

F'D.L.

AIR FRYER

RECIPE EBOOK

84 LOW-CALORIE AIR FRYER
RECIPES THAT YOU CAN MAKE IN
15 MINUTES OR LESS!



Thank you so much for your Low Calorie Air Fryer Recipe Book purchase. We are confident that you will love all of the recipes inside this one-of-a-kind cookbook.

When we set out to make this recipe book, we really wanted to create something unique and truly convenient for you.

What started out as a quest to create a couple of dozen spin offs of typical fried foods and guilty pleasure turned in a massive 80+ creation and masterpiece.

Countless hours of trial and error have gone into crafting recipes that taste just like the “real thing” but will help you stay on track and reach your goals no matter how ambitious.

With this book as a part of your arsenal we hope that you can find real freedom and fun in the foods you eat every day.

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SOME AIR FRYER PRO TIPS BEFORE WE BEGIN

- 1.) Give your air fryer some space so it can operate efficiently and avoid overheating! I advise at least 5 inches of space on all sides, especially in the back.
- 2.) Reheating foods in the air fryer will help them retain a crunchiness instead of settling for limp and soggy microwave leftovers.
- 3.) Don't overfill your air fryer basket! It is tempting at times to want to do so but your food will not cook evenly. It needs enough space to circulate air around the food. So if a piece of food is covered by another piece of food, air isn't able to reach that side thus leaving that part not being cooked as much.
- 4.) Clean your air fryer as you use it. This can be easy to neglect but a quick wash each time will save you a lot of time and hassle in the long run.
- 5.) Any frozen food cooked in the air fryer is amazing, so if you buy frozen tater tots or pizza rolls for the kiddos, make them in the air fryer. 360 degrees F is typically a safe temperature for most foods, just be sure to periodically check in because cooking times do vary.

THE TOOLKIT

When embarking on the journey of mastering an air fryer and all its capabilities, you need one that is worthy of the task. I've tried many air fryers and the one I stand by is the Instant Pot Vortex 6 Quart! It's reliable, versatile, powerful, and super easy to clean! Couldn't recommend it more.

And something to keep in mind is that the more you use your air fryer, the more you will realize how amazing it would be to have 2 in the kitchen. I highly recommend giving into the idea because I have 2 in my kitchen and it's a game changer for speed and convenience!



ACCESSORIES I USE FOR THE AIR FRYER

Along with the air fryer, you'll need some gadgets to use inside the air fryer to make foods like Mac & Cheese, oatmeal, donuts, skillet cookies, cakes, cheesecakes, muffins, etc. Most of these things you might already have around the house if you have been cooking my recipes for some time!



MY AIR FRYER



MY OTHER KITCHEN GADGETS I USE IN THE BOOK

And you'll notice throughout the book I use various other gadgets to prepare food for the air fryer. These are things that I use pretty much every single day. I'd never recommend you'd buy something you'd only use once.

SUBSTITUTION FAQS

I totally understand the feeling. You are super pumped to make a recipe! But you then realize you don't have an ingredient or you have an intolerance that doesn't allow for a specific ingredient. So then you can't make the recipe.

But you then come to this section hoping for a substitution to where you can still make the recipe! There is hope!

Food science is complex. Especially when you are trying to create something that is against the norm. Something that tastes amazing, with perfect texture all while being low in calories and high in protein. It's a very delicate dance that relies on precise amounts of ingredients to make this happen. So when I give you a substitution here, please note that this will often not yield that exact same end product because it is usually substituting an integral part of the recipe.

I think the first substitution you will be worried about is if you do not have any Protein Cookie Butter Powder and the recipe calls for it. This product is unique. I wouldn't spend the years creating a product that I selfishly wanted if it was already on the market. So that makes it tough to substitute.

Some dessert recipes will call for the vegan line of Protein Cookie Butter Powder. So if it does call for that, I recommend substituting a pea protein based vegan protein powder. 1:1 ratio. This is not a perfect science but it will be the best substitute.

Why do I recommend a whey/casein blend protein in the recipes? Because this type of protein is the best blend for baking. Not even close. The blend of the whey and casein allow recipes to retain a ton more moisture. A whey only protein is too fragile of a protein that does not do too well with any type of baking nor is it really good absorbing liquid to make a thick consistency. So I highly recommend getting a high quality whey/casein blend protein powder. I use PEScience Select Protein! Code "FDL" will save you 15%.

So let's say you are lactose intolerant and you cannot do dairy. This makes it tough for recipes that include any rising. Vegan protein as well as non dairy yogurt are very dense and heavy. And when you try to bake with them, they tend to not rise. So for things like an air cake like texture, it'll be tough. The cupcakes are a prime example of this. They are tall and need a lot of rising. But for things like brownies and cakes in the 8in pans, that substitution should be fine!

Want to use egg whites in place of the whole eggs? You most definitely can but if the recipes turn out dry, that'll be why. For a recipe to maintain density without drying out, it requires a prerequisite amount of fat. So if you want to sub the eggs, I recommend adding in some fats from oil, peanut butter or butter to replace them. This fats framework applies to all the recipes. If you take out some fats, you need to replace them somewhere. Just keep that in mind.

If you don't have the type of flour mentioned in the recipe, my recommendation is to get that flour because I don't add it in there for no reason. As I said earlier, food science is very complex and relies on the precise amount of the flours to yield the end product you are after! All Purpose Flour is an amazing all around flour, hence its name. But you have to use a lot of it in the absence of other types of flours.

The beauty of a Coconut Flour is that it is the most absorbent flour thus allowing you to use less All Purpose Flour and as a result, bringing down the calories of the recipe. For example, you only need to use $\frac{1}{4}$ the amount of coconut flour to all purpose flour. So for 28g of all purpose flour, that's only 7g of coconut flour! So that's why you will see a lot of recipes with both of them in there because they complement each other very well and help bring down the calories of the recipes!

What about Almond Flour? This flour is amazing for providing density and texture. It's a higher fat flour so it'll hold moisture much better. If you look at the Protein Cookie recipes, you will see a unique blend of all three flours working in tandem to create a heavenly cookie! So if you try to substitute, you will not get the same result. They each play their pivotal role in creating an amazing, too good to be true, end result!

A close-up photograph of a glass jar filled with rich, dark chocolate frosting. The frosting has a smooth, velvety texture with a distinct swirling pattern on the surface. The jar is positioned vertically against a dark, textured background.

FROSTING & ICING



PROTEIN PEANUT BUTTER

RECIPE MAKES 20 SERVINGS

SERVING SIZE	CALORIES	
2 TBSP (32G)	60	
FAT	CARBS	PROTEIN
3.5g	2g	5.5g

INGREDIENTS:

60g Vegan Vanilla Protein Powder

60g PB Party Protein Cookie Butter Powder

120g Creamy Peanut Butter

400ml Unsweetened Almond Milk

1. Add all of the ingredients to your food processor and blend everything together until you get a creamy consistency with no chunks. Put the peanut butter in your jars, add them to the fridge overnight to thicken up, then enjoy!
2. These will last in the fridge for 7-10 days! You can customize this recipe to whatever your heart desires! This is just the template.

