

# Air Fryer Recipes

Simple - Quick - Tasty

**Volume 1 -** 22 recipes



The table of

# CONTENTS


**AIR FRYER BANG BANG CHICKEN BITES** 04

Coated in a seasoned cornflake crust and air-fried to golden perfection.

**AIR FRYER BURRITO BOWL** 06

All the bold, zesty flavors of your favorite burrito, without the wrap!

**AIR FRYER CHICKEN PARM WRAP** 08

It's a satisfying, protein-packed meal that's big on comfort and even bigger on flavor.

**AIR FRYER CINNAMON APPLE BITES** 10

Sweet, warmly spiced, and lightly caramelized with a tender center and golden edges.

**AIR FRYER CRISPY TOFU** 12

Crispy on the outside, tender on the inside. A perfect balance of sweet, spicy, and savory flavors.

**AIR FRYER CRUNCHY CHICKPEAS** 14

The ultimate high-protein, high-fiber snack — crispy on the outside, perfectly seasoned, and incredibly satisfying

**AIR FRYER HUNTER'S CHICKEN FLATBREAD** 16

A high-protein, satisfying meal that's packed with bold flavor and crispy texture, ideal for lunch or post-workout.

**AIR FRYER KUNG PAO CHICKEN** 18

A lighter twist on the classic Chinese takeout favorite

**AIR FRYER PERI-PERI CHICKEN BURGER** 20

These Air Fryer Peri-Peri Chicken Burgers pack serious flavor and satisfying macros.

**AIR FRYER PARMESAN CHICKEN TENDERS** 22

These Air Fryer Parmesan Chicken Tenders deliver a crispy, golden coating without the need for deep frying.

**AIR FRYER PIZZA BAGELS** 24

Crisped to perfection in the air fryer, each bagel half is loaded with rich tomato paste, gooey mozzarella



The table of

# CONTENTS


**AIR FRYER PIZZA MELT** 26

Delivers all the flavor of a pizza with a fraction of the effort. Perfect for a speedy lunch or indulgent post-gym bite.

**AIR FRYER PROTEIN DONUT BALLS** 28

These Donut Balls are a lighter take on the classic donut, made with high-protein Greek yogurt and baked instead of fried.

**AIR FRYER STUFFED BELL PEPPERS** 30

A simple, wholesome meal packed with lean protein and vibrant veggies

**BUFFALO CHICKEN BURGER** 32

Crispy air-fried chicken breast with buffalo sauce on a soft brioche bun.

**CHICKEN KATSU CURRY** 34

Crispy, panko-breaded chicken cutlet served with a rich, aromatic Japanese curry sauce over fluffy rice.

**CRANBERRY GLAZED CHICKEN** 36

A vibrant, nourishing dish featuring juicy cranberry-glazed chicken served over warm grains & zingy red cabbage slaw.

**CREAMY CHICKPEA FLATBREADS** 38

Finished with a drizzle of hot honey for that sweet heat kick — they're messy, satisfying, and perfect for a quick lunch.

**CRISPY CHICKEN & BLACK BEAN STIR-FRY** 40

Crispy golden chicken strips meet a rich, savory black bean sauce packed with colorful veg and bold umami flavors.

**CRISPY CHICKEN BITES** 42

Tender chicken pieces with a crispy, seasoned coating, perfect for dipping.

**CRISPY CHICKEN CRUNCH WRAP** 44

Crispy, juicy chicken breast wrapped in a soft tortilla with crunchy lettuce and a cooling sweet chili yogurt.

**CRISPY CHICKEN & TOMATO BASIL SAUCE** 46

High in protein and packed with vibrant Mediterranean flavors, it's a lighter take on a comfort classic.




# Air Fryer Bang Bang Chicken Bites

High Protein | Low Carb

Living+

Crispy, juicy, and packed with flavor. Coated in a seasoned cornflake crust and air-fried to golden perfection, they're served with a creamy, spicy-sweet Bang Bang sauce made from mayo, sweet chili, and sriracha. A high-protein, lower-fat alternative to deep-fried nuggets.

Prep: 15 min | Cook: 12 min | Fresh: 3 days | Beginner

## Makes 4

**Chicken Breast** 500g or 17.6oz
**Eggs** 2
**Corn Flakes** 60g or 2.1oz
**Sriracha Sauce** 30g or 1.05oz
**Light Mayonnaise** 30g or 1.05oz
**Sweet Chili Sauce** 20g or 0.7oz
**Garlic Powder** 3 tsp
**Paprika** 3 tsp
**Dried Oregano** 3 tsp
**Salt** 1 pinch

# Air Fryer Bang Bang Chicken Bites

High Protein | Low Carb

livingplusrx.com

## Method

Place the cubed chicken in a bowl. Add 2 tsp paprika, 2 tsp garlic powder, 2 tsp oregano, and a pinch of salt. Toss until the chicken is evenly coated.

In a shallow bowl, beat the 2 eggs. In a second bowl, mix the crushed cornflakes with 1 tsp paprika, 1 tsp garlic powder, and 1 tsp oregano.

Dip each seasoned chicken piece into the beaten eggs, letting excess drip off. Press into the cornflake mixture to fully coat.

Preheat air fryer to 375°F (190°C). Arrange coated chicken cubes in a single layer (you may need to work in batches). Air fry for 10 minutes, flipping halfway, until golden and cooked through (internal temperature 165°F/75°C).

In a small bowl, mix together light mayonnaise, sweet chili sauce, and sriracha. Drizzle the bang bang sauce over the hot chicken cubes, or serve sauce on the side for dipping.

**MFP Barcode**

5 5 7 9 4 1 2 2 4 6 9 4

Living+

**Allergen Information**

Contains lactose, eggs, gluten, sulfites.




# Air Fryer Burrito Bowl

High Protein | Med Carb

Living+

All the bold, zesty flavors of your favorite burrito, without the wrap! Crispy Cajun-spiced potatoes form the base, paired with juicy lime-marinated chicken, fresh tomato salsa, creamy guacamole, and a sprinkle of optional toppings like Greek yogurt or melty cheese. High in protein and full of vibrant textures!

