

The Fatty Liver Recovery Air Fryer Cookbook

Low-Fat, Crispy Recipes to Support Liver Health, Promote Metabolic Balance, and Enjoy Your Favorite Foods Again | Includes a 28-Day Meal Plan



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INTRODUCTION: RECLAIMING COMFORT FOOD

Take a deep breath.

If you are reading this, chances are you recently sat in a doctor's office and heard the words 'Metabolic Dysfunction-Associated Steatotic Liver Disease' (MASLD)—formerly and still widely known as Non-Alcoholic Fatty Liver Disease (NAFLD)—or 'hepatic steatosis'. You were likely handed a sterile, black-and-white pamphlet featuring a rigid list of dietary restrictions. You were told to cut calories, eliminate processed foods, and above all else, avoid anything fried, crispy, or comforting.

In that moment, the path to healing can feel less like a journey to better health and more like a life sentence of dietary purgatory. Suddenly, the culinary landscape you have known your entire life is turned upside down. The immediate, terrifying assumption is that a liver-healing protocol requires a lifetime of bland, boiled, and joyless meals. It is time to change that narrative. You are not holding a book about restriction; you are holding a blueprint for culinary liberation.

The Craving Dilemma

It is entirely normal to feel a profound sense of loss after a MASLD diagnosis—a very real grieving period for the joy of eating. When managing fatty liver disease, the most common hurdle is what we call the "craving dilemma."

This dilemma is the psychological and physical friction that occurs when your primal desire for a satisfying, familiar, golden crunch violently clashes with the urgent medical need to protect and restore your liver cells. Food is not merely fuel. It is comfort after a long, exhausting day. It is connection, culture, and celebration. When we are told we can never have crispy fries, crunchy chicken tenders, or savory, roasted bites again, the brain naturally rebels.

The belief that "fun" foods are gone forever is the number one reason people abandon their liver-healing protocols. Human beings are not wired to thrive on deprivation. When you strip away the textures and flavors that bring you joy, "diet fatigue" inevitably sets in. This leads to bingeing, yo-yo dieting, and massive spikes in blood sugar and triglycerides—a cycle that is ultimately far more destructive to your liver than simply finding a way to enjoy the foods you love safely.

Healing your liver should not feel like punishing your palate. You do not need to choose between a healthy liver and a delicious dinner. You need the right tool.

The Air Fryer Solution

This is where your culinary reality completely changes.

Over the past few years, the air fryer has taken the world by storm, often marketed as a convenient kitchen gadget for reheating leftovers. But for someone actively working to reverse MASLD, the air fryer is far more than a convenience—it is a scientifically backed, therapeutic medical tool for hepatic recovery.

To understand why, we have to look at what makes traditional fried food so toxic to a compromised liver. When food is submerged in a vat of boiling vegetable oil, two devastating things happen. First, the food acts as a sponge, soaking up massive amounts of dense, caloric lipids that the liver is immediately forced to process and store. Second, cooking oils heated to extreme temperatures undergo "lipid oxidation," producing inflammatory compounds and Advanced Glycation End Products (AGEs). When these

oxidized fats hit your bloodstream, they act like a blowtorch to your liver cells, driving the exact inflammation and scarring that anyone managing MASLD (fatty liver) must avoid at all costs.

The air fryer completely removes this toxic equation.

By utilizing rapid convection technology, an air fryer circulates superheated air at a high velocity to create a shatteringly crisp texture, triggering the same "Maillard reaction" (the chemical reaction that gives browned food its distinctive flavor) as a deep fryer. The magic? It achieves this using 80% to 90% less fat.

Instead of submerging your food in a vat of inflammatory oils, you can achieve the same golden-brown crunch with just a light mist of high-quality, heart-healthy olive or avocado oil. This specific mechanical action is crucial for a compromised liver. It prevents lipid oxidation, drastically reduces the formation of AGEs, and keeps your total dietary fat intake perfectly within the safe, healing limits required to reverse MASLD.

What Awaits You

With this tool on your kitchen counter, you do not have to abandon comfort food. Instead, you will reclaim and upgrade it.

By marrying liver-healing ingredients—lean proteins, complex carbohydrates, fibrous legumes, and antioxidant-rich vegetables—with the power of air-fried convection, you can achieve the deep, satisfying textures your brain craves while actively regenerating your liver cells.

In the pages that follow, you will find over 100 premium recipes meticulously designed to soothe hepatic inflammation, shed stubborn fat, and detoxify your system. From Air-Fried Almond-Crusted Chicken Tenders and Crispy Sweet Potato Gnocchi to Zesty Garlic-Herb Salmon, every single bite has been formulated to bring joy back to your dining table. You are about to discover that the absolute best way to heal your liver is to eat incredibly well. Welcome to the intersection of deep comfort and genuine healing.

Plug in your air fryer. Your journey to a revitalized liver starts right now.

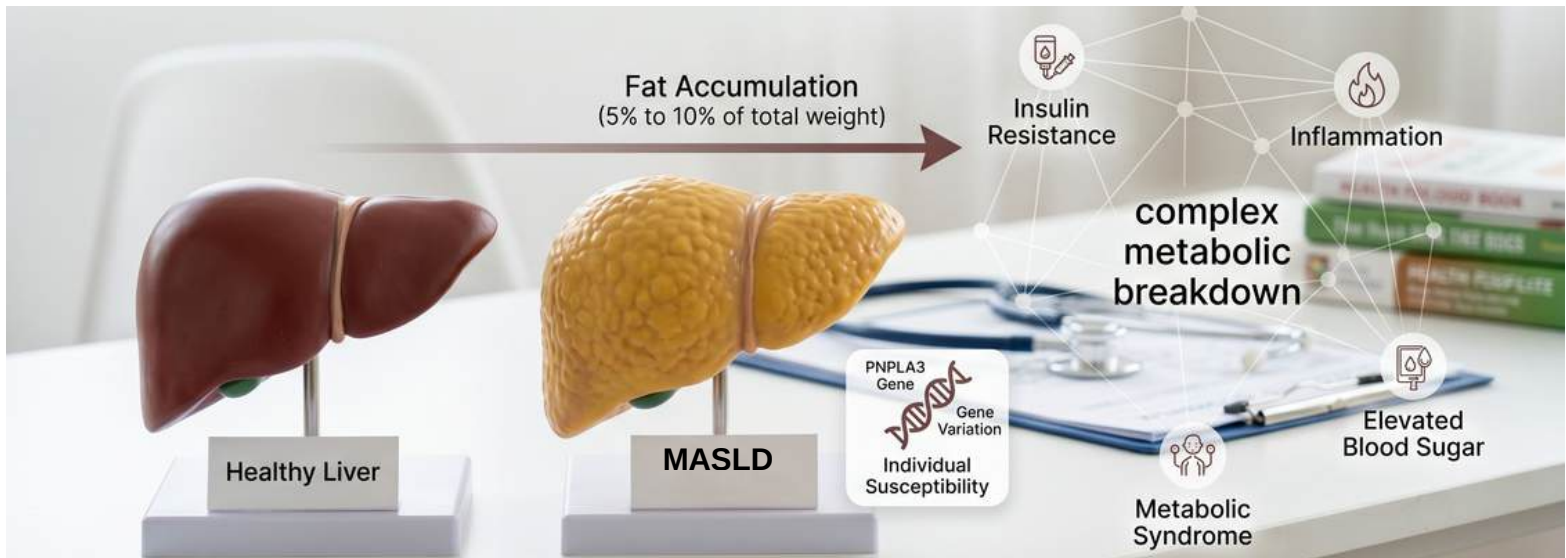


CHAPTER 1: THE SCIENCE OF DIETARY FAT AND YOUR LIVER

A Quick MASLD Refresher: Moving Beyond the Basics

To truly heal the liver, we must first understand exactly what we are fighting. Fatty liver disease occurs when excess fat accumulates in liver cells, officially crossing the threshold for diagnosis when fat accounts for 5% to 10% of the organ's total weight.

While Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD) is deeply linked to metabolic conditions such as obesity, type 2 diabetes, and insulin resistance, viewing it simply as an issue of 'eating too much' is a scientifically outdated perspective. MASLD is a complex metabolic breakdown.



If left unmanaged, this condition progresses in distinct stages. It begins with simple steatosis—a relatively benign buildup of fat without significant cell damage. However, this can quietly escalate into MASH (Metabolic Dysfunction-Associated Steatohepatitis). During the MASH phase, the fat buildup triggers active inflammation and cellular damage, which can ultimately lead to fibrosis (scarring), cirrhosis, or even liver failure. Genetic variations, notably within the PNPLA3 gene, can also make certain individuals highly susceptible to this progression, regardless of their outward physical appearance.

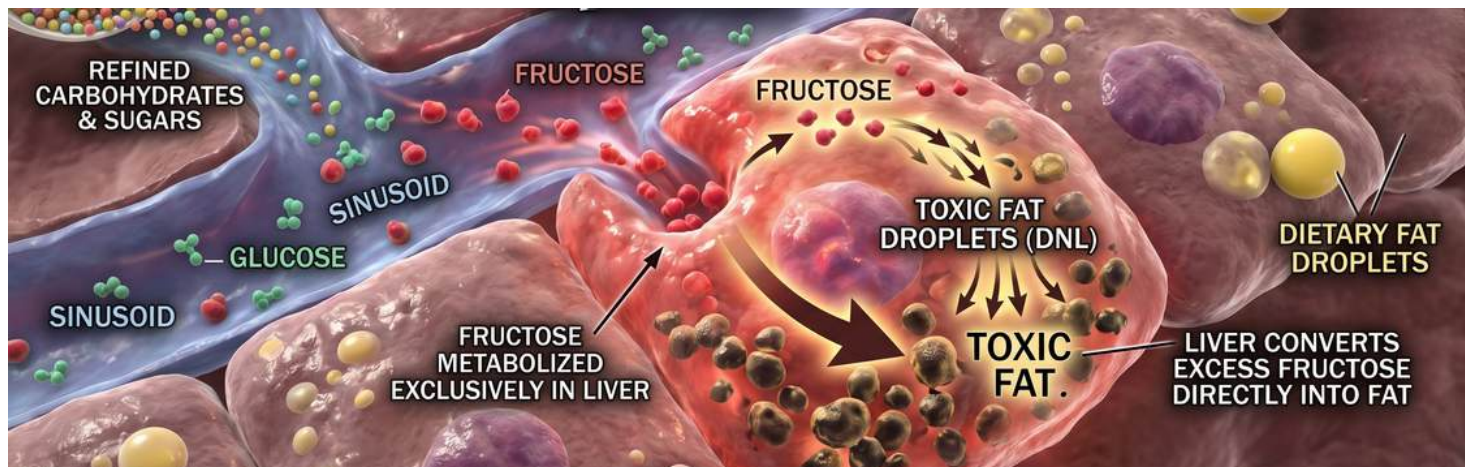
But what is actually happening on a microscopic level? Why does the liver, your body's ultimate detoxification center, suddenly begin hoarding fat?

THE LIPOTOXICITY PARADIGM

Recent hepatology research has shifted focus from the amount of fat in the liver to the type of fat. This is known as lipotoxicity. When your liver is overwhelmed, it doesn't just store inert fat droplets; it also accumulates highly reactive lipid compounds (such as ceramides and diacylglycerols). These toxic lipids act as cellular irritants, suffocating the liver cells and sparking the inflammatory fires characteristic of MASH.

DE NOVO LIPOGENESIS (DNL)

One of the most profound breakthroughs in SLD (Steatotic Liver Disease) research is understanding how the liver actually manufactures its own toxic fat. This process is called De Novo Lipogenesis (DNL), meaning "making new fat." Ironically, the primary driver of DNL is not dietary fat, but refined carbohydrates and sugars. Fructose is particularly dangerous; unlike glucose, which is used by tissues throughout your entire body, fructose is metabolized almost exclusively in the liver. When flooded with fructose, the liver panics and immediately converts these sugars directly into stored fat.



THE GUT-LIVER AXIS

Science is also uncovering a direct superhighway between your digestive tract and your liver, known as the gut-liver axis. A diet high in processed foods and trans fats can damage the intestinal lining, leading to a "leaky gut." This allows bacterial endotoxins to escape the digestive tract and travel directly to the liver via the portal vein, putting the liver in a chronic state of defensive inflammation. Conversely, consuming a high-fiber diet rich in whole foods actively supports a healthy gut microbiome, cutting off this inflammatory supply line at the source.

The Air Fryer Intervention

Understanding this science is empowering because it dictates exactly how we will heal. Reversing NAFLD requires shutting down de novo lipogenesis, halting lipotoxicity, and repairing the gut-liver axis.

This means eliminating refined carbohydrates and minimizing the intake of inflammatory saturated and trans fats. By utilizing the air fryer, we intercept this destructive cycle. We can completely bypass the highly oxidized lipids created by deep-frying—fats that directly fuel cellular lipotoxicity—while still delivering the satisfying, complex-carbohydrate crunch that keeps you mentally and physically satiated on your healing journey.

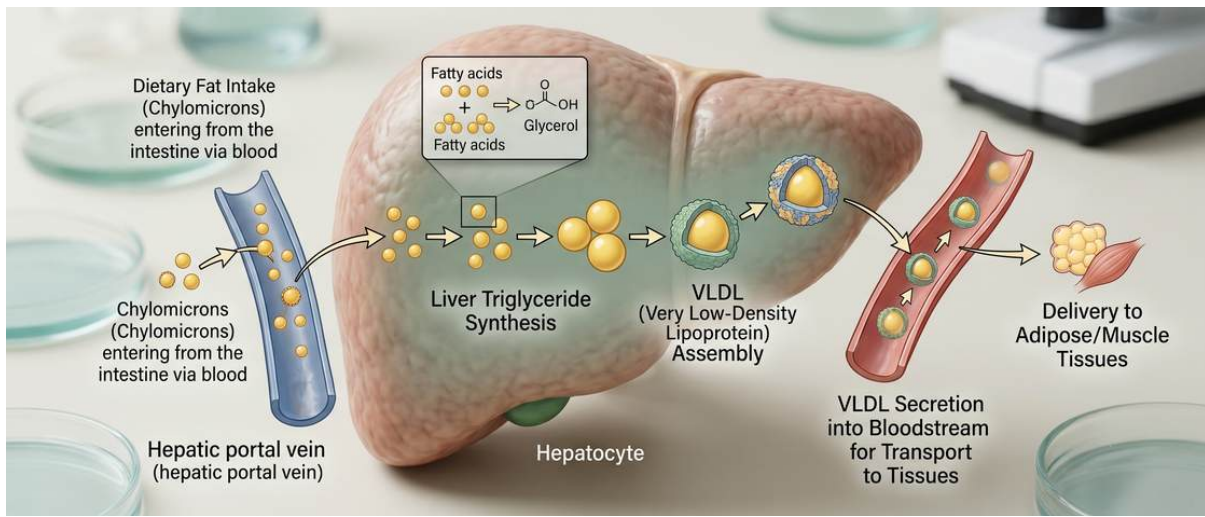
How the Liver Processes Fat: The Triglyceride Transit System

To fully appreciate why air frying is such a powerful intervention, we need to look at how your liver handles the fat you eat. Think of your liver as the body's master shipping and receiving hub.

When you consume dietary fat, your digestive system breaks it down into fatty acids. These fatty acids are sent straight to the liver, where they are repackaged into storage bundles called triglycerides. To transport these triglycerides safely through your watery bloodstream to your muscles and fat tissues, the liver wraps them in specialized protein particles called very low-density lipoproteins (VLDL).

In a healthy, balanced state, this transit system works flawlessly. Fat comes in, gets packaged, and gets shipped out for energy.

However, when this system is chronically overwhelmed by excess calories, fructose, or the wrong types of fat, a metabolic traffic jam occurs. The liver cannot manufacture VLDL fast enough to export the fat. As a result, these triglyceride bundles have nowhere to go. They become stranded, pooling inside the hepatocytes (liver cells). This cellular stockpiling is the exact mechanism that leads to steatosis—the defining characteristic of a fatty liver.



For years, dietary advice for MASLD was drastically oversimplified: "Eat less fat." Today, hepatology tells a much more nuanced story. It is not just about the amount of fat you consume; the quality and state of that fat matter just as much.

Not all fats behave the same way in the liver. Saturated fats found in processed foods, red meat, and full-fat dairy are linked to increased liver fat accumulation and inflammation. Trans fats, artificially produced and present in many processed and fried foods, are even more harmful, exacerbating insulin resistance and promoting liver fat deposition. When you consume these, you are essentially supplying your liver with the exact raw materials it uses to build scar tissue.

Conversely, dietary fats can actually be used as a therapeutic tool to heal the liver. Monounsaturated fats (MUFAs) and polyunsaturated fats (PUFAs) have been shown to have anti-inflammatory effects and can help reduce liver fat. Omega-3 fatty acids, a specific type of PUFA, play a significant role in liver health, as they have been shown to improve insulin sensitivity, reduce inflammation, and lower liver fat content.

Here is the crucial missing piece of the puzzle that traditional diets ignore: heat degradation. When you plunge cooking oil into a deep fryer, the extreme, prolonged heat literally breaks it down at a molecular level. This thermal degradation produces oxidized lipids, free radicals, and toxic byproducts, such as acrylamide. Even if you start with a "healthy" oil, superheating it transforms it into an inflammatory bomb. When your liver attempts to process these highly oxidized, damaged fats, it triggers massive oxidative stress, directly damaging liver cell membranes and accelerating the progression from simple fatty liver (steatosis) to an inflamed, scarred liver.

This is the ultimate triumph of the air fryer. By using rapid, circulating hot air rather than boiling oil vats, we eliminate thermal lipid degradation. We can strategically use tiny, measured sprays of robust, healthy oils (like avocado or olive oil) to crisp our food. You get the comfort-food crunch your brain desires, while your liver receives the clean, unoxidized, anti-inflammatory nutrients it desperately needs to heal.

CHAPTER 2: TRADITIONAL FRYING VS. AIR FRYING (THE EVIDENCE)

The Dangers of Lipid Oxidation

We all crave the satisfying, golden crunch of fried food. However, when you are actively working to heal your liver, traditional deep-frying is one of the most hazardous cooking methods you can use. To understand why the air fryer is such a revolutionary tool for your SLD recovery, we must look at the exact science of what happens inside a vat of boiling oil.

When food is submerged in a traditional deep fryer, it is cooked in a bath of vegetable or seed oil heated to extreme temperatures (often between 350°F and 400°F). While this creates a crispy exterior, the prolonged exposure to this intense, boiling heat fundamentally destroys the molecular structure of the cooking oil. This thermal breakdown is known as lipid oxidation.

Here is the science behind what happens during lipid oxidation and why it poses a direct, silent threat to your liver health:

The Breakdown of Fats: When edible oil is heated to high temperatures, its fatty acids degrade rapidly. This thermal degradation fundamentally alters the oil's chemical composition, converting previously neutral fats into highly toxic compounds, including lipid peroxides, aldehydes, and artificially produced trans fats. These trans fats, heavily present in traditionally fried foods, are incredibly harmful; they directly exacerbate insulin resistance and promote further fat deposition in the liver.



The Creation of Free Radicals: The peroxidative breakdown of lipids generates an abundance of highly unstable and reactive molecules known as free radicals. When you consume foods that have soaked up this oxidized, degraded oil, you are directly introducing these free radicals and toxic byproducts into your gastrointestinal tract, where they are easily absorbed into your systemic circulation.



The Attack on Liver Cells: Your liver acts as the body's primary filtration hub, meaning these circulating free radicals are sent straight to your liver for processing. Once there, free radicals cause severe oxidative stress, directly attacking and damaging healthy liver cells.



Impaired Fat Transport: Emerging clinical research shows that the lipid peroxides formed during deep-frying actively damage the rough endoplasmic reticulum within your liver cells. This microscopic damage impairs the liver's ability to synthesize lipoproteins—the essential proteins that bind to fat and safely transport it out of the liver. Without sufficient lipoproteins, dietary fat becomes trapped inside the organ.



Disease Progression: When fat accumulates inside the liver cells (hepatocytes) and is compounded by the ongoing oxidative stress caused by free radicals, it accelerates fatty degeneration. In fact, this oxidative stress is a major driving factor in the progression of MASLD, pushing the liver from simple fat accumulation (steatosis) into more severe states of inflammation and scarring.

The Air Frying Advantage

Air frying fundamentally circumvents the dangers of lipid oxidation. By utilizing rapid air circulation technology, an air fryer achieves that beloved crispy texture using a fraction of the oil—or none at all. This eliminates the deep-fat submersion process entirely, preventing the formation of harmful free radicals, halting the intake of oxidized trans fats, and fiercely protecting your liver cells from unnecessary oxidative stress.

ADVANCED GLYCATION END PRODUCTS (AGES): THE HIDDEN DANGER IN DEEP FRYING

When you are on a journey to heal your liver, giving up the comforting, crispy texture of fried foods can feel like a daunting sacrifice. However, understanding the invisible chemical reactions that occur when food is submerged in boiling oil makes the transition to air frying not just logical but incredibly empowering. Beyond the obvious excess of calories and unhealthy fats, traditional high-heat frying produces a silent, highly destructive category of compounds known as Advanced Glycation End Products (AGEs).

If you want to protect your liver, reverse insulin resistance, and halt inflammation, understanding AGEs is one of the most critical steps you can take.

What Exactly Are AGEs?

Advanced Glycation End Products (AGEs) are a highly complex, chemically diverse group of harmful compounds. They are formed non-enzymatically when the carbonyl groups of reducing sugars react and bond with the free amine groups of proteins, lipids, or nucleic acids.

While our bodies naturally produce a small baseline amount of endogenous AGEs during normal metabolism, the vast majority of the toxic AGEs (often referred to as TAGEs) that overwhelm the liver are introduced exogenously through our diet.

The chemical reaction that produces AGEs—commonly known as the Maillard reaction—is drastically accelerated by thermal processing.

When you deep-fry food, you expose it to intense, dry heat (often well over 350°F or 175°C) combined with fats and proteins. Scientific research confirms that foods exposed to these extreme thermal conditions, particularly frying and deep-frying, produce exponentially higher levels of dietary AGEs than those cooked with water-based or lower-heat methods. For example, a piece of breaded, deep-fried chicken that is cooked for 20 minutes can contain over 9,000 kilounits (kU) of AGEs, whereas boiled chicken contains less than 1,000 kU. Submerging food in boiling oil literally creates a toxic, AGE-loaded sponge.

THE VICIOUS CYCLE: LIVER INFLAMMATION AND INSULIN RESISTANCE

When you consume heavily fried foods, these dietary AGEs are absorbed into your bloodstream and head straight for your liver. Here is where the true damage begins:

- **Triggering the RAGE Receptor:** Your liver contains specialized immune cells called Kupffer cells, as well as hepatic stellate cells. These cells possess specific receptors, aptly named RAGE (Receptor for Advanced Glycation End Products), that detect AGEs.
- **The Inflammatory Cascade:** When food-derived AGEs bind to these RAGE receptors, it acts like a molecular alarm bell, triggering a massive inflammatory response and severe oxidative stress. This chronic inflammation is the exact mechanism that drives simple fatty liver (steatosis) to progress from simple fatty liver (steatosis) into a much more severe, scarred state known as MASH.
- **Driving Insulin Resistance:** The accumulation of AGEs does not just inflame the liver; it actively disrupts your metabolism. High levels of AGEs are strongly linked to the worsening of insulin resistance. Because MASLD and insulin resistance operate in a vicious, self-perpetuating loop, consuming high-AGE fried foods makes it biologically incredibly difficult for your body to regulate blood sugar, forcing the liver to store even more fat.

THE AIR FRYING SOLUTION: CRISPNESS WITHOUT THE CHEMICAL COST

If traditional deep frying is a chemical assault on the liver, the air fryer is a triumph of modern thermodynamics. To truly appreciate why this appliance is a cornerstone of a liver-healing kitchen, we must look beyond its convenience and understand the physics at play. How exactly does a machine create the deeply satisfying, golden-brown crust of fried food without the toxic bath of boiling oil?

The answer lies in the science of high-velocity convective heat transfer.

The Mechanics of Rapid Air Technology



An air fryer is not actually a fryer at all; it is a highly calibrated, miniaturized convection oven on steroids. Traditional ovens rely primarily on radiant heat, which slowly warms the air and creates a stagnant layer of thermal energy around the food. Deep frying works because liquid fat is an excellent conductor of heat, rapidly transferring energy to the food's surface.

The air fryer bridges this gap by replacing liquid fat with a hyper-accelerated vortex of superheated air. Inside the compact cooking chamber, an intense heating element sits directly above the food, while a high-powered mechanical fan circulates the hot air at extraordinary speeds. This continuous, rapid circulation strips away the microscopic layer of cool air that naturally surrounds food. By drastically increasing the convective heat transfer coefficient, the air fryer forces thermal energy into the food almost as efficiently as boiling oil, but using an entirely different medium.

Triggering the Maillard Reaction

The ultimate goal of any frying technique is to achieve the Maillard reaction. This is the famous chemical interaction between amino acids and reducing sugars that occurs rapidly at temperatures above 285°F (140°C). It is the exact reaction responsible for the complex, savory flavors and the crispy, golden-brown crust we associate with roasted and fried foods.

For the Maillard reaction to occur, the food's surface must be dry; if there is too much surface moisture, the food simply steams. In a deep fryer, the boiling oil instantly vaporizes the food's surface moisture, allowing the crust to form. The air fryer mimics this perfectly. The high-velocity vortex of dry, superheated air rapidly evaporates external moisture, creating a desiccated environment that allows the Maillard reaction to ignite on the food's surface.

The 80% Reduction: Caloric Load and AGEs

Here is where the physics of the air fryer directly translates into nutritional therapy for Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD). Because the superheated air is doing the heavy lifting of heat transfer and moisture evaporation, you no longer need liters of oil to act as the conductive medium.

Instead, a mere fractional mist of a heart-healthy fat—such as a single teaspoon of extra virgin olive oil or avocado oil—is all that is required to facilitate the Maillard reaction and achieve an authentic crispness. This structural shift in cooking methodology yields two massive, scientifically backed benefits for your liver:

Drastic Caloric Reduction: Fat is the most calorically dense macronutrient, containing 9 calories per gram. Traditional deep frying forces food to absorb vast amounts of this dense energy. By utilizing rapid air technology, you reduce the volume of oil required by up to 80% to 90%. This significantly reduces the meal's overall caloric load, making it mathematically easier to maintain the caloric deficit required to reduce hepatic fat (steatosis).

