air to circulate. Cook for 10 to 12 minutes, flipping carefully halfway through. The patties should develop a light golden crust while remaining tender inside.
6. Remove the patties and let them rest for a few minutes before serving. These patties pair beautifully with a mild yogurt-based dipping sauce to add moisture and a refreshing contrast.

Nutritional Information (Per Serving)

- Calories: 160
- Protein: 12 g
- Fat: 3.5 g
- Carbohydrates: 22 g
- Fiber: 5 g

Tips for Bariatric Success

- If the mixture feels too wet, let it rest for a few minutes to firm up before shaping.
- Reheat leftovers in the air fryer at 320°F (160°C) for 3 minutes to restore their soft, warm texture.

Herb-Infused Chicken & Broccoli Bites (Phase 3)

Tender, protein-packed bites bursting with greens and gentle herbal notes—perfectly cooked in the air fryer for a satisfying post-op meal.

Phase: 3 | Prep Time: 10 minutes | Cook Time: 15 minutes | Servings: 2

Ingredients

- Ground chicken (lean) – 6 oz / 170 g
- Broccoli florets, steamed and finely chopped – ¼ cup / 30 g
- Egg white – 1
- Low-fat ricotta cheese – 2 tbsp / 30 g
- Dried basil or parsley – ¼ tsp
- Garlic powder – ¼ tsp
- Salt – a pinch (optional)
- Olive oil spray – 1 pump



Instructions

1. Bring your air fryer up to 375°F (190°C). In the meantime, in a bowl, combine the ground chicken with finely chopped steamed broccoli, egg white, ricotta, dried herbs, garlic powder, and salt if using. Mix gently until the ingredients come together into a uniform mixture.
2. Shape the mixture into patties or small, bite-sized balls. Aim for uniform size so they cook evenly—about one to two inches in diameter.
3. Spray the air fryer basket lightly with olive oil to prevent sticking. Place the bites inside, making sure they aren't touching so hot air can circulate and crisp the exterior.
4. Air fry them for 12 to 15 minutes, turning gently halfway through. The bites should develop a light golden color and feel firm but juicy when pressed.
5. Let them rest for a minute or two after cooking before serving. Pair these flavorful bites with steamed veggies or a light dipping sauce for a complete, gentle meal.

Nutritional Information (Per Serving)

- Calories: 190
- Fat: 6 g
- Fiber: 1 g
- Protein: 28 g
- Carbohydrates: 3 g

Tips for Bariatric Success

- For a smoother texture, finely chop the broccoli or pulse it briefly using a food processor before mixing.
- Reheat leftovers in the air fryer at 320°F (160°C) for 3 minutes to restore warmth and maintain tenderness.

Mini Spinach and Ricotta Stuffed Peppers (Phase 3)

Delicate, soft mini peppers filled with creamy ricotta and tender spinach—perfectly gentle for chewing and bursting with comforting flavor.

Phase: 3 | Prep Time: 10 minutes | Cook Time: 15 minutes | Servings: 2

Ingredients

- Mini bell peppers – 4
- Low-fat ricotta cheese – ¼ cup / 60 g
- Fresh spinach, steamed and chopped – ¼ cup / 30 g
- Egg white – 1
- Garlic powder – ¼ tsp
- Salt – a pinch (optional)
- Olive oil spray – 1 pump



Instructions

1. Bring your air fryer up to 375°F (190°C). While it warms, combine the ricotta, steamed and chopped spinach, egg white, garlic powder, and salt in a bowl. Stir gently until the filling is smooth and evenly mixed.
2. Prepare the mini bell peppers by slicing off the tops and carefully removing the seeds, creating hollow little cups ready to be filled.
3. Spoon the ricotta-spinach mixture into each pepper, filling them generously but without overstuffing to avoid spills.
4. Lightly mist the stuffed peppers with olive oil spray. Arrange them upright in the air fryer basket, ensuring they have room to cook evenly without tipping over.
5. Air fry for 12 to 15 minutes. During cooking, the peppers will soften while the filling firms up into a creamy, slightly golden delight. You'll notice a subtle, savory aroma filling the air.
6. Let the peppers rest for a few minutes after cooking. This short pause allows them to cool slightly and makes them easier to handle and enjoy.

Nutritional Information (Per Serving)

- Calories: 140
- Fat: 4 g
- Fiber: 2 g
- Protein: 18 g
- Carbohydrates: 5 g

Tips for Bariatric Success

- For extra softness, cover the peppers loosely with foil during the last few minutes to trap steam.
- Reheat gently in the air fryer at 320°F (160°C) for 3 minutes to preserve creaminess and tenderness.

Smoky Paprika Fish Cakes with Herb Yogurt (Phase 3)

Flavorful fish cakes with a gentle smoky note, paired perfectly with a fresh, creamy herb yogurt dip—ideal for a nourishing, easy-to-chew meal.

Phase: 3 | Prep Time: 15 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- White fish fillet (skinless, boneless) – 5 oz / 140 g
- Potato, peeled and chopped – ¼ cup / 60 g
- Egg white – 1
- Oat flour – 1 tbsp / 10 g
- Smoked paprika – ¼ tsp
- Salt – a pinch (optional)
- Olive oil spray – 1 pump
- Plain low-fat Greek yogurt – 2 tbsp / 30 g (for sauce)
- Dried parsley – ¼ tsp (for sauce)



Instructions

1. Steam the potato cubes until tender, about 10 minutes, then mash until smooth and creamy.
2. Bring your air fryer up to 375°F (190°C).
3. Finely flake the fish fillet with a fork until almost crumbly. In a bowl, gently combine the flaked fish, mashed potato, egg white, oat flour, smoked paprika, and a pinch of salt if using. Stir just until evenly mixed, avoiding overworking the mixture.
4. Shape the mixture into small, uniform patties about 2 inches wide. Lightly spray each patty with olive oil to encourage browning.
5. Place the patties in the air fryer basket in a single layer, ensuring they have space to crisp up. Cook for 10 to 12 minutes, flipping carefully halfway through. The fish cakes should be golden brown on both sides with a tender interior.
6. Meanwhile, make the yogurt sauce by blending the Greek yogurt with dried parsley until smooth and fragrant.
7. Serve the warm fish cakes alongside the herb yogurt sauce for a delightful balance of smoky and fresh flavors.

Nutritional Information (Per Serving)

- Calories: 190
- Protein: 27 g
- Fat: 4.5 g
- Carbohydrates: 10 g
- Fiber: 1.5 g

Tips for Bariatric Success

- To maintain a smooth texture, avoid overmixing the fish cake batter.
- Reheat fish cakes in the air fryer at 320°F (160°C) for 3 minutes, pairing again with fresh yogurt sauce for moisture and flavor.

Zesty Turkey and Cauliflower Rice Bowls (Phase 4)

Light and flavorful bowls combining lean turkey and cauliflower rice with bright spices for a satisfying, nutritious meal.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 15 minutes | Servings: 2

Ingredients

- Ground turkey (lean) – 6 oz / 170 g
- Cauliflower (processed into rice) – ½ cup / 100 g
- Bell pepper, diced – 2 tbsp / 20 g
- Olive oil – 1 tsp / 5 ml
- Ground cumin – ⅛ tsp
- Salt – a pinch (optional)



Instructions

1. Bring your air fryer up to 375°F (190°C). While it warms, toss the cauliflower rice and diced bell pepper with olive oil, ground cumin, and a pinch of salt. Mix until evenly coated and fragrant.
2. Spread the cauliflower mixture in the air fryer basket in an even layer. Air fry for 5 to 7 minutes, giving the basket a shake halfway through to encourage even crisping. The cauliflower should develop a slight golden tint, and the bell peppers soften while retaining some bite.
3. Shape the ground turkey into small patties or, for a crumbled texture, break it apart gently with your fingers. Put the turkey in the air fryer basket and cook for around 10 to 12 minutes, flipping halfway through. The turkey should be fully cooked, juicy, and lightly browned on the outside.
4. To serve, arrange the turkey patties or crumbles over the warm cauliflower rice and bell peppers. The contrast between the tender turkey and slightly crisp cauliflower creates a delightful texture balance.

Nutritional Information (Per Serving)

- Calories: 220
- Fat: 7 g
- Fiber: 3 g
- Protein: 28 g
- Carbohydrates: 8 g

Tips for Bariatric Success

- For extra flavor, sprinkle a little fresh parsley or cilantro over the bowl before serving.
- Reheat leftovers gently in the air fryer at 325°F (160°C) for 3 minutes, stirring the cauliflower halfway to maintain texture.

Air Fryer Moroccan-Spiced Chickpea Cakes (Phase 4)

Crispy, fragrant chickpea cakes seasoned with warm Moroccan spices—perfect for a flavorful, satisfying meal that's gentle on digestion.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Cooked chickpeas (canned or home-cooked) – ½ cup / 100 g
- Oat flour – 1 tbsp / 10 g
- Ground cumin – ¼ tsp
- Paprika – ¼ tsp
- Garlic powder – ¼ tsp
- Egg white – 1
- Salt – a pinch (optional)
- Olive oil spray – 1 pump



Instructions

1. Bring your air fryer up to 375°F (190°C).
2. Roughly mash the cooked chickpeas with a fork or potato masher, leaving some texture for a pleasant bite.
3. In a bowl, combine the mashed chickpeas with oat flour, ground cumin, paprika, garlic powder, egg white, and a pinch of salt if desired. Mix gently until everything is evenly incorporated.
4. Shape the mixture into small, uniform patties about 2 inches in diameter.
5. Spray both sides of each patty slightly with olive oil to encourage a golden, crispy crust.
6. Place the patties in the air fryer basket, ensuring they are spaced apart for even cooking. Air fry them for 10 to 12 minutes, flipping carefully halfway through. The chickpea cakes should be crisp on the outside and tender inside, releasing warm, fragrant spices.
7. Serve the patties warm alongside a fresh side salad or a creamy yogurt sauce for a refreshing contrast.

Nutritional Information (Per Serving)

- Calories: 170
- Fat: 3 g
- Fiber: 6 g
- Protein: 10 g
- Carbohydrates: 22 g

Tips for Bariatric Success

- If the mixture feels too loose, let it rest for a few minutes to firm up before shaping.
- Reheat gently in the air fryer at 320°F (160°C) for 3 minutes to revive crispiness without drying.

Soft Tuna & Avocado Mash Wraps (Phase 4)

Creamy tuna and avocado wrapped in soft low-carb tortillas—an easy, satisfying meal perfect for post-op nutrition.

Phase: 4 | Prep Time: 5 minutes | Cook Time: 3 minutes (warming wraps) | Servings: 2

Ingredients

- Canned tuna in water, drained – 5 oz / 140 g
- Ripe avocado, peeled and mashed – ¼ cup / 60 g
- Low-carb whole wheat wraps – 2 small
- Lemon juice – ½ tsp
- Salt – a pinch (optional)



Instructions

1. In a bowl, gently combine the drained tuna, mashed avocado, lemon juice, and a pinch of salt if desired. Mix carefully to maintain some texture while blending the creamy flavors.
2. Warm the low-carb wraps briefly in the air fryer at 320°F (160°C) for 2–3 minutes or in the microwave for 20 seconds. This helps soften them, making them easier to roll without cracking.
3. Divide the tuna-avocado mixture evenly between the two wraps, spreading it gently but thoroughly to the edges.
4. Roll each wrap tightly to secure the filling inside. Slice each wrap in half with a sharp knife for easier handling and a cleaner presentation.
5. Serve immediately for best freshness and flavor.

Nutritional Information (Per Serving)

- Calories: 250
- Protein: 30 g
- Fat: 10 g
- Carbohydrates: 12 g
- Fiber: 5 g

Tips for Bariatric Success

- Use ripe, soft avocado for a smooth texture and easy chewing.
- Reheat wraps gently in the air fryer to refresh without drying out.

Turmeric Cauliflower & Ground Beef Medallions (Phase 4)

Spiced, tender beef medallions paired with gently roasted turmeric-infused cauliflower—a balanced, flavorful meal cooked entirely in the air fryer.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 15 minutes | Servings: 2

Ingredients

- Ground beef (lean, 90%+) – 6 oz / 170 g
- Cauliflower florets – ½ cup / 100 g
- Ground turmeric – ¼ tsp
- Egg white – 1
- Garlic powder – ¼ tsp
- Salt – a pinch (optional)
- Olive oil spray – 1 pump



Instructions

1. Bring your air fryer up to 375°F (190°C). Meanwhile, toss the cauliflower florets with a light spray of olive oil and a pinch of salt to enhance their natural sweetness and help the turmeric adhere.
2. Arrange the cauliflower evenly in the air fryer basket. Cook for around 8 to 10 minutes until tender with lightly golden edges and a warm, earthy aroma from the turmeric.
3. While the cauliflower roasts, combine the ground beef with turmeric, egg white, garlic powder, and salt if using. Gently mix until the spices are evenly distributed throughout the meat.
4. Form the mixture into two to three medallions, roughly the size of your palm. Lightly spray each medallion with olive oil to encourage browning.
5. Once the cauliflower is done, set it aside and air fry the beef medallions at the same temperature for 10 to 12 minutes, flipping once halfway through. The medallions should develop a nicely browned crust and be cooked through without drying out.
6. Serve the juicy beef medallions alongside the warm, fragrant turmeric cauliflower for a harmonious and satisfying plate.

Nutritional Information (Per Serving)

- Calories: 320
- Fat: 18 g
- Fiber: 2 g
- Protein: 32 g
- Carbohydrates: 6 g

Tips for Bariatric Success

- Use a meat thermometer to check that the beef has reached a safe internal temperature without overcooking.
- Reheat leftovers for 3 minutes in the air fryer at 325°F (160°C) to restore crispness and warmth.

Thai-Inspired Turkey Zoodle Bowls (Phase 4)

Fresh zucchini noodles paired with savory, spiced turkey—perfect for a light, flavorful lunch that's easy to prepare and gentle to digest.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Ground turkey (lean) – 6 oz / 170 g
- Zucchini noodles (spiralized) – 1½ cups / 150 g
- Low-sodium soy sauce – 1 tbsp / 15 ml
- Fresh ginger, grated – ½ tsp
- Garlic powder – ¼ tsp
- Olive oil spray – 1 pump



Instructions

1. Bring your air fryer up to 375°F (190°C). While it heats, toss the zucchini noodles lightly with olive oil and set them aside, allowing the oil to coat evenly for a tender finish.
2. In a bowl, combine the ground turkey with grated ginger, garlic powder, and soy sauce. Mix gently to distribute the flavors. Form the mixture into small patties or crumble it loosely, depending on your preference.
3. Place the turkey patties or crumbled mixture into the air fryer basket, making sure they're in a single layer. Cook for 10 to 12 minutes, turning patties halfway through to ensure even browning. The turkey should be cooked through and aromatic with ginger and garlic notes.
4. Meanwhile, warm the zucchini noodles quickly in a microwave or skillet just until tender but still retaining a slight bite. This gentle warming prevents them from becoming mushy.
5. Serve the cooked turkey atop the zucchini noodles. The combination of tender turkey and fresh zoodles creates a satisfying meal with bright, balanced flavors.

Nutritional Information (Per Serving)

- Calories: 240
- Fat: 8 g
- Fiber: 2 g
- Protein: 28 g
- Carbohydrates: 7 g

Tips for Bariatric Success

- Avoid overcooking zucchini noodles; a brief warm-up keeps them light and digestible.
- Reheat turkey patties gently in the air fryer at 320°F (160°C) for about 2 minutes to maintain juiciness.