NOTE:

If you use a non-vegan protein, I'd recommend using less almond milk. Vegan protein is much more absorbent so I'd cut back on roughly 100-150ml of almond milk if you do use whey or whey/casein blend.



CHOCOLATE PROTEIN PEANUT BUTTER

RECIPE MAKES 20 SERVINGS

SERVING SIZE	CALORIES	
2 TBSP (32G)	60	
FAT	CARBS	PROTEIN
3.5g	2g	5.5g

INGREDIENTS:

60g Vegan Chocolate Protein Powder

60g Brownie Batter Protein Cookie Butter Powder

120g Creamy Peanut Butter

400ml Unsweetened Almond Milk

1. Add all of the ingredients to your food processor and blend everything together until you get a creamy consistency with no chunks. Put the peanut butter in your jars, add them to the fridge overnight to thicken up, then enjoy!

NOTE:

If you want to try this with Nutella instead of peanut butter, it won't come out as thick. This is because Nutella is not as thick nor absorbent as peanut butter. So, use 100ml less of almond milk if you want to give it a try or you can use the same amount and it'll come out more like a light mousse!



PROTEIN CHEESECAKE FROSTING

RECIPE MAKES 16 SERVINGS

SERVING SIZE	CALORIES	
2 TBSP (32G)	36	
FAT	CARBS	PROTEIN
0g	2g	7g

INGREDIENTS:

220g Fat Free Cream Cheese
227g Plain Nonfat Greek Yogurt
60g Whey/Casein Blend Vanilla Protein Powder
8g Zero Cal Sweetener of your choice

1. Add all of the ingredients to your food processor and blend it all together on low. You want to get a smooth, frosting-like consistency and might have to stop from time-to-time to scape some of the frosting off of the sides.

PRO TIP:

I add these to mason jars to stay fresh in the fridge for 7-10 days! This recipe makes enough for 4-5 of these small mason jars.



PROTEIN OREO CHEESECAKE FROSTING

RECIPE MAKES 16 SERVINGS

SERVING SIZE	CALORIES	
2 TBSP (32G)	41	
FAT	CARBS	PROTEIN
1g	1g	6g

INGREDIENTS:

- 220g Fat Free Cream Cheese
- 227g Plain Nonfat Greek Yogurt
- 60g Whey/Casein Blend Vanilla Protein Powder
- 8g Zero Cal Sweetener of your choice
- 4 Oreo Thins

1. Add all of the ingredients to your food processor and blend it all together on low. You want to get a smooth, frosting-like consistency and might have to stop from time-to-time to scape some of the frosting off of the sides.
2. Crush up your Oreo Thins and mix them in.

PRO TIP:

I add these to mason jars to stay fresh in the fridge for 7-10 days! This recipe makes enough for 4-5 of these small mason jars.



VANILLA PROTEIN ICING

RECIPE MAKES 8 SERVINGS

SERVING SIZE	CALORIES	
2 TBSP (32G)	30	
FAT	CARBS	PROTEIN
0g	3.5g	4g

INGREDIENTS:

30g Whey/Casein Blend Vanilla Protein Powder

15g Powdered Sugar

8g Sugar Free/Fat Free White Chocolate Pudding Mix

3g Zero Cal Sweetener of your choice

100g Plain Nonfat Greek Yogurt

100g Cold Water

1. Mix the dry ingredients together in a bowl to avoid clumping, then mix in your water. Add in your Greek Yogurt and mix until you get a smooth, icing-like consistency.
2. Add the icing to your mason jars, place them in the fridge to cool for 2-3 hours, then enjoy!



OREO PROTEIN ICING

RECIPE MAKES 5 SERVINGS

SERVING SIZE	CALORIES	
2 TBSP (32G)	36	
FAT	CARBS	PROTEIN
0.5g	4g	5g

INGREDIENTS:

30g Whey/Casein Blend Vanilla Protein Powder

15g Black Cocoa Powder

8g Powdered Sugar

6g Sugar Free/Fat Free White Chocolate Pudding Mix

3g Zero Cal Sweetener of your choice

100g Plain Nonfat Greek Yogurt

100g Cold Water

1. Mix all dry ingredients together in a bowl to avoid clumping. Mix in your water, then your Greek Yogurt until you get a smooth, icing-like consistency.
2. Add your icing to jars, place them in the fridge to cool for 2-3 hours, then enjoy!

BREAKFAST





MEAL PREP FROZEN PROTEIN PANCAKES

RECIPE MAKES 14 PANCAKES

SERVING SIZE	CALORIES	
1 PANCAKE	69	
FAT	CARBS	PROTEIN
1.25g	8g	6g

INGREDIENTS:

120g Pancake Mix of your choice

60g Whey/Casein Blend Vanilla Protein Powder

30g PB Party Protein Cookie Butter Powder

24g Coconut Flour

8g Zero Cal Sweetener of your choice

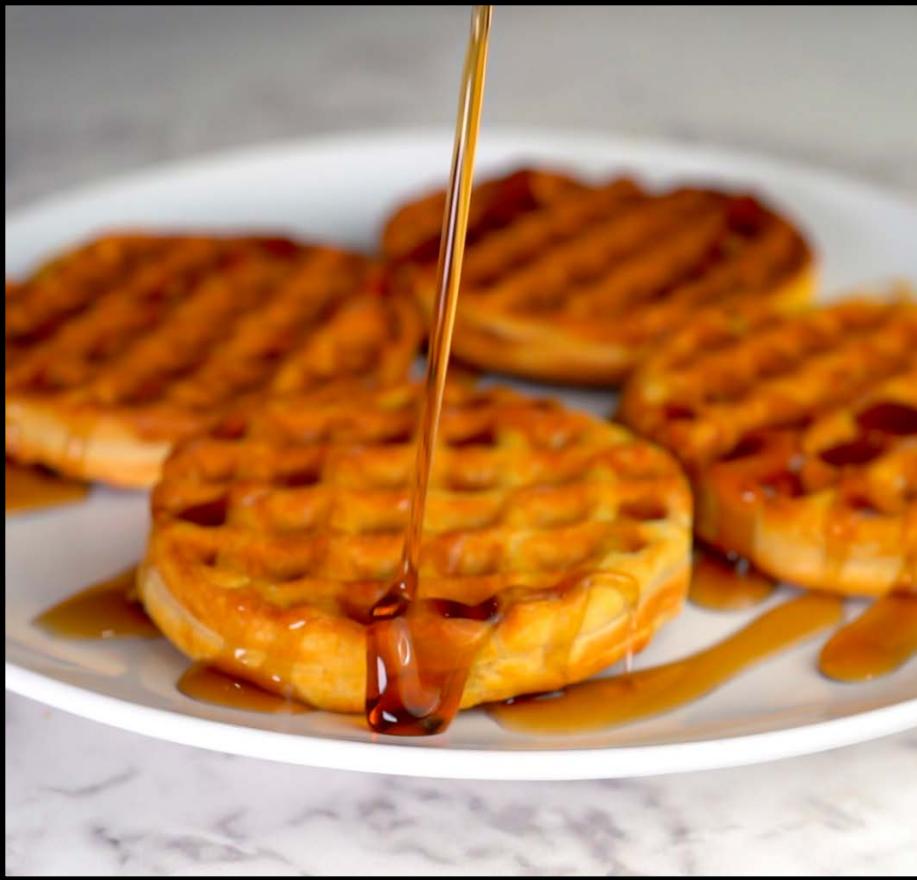
8g Baking Powder

150g Egg Whites

Unsweetened Vanilla Almond Milk to the consistency of batter

1. Mix all of your dry ingredients in a bowl to avoid clumping, then add in your wet ingredients and mix some more. Add in a little bit of almond milk at a time and mix, then repeat until you reach a batter-like consistency.
2. Preheat your stove top pan to a 5/10 heat and spray it with non-stick cooking spray. Add 1/14th of your batter to the pan (I have a 10-inch pan and can fit 4 pancakes). Place a cover on top and cook your pancakes until you see little air bubbles coming from the top of the pancakes, then flip them over.
3. Cook the pancakes on that side for another 2 minutes and repeat this process until all 14 pancakes are cooked.

PRO-TIP: If you want to freeze these like the ones you get from the store and reheat them in the toaster later, add them to a cooling rack to cool to room temperature. Once they're cool, add them to a big Ziplock bag. Make sure you get all the air of the bag, then put them in your freezer. To reheat them, use either your toaster or air fryer!



MEAL PREP FROZEN PROTEIN TOASTER WAFFLES

RECIPE MAKES 12 WAFFLES

SERVING SIZE	CALORIES	
1 WAFFLE	75	
FAT	CARBS	PROTEIN
1.5g	9g	7g

INGREDIENTS:

120g Pancake Mix of your choice

60g Whey/Casein Blend Vanilla Protein Powder

30g PB Party Protein Cookie Butter Powder

24g Coconut Flour

8g Zero Cal Sweetener of your choice

8g Baking Powder

150g Egg Whites

Unsweetened Vanilla Almond Milk to the consistency of batter

1. Mix all of your dry ingredients in a bowl to avoid clumping, then add in your wet ingredients and mix some more. Add in a little bit of almond milk at a time and mix, then repeat until you get a batter-like consistency.
2. Preheat your mini waffle maker and spray it with non-stick cooking spray. Add 1/12th of your batter and cook until golden. Repeat this process until all 12 waffles are cooked.

PRO-TIP: If you want to freeze these like the ones you get from the store and reheat them in the toaster later, add them to a cooling rack to cool to room temperature. Once they're cool, add them to a big Ziplock bag. Make sure you get all the air of the bag, then put them in your freezer. To reheat them, use either your toaster or air fryer!



PROTEIN FRENCH TOAST STICKS

RECIPE MAKES 24 FRENCH TOAST STICKS

SERVING SIZE	CALORIES	
4 STICKS	137	
FAT	CARBS	PROTEIN
2g	18g	14g

INGREDIENTS:

6 Slices of Bread of your choice (I used Sara Lee 45 Cal Bread)

200g Egg Whites

1 Large Egg

60ml Unsweetened Almond Milk

15g Vanilla Protein Powder of your choice (can be vegan as well)

15g PB Party Protein Cookie Butter Powder

4g Zero Cal Sweetener of your choice

4g Ground Cinnamon

1. Cut each slice of bread into 4 stick pieces, then repeat for all 6 slices of bread. I used a pizza cutter to do this.
2. Mix all of your dry ingredients together in a bowl to avoid clumping. In another bowl, mix your almond milk, large egg, and egg whites.
3. Add 1/5th of your wet ingredients to the bowl with your dry ingredients and mix, then repeat until everything is combined. Doing this in 5's will help avoid any clumping of the dry ingredients since there are more wet than dry.
4. Spray your air fryer with nonstick cooking spray and dip your French toast sticks in the bowl. Let them sit for 8-10 seconds, then repeat for as many as you can fit in your air fryer. Mine fit about 10.
5. Air fry your French toast sticks at 360 degrees F for 6 minutes. Repeat this process until everything is cooked then enjoy!



BACON, EGG WHITE & CHEESE BREAKFAST SANDWICH

RECIPE MAKES 1 BREAKFAST SANDWICH

SERVING SIZE	CALORIES	
WHOLE SANDWICH	293	
FAT	CARBS	PROTEIN
9g	29g	24g

INGREDIENTS:

1 English Muffin
150g Egg Whites
1 Slice Center Cut Bacon
14g 2% Shredded Mexican Cheese
28g Avocado

1. Line a 3.5-inch cheesecake pan or your egg circles with aluminum foil, spray the foil with nonstick cooking spray, then add your 150g egg whites. Add the egg whites to your air fryer at 350 degrees F for 15 minutes.
2. At the 8 minute mark, add your bacon to the air fryer then at the 15 minute mark, slice your English muffin in half and spray each side with non-stick cooking spray. After you've done this, add it to the air fryer. Carefully take your egg white patty out of the aluminum foil and place it back in the air fryer with 14g of Mexican cheese on top. Flip your slice of bacon and everything in the air fryer for another 5 minutes.
3. When those 5 minutes are up, take everything out so you can start building your sandwich. Lay the bottom half of your English muffin down, 28g of fresh mashed avocado, egg white patty, bacon then the top half of your English muffin!
4. If you want your sandwich to cut even, cut it in half then enjoy!



BACON, EGG WHITE & CHEESE OMELETTE CRUNCH WRAP

RECIPE MAKES 1 CRUNCH WRAP

SERVING SIZE	CALORIES	
1 CRUNCH WRAP	453	
FAT	CARBS	PROTEIN
17g	40g	33g

INGREDIENTS:

1 Large Tortilla (I used one with 34g Carbs)

150g Egg Whites

2 Slices of Center Cut Bacon

28g of 2% Mexican Cheese

42g Avocado

Sriracha (optional)

1. Cook two slices of bacon in your air fryer at 360 degrees F for 6 minutes. While that's cooking, preheat your stove top pan to a 6/10 heat.
2. When your bacon is done, add the egg whites to your pan. Cook them with a cover on top until the top of the egg whites are no longer runny. Add your 2 slices of bacon, cheese and sriracha to the middle of the egg whites and fold it like a crunch wrap. When you've done that, flip your crunch wrap over to seal the bottom.
3. Lay the tortilla down flat, add your mashed avocado to the middle then your omelette crunch wrap on top. Wrap everything up together like a crunch wrap, then place it in the air fryer at 360 degrees F. Let that cook for 8 minutes then take it out, slice it open, and enjoy!