Starving the AGEs Supply: As we established, exposing large volumes of fat and protein to high heat is the exact recipe for generating toxic Advanced Glycation End Products (AGEs). By virtually eliminating cooking oil from the equation and using the air fryer's dry, convective heat, you inherently limit the lipids available to degrade and oxidize. Modern food science research confirms that air frying significantly suppresses the formation of both dietary AGEs and acrylamide (another toxic browning byproduct) compared to deep fat frying, drastically reducing the inflammatory burden placed on your liver.

In essence, the air fryer is a thermodynamic loophole. It grants you the sensory pleasure of the Maillard reaction while leaving behind excessive calories and liver-damaging chemical byproducts.



CHAPTER 3: AIR FRYING BEST PRACTICES FOR HEPATIC HEALING

UNDERSTANDING SMOKE POINTS: THE SCIENCE OF OIL SELECTION

Even when using the minimal amount of oil required for air frying, selecting the right oil is critical for hepatic healing. Every cooking oil has a specific thermal limit known as its smoke point—the exact temperature at which the oil stops shimmering and begins to burn and smoke.

When an oil exceeds its smoke point, its molecular structure begins to degrade. This breakdown depletes the oil's beneficial nutrients and generates highly reactive free radicals, along with toxic compounds such as aldehydes. For a liver already working overtime to combat inflammation and oxidative stress, introducing these burnt, oxidized lipids is a heavy, unnecessary burden.

To keep your liver safe, you must match your oil to your air fryer's temperature setting:



Avocado Oil (High Heat Champion): With a remarkably high smoke point of approximately 520°F (270°C), avocado oil is the gold standard for air frying. It is packed with heart-healthy, liver-supporting monounsaturated fats and has a neutral flavor. Use an avocado oil pump spray for any recipe requiring temperatures between 375°F and 400°F (190°C–200°C).



Extra Virgin Olive Oil (Low Heat & Finishing): Extra Virgin Olive Oil (EVOO) is a nutritional powerhouse rich in polyphenols and anti-inflammatory compounds, making it highly beneficial for recovery from steatotic liver disease. However, it has a lower smoke point of 350°F–410°F (175°C–210°C). Reserve EVOO for low-temperature air frying (350°F or below) or, better yet, use it as a "finishing oil"—drizzling a half-teaspoon over your vegetables after they come out of the air fryer to preserve 100% of their healing properties.

TOP TIPS



Pro-Tip for the Kitchen: Avoid commercial aerosol cooking sprays. They often contain chemical propellants and anti-foaming agents (like soy lecithin) that can damage your air fryer's non-stick coating and introduce unnecessary additives to your liver. Instead, invest in a reusable glass spritz bottle and fill it with 100% pure avocado or olive oil.

TEMPERATURE CONTROL: PROTECTING DELICATE OMEGA-3S

A cornerstone of the MASLD recovery diet is the regular consumption of fatty fish, such as wild-caught salmon, trout, sardines, and mackerel. These fish are brimming with Omega-3 fatty acids, which are clinically proven to reduce liver fat (steatosis), lower triglycerides, and aggressively fight systemic inflammation.

However, Omega-3s are polyunsaturated fats, meaning their chemical structure is delicate and highly sensitive to extreme heat.

When you blast a beautiful piece of salmon in the air fryer at 400°F (200°C) to get a quick, crispy crust, you risk oxidizing those precious Omega-3s. Heat-induced oxidation degrades these healing fats, transforming them into inflammatory lipid peroxides, which effectively cancel out the therapeutic benefits you were trying to get from eating the fish in the first place.

To protect the structural integrity of your Omega-3s, adopt a slightly modified air-frying technique for seafood:

1. Drop the Temperature: Lower your air fryer setting to 320°F–350°F (160°C–175°C).
2. Extend the Time: Add 3 to 5 extra minutes to your standard cooking time.

By cooking your fish slightly lower and for slightly longer, you gently coax it to a safe internal temperature of 145°F (63°C). The circulating air will still provide a beautifully roasted, flaky exterior, but the gentle heat profile will leave the delicate Omega-3 fatty acids completely intact. You get a perfect, comforting meal, and your liver receives the full spectrum of anti-inflammatory benefits it needs to heal.

CHAPTER 4: THE LIVER-FRIENDLY "FRIED" PANTRY

When you transition to a liver-healing diet, you might think your days of enjoying heavily breaded, crispy foods are over. Traditional fried foods rely on a standard three-part breading station: refined white flour, heavy egg-and-dairy washes, and processed breadcrumbs. This combination is a fast track to elevated blood sugar, insulin resistance, and hepatic fat accumulation.

But you do not have to give up the satisfying crunch you love. By making simple, science-backed swaps in your pantry, you can rebuild that "fried" texture with ingredients that actively support liver health.

Smart Binders: Ditch the Heavy Dairy

To get a crispy crust to stick to your food, you need a binder. Traditional recipes use whole eggs mixed with heavy cream or whole milk, which introduces unnecessary saturated fats and dietary cholesterol. Here is how to achieve the perfect stickiness while keeping your liver completely stress-free:

Aquafaba (Chickpea Liquid): Before you drain a can of chickpeas, save the liquid! This starchy, protein-rich water—known as aquafaba—is a culinary miracle. When lightly whisked, it mimics the exact viscosity of egg whites. It creates a perfect, zero-fat adhesive layer for breading chicken, fish, or vegetables without adding a single gram of cholesterol.

The "Flax Egg": Ground flaxseed is a liver superfood, brimming with anti-inflammatory Omega-3 fatty acids and toxin-binding soluble fiber. By mixing 1 tablespoon of ground flaxseed with 3 tablespoons of warm water and letting it sit for 5 minutes, you create a thick, gel-like binder. This is exceptional for heartier crusts on vegetable patties or meatballs.

Light Mustard Glazes: For proteins like pork, turkey, or salmon, skip the egg entirely. A thin brush of Dijon or whole-grain mustard acts as a brilliant, zero-fat binder. The vinegar in the mustard helps tenderize the protein, while the seeds provide a sticky surface that holds your dry crust in place perfectly. As a bonus, mustard seeds are rich in phytonutrients that support metabolic function.



Healing Crusts: The Science of a Healthy Crunch

Refined white flour and standard breadcrumbs are stripped of their natural fiber. When digested, they act just like pure sugar, spiking your insulin levels and triggering your liver to convert and store that excess energy as fat. To achieve a golden, satisfying crunch, swap the refined carbohydrates for these nutrient-dense alternatives:

Almond Flour: Almonds are one of nature's best sources of Vitamin E, a potent antioxidant that actively protects liver cells from oxidative stress and inflammation. Finely ground almond flour provides a rich, nutty crust that browns beautifully in the air fryer. It is low in carbohydrates and rich in monounsaturated fats, keeping your blood sugar perfectly stable.



Oat Flour: Oats contain a highly specialized type of soluble fiber called beta-glucan. Beta-glucan is a liver champion; it literally binds to excess cholesterol in your digestive tract and sweeps it out of your body before it can reach your liver. Using oat flour (or blitzing rolled oats in a blender) yields a hearty, rustic crust that is incredibly satisfying and actively lowers your lipid profile.



Nutritional Yeast (The Secret Weapon): If you miss the savory, salty crunch of parmesan-crustured foods, nutritional yeast is about to become your best friend. These golden flakes deliver a deep, cheesy, umami flavor with absolutely zero dairy or saturated fat. More importantly, nutritional yeast is a powerhouse of B-vitamins—the exact vitamins your liver relies on to convert food into energy and process metabolic waste.



By stocking your pantry with these smart binders and healing crusts, you are transforming your air fryer from a simple convenience appliance into a powerful tool for hepatic recovery.

Ready to Cook? Let's Head to the Kitchen!

You are now armed with the science of hepatic healing and a pantry stocked with smart, liver-loving ingredients. It is time to tie on your apron and put your air fryer to work. The following recipes are designed to take the stress out of your day, proving that you do not have to sacrifice crunch, flavor, or comfort to heal your body. Let's create some vibrant, delicious meals that your liver—and your taste buds—will absolutely love.

WHOLESOME & HEALING BREAKFASTS



PREP TIME



5 MIN

YIELD



2 SERVINGS

COOKING TIME



10 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 215

Protein: 9g

Carbs: 11g

Fats: 16g

Fiber: 6g

Cholesterol: 164mg

Sodium: 180mg

Sugars: 1g

AIR-FRIED MEDITERRANEAN EGG AND SPINACH AVOCADO NESTS

INGREDIENTS

- 1 medium (150g) avocado, halved and pitted
- 2 small (80g total) eggs
- 1/2 cup (15g) fresh baby spinach, finely chopped
- 1/4 cup (40g) cherry tomatoes, finely diced
- 1 tbsp (10g) reduced-fat feta cheese, crumbled
- 1 tsp (1g) dried oregano
- 1 tsp (5ml) fresh lemon juice
- 1 tbsp (5g) whole wheat panko breadcrumbs

DIRECTIONS

1. Scoop out 1 tablespoon of flesh from each avocado half to make room for fillings. Mix chopped spinach, diced cherry tomatoes, lemon juice, and oregano in a bowl, then fill the avocado wells with the mixture.
2. Crack an egg into each half, seasoning with salt and pepper, and top with reduced-fat feta and whole-wheat panko.
3. Preheat the air fryer to 350°F (175°C), then air-fry the avocados for 8 to 10 minutes to set the egg whites, and toast the panko without burning the avocado.

SUBSTITUTION TIPS:

Make it Vegan / Vegetarian: Swap the eggs for 1/4 cup (60g) crumbled firm tofu mixed with a pinch of turmeric and nutritional yeast.

Make it Gluten-Free: Omit the whole wheat panko breadcrumbs or swap them for gluten-free puffed quinoa to maintain a crispy topping.

Swap the Protein: Replace the whole eggs with 3 tbsp (45ml) liquid egg whites per avocado half to further reduce overall fat and cholesterol content for optimal liver support.



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 165
Protein: 5g
Carbs: 31g
Fats: 2.5g
Fiber: 6g
Cholesterol: 0mg
Sodium: 5mg
Sugars: 9g

CRISPY QUINOA AND BLUEBERRY AIR FRYER BREAKFAST BARS

INGREDIENTS

- 1 cup (185g) cooked quinoa, cooled
- 1/4 cup (25g) rolled oats
- 1/2 cup (75g) fresh blueberries
- 1/4 cup (60g) unsweetened applesauce
- 1 tbsp (15ml) pure maple syrup
- 1 tbsp (12g) chia seeds
- 1/2 tsp (1g) ground cinnamon

DIRECTIONS

1. In a bowl, mix cooled quinoa, rolled oats, applesauce, maple syrup, chia seeds, and cinnamon until sticky, then gently fold in blueberries.
2. On parchment paper, divide and shape the mixture into two compact rectangular bars.
3. Preheat air fryer to 320°F (160°C), mist the basket with olive oil, place the bars on parchment, and air fry for 12–14 minutes. Cool in the basket for 10 minutes to set, then remove.

SUBSTITUTION TIPS:

Help the Bars Hold Together: Press the mixture very firmly into compact shapes before air frying. Let the finished bars cool completely before moving them, as the chia seeds and oats continue to firm up.

Prevent Excess Moisture: Pat the blueberries thoroughly dry before folding them into the mixture. Wet berries can soften the bars and make the centers more likely to crumble.



PREP TIME



5 MIN

YIELD



2 SERVINGS

COOKING TIME



8 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 165

Protein: 18g

Carbs: 5g

Fats: 6g

Fiber: 1g

Cholesterol: 186mg

Sodium: 320mg

Sugars: 2g

AIR-FRIED TURKEY SAUSAGE AND VEGGIE SCRAMBLE

INGREDIENTS

- 2 large (100g) whole eggs
- 1/2 cup (120ml) liquid egg whites
- 1/4 cup (60ml) unsweetened almond milk (or skim milk)
- 2 links (2 oz / 56g) pre-cooked low-fat turkey sausage, diced
- 1/2 cup (75g) cherry tomatoes, halved
- 1/2 cup (15g) baby spinach, roughly chopped
- 1/4 cup (40g) red bell pepper, finely diced
- 1/4 tsp (1g) garlic powder

DIRECTIONS

1. Lightly spray an air-fryer-safe baking dish with olive oil. Whisk together whole eggs, liquid egg whites, almond milk, and garlic powder, then pour into the dish.
2. Add diced turkey sausage, cherry tomatoes, spinach, and red bell pepper. Season with salt and pepper.
3. Cook at 300°F (150°C) for 6 to 8 minutes, stirring halfway through for a fluffy scramble.
4. Remove from the air fryer, fluff the eggs, and enjoy immediately.

SUBSTITUTION TIPS:

Make it Vegan / Vegetarian: Swap the eggs/egg whites for 1 cup (225g) crumbled firm tofu seasoned with a pinch of turmeric, and replace the turkey sausage with a low-fat plant-based sausage alternative.

Swap the Protein: Replace the turkey sausage with diced, leftover cooked chicken breast or 2 oz (56g) of low-sodium smoked salmon.



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 185
Protein: 8g
Carbs: 14g
Fats: 12g
Fiber: 4g
Cholesterol: 0mg
Sodium: 180mg
Sugars: 2g

AIR-FRIED LOW-FAT ALMOND FLOUR AND ZUCCHINI BREAKFAST SCONES

INGREDIENTS

- 1/2 cup (50g) blanched almond flour
- 1/2 cup (60g) oat flour
- 1/2 cup (75g) grated zucchini, firmly squeezed of excess liquid
- 1 tsp (4g) baking powder
- 1 tbsp (15ml) unsweetened almond milk
- 1 large egg white (30g)
- 1/2 tsp (1g) dried oregano

DIRECTIONS

1. Squeeze grated zucchini in a towel to remove excess moisture.
2. In a bowl, mix almond flour, oat flour, baking powder, dried oregano, and salt.
3. Fold in squeezed zucchini, egg white, and almond milk until a thick dough forms. Shape into two rustic triangles, about 1 inch thick.
4. Preheat air fryer to 350°F (175°C) for 3 minutes. Line a baking sheet with parchment paper and air-fry the scones for 10-12 minutes for a crisp crust and a baked center, without heavy fats.

SUBSTITUTION TIPS:

Control the Zucchini Moisture: After grating, squeeze the zucchini very thoroughly in a clean kitchen towel. Excess liquid can make the scones dense, gummy, and difficult to brown.

Avoid Overworking the Dough: Mix only until the ingredients come together, then shape the scones with lightly damp hands. Overmixing can make the oat-and-almond flour texture heavy and crumbly.



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



14 MIN

SAVORY COTTAGE CHEESE AND HERB MUFFINS

INGREDIENTS

- 1/2 cup (115g) low-fat cottage cheese
- 1/4 cup (60ml) liquid egg whites
- 1/2 cup (45g) oat flour
- 1/2 tsp (2g) baking powder
- 2 tbsp (6g) fresh chives, finely chopped
- 1 tbsp (3g) fresh dill, finely chopped
- 1/2 tsp (1.5g) garlic powder

DIRECTIONS

1. In a medium bowl, mix low-fat cottage cheese, egg whites, oat flour, baking powder, and garlic powder until thick.
2. Fold in fresh chives and dill, seasoning with salt and pepper. Divide into four lightly oiled silicone muffin liners.
3. Set the air fryer to 320°F (160°C) and cook muffins for 12-14 minutes for a low-fat, springy texture. Cool in liners for 5 minutes before removing.

NUTRITIONAL INFO (PER SERVING):

Calories: 155 kcal | Fats: 2g
 Cholesterol: 5mg | Sodium: 340mg
 Carbohydrates: 17g | Fiber: 2.5g
 Sugars: 3g | Protein: 15g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



8 MIN

CRUNCHY APPLE AND PEANUT BUTTER DETOX ROLL-UPS

INGREDIENTS

- 1 large (200g) Granny Smith apple, cored and finely diced
- 2 small (80g total) whole wheat or whole grain tortillas
- 2 tbsp (12g) defatted peanut butter powder (no added sugar)
- 2 tbsp (30ml) unsweetened almond milk
- 1 tsp (2g) ground cinnamon
- 1/2 tsp (2.5ml) pure vanilla extract

DIRECTIONS

1. Whisk defatted peanut butter powder, almond milk, and vanilla in a bowl until smooth, then spread on two whole wheat tortillas.
2. Toss diced Granny Smith apple with cinnamon and place over the peanut butter mixture. Roll tortillas tightly and mist with olive oil spray.
3. Preheat the air fryer to 350°F (175°C), then place the roll-ups seam-side down. Air fry for 6 to 8 minutes for a crisp exterior and warmed interior.

NUTRITIONAL INFO (PER SERVING):

Calories: 185 kcal | Fats: 2.5g
 Cholesterol: 0mg | Sodium: 145mg
 Carbohydrates: 34g | Fiber: 6g
 Sugars: 9g | Protein: 7g



PREP TIME



5 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 110

Protein: 9g

Carbs: 6g

Fats: 5g

Fiber: 2g

Cholesterol: 186mg

Sodium: 140mg

Sugars: 3g

LOW-CARB AIR FRYER PORTOBELLO EGG IN A HOLE

INGREDIENTS

- 2 large (170g) portobello mushroom caps, stems removed and gills scooped
- 2 large (100g) eggs
- 1 cup (30g) fresh baby spinach, finely chopped
- 1/2 cup (75g) cherry tomatoes, quartered
- 1/2 tsp (2g) garlic powder
- 1 tbsp (4g) fresh chives, finely chopped

DIRECTIONS

1. Clean portobello mushroom caps with a damp paper towel, mist with olive oil, and season with garlic powder, salt, and pepper.
2. Fill the centers with chopped spinach and quartered cherry tomatoes, pressing down gently.
3. Crack an egg into each mushroom cap and place them in the air fryer basket.
4. Cook at 350°F (175°C) for 10 to 12 minutes, checking at 9 minutes to ensure the egg whites are set, and yolks remain tender. Garnish with fresh chives before serving.

SUBSTITUTION TIPS:

Make it Vegan / Vegetarian: Swap the whole egg for 1/4 cup (60g) of crumbled firm tofu mixed with a pinch of turmeric and nutritional yeast.

Swap the Protein: Replace the whole egg with 3 tbsp (45g) of liquid egg whites to completely eliminate dietary cholesterol, or top with a spoonful of cooked, finely crumbled lean ground turkey.



PREP TIME



5 MIN

YIELD



2 SERVINGS

COOKING TIME



10 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 175
Protein: 8g
Carbs: 29g
Fats: 3g
Fiber: 3g
Cholesterol: 8mg
Sodium: 260mg
Sugars: 5g

AIR-FRIED SOURDOUGH BREAKFAST TOASTS WITH ROASTED TOMATOES & BASIL

INGREDIENTS

- 2 thick slices (100g) sourdough bread
- 1 cup (150g) cherry tomatoes, halved
- 2 cloves (10g) garlic, minced
- 1 tbs (15ml) balsamic vinegar
- 1/4 cup (60g) low-fat ricotta cheese
- 1/4 cup (10g) fresh basil leaves, roughly chopped

DIRECTIONS

1. Toss halved cherry tomatoes and minced garlic with balsamic vinegar, olive oil, salt, and pepper in a small bowl. Cook in the air fryer until tender and blistered, then set aside.
2. Toast sourdough slices in the air fryer until golden. Spread low-fat ricotta on each slice, top with warm roasted tomatoes, and garnish with fresh basil.
3. Roast tomatoes at 390°F (200°C) for 6-8 minutes, then toast sourdough at 360°F (180°C) for 3-4 minutes for a low-fat crunch.

SUBSTITUTION TIPS:

Make it Vegan / Vegetarian: Swap the low-fat ricotta for a light spread of mashed avocado or a plant-based almond-milk ricotta.

Optional Protein Boost: Add sliced hard-boiled egg, smoked salmon, or a sprinkle of hemp seeds for extra protein.



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



6 MIN

WHOLE-GRAIN BLACK BEAN BREAKFAST BURRITOS

INGREDIENTS

- 2 large (8-inch / 20cm) whole-grain tortillas
- 1 cup (130g) canned black beans, rinsed and drained
- 1/2 cup (75g) cherry tomatoes, diced
- 1/4 cup (40g) red onion, finely chopped
- 1/2 tsp (1g) ground cumin
- 1/2 cup (15g) fresh spinach, chopped
- 2 tbsp (30g) low-fat plain Greek yogurt

DIRECTIONS

1. Mash half of the black beans in a bowl, then mix with the whole beans, diced tomatoes, red onion, cumin, salt, and pepper.
2. Spread Greek yogurt on whole-grain tortillas, add spinach and the black bean mixture, then roll into burritos.
3. Air fry by misting burritos with olive oil spray, placing seam-side down, and cooking at 375°F (190°C) for 5-6 minutes, flipping halfway for a crispy shell.

NUTRITIONAL INFO (PER SERVING):

Calories: 285 kcal | Fats: 4g
 Cholesterol: 2mg | Sodium: 360mg
 Carbohydrates: 47g | Fiber: 12g
 Sugars: 4g | Protein: 14g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



10 MIN

LEAN CHICKEN & HERB BREAKFAST PATTIES

INGREDIENTS

- 8 oz (225g) lean ground chicken breast
- 2 tbsp (30g) unsweetened applesauce
- 2 tbsp (8g) fresh parsley, finely chopped
- 1 tbsp (4g) fresh sage, finely chopped
- 1/2 tsp (2g) onion powder
- 1/2 tsp (2g) garlic powder
- 1/4 tsp (1g) red pepper flakes
- 1/4 tsp (1g) salt, 1/4 tsp (1g) black pepper, olive oil cooking spray

DIRECTIONS

1. Mix ground chicken breast, applesauce, parsley, sage, onion powder, garlic powder, red pepper flakes, salt, and black pepper in a bowl.
2. Form into four 1/2-inch thick patties.
3. Spray the air fryer basket with olive oil, then arrange the patties in a single layer.
4. Air fry at 375°F (190°C) for 10 minutes, flipping halfway, until the internal temperature reaches 165°F (74°C) to keep the meat moist.

NUTRITIONAL INFO (PER SERVING):

Calories: 140 kcal | Fats: 2g
 Cholesterol: 65mg | Sodium: 180mg
 Carbohydrates: 4g | Fiber: 1g
 Sugars: 2g | Protein: 26g



PREP TIME



5 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 165
Protein: 21g
Carbs: 5g
Fats: 6g
Fiber: 2g
Cholesterol: 195mg
Sodium: 420mg
Sugars: 2g

AIR-FRIED ASPARAGUS AND LEAN HAM DETOX FRITTATA

INGREDIENTS

- 2 large eggs (100g)
- 1/2 cup liquid egg whites (120ml)
- 1 cup asparagus (135g), chopped
- 1/4 cup reduced-sodium ham (35g), diced
- 1/4 cup red onion (40g), diced
- 2 tbsp low-fat milk (30ml) or almond milk
- 1 tbsp fresh parsley (4g), chopped
- Olive oil cooking spray
- Pinch of salt and black pepper

DIRECTIONS

1. Lightly coat a 6-inch oven-safe or silicone baking dish with olive oil spray and spread chopped asparagus, diced ham, and red onion evenly.
2. Whisk together whole eggs, egg whites, low-fat milk, parsley, salt, and pepper in a bowl until frothy, then pour over the vegetables and ham.
3. Place the dish in the air fryer and cook until the frittata is set and golden. Remove, let rest for 2 minutes, then slice and serve.
4. Cook at 320°F (160°C) for 10-12 minutes to avoid tough egg whites, ensuring a gentle bake without heavy cream or excess oil.

SUBSTITUTION TIPS:

Make it Vegan / Vegetarian: Swap the egg mixture for 3/4 cup (90g) chickpea flour whisked with 3/4 cup (180ml) water, and add smoked paprika to mimic the ham's savory flavor.

Swap the Protein: Replace the lean ham with leftover shredded, skinless chicken breast or diced smoked turkey breast to maintain a strictly low-fat profile.



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



8 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 165
Protein: 5g
Carbs: 28g
Fats: 4g
Fiber: 6g
Cholesterol: 0mg
Sodium: 35mg
Sugars: 8g

AIR-FRIED CHIA AND OATMEAL DETOX BREAKFAST COOKIES

INGREDIENTS

- 1/2 cup (45g) rolled oats
- 1/4 cup (60g) unsweetened applesauce
- 1 tbsp (12g) chia seeds
- 1 tbsp (15ml) pure maple syrup
- 1 tbsp (15ml) unsweetened almond milk
- 1/2 tsp (2.5ml) vanilla extract
- 1/2 tsp (1g) ground cinnamon

DIRECTIONS

1. Slice the zucchini in half, scooping out the center to create hollow boats.
2. Mix chickpeas, cherry tomatoes, red onion, garlic powder, cumin, lemon juice, olive oil, salt, and pepper in a bowl.
3. Fill the zucchini boats with the mixture, pressing gently.
4. Preheat the air fryer to 350°F (175°C), then air-fry the boats for 10-12 minutes for tenderness and crunch.
5. Remove, garnish with parsley, and serve immediately.

SUBSTITUTION TIPS:

Swap with quick oats for a softer texture. For a gluten-free option, use certified gluten-free oats.

Unsweetened Applesauce: Replace with mashed ripe banana or pumpkin puree for a different flavor and added nutrients.

Mix in 1–2 tablespoons of chopped walnuts, pecans, raisins, dried cranberries, or unsweetened coconut flakes for extra texture and flavor.

DETOXIFYING SNACKS & LIGHT BITES



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



15 MIN

AIR-FRIED EVERYTHING BAGEL RADISH CHIPS

INGREDIENTS

- 2 cups (230g) fresh red radishes, ends trimmed and thinly sliced
- 1 tbsp (15ml) extra-virgin olive oil
- 1 tbsp (10g) low-sodium Everything Bagel seasoning
- 1/2 tsp (2g) smoked paprika
- 1/4 tsp (1g) black pepper

DIRECTIONS

1. Wash and dry thinly sliced radishes to keep them crisp.
2. In a bowl, mix dried radish slices with olive oil, Everything Bagel seasoning, smoked paprika, and black pepper until coated.
3. Preheat air fryer to 350°F (175°C). Arrange radish slices in a single layer and cook for 12-15 minutes, shaking the basket at 7 minutes. Check frequently in the last 3 minutes to avoid burning.

