



2025

MEDITERRANEAN DIET AIR FRYER

COOKBOOK

FOR BEGINNERS

Healthy, Wholesome, and Easy Meals for the Whole Family in Under 30 Minutes. Full-Color Edition with a 30-Day Meal Plan to Live Well and Eat Well.

**30-DAY
MEAL PLAN**
UNDER 30 MINUTES
RECIPES



**FULL
COLOR
EDITION**

Dakota Lane-Vestra



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Disclaimer

This cookbook is designed to provide helpful information and delicious recipes for individuals interested in the Mediterranean diet and using an air fryer. However, it is not intended as a substitute for professional medical advice, diagnosis or treatment.

If you have specific health concerns, medical conditions, dietary restrictions please consult a qualified healthcare provider or registered dietitian before implementing any dietary changes.

While any effort has been made to ensure the accuracy of the information and recipes, the author and publisher make no guarantees regarding individual results or suitability for all readers.

Use of this book and its recipes is at your own discretion at risk.

For safe use of your air fryer always follow the manufacturer's instructions and safety guidelines.

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INTRODUCTION

The Mediterranean Diet is one of the healthiest and most popular eating patterns in the world. It is inspired by the traditional foods and eating habits of people living in Mediterranean countries like Greece, Italy, Spain, and Turkey. This diet is not just about food — it's a lifestyle that promotes balance, moderation, and enjoyment of meals with family and friends.

At its heart, the Mediterranean Diet focuses on whole, natural foods that are both nutritious and delicious. The main staples include fruits, vegetables, whole grains, nuts, seeds, legumes, and healthy fats like olive oil. While other diets might restrict certain foods, the Mediterranean Diet encourages variety and balance. Instead of unhealthy fats, it uses extra virgin olive oil as a key source of healthy fat. Fish, seafood, and lean proteins like chicken are eaten regularly, while red meat is enjoyed in smaller amounts. Dairy products such as cheese and yogurt are included in moderation, and herbs and spices are used to add flavor instead of relying on salt.

One of the standout features of the Mediterranean Diet is its emphasis on heart health. Studies have shown that it can reduce the risk of heart disease, lower bad cholesterol, and improve blood sugar control. This diet is also known to support weight management, improve brain health, and reduce the risk of chronic diseases like diabetes and cancer. Its benefits are linked to its focus on whole, minimally processed foods and its high content of antioxidants, fiber,

and omega-3 fatty acids.

Another unique aspect of the Mediterranean Diet is the idea of mindful eating. It's not just about what you eat but how you eat. Meals are often shared with family and friends, encouraging social interaction and slowing down to savor every bite. This approach helps people maintain a healthier relationship with food and avoid overeating.

The Mediterranean Diet is more than just a temporary eating plan – it's a long-term, sustainable way of living. It doesn't require strict rules or calorie counting, making it easy to follow. With its emphasis on fresh, flavorful foods and its undeniable health benefits, the Mediterranean Diet has become one of the most recommended and celebrated diets worldwide. If you're looking for a way to eat healthier while still enjoying delicious, satisfying meals, the Mediterranean Diet might just be the perfect fit for you.



MEDITERRANEAN DIET FOOD LIST

Foods to Eat (Allowed)

Fruits and Vegetables (Eat Daily)

- Apples, bananas, berries (strawberries, blueberries, raspberries)
- Citrus fruits (oranges, lemons, grapefruits)
- Grapes, melons, cherries, and pomegranates
- Leafy greens (spinach, kale, lettuce)
- Tomatoes, cucumbers, bell peppers, and zucchini
- Root vegetables (carrots, sweet potatoes, beets)
- Onions, garlic, and mushrooms



Whole Grains (Eat Daily)

- Whole wheat bread, pita, and flatbread
- Whole grain pasta and couscous
- Brown rice, quinoa, barley, bulgur, and farro
- Oats (whole oats, steel-cut, or rolled)



Healthy Fats (Eat Daily)

- Extra virgin olive oil (main source of fat)
- Olives (green and black)
- Nuts (almonds, walnuts, cashews, pistachios)
- Seeds (chia seeds, flaxseeds, sunflower seeds)
- Avocados and avocado oil



Legumes (Eat Regularly)

- Beans (chickpeas, lentils, black beans, kidney beans)
- Peas, split peas, and fava beans



Fish and Seafood (Eat Weekly)

- Fatty fish (salmon, mackerel, sardines, anchovies)
- Shellfish (shrimp, mussels, clams, oysters)
- White fish (cod, haddock, sea bass)



Dairy (Eat in Moderation)

- Greek yogurt and plain yogurt
- Cheese (feta, parmesan, halloumi, ricotta)
- Milk (preferably from plant-based sources like almond or soy milk)



Poultry, Eggs, and Lean Protein (Eat in Moderation)

- Chicken and turkey (preferably grilled or baked)
- Eggs (boiled, poached, or scrambled)



Beverages (Drink Regularly)

- Water (main drink of choice)
- Herbal teas (like chamomile, peppermint, or green tea)
- Red wine (optional, 1 glass per day for women, 2 for men)



Herbs and Spices (Use for Flavor)

- Basil, oregano, thyme, rosemary, parsley, cilantro, mint
- Garlic, onion, paprika, cumin, coriander, cinnamon, turmeric



Foods to Avoid (Limit or Avoid)

These foods are either limited or completely avoided on the Mediterranean Diet.

Processed and Refined Foods (Avoid)

- Sugary snacks
- Processed baked goods
- Refined grains
- Processed breakfast cereals

Sugary Beverages (Avoid)

- Soft drinks, sodas, and energy drinks
- Sweetened fruit juices
- Sweetened iced teas and flavored coffee drinks

Red Meat (Limit)

- Beef, pork, lamb

Sweets and Desserts

- Ice cream, cakes, cookies, and chocolate bars
- Packaged and processed desserts with added sugar





BREAKFAST



AIR FRYER EGG AND MUSHROOM CUPS



Prep Time

10 min



Cook Time

15 min



Serving

4

NUTRITION FACTS:

Calories 150, Carbohydrate 5g, Protein 10g, Fat 10g, Fiber 2g

INGREDIENTS:

- 4 Portobello mushrooms, stems removed
- 4 eggs
- 2 tbsp olive oil
- ¼ tsp salt
- ¼ tsp black pepper
- 2 tbsp parsley, chopped

INSTRUCTIONS:

- Preheat the air fryer to 375 degrees F.
- Brush the mushroom caps with olive oil and sprinkle with black pepper and salt.
- Place the mushrooms into the air fryer basket. Cook for 5 minutes
- Crack one egg into each mushroom cap. Return to the air fryer and cook for 8 to 10 minutes.
- Serve and enjoy!



SPINACH AND SWISS FRITTATA



Prep Time

10 min



Cook Time

15 min



Serving

4

NUTRITION FACTS:

Calories 160, Carbohydrate 2g, Protein 12g, Fat 12g, Fiber 0g

INGREDIENTS:

- 6 eggs
- 1 cup fresh spinach, chopped
- 1/2 cup Swiss cheese, shredded
- 1/4 cup milk
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp garlic powder

INSTRUCTIONS:

- Preheat the air fryer to 350 degrees F.
- Add the eggs, milk, salt, pepper, and garlic powder into the bowl and mix well. After that, add Swiss cheese and spinach and mix well.
- Pour the mixture into greased pan. Cook for 12 to 15 minutes.
- Serve!



BREAKFAST PITA



Prep Time

5 min



Cook Time

10 min



Serving

2

NUTRITION FACTS:

Calories 230, Carbohydrate 25g, Protein 12g, Fat 9g, Fiber 4g

INGREDIENTS:

- 2 whole wheat pitas
- 2 eggs
- 1/4 cup feta cheese, crumbled
- 1/4 cup baby spinach, chopped
- 1/4 cup cherry tomatoes, diced
- 1/2 tsp olive oil
- Salt and pepper to taste

INSTRUCTIONS:

- Preheat the air fryer to 350 degrees F.
- Open each pita pocket and stuff with spinach, tomatoes, and feta.
- Crack an egg into each pocket.
- Brush the pita edges with olive oil.
- Air fry for 8-10 minutes.
- Serve!



BAKED OATMEAL



Prep Time

5 min



Cook Time

15 min



Serving

2

NUTRITION FACTS:

Calories 230, Carbohydrate 38g, Protein 6g, Fat 5g, Fiber 5g

INGREDIENTS:

- 1 cup rolled oats
- 1/2 cup almond milk
- 1 banana, mashed
- 1 tbsp maple syrup
- 1/2 tsp cinnamon
- 1/4 tsp baking powder

INSTRUCTIONS:

- Preheat the air fryer to 350 degrees F.
- Mix all ingredients in a bowl until well combined.
- Pour mixture into two greased ramekins.
- Place the ramekins into the air fryer basket.
- Bake for 12-15 minutes.
- Serve!



SWEET POTATO HASH



Prep Time

10 min



Cook Time

15 min



Serving

4

NUTRITION FACTS:

Calories 120, Carbohydrate 20g, Protein 2g, Fat 4g, Fiber 4g

INGREDIENTS:

- 2 sweet potatoes, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 onion, diced
- 2 tbsp olive oil

- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- Salt and pepper, to taste

INSTRUCTIONS:

- Preheat the air fryer to 375 degrees F.
- Add sweet potatoes, onion, smoked paprika, garlic powder, black pepper, and salt into the bowl and mix well.
- Spread the mixture into the air fryer basket and cook for 15 minutes.
- Serve!



GREEK BREAKFAST POTATOES



Prep Time

10 min



Cook Time

15 min



Serving

4

NUTRITION FACTS:

Calories 180, Carbohydrate 28g, Protein 3g, Fat 7g, Fiber 4g

INGREDIENTS:

- 4 potatoes, diced
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp garlic powder
- 1 tsp smoked paprika
- ½ tsp salt

- ¼ tsp black pepper
- ½ tsp lemon juice

INSTRUCTIONS:

- Preheat the air fryer to 375 degrees F.
- Add potatoes, olive oil, oregano, garlic powder, smoked paprika, salt, and black pepper into the bowl and mix well.
- Spread the potatoes into the air fryer basket. Cook for 15 minutes.
- Transfer the potatoes into the bowl and drizzle with lemon juice.
- Serve!



AIR FRYER OLIVE AND HERB BREADSTICKS



Prep Time
15 min



Cook Time
10 min



Serving
4

NUTRITION FACTS:

Calories 120, Carbohydrate 18g, Protein 4g, Fat 3g, Fiber 1g

INGREDIENTS:

- 1 cup all-purpose flour
- 1 tsp baking powder
- 1/4 tsp salt
- 1/2 cup Greek yogurt
- 2 tbsp chopped olives
- 1 tbsp mixed dried herbs
- 1 tbsp olive oil

INSTRUCTIONS:

- Add salt, baking powder, and flour into the bowl and mix well. After that, add mixed herbs, olives, and yogurt and knead the dough until smooth.
- Roll the dough into breadstick shapes. Brush the stick with olive oil.
- Transfer the breadstick to the air fryer basket.
- Cook for 8 to 10 minutes until golden brown.
- Serve!



VEGGIE OMELET



Prep Time

10 min



Cook Time

10 min



Serving

2

NUTRITION FACTS:

Calories 150, Carbohydrate 4g, Protein 12g, Fat 10g, Fiber 1g

INGREDIENTS:

- 4 eggs
- ¼ cup bell peppers, diced
- 1/4 cup spinach, chopped
- 1/4 cup mushrooms, sliced
- 2 tbsp onion, chopped
- Salt and pepper to taste

INSTRUCTIONS:

- Preheat the air fryer to 350 degrees F.
- Add black pepper, salt, and eggs into the bowl and mix well.
- Add mushrooms, spinach, onion, and bell pepper and mix well.
- Grease the air fryer basket with olive oil.
- Transfer the mixture to the air fryer basket. Cook for 8 to 10 minutes.
- Serve!



SPINACH AND FETA BREAKFAST WRAPS



Prep Time

10 min



Cook Time

5 min



Serving

2

NUTRITION FACTS:

Calories 250, Carbohydrate 22g, Protein 12g, Fat 13g, Fiber 3g

INGREDIENTS:

- 2 whole wheat tortillas
- 1 cup fresh spinach, chopped
- 1/2 cup feta cheese, crumbled
- 2 eggs, scrambled
- 1/4 tsp black pepper
- 1/4 tsp garlic powder

INSTRUCTIONS:

- Preheat the air fryer to 375 degrees F.
- Add scrambled eggs, spinach, feta, black pepper, and garlic powder into the bowl and mix well.
- Divide the mixture onto the tortillas and wrap tightly.
- Place the wraps into the air fryer basket and cook for 5 minutes.
- Serve!