Crispy Air Fryer Falafel with Tahini Drizzle (Phase 4)

Classic Middle Eastern flavors come alive in these golden, crispy falafel patties, finished with a creamy tahini drizzle—a perfect post-op snack or light meal.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Cooked chickpeas (canned or home-cooked) – ½ cup / 100 g
- Oat flour – 1 tbsp / 10 g
- Ground cumin – ¼ tsp
- Garlic powder – ¼ tsp
- Fresh parsley, chopped – 1 tbsp / 5 g
- Egg white – 1
- Salt – a pinch (optional)
- Olive oil spray – 1 pump
- Tahini sauce (light) – 1 tbsp / 15 g



Instructions

1. Begin by bringing your air fryer up to 375°F (190°C), allowing it to reach a perfect temperature for crisping.
2. Roughly mash the cooked chickpeas with a fork or potato masher, keeping a bit of texture to give the falafel a nice bite.
3. Combine the mashed chickpeas, oat flour, ground cumin, garlic powder, chopped parsley, egg white, and, if desired, a pinch of salt in a mixing bowl. Mix gently until the ingredients meld into a cohesive yet slightly textured dough.
4. Shape the mixture into small, uniform patties about 2 inches in diameter. Coating each side lightly with olive oil spray will help them brown beautifully and develop a crispy crust.
5. Carefully arrange the patties in a single, even layer in the air fryer basket, making sure there's enough space between them for proper air circulation. Cook for around 10 to 12 minutes, flipping halfway through so each side becomes a perfect golden brown.
6. When ready, remove the falafel and drizzle generously with creamy light tahini sauce. The nutty, smooth tahini pairs wonderfully with the warm, spiced falafel for a balanced bite.
7. Serve right away to enjoy the contrast of crispy exterior and tender interior.

Nutritional Information (Per Serving)

- Calories: 190
- Fat: 4 g
- Fiber: 6 g
- Protein: 12 g
- Carbohydrates: 20 g

Tips for Bariatric Success

- If the mixture seems too wet, chill it briefly to firm up before shaping.
- Reheat leftover falafel in the air fryer at 320°F (160°C) for 3 minutes to restore crispness without drying out.

Roasted Red Pepper & Air Fryer Chicken Salad Cups (Phase 4)

Juicy air-fried chicken combined with creamy Greek yogurt and fresh herbs, nestled inside tender roasted red pepper cups—a vibrant, nourishing meal.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 25 minutes | Servings: 2

Ingredients

- Raw chicken breast – 6 oz / 170 g
- Fresh red bell peppers – 2 medium
- Plain low-fat Greek yogurt – 2 tbsp / 30 g
- Fresh parsley, chopped – 1 tbsp / 5 g
- Lemon juice – ½ tsp
- Salt – a pinch (optional)
- Olive oil spray – as needed



Instructions

1. Bring your air fryer up to 375°F (190°C). While it heats, lightly spray the chicken breast and whole red peppers with olive oil, seasoning them gently with a pinch of salt to enhance their natural flavors.
2. Place the chicken breast inside the air fryer basket and cook for around 15 to 18 minutes, or until the internal temperature reaches 165°F (74°C). After cooking, remove the chicken and let it rest for a few minutes—this helps keep the meat juicy and tender.
3. At the same time, place the whole red peppers in the air fryer basket. Roast them for about 10 minutes until their skin softens and starts to char slightly, releasing a smoky sweetness.
4. Carefully peel the skins off the roasted peppers once cool enough to handle. Slice the peppers into halves or quarters to create natural "cups" perfect for holding the chicken salad.
5. Chop or shred the rested chicken breast into bite-sized pieces. In a bowl, combine the chicken with Greek yogurt, fresh parsley, lemon juice, and salt if using. Mix gently to create a creamy, flavorful filling.
6. Spoon the chicken mixture evenly into the roasted pepper cups. Serve immediately or chill briefly for a refreshing, light meal.

Nutritional Information (Per Serving)

- Calories: 260
- Fat: 6 g
- Fiber: 2 g
- Protein: 32 g
- Carbohydrates: 8 g

Tips for Bariatric Success

- Resting the chicken before shredding preserves moisture and tenderness.
- Use fresh parsley to brighten flavors, and adjust lemon juice to taste for a lively finish.

Air Fryer Harissa-Spiced Chicken & Sweet Potato Skewers (Phase 4)

Boldly seasoned chicken and sweet potato chunks threaded onto skewers and perfectly air fried for a flavorful, easy lunch.

Phase: 4 | Prep Time: 15 minutes | Cook Time: 15 minutes | Servings: 2

Ingredients

- Chicken breast, cut into 1-inch cubes – 6 oz / 170 g
- Sweet potato, peeled and cut into 1-inch cubes – ½ cup / 90 g
- Harissa paste – 1 tsp
- Olive oil – 1 tsp / 5 mL
- Ground cumin – ¼ tsp
- Garlic powder – ¼ tsp
- Lemon juice – ½ tsp
- Salt and pepper – a pinch each (optional)
- Wooden skewers, soaked in water for 30 minutes



Instructions

1. In a bowl, combine the chicken cubes and sweet potato chunks with harissa paste, olive oil, ground cumin, garlic powder, lemon juice, and a pinch of salt and pepper if desired. Toss well to coat everything evenly. If time allows, let the mixture marinate for 10 to 15 minutes to enhance the flavors.
2. Alternately thread the chicken and sweet potato onto the soaked wooden skewers, creating colorful, evenly spaced kebabs.
3. Bring your air fryer up to 375°F (190°C).
4. Place the skewers carefully into the air fryer basket, ensuring they don't overlap to allow hot air to circulate freely for even cooking.
5. Cook for around 12 to 15 minutes, turning the skewers gently halfway through. Look for tender, slightly charred sweet potatoes and juicy, fully cooked chicken with a fragrant spice aroma filling your kitchen.
6. Remove the skewers with care and let them rest for a minute before serving, so the juices stay in and the flavors have time to settle.

Nutritional Information (Per Serving)

- Calories: 270
- Fat: 8 g
- Fiber: 2 g
- Protein: 30 g
- Carbohydrates: 12 g

Tips for Bariatric Success

- Soaking the skewers prevents burning and helps with safe handling.
- Marinate longer if possible for richer flavor and tenderness.
- Reheat in your air fryer at 320°F (160°C) for 3 minutes to restore warmth and texture.

Chapter 3: Dinner Recipes







Air Fryer Cloud Chicken with Cheese Core (Phase 3)

Light, fluffy chicken bites with a gooey mozzarella center, gently seasoned and air-fried to golden perfection.

Phase: 3 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Ground chicken (lean) – 6 oz / 170 g
- Egg whites – 2
- Low-fat mozzarella (cut into small cubes) – 2 tbsp / 30 g
- Garlic powder – ¼ tsp
- Dried parsley – ¼ tsp
- Salt – a pinch (optional)
- Olive oil spray – as needed



Instructions

1. Bring your air fryer up to 375°F (190°C). This temperature ensures a quick, even cook while keeping the chicken tender.
2. In a bowl, combine the ground chicken with egg whites, garlic powder, dried parsley, and salt if using. Stir gently yet thoroughly until the mixture becomes somewhat sticky and fully combined.
3. Take a small amount of the chicken mixture and flatten it in your palm. Place a cube of mozzarella in the center, then carefully mold the chicken around the cheese, sealing it inside to form a small ball or patty. Repeat until all the mixture and cheese are used.
4. Spray the air fryer basket lightly with olive oil to prevent sticking. Arrange the chicken balls with enough space between them to allow hot air circulation.
5. Air fry for about 12 minutes, turning halfway through. You'll notice the outsides turn a light golden color, while the cheese inside melts into a creamy core.
6. Remove carefully and let the cloud chicken rest for a minute or two—the cheese will be deliciously gooey but slightly firmer on the edges.

Nutritional Information (Per Serving)

- Calories: 220
- Protein: 32 g
- Fat: 7 g
- Carbohydrates: 2 g
- Fiber: 0 g

Tips for Bariatric Success

- Use small, uniform-sized balls for even cooking and ease of chewing.
- Reheat gently in the air fryer at 320°F (160°C) for 2 minutes to keep the cheese gooey.

Baked Feta & Cherry Tomato Melts (Phase 4)

Juicy cherry tomatoes and creamy, tangy feta cheese come together with fresh basil and gentle seasonings for a simple, elegant dish cooked to perfection in the air fryer.

Phase: 4 | Prep Time: 5 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Cherry tomatoes – 1 cup / 150 g
- Feta cheese block (reduced fat, firm) – 3 oz / 85 g
- Fresh basil, chopped – 1 tbsp / 5 g
- Olive oil – 1 tsp / 5 mL
- Garlic powder – ¼ tsp
- Salt & pepper – to taste



Instructions

1. Bring your air fryer up to 375°F (190°C).
2. In a small baking dish or oven-safe container that fits inside your air fryer basket, combine the cherry tomatoes and olive oil. Toss gently to coat the tomatoes evenly.
3. Place the block of feta cheese among the tomatoes. Sprinkle the garlic powder, pepper, and salt over the tomatoes and feta.
4. Cook in the air fryer for 12 minutes. During cooking, the tomatoes will soften and release their juices, while the feta will become warm and slightly golden on the edges—soft, creamy, and perfect for melting.
5. Remove from the air fryer and sprinkle the chopped fresh basil over the top, adding a bright, herbal note that complements the rich cheese and sweet tomatoes.
6. Serve warm as a light appetizer or side dish. The melted feta paired with bursting tomatoes offers a delightful balance of flavors and textures.

Nutritional Information (Per Serving)

- Calories: 210
- Protein: 14 g
- Fat: 15 g
- Carbohydrates: 6 g
- Fiber: 2 g

Tips for Bariatric Success

- Use reduced-fat feta for a lighter version that still delivers creamy richness.
- Let the dish rest a minute before serving so the flavors meld beautifully.

Roasted Cod & Carrot Purée (Phase 2)

A light, savory fish dish paired with naturally sweet roasted carrots, blended into a smooth, comforting purée perfect for gentle digestion.

Phase: 2 | Prep Time: 10 minutes | Cook Time: 15 minutes | Servings: 2

Ingredients

- Cod fillet (skinless, boneless) – 6 oz / 170 g
- Carrots, peeled and chopped – 1 cup / 130 g
- Olive oil – 1 tsp / 5 mL
- Garlic powder – ¼ tsp
- Lemon juice – ½ tsp
- Salt – a pinch (optional)



Instructions

1. Bring your air fryer up to 375°F (190°C). Toss the chopped carrots with the garlic powder and half of the olive oil, ensuring each piece is lightly coated with the seasoning. Spread the carrots evenly in the air fryer basket.
2. Roast the carrots for around 12 to 15 minutes until they become tender and start to caramelize slightly, releasing a gentle sweetness. You'll notice a warm, inviting aroma filling the kitchen.
3. Meanwhile, lightly brush the cod fillet with the leftover olive oil and season with a pinch of salt if desired. Place it in the air fryer basket and cook for 8 to 10 minutes until the fish is opaque, flaky, and tender to the touch.
4. Transfer the cooked cod and roasted carrots to a blender or food processor. Add a splash of warm water and the lemon juice. Blend until the mixture is silky smooth, adjusting the consistency by adding more water if needed for a gentle, spoonable purée.
5. Serve warm or at room temperature for a soothing, nutritious meal.

Nutritional Information (Per Serving)

- Calories: 210
- Protein: 30 g
- Fat: 6 g
- Carbohydrates: 10 g
- Fiber: 3 g

Tips for Bariatric Success

- Use warm water gradually when blending to reach the perfect texture without thinning the purée too much.
- Reheat gently in your air fryer at 300°F (150°C) for 3 minutes, stirring halfway to maintain smoothness.

Creamy Chicken & Pumpkin Mash (Phase 2)

Soft, warm, and naturally creamy with a comforting, savory flavor that soothes and nourishes.

Phase: 2 | Prep Time: 10 minutes | Cook Time: 15 minutes | Servings: 2

Ingredients

- Chicken breast – 6 oz / 170 g
- Pumpkin, peeled and cubed – 1 cup / 120 g
- Olive oil – 1 tsp / 5 mL
- Dried sage – ¼ tsp
- Salt – a pinch (optional)



Instructions

1. Begin by bringing your air fryer up to 375°F (190°C). While it warms, toss the pumpkin cubes lightly with olive oil and sprinkle dried sage over them. Spread the cubes evenly in the air fryer basket.
2. Roast the pumpkin for about 15 minutes until tender and easily pierced with a fork. As they soften, you'll notice a warm, earthy aroma filling the air.
3. Meanwhile, season the chicken breast lightly with salt if desired. Place it in the air fryer and cook for around 12 to 14 minutes, turning once halfway through, until the meat is fully cooked, juicy, and tender.
4. Transfer the roasted pumpkin and cooked chicken to a blender. Add the leftover olive oil and blend until the mixture becomes a smooth, creamy mash. If the consistency feels too thick, gradually add a few tablespoons of warm water to reach a gentle, spoonable texture that's easy to eat.
5. Serve the mash warm to enjoy its comforting, savory richness.

Nutritional Information (Per Serving)

- Calories: 240
- Protein: 32 g
- Fat: 7 g
- Carbohydrates: 10 g
- Fiber: 2 g

Tips for Bariatric Success

- Blend thoroughly for a silky texture that's gentle on the stomach.
- Reheat leftovers gently in the air fryer at 300°F (150°C) for 3 minutes, stirring lightly before serving.

Herbed White Fish & Cauliflower Purée (Phase 2)

Light, protein-rich, and infused with a gentle herbal note—this silky purée offers soothing flavors ideal for early post-op nutrition.

Phase: 2 | Prep Time: 10 minutes | Cook Time: 15 minutes | Servings: 2

Ingredients

- White fish (tilapia or cod) – 6 oz / 170 g
- Cauliflower florets – 1½ cups / 150 g
- Olive oil – 1 tsp / 5 mL
- Dried dill or thyme – ¼ tsp
- Lemon zest – ¼ tsp
- Salt – a pinch (optional)



Instructions

1. Bring your air fryer up to 375°F (190°C). Spray the cauliflower florets lightly with olive oil to help them roast evenly and develop a subtle golden hue. Spread them in the air fryer basket.
2. Roast the cauliflower for 12 to 14 minutes, until the florets are very tender and easily pierced with a fork. Their natural sweetness will deepen as they cook.
3. While the cauliflower roasts, season the white fish with dried dill or thyme, lemon zest, and a pinch of salt if desired. Place the fish in the air fryer basket and cook for 8 to 10 minutes, until the flesh flakes easily and is opaque.
4. Transfer the cooked fish and roasted cauliflower to a blender or food processor. Blend until smooth, adding a splash of warm water as needed to create a creamy, spoonable purée that's gentle on the palate.
5. Serve warm to enjoy the fresh herbal aroma and comforting texture.

Nutritional Information (Per Serving)

- Calories: 210
- Protein: 28 g
- Fat: 6 g
- Carbohydrates: 8 g
- Fiber: 3 g

Tips for Bariatric Success

- Adjust water gradually to get the perfect purée consistency—neither too thick nor too runny.
- Reheat gently in your air fryer at 300°F (150°C) for 3 minutes, stirring halfway to keep the texture smooth.