AIR FRYER BREAKFAST BURGER

RECIPE MAKES 1 BURGER

SERVING SIZE	CALORIES	
WHOLE BURGER	360	
FAT	CARBS	PROTEIN
12g	26g	36g

INGREDIENTS:

1 English Muffin

4oz 96/4 Lean Ground Beef

1 Large Egg

14g Light Mexican Cheese

1. Season your ground beef with sea salt and garlic powder. Cover a mini cheesecake pan or egg circle with aluminum foil, then spray the foil with nonstick cooking spray and crack your egg inside the foil.
2. Spray your air fryer with nonstick cooking spray, form your ground beef into a patty, then add it to your air fryer along with your egg. Cook both at 350 degrees F for 4 minutes.
3. Spray the tops of your English muffin with cooking spray and add your cheese to the top of the bottom half. Place that in the air fryer, along with your patty and egg, to cook for 2 minutes.
4. Take out your egg to make sure it stays runny, but let everything else cook for another 2 minutes. When everything's done, put your burger together and enjoy!



3 INGREDIENT CRISPY HASH BROWNS

RECIPE MAKES 4 HASH BROWNS

SERVING SIZE	CALORIES	
1 HASH BROWN	73	
FAT	CARBS	PROTEIN
1g	13g	3g

INGREDIENTS:

300g Russet Potato (1 Medium Size Potato)

1 Large Egg

Salt & Pepper

1. Add warm water to a bowl to help make sure your potato stays white and doesn't oxidize and turn burn once it's peeled and shredded.
2. Use a peeler to remove the skin, then use a box grater to grate the potatoes into small hash brown pieces. When you've done that, add the graded potatoes to your warm water bowl.
3. Take another bowl, a handful of potatoes, squeeze the water out, then add to your second bowl. Repeat this process until all of your potato is strained, then add a large egg and salt/pepper and mix everything together.
4. Spray a 3.5-inch mini cheesecake pan with nonstick cooking spray. Evenly spread and press 1/4th of your hash brown mixture to form the shape of the bottom of the pan. Spray the top with cooking spray then add it to your air fryer at 360 degrees F for 10 minutes.
5. Carefully remove your hash brown crust, flip it over, and add it back to the air fryer at 400 degrees for 6 minutes. When the top is crispy, take it out, and add some salt/pepper on top. Once it's seasoned, add it back in the air fryer for 6 minutes at 360 degrees F. Repeat this process to make a total of 4 hash browns.



EVERYTHING BAGELS

RECIPE MAKES 6 BAGELS (12 TOTAL HALVES)

SERVING SIZE	CALORIES	
1 FULL BAGEL	55	
FAT	CARBS	PROTEIN
0g	7g	3g

INGREDIENTS:

45g All Purpose Flour
8g Coconut Flour
3g Everything Bagel Seasoning
3g Baking Powder
100g Plain Nonfat Greek Yogurt
50g Egg Whites

1. Mix all of your dry ingredients together in a bowl, then add in your wet ingredients and mix everything together.
2. Spray mini silicone bagel molds with nonstick cooking spray and evenly spread your batter to each.
3. Air fry the bagels at 360 degrees F for 8 minutes, then carefully pop the bagels out of their molds. Add them back to the air fryer, with the undercooked side facing up, for 4-6 minutes until golden.
4. When they're done, let the bagels cool on a cooling rack. If you slice them open immediately, they'll be super soft in the middle.

PRO TIP:

These bagels toast well, so you can slice them in half and toast them in the air fryer or toaster before adding cream cheese or making them into pizza bagels. If you want to keep them fresh, store them in Tupperware for 7-10 days.



OREO MINI PROTEIN CAKE DONUTS

RECIPE MAKES 27 MINI DONUTS

SERVING SIZE 1 DONUT W/O TOPPINGS	CALORIES 40	
FAT 0g	CARBS 4g	PROTEIN 6g

INGREDIENTS:

75g Whey/Casein Blend Vanilla Protein Powder

75g All Purpose Flour

36g Brownie Batter Protein Cookie Butter Powder

30g Black Cocoa Powder

15g Zero Cal Sweetener of your choice

15g Baking Powder

412g Plain Nonfat Greek Yogurt

412g Egg Whites

150g Unsweetened Apple Sauce

1. Add all your dry ingredients into a bowl and mix to avoid clumping. Then add your wet ingredients and mix until combined.
2. Add 9 of your mini donut silicone molds to your air fryer and spray with non stick cooking spray. It will take 3 batches to do all 27 donuts. Add your batter to each leaving a little bit from the top because these will rise.
3. Air fry at 250 degrees F for 15 minutes. Then carefully take your donuts out of the molds and add them back into the air fryer with the bottoms facing up. Air fry for 5 more minutes at the same temperature.
4. Then add whatever frosting your heart desires (I love the protein cheesecake frosting) on top along with toppings and enjoy!



VANILLA MINI PROTEIN CAKE DONUTS

RECIPE MAKES 27 MINI DONUTS

SERVING SIZE 1 DONUT W/O TOPPINGS	CALORIES 44	
FAT 0g	CARBS 5g	PROTEIN 6g

INGREDIENTS:

75g Whey/Casein Blend Vanilla Protein Powder

75g All Purpose Flour

36g Birthday Cake Batter Protein Cookie Butter Powder

30g Coconut Flour

15g Zero Cal Sweetener of your choice

15g Baking Powder

412g Plain Nonfat Greek Yogurt

412g Egg Whites

150g Unsweetened Apple Sauce

1. Mix all of your dry ingredients together in a bowl to avoid clumping, then mix in your wet ingredients.
2. Spray 9 mini donut silicon molds with nonstick cooking spray, then add your batter leaving a little bit of room on top. You'll have to make these in batches of 3.
3. Air fry the donuts at 250 degrees F for 15 minutes. When they're done, take them out of their molds and add them back to the air fryer with the bottoms facing up. Air fry them for another 5 minutes.
4. Top with a frosting of your choice (I love the protein cheesecake frosting) and any additional toppings and enjoy!



