



Air Fryer Favorites

8 healthier recipes your air fryer was made for

Crispy without the frying

The air fryer is the 2026 kitchen MVP for a reason: less oil, less mess, less time, and food that actually tastes better. These 8 member favorites hit the sweet spot of healthy AND crave-worthy. Whether you're on a GLP-1 or going natural, these recipes make eating well ridiculously easy.

WHAT'S INSIDE

1 Crispy Chicken Bites

Dinner · 12 min · 40g protein

2 Air Fryer Salmon

Dinner · 10 min · 36g protein

3 Crispy Brussels Sprouts

Side · 15 min · 5g protein

4 Chicken Fajita Peppers

Dinner · 15 min · 35g protein

5 Sweet Potato Fries

Side · 18 min · 3g protein

6 Copycat Egg Bites

Breakfast · 15 min · 12g protein

7 Buffalo Chickpeas

Snack · 15 min · 9g protein

8 Turkey Meatballs

Dinner · 12 min · 29g protein

AIR FRYER PRO TIPS

- **Preheat 3 min** Just like an oven — makes food crispier.
- **Don't overcrowd** Space = airflow = crispy. Cook in batches if needed.
- **Shake or flip** Every 5 min for even cooking on all sides.
- **Pat food dry** Moisture is the enemy of crispiness.



Crispy Air Fryer Chicken Bites

Fast-food craving crusher — 40g protein per serving

SERVES

4

TEMP

400°F

TIME

12 MIN

PROTEIN

40g

INGREDIENTS

- ☐ 1.5 lbs chicken breast, cubed
- ☐ 1 tbsp olive oil
- ☐ 1 tsp garlic powder
- ☐ 1 tsp paprika
- ☐ 1 tsp onion powder
- ☐ ½ tsp salt
- ☐ ½ tsp black pepper
- ☐ ¼ cup panko breadcrumbs
- ☐ 2 tbsp parmesan cheese (optional)

INSTRUCTIONS

- 1 Preheat air fryer to 400°F for 3 minutes.
- 2 Toss chicken cubes with olive oil in a large bowl.
- 3 Add all spices, panko, and parmesan. Toss to coat evenly.
- 4 Arrange in a single layer in the air fryer basket. Don't overcrowd.
- 5 Cook 10–12 min, shaking basket halfway through, until golden and 165°F inside.
- 6 Serve with your favorite dipping sauce or over a salad.

COACH'S TIP

Beats nuggets from the drive-through — same crunch, triple the protein, zero regret.

MAKE IT YOUR WAY

Gluten-free? Use almond flour or crushed pork rinds instead of panko.

Extra crispy? Spritz with olive oil spray before cooking.

Kid friendly? Skip the paprika, add ranch seasoning.





Air Fryer Salmon

Restaurant salmon in 10 minutes flat

SERVES

2

TEMP

400°F

TIME

10 MIN

PROTEIN

36g

INGREDIENTS

- ☐ 2 salmon fillets (6 oz each)
- ☐ 1 tbsp olive oil
- ☐ 1 tbsp maple syrup or honey
- ☐ 1 tbsp Dijon mustard
- ☐ 1 tsp garlic powder
- ☐ 1 tsp smoked paprika
- ☐ Salt and pepper to taste
- ☐ Lemon wedges for serving

INSTRUCTIONS

- 1 Preheat air fryer to 400°F for 3 minutes.
- 2 Pat salmon dry with paper towels — this is key for crispy skin.
- 3 Whisk olive oil, maple syrup, Dijon, garlic, and paprika together.
- 4 Brush glaze over salmon. Season with salt and pepper.
- 5 Place skin-side down in air fryer basket. Cook 8–10 min.
- 6 Salmon is done when it flakes easily with a fork.
- 7 Squeeze lemon over top and serve immediately.

COACH'S TIP

Omega-3 powerhouse — 2x per week supports mood, joints, and inflammation.

MAKE IT YOUR WAY

No maple syrup? Use honey, brown sugar, or 1 tsp balsamic vinegar.

Different fish? Cod or halibut work well — reduce time to 7–8 min.

Asian style? Swap Dijon for soy sauce + ginger + sesame oil.