BREAKFAST PITA POCKETS



Prep Time
10 min



Cook Time
10 min



Serving
2

NUTRITION FACTS:

Calories 290, Carbohydrate 24g, Protein 15g, Fat 14g, Fiber 3g

INGREDIENTS:

- 2 whole wheat pita pockets
- 4 eggs, scrambled
- 1/2 cup baby spinach, chopped
- 1/4 cup cherry tomatoes, diced
- 1/4 cup feta cheese, crumbled
- 1/2 tsp olive oil
- Salt and pepper to taste

INSTRUCTIONS:

- Preheat the air fryer to 350 degrees F.
- Add scrambled eggs, spinach, feta cheese, and spinach into the bowl and mix well.
- Stuff the mixture into pita pockets and brush the outside with olive oil.
- Transfer them to the air fryer basket. Cook for 8 to 10 minutes, flipping halfway.
- Serve warm!



BLUEBERRY MUFFINS



Prep Time

10 min



Cook Time

20 min



Serving

6

NUTRITION FACTS:

Calories 180, Carbohydrate 30g, Protein 3g, Fat 7g, Fiber 1g

INGREDIENTS:

- 1 1/2 cups all-purpose flour
- 1/2 cup granulated sugar
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup milk
- 1/4 cup unsalted butter, melted

- 1 egg
- 1 tsp vanilla extract
- 1 cup fresh or frozen blueberries

INSTRUCTIONS:

- Preheat the air fryer to 330 degrees F.
- Add salt, baking soda, baking powder, sugar, and flour into the bowl and mix well.
- Add vanilla, egg, milk, and melted butter in another bowl and mix well.
- Add the wet ingredients to the dry ingredients and mix well. Fold in blueberries.
- Pour the mixture into the muffin liners.
- Place the muffin liners into the air fryer basket and bake for 15 to 20 minutes.
- Serve!



BREAKFAST PIZZA



Prep Time

10 min



Cook Time

8 min



Serving

2

NUTRITION FACTS:

Calories 350, Carbohydrate 30g, Protein 20g, Fat 18g, Fiber 4g

INGREDIENTS:

- 1 whole wheat pita bread or flatbread
- 2 eggs
- 1/4 cup mozzarella cheese, shredded
- 1/4 cup bell peppers, chopped
- 1/4 cup onions, chopped
- 1 tbsp olive oil

- 1/2 tsp dried oregano
- Salt and pepper to taste

INSTRUCTIONS:

- Preheat the air fryer to 375 degrees F.
- Brush both sides of the pita or flatbread with olive oil.
- Crack the eggs onto the pita and sprinkle the shredded mozzarella cheese over the eggs. Top with bell pepper and onion. Season with salt, pepper, and dried oregano.
- Place the pizza in the air fryer basket and cook for 6–8 minutes.
- Once cooked, remove the pizza from the air fryer.
- Serve!



BANANA WALNUT BREAD



Prep Time

10 min



Cook Time

30 min



Serving

2

NUTRITION FACTS:

Calories 180, Carbohydrate 26g, Protein 4g, Fat 8g, Fiber 3g

INGREDIENTS:

- 2 ripe bananas, mashed
- ¼ cup unsweetened applesauce
- 2 eggs
- 1/2 cup coconut sugar or brown sugar
- 1/2 cup whole wheat flour
- 1/2 cup almond flour
- 1 tsp baking soda

INSTRUCTIONS:

- Add banana into the bowl and mash it well. Add applesauce, eggs, sugar, and vanilla extract into the bowl and mix well.
- Add whole wheat flour, almond flour, baking soda, cinnamon, and salt in another bowl and mix well.
- Add the dry mixture to the wet ingredients and mix well. Fold in the walnuts.
- Preheat your air fryer to 320 degrees F. Line loaf pan with parchment paper. Grease it with olive oil. Place the batter into the loaf pan. Bake for 25 to 30 minutes.
- Serve!



MEDITERRANEAN QUICHE BITES



Prep Time

15 min



Cook Time

12 min



Serving

2

NUTRITION FACTS:

Calories 220, Carbohydrate 8g, Protein 13g, Fat 17g, Fiber 2g

INGREDIENTS:

- 6 eggs
- 1/2 cup milk
- 1/2 cup feta cheese, crumbled
- 1/4 cup spinach, chopped
- 1/4 cup sun-dried tomatoes, chopped
- 1/4 cup red onion, diced
- 1/4 cup Kalamata olives, chopped

- 1/4 tsp dried oregano
- 1/4 tsp garlic powder
- Salt and pepper, to taste
- 1 tbsp olive oil

INSTRUCTIONS:

- Preheat the air fryer to 350 degrees F.
- Add milk and eggs into the bowl and mix well. Add feta cheese, spinach, sun-dried tomatoes, red onion, olives, oregano, garlic powder, salt, and pepper. Mix well.
- Pour the egg mixture into silicone muffin cups.
- Cook for 10 to 12 minutes.
- Serve!



BREAKFAST QUESADILLAS



Prep Time

10 min



Cook Time

8 min



Serving

2

NUTRITION FACTS:

Calories 450, Carbohydrate 40g, Protein 20g, Fat 24g, Fiber 2g

INGREDIENTS:

- 4 flour tortillas
- 4 eggs
- 1/2 cup cheddar cheese, shredded
- 1/4 cup bell pepper, diced
- 1/4 cup onion, diced
- Salt and pepper, to taste
- Olive oil

INSTRUCTIONS:

- Heat a skillet over medium heat. Add olive oil and heat it. Add eggs and cook until scrambled. Sprinkle with black pepper and salt. Lay two tortillas onto the surface.
- Spread the scrambled eggs, cheese, bell pepper, and onion on each tortilla. Top with another tortilla to form a sandwich.
- Preheat the air fryer to 375 degrees F.
- Spray the quesadilla with olive oil. Place the quesadillas into the air fryer and cook for 4 minutes per side.
- Serve!



EGG MUFFINS



Prep Time

5 min



Cook Time

10 min



Serving

4

NUTRITION FACTS:

Calories 90, Carbohydrate 3g, Protein 6g, Fat 7g,
Fiber 1g

INGREDIENTS:

- 4 eggs
- 1/4 cup milk
- 1/2 cup bell pepper, diced
- 1/4 cup onion, diced
- 1/4 cup spinach, chopped
- Salt and pepper, to taste
- Olive oil

INSTRUCTIONS:

- Preheat the air fryer to 350 degrees F. Grease the muffin cups with olive oil.
- Add eggs and milk into the bowl and whisk to combine. Add the diced bell pepper, onion, spinach, salt, and pepper. Mix well.
- Pour the egg mixture into the muffin cups.
- Place the muffin tray in the air fryer basket and cook for 10-12 minutes.
- Serve!



BREAKFAST STUFFED BELL PEPPER



Prep Time

10 min



Cook Time

15 min



Serving

2

NUTRITION FACTS:

Calories 250, Carbohydrate 12g, Protein 18g, Fat 18g, Fiber 4g

INGREDIENTS:

- 2 bell peppers
- 4 eggs
- 3 tsp milk
- 1/4 cup onion, diced
- 1/4 cup bell pepper, diced
- 1/4 cup cheese, shredded
- Salt and pepper to taste

INSTRUCTIONS:

- Cut the tops off the bell peppers and remove the seeds.
- Add eggs and milk into the bowl and mix well. Add onion, bell pepper, and half of cheese and sprinkle with black pepper and salt. Spoon the egg mixture into the hollowed-out bell peppers. Sprinkle the remaining cheese on top of the stuffed peppers.
- Preheat the air fryer to 375 degrees F.
- Place the stuffed peppers in the air fryer basket. Cook for about 12-15 minutes.
- Serve



BREAKFAST OLIVE OIL GRANOLA



Prep Time

10 min



Cook Time

15 min



Serving

4

NUTRITION FACTS:

Calories 250, Carbohydrate 30g, Protein 6g, Fat 14g, Fiber 4g

INGREDIENTS:

- 2 cups old-fashioned oats
- 1/2 cup nuts (almonds, walnuts, or pecans), chopped
- 1/4 cup seeds (sunflower or pumpkin)
- 1/4 cup dried fruit (raisins, cranberries, or apricots), chopped
- 2 tbsp olive oil

- 2 tbsp honey or maple syrup
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon
- 1/4 tsp salt

INSTRUCTIONS:

- Add the oats, chopped nuts, seeds, cinnamon, and salt into the bowl and mix well.
- Add the olive oil, honey or maple syrup, and vanilla extract into the small bowl and mix well. Pour the mixture over the dry ingredients and stir well.
- Preheat the air fryer to 320 degrees F.
- Transfer the granola mixture to the air fryer basket. Air fry for 8 minutes, then shake the basket or stir the granola, and cook for another 7 minutes or until golden and crisp.
- Once the granola is cooked, remove it from the air fryer.
- Serve!



CINNAMON DONUT BITES



Prep Time

10 min



Cook Time

6-8 min



Serving

4

NUTRITION FACTS:

Calories 240, Carbohydrate 33g, Protein 3g, Fat 11g, Fiber 1g

INGREDIENTS:

- 1 cup all-purpose flour
- 1/2 cup granulated sugar
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1 tsp ground cinnamon
- 1/4 cup milk (any kind)

- 1 egg
- 2 tbsp unsalted butter, melted
- 1 tsp vanilla extract

For Coating:

- 1/4 cup granulated sugar
- 1 tbsp ground cinnamon
- 2 tbsp unsalted butter, melted

INSTRUCTIONS:

- Preheat the air fryer to 350 degrees F.
- Add the flour, sugar, baking powder, baking soda, salt, and cinnamon into the mixing bowl and mix well.
- Add the milk, egg, melted butter, and vanilla extract to the dry ingredients. Mix well.
- Scoop out small spoonfuls of dough and roll them into balls. Place the donut balls in the air fryer basket. Cook for 6-8 minutes.
- Add sugar and cinnamon into the shallow bowl.
- Once the donut bites are done, brush them with melted butter and roll them in the cinnamon-sugar mixture.
- Serve warm and enjoy!



AIR FRYER GARLIC CROSTINI



Prep Time

5 min



Cook Time

6 min



Serving

2

NUTRITION FACTS:

Calories 140, Carbohydrate 20g, Protein 2g, Fat 7g, Fiber 1g

INGREDIENTS:

- 1 baguette, cut into slices
- 2 tbsp olive oil
- 3 garlic cloves, minced
- 1/2 tsp salt
- 1/4 tsp black pepper

INSTRUCTIONS:

- Preheat the air fryer to 375 degrees F.
- Add the olive oil, minced garlic, salt, and pepper into the bowl and mix well.
- Brush the mixture onto both sides of each baguette slice.
- Place the slices in the air fryer basket.
- Air fry for 4-6 minutes until golden brown.
- Serve!



AIR FRYER GRANOLA BARS



Prep Time

10 min



Cook Time

15 min



Serving

6

NUTRITION FACTS:

Calories 220, Carbohydrate 28g, Protein 5g, Fat 11g, Fiber 3g

INGREDIENTS:

- 2 cups old-fashioned rolled oats
- 1/2 cup honey or maple syrup
- 1/4 cup almond butter or peanut butter
- 1/4 cup mini chocolate chips
- 1/4 cup dried fruit

- 1/4 cup seeds (sunflower or pumpkin)
- 1/2 tsp vanilla extract
- Pinch of salt

INSTRUCTIONS:

- Add the oats, honey, almond butter or peanut butter, vanilla extract, and salt into the bowl. Stir until well combined. Add the chocolate chips, dried fruit, and seeds, and mix again.
- Preheat the air fryer to 320 degrees F.
- Line the air fryer basket or tray with parchment paper. Transfer the granola mixture into the basket and press it down. Bake for 12 to 15 minutes.
- Let it cool and serve!



BAKED PEACH OATMEAL



Prep Time

10 min



Cook Time

25 min



Serving

2

NUTRITION FACTS:

Calories 310, Carbohydrate 45g, Protein 7g, Fat 12g, Fiber 6g

INGREDIENTS:

- 1 cup rolled oats
- 1/2 cup milk
- 1/2 cup water
- 1/2 tsp cinnamon
- 1/4 tsp vanilla extract
- 1 tbsp maple syrup or honey
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1 ripe peach, peeled, pitted, and sliced

INSTRUCTIONS:

- Add the rolled oats, milk, water, cinnamon, vanilla extract, maple syrup (or honey), baking powder, and salt into the bowl and mix well. Stir well.
- Fold in the sliced peach.
- Preheat the air fryer to 350 degrees F.
- Grease a baking dish with olive oil. Pour the oatmeal mixture into the dish.
- Place the baking dish in the air fryer basket and cook for 20-25 minutes.
- Serve!