Prep: 15 min | Cook: 22 min | Fresh: 1 day | Beginner

## Makes 2

**Potatoes** 250g or 8.8oz
**Chicken Breast** 2, (125g or 4.4oz per breast)
**Cherry Tomato** 125g or 4.4oz
**Lime Juice** 2 limes
**Avocado** ½, medium
**Greek Yogurt** 2 tbsp, 0% fat
**Red Onion** ½, small
**Cajun Seasoning** 2 tbsp
**Jalapeños in Brine** 15g or 0.5oz
**Cilantro** 3 tbsp
**Black Pepper** 3 twists
**Salt** 2 pinches
**Garlic Powder** ¼ tsp

# Air Fryer Burrito Bowl

High Protein | Med Carb

livingplusrx.com

## Method

In a resealable bag, combine chicken pieces, 1 tbsp Cajun seasoning, the juice of 1 lime, and enough cooking spray to coat. Seal and refrigerate for 1 hour.

Toss potato cubes with cooking spray, 1 tbsp Cajun seasoning, salt, and pepper in a bowl until evenly coated.

Preheat your air fryer to 400°F (200°C). Place potatoes in the basket in a single layer. Air-fry for 22 minutes. At the 14-minute mark, add the chicken (in its bag, shaking off excess marinade) to the basket alongside the potatoes. Continue cooking until both are golden and cooked through (chicken reaches 165°F/75°C internally).

In a small bowl, stir together cherry tomatoes, red onion, jalapeño, 2 tbsp cilantro, juice of a lime, and a pinch of salt. Set aside.

Mash avocado in a bowl. Mix in 1 tbsp cilantro, garlic powder, salt, and pepper until smooth but slightly chunky.

Divide roasted potatoes and chicken between two bowls. Top each with salsa and a dollop of guacamole. Finish with Greek yogurt (if using), extra cilantro, and lime wedges.

**MFP Barcode**




Living+

**Allergen Information**

Contains lactose, sulfites.




# Air Fryer Chicken Parm Wrap

High Protein | Med Carb

Living+

This Air Fryer Chicken Parm Wrap takes the best parts of a classic chicken parmesan, crispy breaded chicken, rich pizza sauce, and gooey mozzarella, and wraps it all up in a handheld, air-fried format. It's a satisfying, protein-packed meal that's big on comfort and even bigger on flavor. Perfect for lunch, dinner, or a meal prep favorite!

Prep: 15 min | Cook: 12 min | Fresh: 3 days | Beginner

## Makes 2

**Chicken Breast** 2, breaded (frozen)

**Mozzarella** 100g or 3.5oz, reduced fat

**Tortilla** 2, 8-inch

**Pizza Sauce** 6 tbsp

**Fresh Basil** 6 leaves

**Dried Oregano** 1 tsp

# Air Fryer Chicken Parm Wrap

High Protein | Med Carb

livingplusrx.com

## Method

Preheat your air fryer to 400°F (200°C). Add the breaded chicken breasts and air fry for 12 minutes, flipping halfway through for even crispiness.

On each wrap: Spread 1 tbsp of pizza sauce over the base. Sprinkle with 20g (0.7oz) grated mozzarella. Place the cooked chicken on top. Add another 1 tbsp of pizza sauce over the chicken. Top with another 20g (0.7oz) grated mozzarella and 2 fresh basil leaves.

Carefully fold the wrap burrito-style, tucking in the sides to secure the filling. Place the wrap seam-side down in the air fryer basket. Spoon 1 tbsp of pizza sauce over the top of each wrap. Lay down 10g (0.35oz) mozzarella on each wrap. Sprinkle with dried oregano and a few extra basil leaves for extra flavor.

Air fry the assembled wrap at 350°F (180°C) for 8 minutes, or until the wrap is golden and the cheese is melted and bubbling.

**MFP Barcode**

5 5 7 9 4 1 2 2 4 6 8 7

Living+

**Allergen Information**

Contains lactose, wheat. Breaded chicken may contain eggs.



KCAL 112.2
PRO 4.8g
CARB 17.1g
FAT 2.7g
FIBER 1.8g
Per serving

# Air Fryer Cinnamon Apple Bites

Low Carb

Living+

Sweet, warmly spiced, and lightly caramelized with a tender center and golden edges. They're ideal for a lighter dessert, post-workout snack, or even a cozy breakfast topper. Naturally sweetened, they pair beautifully with Greek yogurt and a sprinkle of nuts or granola for added protein and crunch.

Prep: 5 min | Cook: 12 min | Fresh: 1 day | Beginner

## Makes 2

**Apple** 2
**Greek Yogurt** 80g or 2.8oz, 0% fat
**Honey** 1 tsp
**Olive Oil** 1 tsp
**Cornstarch** 1 tsp
**Ground Cinnamon** 1 tsp
**Salt** pinch

# Air Fryer Cinnamon Apple Bites

Low Carb

livingplusrx.com

## Method

Set your air fryer to 375°F (190°C).

In a bowl, toss the apple cubes with olive oil, cinnamon, cornstarch, salt, and honey (if using) until evenly coated.

Spread the apples in a single layer in the air fryer basket. Cook for 10–12 minutes, shaking halfway through, until the apples are golden, slightly caramelized, and tender.

Enjoy warm, topped with a spoonful of Greek yogurt.

**MFP Barcode**

5 5 7 9 4 1 2 2 4 7 2 4

Living+

**Allergen Information**

Contains lactose.




# Air Fryer Crispy Tofu

Low Carb

Living+

Crispy on the outside, tender on the inside. A perfect balance of sweet, spicy, and savory flavors. Made effortlessly in the air fryer, this protein-packed dish skips the heavy oils and deep-frying without sacrificing texture or taste. Tossed in a bold honey-sriracha glaze with a zing of lime, it's an ideal option for a quick lunch.