NUTRITIONAL INFO (PER SERVING):

Calories: 90 kcal | Fats: 7g
Cholesterol: 0mg | Sodium: 140mg
Carbohydrates: 4g | Fiber: 2g
Sugars: 2g | Protein: 1g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



8 MIN

AIR-FRIED HERB- STUFFED MINI SWEET PEPPERS

INGREDIENTS

- 8 whole (225g) mini sweet peppers
- 1/3 cup (80g) low-fat cream cheese, softened
- 1 tbsp (3g) fresh chives, finely chopped
- 1 tbsp (3g) fresh dill, chopped
- 1 tbsp (5g) nutritional yeast
- 1 tsp (2g) fresh lemon zest
- 1/2 tsp (1.5g) garlic powder

DIRECTIONS

1. Slice mini sweet peppers in half and remove seeds to create boats.
2. Mix softened low-fat cream cheese, chives, dill, nutritional yeast, lemon zest, garlic powder, and black pepper until smooth. Fill each pepper half with the mixture.
3. Preheat air fryer to 375°F (190°C). Place the stuffed peppers, cheese side up, in the basket and air fry for 6 to 8 minutes, until tender and slightly golden.

NUTRITIONAL INFO (PER SERVING):

Calories: 115 kcal | Fats: 5g
Cholesterol: 15mg | Sodium: 160mg
Carbohydrates: 11g | Fiber: 3g
Sugars: 6g | Protein: 5g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 185

Protein: 24g

Carbs: 12g

Fats: 4g

Fiber: 2g

Cholesterol: 45mg

Sodium: 210mg

Sugars: 7g

AIR-FRIED LEAN TURKEY AND CRANBERRY MEATBALL BITES

INGREDIENTS

- 8 oz (225g) extra-lean ground turkey (99% lean)
- 1/4 cup (30g) dried cranberries (no added sugar, roughly chopped)
- 1/4 cup (15g) fresh parsley, finely chopped
- 2 tbsp (10g) whole wheat panko breadcrumbs
- 1 tsp (3g) garlic powder
- 1 tsp (3g) onion powder
- 1 large egg white (approx. 30g liquid egg white)
- Pinch of salt, black pepper, and light olive oil spray

DIRECTIONS

1. In a bowl, mix extra-lean ground turkey, cranberries, parsley, panko, garlic powder, onion powder, egg white, salt, and pepper.
2. Gently combine the ingredients and form 8 meatballs.
3. Mist the air fryer basket with olive oil and arrange the meatballs in a single layer.
4. Air fry at 375°F (190°C) for 10-12 minutes, shaking the basket halfway for even cooking.

SUBSTITUTION TIPS:

Keep the Meatballs Moist: Mix the ingredients only until combined, and avoid compressing the turkey mixture too firmly when shaping. Overmixing can make extra-lean turkey dense and dry.

Prevent the Cranberries from Burning: Soak the chopped dried cranberries in warm water for 5 minutes, then drain and pat them dry before adding. This softens them and reduces scorching in the air fryer.



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



7 MIN

WHOLE-GRAIN PITA CHIPS WITH WHITE BEAN DIP

INGREDIENTS

- 1 large (60g) whole-wheat pita
- 1/2 cup (90g) no-salt-added cannellini beans (drained, rinsed)
- 1 tbsp (15ml) fresh lemon juice
- 1 tsp (5ml) extra-virgin olive oil (divided)
- 1 small clove (2g) garlic (minced)
- 1/2 tsp (1g) smoked paprika
- 1/4 tsp (0.5g) ground cumin
- 1 to 2 tbsp (15–30ml) water
- Freshly ground black pepper (to taste)

DIRECTIONS

- Cut pita into 8 triangles, then slice each into 2 pieces.
 - Brush with half the olive oil; season with smoked paprika, cumin, and black pepper.
 - Arrange in air fryer basket; cook at 350°F (175°C) for 5-7 minutes, turning halfway, until crisp.
 - Blend cannellini beans, lemon juice, garlic, remaining olive oil, and 1 tablespoon water until smooth, adding more water if needed.
1. Serve warm pita chips with white bean dip.

NUTRITIONAL INFO (PER SERVING):

Calories: 160 kcal | Fats: 3.5g
 Cholesterol: 0mg | Sodium: 160mg
 Carbohydrates: 28g | Fiber: 5g
 Sugars: 2g | Protein: 6g



PREP TIME



15 MIN

YIELD



2 SERVINGS

COOKING TIME



8 MIN

AIR-FRIED CRISPY SHRIMP SUMMER ROLLS

INGREDIENTS

- 4 large (40g) rice paper wrappers
- 1 cup (150g) cooked medium shrimp, roughly chopped
- 1 1/2 cups (105g) pre-shredded coleslaw mix (cabbage and carrots)
- 2 tbsp (5g) fresh cilantro, finely chopped
- 2 tbsp (5g) fresh mint, finely chopped
- 1 tbsp (15ml) low-sodium tamari
- 1 tbsp (15ml) fresh lime juice

DIRECTIONS

1. In a bowl, combine chopped shrimp, coleslaw mix, cilantro, mint, tamari, and lime juice.
2. Soften a rice paper wrapper in warm water for 10-15 seconds, then place it on a damp board. Add a quarter of the shrimp filling, fold sides, and roll tightly. Repeat for the remaining wrappers.
3. Mist the air fryer basket and rolls with olive oil spray. Air fry at 375°F (190°C) for 7-8 minutes, flipping halfway for a crispy texture.

NUTRITIONAL INFO (PER SERVING):

Calories: 115 kcal | Fats: 5g
 Cholesterol: 15mg | Sodium: 160mg
 Carbohydrates: 11g | Fiber: 3g
 Sugars: 6g | Protein: 5g



PREP TIME



15 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

AIR FRYER CRISPY LENTIL FALAFELS

INGREDIENTS

- 1 cup (200g) canned brown lentils, rinsed and thoroughly drained
- 1/4 cup (40g) red onion, roughly chopped
- 1/4 cup (15g) fresh parsley, packed
- 2 cloves (6g) garlic, peeled
- 1 tsp (2g) ground cumin
- 1/2 tsp (1g) ground coriander
- 2 tbsp (15g) oat flour
- 1 tbsp (15ml) fresh lemon juice

DIRECTIONS

1. Combine drained lentils, red onion, parsley, garlic, cumin, coriander, oat flour, lemon juice, salt, and pepper in a food processor. Pulse until a slightly coarse dough forms.
2. Divide the mixture into 6 portions, roll into balls, and flatten into thick patties.
3. Place patties in a single layer in the air fryer at 375°F (190°C) for 12 minutes, flipping halfway for a crisp exterior without oil.

NUTRITIONAL INFO (PER SERVING):

Calories: 180 kcal | Fats: 1g
 Cholesterol: 0mg | Sodium: 210mg
 Carbohydrates: 32g | Fiber: 10g
 Sugars: 2g | Protein: 12g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

CRISPY ARTICHOKE WITH LEMON-GARLIC DIP

INGREDIENTS

- 1 can (14 oz / 400g) artichoke hearts in water, drained and halved
- 1/4 cup (15g) whole wheat panko breadcrumbs
- 1 tsp (3g) garlic powder
- 1/3 cup (80g) plain non-fat Greek yogurt
- 1 clove garlic, minced
- 1 tsp (5ml) fresh lemon juice
- 1 tbsp (3g) fresh parsley, finely chopped

DIRECTIONS

1. Drain and dry artichoke hearts thoroughly.
2. Mist artichoke halves with olive oil spray, then coat with garlic powder, salt, pepper, and panko breadcrumbs.
3. Arrange artichokes in a single layer in the air fryer basket.
4. Prepare dip by whisking non-fat Greek yogurt, minced garlic, lemon juice, parsley, and a pinch of salt.
5. Cook at 375°F (190°C) for 10-12 minutes, shaking the basket at 6 minutes for even cooking.

NUTRITIONAL INFO (PER SERVING):

Calories: 115 kcal | Fats: 5g
 Cholesterol: 15mg | Sodium: 160mg
 Carbohydrates: 11g | Fiber: 3g
 Sugars: 6g | Protein: 5g



PREP TIME



15 MIN

YIELD



2 SERVINGS

COOKING TIME



8 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 185
Protein: 9g
Carbs: 28g
Fats: 4.5g
Fiber: 8g
Cholesterol: 0mg
Sodium: 210mg
Sugars: 6g

AIR-FRIED TEMPURA STYLE CUCUMBER & AVOCADO SUSHI ROLLS

INGREDIENTS

- 1/2 cup (100g) cooked short-grain sushi rice
- 1 tbsp (15ml) rice vinegar
- 2 sheets (5g) nori (seaweed)
- 1/2 cup (70g) English cucumber, julienned
- 1/2 medium (75g) avocado, thinly sliced
- 2 tbsp (16g) arrowroot powder (or cornstarch)
- 1/3 cup (40g) panko breadcrumbs
- 1 tbsp (15ml) coconut aminos (for dipping)

DIRECTIONS

1. In a small bowl, fold rice vinegar into warm sushi rice. Lay nori sheets on a mat, spreading rice on the bottom two-thirds.
2. Place julienned cucumber and avocado in the center, then roll tightly, sealing the edge with water.
3. Whisk arrowroot powder into water to make a slurry, then spread panko breadcrumbs on a plate.
4. Brush the sushi rolls with the slurry, coat with panko, and mist with olive oil.
5. Air fry at 400°F (200°C) for 6–8 minutes, turning halfway for a crispy texture.
6. Remove from the air fryer, let rest for 2–3 minutes, then slice into 1-inch pieces and serve with coconut aminos.

SUBSTITUTION TIPS:

Make it Gluten-Free: Use certified gluten-free panko breadcrumbs or swap the panko for finely crushed brown rice crackers.

Swap the Protein: Roll thinly sliced cooked shrimp or steamed white fish into the center alongside the vegetables for a lean, liver-friendly protein boost.

PLANT-BASED MAINS & SUPERFOOD SIDES



PREP TIME



15 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

AIR-FRIED CRISP SWEET POTATO GNOCCHI

INGREDIENTS

- 1 cup (225g) mashed sweet potato, cooked and cooled
- 1 cup (120g) whole wheat flour
- 2 tbsp (10g) nutritional yeast
- 1 tsp (3g) garlic powder
- 1 tsp (1g) dried sage

DIRECTIONS

1. In a bowl, mix cooled mashed sweet potato with whole wheat flour, nutritional yeast, garlic powder, dried sage, and salt until smooth and slightly sticky.
2. On a floured surface, roll the dough into 1-inch ropes, cut into gnocchi, and lightly mist with olive oil before placing them in the air fryer basket.
3. Cook at 375°F (190°C) for 10-12 minutes, shaking the basket halfway for a crunchy exterior and tender interior.

NUTRITIONAL INFO (PER SERVING):

Calories: 245 kcal | Fats: 2g
Cholesterol: 0mg | Sodium: 120mg
Carbohydrates: 48g | Fiber: 7g
Sugars: 6g | Protein: 8g

PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



15 MIN



LIVER-FRIENDLY MISO-GLAZED PUMPKIN WEDGES

INGREDIENTS

- 1 lb (450g) sugar pumpkin or kabocha squash, seeded and cut into 1-inch thick wedges
- 1 tbsp (15g) white miso paste
- 1 tsp (5ml) pure maple syrup
- 1 tsp (5ml) rice vinegar
- 1/2 tsp (1.5g) garlic powder
- 1 tsp (3g) toasted sesame seeds

DIRECTIONS

1. Whisk white miso paste, maple syrup, rice vinegar, garlic powder, and warm water in a bowl until smooth.
2. Mist pumpkin wedges with olive oil spray and coat with the miso glaze. Arrange in a single layer in the air fryer basket.
3. Cook at 375°F (190°C) for 12-15 minutes, flipping at 8 minutes for even cooking. This caramelizes the sugars for a low-fat roasted texture. Garnish with toasted sesame seeds before serving.

NUTRITIONAL INFO (PER SERVING):

Calories: 110 kcal | Fats: 2g
Cholesterol: 0mg | Sodium: 320mg
Carbohydrates: 22g | Fiber: 3g
Sugars: 11g | Protein: 3g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 185
Protein: 9g
Carbs: 28g
Fats: 4.5g
Fiber: 8g
Cholesterol: 0mg
Sodium: 210mg
Sugars: 6g

AIR FRYER MEDITERRANEAN CHICKPEA STUFFED ZUCCHINI BOATS

INGREDIENTS

- 2 medium (400g) zucchini
- 1/2 cup (80g) canned chickpeas, rinsed and drained
- 1/2 cup (75g) cherry tomatoes, finely diced
- 1/4 cup (40g) red onion, finely chopped
- 1 tsp (3g) garlic powder
- 1/2 tsp (1g) ground cumin
- 1 tbsp (15ml) fresh lemon juice
- 2 tbsp (8g) fresh parsley, chopped

DIRECTIONS

1. Slice zucchini lengthwise and scoop out the center, leaving a 1/4-inch border.
2. Mix chickpeas, cherry tomatoes, red onion, garlic powder, cumin, lemon juice, olive oil, salt, and pepper in a bowl.
3. Fill the zucchini boats with the mixture, pressing gently.
4. Preheat the air fryer to 350°F (175°C), then air-fry the boats for 10-12 minutes for tender zucchini and crunchy chickpeas.
5. Remove, garnish with parsley, and serve immediately.

SUBSTITUTION TIPS:

Substitute Zucchini (courgettes) with halved bell peppers, eggplant (aubergine), or large mushrooms for a different vegetable base.

Swap the Protein: Substitute the chickpeas with 1/2 cup (85g) of cooked extra-lean ground turkey or crumbled firm tofu for an alternative low-fat protein boost. Stir in a few tablespoons of low-fat crumbled feta or cooked shredded chicken before stuffing.

Serving Suggestion: Pair with a side salad, brown rice, or whole-grain couscous for a complete liver-friendly meal.



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



11 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 135
Protein: 6g
Carbs: 23g
Fats: 3g
Fiber: 6g
Cholesterol: 0mg
Sodium: 160mg
Sugars: 3g

AIR-FRIED CAJUN OKRA BITES

INGREDIENTS

- 10 oz (280g) fresh okra
- 1 large egg white (30g)
- 1/4 cup (30g) whole-grain cornmeal
- 1 tsp (5ml) extra-virgin olive oil
- 1 tsp (2g) smoked paprika
- 1/2 tsp (1.5g) garlic powder
- 1/2 tsp (1g) dried oregano
- 1/4 tsp (0.5g) ground cumin
- 1/8 tsp (0.25g) cayenne pepper
- 1/8 tsp (0.75g) sea salt
- 1/4 tsp (0.5g) freshly ground black pepper

DIRECTIONS

1. Rinse the okra and pat it completely dry. Trim the stems and cut each pod in half lengthwise.
2. Whisk the egg white and olive oil in a medium bowl. Add the okra and toss until lightly coated.
3. In a separate bowl, combine the cornmeal, smoked paprika, garlic powder, oregano, cumin, cayenne, salt, and black pepper.
4. Toss the coated okra in the cornmeal mixture, pressing gently so the seasoning adheres.
5. Arrange the okra in a single layer in the air fryer basket. Air fry at 390°F (200°C) for 10 to 11 minutes, shaking halfway through, until crisp and lightly browned.

SUBSTITUTION TIPS:

Substitute okra with green beans, zucchini sticks, asparagus spears, or cauliflower florets. Adjust the cooking time depending on the vegetable.

Replace egg white with 2 tbsp (30ml) unsweetened milk or a flax egg (1 tablespoon ground flaxseed mixed with 2½ tablespoons water) for an egg-free option.

Use fine whole-wheat breadcrumbs, whole-wheat panko, oat flour, or gluten-free cornmeal for a similar crispy coating.

Pair with a light Greek yogurt ranch, lemon-herb yogurt dip, or homemade hummus for a protein-rich, liver-friendly snack.



PREP TIME



5 MIN

YIELD



2 SERVINGS

COOKING TIME



7 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 85
Protein: 6g
Carbs: 10g
Fats: 2.5g
Fiber: 5g
Cholesterol: 0mg
Sodium: 65mg
Sugars: 4g

ASPARAGUS WITH NUTRITIONAL YEAST "CHEESE"

INGREDIENTS

- 1 lb (450g) fresh asparagus spears, woody ends trimmed
- 2 tbsp (10g) nutritional yeast
- 1/2 tsp (1.5g) garlic powder
- 1 tbsp (15ml) fresh lemon juice
- 1/2 tsp (1g) fresh lemon zest
- 1/4 tsp (0.5g) crushed red pepper flakes (optional)
- 1 tsp (5ml) extra virgin olive oil, pinch of sea salt, pinch of black pepper

DIRECTIONS

1. Rinse and dry the asparagus.
2. Toss with olive oil, lemon juice, sea salt, and black pepper.
3. Add nutritional yeast, garlic powder, and lemon zest, mixing gently.
4. Arrange in a single layer in the air fryer basket.
5. Air fry at 400°F (200°C) for 6 to 8 minutes, shaking the basket halfway through.
6. Serve immediately, garnished with crushed red pepper flakes if desired.

SUBSTITUTION TIPS:

Turn this supportive side dish into a complete liver-friendly meal by serving it alongside air-fried cod, skinless turkey breast, or marinated tempeh strips. Green beans, broccolini, thin broccoli florets, or zucchini spears can be used instead of asparagus and will air fry beautifully with the same seasoning blend. For a cheesy flavor, substitute nutritional yeast with finely grated Parmesan cheese if dairy is tolerated. For a dairy-free option, try a vegan Parmesan alternative.



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



14 MIN

CRISPY POLENTA CUBES WITH SUN-DRIED TOMATOES

INGREDIENTS

- 8 oz (225g) pre-cooked polenta (from a tube)
- 2 tbsp (15g) dry-packed sun-dried tomatoes
- 2 tbsp (10g) fresh basil, finely chopped
- 1 tsp (3g) garlic powder
- 1/2 tsp (2g) onion powder
- 1 tsp (5ml) balsamic vinegar

DIRECTIONS

1. Cut pre-cooked polenta into 1-inch cubes, dry with a paper towel, and coat with olive oil spray, garlic powder, onion powder, salt, and pepper.
2. Chop the un-dried tomatoes, then mix them with balsamic vinegar and fresh basil in a bowl. After cooking, toss polenta cubes with this mixture.
3. Preheat air fryer to 400°F (200°C), arrange polenta cubes in a single layer, and air fry for 12 to 14 minutes, shaking halfway for even crisping.

NUTRITIONAL INFO (PER SERVING):

Calories: 115 kcal | Fats: 1g
 Cholesterol: 0mg | Sodium: 210mg
 Carbohydrates: 23g | Fiber: 3g
 Sugars: 2g | Protein: 3g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

AIR FRYER MISO-GLAZED EGGPLANT FRIES

INGREDIENTS

- 1 medium (1 lb / 450g) eggplant (aubergine), cut into 1/2-inch (1.25cm) thick batons
- 1 tbsp (15g) white miso paste
- 1 tbsp (15ml) rice vinegar
- 1 tsp (5ml) low-sodium soy sauce or tamari
- 1 tsp (5ml) pure maple syrup
- 1/2 tsp (1.5g) garlic powder
- 1/2 tsp (1.5g) freshly grated ginger

DIRECTIONS

1. Whisk white miso paste, rice vinegar, low-sodium soy sauce, maple syrup, garlic powder, and fresh ginger in a bowl until smooth.
2. Mist eggplant batons with olive oil, pour the miso mixture over, and toss gently to coat.
3. Preheat air fryer to 375°F (190°C) for 3 minutes. Arrange the eggplant in a single layer and air-fry for 10-12 minutes, shaking halfway through to achieve a sticky exterior and a tender interior.

NUTRITIONAL INFO (PER SERVING):

Calories: 85 kcal | Fats: 2.5g
 Cholesterol: 0mg | Sodium: 320mg
 Carbohydrates: 14g | Fiber: 6g
 Sugars: 6g | Protein: 3g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 215
Protein: 22g
Carbs: 16g
Fats: 7g
Fiber: 8g
Cholesterol: 0mg
Sodium: 340mg
Sugars: 5g

AIR-FRIED TEMPEH CUBES WITH LOW-FAT SPICY PEANUT GLAZE

INGREDIENTS

- 8 oz (225g) plain organic tempeh, cut into 1-inch cubes
- 2 tbsp (12g) powdered peanut butter
- 1 tbsp (15ml) reduced-sodium soy sauce
- 1 tbsp (15ml) rice vinegar
- 1 tsp (5ml) sriracha sauce
- 1 tsp (5ml) pure maple syrup
- 1/2 tsp (2g) garlic powder

DIRECTIONS

1. In a medium mixing bowl, combine the powdered peanut butter, reduced-sodium soy sauce, rice vinegar, sriracha, maple syrup, garlic powder, and 1 tablespoon (15ml) of water. Whisk until a smooth and uniform glaze is achieved.
2. Gently add the cubed tempeh to the bowl and toss until each piece is well-coated. Then transfer the cubes to an air fryer basket lightly sprayed with olive oil, making sure they are arranged in a single layer for optimal airflow.
3. Air fry at 375°F (190°C) for 10 to 12 minutes, shaking the basket halfway through at the 6-minute mark. This cooking temperature will help the low-fat powdered peanut glaze to crisp up and adhere to the tempeh without burning the natural sugars in the maple syrup.

SUBSTITUTION TIPS:

Substitute tempeh with extra-firm tofu (pressed), seitan, or cooked chickpeas. Replace Powdered Peanut Butter with powdered almond butter or use 1 tbsp natural peanut butter thinned with a little water (note that this increases the fat content). Use reduced-sodium tamari for a gluten-free option or coconut aminos for a sweeter flavor. Replace Sriracha with chili garlic sauce, hot sauce, or a pinch of cayenne pepper to adjust the heat level.

For Extra Flavor: Add 1/2 tsp grated fresh ginger, a pinch of smoked paprika, or a few drops of toasted sesame oil (use sparingly).



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



25 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 280
Protein: 7g
Carbs: 58g
Fats: 2g
Fiber: 8g
Cholesterol: 0mg
Sodium: 310mg
Sugars: 3g

SMALL-BATCH AIR-FRIED ARTICHOKE PAELLA

INGREDIENTS

- 1/2 cup (100g) Paella rice (Bomba or Arborio)
- 1 cup (150g) Canned artichoke hearts (packed in water, drained and halved)
- 1 cup (240ml) Low-sodium vegetable broth
- 1/2 cup (75g) Red bell pepper (diced)
- 2 cloves (6g) Garlic (minced)
- 1 tsp (2g) Smoked paprika
- 1 pinch (0.1g) Saffron threads
- 1 small (60g) Lemon (cut into wedges)

DIRECTIONS

1. Lightly spray an air-fryer-safe dish with olive oil, then air-fry minced garlic, diced red bell pepper, and smoked paprika for 3 minutes.
2. Stir in paella rice, drained artichoke hearts, saffron threads, and low-sodium vegetable broth, seasoning with salt and pepper.
3. Cover tightly with aluminum foil and air fry until the liquid is absorbed.
4. Remove foil for the last few minutes to create texture, then let rest for 5 minutes before serving with lemon wedges.
5. Cook at 350°F (175°C) for 20 minutes, then increase to 375°F (190°C) for 2-3 minutes for a crispy bottom.

SUBSTITUTION TIPS:

Replace artichoke hearts with sliced mushrooms, asparagus pieces, zucchini, green peas, or hearts of palm for a different vegetable combination.

Stir in green peas, spinach, diced zucchini, or roasted cherry tomatoes during the last few minutes of cooking for added fiber and nutrients.

Protein Boost: Add cooked chickpeas, white beans, grilled shrimp, or diced cooked chicken after the rice is tender for a more filling, liver-friendly meal.



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



10 MIN

AIR-FRIED GARLIC-HERB GREEN BEANS & MUSHROOMS

INGREDIENTS

- 10 oz (280g) fresh green beans, trimmed
- 5 oz (140g) cremini mushrooms, halved
- 2 cloves (6g) garlic, minced
- 1 tsp (5ml) extra-virgin olive oil
- 1 tsp (5ml) fresh lemon juice
- 1/2 tsp (0.5g) dried thyme
- 1/2 tsp (1.5g) onion powder
- 1/8 tsp (0.75g) sea salt
- 1/4 tsp (0.5g) ground black pepper

DIRECTIONS

1. Rinse and dry green beans and mushrooms; keep small mushrooms whole and halve larger ones.
2. Mix vegetables with olive oil, garlic, thyme, onion powder, salt, and pepper in a bowl.
3. Arrange in the air fryer basket; cook in batches if necessary.
4. Air fry at 375°F (190°C) for 8-10 minutes, shaking halfway, until tender-crisp and browned.
5. Serve with a drizzle of fresh lemon juice.

NUTRITIONAL INFO (PER SERVING):

Calories: 90 kcal | Fats: 3g
 Cholesterol: 0mg | Sodium: 155mg
 Carbohydrates: 13g | Fiber: 5g
 Sugars: 5g | Protein: 5g



PREP TIME



12 MIN

YIELD



2 SERVINGS

COOKING TIME



16 MIN

AIR-FRIED MEDITERRANEAN VEGETABLE TIAN

INGREDIENTS

- 1 medium zucchini (courgette)
- 2 medium tomatoes
- 1/2 small red onion
- 2 tbsp (10g) whole wheat breadcrumbs
- 1 tbsp (5g) nutritional yeast
- 1 clove garlic, minced
- 1 tsp (5ml) extra-virgin olive oil
- 1/2 tsp (0.5g) dried oregano
- 1 tsp (5ml) balsamic vinegar
- 1/8 tsp (0.75g) sea salt
- 1/4 tsp (0.5g) ground black pepper

DIRECTIONS

1. Slice zucchini, tomatoes, and red onion; pat dry.
2. Arrange vegetables in overlapping rows in a baking dish.
3. Mix olive oil, garlic, oregano, salt, and pepper; then brush it on the veggies.
4. Combine breadcrumbs and nutritional yeast; sprinkle on top.
5. Air fry at 360°F (180°C) for 14-16 minutes until tender and browned.
6. Drizzle with balsamic vinegar before serving.

NUTRITIONAL INFO (PER SERVING):

Calories: 105 kcal | Fats: 3g
 Cholesterol: 0mg | Sodium: 170mg
 Carbohydrates: 17g | Fiber: 4g
 Sugars: 7g | Protein: 4g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



15 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 80
Protein: 1g
Carbs: 14g
Fats: 2.5g
Fiber: 2g
Cholesterol: 0mg
Sodium: 160mg
Sugars: 6g

AIR-FRIED WHOLE LEEKS WITH TANGY MUSTARD DRESSING

INGREDIENTS

- 2 medium whole leeks (8 oz / 225g), trimmed and halved lengthwise
- 1 tbsp (15g) Dijon mustard
- 1 tbsp (15ml) apple cider vinegar
- 1 tsp (5ml) honey
- 1/2 tsp (2g) garlic powder
- 1 tbsp (4g) fresh parsley, finely chopped
- 1 tsp (5ml) extra-virgin olive oil
- Pinch of sea salt and black pepper

DIRECTIONS

1. Wash halved leeks under cold water, ensuring all dirt is removed, then pat dry.
2. Brush cut sides with olive oil and season with garlic powder, sea salt, and black pepper.
3. Place the leeks, cut side up, in the air fryer basket.
4. Whisk Dijon mustard, apple cider vinegar, and honey until smooth.
5. After cooking, transfer the leeks to a plate, drizzle with dressing, and garnish with parsley.
6. Cook at 350°F (175°C) for 12-15 minutes, until the centers are tender without burning the outer layers.