Crispy Brussels Sprouts

The side that steals the show

SERVES

4

TEMP

375°F

TIME

15 MIN

PROTEIN

5g

INGREDIENTS

- ☐ 1.5 lbs Brussels sprouts, trimmed + halved
- ☐ 2 tbsp olive oil
- ☐ 1 tsp garlic powder
- ☐ ½ tsp salt
- ☐ ½ tsp black pepper
- ☐ 1 tbsp balsamic vinegar
- ☐ 2 tbsp grated parmesan (optional)
- ☐ 1 tbsp honey (optional)

INSTRUCTIONS

- 1 Preheat air fryer to 375°F for 3 minutes.
- 2 In a bowl, toss Brussels sprouts with olive oil, garlic, salt, pepper.
- 3 Place cut-side down in a single layer in air fryer basket.
- 4 Cook 12–15 min, shaking basket every 5 min until crispy and charred.
- 5 Drizzle with balsamic vinegar and honey in the last 2 min.
- 6 Top with parmesan just before serving.

COACH'S TIP

Even Brussels sprout haters convert with this recipe. The char + honey combo is magic.

MAKE IT YOUR WAY

Higher protein? Toss with crumbled bacon at the end.

Vegan/DF? Skip parmesan, use nutritional yeast instead.

Sweeter? Add a pinch of cinnamon + maple syrup.





Air Fryer Chicken Fajita Peppers

One-basket dinner packed with flavor

SERVES

4

TEMP

390°F

TIME

15 MIN

PROTEIN

35g

INGREDIENTS

- ☐ 1.25 lbs chicken breast, sliced thin
- ☐ 2 bell peppers (any color), sliced
- ☐ 1 medium red onion, sliced
- ☐ 2 tbsp olive oil
- ☐ 1 packet fajita seasoning (or 2 tbsp homemade)
- ☐ 1 lime, juiced
- ☐ 1 tsp garlic powder
- ☐ Whole grain tortillas or lettuce cups for serving
- ☐ Optional: Greek yogurt, salsa, avocado

INSTRUCTIONS

- 1 Preheat air fryer to 390°F for 3 minutes.
- 2 Toss chicken, peppers, and onion with olive oil in a bowl.
- 3 Sprinkle fajita seasoning and garlic powder. Toss to coat.
- 4 Air fry 12–15 min, shaking basket every 5 min.
- 5 Chicken should reach 165°F. Squeeze fresh lime over top.
- 6 Serve in tortillas or lettuce cups with your favorite toppings.

COACH'S TIP

Weeknight dinner MVP — huge protein, tons of veggies, ready faster than takeout.

MAKE IT YOUR WAY

Lower carb? Serve in lettuce cups or over cauliflower rice.

Different protein? Shrimp works great (reduce time to 8 min).

Meal prep? Divide into 4 containers — keeps 4 days.





Sweet Potato Fries

Crispy on the outside, fluffy inside

SERVES

4

TEMP

400°F

TIME

18 MIN

PROTEIN

3g

INGREDIENTS

- ☐ 2 large sweet potatoes, cut into ¼-inch fries
- ☐ 1 tbsp olive oil
- ☐ 1 tbsp cornstarch (secret crispy weapon!)
- ☐ 1 tsp paprika
- ☐ ½ tsp garlic powder
- ☐ ½ tsp salt
- ☐ ¼ tsp black pepper
- ☐ Optional: pinch of cinnamon for sweetness

INSTRUCTIONS

- 1 Soak cut fries in cold water 20 min. Pat completely dry.
- 2 Preheat air fryer to 400°F for 3 minutes.
- 3 In a bowl, toss dry fries with olive oil first.
- 4 Sprinkle cornstarch + all seasonings. Toss to coat evenly.
- 5 Cook in a single layer 15–18 min, shaking every 5 min.
- 6 Serve immediately for maximum crispness.

COACH'S TIP

The cornstarch trick = restaurant-level crispiness. Way better than deep frying.

MAKE IT YOUR WAY

Regular fries? Same method with russet potatoes — soak is critical.

Spicy? Add ¼ tsp cayenne or chili powder.

Dip ideas? Greek yogurt + sriracha, or chipotle mayo.