AIR FRYER MUSHROOM OMELET



Prep Time

5 min



Cook Time

8 min



Serving

1

NUTRITION FACTS:

Calories 290, Carbohydrate 5g, Protein 17g, Fat 23g, Fiber 1g

INGREDIENTS:

- 2 eggs
- ¼ cup mushrooms, sliced
- 1 tbsp olive oil
- Salt and pepper, to taste

INSTRUCTIONS:

- Add olive oil to the pan and heat it. Add mushroom and cook for 3 to 4 minutes until softened. Add pepper and salt and mix well.
- Add the eggs and beat well and season with salt and pepper into the bowl and mix well.
- Preheat the air fryer to 350 degrees F.
- Spray the air fryer basket with olive oil spray. Pour the egg mixture into the air fryer basket, and then spread the sautéed mushrooms on top.
- Cook for 6-8 minutes.
- Serve!



STUFFED AVOCADO WITH EGG



Prep Time

5 min



Cook Time

8-10 min



Serving

1-2

NUTRITION FACTS:

Calories 300, Carbohydrate 12g, Protein 6g, Fat 26g, Fiber 7g

INGREDIENTS:

- 2 ripe avocados
- 2 eggs
- Salt and pepper, to taste

INSTRUCTIONS:

- Preheat the air fryer to 375 degrees F.
- Cut the avocados in half and remove the pits. Scoop out a small portion of the flesh from the center of each half to create space for the egg.
- Sprinkle salt and pepper into the hollowed avocado halves. Crack one egg into each avocado half.
- Place the avocado halves in the air fryer basket. Cook for 8-10 minutes.
- Serve!



AIR FRYER FRENCH TOAST STICKS



Prep Time
10 min



Cook Time
8-10 min



Serving
4

NUTRITION FACTS:

Calories 180, Carbohydrate 26g, Protein 6g, Fat 6g, Fiber 1g

INGREDIENTS:

- 4 slices of thick bread
- 2 eggs
- 1/4 cup milk
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 1 tbsp maple syrup

- 1 tbsp olive oil
- Pinch of salt

INSTRUCTIONS:

- Cut each slice of bread into 4 equal strips to form sticks.
- Add eggs, milk, vanilla extract, cinnamon, and a pinch of salt into the bowl and mix well. Dip each bread strip into the egg mixture. Preheat the air fryer to 375 degrees F.
- Place the coated bread sticks in the air fryer basket. Lightly spray them with olive oil. Cook for 8-10 minutes, flipping halfway through, until golden brown and crispy.
- Remove the sticks from the air fryer.
- Drizzle with maple syrup.
- Serve!



SPINACH AND EGG FETA BITES



Prep Time

10 min



Cook Time

10-12 min



Serving

4

NUTRITION FACTS:

Calories 90, Carbohydrate 2g, Protein 7g, Fat 7g,
Fiber 1g

INGREDIENTS:

- 2 eggs
- 1 cup fresh spinach, chopped
- 1/4 cup feta cheese, crumbled
- 1/4 cup milk
- Salt and pepper to taste
- 1 tbsp olive oil

INSTRUCTIONS:

- Preheat the Air Fryer to 350 degrees F.
- Add milk and eggs into the bowl and whisk to combine. Add black pepper, salt, spinach, and feta and mix well.
- Grease the air fryer basket with olive oil.
- Spoon the mixture into silicone muffin cups.
- Place the muffin cups or tray in the air fryer basket. Cook for 10-12 minutes.
- Serve!



AIR FRYER PANCAKES



Prep Time

5 min



Cook Time

8-10 min



Serving

4

NUTRITION FACTS:

Calories 280, Carbohydrate 38g, Protein 7g, Fat 12g, Fiber 1g

INGREDIENTS:

- 1 cup all-purpose flour
- 1 tbsp sugar
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 3/4 cup milk

- 1 egg
- 2 tbsp olive oil
- 1 tsp vanilla extra

INSTRUCTIONS:

- Preheat the air fryer to 350 degrees F.
- Add the flour, sugar, baking powder, baking soda, and salt into the mixing bowl and mix well.
- Add the milk, egg, olive oil and vanilla extract in another bowl and mix well.
- Pour the wet ingredients into the dry ingredients and mix well.
- Grease the baking dish with olive oil.
- Pour the pancake batter into the baking dish.
- Place the pan into the air fryer basket and cook for 8-10 minutes.
- Once done, remove the pancake from the air fryer.
- Serve!



AIR FRYER AVOCADO TOAST



Prep Time

5 min



Cook Time

5 min



Serving

2

NUTRITION FACTS:

Calories 310, Protein 7g, Fat 21g, Carbohydrates 27g, Fiber 8g

INGREDIENTS:

- 2 slices of whole-grain bread
- 1 ripe avocado
- 1 tbsp olive oil
- 1/4 tsp garlic powder
- Salt and pepper to taste
- 1/2 lemon

INSTRUCTIONS:

- Preheat the air fryer to 375 degrees F.
- Brush the bread slice with olive oil and place them into the air fryer and toast for 3 to 4 minutes until golden and crispy.
- Add avocado into the bowl and mash it well. Add pepper, salt, lemon juice, and garlic powder and stir well.
- Once the bread is ready, spread the mashed avocado on top of each slice.
- Serve and enjoy!



AIR FRYER EGG CUPS



Prep Time

5 min



Cook Time

10 min



Serving

4

NUTRITION FACTS:

Calories 100, Protein 8g, Fat 7g, Carbohydrates 2g, Fiber 0.5g

INGREDIENTS:

- 4 eggs
- ¼ cup bell peppers, chopped
- ¼ cup spinach, chopped
- ¼ cup cheddar cheese, shredded
- Salt and pepper to taste
- Olive oil

INSTRUCTIONS:

- Preheat the air fryer to 350 degrees F.
- Add eggs into the mixing bowl and mix well. Add cheddar cheese, spinach, and bell pepper and season with pepper and salt.
- Lightly spray silicone muffin cups with cooking spray.
- Pour the egg mixture evenly into the silicone muffin cups.
- Place the filled muffin cups in the air fryer basket. Air fryer for 8 to 10 minutes.
- Remove the egg cups from the air fryer.
- Serve and enjoy!



AIR FRYER MINI QUICHES



Prep Time

10 min



Cook Time

12 min



Serving

6

NUTRITION FACTS:

Calories 120, Carbohydrate 2g, Protein 8g, Fat 9g

INGREDIENTS:

- 4 eggs
- ½ cup milk
- ½ cup cheese, shredded
- ¼ cup bell peppers, chopped
- ¼ cup onions, chopped
- ¼ cup spinach or kale, chopped

- Salt and pepper to taste
- Olive oil, for greasing

INSTRUCTIONS:

- Preheat the air fryer to 350 degrees F.
- Add the eggs and milk until well combined. Stir in the cheese, diced ham, bell peppers, onions, and spinach into the bowl and mix well. Season with salt and pepper.
- Spray the air fryer baking cups with cooking spray. Pour the egg mixture evenly into the molds.
- Place the molds in the air fryer basket and cook for 10-12 minutes.
- Serve!



CHICKEN & MEAT



AIR FRYER ROAST BEEF WITH HERB CRUST



Prep Time

5 min



Cook Time

1 hour



Serving

6

NUTRITION FACTS:

Calories 298,, Carbohydrate 1g, Fat 20g, Protein 29g, Sugar 0g

INGREDIENTS:

- 2 lbs beef roast
- 2 tsp garlic powder
- 2 tsp onion salt
- 2 tsp parsley
- 2 tsp thyme
- 2 tsp basil

- ½ tbsp salt
- 1 tsp pepper
- 1 tbsp olive oil

INSTRUCTIONS:

- Preheat the air fryer to 390 degrees F.
- Add pepper, salt, basil, thyme, parsley, salt, onion, and garlic powder into the bowl and mix well.
- Coat the roast with olive oil and rub the herb mixture over it.
- Place the roast into the air fryer basket and cook for 15 minutes.
- Reduce the temperature of the air fryer to 360 degrees.
- Flip and cook for 1 hour.
- Serve!



AIR FRYER TURKEY LOAF



Prep Time

5 min



Cook Time

20 min



Serving

8

NUTRITION FACTS:

Calories 244,, Carbohydrate 13g, Protein 24g,
Fat 11g

INGREDIENTS:

- 1 ½ lbs lean ground turkey breast
- 10 oz spinach, chopped, thawed and drained
- 1 cup oats, quick or old fashioned, uncooked
- ½ cup onions, chopped
- ½ cup carrots, shredded
- 1 egg, beaten
- 1/3 cup milk
- 1 ½ tsp Italian seasoning
- 1 tsp salt
- ¼ tsp black pepper

INSTRUCTIONS:

- Preheat the air fryer to 350 degrees Fahrenheit.
- Add all ingredients into the bowl and combine well.
- Place the mixture into the loaf pan.
- Place the loaf pan into the air fryer basket.
- Cook for 20 minutes.
- When done, serve and enjoy!



AIR FRIED TURKEY BREAST



Prep Time

10 min



Cook Time

40 min



Serving

4

NUTRITION FACTS:

Calories 230, Carbohydrate 2g, Protein 28g, Fat 12g, Fiber 1g

INGREDIENTS:

- 2 lb turkey breast, boneless, skinless
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- ½ tsp dried thyme

- ½ tsp dried rosemary
- ½ tsp salt
- ½ tsp black pepper

INSTRUCTIONS:

- Preheat the air fryer to 360 degrees F.
- Pat the turkey breast dry with paper towels. Rub the olive oil all over the turkey breast.
- Add garlic powder, onion powder, paprika, thyme, rosemary, salt, and black pepper into the bowl and mix well. Rub the seasoning mix over the turkey breast.
- Place the seasoned turkey breast in the air fryer basket. Cook for 35-40 minutes, flipping halfway through.
- Serve!



ZA'ATAR CHICKEN THIGHS



Prep Time

10 min



Cook Time

25 min



Serving

4

NUTRITION FACTS:

Calories 320, Carbohydrate 2g, Protein 23g, Fat 24g, Fiber 1g

INGREDIENTS:

- 4 bone-in, skin-on chicken thighs
- 2 tbsp olive oil
- 2 tbsp Za'atar seasoning
- 1 tbsp lemon juice
- 1 tbsp garlic powder
- Salt and pepper to taste

INSTRUCTIONS:

- Pat the chicken thighs dry with paper towels.
- Add the olive oil, Za'atar seasoning, lemon juice, garlic powder, salt, and pepper into the bowl and mix well. Rub this mixture over the chicken thighs.
- Preheat the air fryer to 400 degrees F.
- Place the seasoned chicken thighs in the air fryer basket. Cook for 25 minutes, flipping the chicken halfway through.
- Serve!



MEDITERRANEAN CHICKEN MEATBALLS



Prep Time

10 min



Cook Time

12 min



Serving

4

NUTRITION FACTS:

Calories 270, Carbohydrate 10g, Protein 30g, Fat 14g, Fiber 2g

INGREDIENTS:

- 1 lb ground chicken
- 1/4 cup breadcrumbs
- 1/4 cup Parmesan cheese, grated
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh oregano, chopped
- 1 tsp garlic powder
- 1/2 tsp onion powder

- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 egg
- 1 tbsp olive oil
- Zest of 1 lemon

INSTRUCTIONS:

- Preheat the air fryer to 375 degrees F.
- Add the ground chicken, breadcrumbs, Parmesan, parsley, oregano, garlic powder, onion powder, salt, pepper, egg, olive oil, and lemon zest into the bowl. Mix well. Roll the mixture into meatballs.
- Place the meatballs in the air fryer basket. Cook for 10-12 minutes.
- Remove the meatballs from the air fryer.
- Serve!



TURKISH CHICKEN KEBAB



Prep Time

15 min



Cook Time

20 min



Serving

4

NUTRITION FACTS:

Calories 230, Carbohydrate 3g, Protein 32g, Fat 10g, Fiber 1g

INGREDIENTS:

- 4 boneless, skinless chicken breasts, cut into cubes
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp ground cumin

- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1 tsp dried oregano
- Salt and pepper, to taste

INSTRUCTIONS:

- Add olive oil, lemon juice, garlic powder, paprika, cumin, coriander, turmeric, oregano, salt, and pepper into the bowl and mix well.
- Add the chicken cubes to the bowl and toss them well in the marinade. Cover and let marinate for at least 15 minutes.
- Preheat the air fryer to 380 degrees F.
- Thread the marinated chicken onto skewers.
- Place the skewers into the air fryer basket. Cook for 15 to 20 minutes.
- Serve!



GREEK-STYLE MEATBALLS



Prep Time

10 min



Cook Time

12 min



Serving

4

NUTRITION FACTS:

Calories 280, Carbohydrate 10g, Protein 25g, Fat 18g, Fiber 1g

INGREDIENTS:

- 1 lb ground beef or lamb
- 1/4 cup breadcrumbs
- 1/4 cup Parmesan cheese, grated
- 1/4 cup finely chopped red onion
- 2 cloves garlic, minced
- 1/4 cup fresh parsley, chopped
- 1 tsp dried oregano
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 egg
- Zest of 1 lemon
- 1 tbsp olive oil

INSTRUCTIONS:

- Add the ground meat, breadcrumbs, Parmesan, onion, garlic, parsley, oregano, salt, pepper, lemon zest, and egg into the bowl and mix well. Shape the mixture into meatballs.
- Preheat the air fryer to 375 degrees F.
- Spray the air fryer basket with olive oil and place the meatballs in the basket. Cook the meatballs for 10–12 minutes.
- Serve!