Sweet Potato & Turkey Soft Mash (Phase 2)

A naturally sweet and savory mash that's gentle on digestion while providing satisfying protein and comforting warmth.

Phase: 2 | Prep Time: 10 minutes | Cook Time: 18 minutes | Servings: 2

Ingredients

- Ground turkey – 6 oz / 170 g
- Sweet potato, peeled and cubed – 1 cup / 130 g
- Olive oil – 1 tsp / 5 mL
- Onion powder – ¼ tsp
- Cinnamon – a pinch (optional, enhances sweetness)
- Salt – a pinch (optional)



Instructions

1. Bring your air fryer up to 375°F (190°C). Toss the sweet potato cubes with half of the olive oil to coat them lightly and spread them in an even layer in the air fryer basket.
2. Roast the sweet potatoes for 15 to 18 minutes, until tender and starting to develop a gentle golden-brown color on the edges. The natural sweetness will intensify as they roast.
3. Meanwhile, shape the ground turkey into a thin patty or lay it flat on a small baking tray that fits your air fryer basket. Cook it in the air fryer for 10 to 12 minutes, turning once if possible, until fully cooked and juicy.
4. Transfer both the cooked turkey and roasted sweet potatoes to a blender. Add the remaining olive oil, onion powder, cinnamon if using, and a pinch of salt. Blend until smooth and creamy.
5. If the mash is too thick, add warm water or low-sodium broth a tablespoon at a time until the desired consistency is reached—soft and easy to swallow.
6. Serve warm for a soothing, nourishing meal.

Nutritional Information (Per Serving)

- Calories: 250
- Fat: 7 g
- Fiber: 3 g
- Protein: 32 g
- Carbohydrates: 12 g

Tips for Bariatric Success

- Use cinnamon sparingly to naturally enhance sweetness without added sugar.
- Blend thoroughly for a smooth texture that's gentle to eat and digest.

Salmon & Cauliflower Rice Bowl (Emily Mariko Style) (Phase 4)

A light, fresh bowl featuring tender salmon flakes on a bed of cauliflower rice, accented by creamy yogurt and bright green onions for a simple yet satisfying meal.

Phase: 4 | Prep Time: 5 minutes | Cook Time: 5 minutes | Servings: 2

Ingredients

- Cooked salmon (flaked) – 6 oz / 170 g
- Cauliflower rice – 1½ cups / 150 g
- Low-sodium soy sauce – 1 tsp / 5 mL
- Plain Greek yogurt – 1 tbsp / 15 g
- Green onions, sliced – 1 tbsp / 10 g
- Olive oil spray – 1 pump



Instructions

1. Bring your air fryer up to 350°F (175°C). Lightly spray the cauliflower rice with olive oil, spreading it in an even layer in the air fryer basket.
2. Air fry the cauliflower rice for about 5 minutes, just until tender but still retaining a slight bite. You'll notice a subtle toasted aroma as it cooks.
3. While the rice warms, gently flake the cooked salmon into bite-sized pieces.
4. In a serving bowl, combine the warm cauliflower rice with the flaked salmon. Drizzle the low-sodium soy sauce evenly over the top, letting its savory notes blend into the dish.
5. For a creamy texture and mild tang, add a dollop of plain Greek yogurt, then sprinkle the sliced green onions for a crisp, fresh contrast.
6. Mix lightly before enjoying this simple, balanced bowl full of flavor and texture.

Nutritional Information (Per Serving)

- Calories: 260
- Fat: 9 g
- Fiber: 3 g
- Protein: 28 g
- Carbohydrates: 7 g

Tips for Bariatric Success

- Use fresh green onions for a mild crunch and flavor boost.
- Reheat cauliflower rice gently in the air fryer at 320°F (160°C) for 3 minutes to revive texture.

Deconstructed Lasagna Cups (Phase 3)

All the cozy flavor of lasagna in a soft, post-op-friendly format—layered with lean turkey, tender zucchini, and creamy ricotta, all cooked right in the air fryer.

Phase: 3 | Prep Time: 10 minutes | Cook Time: 15 minutes | Servings: 2

Ingredients

- Ground turkey (lean) – 6 oz / 170 g
- Zucchini, thinly sliced – 1 medium
- Tomato paste (no sugar added) – 2 tbsp / 30 g
- Ricotta cheese (low-fat) – ¼ cup / 60 g
- Dried oregano – ¼ tsp
- Garlic powder – ¼ tsp
- Olive oil spray – as needed



Instructions

1. Start by bringing your air fryer up to 375°F (190°C). While it heats, lightly spray a skillet with olive oil and cook the ground turkey over medium heat until it's no longer pink and begins to release a savory aroma—about 5 to 7 minutes.
2. Add the tomato paste, garlic powder, oregano, and a pinch of salt if desired. Let it simmer for a minute or two to blend the flavors. The mixture should be thick and rich, almost like a meaty tomato spread.
3. Lightly spray silicone muffin cups or ramekins with olive oil. Line the bottom of each cup with a slice or two of zucchini. Add a spoonful of the turkey mixture, then a small dollop of ricotta cheese. Repeat the layers one more time, finishing with a bit of ricotta on top.
4. Carefully place the filled cups into the air fryer basket. Cook for about 12 to 15 minutes, or until the zucchini softens, the cheese gently melts, and the tops start to look golden and set.
5. Let the lasagna cups rest for a couple of minutes before serving—they'll firm up slightly and hold together better for scooping.

Nutritional Information (Per Serving)

- Calories: 240
- Protein: 30 g
- Fat: 10 g
- Carbohydrates: 6 g
- Fiber: 2 g

Tips for Bariatric Success

- Use thin zucchini slices so they soften easily without overcooking the filling.
- These cups reheat well—air fry at 320°F (160°C) for 3 minutes to restore texture without drying.

BBQ Chicken & Sweet Potato Bake (Phase 4)

Tender chicken, sweet potatoes, and a touch of smoky BBQ flavor come together in this hearty, air-fried one-dish meal—simple, satisfying, and bariatric-friendly.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 18 minutes | Servings: 2

Ingredients

- Chicken breast, cubed – 6 oz / 170 g
- Sweet potato, peeled and diced – 1 cup / 150 g
- Sugar-free BBQ sauce – 2 tbsp / 30 mL
- Green peas (optional) – ¼ cup / 35 g
- Garlic powder – ¼ tsp
- Olive oil spray – as needed
- Salt – a pinch (optional)



Instructions

1. Bring your air fryer up to 375°F (190°C). While it warms, toss the diced sweet potato with a light spray of olive oil and a pinch of salt. Spread the cubes out in the air fryer basket in a single layer.
2. Roast the sweet potato for 10 minutes until it begins to soften and take on a gentle golden edge. You're looking for a tender center and slightly crisp exterior.
3. Mix the cubed chicken with sugar-free BBQ sauce, garlic powder, and, if using, peas in a bowl. Stir until everything is coated evenly and the sauce clings to the meat and vegetables.
4. Add the chicken mixture to the sweet potatoes in the air fryer basket. Give it a gentle shake or stir to combine without overcrowding.
5. Air fry everything together for another 8 to 10 minutes, stirring once halfway through. The chicken should cook through, and the BBQ sauce will begin to caramelize, forming sticky, flavorful bits on the edges.
6. Let it rest for a minute before serving to allow the flavors to settle and the textures to firm slightly.

Nutritional Information (Per Serving)

- Calories: 270
- Fat: 5 g
- Fiber: 3 g
- Protein: 32 g
- Carbohydrates: 18 g

Tips for Bariatric Success

- Dice sweet potatoes small for quicker, more even cooking.
- If reheating, use the air fryer at 320°F (160°C) for 3 minutes to maintain flavor and texture.

Cabbage Slaw with Air-Fried Turkey Patties (Phase 3)

Juicy, well-seasoned turkey patties paired with a creamy, tangy cabbage slaw—fresh, filling, and perfect for a soft-yet-satisfying post-op meal.

Phase: 3 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Ground turkey (lean) – 6 oz / 170 g
- Egg white – 1
- Garlic powder – ¼ tsp
- Onion powder – ¼ tsp
- Salt – a pinch (optional)
- Green cabbage, finely shredded – 1 cup / 70 g
- Carrot, grated – ¼ cup / 25 g
- Plain Greek yogurt – 2 tbsp / 30 g
- Apple cider vinegar – 1 tsp / 5 mL
- Olive oil spray – as needed



Instructions

1. Start by making the slaw: in a mixing bowl, toss together the finely shredded cabbage and grated carrot. Then add the Greek yogurt and apple cider vinegar, stirring gently until the veggies are evenly coated in the creamy dressing. Season with a pinch of salt if preferred, then set the slaw aside so the flavors can meld while you cook the patties.
2. In another bowl, combine the ground turkey with egg white, garlic powder, onion powder, and a little salt. Stir until the mixture is just combined—it should be soft but hold its shape.
3. Form the mixture into small, flat patties, about the size of your palm. Lightly spray both sides with olive oil.
4. Bring your air fryer up to 375°F (190°C). Once hot, place the patties in the basket without overlapping. Cook for around 10 to 12 minutes, flipping halfway, until the patties are fully cooked and golden on the outside. They should be firm to the touch and release a warm, savory aroma.
5. Serve the turkey patties alongside a generous spoonful of the cabbage slaw for a cool, creamy contrast to the warm, seasoned meat.

Nutritional Information (Per Serving)

- Calories: 230
- Fat: 7 g
- Fiber: 2 g
- Protein: 30 g
- Carbohydrates: 6 g

Tips for Bariatric Success

- For easier chewing, make thinner patties and serve with a small extra spoonful of yogurt on the side.
- Reheat patties in the air fryer at 320°F (160°C) for 2–3 minutes to keep them moist and tender.

Harissa Chicken Skewers with Zucchini (Phase 4)

Spicy, juicy chicken paired with tender zucchini slices—these vibrant skewers are easy to prep, bold in flavor, and perfectly cooked in the air fryer.

Phase: 4 | Prep Time: 15 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Chicken breast, cut into 1-inch cubes – 6 oz / 170 g
- Zucchini, sliced into half-moons – 1 small / 100 g
- Harissa paste – 1 tsp
- Olive oil – 1 tsp / 5 mL
- Garlic powder – ¼ tsp
- Lemon juice – ½ tbsp / 8 mL
- Wooden skewers, soaked



Instructions

1. Combine the cubed chicken, lemon juice, harissa paste, olive oil, and garlic powder in a medium-sized bowl. Toss everything gently to coat the chicken evenly with the bold, smoky marinade. Let it sit for 10 minutes while you prep the zucchini.
2. Slice the zucchini into thin half-moons and pat them dry to prevent sogginess during cooking.
3. Thread the marinated chicken and zucchini pieces onto the soaked wooden skewers, alternating for color and flavor. Try not to overcrowd each skewer—this helps everything cook evenly.
4. Bring your air fryer up to 375°F (190°C). Once hot, arrange the skewers in a single layer in the basket. If needed, cook in batches to avoid overlap.
5. Air fry for around 10 to 12 minutes, turning once halfway through. The chicken should be golden on the outside, juicy inside, and the zucchini tender with lightly crisped edges.
6. Give the skewers a minute to rest before serving so the juices settle and the flavors shine through.

Nutritional Information (Per Serving)

- Calories: 210
- Protein: 28 g
- Fat: 9 g
- Carbohydrates: 4 g
- Fiber: 1 g

Tips for Bariatric Success

- Cut zucchini thin for quick, even cooking alongside the chicken.
- For extra moisture, serve with a spoonful of Greek yogurt or lemon-tahini drizzle.

White Bean Mash with Air Fryer Cod (Phase 3)

A light, protein-packed dish featuring flaky cod and a creamy white bean mash, enhanced with lemon and herbs for fresh, balanced flavor.

Phase: 3 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Cod fillet, skinless and boneless – 6 oz / 170 g
- Canned white beans, rinsed – ½ cup / 100 g
- Garlic powder – ¼ tsp
- Lemon zest – ¼ tsp
- Olive oil – 1 tsp / 5 mL
- Fresh parsley, chopped – 1 tbsp / 5 g
- Salt & pepper – to taste



Instructions

1. Bring your air fryer up to 375°F (190°C). While it heats, pat the cod dry with a paper towel and season lightly with garlic powder, salt, and pepper.
2. Place the fish in the air fryer basket after lightly brushing or spraying it with olive oil. Depending on thickness, cook for 8 to 10 minutes, until the fish is opaque and flakes readily. The outside should have a slight golden edge while remaining moist inside.
3. While the cod cooks, place the rinsed white beans in a small bowl or blender. Add the lemon zest, a pinch of pepper and salt, and half of the olive oil.
4. Blend or mash the beans until smooth and creamy, adding a splash of warm water if needed for a softer consistency. The mash should be silky and light, not dry or pasty.
5. Spoon the mash onto plates, place the warm, flaky cod on top, drizzle with the remaining olive oil, and scatter fresh parsley over the top for a bright, herbal finish.

Nutritional Information (Per Serving)

- Calories: 230
- Fat: 6 g
- Fiber: 3 g
- Protein: 28 g
- Carbohydrates: 10 g

Tips for Bariatric Success

- Mash beans until completely smooth to ease digestion in Phase 3.
- Reheat cod gently in the air fryer at 300°F (150°C) for 2 minutes to avoid drying it out.

Teriyaki Chicken Bites on Crispy Cauliflower Rice (Phase 4)

Juicy, saucy chicken bites layered over golden, crisp-edged cauliflower rice—sweet and savory, perfectly satisfying, and delightfully light compared to your classic rice bowl.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 14 minutes | Servings: 2

Ingredients

- Chicken breast, diced – 6 oz / 170 g
- Cauliflower rice – 1½ cups / 150 g
- Sugar-free teriyaki sauce – 2 tbsp / 30 mL
- Green onion, sliced – 1 tbsp / 10 g
- Olive oil spray – as needed



Instructions

1. Bring your air fryer up to 375°F (190°C). While it warms, spread the cauliflower rice in a thin layer on a parchment sheet or in a shallow air fryer tray. Mist lightly with olive oil and season with a pinch of salt if desired.
2. Air fry the cauliflower rice for 7 to 8 minutes, shaking halfway through, until the edges start to brown and the texture turns lightly crisp. Set aside once done.
3. Toss the diced chicken with sugar-free teriyaki sauce in a bowl until well coated. Let it sit for a couple of minutes to soak up the flavor.
4. Carefully arrange the chicken pieces in the air fryer basket, spaced apart so they cook evenly. Air fry for around 6 to 8 minutes, shaking or turning halfway through. The chicken should be golden, glossy, and fully cooked with caramelized bits where the sauce thickens.
5. Spoon the crispy cauliflower rice into bowls and top with the warm teriyaki chicken. Sprinkle fresh green onion over the top for a crisp, peppery bite.

Nutritional Information (Per Serving)

- Calories: 240
- Fat: 7 g
- Fiber: 2 g
- Protein: 30 g
- Carbohydrates: 8 g

Tips for Bariatric Success

- For easier chewing, chop chicken into smaller pieces after cooking.
- Reheat cauliflower rice separately in the air fryer for 3 minutes at 320°F (160°C) to preserve crispness.