Air Fryer Egg Bites

Starbucks copycat — 20 min meal prep

SERVES

6

TEMP

300°F

TIME

15 MIN

PROTEIN

12g

INGREDIENTS

- ☐ 6 large eggs
- ☐ ½ cup cottage cheese
- ☐ ¼ cup shredded cheese (any)
- ☐ 2 tbsp cream cheese, softened
- ☐ ½ tsp salt
- ☐ ¼ tsp black pepper
- ☐ ¼ cup diced bell pepper
- ☐ 2 slices cooked bacon, crumbled (optional)
- ☐ Silicone muffin cups

INSTRUCTIONS

- 1 Blend eggs, cottage cheese, shredded cheese, cream cheese, salt, pepper.
- 2 Blend until completely smooth — this is the Starbucks secret.
- 3 Grease silicone muffin cups well. Fill each full.
- 4 Add bell pepper and bacon to each cup. Stir gently.
- 5 Air fry at 300°F for 12–15 min until set and puffed.
- 6 Let cool 3 min in cups before removing. Store 5 days in fridge.

COACH'S TIP

Save \$50+/month by making these instead of the Starbucks version. 12g protein each.

MAKE IT YOUR WAY

Veggie only? Add spinach, mushrooms, or diced onion.

Dairy-free? Use dairy-free cream cheese + skip shredded.

Freezer friendly? Yes! Freeze up to 2 months, reheat 60 sec.



Buffalo Chickpeas

Crunchy, spicy, plant-based protein snack

SERVES

4

TEMP

400°F

TIME

15 MIN

PROTEIN

9g

INGREDIENTS

- ☐ 2 cans chickpeas, drained + rinsed
- ☐ 1 tbsp olive oil
- ☐ 3 tbsp buffalo hot sauce
- ☐ 1 tsp garlic powder
- ☐ ½ tsp smoked paprika
- ☐ ½ tsp onion powder
- ☐ ¼ tsp salt
- ☐ Optional: ranch or blue cheese for dipping

INSTRUCTIONS

- 1 Dry chickpeas thoroughly with paper towels — pat until no moisture.
- 2 Preheat air fryer to 400°F for 3 minutes.
- 3 Toss chickpeas with olive oil first, then all seasonings.
- 4 Air fry 12–15 min, shaking every 5 min, until super crispy.
- 5 Immediately toss with buffalo sauce while hot.
- 6 Cool 5 min before serving for maximum crunch.

COACH'S TIP

Salty-crunchy craving fix without the chips. High-fiber + plant protein win.

MAKE IT YOUR WAY

Milder? Skip buffalo sauce, use just olive oil + spices.

Sweet version? Cinnamon + maple syrup + salt after cooking.

Storage? Keeps 3 days at room temp — refresh in air fryer 2 min.





Air Fryer Turkey Meatballs

Meal-prep protein you'll eat all week

SERVES

6

TEMP

375°F

TIME

12 MIN

PROTEIN

28g

INGREDIENTS

- ☐ 1.25 lbs lean ground turkey (93%+)
- ☐ 1 large egg
- ☐ ¼ cup panko breadcrumbs
- ☐ ¼ cup grated parmesan
- ☐ 2 cloves garlic, minced
- ☐ 1 tsp Italian seasoning
- ☐ 1 tsp salt
- ☐ ½ tsp black pepper
- ☐ 2 tbsp fresh parsley, chopped
- ☐ Marinara sauce for serving

INSTRUCTIONS

- 1 Preheat air fryer to 375°F for 3 minutes.
- 2 In a large bowl, gently mix all ingredients (except marinara).
- 3 Roll into 18–20 meatballs, about 1.5 inches each.
- 4 Place in air fryer basket in a single layer (may need 2 batches).
- 5 Cook 10–12 min, no need to flip, until internal temp is 165°F.
- 6 Serve with marinara over zucchini noodles, pasta, or in a wrap.

COACH'S TIP

Meal prep dream — 18 meatballs = 6 lunches. Freeze extras for busy nights.

MAKE IT YOUR WAY

Different meat? Ground chicken or lean beef work equally well.

Low-carb? Skip panko, use almond flour.

Freezer meal? Freeze raw meatballs on tray, then bag. Air fry from frozen +3 min.