BLUEBERRY PROTEIN MUFFINS

RECIPE MAKES 6 MUFFINS

SERVING SIZE	CALORIES	
1 MUFFIN	174	
FAT	CARBS	PROTEIN
2g	16g	23g

INGREDIENTS:

75g Whey/Casein Blend Vanilla Protein Powder

30g Blueberry Pastry Protein Cookie Butter Powder

30g All Purpose Flour

20g Coconut Flour

10g Zero Cal Sweetener of your choice

10g Baking Powder

275g Plain Nonfat Greek Yogurt

275g Egg Whites

100g Unsweetened Apple Sauce

100g Frozen Blueberries

1. Mix all the dry ingredients together in a bowl to avoid clumping, then add in your wet ingredients and mix some more. You don't want any chunks or clumps. When everything's mixed together, let the batter sit for 15-20 minutes to thicken up.
2. Mix in your frozen blueberries then spray your silicon jump muffin molds with nonstick cooking spray. Evenly pour the batter into your 6 molds. My air fryer can hold 6 but if you can't, fit as many as it'll hold. Be sure to leave enough space between them so you don't get oddly shaped muffins.
3. Air fry the muffins at 250 degrees F for 35 minutes. When they're done, let them cool in their molds for 10-15 minutes, then take them out to cool on a flat surface. You can store these in Tupperware at room temperature for a few days but they'll do best in the fridge for up to 7-10 days.



WHITE CHOCOLATE PUMPKIN PIE PROTEIN MUFFINS

RECIPE MAKES 6 MUFFINS

SERVING SIZE	CALORIES	
1 MUFFIN	183	
FAT	CARBS	PROTEIN
3g	19g	20g

INGREDIENTS:

75g Whey/Casein Blend Vanilla Protein Powder

30g PB Party Protein Cookie Butter Powder

30g All Purpose Flour

20g Coconut Flour

10g Zero Cal Sweetener of your choice

10g Baking Powder

450g Canned Pure Pumpkin

150g Plain Nonfat Greek Yogurt

150g Egg Whites

30g Mini White Chocolate Chips

1. Mix all of your dry ingredients together in a bowl to avoid clumping, then add in your wet ingredients and mix some more. You don't want any chunks or clumps. When everything's mixed together, let the batter sit for 15-20 minutes to thicken up.
2. Spray your silicon jump muffin molds with nonstick cooking spray., then evenly pour the batter into your 6 molds. My air fryer can hold 6 but if you can't, fit as many as it'll hold. Be sure to leave enough space between them so you don't get oddly shaped muffins.
3. Air fry the muffins at 250 degrees F for 35 minutes. When they're done, let them cool in their molds for 10-15 minutes, then take them out to cool on a flat surface. You can store these in Tupperware at room temperature for a few days but they'll do best in the fridge for up to 7-10 days.



PROTEIN BANANA NUT MUFFINS

RECIPE MAKES 6 JUMBO MUFFINS

SERVING SIZE	CALORIES	
1 MUFFIN	234	
FAT	CARBS	PROTEIN
6g	23g	22g

INGREDIENTS:

400g Banana
200g Egg Whites
100g Unsweetened Vanilla Almond Milk
90g PEScience Gourmet Vanilla Select Protein
45g PB Party Protein Cookie Butter Powder
45g Coconut Flour
12g Zero Cal Sweetener of your Choice
5g Ground Cinnamon
12g Baking Powder
30g Crushed Walnuts

1. Mash your banana in a bowl until there aren't any chunks, then mix in your egg whites.
2. Mix your dry ingredients together in another, then combine the dry ingredients with the wet.
3. Spray your muffin tins with nonstick cooking spray and evenly add your batter to each.
4. Add your muffins to the air fryer for 30 minutes at 250 degrees F until the tops start cracking and you see some golden-brown spots. If you have a food thermometer, you'll want an internal temperature of 190 degrees F.
5. Take the muffins out of your air fryer, let them cool, then enjoy.

PRO TIP:

If you want to lower the calories and fats a good bit on this recipe, just take out the walnuts!

And if you want, you can make this exact recipe in a loaf pan as well! Just air fry for 60 minutes at 250 degrees F!





DARK CHOCOLATE SEA SALT PROTEIN OATMEAL

RECIPE MAKES 1 LARGE BOWL

SERVING SIZE OATMEAL WITHOUT TOPPINGS	CALORIES 403	
FAT 9g	CARBS 53g	PROTEIN 29g

SERVING SIZE OATMEAL WITH ALL TOPPINGS	CALORIES 498	
FAT 14g	CARBS 57g	PROTEIN 36g

INGREDIENTS:

80g Oats
450ml Water
15g Vegan Chocolate Protein Powder
15g Brownie Batter Protein Cookie Butter Powder
8g Black Cocoa Powder
3-4g Zero Cal Sweetener of your choice
3Tbsp (48g) Chocolate Protein Peanut Butter on top

1. Add your oats and water to an air fryer safe pot, then add the pot to your air fryer to air fry at 300 degrees F for 15 minutes.
2. When your oats are done, mix in all the dry ingredients.
3. Add your toppings on top, then enjoy or place it in the fridge to cool until you're ready to eat it. If you want your oats a little thicker, let it sit in the fridge.

HOW TO PREPARE AIR FRYER OATMEAL FOR DIFFERENT SERVING SIZES:

For 160 Oats:
900ml Water
Air fry at 300 degrees F for 22 minutes.

For 80g Oats:
450ml Water
Air fry at 300 degrees F for 15 minutes.

For 40g Oats:
250ml Water
Air fry at 300 degrees F for 10 minutes

INGREDIENT PRO-TIP: I use a vegan protein powder because of how absorbent it is, which makes the oats turn out super thick. If you want to use a whey-casein blend or just a whey protein, know that it probably won't get as thick.



FUNFETTI CAKE BATTER PROTEIN OATMEAL

RECIPE MAKES 1 LARGE BOWL

SERVING SIZE
OATMEAL WITHOUT
TOPPINGS

CALORIES
416

FAT
8g

CARBS
58g

PROTEIN
28g

SERVING SIZE
OATMEAL WITH ALL
TOPPINGS

CALORIES
446

FAT
8g

CARBS
61.5g

PROTEIN
32g

INGREDIENTS:

80g Oats

450ml Water

15g Vegan Vanilla Protein Powder

15g Birthday Cake Batter Protein
Cookie Butter Powder

8g Sugar Free/Fat Free White
Chocolate Pudding Mix

3-4g Zero Cal Sweetener of your
choice

32g Vanilla Protein Icing on top

1. Add your oats and water to an air fryer safe pot, then add the pot to your air fryer to air fry at 300 degrees F for 15 minutes.
2. When your oats are done, mix in all the dry ingredients.
3. Add your toppings on top, then enjoy or place it in the fridge to cool until you're ready to eat it. If you want your oats a little thicker, let it sit in the fridge.

HOW TO PREPARE AIR FRYER OATMEAL FOR DIFFERENT SERVING SIZES:

For 160 Oats:

900ml Water

Air fry at 300 degrees F for 22 minutes.

For 80g Oats:

450ml Water

Air fry at 300 degrees F for 15 minutes.