Garlic Tomato Zoodle Bowl with Air-Fried Shrimp (Phase 4)

A light and vibrant dish featuring juicy air-fried shrimp, garlicky cherry tomatoes, and tender zucchini noodles with a touch of lemon for a fresh finish.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 10 minutes | Servings: 2

Ingredients

- Shrimp, peeled and deveined – 6 oz / 170 g
- Zucchini, spiralized – 1½ cups / 150 g
- Cherry tomatoes, halved – ½ cup / 75 g
- Garlic, minced – 1 clove
- Olive oil – 1 tsp / 5 mL
- Lemon juice – ½ tbsp / 8 mL
- Salt & pepper – to taste



Instructions

1. Bring your air fryer up to 375°F (190°C). While it heats, toss the shrimp with half of the olive oil, minced garlic, lemon juice, and a pinch of salt and pepper. Let them marinate briefly while you prepare the vegetables.
2. Carefully arrange the shrimp in the air fryer basket and cook for around 6 to 8 minutes, shaking the basket once midway through. The shrimp should turn pink and slightly curled, with golden edges and a garlicky aroma.
3. While the shrimp cook, add the halved cherry tomatoes and spiralized zucchini to a skillet with the remaining olive oil. Sauté over medium heat for around 2 to 3 minutes until the zucchini softens slightly and the tomatoes release their juices. Don't overcook—zoodles should remain tender but not mushy.
4. Transfer the warm zoodles and tomatoes into bowls and top with the freshly cooked shrimp. Drizzle with any remaining lemon-garlic oil from the shrimp for extra flavor.

Nutritional Information (Per Serving)

- Calories: 210
- Protein: 28 g
- Fat: 7 g
- Carbohydrates: 6 g
- Fiber: 2 g

Tips for Bariatric Success

- Use small or medium shrimp for easy chewing and portion control.
- If reheating, do so gently in the air fryer or pan to preserve texture—avoid microwaving the zoodles, which can make them soggy.

Greek Chicken Meatballs with Roasted Eggplant Mash (Phase 4)

Juicy, herbed chicken meatballs served over a silky roasted eggplant mash — rich in flavor and gentle in texture for a satisfying Mediterranean-inspired meal.

Phase: 4 | Prep Time: 15 minutes | Cook Time: 20 minutes | Servings: 2

Ingredients

- Ground chicken (lean) – 6 oz / 170 g
- Egg white – 1
- Crumbled feta cheese – 2 tbsp / 30 g
- Fresh parsley, chopped – 1 tbsp / 5 g
- Dried oregano – ½ tsp
- Garlic powder – ½ tsp (divided)
- Medium eggplant – 1 (about 10 oz / 280 g)
- Olive oil – 1 tsp / 5 mL
- Lemon juice – 1 tsp / 5 mL
- Salt – a pinch (optional)



Instructions

1. Bring your air fryer up to 375°F (190°C). While it heats, slice the eggplant in half lengthwise and score the surface of the flesh in a crisscross pattern. Brush with half of the olive oil and place cut-side up in the air fryer basket. Roast for 18–20 minutes until the flesh becomes soft and lightly browned.
2. While the eggplant cooks, mix ground chicken, egg white, crumbled feta, parsley, ¼ tsp garlic powder, oregano, and a pinch of salt in a bowl. Mix until well combined, then shape into small, even-sized meatballs.
3. Lightly coat the meatballs with olive oil using a spray or brush, then carefully arrange them in the air fryer basket, leaving space between each one. Cook for 10–12 minutes, flipping once, until they're golden on the outside and cooked through.
4. Once the eggplant has cooled slightly, scoop out the flesh and discard the skin. Place the flesh in a bowl and mash with a fork, adding lemon juice, the remaining ¼ tsp garlic powder, and salt if needed. Stir until smooth and creamy.
5. Serve the warm eggplant mash as a base, topped with freshly cooked chicken meatballs and a sprinkle of extra parsley if desired.

Nutritional Information (Per Serving)

- Calories: 260
- Protein: 30 g
- Fat: 10 g
- Carbohydrates: 9 g
- Fiber: 4 g

Tips for Bariatric Success

- Make smaller meatballs for easier chewing and slower eating.
- Eggplant mash keeps well—reheat in the air fryer at 300°F (150°C) for 3–4 minutes, stirring once.

Chapter 4: Snacks & Sides







Roasted Carrot & Apple Purée (Phase 2)

Naturally sweet and ultra-smooth, this warm purée blends tender roasted carrots and apples into a soft, cinnamon-kissed mash that's gentle on the stomach and full of comforting flavor.

Phase: 2 | Prep Time: 10 minutes | Cook Time: 15 minutes | Servings: 2

Ingredients

- Carrots, peeled and chopped – 1 cup / 130 g
- Sweet apple, peeled and chopped – ½ cup / 80 g
- Olive oil – 1 tsp / 5 mL
- Ground cinnamon – a pinch
- Warm water – 2–3 tbsp, for blending



Instructions

1. Bring your air fryer up to 350°F (175°C).
2. In a bowl, toss the chopped carrots and apples with the olive oil and a pinch of cinnamon. You'll notice the cinnamon brings out the natural sweetness even before roasting.
3. Spread the mixture in a single, even layer in the air fryer basket. Roast for about 15 minutes, shaking once halfway through, until the pieces are very soft and lightly golden around the edges.
4. Transfer the roasted carrots and apples to a blender or food processor while still warm. Add 2 tablespoons of warm water to start, and blend until creamy and velvety. Add more water as needed to get the consistency you prefer.
5. Serve gently warmed, with a naturally sweet aroma and silky finish that makes it a joy to eat.

Nutritional Information (Per Serving)

- Calories: 95
- Protein: 1 g
- Fat: 4 g
- Carbohydrates: 14 g
- Fiber: 3 g

Tips for Bariatric Success

- Blend while warm for the smoothest result.
- Freeze leftovers in small portions for easy grab-and-reheat meals.

Cauliflower & Parsnip Mash (Phase 2)

Creamy and comforting without any cream, this soft purée blends mellow cauliflower with subtly sweet parsnip for a smooth and naturally flavorful dish.

Phase: 2 | Prep Time: 10 minutes | Cook Time: 18 minutes | Servings: 2

Ingredients

- Cauliflower florets – 1 cup / 100 g
- Parsnip, peeled and chopped – ¾ cup / 100 g
- Olive oil – 1 tsp / 5 mL
- Garlic powder – ¼ tsp
- Salt – a pinch (optional)
- Unsalted broth or warm water – 2–3 tbsp



Instructions

1. Bring your air fryer up to 370°F (185°C).
2. In a bowl, toss the cauliflower and parsnip with olive oil, garlic powder, and a small pinch of salt if using. The oil helps them brown lightly and roast more evenly.
3. Arrange the vegetables in a single, even layer in the air fryer basket. Roast for 15–18 minutes, shaking or turning once midway, until both are very tender and slightly golden at the edges.
4. Transfer the hot vegetables to a blender or food processor. Add 2 tablespoons of unsalted broth or warm water, then blend until the mixture turns silky and smooth. If it feels too thick, just drizzle in a bit more liquid until it reaches that soft, velvety texture you're looking for.
5. Spoon the mash into a bowl and serve warm. It should taste rich and comforting, yet still feel light and easy on the stomach.

Nutritional Information (Per Serving)

- Calories: 100
- Protein: 2 g
- Fat: 5 g
- Carbohydrates: 12 g
- Fiber: 4 g

Tips for Bariatric Success

- Blend while everything is still hot for the smoothest consistency.
- Great for freezing in silicone molds—pop out and reheat individual portions as needed.

Zucchini & Ricotta Soft Blend (Phase 2)

Delicately smooth and easy on the stomach, this light purée combines tender zucchini with creamy ricotta for a gentle, protein-enriched side or light main.

Phase: 2 | Prep Time: 10 minutes | Cook Time: 15 minutes | Servings: 2

Ingredients

- Zucchini, peeled and chopped – 1 cup / 120 g
- Low-fat ricotta – 2 tbsp / 30 g
- Olive oil – 1 tsp / 5 mL
- Dried basil – a pinch (optional)
- Salt – a pinch (optional)



Instructions

1. Preheat your air fryer to 360°F (180°C).
2. Toss the chopped zucchini gently with olive oil and a tiny pinch of salt and basil if using. Spread evenly in the air fryer basket.
3. Roast for 12–15 minutes, or until the zucchini is completely soft and lightly golden in spots. The pieces should be fork-tender and release a gentle, savory aroma.
4. Transfer the warm zucchini to a blender or food processor. Add the ricotta and blend until silky smooth. If needed, add 1–2 tsp of warm water to loosen the texture.
5. Serve warm, with a light, creamy consistency that melts in the mouth.

Nutritional Information (Per Serving)

- Calories: 90
- Fat: 6 g
- Fiber: 1 g
- Protein: 4 g
- Carbohydrates: 5 g

Tips for Bariatric Success

- Blend while hot for the smoothest, fluffiest texture.
- This pairs well with mild protein purées like chicken or turkey for a complete Phase 2 meal.

Air Fryer Sweet Potato Chips (Phase 4)

Thin, crisp, and lightly smoky, these air-fried sweet potato chips are a flavorful, nutrient-rich alternative to traditional snacks—perfectly portioned and easy on the stomach.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 15 minutes | Servings: 2

Ingredients

- Sweet potato – 1 medium (about 7 oz / 200 g), thinly sliced
- Olive oil – 1 tsp / 5 mL
- Smoked paprika – ¼ tsp
- Salt – a pinch (optional)



Instructions

1. Peel the sweet potato and cut it into ultra-thin rounds—ideally using a mandoline for even thickness. Aim for slices no thicker than ⅛ inch to ensure crispness.
2. Place the slices in a bowl and toss them with olive oil, smoked paprika, and a pinch of salt, if using. Coat each piece evenly without drenching them.
3. Bring your air fryer up to 350°F (175°C).
4. Arrange the slices in a single layer in the basket—don't overlap, or they'll steam instead of crisp. You may need to cook them in batches.
5. Air fry for 10–15 minutes, flipping once halfway through. Keep an eye on them in the last few minutes—thinner slices will brown faster.
6. Remove when they're golden and crisp at the edges, then let them cool slightly—they'll continue to firm up as they rest.

Nutritional Information (Per Serving)

- Calories: 110
- Fat: 4.5 g
- Fiber: 3 g
- Protein: 1 g
- Carbohydrates: 17 g

Tips for Bariatric Success

- Start with 3–4 chips at a time and chew thoroughly—they're crisp but still gentle.
- Store leftovers in a container lined with paper towels to keep them crunchy for up to 2 days.

Cheesy Turkey & Spinach Puffs (Phase 4)

Light, fluffy, and savory, these no-dough puffs are filled with lean turkey, gooey cheese, and vibrant spinach—perfect as a protein-packed snack or soft main dish.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Ground turkey – 6 oz / 170 g
- Baby spinach, chopped – ½ cup / 30 g
- Shredded low-fat mozzarella – 2 tbsp / 20 g
- Egg white – 1
- Garlic powder – ¼ tsp
- Olive oil spray – 1 pump



Instructions

1. Combine the ground turkey, chopped spinach, mozzarella, egg white, and garlic powder in a mixing bowl. Mix gently just until combined—you're aiming for a soft, cohesive mixture.
2. Lightly spray your hands with olive oil and form the mixture into 6–8 small balls, each roughly the size of a walnut. Flatten them slightly for even cooking.
3. Bring your air fryer up to 375°F (190°C).
4. Lightly spray the puffs with olive oil and arrange them in a single layer in the basket, leaving a bit of space between each one.
5. Air fry for 10–12 minutes, flipping once midway, until the puffs are golden on the outside and cooked through inside. They should feel light and springy when touched.
6. Let them rest for 1–2 minutes—they'll firm up a bit while staying tender and juicy.

Nutritional Information (Per Serving)

- Calories: 220
- Protein: 26 g
- Fat: 10 g
- Carbohydrates: 2 g
- Fiber: 0.5 g

Tips for Bariatric Success

- Cut puffs in half before eating if needed for easier chewing.
- These reheat well—pop them in the air fryer at 325°F (160°C) for 2–3 minutes to refresh the texture.

Mini Chicken & Cottage Cheese Muffins (Phase 3)

Tender, protein-packed, and subtly savory—these soft muffins are perfect when you need a satisfying bite that's easy to chew and full of fuel.

Phase: 3 | Prep Time: 10 minutes | Cook Time: 14 minutes | Servings: 2

Ingredients

- Ground chicken – 6 oz / 170 g
- Low-fat cottage cheese – 2 tbsp / 30 g
- Egg white – 1
- Oat flour – 1 tbsp / 10 g
- Garlic powder – ¼ tsp



Instructions

1. In a medium bowl, mix together the ground chicken, cottage cheese, egg white, oat flour, and garlic powder. Stir just until the ingredients are fully combined—the mixture should be smooth, soft, and easy to spoon.
2. Lightly spray 4–6 small silicone muffin cups with oil if needed. Spoon the mixture evenly into each cup, filling about three-quarters full. Don't worry if it looks a bit pale—it will firm up beautifully during cooking.
3. Preheat your air fryer to 360°F (180°C).
4. Carefully place the muffin cups into the basket, leaving space around each one for even airflow.
5. Cook for 12–14 minutes, or until the tops feel set and the muffins spring back slightly when pressed. You may notice a light golden edge forming—that's your cue they're done.
6. Let cool for a minute or two before removing. They'll release more easily and stay intact when slightly cooled.

Nutritional Information (Per Serving)

- Calories: 190
- Fat: 8 g
- Fiber: 0.5 g
- Protein: 25 g
- Carbohydrates: 2 g

Tips for Bariatric Success

- These freeze well—just reheat in the air fryer at 325°F (160°C) for 3 minutes to bring back their soft texture.
- If you prefer a smoother bite, blend the mixture before cooking for an extra silky finish.

Savory Ricotta & Eggplant Rounds (Phase 4)

Golden on the outside and creamy in the center, these eggplant rounds topped with seasoned ricotta are like soft, bite-sized pizzas—without the crust.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 14 minutes | Servings: 2

Ingredients

- Eggplant, cut into thick rounds – 1 small
- Low-fat ricotta – 3 tbsp / 45 g
- Garlic powder – ¼ tsp
- Dried oregano – a pinch
- Olive oil spray – 1 pump



Instructions

1. Slice the eggplant into thick rounds—about ¾ inch is perfect. Pat them dry with a paper towel to help them brown better.
2. Bring the air fryer up to 375°F (190°C).
3. Spray both sides of each eggplant round with olive oil and place them in the basket in a single layer. Cook for 6–7 minutes on one side, or until lightly browned and softened.
4. While that side cooks, mix the ricotta with garlic powder and oregano in a small-sized bowl. The mixture should be thick and creamy.
5. Flip each eggplant round and carefully spread a dollop of the ricotta mixture on top of each one.
6. Return to the air fryer and cook for another 6–7 minutes, until the ricotta is warmed through and the tops are just beginning to set and turn golden.
7. Let rest for a minute before serving. The result should be soft-centered, with edges that are just crisp enough to lift by hand or fork.

Nutritional Information (Per Serving)

- Calories: 130
- Fat: 8 g
- Fiber: 3 g
- Protein: 7 g
- Carbohydrates: 7 g

Tips for Bariatric Success

- For easier handling, cut each round in half before serving.
- These reheat well—just air fry at 325°F (160°C) for 3 minutes to bring back the texture.