Prep: 5 min | Cook: 15 min | Fresh: 2 days | Beginner

## Makes 2

**Tofu** 400g or 14.1oz

**Lime Juice** 1 lime

**Olive Oil** 2 tbsp

**Sriracha Sauce** 30g or 1oz

**Honey** 3 tsp

**Soy Sauce** 1 tbsp

**Cornstarch** 2 tsp

**Garlic Powder** 1 tsp

# Air Fryer Crispy Tofu

Low Carb

livingplusrx.com

## Method

Press the tofu to remove excess water. This can be done by wrapping the tofu in a clean towel and placing a heavy object on top for about 15-20 minutes. Cut the tofu into cubes and toss with cornstarch and olive oil until evenly coated.

In a small bowl, whisk together honey, Sriracha, soy sauce, garlic powder, and lime juice. Set aside.

Preheat your air fryer to 400°F (200°C). Place the tofu cubes in the air fryer basket in a single layer, ensuring they don't touch to prevent sticking. Cook for 12-15 minutes, shaking the basket halfway through, until the tofu is golden and crispy.

Once the tofu is done, toss the crispy cubes in the honey-Sriracha glaze until well coated.

Serve the glazed tofu immediately. It's delicious over a bed of rice or with steamed vegetables.

**MFP Barcode**




Living+

**Allergen Information**

Contains soy, wheat, sulfites.



KCAL 221.9
PRO 9.2g
CARB 20.2g
FAT 11.6g
FIBER 0.8g
Per serving

# Air Fryer Crunchy Chickpeas

Low Carb

Living+

These Air Fryer Crunchy Chickpeas are the ultimate high-protein, high-fiber snack — crispy on the outside, perfectly seasoned, and incredibly satisfying. Tossed with smoky paprika, cumin, and a touch of garlic, they're roasted to crunchy perfection in just 15-20 minutes. Ideal for snacking or topping salads.

Prep: 5 min | Cook: 20 min | Fresh: 1 day | Beginner

## Makes 2

- **Chickpeas** 1 can, drained
- **Olive Oil** 1 tbsp
- **Cumin** 1 tsp
- **Salt** ½ tsp
- **Paprika** 1 tsp
- **Garlic Powder** ½ tsp
- **Chili Powder** ½ tsp

# Air Fryer Crunchy Chickpeas

Low Carb

livingplusrx.com

## Method

Ensure the chickpeas are thoroughly drained, rinsed, and patted dry. Removing as much moisture as possible helps them become crunchier when cooked.

In a bowl, toss the chickpeas with olive oil, salt, garlic powder, smoked paprika, cumin, and chili powder until evenly coated.

Preheat your air fryer to 400°F (200°C). Spread the chickpeas in a single layer in the air fryer basket. Air fry for 15-20 minutes, shaking the basket every 5 minutes to ensure they cook evenly and don't stick together.

Let the chickpeas cool slightly; they will continue to crisp up as they cool. Serve warm or at room temperature as a snack or as a crunchy addition to salads.

**MFP Barcode**

5 5 7 9 4 1 2 2 4 4 8 9

Living+

**Allergen Information**

Contains sulfites.



KCAL 492
PRO 56.7g
CARB 43.6g
FAT 10.1g
FIBER 5.5g
Per serving

# Air Fryer Hunter's Chicken Flatbread

High Protein | Med Carb

Living+

A high-protein, satisfying meal that's packed with bold flavor and crispy texture — ideal for lunch or a post-workout bite. Succulent shredded chicken and smoky bacon are layered with gooey mozzarella and tangy BBQ sauce, all wrapped in a crisp, golden flatbread brushed with garlic butter. Quick to prep and perfect for the air fryer!

Prep: 10 min | Cook: 25 min | Fresh: 1 day | Beginner

## Makes 1

**Chicken Breast** 1, (125g or 4.4oz per breast)
**Flatbread** 1
**BBQ Sauce** 2 tbsp
**Mozzarella** 30g or 1oz, reduced fat
**Canadian Bacon** 1
**Garlic** 1 clove
**Butter** ½ tsp, light
**Parsley** ¼ tsp

# Air Fryer Hunter's Chicken Flatbread

High Protein | Med Carb

livingplusrx.com

## Method

Poach the chicken breast in simmering water until cooked through (~10–12 mins), or use a ready-cooked breast for ease. Shred once cooked. Air fry the chopped bacon at 350°F (180°C) for 5–6 minutes, until crispy.

Toss the shredded chicken with 1 tbsp BBQ sauce in a bowl.

Spread 1 tbsp BBQ sauce on one side of your flatbread or naan. Layer on the grated mozzarella, followed by the BBQ chicken and crispy bacon. Fold the flatbread in half to enclose the filling.

Melt the butter and stir in minced garlic and chopped parsley.

Brush the top of the folded flatbread generously with the garlic butter. Air fry at 350°F (180°C) for 7 minutes, or until golden, crisp, and the cheese is melted.

**MFP Barcode**

5 5 7 9 4 1 2 2 4 7 3 1

Living+

**Allergen Information**

Contains lactose, wheat.



KCAL 467.5
PRO 37.2g
CARB 74.5g
FAT 2.3g
FIBER 3.1g
Per serving

# Air Fryer Kung Pao Chicken

High Protein | High Carb

Living+

A lighter twist on the classic Chinese takeout favorite, perfectly crispy air-fried chicken pieces tossed with colorful stir-fried veggies in a bold, sweet-spicy sauce. Using the air fryer keeps the chicken lean and crispy without excess oil, while the homemade sauce brings all the flavor.