LEMON-PEPPER CHICKEN THIGHS



Prep Time
10 min



Cook Time
20 min



Serving
4

NUTRITION FACTS:

Calories 300, Carbohydrate 1g, Protein 23g, Fat 22g, Fiber 0g

INGREDIENTS:

- 4 bone-in, skin-on chicken thighs
- 2 tbsp olive oil
- 1 tbsp lemon pepper seasoning
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tbsp fresh lemon juice
- Salt, to taste

- Freshly ground black pepper, to taste

INSTRUCTIONS:

- Pat the chicken thighs dry with a paper towel. Drizzle olive oil over the chicken thighs. Then, sprinkle the lemon pepper seasoning, garlic powder, onion powder, salt, and ground black pepper. Rub the seasoning into the chicken thighs.
- Preheat the air fryer to 400 degrees F.
- Place the chicken thighs in the air fryer basket. Cook for 10 minutes.
- After 10 minutes, flip the chicken thighs and cook for an additional 10-12 minutes.
- Remove the chicken thighs from the air fryer.
- Serve!



STUFFED TURKISH ROULADE



Prep Time

15 min



Cook Time

20 min



Serving

4

NUTRITION FACTS:

Calories 320, Carbohydrate 6g, Protein 34g, Fat 18g, Fiber 2g

INGREDIENTS:

- 1 lb boneless chicken breast
- 2 tbsp olive oil
- 1 tsp paprika
- 1 tsp ground cumin
- 1 tsp ground coriander
- Salt and pepper, to taste
- 1/2 cup spinach, chopped

- 1/2 cup feta cheese, crumbled
- 1/4 cup sun-dried tomatoes, chopped
- 1/4 cup black olives, chopped
- 2 cloves garlic, minced
- 1 egg

INSTRUCTIONS:

- Rub the chicken or beef with olive oil, paprika, cumin, coriander, salt, and pepper. Set aside to marinate for at least 10 minutes.
- Add chopped spinach, crumbled feta, sun-dried tomatoes, black olives, and minced garlic into the bowl. Mix well.
- Place the stuffing mixture in the center of the chicken or beef. Roll it up into a tight roulade.
- Beat the egg and brush it over the roulade.
- Preheat the air fryer to 375 degrees F.
- Place the stuffed roulade in the air fryer basket. Cook for 15-20 minutes.
- Remove the roulade from the air fryer.
- Serve!



CHICKEN TENDERS



Prep Time

10 min



Cook Time

15 min



Serving

4

NUTRITION FACTS:

Calories 330, Carbohydrate 20g, Protein 30g, Fat 15g, Fiber 2g

INGREDIENTS:

- 1 lb chicken tenders
- 1 cup breadcrumbs
- 1/2 cup Parmesan cheese, grated
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika

- Salt and pepper to taste
- 1 egg, beaten
- 1 tbsp olive oil

INSTRUCTIONS:

- Preheat the air fryer to 400 degrees F.
- Add the breadcrumbs, Parmesan, garlic powder, onion powder, paprika, salt, and pepper into the bowl and mix well.
- Dip each chicken tender into the beaten egg, and then coat it with the breadcrumb mixture.
- Place the coated chicken tenders in the air fryer basket. Spray with olive oil.
- Cook for 10-12 minutes.
- Serve!



WHOLE CORNISH HEN WITH LEMON



Prep Time

10 min



Cook Time

45 min



Serving

4

NUTRITION FACTS:

Calories 370, Carbohydrate 4g, Protein 35g, Fat 24g, Fiber 1g

INGREDIENTS:

- 2-3 lbs whole Cornish hen
- 1 lemon, zested and juiced
- 2 tbsp olive oil
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tsp smoked paprika
- 1 tsp dried thyme

- Salt and pepper, to taste

INSTRUCTIONS:

- Preheat the air fryer to 375 degrees F.
- Pat the Cornish hen dry with paper towels. Season the hen inside and out with salt and pepper.
- Add olive oil, lemon zest, lemon juice, garlic powder, onion powder, paprika, and thyme into the bowl and mix well.
- Rub the seasoning mixture over the Cornish hen.
- Place the hen in the air fryer basket. Cook for 25 minutes. After 25 minutes, flip the Cornish hen over and cook for an additional 15-20 minutes.
- Remove the hen from the air fryer and let it rest for 5 minutes.
- Serve!



AIR FRYER MEATLOAF



Prep Time

10 min



Cook Time

25-30 min



Serving

4

NUTRITION FACTS:

Calories 300, Carbohydrate 15g, Protein 25g, Fat 18g, Fiber 1g

INGREDIENTS:

- 1 lb ground beef
- 1/2 cup breadcrumbs
- 1/4 cup milk
- 1 egg
- 1/4 cup chopped onion
- 2 cloves garlic, minced
- 1 tbsp Worcestershire sauce

- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp dried thyme
- 1/4 cup ketchup

INSTRUCTIONS:

- Add the ground beef, breadcrumbs, milk, egg, onion, garlic, Worcestershire sauce, salt, pepper, and thyme into the bowl. Mix well.
- Transfer the mixture to a loaf pan.
- Preheat the air fryer to 350 degrees F. Place the loaf pan in the air fryer basket.
- Cook for 25-30 minutes.
- During the last 5 minutes of cooking, spread ketchup over the top of the meatloaf.
- Serve!



AIR FRYER CHICKEN KABOBS



Prep Time

15 min



Cook Time

15 min



Serving

4

NUTRITION FACTS:

Calories 220, Carbohydrate 6g, Protein 25g, Fat 10g, Fiber 2g

INGREDIENTS:

- 1 lb chicken breast, cubed
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 red onion, diced
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp garlic powder

- 1 tsp smoked paprika
- 1/2 tsp cumin
- Salt and pepper to taste

INSTRUCTIONS:

- Preheat the air fryer to 375 degrees F.
- Add olive oil, lemon juice, garlic powder, paprika, cumin, salt, and pepper into the bowl and mix well. Add chicken and veggies, tossing to coat.
- Thread chicken and veggies onto skewers.
- Place kabobs in the air fryer basket.
- Cook for 12-15 minutes.
- Serve!



LAMB CHOPS



Prep Time

10 min



Cook Time

15 min



Serving

2

NUTRITION FACTS:

Calories 330, Carbohydrate 3g, Protein 26g, Fat 24g, Fiber 1g

INGREDIENTS:

- 4 lamb chops
- 2 tbsp olive oil
- 2 garlic cloves, minced
- 1 tbsp fresh rosemary, chopped
- 1 tbsp fresh thyme, chopped
- 1 tsp lemon zest
- 1 tbsp lemon juice

- 1 tsp dried oregano
- Salt and pepper to taste

INSTRUCTIONS:

- Add the olive oil, minced garlic, rosemary, thyme, lemon zest, lemon juice, oregano, salt, and pepper into the bowl. Rub this mixture all over the lamb chops. Let them marinate for at least 10 minutes.
- Preheat the air fryer to 400 degrees F.
- Place the marinated lamb chops in the air fryer basket.
- Cook for 7 minutes per side.
- Serve!



AIR FRYER CHICKEN WINGS



Prep Time

5 min



Cook Time

25 min



Serving

2

NUTRITION FACTS:

Calories 270, Carbohydrate 2g, Protein 20g, Fat 20g, Fiber 0g

INGREDIENTS:

- 12 chicken wings
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp black pepper

INSTRUCTIONS:

- Preheat the air fryer to 400 degrees F.
- Pat the chicken wings dry with paper towels. Add wings, olive oil, garlic powder, onion powder, smoked paprika, salt, and pepper in a bowl. Mix well.
- Arrange the wings in the air fryer basket. Cook for 20-25 minutes.
- Serve!



AIR FRYER CHICKEN SOUVLAKI



Prep Time

12 min



Cook Time

22 min



Serving

2

NUTRITION FACTS:

Calories 220, Carbohydrate 2g, Protein 35g, Fat 8g, Fiber 1g

INGREDIENTS:

- 1 lb chicken breast, cut into bite-sized cubes
- 2 tbsp olive oil
- 1 lemon, juiced
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp paprika

- 1/2 tsp ground cumin
- Salt and pepper to taste

INSTRUCTIONS:

- Add the olive oil, lemon juice, garlic, oregano, paprika, cumin, salt, and pepper into the bowl and mix well. Add the chicken cubes and mix well. Cover and let the chicken marinate for at least 30 minutes.
- Preheat the air fryer to 400 degrees F.
- Arrange the marinated chicken in the air fryer basket. Cook for 10-12 minutes.
- Serve the souvlaki with pita bread!



VEGETABLE



STUFFED PORTOBELLO MUSHROOMS



Prep Time

10 min



Cook Time

12 min



Serving

2

NUTRITION FACTS:

Calories 130, Carbohydrate 12g, Protein 8g, Fat 7g, Fiber 2g

INGREDIENTS:

- 4 Portobello mushroom caps, cleaned and stems removed
- 1/2 cup ricotta cheese
- 1/4 cup grated Parmesan cheese
- 1/2 cup spinach, chopped
- 1/4 cup breadcrumbs
- 1 garlic clove, minced

- 1/2 tsp dried oregano
- 1/4 tsp salt
- 1/4 tsp black pepper
- Olive oil

INSTRUCTIONS:

- Preheat the air fryer to 375 degrees F.
- Add ricotta cheese, Parmesan cheese, chopped spinach, breadcrumbs, garlic, oregano, salt, and pepper into the bowl. Mix well.
- Spoon the filling into each mushroom cap.
- Spray both the mushroom caps and the air fryer basket with olive oil spray. Place the stuffed mushrooms in the basket.
- Air fry for 10-12 minutes.
- Serve



AIR FRIED TURKISH GREEN BEANS



Prep Time

10 min



Cook Time

15 min



Serving

4

NUTRITION FACTS:

Calories 80, Carbohydrate 12g, Protein 2g, Fat 4g, Fiber 4g

INGREDIENTS:

- 1 lb fresh green beans, trimmed
- 1 tbsp olive oil
- 1 tsp cumin
- 1 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- Salt and pepper to taste

INSTRUCTIONS:

- Preheat the air fryer to 375 degrees F.
- Add the trimmed green beans, olive oil, cumin, paprika, garlic powder, onion powder, salt, and pepper into the bowl and mix well.
- Place the green beans in the air fryer basket. Cook for 12-15 minutes.
- Once cooked, remove from the air fryer.
- Serve!



ARTICHOKE AND OLIVE PITA FLATBREAD



Prep Time

10 min



Cook Time

6 min



Serving

2

NUTRITION FACTS:

Calories 320, Carbohydrate 32g, Protein 8g, Fat 18g, Fiber 4g

INGREDIENTS:

- 2 whole wheat pita breads
- 1/2 cup artichoke hearts, drained and chopped
- 1/4 cup black olives, pitted and sliced
- 1/4 cup crumbled feta cheese
- 2 tbsp olive oil
- 1 tsp dried oregano

- 1 tsp garlic powder
- Salt and pepper to taste

INSTRUCTIONS:

- Preheat the air fryer to 375 degrees F.
- Brush both sides of the pita breads with olive oil.
- Spread chopped artichokes, olives, and feta cheese over the pitas.
- Sprinkle with oregano, garlic powder, salt, and pepper.
- Place the pitas in the air fryer basket and cook for 6-8 minutes.
- Serve!



ROASTED RED POTATOES



Prep Time

10 min



Cook Time

20-25 min



Serving

4

NUTRITION FACTS:

Calories 170, Carbohydrate 35g, Protein 3g, Fat 4g, Fiber 4g

INGREDIENTS:

- 1.5 pounds red potatoes, washed and cut into cubes
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- Salt and pepper, to taste

INSTRUCTIONS:

- Preheat the air fryer to 400 degrees F.
- Add the cubed potatoes, olive oil, garlic powder, onion powder, paprika, salt, and pepper into the bowl and mix well.
- Transfer the seasoned potatoes into the air fryer basket.
- Cook for 20-25 minutes.
- Once cooked, remove from the air fryer.
- Serve!



AIR FRYER SPINACH CHIPS



Prep Time

5 min



Cook Time

8 min



Serving

4

NUTRITION FACTS:

Calories 12, Carbohydrate 1g, Protein 0g, Fat 1g, Sugar 0g

INGREDIENTS:

- 2 cups spinach leaves
- 1 tsp olive oil
- 1 tsp sea salt

INSTRUCTIONS:

- Preheat the air fryer to 350 degrees F.
- Add spinach leaves into the bowl and coat with olive oil. Season with salt.
- Transfer it to the air fryer basket. Cook for 6 to 8 minutes.
- Serve!