For 40g Oats:

250ml Water

Air fry at 300 degrees F for 10 minutes

INGREDIENT PRO-TIP: I use a vegan protein powder because of how absorbent it is, which makes the oats turn out super thick. If you want to use a whey-casein blend or just a whey protein, know that it probably won't get as thick.



PB M&M COOKIE PROTEIN OATMEAL

RECIPE MAKES 1 LARGE BOWL

SERVING SIZE
OATMEAL WITHOUT
TOPPINGS

CALORIES
408

FAT
8g

CARBS
53g

PROTEIN
31g

SERVING SIZE
OATMEAL WITH ALL
TOPPINGS

CALORIES
497

FAT
13g

CARBS
57g

PROTEIN
38g

INGREDIENTS:

80g Oats
450ml Water
15g Vegan Vanilla Protein Powder
15g PB Party Protein Cookie Butter Powder
8g Powdered PB
3-4g Zero Cal Sweetener of your choice
3Tbsp (48g) Chocolate Protein Peanut Butter on top

1. Add your oats and water to an air fryer safe pot, then add the pot to your air fryer to air fry at 300 degrees F for 15 minutes.
2. When your oats are done, mix in all the dry ingredients.
3. Add your toppings on top, then enjoy or place it in the fridge to cool until you're ready to eat it. If you want your oats a little thicker, let it sit in the fridge.

HOW TO PREPARE AIR FRYER OATMEAL FOR DIFFERENT SERVING SIZES:

For 160 Oats:
900ml Water
Air fry at 300 degrees F for 22 minutes.

For 80g Oats:
450ml Water
Air fry at 300 degrees F for 15 minutes.

For 40g Oats:
250ml Water
Air fry at 300 degrees F for 10 minutes

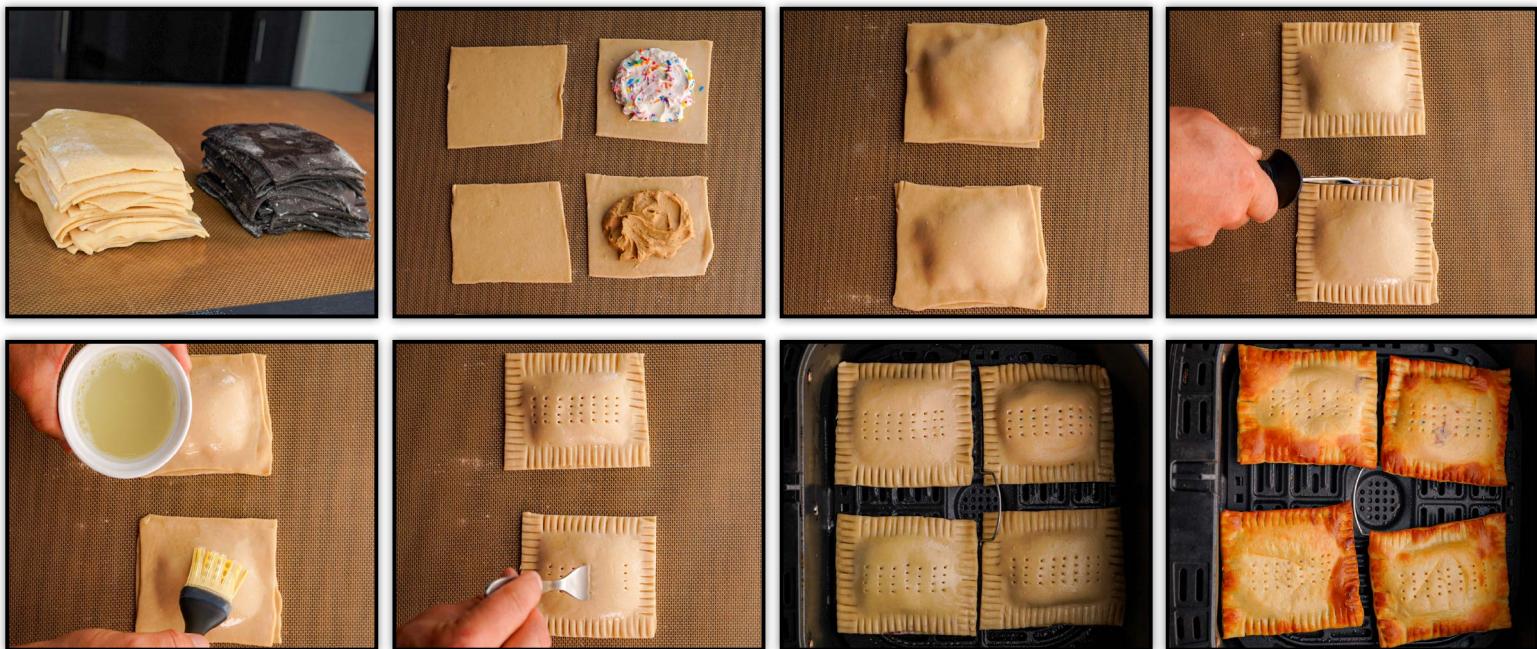
INGREDIENT PRO-TIP: I use a vegan protein powder because of how absorbent it is, which makes the oats turn out super thick. If you want to use a whey-casein blend or just a whey protein, know that it probably won't get as thick.



PROTEIN POP TART PREP

I highly recommend prepping and rolling out the pop tart dough beforehand so making the following pop tart recipes is a breeze! Here's how I do it...

1. I make my vanilla dough and let it cool in the freezer for about 20 minutes.
2. While it's cooling, I make the chocolate dough and let it cool in the freezer for 20 minutes.
3. By the time I'm done making the chocolate dough, the vanilla has cooled. Roll out the vanilla dough and cut out your pastry rectangles.
4. Repeat step 3 for the chocolate dough.
5. When I'm done, I'll have enough rectangles for 6 Pop Tarts of each flavor. They'll last in the fridge for 7-10 days.





FROSTED BLUEBERRY PROTEIN POP TART

RECIPE MAKES 6 POP TARTS

SERVING SIZE	CALORIES	
1 POP TART	150	
FAT	CARBS	PROTEIN
2g	16g	17g

INGREDIENTS FOR DOUGH:

70g All Purpose Flour

45g Whey/Casein Blend Vanilla Protein Powder

24g PB Party Protein Cookie Butter Powder

20g Almond Flour

8g Zero Cal Sweetener of your choice

140g Plain Nonfat Greek Yogurt

INGREDIENTS FOR FILLING:

20g Blueberry Preserves per Pop Tart

NOTE: I recommend using regular jam or smashing up berries on your own. Using a sugar-free or a no sugar added version of jam will yield a pop tart where the jam filling has evaporated. Why? Because these versions' first ingredients are water, so when it is baking, the jam just evaporates or turns into a watery mess.