SUBSTITUTION TIPS:

If leeks are unavailable, try thick slices of sweet onion, shallots, fennel wedges, or green onions (scallions). Adjust the cooking time based on size.

Swap the Protein: While this acts as a restorative vegetable side, you can easily top the roasted leeks with 1/4 cup (40g) of cooked French green lentils to add a liver-friendly, plant-based protein punch.

Sprinkle with toasted walnuts, sliced almonds, or pumpkin seeds before serving for added texture and nutrients.

Creamier Dressing: Stir 1 tablespoon of plain Greek yogurt into the mustard dressing for a richer, protein-packed finish.



PREP TIME



5 MIN

YIELD



2 SERVINGS

COOKING TIME



9 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 110

Protein: 3g

Carbs: 9g

Fats: 8g

Fiber: 4g

Cholesterol: 0mg

Sodium: 120mg

Sugars: 4g

AIR FRYER CRISPY GREEN BEANS WITH TOASTED HAZELNUTS

INGREDIENTS

- 8 oz (225g) fresh green beans, trimmed
- 2 tbsp (15g) raw hazelnuts, roughly chopped
- 1 tbsp (15ml) fresh lemon juice
- 1/2 tsp (1g) fresh lemon zest
- 1/2 tsp (2g) garlic powder
- 1 tsp (5ml) olive oil
- 1/4 tsp (1.5g) sea salt
- 1/4 tsp (0.5g) black pepper

DIRECTIONS

1. Toss trimmed green beans with olive oil, garlic powder, sea salt, and black pepper in a medium bowl.
2. Arrange green beans in a single layer in the air fryer basket.
3. Cook at 375°F (190°C) for 6 minutes, shake the basket, add chopped hazelnuts, then cook for an additional 2-3 minutes.
4. Transfer the green beans and hazelnuts to a serving dish, then toss with fresh lemon juice and zest for added flavor.

SUBSTITUTION TIPS:

Substitute green beans with snap peas or thin carrot sticks. Adjust cooking time slightly depending on thickness (softer vegetables cook faster).

Replace hazelnuts with almonds, pecans, walnuts, pistachios, or pumpkin seeds. For a nut-free version, use sunflower seeds or skip entirely.

Swap the Protein: To make this a heartier, protein-dense side without excess fat, toss 1/2 cup (80g) of drained, rinsed chickpeas into the basket alongside the hazelnuts for the final 3 minutes of cooking.



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



16 MIN

RAINBOW ROOT VEGETABLE MEDLEY

INGREDIENTS

- 1 cup (130g) parsnips, peeled and diced
- 1 cup (120g) carrots, peeled and diced
- 1 cup (135g) raw beetroot, peeled and diced
- 1 tbsp (15ml) balsamic vinegar
- 1 tbsp (3g) fresh rosemary, finely chopped
- 1 tsp (3g) garlic powder

DIRECTIONS

1. In a medium bowl, mix diced parsnips, carrots, and beetroot.
2. Add balsamic vinegar, rosemary, garlic powder, salt, pepper, and a light mist of olive oil, tossing to coat.
3. Preheat air fryer to 375°F (190°C). Spread vegetables in a single layer and air fry for 14-16 minutes, shaking halfway for even cooking and a low-fat roasted crunch.

NUTRITIONAL INFO (PER SERVING):

Calories: 115 kcal | Fats: 2g
 Cholesterol: 0mg | Sodium: 145mg
 Carbohydrates: 23g | Fiber: 7g
 Sugars: 11g | Protein: 2g



PREP TIME



5 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

GARLIC AND CARAWAY CABBAGE STEAKS

INGREDIENTS

- 1/2 medium green cabbage (10 oz / 285g), cut into two 1-inch (2.5 cm) thick slices
- 2 cloves garlic (10g), minced
- 1 tsp (2g) caraway seeds
- 1 tbsp (15ml) apple cider vinegar
- 1 tsp (5g) Dijon mustard

DIRECTIONS

1. Keep the cabbage core intact while slicing to maintain the shape of the "steaks." Mist with olive oil and season with salt and pepper.
2. In a bowl, whisk minced garlic, caraway seeds, apple cider vinegar, and Dijon mustard. Brush this mixture on the top of each cabbage steak.
3. Preheat the air fryer to 375°F (190°C). Place cabbage steaks in a single layer and air-fry for 10 to 12 minutes, until the outer layer is charred and the core is tender.

NUTRITIONAL INFO (PER SERVING):

Calories: 55 kcal | Fats: 1.5g
 Cholesterol: 0mg | Sodium: 110mg
 Carbohydrates: 9g | Fiber: 4g
 Sugars: 4g | Protein: 2g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



14 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 100
Protein: 3g
Carbs: 14g
Fats: 5g
Fiber: 6g
Cholesterol: 0mg
Sodium: 170mg
Sugars: 7g

SMOKY AIR-FRIED EGGPLANT STEAKS WITH TOMATO RELISH

INGREDIENTS

- 1 medium eggplant (aubergine), approx. 12 oz/340g
- 1/2 cup (75g) cherry tomatoes, halved
- 2 cloves (6g) garlic, minced
- 1 tbsp (15ml) fresh lemon juice
- 2 tsp (10ml) extra-virgin olive oil, divided
- 1 tsp (1g) dried oregano
- 1/2 tsp (1g) smoked paprika
- 1/4 tsp (0.5g) ground cumin
- 1/8 tsp (0.75g) sea salt
- 1/4 tsp (0.5g) freshly ground black pepper
- 2 tbsp (8g) fresh parsley, finely chopped

DIRECTIONS

1. Trim the eggplant and cut it lengthwise into four 3/4-inch-thick steaks. Lightly score the cut surfaces in a shallow crosshatch pattern without cutting through.
2. Mix 1 teaspoon of olive oil, half of the lemon juice, oregano, smoked paprika, cumin, salt, and black pepper in a small bowl.
3. Brush the seasoning mixture evenly over both sides of the eggplant steaks. Arrange them in a single layer in the air fryer basket, cooking in batches if necessary.
4. Air fry at 375°F (190°C) for 8 minutes. Meanwhile, toss the cherry tomatoes and garlic with the remaining olive oil and lemon juice.
5. Flip the eggplant steaks and add the tomato mixture around them. Cook for another 5 to 6 minutes, until the eggplant is tender with browned edges and the tomatoes are lightly blistered. Top with fresh parsley before serving.

SUBSTITUTION TIPS:

Change the Vegetable: Replace the eggplant with two large portobello mushroom caps or cauliflower "steaks." Air fry at the same temperature, reducing the total cooking time by 2-3 minutes.

For extra protein (optional serving idea): Add cooked chickpeas, white beans, or grilled chicken slices on top before serving.

For a richer finish: Add a spoon of low-fat Greek yogurt or a light tahini drizzle.



PREP TIME



15 MIN

YIELD



2 SERVINGS

COOKING TIME



18 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 245

Protein: 26g

Carbs: 22g

Fats: 6g

Fiber: 9g

Cholesterol: 35mg

Sodium: 290mg

Sugars: 9g

LOW-FAT AIR-FRIED EGGPLANT MOUSSAKA LAYERS

INGREDIENTS

- 1 medium (300g) eggplant (aubergine), ends trimmed
- 6 oz (170g) 99% lean ground turkey breast
- 1/2 cup (120g) canned crushed tomatoes (no sugar added)
- 1/2 tsp (2g) garlic powder
- 1/4 tsp (1g) ground cinnamon
- 1/4 cup (60g) non-fat plain Greek yogurt
- 1/8 tsp (0.5g) ground nutmeg

DIRECTIONS

1. Slice the eggplant into 1/2-inch (1.25 cm) thick rounds. Lightly mist both sides of the slices with olive oil spray and season lightly with salt and pepper.
2. In a small mixing bowl, combine the lean ground turkey, crushed tomatoes, garlic powder, and ground cinnamon. Stir until the meat is thoroughly infused with the tomato mixture.
3. Spoon a layer of the turkey mixture evenly onto the center of each eggplant slice. In a separate small dish, stir the nutmeg into the Greek yogurt, then place a small dollop of the yogurt mixture on top of the turkey on each slice.
4. Carefully transfer the loaded eggplant rounds into the air fryer basket in a single layer, working in batches if necessary to avoid overcrowding.

SUBSTITUTION TIPS:

Make it Vegan / Vegetarian: Swap the ground turkey for 1/2 cup (100g) of cooked, mashed brown lentils and use a plain, unsweetened almond-milk yogurt for the topping.

Swap the Protein: Replace lean turkey with extra-lean ground chicken breast or crumbled extra-firm tofu for a different texture.



PREP TIME



15 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

QUINOA & PINE NUT STUFFED BELL PEPPERS

INGREDIENTS

- 2 large (approx. 300g) bell peppers, any color
- 1 cup (185g) cooked quinoa
- 2 tbsp (20g) pine nuts
- 1/2 cup (75g) cherry tomatoes, quartered
- 1/4 cup (15g) fresh parsley, finely chopped
- 2 cloves (6g) garlic, minced
- 1 tbsp (15ml) fresh lemon juice

DIRECTIONS

1. Slice bell peppers in half, remove seeds and membranes, keeping stems intact.
2. In a bowl, mix cooked quinoa, pine nuts, cherry tomatoes, parsley, garlic, lemon juice, salt, and pepper. Pack the mixture into the pepper halves.
3. Preheat air fryer to 350°F (175°C). Place the stuffed peppers upright and cook for 10 to 12 minutes, until the peppers are tender and the pine nuts are crunchy.

NUTRITIONAL INFO (PER SERVING):

Calories: 245 kcal | Fats: 9g
 Cholesterol: 0mg | Sodium: 210mg
 Carbohydrates: 34g | Fiber: 7g
 Sugars: 6g | Protein: 8g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

BALSAMIC & WALNUT BRUSSELS SPROUTS

INGREDIENTS

- 1/2 lb (225g) Brussels sprouts, trimmed and halved
- 2 tbsp (15g) raw walnuts, chopped
- 1 tbsp (15ml) balsamic vinegar
- 1 tsp (5g) Dijon mustard
- 1/2 tsp (2g) garlic powder
- 1 tsp (5ml) fresh lemon juice
- 1 tsp (5ml) extra virgin olive oil
- 1/4 tsp (1.5g) sea salt
- 1/4 tsp (0.5g) black pepper

DIRECTIONS

1. Toss halved Brussels sprouts in olive oil, garlic powder, sea salt, and black pepper, then arrange in the air fryer basket.
2. Whisk balsamic vinegar, Dijon mustard, and lemon juice in a bowl. Once sprouts and walnuts are cooked, drizzle the dressing and toss.
3. Set the air fryer to 375°F (190°C) for 10-12 minutes, shaking the basket at 6 minutes. Add chopped walnuts in the last 2 minutes to toast lightly.

NUTRITIONAL INFO (PER SERVING):

Calories: 145 kcal | Fat: 8g
 Cholesterol: 0mg | Sodium: 120mg
 Carbohydrates: 15g | Fiber: 6g
 Sugars: 6g | Protein: 5g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



15 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 210
Protein: 10g
Carbs: 31g
Fats: 6g
Fiber: 11g
Cholesterol: 0mg
Sodium: 320mg
Sugars: 5g

AIR-FRIED TURMERIC SPICED CHICKPEA AND CAULIFLOWER ROAST

INGREDIENTS

- 2 cups (200g) cauliflower florets
- 1 cup (165g) canned chickpeas, rinsed and drained
- 1 tsp (3g) garlic powder
- 1 tsp (3g) ground turmeric
- 1/2 tsp (1.5g) ground cumin
- 1 tbsp (15ml) fresh lemon juice
- 2 tbsp (8g) fresh flat-leaf parsley, chopped
- 1 tbsp (15ml) virgin olive oil, 1/4 tsp sea salt, 1/4 tsp black pepper

DIRECTIONS

1. Whisk together olive oil, lemon juice, garlic powder, turmeric, cumin, salt, and pepper in a bowl to create a spice paste.
2. Pat the chickpeas dry and toss them with the cauliflower florets in the spice mixture until evenly coated.
3. Preheat air fryer to 375°F (190°C) for 3 minutes. Arrange chickpeas and cauliflower in a single layer and air-fry for 12-15 minutes, shaking halfway through, until crispy and tender. Garnish with parsley before serving.

SUBSTITUTION TIPS:

For a creamy serving sauce, drizzle with 1 tbsp (15ml) of Greek yogurt mixed with a dash of lemon juice.

Swap the Protein: If you prefer a different lean protein, replace the chickpeas with 1 cup (150g) of diced extra-firm tofu or cubed, boneless, skinless chicken breast, keeping the cooking time the same.

Replace cauliflower florets with broccoli florets, Brussels sprouts halves, zucchini chunks, or diced sweet potato (note: sweet potato will need a longer cooking time).



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



14 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 110

Protein: 3g

Carbs: 16g

Fats: 4g

Fiber: 6g

Cholesterol: 0mg

Sodium: 120mg

Sugars: 9g

AIR-FRIED HERBED RATATOUILLE VEGETABLES

INGREDIENTS

- 1 cup (80g) diced eggplant (aubergine)
- 1 cup (110g) diced zucchini (courgette)
- 1 medium (120g) chopped red bell pepper
- 1 cup (150g) halved cherry tomatoes
- 1/2 cup (80g) chopped red onion
- 2 cloves (6g) minced garlic
- 1 tsp (2g) dried herbs, de Provence
- Basic staples of 1 tsp / 5ml olive oil, plus a pinch of salt and black pepper

DIRECTIONS

1. In a medium bowl, mix diced eggplant, zucchini, red bell pepper, cherry tomatoes, red onion, and minced garlic. Drizzle with 1 tsp of olive oil, season with herbs de Provence, salt, and pepper, then toss to coat.
2. Place the seasoned vegetables in a single layer in the air fryer basket. Cook, shaking the basket halfway through for even roasting.
3. Cook at 375°F (190°C) for 12-14 minutes to soften the eggplant and caramelize the cherry tomatoes without excessive oil.

SUBSTITUTION TIPS:

Keep the Vegetables Caramelized: Pat the eggplant, zucchini, and tomatoes dry before seasoning, and avoid overcrowding the air fryer basket. Cook in two batches if necessary so the vegetables roast rather than steam.

Brighten the Flavor: After air frying, finish the ratatouille with 1 teaspoon of balsamic vinegar or a small squeeze of fresh lemon juice. Add it only after cooking to preserve the vegetables' browned edges.



PREP TIME



15 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

AIR-FRIED ZUCCHINI AND SWEET CORN FRITTERS

INGREDIENTS

- 1 medium zucchini, grated
- 1/2 cup (80g) sweet corn kernels (fresh or thawed frozen)
- 1 large egg
- 1/4 cup (30g) whole wheat flour
- 2 tbsp (10g) fresh chives, finely chopped
- 1/2 tsp (1.5g) garlic powder
- 1/2 tsp (1.5g) onion powder

DIRECTIONS

1. Squeeze grated zucchini in a towel to remove excess liquid for less soggy fritters.
2. In a bowl, whisk together the squeezed zucchini, sweet corn, egg, whole-wheat flour, chives, garlic powder, onion powder, salt, and black pepper until a thick batter forms.
3. Shape the batter into 4 patties, mist the air fryer basket with olive oil spray, and arrange the patties with space between.
4. Cook at 375°F (190°C) for 10-12 minutes, flipping halfway for a crispy, golden-brown crust while keeping the inside tender.

NUTRITIONAL INFO (PER SERVING):

Calories: 145 kcal | Fats: 3g
 Cholesterol: 93mg | Sodium: 210mg
 Carbohydrates: 22g | Fiber: 4g
 Sugars: 5g | Protein: 7g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



15 MIN

AIR-FRIED SAGE BUTTERNUT SQUASH FRIES

INGREDIENTS

- 3 cups (400g) butternut squash, peeled and cut into 1/2-inch thick matchsticks
- 1 tbsp (8g) cornstarch
- 1 tbsp (4g) fresh sage leaves, finely chopped
- 1/2 tsp (1.5g) garlic powder
- 1/4 tsp (0.5g) smoked paprika
- 1 tsp (5ml) olive oil
- 1/4 tsp (1.5g) sea salt
- 1/8 tsp (0.3g) freshly ground black pepper

DIRECTIONS

1. Toss butternut squash matchsticks with cornstarch in a bowl, shaking off excess.
2. Drizzle olive oil over the squash, adding sage, garlic powder, smoked paprika, sea salt, and black pepper; toss to mix.
3. Preheat air fryer to 375°F (190°C) and arrange squash fries in a single layer. Air fry for 12-15 minutes, shaking the basket at 7 minutes for even cooking and a crisp texture.

NUTRITIONAL INFO (PER SERVING):

Calories: 95 kcal | Fats: 2.5g
 Cholesterol: 0mg | Sodium: 150mg
 Carbohydrates: 18g | Fiber: 3g
 Sugars: 4g | Protein: 2g



PREP TIME



15 MIN

YIELD



2 SERVINGS

COOKING TIME



18 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 215

Protein: 12g

Carbs: 38g

Fats: 2g

Fiber: 11g

Cholesterol: 0mg

Sodium: 180mg

Sugars: 3g

SAVORY LENTIL AND OAT AIR FRYER LOAF SLICES

INGREDIENTS

- 1 cup (198g) cooked brown lentils (rinsed and drained if canned)
- 1/2 cup (45g) rolled oats
- 1/4 cup (30g) finely diced carrot
- 1/4 cup (30g) finely diced celery
- 1 tablespoon (16g) tomato paste
- 1 teaspoon (3g) garlic powder
- 1/2 teaspoon (1g) dried thyme

DIRECTIONS

1. Mash cooked brown lentils in a bowl, leaving some whole for texture.
2. Mix in rolled oats, diced carrot, celery, tomato paste, garlic powder, thyme, salt, and pepper until a cohesive dough forms; add water if the mixture is too dry.
3. Divide the mixture and press each half into a thick rectangular slice.
4. Lightly oil the air fryer basket, then arrange the slices in a single layer.
5. Air fry at 350°F (175°C) for 16-18 minutes, flipping halfway for a crunchy crust and moist interior.

SUBSTITUTION TIPS:

To enhance the savory, umami flavor, you can add 1 teaspoon (5ml) of low-sodium soy sauce or coconut aminos into the wet mix.

Swap the Protein: If you want a slightly different texture, substitute half of the brown lentils with mashed chickpeas, or use extra-lean ground turkey (adjusting the cook time to ensure the poultry reaches 165°F/74°C internally).



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 265

Protein: 10g

Carbs: 45g

Fats: 4g

Fiber: 6g

Cholesterol: 0mg

Sodium: 320mg

Sugars: 5g

AIR-FRIED CRISPY PORTOBELLO MUSHROOM BURGERS

INGREDIENTS

- 2 large (6 oz / 170g) Portobello mushroom caps, stems removed
- 1/4 cup (60ml) balsamic vinegar
- 1/2 cup (30g) whole-wheat panko breadcrumbs
- 1 tsp (3g) garlic powder
- 1 tsp (2g) dried oregano
- 2 whole-grain burger buns (4 oz / 115g total)
- 1/2 cup (15g) fresh baby spinach
- 2 slices (1 oz / 30g) large tomato

DIRECTIONS

1. Clean portobello mushroom caps, score tops, and brush with balsamic vinegar; season with salt and pepper.
2. Mix whole-wheat panko with garlic powder and oregano in a shallow dish. Mist the mushrooms with olive oil spray, then coat with the breadcrumb mixture.
3. Preheat air fryer to 375°F (190°C). Cook mushrooms for 10-12 minutes, flipping halfway, until panko is crispy and mushrooms are cooked.
4. Toast whole-grain burger buns in the air fryer for the last 2 minutes. Assemble burgers with crispy mushrooms, spinach, tomato slices, and top buns.

SUBSTITUTION TIPS:

Make it Gluten-Free: Swap the whole-grain buns for certified gluten-free buns and replace the whole-wheat panko with crushed, unsweetened brown rice cereal or almond flour.

Swap the Protein: Replace the portobello mushrooms with two 4 oz (115g) extra-lean ground turkey patties, increasing the air-frying time until the internal temperature reaches 165°F (74°C).

Extra Flavor Ideas: Add a slice of low-fat cheese, caramelized onions, or a dollop of Greek yogurt-based garlic sauce for extra richness and moisture.

LIVER-HEALING SEAFOOD & FISH



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



10 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 290

Protein: 34g

Carbs: 6g

Fats: 14g

Fiber: 3g

Cholesterol: 70mg

Sodium: 320mg

Sugars: 2g

LEMON-HERB AIR FRYER SALMON WITH ASPARAGUS

INGREDIENTS

- 2 (6 oz / 170g each) wild-caught salmon fillets, skin-on
- 1 bunch (8 oz / 225g) fresh asparagus, tough ends trimmed
- 1 tbsp (15ml) fresh lemon juice
- 1 tsp (2g) grated lemon zest
- 1 clove (3g) fresh garlic, minced
- 1 tbsp (3g) fresh dill, chopped
- 1 tsp (1g) dried oregano

DIRECTIONS

1. Whisk together lemon juice, zest, garlic, dill, and oregano for the herb rub.
2. Dry salmon fillets and asparagus, then lightly coat with olive oil and season with salt and pepper.
3. Press the lemon-herb mixture onto the salmon fillets.
4. Place salmon skin-side down in an air fryer basket, arranging asparagus around it.
5. Air fry at 375°F (190°C) for 8 to 10 minutes, ensuring salmon is cooked to 145°F (63°C) and asparagus is checked at 6 minutes for desired crispness.

SUBSTITUTION TIPS:

Make it Vegan / Vegetarian: Swap the salmon for two thick slabs of extra-firm tofu (pressed and drained), marinating them for 15 minutes in the lemon-herb mixture before air frying.

Swap the Protein: Replace the salmon with skinless chicken breast or firm white fish, such as cod. Note that chicken will require a slightly longer cook time (12-14 minutes) to reach a safe internal temperature of 165°F (74°C).



PREP TIME
12 MIN

YIELD
2 SERVINGS

COOKING TIME
8 MIN

AIR-FRIED CRISPY SHRIMP WITH CHILI-LIME VINAIGRETTE

INGREDIENTS

- 8 oz (225g) large shrimp, peeled and deveined
- 1/2 cup (30g) panko breadcrumbs
- 2 large (60g) egg whites
- 2 tbsp (30ml) fresh lime juice
- 1 tsp (2g) fresh lime zest
- 1/2 tsp (1g) red chili flakes
- 2 tbsp (5g) fresh cilantro (coriander), finely chopped
- 1 tsp (7g) honey

DIRECTIONS

1. Whisk egg whites in a shallow dish; spread panko breadcrumbs in another. Dip shrimp in egg whites, then coat with panko.
2. Mix lime juice, lime zest, chili flakes, cilantro, honey, and olive oil in a bowl. Season with salt and pepper.
3. Preheat air fryer to 375°F (190°C). Mist shrimp with olive oil, arrange in a single layer, and air fry for 7-8 minutes, flipping halfway, until golden and cooked. Drizzle with vinaigrette before serving for crunch.

NUTRITIONAL INFO (PER SERVING):

Calories: 185 kcal | Fats: 4g
Cholesterol: 160mg | Sodium: 320mg
Carbohydrates: 12g | Fiber: 1g
Sugars: 4g | Protein: 24g



PREP TIME
10 MIN

YIELD
2 SERVINGS

COOKING TIME
8 MIN

ZESTY AIR-FRIED SARDINES WITH GARLIC PARSLEY GREMOLATA

INGREDIENTS

- 8 oz (225g) fresh whole sardines, cleaned, scaled, and butterflied
- 1/2 cup (30g) fresh flat-leaf parsley, finely chopped
- 2 cloves (10g) fresh garlic, finely minced
- 1 medium lemon (yields 1 tbsp (6g) zest and 1 tbsp (15ml) juice)
- 1 tbsp (10g) capers, drained and roughly chopped

DIRECTIONS

1. Rinse sardines, dry them, mist with olive oil, and season with salt and pepper.
2. Mix chopped parsley, minced garlic, lemon zest, juice, and capers to make gremolata; set aside.
3. Preheat air fryer to 390°F (200°C) for 3 minutes. Air-fry for 6-8 minutes, until crispy, ensuring they don't overcrowd the basket.
4. Transfer sardines to a plate and top with the gremolata.

NUTRITIONAL INFO (PER SERVING):

Calories: 250 kcal | Fats: 14g
Cholesterol: 160mg | Sodium: 350mg
Carbohydrates: 2g | Fiber: 1g
Sugars: 0g | Protein: 28g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



10 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 220

Protein: 26g

Carbs: 6g

Fats: 9g

Fiber: 2g

Cholesterol: 45mg

Sodium: 320mg

Sugars: 3g

AIR-FRIED PESTO-CRUSTED COD WITH ROASTED TOMATOES

INGREDIENTS

- 2 skinless cod fillets, 6 oz (170g) each
- 2 tbsp (30g) low-oil basil pesto
- 2 tbsp (15g) whole wheat panko breadcrumbs
- 1 cup (150g) cherry tomatoes, halved
- 1 tbsp (15ml) fresh lemon juice
- 1/2 tsp (2g) garlic powder

DIRECTIONS

1. Pat cod fillets dry, season with salt and pepper, and drizzle with lemon juice.
2. Spread 1 tablespoon of basil pesto on each fillet, then press 1 tablespoon of panko breadcrumbs on top.
3. Lightly mist halved cherry tomatoes with olive oil spray, toss with garlic powder, salt, and pepper.
4. Place crusted cod in the air fryer basket and arrange seasoned tomatoes around it.
5. Cook at 375°F (190°C) for 8-10 minutes until the crust is golden and the fish flakes easily at 145°F (63°C).

SUBSTITUTION TIPS:

Substitute cod with haddock, pollock, halibut, tilapia, or other firm white fish.

Replace Basil Pesto with homemade spinach pesto, parsley pesto, or a light herb paste made with basil, garlic, lemon juice, and a small amount of olive oil.

Use regular whole-wheat breadcrumbs, crushed whole-grain crackers, almond meal, or gluten-free panko.