Egg Bites with Turkey & Bell Pepper (Phase 3)

Soft, savory, and perfectly portioned—these mini omelet bites combine lean turkey and sweet bell pepper for a protein-packed breakfast or snack that travels well.

Phase: 3 | Prep Time: 10 minutes | Cook Time: 10 minutes | Servings: 2

Ingredients

- Ground turkey – 4 oz / 115 g
- Egg – 2 whole
- Bell pepper, finely diced – 2 tbsp / 30 g
- Garlic powder – ¼ tsp



Instructions

1. In a nonstick skillet over medium, cook the ground turkey until fully done, breaking it into small crumbles. Let it cool slightly so it doesn't scramble the eggs when combined.
2. In a bowl, beat the eggs with garlic powder until smooth and airy. This gives your bites a light, tender texture.
3. Lightly spray 4 small silicone muffin cups with olive oil. Evenly divide the egg mixture among the cups, filling no more than halfway.
4. Sprinkle in the cooked turkey and finely diced bell pepper. They'll float into place and bake right into the eggs.
5. Bring the air fryer up to 320°F (160°C). Place the filled muffin cups in the basket, spaced slightly apart.
6. Air fry for about 10 minutes, or until the centers are set and the tops are just barely golden. They should feel gently firm but still soft when pressed.
7. Let rest 1–2 minutes before removing—the bites will hold together better as they cool slightly.

Nutritional Information (Per Serving)

- Calories: 190
- Protein: 20 g
- Fat: 10 g
- Carbohydrates: 2 g
- Fiber: 0.5 g

Tips for Bariatric Success

- Slice in half before eating if needed, and chew slowly for best tolerance.
- These store well—reheat in the air fryer at 300°F (150°C) for 2–3 minutes.

Air Fryer Tuna Cakes with Carrot & Yogurt (Phase 4)

Tender, flavorful, and protein-packed—these tuna cakes stay moist thanks to a touch of yogurt and grated carrot, with a golden crust straight from the air fryer.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 10 minutes | Servings: 2

Ingredients

- Canned tuna in water, drained – 1 can (5 oz / 140 g)
- Grated carrot – ¼ cup / 30 g
- Plain Greek yogurt – 1 tbsp / 15 g
- Egg white – 1
- Garlic powder – ¼ tsp
- Oat flour – 1 tbsp / 10 g



Instructions

1. In a medium bowl, flake the drained tuna with a fork until no large chunks remain.
2. Add the grated carrot, yogurt, egg white, garlic powder, and oat flour. Mix until the mixture holds together but still feels soft to the touch—this helps keep the cakes light and tender.
3. Split the mixture into 4 equal amounts and form into small, flat patties. If they feel sticky, chill for 5 minutes while preheating the air fryer.
4. Bring your air fryer up to 375°F (190°C).
5. Lightly coat both the air fryer basket and the tops of the patties with a spray of olive oil. Arrange the tuna cakes in the basket without touching.
6. Air fry for 8–10 minutes, flipping halfway through, until the outside is lightly golden and the centers are firm but moist.
7. Let cool for a minute before serving—this helps them set fully and makes them easier to lift.

Nutritional Information (Per Serving)

- Calories: 160
- Fat: 5 g
- Fiber: 1 g
- Protein: 22 g
- Carbohydrates: 4 g

Tips for Bariatric Success

- These patties reheat well—air fry at 325°F (160°C) for 2–3 minutes to restore texture.
- For easier chewing, serve with a spoonful of yogurt or soft avocado mash.

Soft Duck & Sweet Potato Sliders (Phase 4)

Juicy and rich with a naturally sweet undertone, these soft duck sliders skip the bun and shine on their own—or tucked in a lettuce wrap for a handheld bite.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Ground duck (lean, skinless) – 6 oz / 170 g
- Mashed sweet potato – ¼ cup / 60 g
- Garlic powder – ¼ tsp
- Egg white – 1
- Olive oil spray – 1 pump



Instructions

1. In a bowl, mix the ground duck, mashed sweet potato, garlic powder, and egg white until just combined. The sweet potato should blend smoothly into the meat, adding moisture and helping bind the mixture.
2. Divide into 4 equal portions and gently shape into small slider patties—about 2½ inches wide. Flatten slightly for even cooking.
3. Bring your air fryer up to 375°F (190°C).
4. Lightly coat the patties with olive oil spray on both sides. Place them in the air fryer basket with some space in between.
5. Cook for around 10–12 minutes, flipping halfway, until the sliders are browned on the outside and fully cooked through. They should feel firm but still springy to the touch.
6. Let them rest for a minute before serving. Enjoy them solo, or serve on a tender lettuce leaf for a light, low-carb "bun."

Nutritional Information (Per Serving)

- Calories: 220
- Fat: 14 g
- Fiber: 1 g
- Protein: 20 g
- Carbohydrates: 5 g

Tips for Bariatric Success

- Cut sliders into halves or quarters for easier chewing.
- For added softness, top with a dollop of plain yogurt or serve alongside steamed greens.

Chapter 5: Fish & Seafood Recipes







Lemon-Butter Flounder with Zucchini (Phase 4)

Flaky, tender flounder kissed with lemon and herbs, served alongside soft zucchini slices—light, fresh, and inspired by that viral buttery favorite (but made bariatric-friendly).

Phase: 4 | Prep Time: 10 minutes | Cook Time: 10 minutes | Servings: 2

Ingredients

- Flounder fillet – 6 oz / 170 g
- Zucchini, sliced – 1 medium
- Olive oil – 1 tsp / 5 mL
- Lemon juice – 1 tsp / 5 mL
- Garlic powder – ¼ tsp
- Dried parsley – ½ tsp
- Salt – a pinch (optional)



Instructions

1. Bring your air fryer up to 375°F (190°C). While it heats, gently pat the flounder dry with a paper towel—it helps the seasonings cling and gives you better texture.
2. Mix the olive oil, lemon juice, salt, parsley, and garlic powder in a small bowl. It should smell bright and buttery, even without the butter.
3. Lay the zucchini slices and flounder in a shallow dish or directly onto a small piece of parchment that fits inside your air fryer. Drizzle the lemon-oil mixture evenly over everything.
4. Carefully transfer the fish and zucchini into the air fryer basket. Try to keep the fish flat and the zucchini in a single layer or slightly overlapping.
5. Air fry for 8 to 10 minutes. You'll know it's ready when the flounder flakes easily with a fork and the zucchini is tender, glistening with the citrusy glaze.
6. Let it rest for a minute or two so the juices settle—then serve warm, spooning any pan juices over the top for added flavor.

Nutritional Information (Per Serving)

- Calories: 200
- Protein: 26 g
- Fat: 8 g
- Carbohydrates: 4 g
- Fiber: 1 g

Tips for Bariatric Success

- To keep the delicate flounder intact, lift it gently from the air fryer basket using parchment paper or foil—it'll help you avoid any crumbling or tearing.
- Pair with a spoonful of Greek yogurt or a few soft avocado slices if you want a bit more creaminess.

Garlic Herb Sea Bass with Roasted Cherry Tomatoes (Phase 4)

A light, elegant dish with tender sea bass and blistered cherry tomatoes, seasoned with garlic and basil—bright, buttery, and inspired by the viral TikTok favorite.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 10 minutes | Servings: 2

Ingredients

- Sea bass fillet – 6 oz / 170 g
- Cherry tomatoes – ½ cup / 75 g
- Olive oil – 1 tsp / 5 mL
- Garlic powder – ¼ tsp
- Dried basil – ½ tsp
- Salt & pepper – a pinch each (optional)



Instructions

1. Start by bringing your air fryer up to 375°F (190°C). While it heats, pat the sea bass dry with a paper towel—this helps the seasonings stick and keeps the fish from steaming.
2. In a small-sized bowl, combine the olive oil with garlic powder, dried basil, and a pinch of salt and pepper. It should smell fragrant and slightly sweet from the basil.
3. Toss the cherry tomatoes gently in half of the oil mixture and set aside. Brush the remaining oil over the sea bass fillet, coating both sides lightly.
4. Place the tomatoes in the air fryer basket first, and give them a 3-minute head start to soften and begin to blister. Then, carefully add the sea bass fillet beside or on top of the tomatoes, depending on your basket size.
5. Continue air frying for 7 to 8 more minutes. The tomatoes will begin to split and release their juices, while the fish becomes firm, opaque, and flakes apart with a gentle touch.
6. Let the fish rest for a minute before plating. Spoon the warm cherry tomatoes and their juices over the sea bass for a bright, savory finish.

Nutritional Information (Per Serving)

- Calories: 210
- Protein: 28 g
- Fat: 9 g
- Carbohydrates: 3 g
- Fiber: 1 g

Tips for Bariatric Success

- Slice the cherry tomatoes in half after roasting if whole skins are tough to chew.
- Reheat carefully in the air fryer at 300°F (150°C) for 2–3 minutes to preserve tenderness.

Roasted Cod & Mashed Eggplant (Phase 2)

Inspired by the salt crust fish trend, this gentle, protein-rich dish brings together flaky roasted cod and velvety eggplant mash—all blended for a smooth, post-op–friendly finish.

Phase: 2 | Prep Time: 10 minutes | Cook Time: 18 minutes | Servings: 2

Ingredients

- Cod fillet – 6 oz / 170 g
- Eggplant, peeled and cubed – 1 small (about 10 oz / 280 g)
- Olive oil – 1 tsp / 5 mL
- Lemon zest – ¼ tsp
- Garlic powder – ¼ tsp
- Salt – a pinch (optional)



Instructions

1. Bring your air fryer up to 375°F (190°C). While it heats, toss the peeled and cubed eggplant with half of the olive oil and a pinch of salt if desired. Spread the cubes evenly in the air fryer basket.
2. Roast the eggplant for 10 minutes first—it needs a little more time to soften fully. Then gently add the cod fillet right on top of the eggplant or beside it if there's room.
3. Sprinkle the fish with garlic powder, lemon zest, and a touch of salt. Drizzle the leftover olive oil over the top to keep it moist during cooking.
4. Continue air frying everything together for another 8 minutes, until the cod flakes easily and the eggplant is fully tender. The edges of the eggplant may caramelize slightly, adding a touch of richness.
5. Transfer both the fish and eggplant to a blender or food processor. Blend until smooth, adding a splash of warm water if needed for a softer consistency. You're aiming for a creamy, spoonable mash with a light, savory flavor.
6. Serve warm in small portions for a comforting, easy-to-digest meal.

Nutritional Information (Per Serving)

- Calories: 220
- Fat: 8 g
- Fiber: 3 g
- Protein: 28 g
- Carbohydrates: 6 g

Tips for Bariatric Success

- Blend while still warm for a smoother texture.
- For added moisture, stir in a teaspoon of Greek yogurt or broth before serving.

Crispy Tilapia Nuggets with Avocado Yogurt Dip (Phase 4)

Inspired by the crunchy fish bites trend, these air-fried tilapia nuggets offer a golden crisp without the grease—paired with a creamy avocado-yogurt dip for the perfect finish.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Tilapia fillet – 6 oz / 170 g
- Oat flour – 2 tbsp / 20 g
- Garlic powder – ¼ tsp
- Smoked paprika – ¼ tsp
- Egg white – 1
- Olive oil spray
- Avocado – ¼ fruit
- Plain Greek yogurt – 2 tbsp / 30 g
- Lemon juice – 1 tsp



Instructions

1. Bring your air fryer up to 375°F (190°C). While it heats, cut the tilapia into bite-sized chunks—think nugget size, about 1 inch each.
2. In a small-sized bowl, beat the egg white until frothy. In another bowl, mix together the smoked paprika, garlic powder, oat flour, and a pinch of salt if desired.
3. Dip each piece of tilapia into the egg white, allowing the excess drip off, then coat in the seasoned flour mixture. Press gently so the coating sticks.
4. Spread the nuggets out in a single, even layer in the air fryer basket, then slightly mist them with olive oil. Cook for around 10 to 12 minutes, flipping once, until the nuggets are crispy and golden on the outside and flake easily when pierced.
5. While the fish cooks, make the dip: mash the avocado in a small-sized bowl, then stir in the lemon juice and Greek yogurt until smooth and creamy. It should be thick enough to cling to a warm nugget.
6. Let the nuggets rest for a minute before serving. Pair with the avocado-yogurt dip and enjoy immediately for the best crunch.

Nutritional Information (Per Serving)

- Calories: 240
- Fat: 9 g
- Fiber: 2 g
- Protein: 28 g
- Carbohydrates: 6 g

Tips for Bariatric Success

- Keep nugget sizes small for easy chewing and slower eating.
- Dip adds healthy fat—perfect for moisture and satisfaction without heaviness.

Mediterranean Red Snapper with Olive & Herb Crust (Phase 4)

A coastal-inspired dish with tender red snapper topped with a briny, garlicky olive-herb crust—bright, savory, and perfectly air fried for a light Mediterranean-style meal.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 10 minutes | Servings: 2

Ingredients

- Red snapper fillet – 6 oz / 170 g
- Black olives, pitted and chopped – 2 tbsp / 20 g
- Fresh parsley – 1 tbsp / 5 g
- Lemon juice – 1 tsp / 5 mL
- Garlic – ½ clove, finely grated
- Olive oil – 1 tsp / 5 mL



Instructions

1. Bring your air fryer up to 375°F (190°C). While it heats, make the topping by mixing chopped olives, parsley, lemon juice, grated garlic, and olive oil in a small bowl. Stir until it forms a thick, textured paste. It should smell zesty and savory.
2. Pat the red snapper dry with a paper towel and place it on a small piece of parchment that fits your air fryer basket.
3. Spoon the olive mixture onto the surface of the fish, gently pressing it into place so it forms a crust. You don't need full coverage—just enough to coat the top evenly.
4. Carefully transfer the parchment and fish into the air fryer basket. Cook for 8 to 10 minutes until the snapper flakes easily with a fork and the olive crust is warm and aromatic.
5. Let it rest for a minute before serving, allowing the flavors to settle and the crust to firm up slightly.

Nutritional Information (Per Serving)

- Calories: 230
- Protein: 28 g
- Fat: 11 g
- Carbohydrates: 2 g
- Fiber: 1 g

Tips for Bariatric Success

- Use a small spoon or knife to distribute the crust evenly—it helps with both flavor and portion control.
- Pair with a spoonful of mashed cauliflower or soft zucchini ribbons for a complete, gentle meal.

Soft Pollock & Sweet Potato Purée (Phase 2)

This velvety mash blends tender roasted pollock with naturally sweet potato, lightly spiced for warmth and balanced flavor—perfect for gentle digestion in Phase 2 recovery.

Phase: 2 | Prep Time: 10 minutes | Cook Time: 18 minutes | Servings: 2

Ingredients

- Pollock fillet – 8 oz / 225 g
- Sweet potato, peeled and cubed – 1 cup / 130 g
- Olive oil – 1 tsp / 5 mL
- Ground cumin – ⅛ tsp
- Garlic powder – ¼ tsp
- Salt – a pinch (optional)



Instructions

1. Bring your air fryer up to 375°F (190°C). Lightly toss the sweet potato cubes with half the olive oil and, if desired, a small pinch of salt. Place them in the air fryer basket in a single layer and roast for 10 minutes until softening and slightly golden on the edges.
2. Pat the pollock fillet dry, then brush with the leftover olive oil and sprinkle evenly with cumin and garlic powder.
3. Carefully add the pollock to the basket with the sweet potatoes and air fry everything together for another 8 minutes. The fish should flake easily and the sweet potato should be tender all the way through.
4. Transfer both to a blender or food processor. Blend until completely smooth, adding a splash of warm water if needed for a creamy, spoonable texture.
5. Spoon into a small dish and serve warm. The flavor is mild and comforting with just a hint of spice.