Prep: 15 min | Cook: 17 min | Fresh: 3 days | Beginner

## Makes 2

**Chicken Breast** 2, (125g or 4.4oz per breast)
**Basmati Rice** 120g or 4.3oz, dry
**Green Bell Pepper** 1, small
**Red Bell Pepper** 1, small
**Yellow Onion** 1, small
**Carrot** 1, small
**Green Onion** 1
**Water** 40ml or 1.35 fl oz
**Soy Sauce** 3 tbsp
**Honey** 1 tbsp
**Sriracha** ½ tbsp
**Garlic** 1 clove
**White Wine Vinegar** ½ tbsp
**Cornstarch** 3 tsp
**Hoisin Sauce** ½ tbsp
**Chinese 5 Spice** 1 tsp
**Ginger** ½ tsp

# Air Fryer Kung Pao Chicken

High Protein | High Carb

livingplusrx.com

## Method

In a bowl or container, mix the chicken with 1 tbsp soy sauce, 2 tsp cornstarch, and Chinese 5 spice. Shake or stir to coat thoroughly.

Air fry at 400°F (200°C) for 12–14 minutes, shaking halfway through to prevent sticking and ensure even browning.

While the chicken cooks, spray a pan with oil and stir-fry the sliced onion, grated carrot, and both sliced peppers on medium heat until they start to soften (about 5–7 minutes).

In a small bowl, whisk together all sauce ingredients (soy sauce, vinegar, ginger, hoisin, sriracha, water, cornstarch, honey and garlic). Pour into the pan with the veggies and simmer for a few minutes until slightly thickened.

Once the chicken is done, add it to the pan and toss with the sauce and vegetables. Cook for 1-2 more minutes to coat. Garnish with chopped green onions. Serve over basmati rice, cooked according to package instructions.

**MFP Barcode**

5 5 7 9 4 1 2 2 4 8 3 0

Living+

**Allergen Information**

Contains soy, wheat, sulfites.




# Air Fryer Peri-Peri Chicken Burger

High Protein | Med Carb

Living+

These peri-peri chicken burgers pack serious flavor and satisfying macros. Tender marinated chicken breast pairs with melty mozzarella, salty halloumi, and sweet chili jam, all stacked in a soft brioche bun and crisped to perfection in the air fryer. A great balance of protein, carbs and fats and much lighter than your typical takeout.

Prep: 10 min | Cook: 25 min | Fresh: 1 day | Beginner

## Makes 2

**Chicken Breast** 2 (125g or 4.4 oz per breast)
**Brioche Burger Bun** 2
**Halloumi** 60g or 2.1oz, reduced fat
**Red Bell Pepper** 1, small
**Mozzarella Slice** 2
**Yellow Onion** ½, small
**Peri-Peri Sauce** 2 tbsp, lemon & herb
**Peri-Peri Mayo** 2 tsp
**Chili Jam** 2 tsp
**Olive Oil** 1 tsp

# Air Fryer Peri-Peri Chicken Burger

High Protein | Med Carb

livingplusrx.com

## Method

In a bowl, toss the sliced chicken breast, sliced pepper, sliced onion and peri-peri sauce together.

Preheat the air fryer to 350°F (180°C). Add the marinated chicken, peppers and onions to the air fryer basket. Air fry for 15–20 minutes, or until the chicken is cooked through (internal temp of 165°F/75°C).

Meanwhile, slice the halloumi. Fry in a non-stick pan over medium heat for 2–3 minutes per side, until golden and crisp.

Lightly toast the brioche buns either in a pan, toaster, or air fryer for 1–2 minutes. Spread 1 tsp peri-peri mayo on the base of each toasted bun. Top with the cooked chicken breast, a slice of mozzarella, fried halloumi, and 1 tsp chili jam per burger.

Place the burger tops on and press gently. Return the assembled burgers to the air fryer at 350°F (180°C) for 3–5 minutes, until the cheese melts and the bun crisps slightly.

**MFP Barcode**

5 5 7 9 4 1 2 2 4 7 5 5

Living+

**Allergen Information**

Contains lactose, eggs, wheat.




# Air Fryer Parmesan Chicken Tenders

High Protein | Low Carb

Living+

These Air Fryer Parmesan Chicken Tenders deliver a crispy, golden coating without the need for deep frying. Lean chicken breast tenders are coated in a flavorful mix of Parmesan, herbs, and spices, then air-fried to perfection. They're high in protein, lower in fat compared to traditional fried versions, and ready in minutes.

Prep: 10 min | Cook: 15 min | Fresh: 3 days | Beginner

## Makes 4

**Chicken Breast** 4 (125g or 4.4oz per breast)

**Egg** 1

**Breadcrumbs** 60g or 2.1oz

**Cornstarch** 20g or 0.7oz

**Parmesan Cheese** 20g or 0.7oz

**Garlic Powder** 1 tsp

**Paprika** 1 tsp

**Dried Oregano** 1 tsp

# Air Fryer Parmesan Chicken Tenders

High Protein | Low Carb

livingplusrx.com

## Method

In a shallow bowl, combine the breadcrumbs, grated Parmesan, cornstarch, dried oregano, paprika and garlic powder. In another shallow bowl, beat the egg.

Cut the chicken breasts into strips. Dip each chicken strip first in the egg wash, then dredge in the breadcrumb mixture until fully coated.

Preheat the air fryer to 400°F (200°C). Spray the air fryer basket with cooking spray to prevent sticking.

Place the chicken tenders in the air fryer basket in a single layer. Spray the top of the tenders lightly with cooking spray. Air fry for 12-15 minutes, flipping halfway through, until the chicken is golden brown and the internal temperature reaches 165°F (75°C).

**MFP Barcode**

5 5 7 9 4 1 2 2 4 5 9 5

Living+

**Allergen Information**

Contains lactose, eggs, wheat, sulfites.




# Air Fryer Pizza Bagels

High Protein | Low Carb

Living+

Your favorite pizza flavors, ready in under 10 minutes! These Air Fryer Pizza Bagels are the ultimate high-protein, low-effort snack or quick meal. Crisped to perfection in the air fryer, each bagel half is loaded with rich tomato paste, gooey mozzarella, and your choice of toppings—from classic pepperoni to colorful veggies.