PREP TIME



12 MIN

YIELD



2 SERVINGS

COOKING TIME



8 MIN

SESAME-CRUSTED TUNA STEAKS WITH SNAP PEAS

INGREDIENTS

- 2 (5 oz / 140g each) yellowfin tuna steaks
- 2 tbsp (18g) mixed sesame seeds (black and white)
- 1 tbsp (15ml) low-sodium soy sauce or tamari
- 1 tsp (5ml) toasted sesame oil
- 1/2 tsp (1g) garlic powder
- 1/2 tsp (1g) ground ginger
- 1.5 cups (150g) sugar snap peas, strings removed

DIRECTIONS

1. Combine low-sodium soy sauce, toasted sesame oil, garlic powder, and ground ginger in a bowl. Brush the tuna steaks with the marinade and coat them with sesame seeds.
2. Toss sugar snap peas with olive oil, salt, and black pepper, then place them in the air fryer basket alongside the tuna steaks.
3. Preheat air fryer to 390°F (200°C) for 3 minutes, then cook tuna and snap peas for 4 to 6 minutes, flipping the steaks halfway for even cooking.

NUTRITIONAL INFO (PER SERVING):

Calories: 280 kcal | Fats: 9g
Cholesterol: 50mg | Sodium: 380mg
Carbohydrates: 9g | Fiber: 3g
Sugars: 4g | Protein: 38g



PREP TIME



5 MIN

YIELD



2 SERVINGS

COOKING TIME



9 MIN

AIR FRYER LEMON-ALMOND TROUT FILLETS

INGREDIENTS

- 2 (6 oz / 170g each) fresh trout fillets, skin-on
- 2 tbsp (15g) slivered almonds
- 1 tbsp (15ml) fresh lemon juice
- 1 tsp (2g) fresh parsley, finely chopped
- 1/2 tsp (1g) garlic powder
- 1/2 tsp (1g) smoked paprika
- 1 tsp (5ml) olive oil
- 1/4 tsp (1g) sea salt
- 1/4 tsp (0.5g) black pepper

DIRECTIONS

1. Pat the trout fillets dry, then brush them with olive oil and lemon juice. Season with garlic powder, smoked paprika, sea salt, and black pepper.
2. Press slivered almonds onto the fillets, then place them skin-side down in the air fryer basket, leaving space for airflow.
3. Air fry at 350°F (175°C) for 8 to 10 minutes to toast the almonds and cook the fish thoroughly. Garnish with fresh parsley after cooking.

NUTRITIONAL INFO (PER SERVING):

Calories: 275 kcal | Fats: 14g
Cholesterol: 85mg | Sodium: 75mg
Carbohydrates: 2g | Fiber: 1g
Sugars: 0g | Protein: 32g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



14 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 240

Protein: 32g

Carbs: 7g

Fats: 9g

Fiber: 3g

Cholesterol: 55mg

Sodium: 380mg

Sugars: 2g

MEDITERRANEAN AIR-FRIED SEA BASS WITH ROASTED FENNEL & OLIVES

INGREDIENTS

- 2 fillets (5 oz / 140g each) Sea bass
- 1 medium bulb (7 oz / 200g) Fennel, very thinly sliced
- 1/2 cup (75g) Cherry tomatoes, halved
- 2 tbsp (20g) Kalamata olives, pitted and halved
- 2 cloves (6g) Garlic, minced
- 1 tbsp (15ml) Fresh lemon juice
- 1 tbsp (3g) Fresh oregano, chopped

DIRECTIONS

1. Toss sliced fennel, cherry tomatoes, Kalamata olives, and minced garlic with olive oil and black pepper in a bowl.
2. Cook the vegetable mixture in an air fryer for 5 minutes to soften the fennel.
3. Rub sea bass fillets with lemon juice, oregano, salt, and pepper.
4. Place the seasoned fish on the cooked vegetables in the air fryer and cook for an additional 7 to 9 minutes until the fish is opaque and flakes easily.
5. Set the air fryer to 375°F (190°C); precooking veggies ensures they are tender without drying out the fish.

SUBSTITUTION TIPS:

Substitute sea bass with cod, haddock, halibut, sea bream, tilapia, or another firm white fish. Adjust cooking time based on the thickness of the fillets.

Replace fennel with thinly sliced onion, zucchini (courgette), celery, or leeks for a different flavor and texture.

For Extra Vegetables: Add sliced bell peppers, asparagus, spinach (stirred in after cooking), or artichoke hearts.

Serving Suggestion: Serve with quinoa, brown rice, or a simple mixed green salad for a balanced, liver-friendly meal.



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



8 MIN

WHITE FISH TACOS WITH ZESTY CABBAGE SLAW

INGREDIENTS

- 8 oz (225g) Skinless white fish fillets (cod or halibut), cut into 2-inch strips
- 1 tsp (3g) Chili powder
- 1/2 tsp (1.5g) Ground cumin
- 4 small (100g) Corn tortillas
- 1 cup (90g) Shredded red cabbage
- 1/4 cup (4g) Fresh cilantro (coriander), roughly chopped
- 1 medium (30ml) Lime, juiced
- 2 tbsp (30g) Plain non-fat Greek yogurt

DIRECTIONS

1. Toss white fish strips with chili powder, cumin, salt, pepper, and olive oil.
2. Mix shredded red cabbage, cilantro, lime juice, and Greek yogurt for slaw; let sit.
3. Preheat air fryer to 375°F (190°C), arrange fish strips in a single layer, and air fry for 7 to 8 minutes, flipping halfway.
4. Warm corn tortillas, fill with fish, and top with slaw before serving.

NUTRITIONAL INFO (PER SERVING):

Calories: 285 kcal | Fats: 4g
 Cholesterol: 48mg | Sodium: 215mg
 Carbohydrates: 34g | Fiber: 6g
 Sugars: 4g | Protein: 26g



PREP TIME



15 MIN

YIELD



2 SERVINGS

COOKING TIME



8 MIN

AIR FRYER CAULIFLOWER-CRUSTED SCALLOPS

INGREDIENTS

- 12 oz (340g) large sea scallops, side muscle removed
- 1 cup (100g) cauliflower florets
- 1 tbsp (15ml) unsweetened almond milk
- 1 tsp (3g) garlic powder
- 1 tbsp (3g) fresh chives, finely chopped
- 2 tbsp (10g) almond flour
- 1 tsp (5ml) fresh lemon juice

DIRECTIONS

1. Steam or microwave cauliflower florets for 5-6 minutes until tender, then mash with almond milk, garlic powder, chives, salt, and pepper to create a thick puree.
2. Dry sea scallops, mist with olive oil, and season with salt and pepper. Top each scallop with the cauliflower puree and dust with almond flour.
3. Preheat the air fryer to 390°F (195°C) for 3 minutes. Cook the scallops in a single layer for 6-8 minutes, until the crust is golden and the scallops are opaque, without flipping.
4. Remove scallops, drizzle with lemon juice, and serve warm.

NUTRITIONAL INFO (PER SERVING):

Calories: 185 kcal | Fats: 4g
 Cholesterol: 40mg | Sodium: 360mg
 Carbohydrates: 9g | Fiber: 3g
 Sugars: 2g | Protein: 27g



PREP TIME



15 MIN

YIELD



2 SERVINGS

COOKING TIME



10 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 215
Protein: 31g
Carbs: 7g
Fats: 5g
Fiber: 2g
Cholesterol: 45mg
Sodium: 160mg
Sugars: 3g

LEMON-DILL ZUCCHINI-WRAPPED HALIBUT

INGREDIENTS

- 10 oz (280g) skinless halibut fillet, cut into 2 equal portions
- 1 medium zucchini (courgette) (about 7 oz / 200g)
- 1 medium lemon, zested and juiced (approx. 3 tbsp / 45ml juice)
- 1 tbsp (4g) fresh dill, finely chopped
- 1/2 tsp (2g) garlic powder
- 1/4 tsp (1g) sweet paprika

DIRECTIONS

1. Slice zucchini lengthwise into thin ribbons using a peeler or mandoline.
2. Mix lemon juice, zest, dill, garlic powder, paprika, salt, and pepper in a bowl. Brush this mixture on halibut fillets.
3. Wrap 3-4 zucchini ribbons around each fillet, tucking ends underneath, and lightly brush with olive oil.
4. Place wrapped halibut seam-side down in the air fryer basket, ensuring space for air circulation.
5. Cook at 375°F (190°C) for 8-10 minutes until the zucchini crisps and the halibut reaches 145°F (63°C) and flakes easily.

SUBSTITUTION TIPS:

Serving Suggestion: Pair with air-fried asparagus, green beans, or a quinoa salad for a balanced, liver-friendly meal. A light creamy dill yogurt sauce works best.

Swap the Protein: If halibut is unavailable, cod, haddock, pollock, sea bass, or tilapia are equally excellent lean, low-fat fish options that wrap and air-fry beautifully.

Extra Flavor: Add a thin layer of Dijon mustard beneath the zucchini ribbons or sprinkle with capers after cooking for a Mediterranean-inspired twist.



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

DETOX SALMON CAKES WITH PARSLEY AND SCALLIONS

INGREDIENTS

- 6 oz (170g) wild-caught pink salmon (canned and well-drained)
- 1/4 cup (25g) whole wheat panko breadcrumbs
- 2 tbsp (10g) scallions (spring onions), finely chopped
- 2 tbsp (8g) fresh flat-leaf parsley, finely chopped
- 1 large egg white
- 1 tbsp (15ml) fresh lemon juice
- 1 tsp (5g) Dijon mustard

DIRECTIONS

1. Flake salmon in a bowl, removing lumps and bones. Add whole wheat panko, scallions, parsley, egg white, lemon juice, Dijon mustard, and black pepper.
2. Mix until a cohesive dough forms, then shape into 4 firm patties.
3. Spray the air fryer basket with olive oil, arrange the patties in a single layer, and air fry at 375°F (190°C) for 10-12 minutes, flipping halfway for a low-fat, golden crust while keeping the fish moist.

NUTRITIONAL INFO (PER SERVING):

Calories: 185 kcal | Fats: 6g

Cholesterol: 40mg | Sodium: 290mg

Carbohydrates: 8g | Fiber: 2g

Sugars: 1g | Protein: 22g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



8 MIN

LEMON DILL MACKEREL WITH HORSERADISH GLAZE

INGREDIENTS

- 2 fresh mackerel fillets (6 oz / 170g each)
- 1 tbsp (15g) prepared horseradish (no added sugar)
- 2 tbsp (8g) fresh dill, finely chopped
- 1 tbsp (15ml) fresh lemon juice
- 1 tsp (2g) lemon zest
- 1 tsp (5g) Dijon mustard
- 1/2 tsp (1.5g) garlic powder

DIRECTIONS

1. Whisk horseradish, dill, lemon juice, lemon zest, Dijon mustard, garlic powder, and black pepper in a bowl to make a glaze.
2. Dry mackerel fillets, brush the skin with olive oil, and spread the glaze on the flesh side.
3. Preheat the air fryer to 375°F (190°C), place the fillets skin-side down, and cook for 7 to 9 minutes, until opaque and fragrant, avoiding overcooking to preserve omega-3 oils.

NUTRITIONAL INFO (PER SERVING):

Calories: 280 kcal | Fats: 18g

Cholesterol: 65mg | Sodium: 210mg

Carbohydrates: 3g | Fiber: 1g

Sugars: 1g | Protein: 24g



PREP TIME



15 MIN

YIELD



2 SERVINGS

COOKING TIME



8 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 210
Protein: 22g
Carbs: 20g
Fats: 4g
Fiber: 3g
Cholesterol: 198mg
Sodium: 320mg
Sugars: 1g

CRISPY OAT-CRUSTED AIR FRYER CALAMARI RINGS

INGREDIENTS

- 8 oz (225g) raw calamari rings
- 1/2 cup (60g) oat flour
- 1/4 cup (60ml) liquid egg whites
- 1 tsp (2g) smoked paprika
- 1 tsp (3g) garlic powder
- 1/2 tsp (1g) dried oregano
- 2 lemon wedges (for serving)
- Sea salt, black pepper, olive oil spray

DIRECTIONS

1. Pat calamari rings dry with a paper towel for proper coating and texture.
2. Set up a breading station: one bowl with egg whites, another with whisked oat flour, and a third with smoked paprika, garlic powder, oregano, salt, and pepper.
3. Dip calamari in egg whites, coat in the flour mixture, and lightly mist with olive oil spray.
4. Preheat air fryer to 380°F (190°C) for 3 minutes. Cook calamari in a single layer for 7-8 minutes, flipping halfway, to achieve a crisp golden exterior. Serve with fresh lemon juice.

SUBSTITUTION TIPS:

Make it Vegan / Vegetarian: Swap the calamari for sliced hearts of palm or hollowed-out king oyster mushroom stems, and use aquafaba (chickpea liquid) instead of egg whites.

Swap the Protein: Substitute the calamari with peeled, deveined medium shrimp or bite-sized chunks of a lean white fish like cod or haddock.



PREP TIME



15 MIN

YIELD



2 SERVINGS

COOKING TIME



9 MIN

AIR-FRIED MOROCCAN SPICED WHITE FISH SKEWERS

INGREDIENTS

- 10 oz (280g) firm white fish (such as cod or halibut), cut into 1-inch pieces
- 1 medium (150g) zucchini (courgette), sliced into thick half-moons
- 1 tbsp (15ml) fresh lemon juice
- 1 tsp (3g) garlic powder
- 1 tsp (2g) ground cumin
- 1 tsp (2g) sweet paprika
- 1/2 tsp (1g) ground turmeric
- 2 tbsp (8g) fresh cilantro (coriander), finely chopped

DIRECTIONS

1. In a bowl, mix fresh lemon juice, garlic powder, ground cumin, sweet paprika, turmeric, salt, and pepper.
2. Add diced white fish and zucchini, tossing to coat. Thread them onto 4 skewers.
3. Preheat air fryer to 375°F (190°C), mist the basket with olive oil, and place skewers in a single layer. Air fry for 8-9 minutes, flipping halfway, to achieve a fragrant, slightly crispy crust without drying out the fish.

NUTRITIONAL INFO (PER SERVING):

Calories: 185 kcal | Fats: 3g
 Cholesterol: 45mg | Sodium: 210mg
 Carbohydrates: 7g | Fiber: 2g
 Sugars: 2g | Protein: 28g



PREP TIME



15 MIN

YIELD



2 SERVINGS

COOKING TIME



8 MIN

AIR-FRIED LEMON GARLIC SHRIMP SCAMPI WITH ZUCCHINI RIBBONS

INGREDIENTS

- 1/2 lb (225g) large shrimp, peeled and deveined
- 2 medium (approx. 400g) whole zucchini
- 2 tbsp (30ml) fresh lemon juice
- 3 cloves (15g) fresh garlic, minced
- 1/4 cup (15g) fresh parsley, finely chopped
- 2 tbsp (30ml) low-sodium vegetable broth
- 1/4 tsp (1g) red pepper flakes

DIRECTIONS

1. Create thin zucchini ribbons with a vegetable peeler, then pat them dry.
2. Mix shrimp with garlic, lemon juice, broth, red pepper flakes, parsley, and black pepper.
3. Oil the air fryer basket, place zucchini ribbons around the edges, and marinate shrimp in the center. Air fry at 375°F (190°C) for 6-8 minutes, shaking halfway for even cooking. This method ensures tender shrimp and soft zucchini without heavy butter.

NUTRITIONAL INFO (PER SERVING):

Calories: 175 kcal | Fats: 4g
 Cholesterol: 160mg | Sodium: 320mg
 Carbohydrates: 9g | Fiber: 3g
 Sugars: 4g | Protein: 24g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



10 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 245

Protein: 32g

Carbs: 11g

Fats: 4g

Fiber: 2g

Cholesterol: 55mg

Sodium: 380mg

Sugars: 8g

AIR-FRIED TERIYAKI GLAZED SEA BREAM WITH PAK CHOI

INGREDIENTS

- 2 (5 oz / 150g each) skinless sea bream fillets
- 2 small heads (6 oz / 170g total) baby pak choi, halved lengthwise
- 2 tbsp (30ml) low-sodium soy sauce
- 1 tbsp (15ml) pure maple syrup
- 1 tbsp (15ml) rice vinegar
- 1 tsp (5g) fresh ginger, finely grated
- 1 clove (3g) fresh garlic, minced

DIRECTIONS

1. Whisk together low-sodium soy sauce, maple syrup, rice vinegar, grated ginger, and minced garlic to make a teriyaki glaze.
2. Brush half the glaze onto the sea bream fillets and let them rest for 5 minutes.
3. Mist the air fryer basket with olive oil, place fillets on one side, and halved pak choi on the other.
4. Drizzle the remaining glaze over both, then air-fry until the fish is opaque and the pak choi is tender-crisp.
5. Cook at 375°F (190°C) for 8-10 minutes for optimal caramelization and protection of fish proteins.

SUBSTITUTION TIPS:

Substitute baby pak choi with regular pak choi, spinach (add in the last 2–3 minutes), kale leaves, or tenderstem broccoli.

Swap the protein: Substitute the sea bream with an equal weight of wild-caught cod or halibut for another excellent, lean, liver-friendly white fish option.

For a lower-sugar option, reduce the maple syrup slightly and add a splash of orange juice for natural sweetness.

For extra flavor: Add a pinch of chili flakes, sesame seeds, or a small drizzle of toasted sesame oil after cooking.



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

AIR-FRIED TUNA PATTIES

INGREDIENTS

- 1 can (5 oz / 140g) tuna in water, drained
- 1 large egg white
- 1/4 cup (20g) whole-wheat breadcrumbs
- 1 tbsp (15ml) lemon juice
- 1 tbsp (4g) fresh parsley, chopped
- 1/2 tsp (1.5g) garlic powder
- 1/2 tsp (1g) onion powder
- 1/4 tsp (0.5g) smoked paprika
- Salt and black pepper to taste
- 1 tsp (5ml) olive oil

DIRECTIONS

1. In a bowl, flake the drained tuna with a fork until finely broken up.
2. Add egg white, breadcrumbs, lemon juice, parsley, garlic powder, onion powder, paprika, salt, and pepper. Mix until a firm mixture forms.
3. Divide into 4 equal portions and shape into small patties.
4. Lightly spray patties with olive oil.
5. Preheat air fryer to 375°F (190°C) for 3 minutes. Place patties in a single layer in the air fryer basket.
6. Air fry for 10–12 minutes, flipping halfway, until golden and firm.

NUTRITIONAL INFO (PER SERVING):

Calories: 185 kcal | Fats: 6g
 Cholesterol: 35mg | Sodium: 300mg
 Carbohydrates: 8g | Fiber: 2g
 Sugars: 1g | Protein: 24g



PREP TIME



15 MIN

YIELD



2 SERVINGS

COOKING TIME



10 MIN

AIR FRYER LEMONGRASS THAI FISH CAKES

INGREDIENTS

- 8 oz (225g) skinless, lean white fish fillet (such as cod or haddock), cut into chunks
- 1 tbsp (8g) fresh lemongrass, very finely minced
- 1 tbsp (15g) Thai red curry paste (check label for low sugar/oil)
- 1/4 cup (15g) fresh cilantro (coriander), roughly chopped
- 1 large (30g) egg white
- 1 tbsp (8g) oat flour
- 1 tbsp (15ml) fresh lime juice
- 1/4 cup (30g) green beans, very thinly sliced

DIRECTIONS

1. Blend white fish, lemongrass, red curry paste, cilantro, egg white, oat flour, and lime juice in a food processor until chunky.
2. Mix in the sliced green beans, then shape into 4 patties.
3. Preheat air fryer to 375°F (190°C) for 3 minutes, coat the basket with olive oil, place patties in a single layer, and air fry for 8 to 10 minutes, flipping halfway for even cooking.

NUTRITIONAL INFO (PER SERVING):

Calories: 185 kcal | Fats: 3g
 Cholesterol: 50mg | Sodium: 290mg
 Carbohydrates: 8g | Fiber: 2g
 Sugars: 1g | Protein: 28g

LEAN POULTRY & MEAT



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 265

Protein: 34g

Carbs: 6g

Fats: 11g

Fiber: 3g

Cholesterol: 73mg

Sodium: 210mg

Sugars: 1g

AIR-FRIED ALMOND-CRUSTED CHICKEN TENDERS (FAKEAWAY STYLE)

INGREDIENTS

- 1/2 lb (225g) raw chicken breast tenders
- 1/2 cup (50g) almond flour
- 2 large (60ml) egg whites
- 1 tbsp (15g) Dijon mustard
- 1 tsp (3g) garlic powder
- 1 tsp (3g) smoked paprika
- 1/2 tsp (1g) dried oregano

DIRECTIONS

1. Pat chicken breast tenders dry, then coat with Dijon mustard, salt, and pepper.
2. Whisk egg whites in one dish; mix almond flour, garlic powder, smoked paprika, and oregano in another.
3. Dip chicken in egg whites, then press into the almond flour mixture for an even coating.
4. Mist the air fryer basket with olive oil, then place the tenders in a single layer.
5. Air fry at 380°F (190°C) for 10-12 minutes, flipping halfway and misting dry spots with olive oil for a golden, crunchy finish.

SUBSTITUTION TIPS:

Substitute chicken breast tenders with sliced chicken breast, turkey breast strips, or pork tenderloin cut into strips. Adjust cooking time if pieces are thicker.

Replace almond flour with whole-wheat panko breadcrumbs, oat flour, or crushed whole-grain crackers. For a nut-free option, use sunflower seed flour.

For Extra Crunch: Mix 1-2 tbsp grated Parmesan into the coating (if dairy is suitable).

Serving Suggestion: Pair with homemade Greek yogurt ranch, honey-mustard yogurt dip, or fresh salsa alongside a green salad or roasted vegetables for a balanced, liver-friendly meal.



PREP TIME



15 MIN

YIELD



2 SERVINGS

COOKING TIME



8 MIN

AIR FRYER LEAN BEEF AND BELL PEPPER SKEWERS

INGREDIENTS

- 8 oz (225g) lean beef sirloin, cut into 1-inch cubes
- 1 medium (120g) red bell pepper, cut into 1-inch chunks
- 1 small (100g) red onion, cut into 1-inch chunks
- 2 tbsp (30ml) soy sauce
- 1 tbsp (15ml) apple cider vinegar
- 1 tsp (3g) garlic powder
- 1/2 tsp (1g) dried oregano

DIRECTIONS

1. Whisk reduced-sodium soy sauce, apple cider vinegar, garlic powder, and dried oregano to make a marinade.
2. Marinate lean beef cubes for 10 minutes.
3. Thread beef, red bell pepper, and red onion onto skewers.
4. Spray skewers with olive oil, season with black pepper, and place in the air fryer.
5. Cook at 390°F (200°C) for 8 minutes, flipping halfway, to sear beef and crisp vegetables.

NUTRITIONAL INFO (PER SERVING):

Calories: 210 kcal | Fats: 7g
 Cholesterol: 55mg | Sodium: 310mg
 Carbohydrates: 9g | Fiber: 2g
 Sugars: 4g | Protein: 26g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

LEMON-PEPPER TURKEY & SPINACH MEATBALLS

INGREDIENTS

- 8 oz (225g) 99% lean ground turkey
- 1 cup (30g) fresh baby spinach, finely chopped
- 1/4 cup (25g) whole wheat panko breadcrumbs
- 1 large egg white (30g)
- 2 tbsp (30ml) fresh lemon juice
- 1 tbsp (6g) fresh lemon zest
- 2 cloves (6g) garlic, minced

DIRECTIONS

1. In a bowl, mix lean ground turkey, chopped spinach, breadcrumbs, egg white, lemon juice, lemon zest, minced garlic, black pepper, and salt. Form into 8 meatballs.
2. Lightly spray the air fryer basket with olive oil, then arrange the meatballs in a single layer.
3. Cook at 375°F (190°C) for 10 to 12 minutes, shaking halfway through, for a crunchy exterior and a tender interior without excess oil.

NUTRITIONAL INFO (PER SERVING):

Calories: 185 kcal | Fats: 4g
 Cholesterol: 55mg | Sodium: 280mg
 Carbohydrates: 10g | Fiber: 2g
 Sugars: 1g | Protein: 28g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



10 MIN

MOROCCAN SPICED LEAN LAMB KOFTAS

INGREDIENTS

- 1/2 lb (225g) extra-lean ground lamb
- 1/4 cup (40g) red onion, finely grated
- 2 tbsp (8g) fresh flat-leaf parsley, finely chopped
- 2 cloves garlic, minced (approx. 6g)
- 1 tsp (2g) ground cumin
- 1 tsp (2g) ground coriander
- 1/2 tsp (1g) ground cinnamon
- 1 tsp (2g) fresh lemon zest

DIRECTIONS

1. In a bowl, mix extra-lean ground lamb, grated red onion, parsley, garlic, cumin, coriander, cinnamon, lemon zest, salt, and pepper gently to avoid overworking the meat.
2. Divide the mixture into 4 portions and shape each around a skewer into 4-inch oval or log shapes, then mist with olive oil spray.
3. Preheat the air fryer to 375°F (190°C). Place the koftas in a single layer and air-fry for 9 to 11 minutes, turning halfway, until they reach 160°F (71°C) and develop a browned crust.

NUTRITIONAL INFO (PER SERVING):

Calories: 210 kcal | Fats: 8g

Cholesterol: 65mg | Sodium: 320mg

Carbohydrates: 4g | Fiber: 2g

Sugars: 1g | Protein: 26g



PREP TIME



15 MIN

YIELD



2 SERVINGS

COOKING TIME



18 MIN

MEDITERRANEAN FETA & KALE STUFFED CHICKEN BREAST

INGREDIENTS

- 2 (6 oz / 170g each) boneless, skinless chicken breasts
- 1 cup (30g) fresh kale, finely chopped
- 2 tbsp (20g) low-fat feta cheese, crumbled
- 1 tbsp (15g) dry-packed sun-dried tomatoes, finely chopped
- 1 tsp (1g) dried oregano
- 1 tsp (3g) fresh garlic, minced
- 1 tbsp (15ml) fresh lemon juice, plus 1/2 tsp lemon zest

DIRECTIONS

1. Slice pockets in chicken breasts and season with salt and pepper.
2. Combine kale, feta, sun-dried tomatoes, oregano, garlic, lemon juice, and zest. Stuff each pocket with the mixture, secure with toothpicks, and spray with olive oil.
3. Preheat the air fryer to 360°F (180°C) and cook for 16-18 minutes, flipping halfway, until the internal temperature reaches 165°F (74°C).