GREEK POTATO SKINS WITH FETA



Prep Time

15 min



Cook Time

25 min



Serving

4

NUTRITION FACTS:

Calories 230, Carbohydrate 26g, Protein 6g, Fat 12g, Fiber 4g

INGREDIENTS:

- 4 russet potatoes
- 2 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper to taste
- 1/2 cup feta cheese, crumbled
- 1/4 cup Kalamata olives, chopped
- 2 tbsp red onion, chopped

- 1 tbsp fresh parsley, chopped
- 1 tbsp lemon juice

INSTRUCTIONS:

- Preheat the air fryer to 400 degrees F.
- Wash the potatoes thoroughly and pierce them a few times with a fork. Brush the potato skins with olive oil and sprinkle with oregano, salt, and pepper. Place the potato skins in the air fryer basket and cook for 8-10 minutes.
- Fill each potato skin with crumbled feta cheese, Kalamata olives, red onion, and a squeeze of lemon juice.
- Return the filled skins to the air fryer for an additional 2-3 minutes.
- Serve!



SPICY LENTIL PATTIES



Prep Time

15 min



Cook Time

20 min



Serving

4

NUTRITION FACTS:

Calories 150, Carbohydrate 22g, Protein 6g, Fat 4g, Fiber 6g

INGREDIENTS:

- 1 cup cooked lentils
- 1/2 cup breadcrumbs
- 1/4 cup carrots, grated
- 1/4 cup onion, chopped
- 2 cloves garlic, minced
- 1 tsp cumin
- 1 tsp coriander
- 1/2 tsp chili powder
- 1/2 tsp smoked paprika
- 1/2 tsp turmeric
- Salt and pepper to taste
- 1 tbsp olive oil
- 1 egg

INSTRUCTIONS:

- Add cooked lentils to the bowl and mash with a fork.
- Add breadcrumbs, grated carrots, chopped onion, garlic, cumin, coriander, chili powder, smoked paprika, turmeric, salt, and pepper to the mashed lentils. Stir until combined. Add the egg and mix well.
- Shape the mixture into 8-10 patties.
- Preheat the air fryer to 375 degrees F.
- Brush or spray the patties with olive oil. Place them in the air fryer basket. Air fry for 10-12 minutes and flip and cook for another 8-10 minutes until golden and crispy.
- Serve hot!



GARLIC-ROASTED TOMATOES AND OLIVES



Prep Time

5 min



Cook Time

10-12 min



Serving

4

NUTRITION FACTS:

Calories 150, Carbohydrate 14g, Protein 2g, Fat 11g, Fiber 4g

INGREDIENTS:

- 1 pint cherry or grape tomatoes
- 1 cup Kalamata olives
- 3 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1/2 tsp salt
- 1/4 tsp black pepper

INSTRUCTIONS:

- Preheat the air fryer to 375 degrees F.
- Add the tomatoes, olives, minced garlic, olive oil, oregano, salt, and pepper into the bowl and mix well.
- Place the tomato and olive mixture in the air fryer basket. Air fry for 10-12 minutes, shaking the basket halfway through.
- Remove from the air fryer.
- Serve!



STUFFED RED BELL PEPPER WITH HERB AND RICOTTA



Prep Time

15 min



Cook Time

15 min



Serving

2

NUTRITION FACTS:

Calories 300, Carbohydrate 12g, Protein 18g, Fat 22g, Fiber 4g

INGREDIENTS:

- 2 red bell peppers, halved and seeds removed
- 1 cup ricotta cheese
- 1/4 cup mozzarella cheese, shredded
- 1/4 cup Parmesan cheese, grated
- 2 tbsp fresh basil, chopped
- 1 tbsp fresh parsley, chopped

- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 1/2 tsp salt
- 1 tbsp olive oil

INSTRUCTIONS:

- Slice the red bell peppers in half and remove the seeds and ribs. Drizzle with a little olive oil and set aside.
- Add the ricotta cheese, mozzarella, Parmesan, basil, parsley, garlic powder, salt, and pepper into the bowl and mix well.
- Spoon the herb and ricotta mixture into the halved bell peppers.
- Preheat the air fryer to 370 degrees F. Place the stuffed peppers in the air fryer basket and cook for 12-15 minutes.
- Serve!



ROASTED BRUSSELS SPROUTS



Prep Time

10 min



Cook Time

20 min



Serving

4

NUTRITION FACTS:

Calories 90, Carbohydrate 13g, Protein 4g, Fat 4g, Fiber 4g

INGREDIENTS:

- 1 lb Brussels sprouts, trimmed and halved
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp salt
- 1/4 tsp black pepper

INSTRUCTIONS:

- Preheat the air fryer to 375 degrees F.
- Add the halved Brussels sprouts, olive oil, garlic powder, onion powder, salt, and pepper into the bowl. Mix well.
- Arrange the Brussels sprouts in the air fryer basket.
- Air fry for 15-20 minutes.
- Serve!



FALAFEL WITH SAUCE



Prep Time

15 min



Cook Time

12 min



Serving

4

NUTRITION FACTS:

Calories 220, Carbohydrate 25g, Protein 7g, Fat 12g, Fiber 6g

INGREDIENTS:

For the Falafel:

- 15 oz chickpeas, drained and rinsed
- 1 onion, chopped
- 2 cloves garlic, minced
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh cilantro, chopped
- 1/4 cup oat flour
- 1 tsp ground cumin

- 1 tsp ground coriander
- 1/2 tsp ground turmeric
- 1/2 tsp ground paprika
- 1/4 tsp salt
- 1/4 tsp black pepper
- 2 tbsp olive oil

For the Sauce:

- 1/2 cup tahini
- 2 tbsp lemon juice
- 1 garlic clove, minced
- Salt and pepper, to taste

INSTRUCTIONS:

- Add the chickpeas, onion, garlic, parsley, cilantro, and spices into the blender. Blend until smooth. Add the flour and pulse again.
- Preheat the air fryer to 375 degrees F.
- Shape the falafel mixture into small balls. Spray the air fryer basket with olive oil. Place the falafel in the basket. Air fry for 10-12 minutes, flipping halfway through.
- Add the tahini, lemon juice, garlic, and salt into the bowl and mix well.
- Serve falafel with sauce.



GARLICKY EGGPLANT



Prep Time

10 min



Cook Time

15 min



Serving

4

NUTRITION FACTS:

Calories 120, Carbohydrate 10g, Protein 2g, Fat 9g, Fiber 4g

INGREDIENTS:

- 1 eggplant, diced
- 2 tbsp olive oil
- 3 garlic cloves, minced
- 1 tsp smoked paprika
- Salt and pepper to taste

INSTRUCTIONS:

- Add diced eggplant with olive oil, garlic, smoked paprika, salt, and pepper into the bowl and mix well.
- Preheat air fryer to 375 degrees F.
- Place eggplant in the basket and air fry for 12-15 minutes.
- Serve!



ZUCCHINI BOATS



Prep Time

10 min



Cook Time

15 min



Serving

4

NUTRITION FACTS:

Calories 480, Fat 35g, Protein 28g, Carbohydrate 5g, Fiber 1g

INGREDIENTS:

- 2 zucchinis, halved lengthwise
- 1 cup cherry tomatoes, diced
- 1/2 cup feta cheese, crumbled
- 1/4 cup breadcrumbs
- 1 garlic clove, minced
- 1 tsp dried oregano

- 1 tbsp olive oil
- Salt and pepper to taste

INSTRUCTIONS:

- Scoop out zucchini centers to create boats.
- Add tomatoes, feta, breadcrumbs, garlic, oregano, olive oil, salt, and pepper into the bowl and mix well.
- Fill zucchini boats with the mixture.
- Preheat the air fryer to 375 degrees F.
- Place the zucchini boats into the air fryer basket.
- Cook for 12 to 15 minutes until golden.
- Serve!



ROASTED CAULIFLOWER STEAKS



Prep Time

10 min



Cook Time

15 min



Serving

2

NUTRITION FACTS:

Calories 150, Carbohydrate 10g, Protein 4g, Fat 11g, Fiber 4g

INGREDIENTS:

- 1 cauliflower
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp garlic powder
- ½ tsp salt
- ½ tsp black pepper

INSTRUCTIONS:

- Preheat the air fryer to 375 degrees F.
- Slice cauliflower into "steaks."
- Mix olive oil, paprika, garlic powder, salt, and pepper. Brush onto both sides of the steaks.
- Place in the air fryer basket.
- Cook for 12-15 minutes, flipping halfway, until golden and tender.
- Serve!



MEDITERRANEAN ROASTED BROCCOLI



Prep Time

5 min



Cook Time

10 min



Serving

4

NUTRITION FACTS:

Calories 120, Carbohydrate 6g, Protein 3g, Fat 10g, Fiber 3g

INGREDIENTS:

- 1 lb broccoli florets
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1/2 tsp salt
- 1/4 tsp black pepper

- 1 tbsp lemon juice
- 1 tsp dried oregano

INSTRUCTIONS:

- Add broccoli, olive oil, garlic powder, smoked paprika, salt, and pepper.
- Preheat air fryer to 375 degrees F.
- Cook broccoli for 8-10 minutes, shaking halfway.
- Sprinkle with lemon juice and oregano.
- Serve!



MEDITERRANEAN BAKED FARRO RISOTTO



Prep Time

10 min



Cook Time

30 min



Serving

4

NUTRITION FACTS:

Calories 290, Carbohydrate 42g, Protein 10g, Fat 8g, Fiber 6g

INGREDIENTS:

- 1 cup farro
- 2 ½ cups vegetable broth
- 1 cup cherry tomatoes, halved
- 1 zucchini, diced
- 1 tbsp olive oil
- 1 tsp dried sage

- 1/2 tsp garlic powder
- Salt and pepper to taste

INSTRUCTIONS:

- Preheat the air fryer to 350 degrees F.
- Rinse farro under cold water and drain.
- Add farro, vegetable broth, cherry tomatoes, zucchini, olive oil, dried sage, garlic powder, salt, and pepper into the bowl and mix well. Place the mixture into the baking dish.
- Cover the dish with foil and air fry for 25 minutes.
- Stir, then air fry uncovered for another 5 minutes.
- Serve!



ROASTED LEMON ARTICHOKE HEARTS



Prep Time

10 min



Cook Time

12 min



Serving

4

NUTRITION FACTS:

Calories 120, Carbohydrate 8g, Protein 2g, Fat 9g, Fiber 4g

INGREDIENTS:

- 14 oz artichoke hearts, drained and halved
- 2 tbsp olive oil
- 1 lemon (zest and juice)
- 2 garlic cloves, minced
- 1 tsp dried oregano
- Salt and pepper to taste

INSTRUCTIONS:

- Preheat the air fryer to 375 degrees F.s
- Add artichoke hearts, olive oil, lemon zest, juice, garlic, oregano, salt, and pepper into the bowl and mix well.
- Arrange artichokes in the air fryer basket.
- Cook for 10-12 minutes until golden and crisp.
- Serve!



AIR FRYER RED LENTIL STUFFED TOMATOES



Prep Time

15 min



Cook Time

20 min



Serving

4

NUTRITION FACTS:

Calories 180, Carbohydrate 22g, Protein 7g, Fat 8g, Fiber 5g

INGREDIENTS:

- 4 tomatoes
- 1 cup cooked red lentils
- 1 onion, chopped
- 1 garlic clove, minced
- 2 tbsp olive oil
- 2 tbsp tomato paste
- 1 tsp dried oregano

- 1/2 tsp paprika
- Salt and pepper to taste
- 2 tbsp parsley, chopped

INSTRUCTIONS:

- Slice off the tops of the tomatoes and scoop out the insides. Set aside the shells and chop the pulp.
- Add olive oil to the pan and heat it. Add garlic and onion and cook for a few minutes. Add tomato pulp, red lentils, tomato paste, oregano, paprika, salt, and pepper. Cook for 5 minutes.
- Fill the tomato shells with the lentil mixture.
- Preheat the air fryer to 375 degrees F.
- Place stuffed tomatoes in the air fryer basket. Cook for 15–20 minutes.
- Serve!



STUFFED CABBAGE ROLLS



Prep Time

15 min



Cook Time

20 min



Serving

4

NUTRITION FACTS:

Calories 270, Carbohydrate 32g, Protein 9g, Fat 13g, Fiber 5g

INGREDIENTS:

- 8 cabbage leaves, blanched
- 1 cup cooked quinoa or rice
- 1/2 cup crumbled feta cheese
- 1/4 cup Kalamata olives, chopped
- 1/4 cup sun-dried tomatoes, chopped
- 1/4 cup fresh parsley, chopped
- 1 tsp dried oregano

- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 1/4 tsp salt

INSTRUCTIONS:

- Add water to the pot and boil it. Add cabbage leaves and blanch for 2 to 3 minutes. Drain and set aside.
- Add the cooked quinoa or rice, feta cheese, chopped olives, sun-dried tomatoes, parsley, oregano, garlic powder, salt, and pepper into the bowl. Mix well.
- Place a cabbage leaf flat on a work surface. Add the filling in the middle of the cabbage leaf. Fold in the sides of the cabbage and roll it tightly.
- Preheat the air fryer to 350 degrees F.
- Place the stuffed cabbage rolls in the air fryer basket. Spray with olive oil spray.
- Air fry for 15-20 minutes, flipping halfway through.
- Serve!