Prep: 5 min | Cook: 8 min | Fresh: 1 day | Beginner

## Makes 2

- **Multigrain Bagel** 1
- **Tomato Paste** 2 tbsp
- **Pepperoni Slices** 15g or 0.5oz
- **Cheddar Cheese** 15g or 0.5oz
- **Mozzarella Cheese** 15g or 0.5oz
- **Dried Oregano** ½ tsp

# Air Fryer Pizza Bagels

High Protein | Low Carb

livingplusrx.com

## Method

If your bagels are not pre-sliced, slice them in half. Toast them lightly if you prefer a crispier base.

Spread each bagel half with 1 tablespoon of tomato paste. Add pepperoni slices and sprinkle dried oregano over the toppings for added flavor. Sprinkle grated mozzarella and cheddar cheese evenly over the bagel.

Preheat your air fryer to 350°F (180°C). Place the prepared bagel halves in the air fryer basket. Cook for about 5-6 minutes or until the cheese is melted and bubbly, and the edges of the bagels are crispy.

Remove the pizza bagels from the air fryer and let them cool for a minute or two before serving. They're hot!

**MFP Barcode**

5 5 7 9 4 1 2 2 4 4 9 6

Living+

**Allergen Information**

Contains lactose, wheat.



KCAL 345.6
PRO 26.2g
CARB 42.5g
FAT 7.9g
FIBER 4.5g
Per serving

# Air Fryer Pizza Melt

High Protein | Med Carb

Living+

This Air Fryer Pizza Melt is the ultimate quick comfort snack - crispy golden bread loaded with tomato paste, smoky ham, gooey mozzarella, and cheddar. It delivers all the flavor of a pizza with a fraction of the effort. Perfect for a speedy lunch or indulgent post-gym bite.

Prep: 5 min | Cook: 5 min | Fresh: 1 day | Beginner

## Makes 1

**Ham** 3 slices, honey-roasted

**Bread** 2 slices, white

**Tomato Paste** 3 tbsp

**Mozzarella** 15g or 0.53oz, reduced fat

**Cheddar Cheese** 15g or 0.53oz, reduced fat

**Italian Seasoning** 1 tsp

# Air Fryer Pizza Melt

High Protein | Med Carb

livingplusrx.com

## Method

Lay out the two slices of bread. Spread 1 tbsp of tomato paste on each slice.

Add the cooked ham evenly over one slice of bread. Sprinkle Italian seasoning over the ham for that pizza flavor.

Top the ham with half of both the mozzarella and cheddar. Place the second slice of bread on top to form a sandwich. Spread 1 tbsp of tomato paste on top followed by more herbs and the remaining cheese.

Place the sandwich in the air fryer basket. Cook at 350°F (180°C) for 5–6 minutes until golden and the cheese is melted. Let it cool for 1–2 minutes before slicing. Serve as is or with a simple side salad or dipping sauce.

**MFP Barcode**

5 5 7 9 4 1 2 2 4 6 5 6

Living+

**Allergen Information**

Contains lactose, wheat.




# Air Fryer Protein Donut Balls

Med Carb

Living+

These Air Fryer Protein Donut Balls are a lighter take on the classic donut, made with high-protein Greek yogurt and baked instead of fried. With a fluffy center and crisp cinnamon-sugar coating, they're ideal for satisfying sweet cravings while still hitting your protein goals. Perfect for breakfast, snacks, or a post-workout treat!

Prep: 15 min | Cook: 12 min | Fresh: 3 days | Beginner

## Makes 12 Balls

**Greek Yogurt** 200g or 7oz, 0% fat

**Self-Rising Flour** 200g or 7oz

**Egg** 1

**Butter** 40g or 1.4oz, light

**Sugar** 20g or 0.7oz

**Vanilla Extract** 1 tsp

**Cinnamon** 1 tsp

**Salt** pinch

# Air Fryer Protein Donut Balls

Med Carb

livingplusrx.com

## Method

In a bowl, whisk together the egg, 20g (0.7oz) melted butter, Greek yogurt, and vanilla extract until smooth. Add half the sugar, the salt and the self-rising flour. Mix until a soft, sticky dough forms. If the dough feels too wet, add up to 20g (0.7oz) more flour.

Lightly dust a plate or tray with flour. Scoop heaped tablespoons of dough onto the floured surface. Dust your hands with flour and gently roll each portion into a ball.

Preheat the air fryer to 400°F (200°C) using the roast or bake setting. Line the air fryer basket with parchment paper and spray lightly with oil.

Place the dough balls in the basket with space between them. Air fry at 400°F (200°C) for 8 minutes, then reduce the temperature to 340°F (170°C) and bake for an additional 4–5 minutes until golden and cooked through.

While still warm, brush with 20g (0.7oz) melted butter and roll in the remaining sugar mixed with the cinnamon.

**MFP Barcode**

5 5 7 9 4 1 2 2 4 6 7 0

Living+

**Allergen Information**

Contains lactose, eggs, wheat.




# Air Fryer Stuffed Bell Peppers

High Protein | Med Carb

Living+

A simple, wholesome meal packed with lean protein and vibrant veggies. Lightly seasoned with oregano and smoked paprika, the savory chicken filling is perfectly balanced by the sweet, tender roasted peppers. Finished with a bubbling cheese topping, this dish delivers big flavor!

Prep: 5 min | Cook: 30 min | Fresh: 3 days | Beginner

## Makes 2

**Red Bell Pepper** 2, large
**Diced Tomatoes** 1 can
**Ground Chicken** 150g or 5.3oz
**Yellow Onion** 1, small
**Mozzarella Cheese** 25g or 0.9oz
**Cheddar Cheese** 25g or 0.9oz
**Paprika** 1 tsp
**Dried Oregano** 1 tsp
**Black Pepper** 2 twists
**Salt** 1 pinch

# Air Fryer Stuffed Bell Peppers

High Protein | Med Carb

livingplusrx.com

## Method

In a skillet over medium heat, cook the ground chicken until browned. Add the onion, cooking until softened. Stir in the drained tomatoes, oregano, paprika, salt, and pepper. Cook for an additional 5 minutes until everything is well combined.