INGREDIENTS FOR FROSTING:

32g Protein Cheesecake Frosting per Pop Tart

1. Add your dry dough ingredients into a food processor and pulse until combined. Then add your Greek yogurt and blend on slow until there's a dough ball. Take the dough ball and put it in a bowl and then place it in the freezer to cool for 20-30 minutes. You do not want the dough to be sticky to the touch.
2. Once the dough is done cooling, lay a silicone rolling mat down and sprinkle flour on top. Cover the whole surface with flour to ensure sticking doesn't occur.
3. Take 1/3rd of dough and roll it in the flour on the mat. Use the rolling pin to roll out the dough as much as you can. Be patient and gentle with the dough. You will start to accumulate some little sticky pieces on your rolling pin so make sure you are scraping those off as you go. Leaving dough residue on the rolling pin, will make it more difficult to roll out the dough evenly.
4. Once there is a large piece of dough rolled out, use the pizza cutter and slice out a rectangle pop tart shaped piece of dough. This will be the mold for the other pieces. Take that piece of dough and then add it onto another open spot of the dough that's been rolled out so you can consistently cut out the same size pop tarts. Two pieces of rectangles equal one pop tart. 12 rectangles will make 6 pop tarts! The goal is to roll out 12 rectangles so keep that in mind!
5. Once all the dough has been used to form the 12 rectangles, lay down one of the pieces of dough and add filling (leave 1/3 for the icing on top of the pop tart) to the middle leaving at least an 1/2 inch around the edges so you can pinch the pop tart shut with the top piece. Add the rest of the filling/frosting to the fridge to keep it cool.
6. Brush on egg white wash around the edges where the filling is not. Then add the top piece of dough and press the edges shut. Add more egg white wash on top covering the whole pop tart. Press the edges shut and cut off the uneven edges with a pizza cutter. Crimp edges with a fork and poke holes in the top so the pop tart can breathe in the oven and doesn't explode.
7. Air fry at 360 degrees F for 8 minutes. Carefully flip the pop tarts after 5 minutes. Then once done, carefully take out and add to a cooling rack. Use a fork to re-poke holes in the top to get the extra air out. Once cool, add desired toppings and enjoy!



OREO CHEESECAKE PROTEIN POP TART

RECIPE MAKES 6 POP TARTS

SERVING SIZE	CALORIES	
1 POP TART	192	
FAT	CARBS	PROTEIN
4g	17g	22g

INGREDIENTS FOR DOUGH:

70g All Purpose Flour

30g Whey/Casein Blend Vanilla Protein Powder

20g Brownie Batter Protein Cookie Butter Powder

20g Black Cocoa Powder

20g Almond Flour

8g Zero Cal Sweetener of your choice

140g Plain Nonfat Greek Yogurt

INGREDIENTS FOR FILLING:

32g Protein Cheesecake Frosting per Pop Tart

INGREDIENTS FOR FROSTING:

32g Protein Cheesecake Frosting per Pop Tart

1. Add your dry dough ingredients into a food processor and pulse until combined. Then add your Greek yogurt and blend on slow until there's a dough ball. Take the dough ball and add it to a bowl and then add to the freezer to cool for 20-30 minutes. You do not want the dough to be sticky to the touch.
2. Once dough is done cooling, lay a silicone rolling mat down and sprinkle flour on top. Cover the whole surface with flour to ensure sticking doesn't occur.
3. Take 1/3rd of dough and roll it in the flour on the mat. Use the rolling pin to roll out the dough as much as you can. Be patient and gentle with the dough. You will start to accumulate some little sticky pieces on your rolling pin so make sure you are scraping those off as you go. Leaving dough residue on the rolling pin, will make it more difficult to roll out the dough evenly.
4. Once there is a large piece of dough rolled out, use the pizza cutter and slice out a rectangle pop tart shaped piece of dough. This will be the mold for the other pieces. Take that piece of dough and then add it onto another open spot of the dough that's been rolled out so you can consistently cut out the same size pop tarts. Two pieces of rectangles equal one pop tart. 12 rectangles will make 6 pop tarts! The goal is to roll out 12 rectangles so keep that in mind!
5. Once all the dough has been used to form the 12 rectangles, lay down one of the pieces of dough and add filling (leave 1/3 for the icing on top of the pop tart) to the middle leaving at least an 1/2 inch around the edges so you can pinch the pop tart shut with the top piece. Add the rest of the filling/frosting to the fridge to keep it cool.
6. Brush on egg white wash around the edges where the filling is not. Then add the top piece of dough and press the edges shut. Add more egg white wash on top covering the whole pop tart. Press the edges shut and cut off the uneven edges with a pizza cutter. Crimp edges with a fork and poke holes in the top so the pop tart can breathe in the oven and doesn't explode.
7. Air fry at 360 degrees F for 8 minutes. Carefully flip the pop tarts after 5 minutes. Then once done, carefully take out and add to a cooling rack. Use a fork to re-poke holes in the top to get the extra air out. Once cool, add desired toppings and enjoy!



NUTTER BUTTER LOVERS PROTEIN POP TART

RECIPE MAKES 6 POP TARTS

SERVING SIZE	CALORIES	
1 POP TART	201	
FAT	CARBS	PROTEIN
5g	17g	22g

INGREDIENTS FOR DOUGH:

70g All Purpose Flour

45g Whey/Casein Blend Vanilla or PB Protein Powder

24g PB Party Protein Cookie Butter Powder

20g Almond Flour

8g Zero Cal Sweetener of your choice

140g Plain Nonfat Greek Yogurt

INGREDIENTS FOR FILLING:

32g Protein Peanut Butter per Pop Tart

INGREDIENTS FOR FROSTING:

32g Protein Cheesecake Frosting

1. Add your dry dough ingredients into a food processor and pulse until combined. Then add your Greek yogurt and blend on slow until there's a dough ball. Take the dough ball and add it to a bowl and then add to the freezer to cool for 20-30 minutes. You do not want the dough to be sticky to the touch.
2. Once dough is done cooling, lay a silicone rolling mat down and sprinkle flour on top. Cover the whole surface with flour to ensure sticking doesn't occur.
3. Take 1/3rd of dough and roll it in the flour on the mat. Use the rolling pin to roll out the dough as much as you can. Be patient and gentle with the dough. You will start to accumulate some little sticky pieces on your rolling pin so make sure you are scraping those off as you go. Leaving dough residue on the rolling pin, will make it more difficult to roll out the dough evenly.
4. Once there is a large piece of dough rolled out, use the pizza cutter and slice out a rectangle pop tart shaped piece of dough. This will be the mold for the other pieces. Take that piece of dough and then add it onto another open spot of the dough that's been rolled out so you can consistently cut out the same size pop tarts. Two pieces of rectangles equal one pop tart. 12 rectangles will make 6 pop tarts! The goal is to roll out 12 rectangles so keep that in mind!
5. Once all the dough has been used to form the 12 rectangles, lay down one of the pieces of dough and add filling (leave 1/3 for the icing on top of the pop tart) to the middle leaving at least an 1/2 inch around the edges so you can pinch the pop tart shut with the top piece. Add the rest of the filling/frosting to the fridge to keep it cool.
6. Brush on egg white wash around the edges where the filling is not. Then add the top piece of dough and press the edges shut. Add more egg white wash on top covering the whole pop tart. Press the edges shut and cut off the uneven edges with a pizza cutter. Crimp edges with a fork and poke holes in the top so the pop tart can breathe in the oven and doesn't explode.
7. Air fry at 360 degrees F for 8 minutes. Carefully flip the pop tarts after 5 minutes. Then once done, carefully take out and add to a cooling rack. Use a fork to re-poke holes in the top to get the extra air out. Once cool, add your frosting, crushed nutter butters and melted peanut butter on top and enjoy!