NUTRITIONAL INFO (PER SERVING):

Calories: 280 kcal | Fats: 8g

Cholesterol: 85mg | Sodium: 320mg

Carbohydrates: 4g | Fiber: 1g

Sugars: 1g | Protein: 45g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



24 MIN

AIR-FRIED GARLIC & PAPRIKA CHICKEN DRUMSTICKS

INGREDIENTS

- 4 medium bone-in chicken drumsticks (skin removed, approx. 1 lb / 450g)
- 1 tbsp (15ml) fresh lemon juice
- 1 tsp (5ml) extra-virgin olive oil
- 2 cloves (6g) garlic, minced
- 1 tsp (2g) smoked paprika
- 1 tsp (1g) dried oregano
- 1/2 tsp (1.5g) onion powder
- Salt and black pepper to taste

DIRECTIONS

1. Remove the skin from the chicken drumsticks and pat them dry.
2. Mix lemon juice, olive oil, garlic, smoked paprika, oregano, onion powder, salt, and pepper.
3. Coat the drumsticks in the mixture, then rest for 5 minutes while the air fryer preheats.
4. Preheat air fryer to 375°F (190°C) and arrange drumsticks in a single layer.
5. Air fry for 12 minutes, then turn and cook for another 10-12 minutes until browned and reaches 165°F (74°C).
6. Let rest for 3 minutes before serving.

NUTRITIONAL INFO (PER SERVING):

Calories: 235 kcal | Fats: 8.5g
 Cholesterol: 125mg | Sodium: 330mg
 Carbohydrates: 2g | Fiber: 0g
 Sugars: 0g | Protein: 35g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

AIR-FRIED LEAN TURKEY BURGERS WITH FRESH AVOCADO BUNS

INGREDIENTS

- 8 oz (225g) lean ground turkey
- 1/4 cup (15g) fresh parsley, finely chopped
- 1 tsp (3g) garlic powder
- 1 tsp (2g) onion powder
- 1 large (200g) firm Hass avocado, halved and pitted
- 1/2 cup (15g) fresh baby spinach
- 2 slices (30g) of large tomato

DIRECTIONS

1. In a mixing bowl, combine ground lean turkey with parsley, garlic powder, onion powder, salt, and pepper. Form into two tightly packed patties.
2. Mist the air fryer basket with olive oil, and cook the patties at 360°F (180°C) for 10-12 minutes, flipping halfway to ensure a safe internal temperature of 165°F (74°C) and prevent drying.
3. Peel avocado halves, slice a bit off the bottom to sit flat, and assemble with the avocado "bun," baby spinach, a tomato slice, and a turkey patty.

NUTRITIONAL INFO (PER SERVING):

Calories: 315 kcal | Fats: 18g
 Cholesterol: 55mg | Sodium: 210mg
 Carbohydrates: 10g | Fiber: 7g
 Sugars: 2g | Protein: 28g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



20 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 245

Protein: 32g

Carbs: 11g

Fats: 6g

Fiber: 0.5g

Cholesterol: 95mg

Sodium: 320mg

Sugars: 9g

BALSAMIC GLAZED AIR-FRIED CHICKEN DRUMSTICKS

INGREDIENTS

- 4 medium skinless chicken drumsticks, about 1 lb (450g)
- 3 tbsp (45ml) balsamic vinegar
- 1 tbsp (15ml) low-sodium soy sauce
- 1 tbsp (21g) honey
- 1 tsp (3g) garlic powder
- 1 tsp (2g) dried oregano
- 1 tbsp (4g) fresh minced parsley

DIRECTIONS

1. Whisk balsamic vinegar, soy sauce, honey, garlic powder, oregano, salt, and pepper in a bowl.
2. Toss skinless chicken drumsticks in the marinade and let them rest for 10 minutes.
3. Lightly coat the air fryer basket with olive oil spray, then arrange the drumsticks in a single layer, reserving the leftover marinade.
4. Cook in the air fryer, brushing with remaining marinade and flipping halfway for even coating.
5. Remove, garnish with minced parsley, and serve warm.
6. Set the air fryer to 380°F (190°C) and cook for 18 to 20 minutes for optimal glaze and tenderness.

SUBSTITUTION TIPS:

Substitute chicken drumsticks with chicken thighs, chicken wings, or boneless chicken breast chunks.

Substitute honey with monk fruit sweetener, stevia blend, or a small amount of maple syrup (use minimally for liver-friendly balance).

For Extra Flavor: Add smoked paprika, chili flakes, or a splash of lemon juice after cooking for brightness.

Serving Suggestion: Pair with steamed green beans, roasted cauliflower, or quinoa for a balanced liver-friendly meal.



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



15 MIN

CRISPY CITRUS DUCK BREAST (FAT-RENDERED METHOD)

INGREDIENTS

- 2 (6 oz / 170g) boneless duck breasts
- 1 medium orange (yielding 2 tbsp / 30ml juice and 1 tsp / 2g zest)
- 2 cloves garlic (minced / 6g)
- 1 sprig fresh rosemary (finely chopped / 2g)
- 1 tbsp (15ml) balsamic vinegar

DIRECTIONS

1. Score the skin of duck breasts in a crosshatch pattern, cutting only through the fat.
2. Whisk orange juice, zest, minced garlic, chopped rosemary, and balsamic vinegar in a bowl. Season the duck with salt and pepper, then rub with half the citrus glaze.
3. Place duck breasts skin-side up in a cold air fryer. Drain excess fat halfway through, then brush with the remaining glaze.
4. Start at 300°F (150°C) for 10 minutes to render fat, then increase to 400°F (200°C) for 4 to 6 minutes for crispy skin.

NUTRITIONAL INFO (PER SERVING):

Calories: 285 kcal | Fats: 14g
 Cholesterol: 80mg | Sodium: 320mg
 Carbohydrates: 4g | Fiber: 1g
 Sugars: 2g | Protein: 26g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



25 MIN

HERB-CRUSTED TURKEY BREAST WITH SAGE AND CRANBERRY

INGREDIENTS

- 12 oz (340g) boneless, skinless turkey breast tenderloin
- 1 tbsp (3g) fresh sage, finely chopped
- 2 cloves (6g) fresh garlic, minced
- 1 tsp (2g) fresh orange zest
- 1/2 cup (50g) fresh or frozen cranberries
- 1 tbsp (15ml) balsamic vinegar
- 1 tsp (5ml) pure maple syrup

DIRECTIONS

1. Mix minced garlic, chopped sage, orange zest, salt, pepper, and olive oil into an herb paste, then rub it onto the turkey breast.
2. Combine cranberries, balsamic vinegar, maple syrup, and water in an air-fryer-safe dish.
3. Place the turkey breast and cranberries in the air fryer basket.
4. Air fry at 360°F (180°C) for 22-25 minutes, flipping halfway, until the turkey reaches 165°F (74°C). Rest for 5 minutes before serving with cranberries for a juicy roast with a crispy crust.

NUTRITIONAL INFO (PER SERVING):

Calories: 210 kcal | Fats: 3g
 Cholesterol: 70mg | Sodium: 180mg
 Carbohydrates: 9g | Fiber: 2g
 Sugars: 5g | Protein: 36g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

GINGER GARLIC CHICKEN AND BROCCOLI STIR-FRY

INGREDIENTS

- 8 oz (225g) boneless, skinless chicken breast, cut into bite-sized cubes
- 2 cups (180g) fresh broccoli florets
- 2 tbsp (30ml) low-sodium tamari or soy sauce
- 1 tsp (5g) fresh ginger, finely grated
- 2 cloves (6g) fresh garlic, minced
- 1 tsp (3g) arrowroot powder
- 1/2 tsp (2.5ml) toasted sesame oil

DIRECTIONS

1. In a mixing bowl, combine cubed chicken, broccoli, tamari, ginger, garlic, arrowroot powder, sesame oil, and 1 tbsp olive oil. Toss until evenly coated.
2. Arrange the mixture in a single layer in the air fryer basket, cooking in batches if necessary.
3. Cook at 375°F (190°C) for 10 to 12 minutes, shaking the basket at the 6-minute mark to keep the chicken moist and achieve crisp broccoli.

NUTRITIONAL INFO (PER SERVING):

Calories: 245 kcal | Fats: 6g
 Cholesterol: 73mg | Sodium: 320mg
 Carbohydrates: 12g | Fiber: 4g
 Sugars: 3g | Protein: 34g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



18 MIN

HERB-CRUSTED AIR FRYER PORK TENDERLOIN

INGREDIENTS

- 8 oz (225g) extra-lean pork tenderloin
- 1 tbsp (15g) Dijon mustard
- 2 cloves (6g) fresh garlic, finely minced
- 1 tsp (1g) fresh rosemary, finely chopped
- 1 tsp (1g) fresh thyme, finely chopped
- 2 tbsp (14g) finely ground almond flour
- 1 tsp (2g) fresh lemon zest

DIRECTIONS

1. Pat the pork tenderloin dry and season with salt and pepper.
2. Mix together Dijon mustard, garlic, rosemary, thyme, almond flour, and lemon zest into a paste, then massage it onto the pork.
3. Preheat the air fryer to 380°F (190°C), mist the basket with olive oil, and cook the tenderloin for 15 to 18 minutes until the internal temperature reaches 145°F (63°C). Let it rest for 5 minutes before slicing.

NUTRITIONAL INFO (PER SERVING):

Calories: 180 kcal | Fats: 5g
 Cholesterol: 65mg | Sodium: 210mg
 Carbohydrates: 2g | Fiber: 1g
 Sugars: 0g | Protein: 26g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 165

Protein: 26g

Carbs: 6g

Fats: 3g

Fiber: 1g

Cholesterol: 73mg

Sodium: 140mg

Sugars: 0g

ZESTY CILANTRO-LIME BONELESS CHICKEN WINGS

INGREDIENTS

- 8 oz (225g) boneless, skinless chicken breast, cut into 1.5-inch chunks
- 1 tbsp (8g) arrowroot powder (or cornstarch)
- 1 tsp (3g) garlic powder
- 1/2 tsp (1g) ground cumin
- 1 tsp (2g) fresh lime zest
- 2 tbsp (30ml) fresh lime juice
- 1/4 cup (15g) fresh cilantro, finely chopped

DIRECTIONS

1. In a bowl, coat chicken chunks with arrowroot powder, garlic powder, cumin, salt, and pepper.
2. Mist the air fryer basket with olive oil, then arrange the chicken in a single layer.
3. Cook at 380°F (190°C) for 10-12 minutes, shaking the basket at 6 minutes for crispiness.
4. Transfer chicken to a bowl, add lime juice, zest, and cilantro, and toss well. Serve immediately.

SUBSTITUTION TIPS:

Chicken Breast: Substitute with chicken thighs, turkey breast, or pork tenderloin cut into chunks. Adjust cooking time if pieces are larger or fattier.

Arrowroot Powder: Replace with cornstarch, tapioca starch, or potato starch for a similar light, crisp coating.

For Extra Heat: Add chili flakes, cayenne pepper, or a dash of hot sauce after cooking.

Serving Suggestion: Serve with brown rice, quinoa, or cauliflower rice and a side of steamed vegetables for a balanced, liver-friendly meal.



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



15 MIN

SPICY BUFFALO TURKEY MEATLOAF MUFFINS

INGREDIENTS

- 8 oz (225g) lean ground turkey
- 1/4 cup (25g) rolled oats
- 2 tbsp (30ml) low-sodium buffalo sauce (divided)
- 1/4 cup (30g) finely diced celery
- 2 tbsp (20g) finely diced red onion
- 1 large egg white (30g)
- 1/2 tsp (2g) garlic powder

DIRECTIONS

1. In a bowl, mix ground turkey, oats, 1 tablespoon buffalo sauce, diced celery, red onion, egg white, and garlic powder until combined.
2. Shape the mixture into 4 meatloaf "muffins" and place in silicone cups or an air fryer basket. Brush with the remaining buffalo sauce.
3. Air fry at 350°F (175°C) for 13 to 15 minutes until internal temperature reaches 165°F (74°C) for moist, tender meatloaf with a spicy glaze.

NUTRITIONAL INFO (PER SERVING):

Calories: 185 kcal | Fats: 2g
 Cholesterol: 45mg | Sodium: 340mg
 Carbohydrates: 11g | Fiber: 2g
 Sugars: 1g | Protein: 28g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

AIR-FRIED GREEK CHICKEN GYRO STRIPS

INGREDIENTS

- 8 oz (225g) boneless, skinless chicken breast, sliced into thin strips
- 2 tbsp (30ml) fresh lemon juice
- 2 cloves (6g) garlic, minced
- 1 tsp (2g) dried oregano
- 1/4 cup (60g) non-fat Greek yogurt
- 1/2 cup (60g) diced cucumber
- 1 medium (60g) whole wheat pita bread, cut in half

DIRECTIONS

1. Marinate chicken strips in lemon juice, garlic, oregano, Greek yogurt, salt, and pepper for 10 minutes.
2. Spray the air fryer basket with olive oil, then arrange the chicken in a single layer.
3. Air fry at 375°F (190°C) for 10-12 minutes, shaking halfway through for a crispy crust.
4. Prepare tzatziki by mixing the remaining Greek yogurt, diced cucumber, olive oil, and pepper.
5. Serve chicken in a warm whole-wheat pita, topped with tzatziki.

NUTRITIONAL INFO (PER SERVING):

Calories: 245 kcal | Fats: 4g
 Cholesterol: 65mg | Sodium: 310mg
 Carbohydrates: 22g | Fiber: 4g
 Sugars: 3g | Protein: 31g



PREP TIME



15 MIN

YIELD



2 SERVINGS

COOKING TIME



8 MIN

CHICKEN SATAY WITH LOW-FAT COLD PEANUT SAUCE

INGREDIENTS

- 8 oz (225g) boneless, skinless chicken breast, cut into 1-inch cubes
- 2 tbsp (30ml) coconut aminos, divided
- 1 tbsp (15g) grated fresh ginger
- 1 tbsp (15ml) fresh lime juice
- 3 tbsp (24g) peanut butter powder
- 1 clove (3g) fresh garlic, minced
- 1/2 tsp (1.5g) ground turmeric

DIRECTIONS

1. In a mixing bowl, marinate cubed chicken breast with 1 tbsp coconut aminos, minced garlic, and ground turmeric. Thread onto skewers and let sit for 10 minutes.
2. Prepare the dipping sauce by whisking together peanut butter powder, the remaining coconut aminos, fresh ginger, lime juice, and 2-3 tbsp cold water until smooth. Chill in the refrigerator.
3. Mist the air fryer basket with olive oil and arrange the chicken skewers in a single layer.
4. Air fry at 380°F (190°C) for 7-8 minutes, flipping halfway through for even cooking.

NUTRITIONAL INFO (PER SERVING):

Calories: 165 kcal | Fat: 3g
 Cholesterol: 60mg | Sodium: 320mg
 Carbohydrates: 7g | Fiber: 2g
 Sugars: 3g | Protein: 28g



PREP TIME



15 MIN

YIELD



2 SERVINGS

COOKING TIME



14 MIN

TURKEY & SWEET POTATO SHEPHERD'S PIE BITES

INGREDIENTS

- 1/2 lb (225g) lean ground turkey
- 1 medium sweet potato, peeled and cubed (approx. 1 cup / 200g)
- 1/2 cup (75g) frozen mixed vegetables (peas and carrots)
- 1/4 cup (40g) finely diced yellow onion
- 1 tbsp (15g) tomato paste
- 2 tbsp (30ml) low-sodium chicken or vegetable broth
- 1/2 tsp (2g) garlic powder

DIRECTIONS

1. Boil or microwave cubed sweet potato for 6-8 minutes until tender, then drain, season, and mash until smooth.
2. In a bowl, mix ground turkey, frozen vegetables, diced onion, tomato paste, broth, garlic powder, and seasoning until just combined.
3. Coat 4 silicone muffin liners with olive oil, fill with turkey mixture, and top with mashed sweet potato.
4. Cook at 375°F (190°C) for 12-14 minutes, until the turkey reaches 165°F (74°C) and the sweet potato edges caramelize.

NUTRITIONAL INFO (PER SERVING):

Calories: 245 kcal | Fats: 3g
 Cholesterol: 45mg | Sodium: 180mg
 Carbohydrates: 25g | Fiber: 4g
 Sugars: 6g | Protein: 28g



PREP TIME



5 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 210

Protein: 34g

Carbs: 9g

Fats: 3.5g

Fiber: 0.5g

Cholesterol: 70mg

Sodium: 320mg

Sugars: 8g

AIR FRYER HONEY-MUSTARD GLAZED CHICKEN BREAST

INGREDIENTS

- 2 small (about 10 oz / 280g total) boneless, skinless chicken breasts
- 1 tbsp (15ml) honey
- 1 tbsp (15g) Dijon mustard
- 1 tsp (5g) whole grain mustard
- 1 tsp (5ml) raw apple cider vinegar
- 1/2 tsp (1.5g) garlic powder
- 1/2 tsp (1.5g) smoked paprika

DIRECTIONS

1. Pat chicken breasts dry and season with salt and pepper.
2. Whisk together honey, Dijon mustard, whole-grain mustard, apple cider vinegar, garlic powder, and smoked paprika until smooth.
3. Brush half the glaze on the chicken; set aside the rest.
4. Lightly oil the air fryer basket, then place the chicken breasts in a single layer.
5. Cook at 375°F (190°C) for 10-12 minutes, flipping halfway. Brush remaining glaze in the last 2 minutes. Ensure internal temperature reaches 165°F (74°C).

SUBSTITUTION TIPS:

For Extra Herbs: Add dried thyme, rosemary, or Italian seasoning to the glaze for additional depth.

For a Lower-Sugar Option: Reduce the honey slightly and add an extra teaspoon of Dijon mustard to maintain a flavorful glaze.

Serving Suggestion: Pair with roasted vegetables, steamed green beans, or a fresh mixed salad for a balanced, liver-friendly meal.



PREP TIME



15 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

QUAIL WITH TART POMEGRANATE GLAZE

INGREDIENTS

- 2 whole (10 oz / 280g) dressed quail
- 1/2 cup (120ml) 100% unsweetened pomegranate juice
- 1 tbsp (15ml) balsamic vinegar
- 1/2 tsp (2g) garlic powder
- 2 sprigs (2g) fresh thyme, leaves stripped
- 1 tsp (2g) fresh orange zest
- 1/2 tsp (1g) arrowroot powder

DIRECTIONS

1. In a small saucepan, combine pomegranate juice, balsamic vinegar, orange zest, and arrowroot powder. Simmer for 5-7 minutes until thickened, then remove from heat.
2. Dry the quail with paper towels, rub with olive oil, and season with garlic powder, thyme, salt, and pepper.
3. Preheat air fryer to 380°F (190°C). Air-fry the quail breast side up for 10-12 minutes, brushing with glaze at 6 minutes to achieve crisp skin without burning.
4. Let quail rest for 3 minutes before serving, drizzled with the remaining glaze.

NUTRITIONAL INFO (PER SERVING):

Calories: 245 kcal | Fats: 9g
 Cholesterol: 75mg | Sodium: 210mg
 Carbohydrates: 12g | Fiber: 1g
 Sugars: 9g | Protein: 28g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



8 MIN

SAVORY BEEF AND CREMINI MUSHROOM BITES

INGREDIENTS

- 8 oz (225g) extra-lean sirloin steak, cut into 1-inch cubes
- 1.5 cups (150g) cremini (baby bella) mushrooms, halved
- 2 cloves (6g) garlic, minced
- 1 tbsp (15ml) coconut aminos
- 1 tbsp (15ml) balsamic vinegar
- 2 tbsp (8g) fresh flat-leaf parsley, finely chopped

DIRECTIONS

1. In a mixing bowl, combine cubed extra-lean sirloin, halved cremini mushrooms, minced garlic, coconut aminos, balsamic vinegar, and black pepper. Toss and let sit for 5 minutes.
2. Lightly mist the air fryer basket with olive oil and add the marinated beef and mushrooms in a single layer.
3. Cook at 380°F (190°C) for 7 to 8 minutes, shaking the basket at 4 minutes for even cooking. Remove and toss with fresh parsley before serving.

NUTRITIONAL INFO (PER SERVING):

Calories: 215 kcal | Fats: 8g
 Cholesterol: 50mg | Sodium: 280mg
 Carbohydrates: 6g | Fiber: 1g
 Sugars: 3g | Protein: 27g



PREP TIME



5 MIN

YIELD



2 SERVINGS

COOKING TIME



22 MIN

CRISPY GARLIC-HERB CHICKEN THIGHS

INGREDIENTS

- 2 bone-in, skin-on chicken thighs (12 oz / 340g)
- 1 tbsp (15ml) fresh lemon juice
- 1 tsp (3g) garlic powder
- 1 tsp (1g) dried oregano
- 1 tsp (1g) dried thyme
- 1/2 tsp (3g) sea salt
- 1/4 tsp (1g) ground black pepper

DIRECTIONS

1. Pat the chicken thighs dry to ensure crispy skin.
2. Mix garlic powder, oregano, thyme, sea salt, and black pepper in a bowl.
3. Brush the chicken with lemon juice, then massage the spice blend into the skin.
4. Place the chicken, skin-side up, in the air fryer basket without overlapping.
5. Air fry at 380°F (190°C) for 20-22 minutes, until the internal temperature reaches 165°F (74°C) and the crust is crunchy and tender.

NUTRITIONAL INFO (PER SERVING):

Calories: 210 kcal | Fats: 11g
 Cholesterol: 95mg | Sodium: 280mg
 Carbohydrates: 2g | Fiber: 0.5g
 Sugars: 0g | Protein: 24g



PREP TIME



5 MIN

YIELD



2 SERVINGS

COOKING TIME



8 MIN

TURMERIC-SPICED TURKEY STRIPS FOR SALADS

INGREDIENTS

- 8 oz (225g) skinless turkey breast, cut into thin strips
- 1 tbsp (15ml) fresh lemon juice
- 1/2 tsp (1.5g) garlic powder
- 1/2 tsp (1.5g) ground turmeric
- 1/2 tsp (1.5g) smoked paprika
- 1/4 tsp (0.75g) ground cumin
- 1 tsp (5ml) olive oil
- 1/4 tsp (1.5g) sea salt
- 1/4 tsp (0.5g) ground black pepper

DIRECTIONS

1. Place sliced turkey breast strips in a medium bowl.
2. Add lemon juice, olive oil, garlic powder, turmeric, smoked paprika, cumin, salt, and pepper. Toss to coat evenly.
3. Preheat air fryer to 375°F (190°C). Arrange turkey strips in a single layer, ensuring airflow. Air fry for 6 to 8 minutes, shaking the basket at 4 minutes, until the turkey reaches 165°F (74°C) and is crunchy.

NUTRITIONAL INFO (PER SERVING):

Calories: 140 kcal | Fats: 2.5g
 Cholesterol: 50mg | Sodium: 120mg
 Carbohydrates: 2g | Fiber: 1g
 Sugars: 0g | Protein: 26g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 210

Protein: 24g

Carbs: 2g

Fats: 11g

Fiber: 0.5g

Cholesterol: 95mg

Sodium: 280mg

Sugars: 0g

LEAN CHICKEN SALTIMBOCCA WITH FRESH SAGE

INGREDIENTS

- 2 lean chicken breast cutlets, approx. 5 oz (140g) each
- 6 large fresh sage leaves (approx. 2g)
- 2 slices lean smoked ham, approx. 1 oz (28g) total
- 1 tbsp (15ml) fresh lemon juice
- 1 tbsp (8g) arrowroot powder
- 1/2 tsp (2g) garlic powder

DIRECTIONS

1. Pound the chicken cutlets to 1/4-inch thickness and season with garlic powder, black pepper, and arrowroot powder to retain moisture.
2. Place 3 sage leaves on each cutlet, top with a slice of lean ham, and secure with a toothpick if needed.
3. Mist with olive oil and arrange in the air fryer basket in a single layer.
4. Halfway through cooking, drizzle lemon juice on top to enhance flavor and tenderness.
5. Cook at 375°F (190°C) for 10-12 minutes, without flipping, to ensure the ham crisps and the juices are sealed in.

SUBSTITUTION TIPS:

Substitute Chicken Breast Cutlets with turkey breast cutlets or thinly sliced pork loin.

Fresh Sage Leaves: Replace with fresh basil, thyme, rosemary, or oregano for a different herb profile. If using dried sage, use about 1 tsp total.

Lean Smoked Ham: Substitute with turkey ham, prosciutto (use sparingly due to its sodium content), or omit for a lower-sodium version.

Arrowroot Powder: Replace with cornstarch, tapioca starch, or omit (though coating helps retain moisture and texture).

Serving Suggestion: Pair with roasted vegetables, green beans, or a simple arugula (rocket) salad with lemon dressing for a complete liver-friendly meal.

LOW-FAT COMFORT DESSERTS



PREP TIME



5 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 205
Protein: 5g
Carbs: 26g
Fats: 9g
Fiber: 8g
Cholesterol: 0mg
Sodium: 5mg
Sugars: 14g

AIR-FRIED ANTIOXIDANT MIXED BERRY CRUMBLE

INGREDIENTS

- 1.5 cups (225g) mixed berries (fresh, or frozen and thawed)
- 1 tbsp (15ml) fresh lemon juice
- 1 tbsp (15ml) pure maple syrup
- 1 tbsp (12g) chia seeds
- 1/4 cup (25g) blanched almond flour
- 2 tbsp (12g) rolled oats
- 1/2 tsp (1g) ground cinnamon
- 1 tbsp (15g) unsweetened applesauce

DIRECTIONS

1. Toss mixed berries with lemon juice, maple syrup, and chia seeds in a bowl; let sit for 3 minutes.
2. Divide the mixture into two heat-safe ramekins for the air fryer.
3. In another bowl, mix almond flour, rolled oats, cinnamon, and applesauce, then mash until a coarse crumble forms.
4. Sprinkle the crumble over the berries in ramekins.
5. Preheat air fryer to 320°F (160°C) and cook for 10-12 minutes for a crisp topping and softened berries.

SUBSTITUTION TIPS:

Replace applesauce with mashed ripe banana or pumpkin purée for natural sweetness.

For Extra Crunch: Sprinkle the topping with chopped walnuts, pecans, or sliced almonds before air frying.

Serving Suggestion: Enjoy warm on its own or with a spoonful of nonfat Greek yogurt or low-fat vanilla yogurt for extra protein.

Use any combination of blueberries, strawberries, raspberries, blackberries, or cherries. Diced peaches, plums, or apples also work well.

Substitute almond flour with oat flour or finely ground rolled oats. For a nut-free option, use sunflower seed flour.