Spoon the mixture into each bell pepper until fully stuffed. Preheat your air fryer to 350°F (180°C).

Place the stuffed peppers in the air fryer basket. Cook for 10-15 minutes, or until the peppers are tender.

Top each pepper with shredded cheese and cook for an additional 2-3 minutes, or until the cheese is melted and bubbly.

**MFP Barcode**

5 5 7 9 4 1 2 2 4 5 0 2

Living+

**Allergen Information**

Contains lactose.




# Buffalo Chicken Burger

High Protein | Med Carb

Living+

An epic creation of hot, air fried crispy chicken on a soft brioche bun.

Prep: 5 min | Cook: 18 min | Fresh: 1 day | Beginner

## Makes 2

**Chicken Breast** 2 breasts
**Brioche Buns** 2
**Egg** 2
**Cornflakes** 50g or 1.7 oz
**Provolone Cheese** 2 slices
**Low-Fat Mayonnaise** 2 tbsp
**Hot Sauce** 4 tbsp
**All-Purpose Flour** 1 tbsp
**Carrot** 1/4 of a small carrot
**Dijon Mustard** 1 tsp
**Lemon Juice** yield of 1 wedge
**Paprika** 1 tsp
**Cayenne Pepper** 1/4 tsp
**Red Cabbage** 1 tbsp, grated
**White Cabbage** 1 tbsp, grated

# Buffalo Chicken Burger

High Protein | Med Carb

livingplusrx.com

## Method

First, create the dipping stations. In one bowl add the flour and seasonings, and mix until well combined. In the second bowl, whisk together the egg and 1 tbsp of hot sauce. In the third, add the crushed corn flakes.

First dip the breasts in the flour mixture, ensuring the entire breast is coated. Next, dip it in the wet mixture before finally dipping it in the cornflakes. Place the coated breasts on a tray and cook in the air fryer for 18 minutes at 350°F (180°C).

As the chicken cooks, prepare the slaw. In a bowl add the light mayo, tsp of mustard, lemon juice, a tbsp of grated red cabbage, a tbsp of white cabbage, and a tbsp of grated carrot. Mix well.

With 3 minutes until the chicken is cooked, heat up the buns.

As they heat up, add 3 tbsp of hot sauce to a shallow pan on low heat. Once the chicken is cooked, dip them and flip them in the sauce. Top with a slice of cheese and broil for 1 minute. Serve with some slaw on top.

**MFP Barcode**

0 5 7 9 4 1 2 2 1 0 1 8

Living+

**Allergen Information**

Contains lactose, eggs, wheat, mustard, soy, sulfites.




# Chicken Katsu Curry

High Protein | High Carb

Living+

A sumptuous Japanese-inspired dish that promises a delightful culinary experience. It features crispy, panko-coated chicken breasts served over a bed of fragrant jasmine rice and accompanied by a rich, aromatic curry sauce. A balanced, satisfying meal.

Prep: 25 min | Cook: 35 min | Fresh: 5 days | Beginner

## Makes 5

- **Chicken Breast** 5, average
- **Jasmine Rice** 300g or 10.5 oz, dry
- **Coconut Milk** 1/2 can
- **Eggs** 2
- **Water** 100ml or 3.4 fl oz
- **Carrots** 2, small
- **Panko Breadcrumbs** 80g or 3oz
- **Yellow Onion** 1 small
- **All-Purpose Flour** 3 tbsp
- **Garlic Cloves** 5
- **Olive Oil** 1 tbsp
- **Ginger & Curry Powder** 1 tbsp each

# Chicken Katsu Curry

High Protein | High Carb

livingplusrx.com

## Method

Flatten the chicken breasts slightly for even cooking. Set up a breading station with separate plates for flour, beaten eggs, and panko breadcrumbs. Coat each chicken breast in flour, dip in egg, and then press into panko breadcrumbs until well coated.

Spray the chicken with cooking spray and air fry at 400°F (200°C) for 12 to 15 minutes, flipping halfway, until golden, crispy and cooked through.

Rinse jasmine rice under cold water until the water runs clear. Cook the rice according to package instructions.

In a saucepan, heat olive oil over medium heat. Sauté onion, carrots, garlic, and ginger until softened. Add curry powder and cook for another minute. Pour in water and coconut milk, bring to a simmer. Simmer for 20 minutes, then blend until smooth.

Slice the cooked chicken katsu into strips. Place a portion of jasmine rice on each plate. Generously ladle the curry sauce over the chicken and rice.

**MFP Barcode**

5 5 7 9 4 1 2 2 2 5 4 6

Living+

**Allergen Information**

Contains wheat, eggs.




# Cranberry Glazed Chicken

High Protein | Med Carb

Living+

A vibrant, nourishing dish featuring juicy cranberry-glazed chicken served over warm grains, zingy red cabbage slaw, creamy feta, and crunchy pecans. It's the perfect balance of sweet, savory, and tangy — ideal for a satisfying lunch or dinner.

Prep: 15 min | Cook: 20 min | Fresh: 3 days | Beginner

## Makes 3

**Chicken Breast** 3 (125g or 4.4oz per breast)
**Red Cabbage** 400g or 14oz
**Red Rice & Quinoa** 1 pouch (250g or 8.8oz)
**Cranberry Sauce** 3 tbsp
**Feta Cheese** 60g or 2.1oz
**Pecans** 12
**Red Wine Vinegar** 1 ½ tsp
**Olive Oil** 2 tsp
**Nigella Seeds** 1 tsp

# Cranberry Glazed Chicken

High Protein | Med Carb

livingplusrx.com

## Method

Heat 1 tsp olive oil in a pan over medium-high heat. Sear the chicken for 2 minutes per side, just until golden brown on the outside.