Nutritional Information (Per Serving)

- Calories: 230
- Fat: 6 g
- Fiber: 2 g
- Protein: 28 g
- Carbohydrates: 11 g

Tips for Bariatric Success

- Blend while still warm for a smoother result.
- Divide into small portions and reheat gently to avoid drying out—use a tablespoon of warm broth if needed.

Turmeric Butter Haddock with Roasted Cauliflower (Phase 4)

Bright, buttery haddock seasoned with turmeric and garlic, served alongside tender air-fried cauliflower for a warm, satisfying dish with golden color and gentle spice.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Haddock fillet – 8 oz / 225 g
- Cauliflower florets – 1 cup / 100 g
- Olive oil – 1 tsp / 5 mL
- Ground turmeric – ¼ tsp
- Garlic powder – ¼ tsp
- Lemon juice – 1 tsp
- Salt – a pinch (optional)



Instructions

1. Bring your air fryer up to 375°F (190°C). While it heats, toss the cauliflower florets with half the olive oil and a light sprinkle of salt if using. Spread them in the basket and roast for 5 minutes on their own to get a head start.
2. In a small bowl, mix the leftover olive oil with turmeric, garlic powder, and lemon juice. Pat the haddock fillet dry, then brush the turmeric mixture evenly over the top.
3. Carefully add the haddock fillet to the air fryer basket next to the cauliflower, or on a piece of parchment if your basket has large holes.
4. Air fry everything together for 7 more minutes. The haddock should be golden on the outside and flake easily with a fork, while the cauliflower finishes roasting and becomes lightly crisp on the edges.
5. Rest the fish for a minute before serving to let the flavors meld and settle. Plate with the warm cauliflower and spoon any turmeric butter juices over the top for added flavor.

Nutritional Information (Per Serving)

- Calories: 230
- Fat: 9 g
- Fiber: 2 g
- Protein: 30 g
- Carbohydrates: 5 g

Tips for Bariatric Success

- Break the haddock into small flakes before serving for easier portioning and chewing.
- Cauliflower can be pulsed briefly in a food processor after roasting for a softer consistency if needed.

Cajun Salmon Bites with Bell Pepper Chunks (Phase 4)

Bold and zesty, these air-fried salmon bites are seasoned with smoky Cajun spice and paired with sweet bell pepper chunks—perfectly crisp on the outside, tender on the inside.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 10 minutes | Servings: 2

Ingredients

- Salmon fillet – 8 oz / 225 g
- Red bell pepper, chopped – ½ cup / 60 g
- Cajun seasoning (salt-free) – 1 tsp
- Olive oil spray – as needed
- Lemon wedge – for serving



Instructions

1. Start by cutting the salmon into bite-sized cubes, about 1 inch wide. They should feel firm and smooth, making them easy to handle.
2. Place the salmon pieces and chopped bell pepper into a bowl. Add the Cajun seasoning and a light mist of olive oil spray. Toss gently with your hands or a spatula until everything is evenly coated—your fingers might pick up that delicious smoky aroma.
3. Bring your air fryer up to 375°F (190°C). Once ready, lay the salmon and peppers in a single layer in the basket. Don't overcrowd—give each piece space to crisp around the edges.
4. Air fry for around 8 to 10 minutes, shaking the basket gently at the halfway mark. The salmon should turn opaque and golden, while the bell peppers soften slightly and start to char in spots.
5. Let everything rest for a minute or two after cooking. The salmon will continue to firm up slightly, locking in moisture.
6. Serve warm, finishing with a fresh squeeze of lemon over the top for brightness—it balances the spice beautifully.

Nutritional Information (Per Serving)

- Calories: 260
- Protein: 28 g
- Fat: 14 g
- Carbohydrates: 3 g
- Fiber: 1 g

Tips for Bariatric Success

- Cut salmon into small, uniform cubes to support even cooking and gentle chewing.
- For leftovers, reheat in the air fryer at 320°F (160°C) for 2 minutes to maintain texture.

Ginger-Garlic Shrimp with Carrot Zoodles (Phase 3)

A fresh, high-protein dish with a light Asian flair—these garlicky shrimp pair perfectly with tender carrot noodles for a flavorful, bariatric-friendly meal.

Phase: 3 | Prep Time: 10 minutes | Cook Time: 8 minutes | Servings: 2

Ingredients

- Shrimp (peeled, deveined) – 6 oz / 170 g
- Carrots, spiralized – 1 cup / 100 g
- Fresh ginger, grated – ½ tsp
- Garlic powder – ¼ tsp
- Olive oil – 1 tsp / 5 mL
- Low-sodium soy sauce – 1 tsp / 5 mL



Instructions

1. In a small bowl, combine the shrimp with the grated ginger, garlic powder, soy sauce, and half of the olive oil. Give it a gentle stir to coat—you're aiming for a light, fragrant marinade. Let it sit for 5 minutes while the air fryer preheats.
2. Bring your air fryer up to 375°F (190°C). While it heats, lightly coat the spiralized carrot with the remaining olive oil.
3. Once the air fryer is heated, add the shrimp in a single, even layer and cook for 6 to 8 minutes. The shrimp should curl up and turn opaque, with golden edges and a ginger-garlic aroma wafting through your kitchen.
4. While the shrimp is cooking, warm the carrot zoodles in a skillet over low heat for just 2–3 minutes—or microwave briefly. They should soften slightly but still have a bit of bite.
5. Plate the warm carrot zoodles and top with the air-fried shrimp. Spoon over any leftover marinade or juices from the basket for extra flavor.

Nutritional Information (Per Serving)

- Calories: 190
- Fat: 7 g
- Fiber: 1 g
- Protein: 26 g
- Carbohydrates: 4 g

Tips for Bariatric Success

- Choose small shrimp and cut them into halves if needed for easier chewing.
- Spiralized carrots can be lightly pulsed in a food processor after warming if a softer texture is needed.

Tandoori Spiced Trout with Roasted Peppers (Phase 4)

Tender trout coated in a creamy tandoori-style marinade and roasted with sweet bell peppers—this dish brings bold flavor and beautiful color with minimal effort.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Trout fillet – 8 oz / 225 g
- Bell pepper, sliced – ½ cup / 60 g
- Plain Greek yogurt – 1 tbsp / 15 g
- Tandoori seasoning (salt-free) – 1 tsp
- Lemon juice – 1 tsp / 5 mL
- Olive oil spray – 1 pump



Instructions

1. In a small bowl, whisk together the yogurt, tandoori seasoning, and lemon juice. The marinade should be smooth and vibrant, with a tangy scent and deep orange hue.
2. Pat the trout fillet dry and coat it gently with the yogurt mixture. You want an even layer that clings to the fish without dripping. Let it sit while you prep the peppers.
3. Toss the bell pepper slices with a light spray of olive oil and a tiny pinch of salt if desired.
4. Bring your air fryer up to 375°F (190°C). Place the peppers in the basket first and give them a 4-minute head start. This lets them soften and caramelize just a bit.
5. Carefully add the marinated trout fillet beside or on top of the peppers, depending on space. Cook for another 8 minutes, or until the trout is opaque and flakes easily, and the peppers are slightly charred around the edges.
6. Let rest for a minute before serving so the juices can settle and the flavors meld together. Spoon the peppers alongside the trout and enjoy while warm.

Nutritional Information (Per Serving)

- Calories: 250
- Fat: 12 g
- Fiber: 1 g
- Protein: 28 g
- Carbohydrates: 3 g

Tips for Bariatric Success

- For easier chewing, flake the trout into small pieces before serving.
- Leftovers reheat well in the air fryer for 2 minutes at 325°F (160°C) to restore texture.

Chapter 6: Poultry Recipes







Roasted Chicken & Parsnip Purée (Phase 2)

A warm and comforting blend of tender roasted chicken and subtly sweet parsnip—smooth, soothing, and full of flavor for early recovery.

Phase: 2 | Prep Time: 10 minutes | Cook Time: 20 minutes | Servings: 2

Ingredients

- Chicken breast – 8 oz / 225 g
- Parsnip, peeled and cubed – 1 cup / 130 g
- Olive oil – 1 tsp / 5 mL
- Garlic powder – ¼ tsp
- Salt – a pinch (optional)



Instructions

1. Bring your air fryer up to 375°F (190°C). Toss the parsnip cubes with half the olive oil and, if using, a sprinkle of salt. Spread them in the basket and roast for 10 minutes to begin softening.
2. While the parsnip is cooking, rub the chicken breast with the remaining oil and sprinkle with garlic powder.
3. After the initial 10 minutes, add the chicken breast to the air fryer basket with the parsnips and continue roasting for another 10 minutes. The parsnips should be golden and fork-tender, and the chicken cooked through with light browning on the outside.
4. Let the chicken rest for a few minutes, then cut into smaller chunks. Transfer both the chicken and parsnips to a blender or food processor.
5. Blend until completely smooth, adding warm water a little at a time until the purée reaches a creamy, soft texture that's easy to spoon and swallow.

Nutritional Information (Per Serving)

- Calories: 240
- Protein: 30 g
- Fat: 8 g
- Carbohydrates: 7 g
- Fiber: 2 g

Tips for Bariatric Success

- Add water gradually and blend while warm for the smoothest consistency.
- Portion into small ramekins for easy reheating and serving throughout the week.

Turkey & Roasted Apple Mash (Phase 2)

A soft, comforting blend of savory turkey and gently caramelized apple—smooth, warm, and lightly sweet with a hint of cinnamon.

Phase: 2 | Prep Time: 10 minutes | Cook Time: 18 minutes | Servings: 2

Ingredients

- Ground turkey – 8 oz / 225 g
- Sweet apple, peeled and chopped – ½ cup / 80 g
- Olive oil – 1 tsp / 5 mL
- Cinnamon – a pinch (optional)



Instructions

1. Bring your air fryer up to 375°F (190°C). Lightly toss the chopped apple with half of the olive oil and, if using, a tiny pinch of cinnamon. Spread in the basket and roast for 5 minutes to soften and begin browning.
2. Meanwhile, shape the ground turkey into a thin, flat patty for even cooking. Brush or spray with the remaining oil.
3. After the apples begin to soften, add the turkey patty to the air fryer and continue roasting for 10–12 minutes, flipping once, until fully cooked and lightly golden.
4. Let both the turkey and apples cool slightly, then put them in a blender or food processor. Blend until completely smooth, adding warm water or unsalted broth one spoonful at a time until the texture is creamy and gentle.
5. Spoon into a bowl and enjoy warm—the result should be a savory mash with subtle sweetness and a cozy aroma.

Nutritional Information (Per Serving)

- Calories: 230
- Fat: 8 g
- Fiber: 1 g
- Protein: 28 g
- Carbohydrates: 6 g

Tips for Bariatric Success

- Use a sweet apple variety like Gala or Fuji for natural flavor without added sugar.
- Blend while warm for a smoother result and adjust the moisture just before serving.

Duck & Carrot-Ginger Purée (Phase 2)

A deeply nourishing, savory mash with warming notes of fresh ginger—this dish balances the richness of duck with the natural sweetness of carrot for a satisfying, spoonable meal.

Phase: 2 | Prep Time: 10 minutes | Cook Time: 20 minutes | Servings: 2

Ingredients

- Ground duck (lean, skinless) – 8 oz / 225 g
- Carrots, peeled and chopped – 1 cup / 130 g
- Fresh ginger, grated – ¼ tsp
- Olive oil – 1 tsp / 5 mL



Instructions

1. Bring your air fryer up to 375°F (190°C). Put the chopped carrots in the basket after tossing them with half of the olive oil. Roast for 10 minutes to soften.
2. While the carrots begin to cook, shape the ground duck into a wide, flat patty to ensure even roasting. Brush with the remaining olive oil.
3. Add the duck patty to the basket with the carrots and continue roasting for another 10 minutes, or until the duck is cooked through and the carrots are fork-tender.
4. Let everything cool slightly, then transfer the roasted duck and carrots to a blender or food processor. Add the freshly grated ginger.
5. Blend until silky smooth, adding warm water a spoonful at a time until you reach a soft, airy consistency. The ginger should lift the flavor without overwhelming it.
6. Serve warm—this purée should feel both grounding and gently energizing.

Nutritional Information (Per Serving)

- Calories: 290
- Fat: 17 g
- Fiber: 2 g
- Protein: 26 g
- Carbohydrates: 5 g

Tips for Bariatric Success

- Grate ginger finely so it blends seamlessly into the purée.
- Portion into small containers and freeze any extra for quick reheating later.

Turkey, Spinach & Cottage Cheese Muffin Bites (Phase 3)

These tender, protein-packed muffin bites combine lean turkey, creamy cottage cheese, and fresh spinach into a soft, satisfying meal that's easy to portion and gentle to chew.

Phase: 3 | Prep Time: 10 minutes | Cook Time: 14 minutes | Servings: 2

Ingredients

- Ground turkey – 8 oz / 225 g
- Baby spinach, chopped – ½ cup / 30 g
- Low-fat cottage cheese – 2 tbsp / 30 g
- Egg white – 1
- Garlic powder – ¼ tsp
- Olive oil spray – 1 pump



Instructions

1. Combine the ground turkey, chopped spinach, cottage cheese, egg white, and garlic powder in a medium bowl. Stir gently yet thoroughly until everything is evenly incorporated. The mixture will be soft but should hold together well.
2. Lightly spray silicone muffin cups with olive oil to prevent sticking.
3. Spoon the mixture evenly into 4–6 muffin cups, filling each about three-quarters full. Tap the cups gently to level the tops—this helps them cook evenly.
4. Bring your air fryer up to 350°F (175°C). Arrange the filled muffin cups in the basket, leaving a bit of space between each one for airflow.
5. Air fry for 12 to 14 minutes, or until the bites feel firm to the touch and the tops appear slightly golden. A toothpick inserted in the center should come out clean.
6. Let them rest for 2–3 minutes before removing from the cups—they'll continue to firm up slightly as they cool.

Nutritional Information (Per Serving)

- Calories: 240
- Fat: 10 g
- Fiber: 0.5 g
- Protein: 30 g
- Carbohydrates: 2 g

Tips for Bariatric Success

- These store well—reheat in the air fryer at 320°F (160°C) for 2–3 minutes.
- If chewing is still sensitive, slice each muffin bite in half before serving.

Soft Chicken & Sweet Pea Cakes (Phase 3)

These tender mini patties are made with juicy ground chicken and lightly sweet green peas—fluffy inside, gently crisped outside, and perfect for easy chewing.