ZUCCHINI FRITTERS



Prep Time
15 min



Cook Time
15 min



Serving
4

NUTRITION FACTS:

Calories 210, Carbohydrate 16g, Protein 8g, Fat 14g, Fiber 2g

INGREDIENTS:

- 2 zucchinis, grated
- 1/2 cup grated feta cheese
- 1/4 cup breadcrumbs
- 1/4 cup fresh parsley, chopped
- 1 egg, beaten
- 2 tbsp olive oil
- 2 cloves garlic, minced

- 1 tsp dried oregano
- Salt and pepper to taste

INSTRUCTIONS:

- Grate the zucchinis and place them in a clean kitchen towel. Squeeze out as much moisture as possible.
- Add the grated zucchini, feta cheese, breadcrumbs, parsley, egg, olive oil, garlic, oregano, salt, and pepper into the bowl. Mix well.
- Preheat the air fryer to 375 degrees F.
- Shape the mixture into patties. Transfer it to the air fryer basket.
- Cook for 12 to 15 minutes.
- Serve!



SWEET POTATO WEDGES



Prep Time

10 min



Cook Time

20 min



Serving

4

NUTRITION FACTS:

Calories 180, Carbohydrate 34g, Protein 2g, Fat 5g, Fiber 5g

INGREDIENTS:

- 2 sweet potatoes, peeled and cut into wedges
- 1 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp garlic powder
- 1/2 tsp paprika
- 1/2 tsp ground cumin

- Salt and pepper to taste

INSTRUCTIONS:

- Peel the sweet potatoes and cut them into wedges.
- Add the sweet potato wedges, olive oil, oregano, garlic powder, paprika, cumin, salt, and pepper into the bowl and mix well.
- Preheat the air fryer to 400 degrees F.
- Place the sweet potato wedges in the air fryer basket.
- Cook for 18-20 minutes.
- Serve!



QUINOA PATTIES



Prep Time

10 min



Cook Time

15 min



Serving

2

NUTRITION FACTS:

Calories 210, Carbohydrate 27g, Protein 27g, Fat 8g, Fiber 3g

INGREDIENTS:

- 1 cup cooked quinoa
- 1/2 cup breadcrumbs
- 1/4 cup parsley, chopped
- 1/4 cup carrot, grated
- 1/4 cup onion, chopped
- 2 cloves garlic, minced

- 1 egg
- 1 tbsp olive oil
- Salt and pepper to taste

INSTRUCTIONS:

- Add the cooked quinoa, breadcrumbs, parsley, grated carrot, onion, garlic, and egg into the bowl and mix well. Add salt and pepper and mix well.
- Shape the mixture into small patties.
- Preheat the air fryer to 375 degrees F.
- Spray the air fryer basket with olive oil.
- Place the patties to the air fryer basket and cook for 12 to 15 minutes.
- Serve!



AIR FRYER ROASTED CARROTS



Prep Time

5 min



Cook Time

20 min



Serving

4

NUTRITION FACTS:

Calories 120, Carbohydrate 22g, Protein 1g, Fat 6g, Fiber 6g

INGREDIENTS:

- 4 carrots, peeled and cut into even sticks or rounds
- 1 tbsp olive oil
- 1 tsp garlic powder
- Salt and pepper, to taste

INSTRUCTIONS:

- Peel and slice the carrots into sticks or rounds.
- Add the carrots, olive oil, garlic powder, cumin, salt, and pepper into the bowl and mix well.
- Preheat the Air Fryer to 400 degrees F.
- Place the seasoned carrots in the air fryer basket. Cook for 15-20 minutes.
- Serve!



AIR FRYER ARTICHOKE FLATBREAD PIZZA



Prep Time

10 min



Cook Time

10 min



Serving

2

NUTRITION FACTS:

Calories 310, Carbohydrate 32g, Protein 8g, Fat 18g, Fiber 6g

INGREDIENTS:

- 2 whole wheat flatbreads
- 1/2 cup hummus
- 1/2 cup artichoke hearts, drained and chopped
- 1/4 cup cherry tomatoes, sliced
- 1/4 cup Kalamata olives, pitted and sliced

- 1/4 cup red onion, thinly sliced
- 1/4 cup feta cheese, crumbled
- 1 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp garlic powder
- Salt and pepper, to taste

INSTRUCTIONS:

- Spread the hummus on each flatbread. Top with red onion, olives, cherry tomatoes, and artichoke hearts over hummus. Sprinkle with crumbled feta cheese.
- Drizzle with olive oil and sprinkle with oregano, garlic powder, salt, and pepper.
- Preheat the air fryer to 375 degrees F.
- Place the prepared flatbreads in the air fryer basket and cook for 8-10 minutes.
- Remove from the air fryer.
- Serve!



SEAFOOD



AIR FRYER BLACKENED SALMON



Prep Time

10 min



Cook Time

10 min



Serving

2

NUTRITION FACTS:

Calories 350, Carbohydrate 2g, Protein 34g, Fat 22g, Fiber 1g

INGREDIENTS:

- 2 salmon fillets (about 6 oz each)
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- 1 tsp dried oregano
- 1/2 tsp cumin
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 tbsp lemon juice

INSTRUCTIONS:

- Preheat the air fryer to 400 degrees F.
- Add the garlic powder, onion powder, smoked paprika, oregano, cumin, salt, and black pepper into the bowl and mix well.
- Pat the salmon fillets dry with paper towels. Drizzle olive oil over the fillets. Sprinkle the seasoning on both sides of the salmon.
- Place the salmon fillets in the air fryer basket.
- Cook for 8-10 minutes.
- Serve!



AIR FRYER SHRIMP KABOBS



Prep Time

15 min



Cook Time

10-12 min



Serving

4

NUTRITION FACTS:

Calories 180, Carbohydrate 10g, Protein 23g, Fat 7g, Fiber 3g

INGREDIENTS:

- 1 lb shrimp, peeled and deveined
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp paprika
- 1 tsp lemon zest
- 1 tbsp lemon juice

- Salt and pepper to taste
- 1/2 red onion, cut into chunks
- 1/2 bell pepper, cut into chunks
- 1/2 zucchini, sliced

INSTRUCTIONS:

- Add the olive oil, garlic powder, oregano, paprika, lemon zest, lemon juice, salt, and pepper into the bowl and mix well. Add the shrimp and toss to coat. Let it marinate for at least 10 minutes.
- Thread the shrimp, onion, bell pepper, and zucchini onto skewers.
- Preheat the air fryer to 380 degrees F.
- Place the skewers in the air fryer basket and cook for 10-12 minutes.
- Remove the kabobs from the air fryer.
- Serve!



AIR FRYER OCTOPUS WITH OLIVES



Prep Time

15 min



Cook Time

25 min



Serving

2

NUTRITION FACTS:

Calories 280, Carbohydrate 7g, Protein 28g, Fat 16g, Fiber 3g

INGREDIENTS:

- 1 lb octopus, cleaned and cut into smaller pieces
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp lemon zest
- 1 tsp paprika
- 1 tsp dried oregano

- Salt and pepper, to taste
- 1/2 cup Kalamata olives, pitted and halved
- 1 tbsp fresh parsley, chopped
- 1 tbsp lemon juice

INSTRUCTIONS:

- Add olive oil, garlic, lemon zest, paprika, oregano, salt, and pepper into the bowl and mix well. Toss the octopus pieces in the mixture and let them marinate for 10 minutes.
- Preheat the Air Fryer to 400 degrees F.
- Place the marinated octopus pieces in the air fryer basket. Cook for 20-25 minutes.
- In the last 5 minutes of cooking, add the halved Kalamata olives to the air fryer basket.
- Serve!



HERB LEMON PRAWNS



Prep Time

10 min



Cook Time

8 min



Serving

4

NUTRITION FACTS:

Calories 180, Carbohydrate 2g, Protein 24g, Fat 9g, Fiber 1g

INGREDIENTS:

- 1 lb prawns, peeled and deveined
- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- Zest of 1 lemon
- 3 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp dried thyme

- Salt and pepper, to taste

INSTRUCTIONS:

- Add olive oil, lemon juice, lemon zest, garlic, oregano, thyme, salt, and pepper into the bowl and mix well. Add the prawns and toss to coat. Let them marinate for 5-10 minutes.
- Preheat the air fryer to 375 degrees F.
- Place the marinated prawns in the air fryer basket. Cook for 6-8 minutes.
- Remove the prawns from the air fryer.
- Serve!



TILAPIA WITH HARISSA PASTE



Prep Time

15 min



Cook Time

10 min



Serving

4

NUTRITION FACTS:

Calories 220, Carbohydrate 5g, Protein 22g, Fat 12g, Fiber 2g

INGREDIENTS:

- 4 tilapia fillets (about 6 oz each)
- 2 tbsp harissa paste
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp garlic powder
- 1 tsp dried oregano
- Salt and pepper, to taste

INSTRUCTIONS:

- Add the harissa paste, olive oil, lemon juice, garlic powder, dried oregano, salt, and pepper into the bowl and mix well. Rub this mixture over the tilapia fillets. Let them marinate for at least 15 minutes.
- Preheat the air fryer to 380 degrees F.
- Place the marinated tilapia fillets in the air fryer basket.
- Cook for 8-10 minutes.
- Serve!



BAKED GROUPEL WITH TOMATOES



Prep Time

10 min



Cook Time

12 min



Serving

2

NUTRITION FACTS:

Calories 280, Carbohydrate 9g, Protein 33g, Fat 12g, Fiber 3g

INGREDIENTS:

- 2 grouper fillets (about 6 oz each)
- 1 cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp garlic powder
- 1 tsp lemon zest
- 1 tbsp fresh lemon juice

- Salt and pepper, to taste
- 1 tbsp Kalamata olives, chopped

INSTRUCTIONS:

- Season the grouper fillets with salt, pepper, and garlic powder. Drizzle the fillets with 1 tbsp olive oil, and then sprinkle with dried oregano and lemon zest.
- Add halved cherry tomatoes, salt, pepper, and olive oil into the bowl and mix well.
- Place the seasoned grouper fillets in the air fryer basket. Place the fillets with the tomatoes and Kalamata olives.
- Preheat the air fryer to 375 degrees F.
- Cook for 10 to 12 minutes.
- Serve!



SALMON BURGER



Prep Time

10 min



Cook Time

12 min



Serving

2

NUTRITION FACTS:

Calories 380, Carbohydrate 35g, Protein 29g, Fat 20g, Fiber 5g

INGREDIENTS:

- 6 oz salmon fillets, skin removed
- 1/4 cup breadcrumbs
- 1/4 cup feta cheese, crumbled
- 2 tbsp Kalamata olives, chopped
- 1/4 cup red onion, diced
- 1 tbsp fresh parsley, chopped
- 1 tbsp olive oil
- 1 tsp lemon zest
- 1 tbsp lemon juice
- 1/2 tsp dried oregano
- Salt and pepper, to taste
- 2 whole wheat burger buns

INSTRUCTIONS:

- Add salmon fillets into the food processor and pulse until smooth. Transfer it to the bowl. Add the breadcrumbs, feta cheese, olives, red onion, parsley, olive oil, lemon zest, lemon juice, oregano, salt, and pepper. Mix well.
- Divide the mixture into two equal portions and shape into burger patties.
- Preheat the air fryer to 375 degrees F.
- Place the patties in the air fryer basket and cook for 10–12 minutes.
- Toast the buns in the air fryer for 1–2 minutes.
- Place the patties onto the bun and place another bun.
- Top with tomato, cucumber, and tzatziki sauce.
- Serve!



LEMON-GARLIC HADDOCK



Prep Time

10 min



Cook Time

12 min



Serving

2

NUTRITION FACTS:

Calories 210, Carbohydrate 2g, Protein 32g, Fat 8g, Fiber 0g

INGREDIENTS:

- 2 haddock fillets (6 oz each)
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 2 garlic cloves, minced
- 1 tsp dried oregano
- 1/2 tsp paprika
- Salt and pepper, to taste

INSTRUCTIONS:

- Preheat the air fryer to 375 degrees F.
- Add olive oil, lemon juice, garlic, oregano, paprika, salt, and pepper into the bowl and mix well.
- Brush the mixture on both sides of the haddock fillets.
- Place fillets in the air fryer basket. Cook for 10–12 minutes.
- Serve!