Spread 2 tbsp of cranberry sauce over the seared chicken. Sprinkle over the nigella seeds. Transfer the chicken to the air fryer and roast at 400°F (200°C) for 10–12 minutes, or until the chicken is fully cooked. Once done, remove and set the chicken aside to rest for 5 minutes.

In a large mixing bowl, whisk together: 1 tbsp cranberry sauce, 1½ tsp red wine vinegar, 1 tsp olive oil, a small splash of water (about 1 tbsp).

Add the shredded cabbage. Using clean hands, massage the dressing into the slaw for 1–2 minutes to soften the cabbage.

Add the pouch of grains to the microwave for 2 minutes. Once ready, toss the grains into the slaw mixture and mix well. Next add most of the crumbled feta and pecans, reserving some for garnish.

Slice the rested chicken into thick strips. Divide the warm grain and slaw mixture between three bowls or plates. Top each with the sliced chicken, any remaining pan juices, and the reserved feta and pecans.

**MFP Barcode**

5 5 7 9 4 1 2 2 5 0 7 3

Living+

**Allergen Information**

Contains lactose, tree nuts, sulfites.




# Creamy Chickpea Flatbreads

High Protein | Med Carb

Living+

These loaded flatbreads are bursting with bold flavor and texture. Crisp gochujang-roasted chickpeas are paired with a creamy cucumber, avocado, and tahini salad, seasoned with lemon, garlic, and fresh herbs. Finished with a drizzle of hot honey for that sweet heat kick — they're messy, satisfying, and perfect for a quick, vibrant lunch.

Prep: 20 min | Cook: 20 min | Fresh: 4 days | Beginner

## Makes 3

**Greek Style Flatbread** 3
**Chickpeas** 1 can, drained
**Cherry Tomatoes** 15
**Avocado** 1, small
**Cucumber** 70g or 2.5oz
**Light Mayo** 2 tbsp
**Tahini** 3 tbsp
**Green Onion** 2
**Gochujang** 1 tbsp
**Honey** ½ tsp per serving
**Lemon Juice** ½ lemon
**Fresh Mint** 1 tbsp
**Fresh Dill** 1 tbsp
**Olive Oil** ½ tsp
**Garlic Powder** ½ tsp
**Chili Flakes** 3 pinches

# Creamy Chickpea Flatbreads

High Protein | Med Carb

livingplusrx.com

## Method

Add chopped cucumber and cherry tomatoes to a large mixing bowl.

Add chopped green onions, diced avocado, lemon juice, tahini, mayo, garlic powder, dill, and mint to the same bowl. Stir gently until everything is well coated and combined. Season to taste.

Preheat the oven or air fryer to 400°F (200°C). Toss chickpeas with gochujang and oil. Spread in a single layer and roast for 10 minutes, or until crispy and slightly charred.

Warm the flatbreads, then spoon over the herby salad. Top with the hot, roasted chickpeas and ½ tsp of honey and pinch of chili flakes.

Fold and enjoy immediately while warm and messy.

**MFP Barcode**

5 5 7 9 4 1 2 2 4 8 5 4

Living+

**Allergen Information**

Contains sesame, wheat, eggs, soy, sulfites.




# Crispy Chicken & Black Bean Stir-Fry

High Protein | Med Carb

Living+

Crispy golden chicken strips meet a rich, savory black bean sauce packed with colorful veg and bold umami flavors. Quick to prep and satisfying to eat — this dish delivers big takeout-style flavor in a healthier way. Perfect for a midweek dinner.

Prep: 20 min | Cook: 20 min | Fresh: 2 days | Beginner

## Makes 4

**Cornstarch** 2 tbsp
**Egg** 1
**Breadcrumbs** 70g or 2.5oz
**Chicken Breast** 4 (125g or 4.4oz per breast)
**Mushrooms** 75g or 2.6oz
**Green Bell Pepper** 1, large
**Onion** 1, large
**Black Beans** 1 can, drained

**Soy Sauce** 4 tbsp
**Oyster Sauce** 1 tsp
**Hoisin Sauce** 1 tbsp
**Garlic Cloves** 4
**Chicken Stock** 300ml or 10.1 fl oz
**Ginger** 1 tbsp, grated
**Cornstarch** 1 tbsp (mix with 1 tbsp water)

# Crispy Chicken & Black Bean Stir-Fry

High Protein | Med Carb

livingplusrx.com

## Method

Set up three shallow bowls: one with cornstarch, one with the beaten egg, and one with breadcrumbs. Dip each chicken strip into the cornstarch, then the egg (shaking off excess), and finally coat in the breadcrumbs.

Spray the coated chicken generously with cooking spray and place in an air fryer. Cook at 400°F (200°C) for 10–12 minutes, flipping halfway. Check earlier depending on how thin the strips are — they should be golden and cooked through.

While the chicken cooks, heat a large non-stick pan over medium heat. Add the mushrooms, pepper, and onion. Sauté for 5–7 minutes until softened.

Add the drained black beans, soy sauce, oyster sauce, hoisin sauce, garlic, ginger, and chicken stock. Stir and bring to a gentle simmer. Mix the cornstarch slurry (1 tbsp cornstarch + 1 tbsp cold water), then pour it in. Simmer for 2–3 minutes until slightly thickened.

Add the crispy chicken strips to the pan and gently toss to coat in the sauce. Let everything heat through for another 2 minutes. Serve hot over rice or noodles if desired.

**MFP Barcode**




Living+

**Allergen Information**

Contains eggs, wheat, soy, shellfish, sulfites.



KCAL 362.1
PRO 39.7g
CARB 31.4g
FAT 8.3g
FIBER 0.7g
Per serving

# Crispy Chicken Bites

High Protein | Med Carb

Living+

This recipe packs a punch of flavor, combining the protein-packed juicy chicken with a crispy exterior of seasoned breadcrumbs.