Phase: 3 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Ground chicken – 8 oz / 225 g
- Green peas (fresh or thawed) – ¼ cup / 35 g
- Egg white – 1
- Garlic powder – ¼ tsp
- Oat flour – 1 tbsp / 10 g
- Olive oil spray – 1 pump



Instructions

1. Combine the ground chicken, green peas, egg white, garlic powder, and oat flour in a mixing bowl. Mix until everything is well blended, but avoid overworking—it should feel moist and easy to shape.
2. Scoop out small portions and gently shape into mini cakes about 2 inches wide. Press slightly to flatten for even cooking.
3. Lightly spray each cake with olive oil on both sides.
4. Preheat your air fryer to 360°F (180°C). Once ready, place the cakes in the basket in a single layer with space between them.
5. Air fry for around 10–12 minutes, flipping them halfway through. They should be lightly golden on the outside, but still soft and springy when pressed.
6. Let cool for a minute or two before serving. The texture should be tender, not dry, with little bursts of sweetness from the peas.

Nutritional Information (Per Serving)

- Calories: 230
- Protein: 29 g
- Fat: 9 g
- Carbohydrates: 4 g
- Fiber: 1 g

Tips for Bariatric Success

- Mash the peas slightly before mixing if a smoother bite is needed.
- Serve alongside a spoonful of plain yogurt or soft avocado for extra moisture.

Duck & Mashed Pumpkin Patties (Phase 3)

Warm and velvety, these tender patties blend rich ground duck with naturally sweet pumpkin for a nourishing, soft-textured meal with just a hint of cozy spice.

Phase: 3 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Ground duck – 8 oz / 225 g
- Cooked pumpkin, mashed – ½ cup / 120 g
- Egg white – 1
- Cinnamon – a pinch (optional)
- Salt – a pinch (optional)
- Olive oil spray – 1 pump



Instructions

1. In a bowl, combine the ground duck, mashed pumpkin, egg white, cinnamon, and salt if using. Mix gently until smooth and uniform—the mixture should be soft and slightly sticky.
2. With damp hands, shape the mixture into small round patties, about 2½ inches wide. Flatten them just slightly so they cook through evenly.
3. Give both sides of each patty a light coating of olive oil spray.
4. Preheat your air fryer to 360°F (180°C). Once heated, place the patties in the basket with a little space between them.
5. Cook for about 12 minutes, flipping halfway. The patties should feel firm but still tender, with a golden tint on the edges and a soft, moist interior.
6. Let them rest for a minute before serving. They'll hold together beautifully while staying melt-in-your-mouth soft.

Nutritional Information (Per Serving)

- Calories: 290
- Fat: 17 g
- Fiber: 1 g
- Protein: 26 g
- Carbohydrates: 4 g

Tips for Bariatric Success

- Mash the pumpkin very smooth before mixing for a consistent texture.
- These reheat well—2–3 minutes in the air fryer at 325°F (160°C) restores moisture and structure.

Korean BBQ Turkey Bites with Sesame Cabbage (Phase 4)

Savory-sweet turkey bites glazed in a rich Korean BBQ sauce, served alongside tender cabbage gently tossed with toasted sesame and a bright splash of vinegar. It's a dish full of bold flavor and balanced textures—hearty enough to satisfy, yet light on the palate.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Ground turkey – 8 oz / 225 g
- Low-sugar Korean BBQ sauce – 1 tbsp / 15 mL
- Garlic powder – ¼ tsp
- Green cabbage, finely shredded – ¾ cup / 50 g
- Toasted sesame oil – ½ tsp
- Apple cider vinegar – 1 tsp
- Olive oil spray – 1 pump



Instructions

1. In a bowl, combine the ground turkey, BBQ sauce, and garlic powder. Mix just until combined—try not to overwork the meat.
2. Shape the mixture carefully into small, bite-sized balls or patties, about 1½ inches wide. Lightly spray them with olive oil.
3. Bring your air fryer up to 375°F (190°C). Place the turkey bites in the basket, spaced apart. Air fry for 10–12 minutes, flipping once halfway through, until browned on the outside and fully cooked inside.
4. While the bites cook, heat a nonstick pan over medium-low heat. Add the shredded cabbage with just a splash of water and let it soften for about 3–4 minutes, stirring gently. Once tender, stir in the sesame oil and apple cider vinegar. Cook for 1 more minute, just to blend the flavors.
5. Serve the warm turkey bites over or alongside the sesame cabbage. The balance of sweet, savory, and tangy makes every bite satisfying.

Nutritional Information (Per Serving)

- Calories: 260
- Fat: 12 g
- Fiber: 1.5 g
- Protein: 28 g
- Carbohydrates: 4 g

Tips for Bariatric Success

- Cut the turkey bites in half before serving for smaller, more manageable portions.
- The cabbage can be pulsed in a food processor after cooking for a softer consistency if needed.

Duck & Potato Mini Rounds with Mustard Crust (Phase 4)

Golden on the outside, soft and savory inside—these flavorful duck and potato patties are finished with a tangy hint of Dijon and just the right amount of crisp.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 14 minutes | Servings: 2

Ingredients

- Ground duck (lean) – 8 oz / 225 g
- Cooked potato, grated – ½ cup / 100 g
- Dijon mustard – 1 tsp
- Black pepper – ¼ tsp
- Egg white – 1
- Olive oil spray – 1 pump



Instructions

1. In a medium bowl, mix together the ground duck, grated cooked potato, Dijon mustard, black pepper, and egg white. Stir just enough to bring everything together—you want a soft but shapeable mixture.
2. With damp hands, form small flat rounds about 2 inches wide and ½ inch thick. Press gently to flatten; these cook best when the shape is even.
3. Give both sides of each patty a light coating of olive oil spray.
4. Bring your air fryer up to 375°F (190°C). Place the rounds in the basket in a single layer, leaving space between them.
5. Air fry for around 12–14 minutes, flipping halfway through. The edges should develop a light crust while the center stays tender and moist. You'll catch the aroma of warm mustard and roasted duck as they finish cooking.
6. Let rest for a minute before serving—this helps the texture set and makes them easier to lift without breaking.

Nutritional Information (Per Serving)

- Calories: 290
- Protein: 26 g
- Fat: 17 g
- Carbohydrates: 6 g
- Fiber: 1 g

Tips for Bariatric Success

- For easier chewing, cut the rounds into halves or quarters before serving.
- These reheat well—try 2–3 minutes in the air fryer at 325°F (160°C) to bring back the crisp edge.

Black Pepper Duck Meatballs with Air-Fried Shiitake (Phase 4)

Rich and savory duck meatballs paired with crisp-tender shiitake mushrooms—deep umami flavor in every bite, all balanced with a peppery kick.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 14 minutes | Servings: 2

Ingredients

- Ground duck (skinless) – 8 oz / 225 g
- Shiitake mushrooms, thinly sliced – ½ cup / 40 g
- Black pepper – ¼ tsp
- Egg white – 1
- Soy sauce (low sodium) – 1 tsp
- Olive oil spray – 1 pump



Instructions

1. In a small bowl, toss the sliced shiitake mushrooms with a light spray of olive oil. Set aside while you prepare the meatballs.
2. In another bowl, mix the ground duck with the egg white, soy sauce, and black pepper. The mixture will be soft and fragrant—stir just until it holds together.
3. Roll the duck mixture into small meatballs, about 1 to 1½ inches in diameter. Spray lightly with olive oil.
4. Bring your air fryer up to 375°F (190°C).
5. Place the shiitake slices in a single layer on one side of the basket, and arrange the meatballs on the other side without touching. If your basket is smaller, cook them in two batches for best texture.
6. Air fry for 12–14 minutes, flipping the meatballs halfway through. The mushrooms should turn lightly crisp at the edges, and the meatballs should be golden and juicy, with that rich black pepper aroma filling the air.
7. Let cool slightly before serving. Spoon mushrooms next to or over the meatballs for full "meat-on-meat" flavor harmony.

Nutritional Information (Per Serving)

- Calories: 310
- Fat: 19 g
- Fiber: 1 g
- Protein: 27 g
- Carbohydrates: 3 g

Tips for Bariatric Success

- For easier texture, finely chop mushrooms after air frying and mix with the meatballs before serving.
- These freeze and reheat well—air fry at 325°F (160°C) for 2–3 minutes until warmed through.

Sweet Chili Turkey Sliders with Air-Fried Pineapple (Phase 4)

Juicy mini turkey patties infused with sweet chili flavor and served alongside golden, caramelized pineapple rings—a perfect mix of heat, sweetness, and tropical flair.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 14 minutes | Servings: 2

Ingredients

- Ground turkey – 8 oz / 225 g
- Canned crushed pineapple (unsweetened), drained – 2 tbsp / 30 g
- Low-sugar sweet chili sauce – 1 tbsp / 15 mL
- Garlic powder – ¼ tsp
- Egg white – 1
- Olive oil spray
- Pineapple slices (fresh or canned in juice, not syrup) – 2 rounds



Instructions

1. In a bowl, combine the ground turkey, crushed pineapple, sweet chili sauce, garlic powder, and egg white. Mix until just combined—the mixture will be soft and slightly sticky.
2. Shape into 4 small patties, about slider size. Gently press to flatten slightly, and spray both sides with olive oil.
3. Bring your air fryer up to 375°F (190°C). Arrange the patties in the basket with some space between them.
4. Air fry for around 10–12 minutes, flipping halfway through, until the sliders are golden on the outside and fully cooked through.
5. While the patties cook, lightly spray the pineapple slices with olive oil. Add them to the air fryer in the last 4–5 minutes of cooking, flipping once, until lightly caramelized with golden edges.
6. Serve the turkey sliders alongside the warm pineapple. You can stack them together or eat separately—either way, the sweet-heat combo makes for a delicious bite.

Nutritional Information (Per Serving)

- Calories: 270
- Fat: 11 g
- Fiber: 1 g
- Protein: 28 g
- Carbohydrates: 9 g

Tips for Bariatric Success

- Cut the sliders into quarters if needed for easier chewing.
- Pineapple can be chopped and mixed with extra chili sauce for a spoonable topping.

Chapter 7: Vegetarian Recipes







Roasted Pumpkin & White Bean Purée (Phase 2)

Smooth, creamy, and naturally sweet with a hint of earthiness, this purée blends roasted pumpkin and white beans into a gentle, satisfying meal that's rich in fiber and plant-based protein.

Phase: 2 | Prep Time: 10 minutes | Cook Time: 15 minutes | Servings: 2

Ingredients

- Pumpkin, peeled and cubed – 1 cup / 130 g
- Cooked white beans (canned or homemade) – ½ cup / 100 g
- Olive oil – 1 tsp / 5 mL
- Garlic powder – ¼ tsp
- Salt – a pinch (optional)
- Warm water – 2 tbsp



Instructions

1. Preheat your air fryer to 360°F (180°C).
2. Mix the pumpkin cubes with olive oil and spread them in a single layer in the basket. Roast for about 15 minutes, or until they're fork-tender and lightly golden around the edges.
3. While the pumpkin cooks, rinse the white beans well if using canned, and warm them slightly to blend more easily.
4. Transfer the roasted pumpkin and white beans to a blender or food processor. Add garlic powder, a pinch of salt if using, and 2 tablespoons of warm water.
5. Blend until it's smooth and creamy, scraping down the sides if needed. Adjust the texture with a splash more water if the purée feels too thick.
6. Spoon into bowls and enjoy warm. The result should be silky and comforting with a subtle nutty finish.

Nutritional Information (Per Serving)

- Calories: 130
- Protein: 5 g
- Fat: 5 g
- Carbohydrates: 17 g
- Fiber: 4 g

Tips for Bariatric Success

- Use a silicone spatula to portion small amounts onto a spoon—it's easier to control intake and texture.
- Freeze leftovers in small containers and reblend with a splash of warm water for a quick reheat option.

Cauliflower, Pea & Yogurt Mash (Phase 2)

A fresh, creamy mash that balances mild cauliflower with the sweetness of peas and a tangy lift from yogurt—light on the palate, easy on digestion, and rich in fiber and protein.

Phase: 2 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Cauliflower florets – 1 cup / 100 g
- Green peas – ½ cup / 70 g
- Plain Greek yogurt (low-fat) – 2 tbsp / 30 g
- Olive oil – 1 tsp / 5 mL
- Dried dill – a pinch (optional)
- Salt – a pinch (optional)



Instructions

1. Bring your air fryer up to 370°F (185°C).
2. Toss the cauliflower florets and peas with the olive oil. Spread them out in the air fryer basket so they roast evenly. Cook for about 10–12 minutes, or until the cauliflower is fork-tender and the peas look slightly crisped and vivid green.
3. Let the vegetables cool just a bit, then put everything in a blender or food processor.
4. Add the yogurt, salt, and a pinch of dill if you'd like a herbal note. Blend until smooth and silky. If it seems a bit too thick, add a spoonful of warm water to help it blend easily.
5. Serve warm or at room temperature. The result should be a creamy, pale green mash that tastes fresh, a little tangy, and deeply comforting.

Nutritional Information (Per Serving)

- Calories: 110
- Protein: 6 g
- Fat: 5 g
- Carbohydrates: 9 g
- Fiber: 3 g

Tips for Bariatric Success

- Use a silicone spatula to portion small amounts onto your spoon for better control.
- This mash also works well chilled as a veggie-rich dip during later phases.

Ricotta-Stuffed Mini Bell Peppers (Phase 3)

These tender mini peppers are filled with creamy, herbed ricotta and gently roasted to bring out their natural sweetness—simple, soft, and bursting with flavor in every bite.

Phase: 3 | Prep Time: 10 minutes | Cook Time: 10–12 minutes | Servings: 2

Ingredients

- Mini bell peppers – 6
- Low-fat ricotta – 3 tbsp / 45 g
- Chopped parsley – 1 tsp
- Garlic powder – ¼ tsp
- Olive oil spray – 1 pump



Instructions

1. Carefully remove the seeds from the mini peppers after slicing off the tops. A small spoon or your pinky finger works well here—just enough space for the filling to settle inside.
2. In a small bowl, mix together the ricotta, parsley, and garlic powder until smooth and evenly blended. The ricotta should be creamy but not runny.
3. Spoon the mixture into each pepper, filling them just to the rim. Don't pack them too tightly; the filling will puff slightly as it warms.
4. Lightly spray the outside of each pepper with olive oil.
5. Preheat your air fryer to 360°F (180°C).
6. Place the stuffed peppers upright in the basket, or on their sides if needed for stability. Cook for 10–12 minutes, until the peppers are soft and slightly wrinkled, and the ricotta is warmed through with golden edges.
7. Let them cool for a minute or two before serving—this helps the filling set and makes each bite even creamier.

Nutritional Information (Per Serving)

- Calories: 130
- Fat: 7 g
- Fiber: 2 g
- Protein: 7 g
- Carbohydrates: 7 g

Tips for Bariatric Success

- Slice peppers in half before serving if easier to handle.
- These reheat well—air fry at 325°F (160°C) for 3–4 minutes to restore their soft texture.

Chickpea & Sweet Corn Fritters (Phase 4)

Crispy on the outside and soft inside, these fritters are packed with plant-based protein and sweet bursts of corn—perfect as a light lunch or snack that's easy to chew and full of flavor.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 10 minutes | Servings: 2

Ingredients

- Mashed canned chickpeas – ½ cup / 120 g
- Sweet corn kernels – ¼ cup / 40 g
- Ground cumin – ¼ tsp
- Garlic powder – ¼ tsp
- Egg white – 1
- Oat flour – 1 tbsp / 10 g
- Olive oil spray – 1 pump



Instructions

1. In a medium bowl, combine the mashed chickpeas with sweet corn, cumin, garlic powder, oat flour, and egg white. Mix until the ingredients come together into a thick, slightly textured batter. It should feel moist but hold its shape when scooped.
2. Using your hands or a spoon, form the mixture into 4–6 small, flat fritters. If it's a little sticky, lightly dampen your hands or chill the mix for a few minutes.
3. Bring your air fryer up to 375°F (190°C).
4. Lightly spray both the basket and the fritters with olive oil. Arrange the fritters in a single layer without overlapping.
5. Air fry for 9–10 minutes, flipping halfway through, until they're golden on the outside and feel firm but springy when pressed.
6. Let them cool for a minute before serving. They'll continue to firm up as they rest, making them easy to handle.