AIR FRYER SALMON SALAD



Prep Time

10 min



Cook Time

12 min



Serving

2

NUTRITION FACTS:

Calories 320, Carbohydrate 10g, Protein 28g, Fat 18g, Fiber 3g

INGREDIENTS:

- 2 salmon fillets (4 oz each)
- 1 tbsp olive oil
- 1 tsp paprika
- 1 tsp garlic powder
- Salt and pepper to taste
- 4 cups mixed greens
- 1 cup cherry tomatoes, halved

- 1/2 cucumber, sliced
- 1/4 red onion, thinly sliced
- 2 tbsp lemon vinaigrette

INSTRUCTIONS:

- Preheat air fryer to 375 degrees F.
- Rub salmon with olive oil, paprika, garlic powder, salt, and pepper.
- Place in the air fryer basket and cook for 12 minutes.
- Add greens, tomatoes, cucumber, and onion in a bowl. Mix well.
- Top with cooked salmon and drizzle with vinaigrette.
- Serve!



GARLIC PARMESAN BAKED FLOUNDER



Prep Time

10 min



Cook Time

12 min



Serving

4

NUTRITION FACTS:

Calories 220, Carbohydrate 4g, Protein 28g, Fat 11g, Fiber 0g

INGREDIENTS:

- 4 flounder fillets (about 4 oz each)
- 1/4 cup grated Parmesan cheese
- 2 tbsp breadcrumbs
- 2 tbsp olive oil
- 2 garlic cloves, minced
- 1 tsp dried parsley
- 1/2 tsp paprika

- Salt and pepper, to taste

INSTRUCTIONS:

- Preheat the air fryer to 375 degrees F.
- Mix Parmesan, breadcrumbs, garlic, parsley, paprika, salt, and pepper in a bowl.
- Brush fillets with olive oil and coat them in the Parmesan mixture.
- Place fillets in the air fryer basket.
- Cook for 10–12 minutes until golden and flaky.
- Serve!



AIR FRYER BAKED COD WITH LEMON



Prep Time

10 min



Cook Time

12-15 min



Serving

2

NUTRITION FACTS:

Calories 220, Carbohydrate 2g, Protein 34g, Fat 9g, Fiber 1g

INGREDIENTS:

- 2 cod fillets (about 6 oz each)
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp paprika
- 1/2 tsp dried thyme
- Salt and pepper, to taste

- 1 tsp lemon juice

INSTRUCTIONS:

- Preheat the Air Fryer to 400 degrees F.
- Pat the cod fillets dry with paper towels. Drizzle both sides with olive oil.
- Add the garlic powder, onion powder, paprika, thyme, salt, and pepper into the bowl. Sprinkle the seasoning mixture over both sides of the cod fillets.
- Place the seasoned cod fillets in the air fryer basket. Cook for 12-15 minutes.
- Squeeze fresh lemon juice over the cooked cod fillets.
- Serve!



GREEK FISH PITAS



Prep Time

10 min



Cook Time

12 min



Serving

2

NUTRITION FACTS:

Calories 350, Carbohydrate 35g, Protein 28g, Fat 12g, Fiber 5g

INGREDIENTS:

- 2 white fish fillets
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1/2 tsp paprika
- Salt and pepper to taste
- 2 whole wheat pita breads

- 1/2 cup tzatziki sauce
- 1/4 cup sliced cucumber
- 1/4 cup diced tomatoes
- 1/4 red onion, thinly sliced

INSTRUCTIONS:

- Preheat the air fryer to 400 degrees F.
- Drizzle the fish fillets with olive oil and season with garlic powder, oregano, paprika, salt, and pepper.
- Place the seasoned fish in the air fryer basket and cook for 10–12 minutes.
- Warm the pitas for 2 to 3 minutes into the skillet over medium heat.
- Place the cooked fish onto the warm pitas.
- Top with tzatziki sauce, sliced cucumber, diced tomatoes, and red onion.
- Serve!



SEA BASS WITH ROASTED VEGETABLES



Prep Time

10 min



Cook Time

20 min



Serving

4

NUTRITION FACTS:

Calories 380, Carbohydrate 34g, Protein 32g, Fat 16g, Fiber 6g

INGREDIENTS:

- 2 sea bass fillets (6 oz each)
- 1 tbsp olive oil
- 1 tsp lemon zest
- 1 tbsp fresh lemon juice
- 1 tsp garlic powder
- 1 tsp paprika
- Salt and pepper to taste

- 1 cup baby potatoes, halved
- 1 cup carrots, sliced
- 1 cup bell peppers, sliced
- 1 tbsp olive oil

INSTRUCTIONS:

- Preheat the air fryer to 400 degrees F.
- Toss the halved baby potatoes, sliced carrots, and bell peppers in a tbsp of olive oil. Season with salt, pepper, and garlic powder.
- Place the vegetables in the air fryer basket and cook for 15 minutes.
- Rub the sea bass fillets with olive oil, lemon zest, lemon juice, paprika, salt, and pepper.
- After 15 minutes, remove the vegetables from the air fryer. Place the sea bass fillets in the basket with the vegetables and cook for an additional 5 minutes.
- Serve!



BAKED SALMON WITH TOMATOES AND OLIVES



Prep Time

5 min



Cook Time

10-12 min



Serving

4

NUTRITION FACTS:

Calories 300, Carbohydrate 7g, Protein 30g, Fat 18g, Fiber 3g

INGREDIENTS:

- 2 salmon fillets (6 oz each)
- 1 cup cherry tomatoes, halved
- 1/2 cup Kalamata olives, pitted and sliced
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp dried oregano

- Salt and pepper to taste

INSTRUCTIONS:

- Preheat the air fryer to 400 degrees F.
- Place the salmon fillets in a small bowl, drizzle with olive oil, and sprinkle with garlic powder, oregano, salt, and pepper. Rub the seasoning onto the fillets. Arrange the salmon fillets in the air fryer basket.
- Spread the cherry tomatoes and olives around the salmon in the basket.
- Cook for 10-12 minutes.
- Serve!



AIR FRIED FISH TACOS



Prep Time

10 min



Cook Time

10 min



Serving

4

NUTRITION FACTS:

Calories 370, Carbohydrate 40g, Protein 24g, Fat 12g, Fiber 4g

INGREDIENTS:

- 1 lb white fish fillets
- 1 cup cornmeal
- 1/2 cup all-purpose flour
- 1 tsp paprika
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp cumin
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1 egg
- 2 tbsp water
- 8 corn tortillas
- 1 cup cabbage, shredded
- 1/4 cup cilantro, chopped
- 1/4 cup lime juice
- 1/4 cup Greek yogurt or sour cream

INSTRUCTIONS:

- Cut the fish into strips or pieces.
- Add the cornmeal, flour, paprika, garlic powder, onion powder, cumin, salt, and pepper into the bowl and mix well.
- Add egg and water in another bowl and beat well.
- Dip each piece of fish into the egg mixture, and then coat it in the dry coating mixture.
- Preheat the air fryer to 400 degrees F.
- Spray the air fryer basket with oil. Arrange the coated fish pieces. Air fry for 8-10 minutes, flipping halfway through.
- Warm the corn tortillas in a skillet over medium heat for 30 seconds.
- Add the shredded cabbage with chopped cilantro and lime juice into the bowl and mix well. Spread a little Greek yogurt or sour cream on each tortilla.
- Place the crispy fish on top of the tortilla, then top with the cabbage mixture.
- Serve!



TUNA STEAKS



Prep Time

5 min



Cook Time

10 min



Serving

2

NUTRITION FACTS:

Calories 250, Carbohydrate 0g, Protein 40g, Fat 12g, Fiber 0g

INGREDIENTS:

- 2 tuna steaks (about 6 oz each)
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp lemon zest
- 1 tsp dried oregano
- Salt and pepper, to taste

INSTRUCTIONS:

- Preheat the air fryer to 400 degrees F.
- Pat the tuna steaks dry with paper towels. Drizzle olive oil over both sides of the steaks.
- Season both sides of the tuna steaks with garlic powder, lemon zest, dried oregano, salt, and pepper.
- Place the tuna steaks in the air fryer basket.
- Cook for 8-10 minutes, flipping halfway through.
- Remove from the air fryer.
- Serve!



ROASTED WHOLE RED SNAPPER



Prep Time

10 min



Cook Time

20-25 min



Serving

2

NUTRITION FACTS:

Calories 290, Carbohydrate 5g, Protein 35g, Fat 16g, Fiber 2g

INGREDIENTS:

- 2 lbs red snapper, cleaned and scaled
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 lemon, sliced
- 1 tsp dried thyme
- 1 tsp smoked paprika
- Salt and pepper to taste

INSTRUCTIONS:

- Pat the red snapper dry with paper towels. Rub olive oil all over the fish, including inside the cavity. Season with salt, pepper, smoked paprika, and minced garlic. Stuff the fish cavity with lemon slices and thyme.
- Preheat the air fryer to 380 degrees F.
- Place the fish in the air fryer basket.
- Cook at 380°F for 20-25 minutes, flipping halfway through.
- Remove the fish from the air fryer.
- Serve!



LEMON PEPPER TROUT



Prep Time

5 min



Cook Time

10 min



Serving

2

NUTRITION FACTS:

Calories 220, Carbohydrate 1g, Protein 26g, Fat 12g, Fiber 0g

INGREDIENTS:

- 2 trout fillets (about 6 oz each)
- 1 tbsp olive oil
- 1 tsp lemon pepper seasoning
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- 1 tbsp fresh lemon juice
- Salt, to taste

INSTRUCTIONS:

- Preheat the air fryer to 400 degrees F.
- Pat the trout fillets dry with paper towel.
- Prepare the trout fillets by patting them dry with a paper towel.
- Brush both sides of the fillets with olive oil. Sprinkle lemon pepper seasoning, garlic powder, paprika, and salt over the fillets. Drizzle with lemon juice.
- Place the seasoned fillets in the air fryer basket. Cook for 8-10 minutes, flipping halfway through.
- Remove the fillets from the air fryer.
- Serve!



AIR FRYER FISH PICCATA



Prep Time

15 min



Cook Time

10 min



Serving

2

NUTRITION FACTS:

Calories 380, Carbohydrate 14g, Protein 28g,
Fat 24g, Fiber 1g

INGREDIENTS:

- 2 fish fillets (such as tilapia or cod)
- 4 tbsp all-purpose flour
- Pepper to taste
- 2 tbsp olive oil
- 2 tbsp unsalted butter
- 2 cloves garlic, minced
- ½ cup chicken broth

- 2 tbsp lemon juice, freshly squeezed
- 2 tbsp capers, drained

INSTRUCTIONS:

- Preheat the air fryer to 380 degrees F.
- Season the fish fillets with salt and pepper. Dredge them in flour.
- Place the fish fillets in the air fryer basket. Air fry for 8-10 minutes.
- Meanwhile, add olive oil into the skillet and heat it.
- Add the minced garlic and sauté for 1-2 minutes until fragrant.
- Pour in chicken broth, and bring to a simmer. Cook for 2-3 minutes to reduce slightly.
- Stir in the lemon juice and capers. Simmer for another 1-2 minutes.
- Once the fish is done cooking, transfer it to serving plates.
- Pour the piccata sauce over the fish fillets.
- Serve!



CRAB CAKE



Prep Time

15 min



Cook Time

10-12 min



Serving

4

NUTRITION FACTS:

Calories 230, Carbohydrate 12g, Protein 18g, Fat 14g, Fiber 1g

INGREDIENTS:

- 1 lb lump crab meat
- 1/2 cup breadcrumbs
- 1/4 cup mayonnaise
- 1 egg
- 1 tbsp Dijon mustard
- 1 tbsp Worcestershire sauce
- 1 tsp Old Bay seasoning

- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tbsp fresh parsley, chopped
- 1 tbsp lemon juice
- Salt and pepper, to taste
- Olive oil

INSTRUCTIONS:

- Preheat the air fryer to 375 degrees F.
- Add the crab meat, breadcrumbs, mayonnaise, egg, Dijon mustard, Worcestershire sauce, Old Bay seasoning, garlic powder, onion powder, parsley, lemon juice, salt, and pepper into the bowl and mix well. Shape the mixture into patties.
- Spray the air fryer basket with olive oil. Place the crab cakes in the basket.
- Air fry for 10-12 minutes, flipping halfway through.
- Serve!



LEMON HERBED COD



Prep Time

5 min



Cook Time

10 min



Serving

4

NUTRITION FACTS:

Calories 180, Carbohydrate 2g, Protein 24g, Fat 9g, Fiber 1g

INGREDIENTS:

- 4 cod fillets (about 4-6 oz each)
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 1 tsp dried parsley
- 1 tsp dried thyme
- 1/2 tsp garlic powder

- 1/4 tsp salt
- 1/4 tsp black pepper

INSTRUCTIONS:

- Preheat the air fryer to 400 degrees F.
- Add olive oil, lemon juice, lemon zest, parsley, thyme, garlic powder, salt, and pepper into the bowl and mix well.
- Pat the cod fillets dry with paper towels.
- Brush both sides of the fillets with the lemon herb mixture.
- Place the fillets in the air fryer basket.
- Air fry for 8-10 minutes.
- Serve!