PREP TIME



5 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 115

Protein: 1g

Carbs: 25g

Fats: 2g

Fiber: 6g

Cholesterol: 0mg

Sodium: 2mg

Sugars: 16g

SPICED AIR-FRIED PEARS WITH GINGER AND CINNAMON

INGREDIENTS

- 2 medium Bosc or Anjou pears (approx. 12 oz / 340g total)
- 1 tsp (2g) ground cinnamon
- 1/2 tsp (1g) ground ginger
- 1 tbsp (15ml) pure maple syrup
- 1/2 tsp (2.5ml) pure vanilla extract
- 1 tbsp (8g) roughly chopped walnuts

DIRECTIONS

1. Wash and halve the pears, removing the core and seeds.
2. Whisk maple syrup, vanilla, cinnamon, and ginger in a bowl to create a glaze.
3. Mist the cut sides of the pears with olive oil, then brush them with the glaze; fill the centers with chopped walnuts.
4. Place the pear halves, cut-side up, in the air fryer basket, leaving space between them.
5. Air fry at 350°F (175°C) for 10-12 minutes, checking at 8 minutes to avoid burning.

SUBSTITUTION TIPS:

For extra protein, serve the warm pears over a spoon of nonfat Greek yogurt, skyr, or low-fat cottage cheese.

For Extra Fiber Boost: Sprinkle chia seeds or ground flaxseed over the finished pears. Substitute pears with apples (Honeycrisp, Gala, or Fuji), peaches, or firm nectarines. Adjust cooking time slightly for softer fruits.

Use pumpkin pie spice or apple pie spice for a warmer, blended flavor.



PREP TIME



5 MIN

YIELD



2 SERVINGS

COOKING TIME



6 MIN

BALSAMIC FIGS WITH LOW-FAT RICOTTA

INGREDIENTS

- 6 medium fresh figs (300g)
- 1 tbsp (15ml) balsamic vinegar
- 1/4 tsp (0.5g) ground cinnamon
- 1/4 cup (60g) low-fat ricotta cheese
- 1 tsp (5ml) honey
- 1 tbsp (8g) chopped walnuts

DIRECTIONS

1. Wash and dry the fresh figs, trim the stems, and cut a deep cross on the top.
2. Drizzle balsamic vinegar into each fig, sprinkle with cinnamon, and place in the air fryer.
3. Air fry at 350°F (175°C) for 6 minutes to caramelize sugars and blister the skin. Remove, fill with low-fat ricotta, drizzle with honey, and add walnuts before serving.

NUTRITIONAL INFO (PER SERVING):

Calories: 110 kcal | Fats: 2.5g
 Cholesterol: 5mg | Sodium: 45mg
 Carbohydrates: 20g | Fiber: 3g
 Sugars: 15g | Protein: 4g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



12 MIN

WHOLE-GRAIN BANANA BREAD BITES

INGREDIENTS

- 1 medium (115g) overly ripe banana, heavily mashed
- 1/2 cup (60g) whole wheat flour
- 2 tbsp (30g) unsweetened applesauce
- 1 tbsp (15ml) pure maple syrup
- 1/2 tsp (2.5ml) vanilla extract
- 1/2 tsp (2g) baking powder
- 1/2 tsp (1g) ground cinnamon

DIRECTIONS

1. In a bowl, mix mashed banana, applesauce, maple syrup, and vanilla until smooth.
2. Gently fold in whole wheat flour, baking powder, cinnamon, and a pinch of salt until no dry flour remains.
3. Divide the batter into 4 to 6 greased mini muffin liners, filling each three-quarters full.
4. Preheat the air fryer to 320°F (160°C) and cook for 10-12 minutes to ensure even cooking without burning.

NUTRITIONAL INFO (PER SERVING):

Calories: 155 kcal | Fats: 1.0g
 Cholesterol: 0mg | Sodium: 85mg
 Carbohydrates: 34g | Fiber: 4.5g
 Sugars: 13g | Protein: 4g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



15 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 45

Protein: 4g

Carbs: 6g

Fats: 0.5g

Fiber: 2g

Cholesterol: 0mg

Sodium: 90mg

Sugars: 2g

AIR-FRIED LOW-SUGAR PUMPKIN CUSTARD CUPS

INGREDIENTS

- 1/2 cup (120g) 100% pure pumpkin puree (not pie filling)
- 1/2 cup (120ml) unsweetened almond milk
- 2 large (60g) egg whites
- 1 tbsp (12g) granulated monk fruit sweetener or stevia blend
- 1 tsp (2g) pumpkin pie spice
- 1/2 tsp (2.5ml) vanilla extract

DIRECTIONS

1. Whisk together pumpkin puree, almond milk, egg whites, monk fruit sweetener, pumpkin pie spice, and vanilla extract until smooth.
2. Lightly spray two 4-ounce ramekins with olive oil.
3. Divide the pumpkin mixture between the ramekins.
4. Place the filled ramekins in the air fryer basket flat.
5. Set the air fryer to 300°F (150°C) and cook for 12 to 15 minutes, ensuring a silky texture without curdling. Remove when edges are firm and the center slightly jiggles.

SUBSTITUTION TIPS:

Substitute pumpkin purée with mashed sweet potato or butternut squash purée for a similar creamy texture and natural sweetness.

Use 1 whole egg plus 1 extra egg white for a richer custard, or replace with a flax egg (note: texture will be softer and less custard-like).

Substitute monk fruit with erythritol, a stevia blend, or a small amount of sugar.

Pumpkin Pie Spice: Use a mix of cinnamon, nutmeg, ginger, and cloves (or apple pie spice as an alternative).



PREP TIME



10 MIN

YIELD



8-10 BITES

COOKING TIME



12 MIN

NUTRITIONAL INFO

(PER 2 BITES):

Calories: 150

Protein: 7g

Carbohydrates: 20g

Fat: 4g

Fiber: 5g

Cholesterol: 0mg

Sodium: 90mg

Sugars: 6g

AIR-FRIED CHOCOLATE CHICKPEA BROWNIE BITES

INGREDIENTS

- 1 can (15 oz / 425g) chickpeas, rinsed and drained well
- 2 tbsp (10g) unsweetened cocoa powder
- 2 tbsp (30g) unsweetened applesauce
- 1 large egg white (30g)
- 1/2 tsp (2.5ml) vanilla extract
- 1/2 tsp (1g) baking powder
- 1 tbsp (10g) almond flour
- 1/4 tsp (0.5g) cinnamon
- Pinch of sea salt
- Optional: 1 tbsp (15g) dark chocolate chips

DIRECTIONS

1. Add chickpeas, cocoa powder, applesauce, egg white, vanilla, baking powder, almond flour, cinnamon, and salt to a food processor.
2. Blend until completely smooth and thick, scraping down the sides as needed.
3. Spoon or scoop the mixture into 8-10 small bite-sized portions, then shape into balls or mini patties.
4. Lightly spray the air fryer basket or line it with parchment paper.
5. Preheat air fryer to 350°F (175°C) for 3 minutes.
6. Place brownie bites in a single layer.
7. Air fry for 10-12 minutes, until the outside is set and the center is slightly soft.
8. Cool for 5 minutes before serving (they firm up as they rest).

SUBSTITUTION TIPS:

Replace chickpeas with white beans or cannellini beans for a milder taste.

Replace egg white with flax egg (1 tbsp flax + 2.5 tbsp water).

Use carob powder for a caffeine-free option.

Substitute almond flour with ground flaxseed or sunflower seed flour

Replace chocolate chips with chopped walnuts, or omit them for a lower-sugar option.



PREP TIME



5 MIN



2 SERVINGS

COOKING TIME



10 MIN

AIR-FRIED CHILI LIME MANGO SLICES

INGREDIENTS

- 1 large (330g) ripe but firm mango
- 1 tbsp (15ml) fresh lime juice
- 1/2 tsp (1g) chili powder
- 1/4 tsp (0.5g) smoked paprika
- 1 tsp (2g) lime zest

DIRECTIONS

1. Peel the mango and cut it into 1/2-inch strips.
2. Toss mango slices with lime juice, lime zest, chili powder, smoked paprika, and a pinch of sea salt in a bowl.
3. Mist the air fryer basket with olive oil, arrange slices in a single layer, and air fry at 350°F (175°C) for 8 to 10 minutes, flipping halfway for a tender-crisp texture.

NUTRITIONAL INFO (PER SERVING):

Calories: 105 kcal | Fats: 0.5g
 Cholesterol: 0mg | Sodium: 140mg
 Carbohydrates: 26g | Fiber: 3g
 Sugars: 23g | Protein: 1g



PREP TIME



10 MIN



2 SERVINGS

COOKING TIME



10 MIN

AIR-FRIED YOGURT CHEESECAKE CUPS

INGREDIENTS

- 3/4 cup (180g) nonfat Greek yogurt
- 1 large egg white (30g)
- 1–2 tsp (3–6g) monk fruit sweetener or stevia blend
- 1/2 tsp (2.5ml) vanilla extract
- 1 tsp (5g) cornstarch or arrowroot powder
- 1/2 tsp (1g) lemon zest
- 1 tbsp (15g) mixed berries (optional topping)

DIRECTIONS

1. In a bowl, whisk Greek yogurt, egg white, sweetener, vanilla, cornstarch, and lemon zest until completely smooth.
2. Lightly grease two 4oz (120ml) ramekins with olive oil spray. Divide the mixture evenly between ramekins.
3. Preheat air fryer to 300°F (150°C) for 3 minutes.
4. Place ramekins in the air fryer basket and cook for 10–12 minutes, until the edges are set and the centers are slightly jiggly.
5. Remove and cool for 10 minutes, then refrigerate for a firmer cheesecake texture.
6. Top with fresh berries before serving.

NUTRITIONAL INFO (PER SERVING):

Calories: 115 kcal | Fats: 3.5g
 Cholesterol: 0mg | Sodium: 1mg
 Carbohydrates: 18g | Fiber: 3g
 Sugars: 14g | Protein: 2.5g



PREP TIME



10 MIN

YIELD



2 SERVINGS

COOKING TIME



8 MIN

NUTRITIONAL INFO (PER SERVING):

Calories: 145

Protein: 5g

Carbs: 18g

Fats: 6g

Fiber: 4g

Cholesterol: 93mg

Sodium: 85mg

Sugars: 7g

AIR-FRIED MINI COCOA & AVOCADO BROWNIE BITES

INGREDIENTS

- 1/4 cup (55g) mashed ripe avocado
- 2 tbsp (10g) unsweetened cocoa powder
- 2 tbsp (30ml) pure maple syrup
- 1 large egg (50g)
- 1/4 cup (30g) oat flour
- 1/2 tsp (2g) baking powder
- 1/2 tsp (2.5ml) vanilla extract

DIRECTIONS

1. Whisk mashed avocado, maple syrup, egg, and vanilla in a bowl until smooth.
2. Gently fold in cocoa powder, oat flour, baking powder, and salt until a thick batter forms.
3. Divide the batter among 4 to 6 oiled silicone mini muffin liners, filling each three-quarters full.
4. Place the liners in the air fryer basket, spacing them for air circulation.
5. Air fry at 320°F (160°C) for 8 to 10 minutes, checking for moist crumbs with a toothpick at 8 minutes for a fudgy center.

SUBSTITUTION TIPS:

Replace with mashed ripe banana (sweeter, softer texture) or pumpkin purée (more neutral, higher fiber).

Use monk fruit sweetener, stevia blend, erythritol, or allulose for a low-sugar option. Substitute egg(whole) with 1 egg white for lower fat, or a flax egg (1 tbsp ground flax + 2.5 tbsp water) for an egg-free version (texture will be slightly denser).

Substitute oat flour with almond flour (lower carb), whole-wheat flour, or sunflower seed flour for a nut-free option.

INTRODUCTION TO YOUR 4-WEEK LIVER SUPPORT MEAL PLAN

Welcome to your comprehensive, 28-day roadmap to revitalizing your liver and reclaiming your health. Transitioning to a diet that supports fatty liver recovery can initially feel overwhelming. You might be worried about saying goodbye to the comforting, crispy textures you love or about being stuck with bland, uninspiring meals.

That is exactly why this meal plan was created, with your air fryer at its center. By utilizing rapid air circulation technology, you can enjoy golden, satisfying dishes using only a fraction of the oil. This 4-week guide takes all the daily guesswork out of your transition. Every breakfast, lunch, dinner, and snack has been thoughtfully scheduled to provide your body with lean proteins, abundant fiber, and essential antioxidants, all while keeping saturated fats and sodium to an absolute minimum.

This is not a restrictive, short-term diet; it is a sustainable, enjoyable lifestyle shift. By following this plan, you will naturally reduce hepatic inflammation, support your body's detoxification pathways, and learn exactly how to balance your plate for long-term vitality.

How to Use This Meal Plan

To make this journey as seamless, practical, and sustainable as possible, keep the following core strategies in mind as you navigate the next four weeks:

The Balanced Air Fryer Approach

While this is an air fryer cookbook, asking you to use, wash, and dry your appliance for every single meal is highly impractical. It will quickly lead to "appliance fatigue." To save you time and provide your liver with the raw hydration it needs, this plan intentionally balances warm, crispy air-fried mains with fresh, vibrant, no-cook sides. You will typically use your air fryer once or twice a day—usually for dinner and a warm snack—while relying on fresh salads and whole foods to round out your daily intake.



Embrace "No-Cook" Breakfasts and Snacks

Your liver thrives on raw, water-rich foods and soluble fiber. To give your air fryer a break, this meal plan heavily incorporates quick, zero-cook options for your mornings and snacks. You will find hydrating smoothies, fiber-dense oats, chia puddings, and fresh salads. These options are lightning-fast to prepare and provide the raw enzymes your body needs to flush out toxins efficiently.



Bonus Resources for Your Recovery Journey

No-Cook Meals & Snacks for Fatty Liver Recovery

When fatigue sets in or your schedule is packed, protecting your liver shouldn't mean spending hours in the kitchen. This exclusive guide delivers instant, liver-nourishing relief. Discover refreshing, fiber-rich options. Each recipe is expertly crafted to keep your metabolism steady, inflammation low, and your taste buds satisfied—all in 10 minutes or less.



The Liver Flush Smoothie Guide

Hydration and targeted nutrients are the ultimate catalysts for hepatic healing. This vibrant guide is packed with easy-to-blend smoothies specifically formulated to reduce oxidative stress. These delicious, prep-friendly drinks make supporting your liver's natural detox pathways effortless and delicious.



Cook in Advance (The "Cook Once, Eat Twice" Rule)

We have strategically designed your lunches to reduce your daily cooking time. You will frequently be instructed to air-fry a double batch of your lean dinner proteins, such as Lemon-Herb Salmon or Turkey Meatball Bites. You will enjoy them warm for dinner and then use the chilled leftovers the very next day over a large, leafy green salad or tucked into a whole-grain wrap for lunch. Batch cooking is the ultimate secret to staying consistent on busy weekdays.



Smart Substitutions for Ultimate Flexibility

This meal plan is a flexible framework, not a rigid rulebook. If a specific ingredient does not fit your taste, budget, or local grocery store's seasonal availability, you are encouraged to swap it out. *Don't like broccoli?* Swap it for air-fried asparagus or green beans. *Can't find ground turkey?* Extra-lean ground chicken works perfectly. *Need more flavor?* Always feel free to increase the fresh herbs, garlic, ginger, and citrus juices. These are "free" flavor enhancers that actively aid in liver repair.

Eating with Your Family

One of the hardest parts of any dietary change is feeling isolated at the dinner table. The recipes in this plan—from crispy sweet potato fries to almond-crusted chicken tenders—are universally comforting. A liver-friendly diet is simply a wholesome, anti-inflammatory diet. You will not need to act as a short-order cook, preparing a "diet meal" for yourself and something else for your family. These air-fried meals are designed to be served to, and loved by, the entire household.

A Note on Caloric Needs & Customizing Your Portions

This 28-day meal plan is designed as a highly effective, nutrient-dense baseline. However, it is not a rigid, one-size-fits-all straitjacket. Listen to your body and adjust your intake using these simple, liver-friendly guidelines:

If You Need to Scale Down (If your primary goal is weight loss):

- Skip the snacks: They're completely optional. Skipping them gives your digestive system a break and helps keep your insulin levels low between meals, which encourages your body to burn stored fat.
- Reduce the complex carbs: Shrink your portions of oats, quinoa, or sweet potatoes by about half.
- Load up on greens: If you reduce carbs but still feel hungry, fill that empty space on your plate with extra leafy greens or non-starchy vegetables like broccoli or asparagus.

If You Need to Scale Up (For Maintenance or High Activity):

- Double up on lean protein: Add an extra few ounces of chicken, fish, turkey, or tofu to your main meals to keep you satiated.
- Increase healthy fats slightly: Add an extra half of a fresh avocado to your salad, or mix an extra spoonful of chia seeds or walnuts into your morning smoothie.
- Enjoy the snacks: Make the most of the daily snacks included in the meal plan to keep your energy levels steady throughout the day.

The Golden Rule: Never force yourself to finish a plate if you are comfortably full, and never starve yourself if you are genuinely hungry. Your body is smart—feed it the right ingredients, and it will do the heavy lifting of healing.



BONUS PRO AIR FRYER LIFEHACKS FOR EASY, LIVER-FRIENDLY COOKING

Mastering your air fryer is the ultimate secret weapon for reversing fatty liver disease without sacrificing the comforting textures of your favorite foods. Implement these kitchen hacks to save time, optimize flavor, and keep fats to an absolute minimum:

1. **Invest in a High-Quality Oil Mister:** Avoid commercial cooking sprays that contain chemical propellants, which can damage your air fryer basket's non-stick coating. Instead, fill a reusable pump mister with extra-virgin olive oil or avocado oil to apply a micro-measured, lightweight mist to your vegetables and proteins.
2. **The Perforated Parchment Paper Trick:** Clean-up can be a chore, but using air-fryer-specific perforated parchment liners keeps delicate fish cakes, scones, or tofu bites from sticking without blocking the essential cyclonic hot air flow.
3. **Preheating is Non-Negotiable:** To get that authentic, deep-fried crunch using zero oil, always preheat your air fryer for 3 to 5 minutes before adding your ingredients. This flash-sears the exterior of lean meats, locking in juices so they stay tender rather than drying out.
4. **The Water Hack for Smoky Foods:** When air frying slightly fattier lean proteins (like skinless chicken thighs or low-fat turkey sausage), add 2 tablespoons of water to the bottom drawer beneath the frying basket. This prevents dripping juices from smoking or burning, keeping your kitchen clean and your food tasting pure.
5. **Perfect Slurries for Low-Fat Breading:** Traditional frying uses heavy flour and egg washes. For a liver-friendly substitute, dip your proteins (like shrimp or cod strips) into a light arrowroot or cornstarch slurry mixed with liquid egg whites, then roll them in whole-wheat panko. This creates a shatteringly crisp shell with minimal glycemic impact.
6. **Revitalize Leftovers Fast:** Popping leftover fritters, stuffed peppers, or roasted root vegetables back into the air fryer at 360°F (180°C) for 3 to 4 minutes restores their original crispy texture instantly without requiring any extra oil.

Are you ready to take the first step toward a healthier liver and a more vibrant, energized you? Let's turn to Week 1 and get cooking!

WEEK 1 MEAL PLAN


	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snack</i>
MONDAY	Blueberry-Ginger Smoothie (smoothie recipes, p.3)	Mango-Lime Black Bean Quinoa Bowl (no cook recipes, p.14)	Lemon-Herb Air Fryer Salmon with Asparagus (Serves 2; save half for tomorrow), p.54	Crunchy Carrot Hummus Snack Plate (no cook recipes, p.8)
TUESDAY	Apple-Cinnamon Walnut Yogurt Bowl (no cook recipes, p.6)	Leftover Lemon-Herb Air Fryer Salmon with Asparagus p.54	Air-Fried Lean Turkey And Cranberry Meatball Bites (Serves 2; save half), p.31	Air-Fried Everything Bagel Radish Chips, p.30
WEDNESDAY	Sunrise Carrot-Orange Oat Smoothie (smoothie recipes, p.5)	Leftover Air-Fried Lean Turkey And Cranberry Meatball Bites , p.31	Air Fryer Mediterranean Chickpea Stuffed Zucchini Boats (Serves 2; save half), p.36	Tomato-Basil White Bean Spoon Dip (no cook recipes, p.11)
THURSDAY	Blueberry Almond Oat Energy Bites (no cook recipes, p.7)	Leftover Air Fryer Mediterranean Chickpea Stuffed Zucchini Boats, p.36	Air-Fried Pesto-Crusted Cod with Roasted Tomatoes (Serves 2; save half), p.56	Creamy Avocado White Bean Lettuce Cups (no cook recipes, p.4)
FRIDAY	Pear-Pistachio Overnight Oat Cup (no cook recipes, p.12)	Leftover Air-Fried Pesto-Crusted Cod with Roasted Tomatoes, p.56	Air-Fried Crispy Portobello Mushroom Burgers (Serves 2; save half), p.53	Cucumber-Pear Lime Fiber Cooler (smoothie recipes, p.4)
SATURDAY	Creamy Pumpkin-Pear Spice Smoothie (smoothie recipes, p.6)	Leftover Air-Fried Crispy Portobello Mushroom Burgers, p.53	Air-Fried Almond-Crusted Chicken Tenders (Serves 2; save half), p.66	Air-Fried Herb-Stuffed Mini Sweet Peppers, p.30
SUNDAY	Air-Fried Sourdough Breakfast Toasts with Roasted Tomatoes & Basil, p.26	Leftover Air-Fried Almond-Crusted Chicken Tenders, p.66	Small-Batch Air-Fried Artichoke Paella, p.41	Blueberry-Chia Cottage Cheese Crunch Bowl (no cook recipes, p.16)

Week 1 Shopping List

Grains & Breads

- Quinoa: 16 oz bag [Mango-Lime Bowl]
- Rolled Oats: 1 canister [Smoothie, Bites, Pear-Pistachio Cup]
- Whole Wheat Panko: 1 box [Turkey Meatballs, Pesto Cod, Portobello Burgers]
- Almond Flour: 16 oz bag [Chicken Tenders]
- Paella Rice (Bomba/Arborio): 1 box [Artichoke Paella]
- Whole Grain Burger Buns: 1 pack [Portobello Burgers]
- Sourdough Bread: 1 loaf [Sourdough Toasts]

Produce

- 
- Blueberries: 1 pint or bag [Smoothie, Bites, Blueberry-Chia Bowl]
 - Raspberries: ½ pint [Blueberry-Chia Bowl]
 - Mango: 1 fresh or frozen bag [Mango-Lime Quinoa Bowl]
 - Apples: 1 [Apple-Walnut Yogurt Bowl]
 - Pears: 3 [Pear-Pistachio Oat Cup, Cucumber-Pear Cooler, Smoothie]
 - Bananas: 1 bunch [Blueberry Oat Bites]
 - Lemons: 3-4 [Salmon, Hummus Plate, White Bean Dip, Smoothie, Artichoke Paella]
 - Limes: 2-3 [Mango-Lime Bowl, Zucchini Boats, Cucumber-Pear Cooler]
 - Oranges: 1 [Carrot-Orange Smoothie]
 - Avocados: 2-3 firm [Smoothie, Mango-Lime Bowl, Avocado White Bean Cups]
 - Baby Spinach: 1 large bag [Smoothie, Cucumber-Pear Cooler, Burgers]
 - Romaine Lettuce: 1 head [Avocado White Bean Cups]
 - Asparagus: 1 bunch [Lemon-Herb Salmon]
 - Carrots: 1 bunch [Hummus Plate, Carrot-Orange Smoothie]
 - Cucumbers: 3 [Mango-Lime Bowl, Hummus Plate, White Bean Dip, Cucumber Cooler]
 - Cherry Tomatoes: 2 pints [Pesto Cod, Zucchini Boats, Sourdough Toasts]
 - Large Tomatoes: 2 [Portobello Burgers, White Bean Dip]
 - Red Bell Peppers: 2 [Hummus Plate, Artichoke Paella]
 - Mini Sweet Peppers: 1 bag [Stuffed Mini Peppers]
 - Radishes: 1 bunch [Radish Chips]
 - Zucchini: 2 [Zucchini Boats]
 - Portobello Mushrooms: 1 pack (2 caps) [Portobello Burgers]
 - Red Onions: 1 [Zucchini Boats, Mango-Lime Bowl, Artichoke Paella]
 - Garlic: 1-2 heads [Dinners]
 - Fresh Ginger Root: 1 knob [Smoothies]
 - Fresh herbs: 1 small bunch each of cilantro, parsley, dill, basil, chives (for various dishes)

Dairy & Refrigerated

- Nonfat Greek Yogurt: 1 cup [Apple-Walnut Yogurt Bowl]
- Low-Fat Cottage Cheese: 8 oz tub [Blueberry-Chia Bowl]
- Low-Fat Cream Cheese: 8 oz tub [Stuffed Mini Peppers]
- Low-Fat Ricotta Cheese: 8 oz tub [Sourdough Toasts]
- Almond Milk: ½ gallon [Smoothie, Pear-Pistachio Cup]
- Eggs: 1 dozen [Turkey Meatballs, Chicken Tenders]

Meat & Seafood

- Salmon (wild-caught): 1 lb (two 6 oz fillets)
- Cod: 1 lb (two 6 oz fillets)
- Chicken Breast Tenders: ½ lb
- Ground Turkey: 1 lb (use half, freeze the rest)



Pantry Staples (Check Before You Buy!)

- Extra-virgin olive oil, Olive oil cooking spray, Balsamic vinegar, Dijon mustard, Pure maple syrup, Vanilla extract.
- Cinnamon, nutmeg, ginger, cumin, paprika, garlic powder, onion powder, oregano, Everything Bagel seasoning, saffron, salt, pepper.