Prep: 5 min | Cook: 25 min | Fresh: 3 days | Beginner

## Makes 3

**Chicken** 3 breasts, average size
**Eggs** 2
**Panko Breadcrumbs** 50g or 1.8oz
**Garlic** 3 cloves or 1/2 tsp powder
**Paprika** 1 tbsp
**Dried Parsley** 1 tsp
**Sriracha Sauce** 4 tbsp
**Honey** 2 tbsp
**Dried Parsley** 1 tbsp, for glaze
**Ketchup** 1 tbsp
**Light Mayonnaise** 1 tbsp
**Sriracha Sauce** 1 tbsp, for dip

# Crispy Chicken Bites

High Protein | Med Carb

livingplusrx.com

## Method

First, dice the chicken breasts and leave them to the side.

Next, to a bowl add the 2 eggs and lightly beat them using a fork.

In a separate bowl, add the breadcrumbs, garlic cloves (crushed or use powder), paprika, and dried parsley. Mix well.

Now it is time to coat the chicken. Begin by soaking the chicken in egg before transferring to the dry mix, coating the chicken fully. Place the coated chicken in the air fryer or on a roasting tray. Cook for 15 minutes at 350°F (180°C).

As the chicken cooks, prepare the sauces. First, in a mixing bowl, add the honey, sriracha, and tablespoon of dried parsley. Mix well and leave to the side. Next make the dipping sauce by combining a tbsp of ketchup, light mayonnaise, and sriracha hot sauce.

Once the chicken is cooked, toss the chicken bites in the sriracha honey sauce and place them back in the air fryer for another 10 minutes until crispy. Serve with some dipping sauce.

**MFP Barcode**

0 5 7 9 4 1 2 2 0 9 5 0

Living+

**Allergen Information**

Contains eggs, wheat, lactose, mustard. May contain sulfites.




# Crispy Chicken Crunch Wrap

High Protein | Med Carb

Living+

Crispy, juicy chicken breast wrapped in a soft tortilla with crunchy lettuce and a cooling sweet chili yogurt — this easy wrap is perfect for a satisfying lunch or dinner.

Prep: 10 min | Cook: 15 min | Fresh: 3 days | Beginner

## Makes 1

**Chicken Breast** 1, 125g or 4.4oz
**Tortilla** 1, large
**Corn Flakes** 20g or 0.7oz
**Sweet Chili Sauce** 1 tbsp
**Low-Fat Yogurt** 1 tbsp
**Lettuce** 2 leaves
**Paprika** 1 tsp
**Salt** pinch
**Egg** 1

# Crispy Chicken Crunch Wrap

High Protein | Med Carb

livingplusrx.com

## Method

Set your air fryer to 400°F (200°C).

Crush the corn flakes into fine crumbs. In a bowl, combine with paprika and salt. In a separate bowl, add 1 beaten egg. Dip each chicken strip into the egg mixture, followed by the cornflake mixture.

Place the coated strips in the air fryer and cook for 12–15 minutes, flipping halfway, until golden and cooked through.

Warm the wrap if desired. Spread yogurt and sweet chili sauce over the base. Add the chopped lettuce, followed by the crispy chicken.

Roll the wrap tightly, slice in half, and enjoy!

**MFP Barcode**

5 5 7 9 4 1 2 2 4 9 8 4

Living+

**Allergen Information**

Contains lactose, eggs, wheat.




# Crispy Chicken & Tomato Basil Sauce

High Protein | Med Carb

Living+

This Crispy Chicken with Tomato Basil Sauce brings together juicy, tender chicken coated in a Parmesan breadcrumb crust with a rich, herby tomato sauce. High in protein and packed with vibrant Mediterranean flavors, it's a lighter take on a comfort classic. Perfect for a balanced dinner that's both satisfying and nutrient-dense.

Prep: 20 min | Cook: 20 min | Fresh: 3 days | Beginner

## Makes 2

**Chicken Breast 2** (125g or 4.4oz per breast)
**Egg** 1
**Breadcrumbs** 30g or 1oz
**Red Onion** 1 small
**Parmesan Cheese** 30g or 1oz
**Garlic Cloves** 2
**Paprika** 1 tsp
**Balsamic Vinegar** 1 tbsp
**Garlic Powder** ½ tsp
**Cherry Tomato** 150g or 5.3oz
**Red Bell Pepper** 1, medium
**Arugula** 2 handfuls
**Tomato Paste** 1 tbsp
**Flour** 1 tbsp
**Sun-Dried Tomato Paste** 1 tsp
**Basil** 8 leaves
**Salt & Pepper** 1 twist of each

# Crispy Chicken & Tomato Basil Sauce

High Protein | Med Carb

livingplusrx.com

## Method

Heat a pan sprayed with cooking spray over medium heat. Sauté the diced onion, chopped red pepper, halved cherry tomatoes, crushed garlic, and chopped basil stems with a pinch of salt and pepper for 5–7 minutes until softened.

Add the sun-dried tomato paste, tomato paste, and balsamic vinegar. Cook for another few minutes, pressing down on the tomatoes to release their juices.

Simmer gently until thickened, adding a splash of water if needed. Stir in fresh basil leaves. Season to taste and set aside.

Mix the breadcrumbs with smoked paprika, garlic powder, and two-thirds of the grated Parmesan. Place each chicken breast between baking parchment or plastic wrap and gently pound to an even thickness. Season with salt and pepper. Dredge the chicken in the flour, dip into the beaten egg, and coat thoroughly with the breadcrumb mixture, pressing firmly to adhere.

Preheat the air fryer to 375°F (190°C). Air fry the chicken for 15–18 minutes, flipping halfway through, until golden, crispy, and cooked through (internal temp should reach 165°F/75°C). Spoon the tomato basil sauce onto plates, place the crispy chicken on top, and garnish with arugula and extra Parmesan.

**MFP Barcode**

5 5 7 9 4 1 2 2 4 5 1 9

Living+

**Allergen Information**

Contains lactose, eggs, wheat, sulfites.