HALIBUT WITH GARLIC AIOLI



Prep Time

10 min



Cook Time

10 min



Serving

2

NUTRITION FACTS:

Calories 350, Carbohydrate 3g, Protein 35g, Fat 22g, Fiber 1g

INGREDIENTS:

For the Halibut:

- 2 halibut fillets (about 6 oz each)
- 1 tbsp olive oil
- Salt and pepper, to taste
- 1 tsp garlic powder

For the Garlic Aioli:

- 1/4 cup mayonnaise

- 1 clove garlic, minced
- 1 tsp lemon juice
- 1/2 tsp Dijon mustard
- Salt and pepper, to taste

INSTRUCTIONS:

- Preheat the air fryer to 400 degrees F.
- Pat the halibut fillets dry with paper towels.
- Rub the fillets with olive oil and season with salt, pepper, and garlic powder.
- Place the fillets in the air fryer basket.
- Cook for 8 to 10 minutes.
- Meanwhile, add mayonnaise, minced garlic, lemon juice, and Dijon mustard in a small bowl. Season with salt and pepper. Mix well.
- Serve halibut with garlic aioli.



SALMON WITH PESTO SAUCE



Prep Time

5 min



Cook Time

10 min



Serving

4

NUTRITION FACTS:

Calories 350, Carbohydrate 2g, Protein 34g, Fat 22g, Fiber 1g

INGREDIENTS:

- 2 salmon fillets (6 oz each)
- 2 tbsp pesto sauce
- Salt and pepper to taste
- Olive oil spray

INSTRUCTIONS:

- Preheat the air fryer to 375 degrees F. Pat the salmon fillets dry with paper towels.
- Season both sides of the salmon fillets with salt and pepper. Spray them with olive oil.
- Place the salmon fillets in the air fryer basket and cook for 8–10 minutes.
- Once cooked, remove the salmon from the air fryer and spoon pesto sauce over each fillet.
- Serve!



MEDITERRANEAN TUNA PATTIES



Prep Time

10 min



Cook Time

15 min



Serving

4

NUTRITION FACTS:

Calories 250, Carbohydrate 18g, Protein 22g, Fat 12g, Fiber 2g

INGREDIENTS:

- 10 oz tuna in olive oil, drained
- 1/2 cup breadcrumbs
- 1/4 cup red onion, chopped
- 1/4 cup parsley, chopped
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp dried oregano

- 1/2 tsp garlic powder
- 1/4 tsp ground black pepper
- 1/4 tsp salt
- 1 egg, beaten

INSTRUCTIONS:

- Add the drained tuna, breadcrumbs, red onion, parsley, olive oil, lemon juice, oregano, garlic powder, black pepper, salt, and the beaten egg into the bowl and mix well.
- Shape the mixture into small patties.
- Preheat the air fryer to 375 degrees F.
- Spray the air fryer basket with olive oil. Place the patties in the basket. Cook for 12 to 15 minutes.
- Serve!



GARLICKY SHRIMP



Prep Time

10 min



Cook Time

10 min



Serving

2

NUTRITION FACTS:

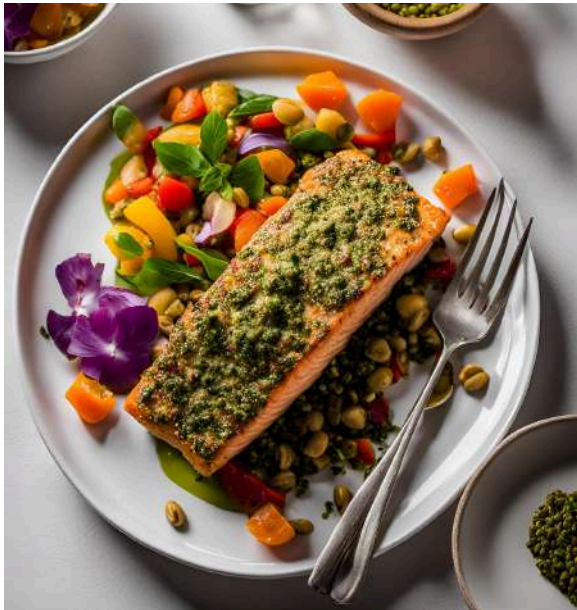
Calories 280, Carbohydrate 2g, Protein 23g, Fat 20g, Fiber 0g

INGREDIENTS:

- 1 lb shrimp, peeled and deveined
- 3 garlic cloves, minced
- 2 tbsp olive oil
- 1/2 tsp paprika
- 1/2 tsp salt
- 1/4 tsp black pepper

INSTRUCTIONS:

- Add the olive oil, minced garlic, paprika, salt, and pepper into the bowl and mix well.
- Add the shrimp to the bowl and toss to combine.
- Preheat the air fryer to 375 degrees F.
- Place the shrimp in the air fryer basket.
- Cook for 8-10 minutes.
- Once done, remove from the air fryer.
- Serve!



PISTACHIO CRUSTED SALMON



Prep Time
10 min



Cook Time
10-12 min



Serving
2

NUTRITION FACTS:

Calories 350, Carbohydrate 8g, Protein 35g, Fat 20g, Fiber 2g

INGREDIENTS:

- 2 salmon fillets (6 oz each)
- 1/4 cup shelled pistachios, chopped
- 1 tbsp Dijon mustard
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper, to taste

INSTRUCTIONS:

- Pat the salmon fillets dry with paper towels. Season both sides with salt and pepper.
- Add the chopped pistachios, Dijon mustard, olive oil, and lemon juice into the bowl and mix well.
- Spread the pistachio mixture over the top of each salmon fillet.
- Preheat the air fryer to 400 degrees F. Place the salmon fillets in the air fryer basket. Cook for 10-12 minutes.
- Remove from the air fryer.
- Serve!



DESSERT



AIR FRYER BAKLAVA ROLLS



Prep Time

20 min



Cook Time

10 min



Serving

6

NUTRITION FACTS:

Calories 250, Carbohydrate 12g, Protein 20g,
Fat 5g, Fiber 4g

INGREDIENTS:

- 6 sheets Phyllo dough
- 1/2 cup chopped walnuts or pistachios
- 2 tbsp melted butter
- 1/4 cup honey
- 1/4 tsp cinnamon

INSTRUCTIONS:

- Preheat the air fryer to 350 degrees F.
- Lay a phyllo sheet on a clean surface and brush with melted butter, and sprinkle nuts and cinnamon.
- Roll tightly into a log and repeat with remaining sheets.
- Place the rolls into the air fryer basket. Cook for 8 to 10 minutes until golden brown.
- Serve!



AIR FRYER PISTACHIO-STUFFED DATES



Prep Time

10 min



Cook Time

5 min



Serving

4

NUTRITION FACTS:

Calories 150, Carbohydrate 30g, Protein 2g, Fat 3g, Fiber 3g

INGREDIENTS:

- 12 Medjool dates, pitted
- 1/4 cup crushed pistachios
- 1 tsp honey

INSTRUCTIONS:

- Stuff each pitted date with crushed pistachios.
- Drizzle with honey.
- Preheat the air fryer to 350 degrees F.
- Place the stuffed dates into the air fryer basket.
- Cook for 5 minutes.
- Serve!



TAHINI COOKIES



Prep Time

10 min



Cook Time

8 min



Serving

4

NUTRITION FACTS:

Calories 120, Carbohydrate 8g, Protein 3g, Fat 9g, Fiber 1g

INGREDIENTS:

- 1/2 cup tahini
- 1/3 cup honey or maple syrup
- 1 cup almond flour
- 1/4 tsp baking soda
- 1/4 tsp salt
- Sesame seeds, for topping

INSTRUCTIONS:

- Preheat the air fryer to 325 degrees F.
- Add tahini, honey, almond flour, baking soda, and salt in a bowl and mix well.
- Roll into 12 small balls and press sesame seeds on top.
- Place the cookies into the air fryer basket lined with parchment paper.
- Cook for 6-8 minutes until golden.
- Serve!



AIR FRYER CANNOLI



Prep Time

15 min



Cook Time

8 min



Serving

6

NUTRITION FACTS:

Calories 180, Carbohydrate 22g, Protein 5g, Fat 8g, Fiber 1g

INGREDIENTS:

- 6 cannoli shells
- 1 cup ricotta cheese
- 1/4 cup powdered sugar
- 1/4 cup mini chocolate chips
- 1/2 tsp vanilla extract

INSTRUCTIONS:

- Preheat the air fryer to 375 degrees F.
- Add ricotta, powdered sugar, vanilla, and chocolate chips in a bowl. Mix well.
- Place the shells into the air fryer basket.
- Stuff the filling into the shells. Cook for 4 t 5 minutes.
- Serve!

Meal Plan: Week 1

	BREAKFAST	LUNCH	DINNER	DESSERT
MON	Green Shakshuka	Chickpea Salad	Blackened Tilapia	Rice Pudding
TUE	Greek Omelet	Greek Salad with Feta & Olives	Veggie Pasta	Ma'amoul
WEN	Turkish Sesame Bread	Grilled Corn Salad	Stuffed Bell Pepper	Fig & Almond Cake
THU	Smoked Salmon Frittata	Zucchini Fritters	Baked Halibut	Tiramisu
FRI	Zucchini Quiche	Gazpacho Soup	Green Gazpacho	Oatmeal Banana Bars
SAT	Greek Style French Toast	Lentil Soup	Sweet Potato Black Bean Chili	Strawberry Compote
SUN	Breakfast Egg Muffins	Chicken Taco Soup	Fish Tacos	Cannoli

Meal Plan: Week 2

	BREAKFAST	LUNCH	DINNER	DESSERT
MON	Avocado Smoothie	Caprese Salad	Scallop Pasta	Banana Walnut Bread
TUE	Greek Omelet	Tuna Salad Sandwich	Baked Lemon Pepper Salmon	Tiramisu
WEN	Blueberry Smoothie	Sun-Dried Tomato Pizza	Vegetarian Fajitas	Fig & Almond Cake
THU	Turkish Sesame Bread	Falafel Pita Pockets	Baked Halibut	Turkish Delight
FRI	French Toast	Vegetable Pita Sandwich	Roasted Red Pepper Pasta	Oatmeal Banana Bars
SAT	Green Shakshuka	Garlic Mushroom Pasta	Tuna Patties	Strawberry Compote
SUN	Zucchini Quiche	Cauliflower Tacos	Roasted Salmon & Asparagus	Cannoli

Meal Plan: Week 3

	BREAKFAST	LUNCH	DINNER	DESSERT
MON	Turkish Tea	Couscous Salad	Stuffed Bell Pepper	Rice Pudding
TUE	Za'atar Toast with Labneh	Lentil Soup	Sweet Potato Black Bean Chili	Tiramisu
WEN	Greek Omelet	Sun-Dried Tomato Pizza	Lemon Garlic Cod	Strawberry Compote
THU	Greek Style French Toast	Roasted Cauliflower Soup	Mushroom Rice	Turkish Delight
FRI	Zucchini Quiche	Greek Pizza	Greek Lemon Roasted Baby Potatoes	Oatmeal Banana Bars
SAT	Green Shakshuka	Shrimp Pizza	Greek Sheet Pan Chicken	Strawberry Compote
SUN	Smoked Salmon Frittata	Roasted Red Pepper Pasta	Lemon Garlic Cod	Cannoli

Meal Plan: Week 4

	BREAKFAST	LUNCH	DINNER	DESSERT
MON	Avocado Smoothie	Mediterranean Chickpea Salad	Margherita Pizza	Rice Pudding
TUE	Blueberry Smoothie	Greek Salad with Feta and Olives	Spinach Pasta	Tiramisu
WEN	Turkish Sesame Bread	Greek Lemon Chicken Soup	Lemon Garlic Cod	Strawberry Compote
THU	Hibiscus Tea	Grilled Corn Salad	Spaghetti Carbonara	Turkish Delight
FRI	Smoked Salmon Frittata	Greek Pizza	Baked Halibut	Oatmeal Banana Bars
SAT	Green Shakshuka	Roasted Cauliflower Soup	Greek Sheet Pan Chicken	Strawberry Compote
SUN	Breakfast Egg Muffins	Grilled Chicken Shawarma Wrap	Zucchini Boats	Cannoli

Conclusion

Thank you for exploring our **Mediterranean cookbook!** The Mediterranean diet is more than a collection of recipes—it's a way of life that celebrates balance, nourishment, and the joy of wholesome, natural ingredients. In this collection of 100 recipes, we've brought together the vibrant flavors of fresh vegetables, heart-healthy olive oil, nutrient-packed seafood, and hearty whole grains. Each dish is crafted to help you enjoy healthier eating habits without compromising on taste or satisfaction. To make your transition seamless, we've also included a **30-day meal plan** to guide you on your journey toward better health.

We hope this cookbook inspires you to savor the Mediterranean way of eating and to build lasting habits that nourish both body and soul. Bon appétit!