Nuts & Seeds

- Chia Seeds: Small bag [Smoothie, Yogurt Bowl, Bites, Pear-Pistachio Cup, Cottage Cheese Bowl]
- Ground Flaxseed: Small bag [Cucumber-Pear Cooler, Smoothie, Blueberry Oat Bites]
- Walnuts (raw, unsalted): Small bag [Yogurt Bowl, Cottage Cheese Bowl]
- Pistachios (shelled, unsalted): Small bag [Pear-Pistachio Cup]
- Almond Butter (natural): 1 jar [Blueberry Oat Bites]
- Nutritional Yeast: 1 canister [Stuffed Mini Peppers]

Canned & Packaged

- Black Beans (low sodium): 1 can [Mango-Lime Bowl]
- White Beans (low sodium): 1 can [White Bean Dip, Avocado White Bean Cups]
- Chickpeas (low sodium): 1 can [Zucchini Boats]
- Artichoke Hearts (water-packed): 14 oz can [Artichoke Paella]
- Hummus (no salt added): 1 tub [Hummus Plate]
- Pumpkin Puree (100% pure): 1 can [Pumpkin-Pear Smoothie]
- Unsweetened Applesauce: Small jar [Blueberry Oat Bites]
- Dried Cranberries (unsweetened): Small bag [Turkey Meatballs]
- Low-Oil Basil Pesto: Small jar [Pesto Cod]
- Low-Sodium Vegetable Broth: 32 oz carton [Artichoke Paella]



WEEK 2 MEAL PLAN

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snack</i>
MONDAY	Raspberry-Cocoa Walnut Smoothie (smoothie recipes, p.7)	Leftover Small-Batch Air-Fried Artichoke Paella (from Sunday dinner), p.41	Air-Fried Teriyaki Glazed Sea Bream with Pak Choi (Serves 2; save half), p.64	Whole-Grain Pita Chips With White Bean Dip, p.32
TUESDAY	Savory Cottage Cheese And Herb Muffins, p.24	Leftover Air-Fried Teriyaki Glazed Sea Bream with Pak Choi, p.64	Moroccan Spiced Lean Lamb Koftas (Serves 2; save half), p.68	Quinoa Tabbouleh Jar, (no cook recipes, p.9)
WEDNESDAY	Golden Papaya-Lime Chia Smoothie (smoothie recipes, p.8)	Leftover Moroccan Spiced Lean Lamb Koftas, p.68	Air-Fried Crisp Sweet Potato Gnocchi(Serves 2; save half), p.35	Lemon-Herb Chickpea Cucumber Bowl (no cook recipes, p.3)
THURSDAY	Whole-Grain Black Bean Breakfast Burritos, p.27	Leftover Air-Fried Crisp Sweet Potato Gnocchi, p.35	Zesty Air-Fried Sardines with Garlic Parsley Gremolata (Serves 2; save half), p.55	Air-Fried Crispy Shrimp Summer Rolls (Serves 2; save half), p.32
FRIDAY	Ruby Cherry-Beet Ginger Smoothie (smoothie recipes, p.9)	Leftover Zesty Air-Fried Sardines with Garlic Parsley Gremolata, p.55	Balsamic Glazed Air-Fried Chicken Drumsticks (Serves 2; save half), p.70	Leftover Air-Fried Crispy Shrimp Summer Rolls, p.32
SATURDAY	Apple-Cinnamon Walnut Yogurt Bowl (no cook recipes, p.6)	Leftover Balsamic Glazed Air-Fried Chicken Drumsticks, p.70	Air Fryer Lemon-Almond Trout Fillets (Serves 2; save half), p.57	Mango Edamame Crunch Slaw, (no cook recipes, p.10)
SUNDAY	Air-Fried Asparagus and Lean Ham Detox Frittata, p.28	Leftover Air Fryer Lemon-Almond Trout Fillets, p.57	Low-Fat Air-Fried Eggplant Moussaka Layers (Serves 2; save half for Monday), p.47	Kiwi-Apple Mint Oat Smoothie (smoothie recipes, p.10)

Week 2 Shopping List

Grains & Breads

- Whole-Grain Tortillas: 1 pack (8-inch) [Breakfast Burritos]
- Whole-Grain Pita: 1 pack [White Bean Dip Snack]
- Quinoa: 1 bag [Tabbouleh]
- Rolled Oats: 1 canister [Smoothies]
- Oat Flour: 1 small bag [Cottage Cheese Muffins]
- Whole Wheat Flour: 1 small bag [Sweet Potato Gnocchi]

Produce

- Raspberries: 1 pint [Raspberry-Cocoa Smoothie]
- Tart Cherries (fresh or frozen): 1 bag/cup [Cherry-Beet Smoothie]
- Apples: 1 [Yogurt Bowl, Kiwi-Apple Smoothie]
- Bananas: 1 [Raspberry-Cocoa Smoothie]
- Papaya: 1 fresh [Papaya-Lime Smoothie]
- Kiwi: 1 [Kiwi-Apple Smoothie]
- Mango (fresh or frozen): 1 bag/piece [Mango Edamame Slaw]
- Lemons: 1 bag (~3-4) [Tabbouleh, Sardines, Drumsticks, Trout, Chickpea Bowl]
- Limes: ~3-4 [Smoothies, Shrimp Rolls, Edamame Slaw]
- Avocados: 1 [Kiwi-Apple Smoothie]
- Baby Pak Choi: 2 small heads (6 oz total) [Sea Bream]
- Fresh Baby Spinach: 1 bag [Breakfast Burritos]
- Romaine Lettuce: 1 head [Kiwi-Apple Smoothie]
- Coleslaw Mix (cabbage & carrots): 1 bag [Shrimp Summer Rolls]
- Red Cabbage: 1 small head/bag [Mango Edamame Slaw]
- Asparagus: 1 bunch [Ham Frittata]
- Cucumbers: 2-3 medium [Tabbouleh, Smoothie, Chickpea Bowl]
- Cherry Tomatoes: 1 pint [Chickpea Bowl, Breakfast Burritos]
- Tomatoes (Roma or regular): 1-2 [Tabbouleh]
- Sweet Potato: 1 large [Sweet Potato Gnocchi]
- Eggplant: 1 medium [Eggplant Moussaka]
- Carrots: 1 bunch [Mango Edamame Slaw]
- Cooked Beetroot: 1 small package [Cherry-Beet Smoothie]
- Red Onions: 1-2 [Lamb Koftas, Breakfast Burritos, Ham Frittata]
- Garlic: 1 head [Dinners]
- Fresh Ginger Root: 1 knob [Smoothies, Sea Bream, Edamame Slaw]
- Fresh herbs: 1 small bunch each of cilantro, parsley, dill, basil, chives (for various dishes)

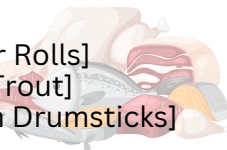
Dairy & Refrigerated

- Greek Yogurt: 1 large tub [Yogurt Bowl, Breakfast Burritos, Moussaka]
- Low-Fat Cottage Cheese: 1 small tub [Cottage Cheese Muffins]
- Liquid Egg Whites: 1 carton [Cottage Cheese Muffins, Ham Frittata]
- Eggs: 1/2 dozen [Ham Frittata]
- Low-Fat Milk (or Almond Milk): 1 small carton [Ham Frittata]



Meat & Seafood

- Sea Bream Fillets: 2 fillets (5 oz each) [Sea Bream]
- Fresh Whole Sardines: 8 oz [Sardines with Gremolata]
- Cooked Medium Shrimp: Approx. 1/2 lb [Shrimp Summer Rolls]
- Fresh Trout Fillets: 2 fillets (6 oz each) [Lemon-Almond Trout]
- Chicken Drumsticks (skinless): 4 medium (~1 lb) [Chicken Drumsticks]
- Extra-Lean Ground Lamb: 1/2 lb [Lamb Koftas]
- Lean Ground Turkey (99%): 6 oz [Eggplant Moussaka]
- Lean Reduced-Sodium Ham: 1 small deli pack (~2 oz needed) [Ham Frittata]



Nuts & Seeds

- Chia Seeds: 1 bag [Smoothies, Yogurt Bowl]
- Ground Flaxseed: 1 bag [Smoothies]
- Walnuts: 1 bag [Smoothie, Yogurt Bowl]
- Slivered Almonds: 1 small bag [Trout]
- Nutritional Yeast: 1 shaker [Gnocchi]

Canned & Packaged

- Capers: 1 small jar [Sardines]
- White Beans: 1 can [White Bean Dip for Pita Snack]
- Black Beans (low sodium): 1 can [Breakfast Burritos]
- Rice Paper Wrappers: 1 pack [Shrimp Summer Rolls]
- Chickpeas (low sodium): 1 can [Chickpea Cucumber Bowl]
- Edamame (shelled, frozen): 1 bag [Mango Edamame Slaw]
- Crushed Tomatoes (no sugar added): 1 can [Eggplant Moussaka]

Pantry Staples (Check Before You Buy!)

- Olive oil, cooking spray
- Soy sauce (low sodium) or Tamari, Rice Vinegar, Balsamic Vinegar
- Maple syrup, Vanilla extract
- Unsweetened Cocoa powder (for smoothie)
- Spices: Cinnamon, Cumin, Coriander, Garlic powder, Dried Sage, Nutmeg, Smoked Paprika, Salt, Pepper



WEEK 3 MEAL PLAN

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snack</i>
MONDAY	Peach-Basil Hemp Fiber Smoothie (smoothie recipes, p.16)	Leftover Low-Fat Air-Fried Eggplant Moussaka Layers (from Sunday dinner), p.47	Sesame-Crusted Tuna Steaks with Snap Peas (Serves 2; save half), p.57	Crunchy Carrot Hummus Snack Plate, (no cook recipes, p.8)
TUESDAY	Blueberry-Chia Cottage Cheese Crunch Bowl, p.24	Leftover Sesame-Crusted Tuna Steaks with Snap Peas, p.57	Air-Fried Lemon Garlic Shrimp Scampi with Zucchini Ribbons (Serves 2; save half), p.63	Creamy Avocado White Bean Lettuce Cups, (no cook recipes, p.4)
WEDNESDAY	Tropical Pineapple-Kale Seed Smoothie (smoothie recipes, p.12)	Leftover Air-Fried Lemon Garlic Shrimp Scampi with Zucchini Ribbons, p.63	Turkey & Sweet Potato Shepherd's Pie Bites (Serves 2; save half), p.75	Air Fryer Crispy Lentil Falafels, p.33
THURSDAY	Low-Carb Air Fryer Portobello Egg in a Hole, p.25	Leftover Turkey & Sweet Potato Shepherd's Pie Bites, p.75	Savory Lentil And Oat Air Fryer Loaf Slices (Serves 2; save half), p.52	Avocado-Lime Black Bean Salad Cup, (no cook recipes, p.13)
FRIDAY	Cantaloupe-Cucumber Basil Smoothie (smoothie recipes, p.13)	Leftover Savory Lentil And Oat Air Fryer Loaf Slices, p.52	Mediterranean Feta & Kale Stuffed Chicken Breast (Serves 2; save half), p.68	Tomato-Basil White Bean Spoon Dip, (no cook recipes, p.11)
SATURDAY	Pear-Pistachio Oat Yogurt Cup (no cook recipes, p.12)	Leftover Mediterranean Feta & Kale Stuffed Chicken Breast, p.68	White Fish Tacos with Zesty Cabbage Slaw (Serves 2; save half), p.59	Crispy Artichokes with Lemon-Garlic Dip, p.33
SUNDAY	Crispy Quinoa And Blueberry Air Fryer Breakfast Bars, p.21	Leftover White Fish Tacos with Zesty Cabbage Slaw, p.59	Air-Fried Zucchini And Sweet Corn Fritters, p.51	Cool Tofu Crunch Garden Bowl (no cook recipes, p.15)

Week 3 Shopping List




Grains & Breads

- Quinoa: 1 bag [Tabbouleh, Breakfast Bars]
- Rolled Oats: 1 canister [Peach Smoothie, Lentil Loaf, Overnight Oats, Breakfast Bars]
- Oat Flour: 1 small bag [Falafels]
- Whole Wheat Panko: 1 box [Artichoke Dip]
- Whole Wheat Flour: 1 small bag [Fritters]
- Corn Tortillas: 4 small [Fish Tacos]

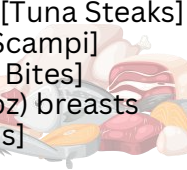
Produce

- 
- Peaches: 1 cup fresh or frozen [Peach-Basil Smoothie]
 - Blueberries: 1 cup [Cottage Cheese Bowl, Quinoa Breakfast Bars]
 - Raspberries: ½ cup [Cottage Cheese Bowl]
 - Pineapple: 1 cup fresh or frozen [Pineapple-Kale Smoothie]
 - Cantaloupe: 1 cup [Cantaloupe-Cucumber Smoothie]
 - Pears: 1 [Pear-Pistachio Oat Cup]
 - Oranges: 1 small [Cool Tofu Crunch Bowl]
 - Lemons: ~3-4 [Smoothies, Dips, Scampi, Stuffed Chicken]
 - Limes: 2-3 [White Bean Cups, Black Bean Cup, Cantaloupe Smoothies, Fish Tacos]
 - Avocados: 1 firm [White Bean Cups, Black Bean Cup]
 - Zucchini: 3 medium [Peach Smoothie, Shrimp Scampi, Fritters]
 - Baby Spinach: 1 small bag/clamshell [Egg in a Hole, Tofu Crunch Bowl]
 - Kale: 1 small bunch [Pineapple-Kale Smoothie, Stuffed Chicken Breast]
 - Romaine Lettuce: 4 large leaves [White Bean Cups]
 - Red Cabbage: 1 cup shredded [Fish Tacos]
 - Carrots: 1 bunch [Lentil Loaf, Tofu Crunch Bowl]
 - Cucumbers: 2-3 medium [multiple recipes]
 - Cherry Tomatoes: ½ pint [Egg in a Hole]
 - Tomatoes (Roma or regular): 2-3 medium [multiple recipes]
 - Red Bell Peppers: 1 [Hummus Plate]
 - Sweet Potato: 1 medium [Shepherd's Pie Bites]
 - Portobello Mushrooms: 2 large caps [Egg in a Hole]
 - Onions: 2 small [Lentil Falafels]
 - Celery: 1 stalk [Lentil Loaf]
 - Radishes: 1 small bunch [Tofu Crunch Bowl]
 - Sugar Snap Peas: 1.5 cups [Tuna Steaks]
 - Frozen Mixed Veg (Peas/Carrots): ½ cup [Shepherd's Pie Bites]
 - Sweet Corn (fresh or frozen): ½ cup [Fritters]
 - Garlic: 1-2 heads [Dinners & Dips]
 - Fresh Ginger Root: 1 small knob [Cantaloupe Smoothie, Tuna Steaks]
 - Fresh herbs: 1 small bunch each of cilantro, parsley, dill, basil, chives (for various dishes)

Dairy & Refrigerated

- 
- Low-Fat Cottage Cheese: ½ cup [Cottage Cheese Bowl]
 - Greek Yogurt: 1 small tub (5-6 oz) [Fish Tacos, Artichoke Dip]
 - Low-Fat Feta Cheese: 2 tbsp [Stuffed Chicken]
 - Unsweetened Almond Milk: ½ cup [Overnight Oat Cup]
 - Eggs: 3 whole [Egg in a Hole, Fritters]


Meat, Seafood & Plant Proteins

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- Yellowfin Tuna Steaks: 2 fillets (5 oz each) [Tuna Steaks]
 - Large Shrimp (raw, peeled): ½ lb [Shrimp Scampi]
 - Lean Ground Turkey: ½ lb [Shepherd's Pie Bites]
 - Chicken Breasts (boneless, skinless): 2 (6 oz) breasts
 - White Fish (cod or halibut): 8 oz [Fish Tacos]
 - Plain Firm Tofu: 4 oz [Tofu Crunch Bowl]

Canned & Packaged

- Hummus (no salt added): ⅓ cup [Hummus Plate]
- White Beans: 1 can [Lettuce Cups, White Bean Dip]
- Black Beans: ½ cup [Black Bean Cup]
- Brown Lentils: 1-2 cans [Falafels, Lentil Loaf]
- Artichoke Hearts: 14 oz can [Artichoke Dip]
- Tomato Paste: 1 small tube/can [Lentil Loaf, Shepherd's Pie]
- Veg/Chicken Broth: 1 small carton [Shepherd's Pie, Scampi]
- Sun-Dried Tomatoes (dry-packed): 1 tbsp [Stuffed Chicken]
- Unsweetened Applesauce: ¼ cup [Breakfast Bars]
- Tahini: 1 tsp [Tofu Crunch Bowl]

Pantry Staples (Check Before You Buy!)

- 
- Olive oil, Toasted sesame oil, Low-sodium soy sauce.
 - Maple syrup, Vanilla extract.
 - Spices: Garlic powder, Cinnamon, Cardamom, Chili powder, Cumin, Coriander, Smoked paprika, Oregano, Thyme, Onion powder, Salt, Black pepper.

Nuts & Seeds

- Hemp Seeds: 1 tbsp [Peach Smoothie]
- Chia Seeds: 3 tbsp [Cottage Cheese Bowl, Oat Cup, Breakfast Bars]
- Ground Flaxseed: 2 tbsp [Pineapple Smoothie, Cantaloupe Smoothie]
- Walnuts: 1 tbsp [Cottage Cheese Bowl]
- Pistachios (shelled): 1 tbsp [Oat Cup]
- Raw Almonds: 1 tbsp [Cantaloupe Smoothie]
- Pumpkin Seeds: 2 tbsp [Pineapple Smoothie, Tofu Bowl]
- Mixed Sesame Seeds (black & white): 2 tbsp [Tuna Steaks]

WEEK 4 MEAL PLAN

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snack</i>
MONDAY	Creamy Tomato-Basil Garden Smoothie (smoothie recipes, p.14)	Leftover Air-Fried Zucchini And Sweet Corn Fritters (from Sunday dinner), p.51	Lemon-Pepper Turkey & Spinach Meatballs (Serves 2; save half), p.67	Mango-Lime Black Bean Quinoa Bowl, (no cook recipes, p.14)
TUESDAY	Apple-Cinnamon Walnut Yogurt Bowl, (no cook recipes, p.6)	Leftover Lemon-Pepper Turkey & Spinach Meatballs, p.67	Lemon-Dill Zucchini-Wrapped Halibut (Serves 2; save half), p.60	Air-Fried Tempura Style Cucumber & Avocado Sushi Rolls(Serves 2; save half), p.34
WEDNESDAY	Air-Fried Turkey Sausage And Veggie Scramble, p.22	Leftover Lemon-Dill Zucchini-Wrapped Halibut, p.60	Quinoa & Pine Nut Stuffed Bell Peppers (Serves 2; save half), p.48	Strawberry-Lemon Protein Oat Smoothie, (smoothie recipes, p.15)
THURSDAY	Blueberry-Chia Cottage Cheese Crunch Bowl, (no cook recipes, p.16)	Leftover Quinoa & Pine Nut Stuffed Bell Peppers, p.48	Air-Fried Tempeh Cubes with Low-Fat Spicy Peanut Glaze (Serves 2; save half), p.40	Leftover Air-Fried Tempura Style Cucumber & Avocado Sushi Rolls, p.34
FRIDAY	Velvety Blackberry-Plum Oat Smoothie (smoothie recipes, p.16)	Leftover Air-Fried Tempeh Cubes with Low-Fat Spicy Peanut Glaze, p.40	Herb-Crusted Air Fryer Pork Tenderloin (Serves 2; save half), p.72	Lemon-Herb Chickpea Cucumber Bowl, (no cook recipes, p.3)
SATURDAY	Creamy Mango-Cardamom Green Smoothie (no cook recipes, p.17)	Leftover Herb-Crusted Air Fryer Pork Tenderloin, p.72	Air-Fried Moroccan Spiced White Fish Skewers (Serves 2; save half), p.63	Crunchy Apple And Peanut Butter Detox Roll-Ups, p.24
SUNDAY	Pear-Pistachio Overnight Oat Cup, (no cook recipes, p.12)	Leftover Air-Fried Moroccan Spiced White Fish Skewers, p.63	Detox Salmon Cakes with Parsley and Scallions, p.61	Mango Edamame Crunch Slaw (no cook recipes, p.10)


Week 4 Shopping List



Grains & Breads

- Quinoa: 1 bag [Mango-Lime Bowl, Stuffed Bell Peppers]
- Rolled Oats: 1 bag [Strawberry-Lemon Smoothie, Blackberry-Plum Smoothie, Oat Cup]
- Sushi Rice (short-grain): 1 bag [Sushi Rolls]
- Whole Wheat Panko Breadcrumbs: 1 box [Turkey Meatballs, Sushi Rolls, Salmon Cakes]
- Whole Wheat Tortillas: 2 small [Apple PB Roll-Ups]
- Almond Flour: 1 bag [Pork Tenderloin]

Produce

- 
- Mango (fresh or frozen): 1-2 mangoes (~1.75 cups) [Mango-Lime Bowl, Smoothie, Slaw]
 - Apples: 1 small (regular), 1 large Granny Smith [Apple-Walnut Yogurt Bowl, Roll-Ups]
 - Pears: 1 small [Pear-Pistachio Oat Cup]
 - Strawberries: 1 cup [Strawberry-Lemon Smoothie]
 - Blueberries: ½ cup [Cottage Cheese Bowl]
 - Raspberries: ½ cup [Cottage Cheese Bowl]
 - Blackberries: 1 cup [Blackberry-Plum Smoothie]
 - Plum: 1 medium [Blackberry-Plum Smoothie]
 - Lemons: ~4-5 lemons [multiple recipes]
 - Limes: 2 [Mango-Lime Bowl, Mango-Cardamom Smoothie, Edamame Slaw]
 - Avocados: 1-2 firm [Smoothies, Mango-Lime Bowl, Sushi Rolls]
 - Baby Spinach: 1 bag/clamshell (~2.5 cups) [Turkey Meatballs, Veggie Scramble, Smoothie]
 - English Cucumbers: 2 large [multiple recipes]
 - Cherry Tomatoes: 1.5 cups [Veggie Scramble, Stuffed Bell Peppers, Chickpea Bowl]
 - Large Tomatoes: 1 large [Tomato-Basil Smoothie]
 - Bell Peppers (any color): 2 large [Stuffed Bell Peppers]
 - Red Bell Peppers: 1 medium [Tomato-Basil Smoothie, Veggie Scramble]
 - Zucchini: 2 medium [Halibut, Fish Skewers]
 - Red Cabbage: 1 cup shredded [Edamame Slaw]
 - Carrots: 1 medium (½ cup shredded) [Edamame Slaw]
 - Scallions (spring onions): 1 small bunch [Salmon Cakes]
 - Garlic: 1 head [Turkey Meatballs, Stuffed Bell Peppers, Pork Tenderloin]
 - Fresh Ginger Root: 1 small knob [Mango-Cardamom Smoothie, Edamame Slaw]
 - Fresh herbs: 1 small bunch each of cilantro, parsley, dill, basil, chives (for various dishes)

Dairy & Refrigerated

- Greek Yogurt: 1.25 cups [Yogurt Bowl, Smoothie]
- Low-Fat Cottage Cheese: ½ cup [Cottage Cheese Bowl]
- Almond Milk: 1 small carton [Veggie Scramble, Oat Cup, Roll-Ups]
- Eggs: 2 whole eggs + 1 carton liquid egg whites [Veggie Scramble, Turkey Meatballs, Salmon Cakes]



Meat, Seafood & Plant Proteins


- Extra-Lean Ground Turkey (99%): 8 oz [Turkey Meatballs]
- Low-Fat Turkey Sausage: 2 links (2 oz) [Veggie Scramble]
- Halibut (skinless): 10 oz [Zucchini-Wrapped Halibut]
- Pork Tenderloin (extra-lean): 8 oz [Pork Tenderloin]
- White Fish (Cod or Halibut): 10 oz [Moroccan Fish Skewers]
- Canned Pink Salmon (wild-caught): 6 oz [Salmon Cakes]
- Tempeh (plain organic): 8 oz [Tempeh Cubes]



Canned & Packaged

- Black Beans (low sodium): 1 can [Mango-Lime Bowl]
- Chickpeas (low sodium): 1 can [Chickpea Bowl]
- Edamame (shelled, frozen): ½ cup [Edamame Slaw]
- Powdered Peanut Butter: ¼ cup [Tempeh Cubes, Roll-Ups]
- Nori (Seaweed): 2 sheets [Sushi Rolls]
- Low-Sodium Soy Sauce: 1 tbsp [Tempeh Cubes]
- Coconut Aminos: 1 tbsp [Sushi Rolls]
- Rice Vinegar: 1 tbsp [Tempeh Cubes]
- Sriracha: 1 tsp [Tempeh Cubes]
- Dijon Mustard: 1 tbsp + 1 tsp [Pork Tenderloin, Salmon Cakes]

Pantry Staples (Check Before You Buy!)

- 
- Olive oil, Olive oil spray, Pure maple syrup, Vanilla extract
 - Spices: Cinnamon, Cardamom, Chili powder, Cumin, Smoked paprika, Sweet paprika, Turmeric, Garlic powder, Arrowroot powder (or cornstarch), Salt, Black pepper

Nuts & Seeds

- Chia Seeds: 3 tbsp [Yogurt Bowl, Smoothie, Cottage Cheese Bowl, Oat Cup]
- Ground Flaxseed: 1 tbsp [Tomato-Basil Smoothie]
- Walnuts (raw, unsalted): 2 tbsp [Yogurt Bowl, Cottage Cheese Bowl]
- Pine Nuts: 2 tbsp [Stuffed Bell Peppers]
- Sunflower Seeds: 1 tbsp [Blackberry-Plum Smoothie]
- Pistachios (shelled): 1 tbsp [Oat Cup]
- Hemp Seeds: 1 tbsp [Mango-Cardamom Smoothie]

Conclusion: Your Journey to Liver Health Continues

Congratulations on completing your journey through this cookbook.

Taking control of your diet—especially when managing a fatty liver diagnosis—can feel overwhelming at first. By exploring these recipes and following the 28-day meal plan, you have already taken an important step toward supporting your liver health and improving your overall well-being.

The recipes in this book are more than just flavorful meals. Each one has been thoughtfully designed to be air-fryer friendly, nutrient-conscious, and supportive of liver health—without sacrificing taste. From crispy vegetables to lean, satisfying proteins, every dish helps you build healthier habits in a practical and enjoyable way.

As you continue forward, remember: consistency matters more than perfection. You do not need to follow everything perfectly—focus on building sustainable habits that work for your lifestyle. Feel free to mix and match recipes to keep your meals varied, enjoyable, and realistic in the long term.

Ultimately, healing is not just about food choices, but about creating a positive, balanced relationship with eating—one that supports both your body and your daily life.

May this cookbook be the beginning of lasting change, renewed energy, and greater confidence in the kitchen. Celebrate every step forward, no matter how small—it all adds up.

Let's Stay Connected

Healing is easier when you are supported.

I would love to hear from you—whether you want to share your favorite air fryer recipe, ask a question, or share your progress story.

Email me: regina@reginabowman.co — I personally read and respond to messages whenever possible.

Visit my website: reginabowman.co — for new recipes, updates, and free liver-friendly resources.

Follow on Pinterest: [Regina Bowman on Pinterest](#) — for daily inspiration and recipe ideas.

A Small Favor That Means a Lot

If this cookbook has helped you feel more confident in the kitchen and shown you that eating for liver health can still be enjoyable, I would truly appreciate your honest review on Amazon.

As an independent author, reviews help my work reach more people seeking practical, supportive guidance. Your feedback also helps me improve future books.

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