Nutritional Information (Per Serving)

- Calories: 150
- Fat: 4 g
- Fiber: 4 g
- Protein: 7 g
- Carbohydrates: 20 g

Tips for Bariatric Success

- These pair well with a small dollop of yogurt or mashed avocado for added softness.
- Slice into smaller bites if needed to support slower eating and easier digestion.

Broccoli & Cottage Cheese Muffins (Phase 3)

Soft, savory, and packed with protein—these mini muffins blend cottage cheese and broccoli into a tender bite that's perfect for breakfast or a gentle midday snack.

Phase: 3 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Steamed broccoli, chopped – ½ cup / 50 g
- Low-fat cottage cheese – 3 tbsp / 45 g
- Egg white – 1
- Oat flour – 1 tbsp / 10 g
- Black pepper – a pinch
- Olive oil spray – 1 pump



Instructions

1. In a bowl, combine the chopped broccoli, cottage cheese, egg white, oat flour, and black pepper. Mix until the batter looks cohesive but slightly chunky—some texture from the broccoli is ideal.
2. Lightly spray 4 small silicone muffin cups with olive oil to prevent sticking.
3. Divide the mixture evenly among the cups. The batter will puff slightly as it cooks, so leave a little space at the top.
4. Preheat your air fryer to 360°F (180°C).
5. Place the filled muffin cups in the air fryer basket, then cook for 12 minutes, or until the tops are set and lightly golden.
6. Let them cool for 1–2 minutes before removing. The muffins should lift out easily and feel soft and moist with a gentle bite.

Nutritional Information (Per Serving)

- Calories: 120
- Protein: 10 g
- Fat: 4 g
- Carbohydrates: 8 g
- Fiber: 2 g

Tips for Bariatric Success

- These reheat beautifully—air fry for 2 minutes at 320°F (160°C) to refresh the texture.
- Slice into smaller bites if needed, and chew slowly to fully enjoy the flavor and softness.

Tofu & Carrot Patties with Ginger (Phase 4)

These light yet flavorful patties combine protein-rich tofu with naturally sweet carrot and a warm kick of fresh ginger—crispy on the outside, tender on the inside, and perfect for Phase 4.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Firm tofu, crumbled – 1 cup / 200 g
- Grated carrot – ½ cup / 60 g
- Fresh grated ginger – ½ tsp
- Oat flour – 1 tbsp / 10 g
- Egg white – 1
- Sesame oil – ½ tsp
- Olive oil spray – 1 pump



Instructions

1. Gently squeeze excess moisture from the crumbled tofu using a clean kitchen towel—this helps the patties hold their shape without becoming soggy.
2. In a mixing bowl, combine the tofu, grated carrot, ginger, oat flour, egg white, and sesame oil. Stir until everything is well mixed and the texture feels moist but firm enough to shape.
3. Form the mixture into 4 small patties, about 2½ inches wide. Press them gently so they hold together, but avoid packing them too tightly.
4. Bring your air fryer up to 375°F (190°C).
5. Give the air fryer basket a light coating of olive oil spray. Place the patties in a single layer, and spray the tops with a little more oil.
6. Air fry for around 10–12 minutes, flipping halfway through, until the patties are golden around the edges and slightly crisp outside. The inside should stay soft and moist.
7. Let cool for a minute or two before serving. These pair beautifully with a light yogurt-based dip or a splash of low-sodium soy sauce.

Nutritional Information (Per Serving)

- Calories: 160
- Fat: 8 g
- Fiber: 2 g
- Protein: 12 g
- Carbohydrates: 8 g

Tips for Bariatric Success

- Cut each patty in halves or quarters for easier chewing.
- These can be made ahead and reheated for 2–3 minutes in the air fryer at 325°F (160°C).

Mushroom & Quinoa Soft Nuggets (Phase 3)

Delicate and earthy, these soft nuggets combine hearty mushrooms and fluffy quinoa into a protein-rich, bite-sized snack that's gentle to chew and satisfying without being heavy.

Phase: 3 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Cooked quinoa – ½ cup / 90 g
- Finely chopped mushrooms – ¾ cup / 100 g
- Garlic powder – ¼ tsp
- Egg white – 1
- Oat flour – 1 tbsp / 10 g
- Olive oil spray – 1 pump



Instructions

1. If the mushrooms haven't been cooked yet, give them a quick sauté in a dry pan for 2–3 minutes to release excess moisture. You want them soft but not watery. Let them cool slightly before mixing.
2. Combine the cooked quinoa, chopped mushrooms, garlic powder, egg white, and oat flour in a bowl. Stir until everything is coated evenly and the mixture starts to hold together. It should feel soft and damp, not runny.
3. Use damp hands or a spoon to form the mixture into small oval nuggets, about the size of a large walnut. You should get around 6–8.
4. Bring your air fryer up to 375°F (190°C).
5. Lightly spray the nuggets with olive oil and place them in the basket in a single layer, spaced apart.
6. Cook for around 10–12 minutes, turning once halfway through. They're ready when golden on the outside and still tender inside.
7. Let them cool slightly before serving. The texture should be moist, soft, and easy to chew.

Nutritional Information (Per Serving)

- Calories: 140
- Fat: 4 g
- Fiber: 2 g
- Protein: 6 g
- Carbohydrates: 18 g

Tips for Bariatric Success

- These freeze and reheat well—pop into the air fryer at 325°F (160°C) for 3–4 minutes to refresh.
- Try dipping in a light Greek yogurt sauce for extra protein and moisture.

Air Fryer Eggplant Roll-Ups with Ricotta (Phase 4)

Thin slices of tender eggplant wrapped around creamy ricotta and fresh basil—light, elegant, and packed with flavor in every soft, satisfying bite.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Eggplant, thin slices – 1 small
- Low-fat ricotta – 3 tbsp / 45 g
- Chopped fresh basil – 1 tbsp / 5 g
- Garlic powder – ¼ tsp
- Olive oil spray – 1 pump



Instructions

1. Slice the eggplant lengthwise into thin strips that are roughly ⅛ inch (3 mm) thick. If the eggplant has excess moisture, salt the slices a bit and let them sit for 10 minutes, then pat dry—this helps them stay soft, not soggy.
2. Bring your air fryer up to 375°F (190°C).
3. Spray both sides of the eggplant slices lightly with olive oil and place them in the air fryer basket in a single layer (you may need to work in batches). Cook for 5–6 minutes until just tender and flexible, but not browned.
4. In a small-sized bowl, mix the ricotta, chopped basil, and garlic powder until smooth.
5. Let the eggplant slices cool slightly, then place a spoonful of the ricotta filling at one end of each slice and roll up gently.
6. Return the filled roll-ups to the air fryer basket, seam-side down. Give them a light spray of oil and cook for another 4–6 minutes, just until warmed through and the edges are lightly crisped.
7. Let cool for a moment before serving. The filling should be creamy, and the eggplant soft enough to cut with a fork.

Nutritional Information (Per Serving)

- Calories: 130
- Protein: 7 g
- Fat: 6 g
- Carbohydrates: 10 g
- Fiber: 3 g

Tips for Bariatric Success

- For easier portioning, cut each roll-up in half before serving.
- Leftovers keep well—reheat gently in the air fryer at 325°F (160°C) for 2–3 minutes.

Sweet Potato & Black Bean Mini Patties (Phase 4)

These soft, gently spiced patties blend hearty black beans and naturally sweet mashed potato into a protein-friendly plant-based snack that's both comforting and easy to digest.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Mashed sweet potato – ¾ cup / 130 g
- Canned black beans, mashed – ½ cup / 120 g
- Chili powder – ¼ tsp
- Garlic powder – ¼ tsp
- Oat flour – 1 tbsp / 10 g
- Egg white – 1
- Olive oil spray – 1 pump



Instructions

1. Stir together the black beans and mashed sweet potato in a mixing bowl until fully combined. The texture should be thick and uniform, with just a bit of graininess from the beans.
2. Add the chili powder, garlic powder, oat flour, and egg white. Mix until everything holds together. The mixture should feel sticky but firm enough to shape—if it's too soft, let it rest for a few minutes or add a small pinch more oat flour.
3. Form the mixture into 6–8 mini patties, pressing gently into flat rounds about 2 inches wide.
4. Bring your air fryer up to 375°F (190°C).
5. Coat the air fryer basket lightly with olive oil spray. Arrange the patties in a single layer, spacing them apart. Mist the tops of the patties with a little more oil.
6. Air fry for around 10–12 minutes, flipping halfway, until the outsides are crisped and the centers feel firm but tender.
7. Let them cool slightly before serving. The patties will firm up a bit more as they rest and are best enjoyed warm.

Nutritional Information (Per Serving)

- Calories: 160
- Fat: 4 g
- Fiber: 5 g
- Protein: 6 g
- Carbohydrates: 25 g

Tips for Bariatric Success

- For easier chewing, cut patties into quarters and pair with a spoonful of plain Greek yogurt or avocado mash.
- These also work well as a base for soft veggie sliders or a small savory breakfast.

Cauliflower & Cheddar Puffs (Phase 4)

Light and fluffy on the inside with just a hint of crispy edges, these cheesy bites are full of flavor and gentle on the stomach—a perfect warm snack or savory side.

Phase: 4 | Prep Time: 10 minutes | Cook Time: 12 minutes | Servings: 2

Ingredients

- Cauliflower rice – 1 cup / 100 g
- Shredded low-fat cheddar – 2 tbsp / 20 g
- Egg white – 1
- Onion powder – ¼ tsp
- Oat flour – 1 tbsp / 10 g
- Olive oil spray – 1 pump



Instructions

1. If your cauliflower rice feels damp, press it gently with a paper towel to remove extra moisture—this helps the puffs stay light, not soggy.
2. Combine the cauliflower rice, shredded cheddar, egg white, oat flour, and onion powder in a bowl. Stir until well mixed. The mixture should hold together loosely, like a thick batter.
3. Form into 6–8 small mounds using your hands or a spoon. You can shape them round or slightly oval, depending on preference.
4. Bring the air fryer up to 375°F (190°C).
5. Lightly spray the basket with olive oil, then arrange the puffs with space between them. Mist the tops with a touch more oil.
6. Air fry for around 10–12 minutes, flipping halfway through, until golden on the edges and slightly puffed. They should feel soft when pressed, with a light crispness on the outside.
7. Let cool slightly before serving. The cheese inside will settle and create a soft, melty center.

Nutritional Information (Per Serving)

- Calories: 140
- Fat: 6 g
- Fiber: 2 g
- Protein: 9 g
- Carbohydrates: 8 g

Tips for Bariatric Success

- These reheat well—just 2–3 minutes at 325°F (160°C) in the air fryer brings back the crisp.
- Try dipping in a mild, low-fat yogurt sauce or eating alongside steamed veggies for a complete mini meal.



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Appendix: US—Europe Conversion Guide

Cooking and measuring ingredients can be tricky when switching between unit systems. This guide provides helpful conversions for volume, weight, temperature, and common ingredient packaging.

Volume

US Volume	European Equivalent
1 tsp	5 mL
1 tbsp	15 mL
¼ cup	60 mL
⅓ cup	80 mL
½ cup	120 mL
⅔ cup	160 mL
¾ cup	180 mL
1 cup	240 mL

Weight

US Weight	European Equivalent
1 oz	28 g
2 oz	56 g
4 oz (¼ lb)	113 g
8 oz (½ lb)	225 g
16 oz (1 lb)	450 g



Temperature

Fahrenheit (°F)	Celsius (°C)
250°F	120°C
300°F	150°C
325°F	160°C
350°F	175°C
375°F	190°C
400°F	200°C
425°F	220°C

Common Ingredient Packages

Ingredient	US Market	European Market
Eggs	Large (approx. 60 g)	M/L (55–65 g)
Yogurt (single-serve)	5 oz	125–150 g
Ground meat (package)	1 lb	450–500 g
Cheese (block/ sliced)	8 oz	200–250 g
Canned beans	15 oz	400 g

Conclusion

Your journey doesn't pause once the staples come out or the diet phases are behind you. In fact, this is when the real work—and real transformation—begins. Long-term success after bariatric surgery isn't marked by perfection, but by the quiet power of consistency. It's found in choosing a protein-rich lunch when you're tired, or stopping after two bites when you've had enough. These aren't just habits—they're your new rhythm.

Cooking might feel less spontaneous after surgery, especially when portions shrink and your "safe" foods seem repetitive. But flavor doesn't have to fade with quantity. The key is to stay curious. Explore new ingredients that match your texture tolerance. Try chicken five ways. Roast fruit for dessert. Lean into herbs, citrus, yogurt-based sauces—small tweaks that turn simple meals into something fresh again.

The air fryer is your backstage pass to convenience and variety. Think of it not as a shortcut, but as a smart companion that helps you do more with less—faster, cleaner, and more reliably.

Smaller portions are only part of the picture. The other half is how you approach the plate. That means sitting down, eating slowly, and letting satisfaction arrive before fullness. It's about recognizing that fullness doesn't mean "stuffed," and that hunger doesn't demand urgency. Use tools like ramekins, salad plates, or measuring spoons—not to limit, but to guide.

And yes, some days you'll eat too fast or too much. That's not failure. That's feedback. Use it, adjust, and move on without shame.

The early days of post-op eating are full of hesitation. Will this make me nauseous? Is that bite too dry? It's natural to second-guess—but over time, that fear gives way to intuition. With each home-cooked meal, you gain more insight into your body's new needs. The air fryer helps ease that learning curve by creating meals that are tender, safe, and consistently digestible.

Confidence doesn't come all at once. It's built forkful by forkful—in meals you trust and foods you enjoy.

This collection isn't just about getting through dinner. It's about restoring your relationship with food—and with yourself. You've taken bold steps toward better health, and that deserves tools that respect the effort. These recipes are just a starting point. They exist to make your daily routine smoother, your cravings more manageable, and your wins more frequent.

You're not just healing a body—you're shaping a future.

So take your time. Try new things. Stay kind to yourself. And above all, **keep going**. Not because you have to—but because you've earned the right to feel well, eat well, and live fully.

The next chapter? It's on your plate.

Thank you for being a part of this adventure!

Congratulations! You've realized your journey with **Bariatric Air Fryer Cookbook.**

But this is not an end; it is a beginning, a more conscious lifestyle of taking care of yourself with every meal choice.

Just committing to the plan is an accomplishment. You chose to be mindful and to make changes in your life, and that choice will always be the path you can return to. Each day you complete is evidence that you can move in the direction of your goals and establish new habits that serve you. This is a big step forward on your future.

If you want to have more options or lose your way, check out the additional companion catalogs and plan extensions related to this book. They may include alternative meals, modified plans, or other themed offerings to help you continue moving forward. These materials are all published on author Iris Kennedy's Amazon page.

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Thanks for choosing to practice mindful eating with us.

See you in the next book!

Iris Kennedy