FUNFETTI CHEESECAKE PROTEIN POP TART

RECIPE MAKES 6 POP TARTS

SERVING SIZE	CALORIES	
1 POP TART	207	
FAT	CARBS	PROTEIN
3g	21g	24g

INGREDIENTS FOR DOUGH:

70g All Purpose Flour

45g Whey/Casein Blend Vanilla Protein Powder

24g PB Party Protein Cookie Butter Powder

20g Almond Flour

8g Zero Cal Sweetener of your choice

140g Plain Nonfat Greek Yogurt

INGREDIENTS FOR FILLING:

32g Protein Cheesecake Frosting + 5g Sprinkles mixed in per Pop Tart

INGREDIENTS FOR FROSTING:

32g Protein Cheesecake Frosting

1. Add your dry dough ingredients into a food processor and pulse until combined. Then add your Greek yogurt and blend on slow until there's a dough ball. Take the dough ball and add it to a bowl and then add to the freezer to cool for 20-30 minutes. You do not want the dough to be sticky to the touch.
2. Once dough is done cooling, lay a silicone rolling mat down and sprinkle flour on top. Cover the whole surface with flour to ensure sticking doesn't occur.
3. Take 1/3rd of dough and roll it in the flour on the mat. Use the rolling pin to roll out the dough as much as you can. Be patient and gentle with the dough. You will start to accumulate some little sticky pieces on your rolling pin so make sure you are scraping those off as you go. Leaving dough residue on the rolling pin, will make it more difficult to roll out the dough evenly.
4. Once there is a large piece of dough rolled out, use the pizza cutter and slice out a rectangle pop tart shaped piece of dough. This will be the mold for the other pieces. Take that piece of dough and then add it onto another open spot of the dough that's been rolled out so you can consistently cut out the same size pop tarts. Two pieces of rectangles equal one pop tart. 12 rectangles will make 6 pop tarts! The goal is to roll out 12 rectangles so keep that in mind!
5. Once all the dough has been used to form the 12 rectangles, lay down one of the pieces of dough and add filling (leave 1/3 for the icing on top of the pop tart) to the middle leaving at least an 1/2 inch around the edges so you can pinch the pop tart shut with the top piece. Add the rest of the filling/frosting to the fridge to keep it cool.
6. Brush on egg white wash around the edges where the filling is not. Then add the top piece of dough and press the edges shut. Add more egg white wash on top covering the whole pop tart. Press the edges shut and cut off the uneven edges with a pizza cutter. Crimp edges with a fork and poke holes in the top so the pop tart can breathe in the oven and doesn't explode.
7. Air fry at 360 degrees F for 8 minutes. Carefully flip the pop tarts after 5 minutes. Then once done, carefully take out and add to a cooling rack. Use a fork to re-poke holes in the top to get the extra air out. Once cool, add your frosting and sprinkles on top and enjoy!



CHOCOLATE PEANUT BUTTER BLISS PROTEIN POP TART

RECIPE MAKES 6 POP TARTS

SERVING SIZE	CALORIES	
1 POP TART	206	
FAT	CARBS	PROTEIN
6g	18g	20g

INGREDIENTS FOR DOUGH:

70g All Purpose Flour

30g Whey/Casein Blend Vanilla Protein Powder

20g Brownie Batter Protein Cookie Butter Powder

20g Black Cocoa Powder

20g Almond Flour

8g Zero Cal Sweetener of your choice

140g Plain Nonfat Greek Yogurt

INGREDIENTS FOR FILLING:

32g Protein Peanut Butter per Pop Tart

INGREDIENTS FOR FROSTING:

32g Protein Cheesecake Frosting

1. Add your dry dough ingredients into a food processor and pulse until combined. Then add your Greek yogurt and blend on slow until there's a dough ball. Take the dough ball and add it to a bowl and then add to the freezer to cool for 20-30 minutes. You do not want the dough to be sticky to the touch.
2. Once dough is done cooling, lay a silicone rolling mat down and sprinkle flour on top. Cover the whole surface with flour to ensure sticking doesn't occur.
3. Take 1/3rd of dough and roll it in the flour on the mat. Use the rolling pin to roll out the dough as much as you can. Be patient and gentle with the dough. You will start to accumulate some little sticky pieces on your rolling pin so make sure you are scraping those off as you go. Leaving dough residue on the rolling pin, will make it more difficult to roll out the dough evenly.
4. Once there is a large piece of dough rolled out, use the pizza cutter and slice out a rectangle pop tart shaped piece of dough. This will be the mold for the other pieces. Take that piece of dough and then add it onto another open spot of the dough that's been rolled out so you can consistently cut out the same size pop tarts. Two pieces of rectangles equal one pop tart. 12 rectangles will make 6 pop tarts! The goal is to roll out 12 rectangles so keep that in mind!
5. Once all the dough has been used to form the 12 rectangles, lay down one of the pieces of dough and add filling (leave 1/3 for the icing on top of the pop tart) to the middle leaving at least an 1/2 inch around the edges so you can pinch the pop tart shut with the top piece. Add the rest of the filling/frosting to the fridge to keep it cool.
6. Brush on egg white wash around the edges where the filling is not. Then add the top piece of dough and press the edges shut. Add more egg white wash on top covering the whole pop tart. Press the edges shut and cut off the uneven edges with a pizza cutter. Crimp edges with a fork and poke holes in the top so the pop tart can breathe in the oven and doesn't explode.
7. Air fry at 360 degrees F for 8 minutes. Carefully flip the pop tarts after 5 minutes. Then once done, carefully take out and add to the cooling rack. Use a fork to re-poke holes in the top to get the extra air out. Once cool, add your frosting, M&Ms, and crushed peanuts on top and enjoy!



If you want an even easier way to make Pop Tarts and you have some bread laying around, give these Bread Pop Tarts a try!

FROSTED BLUEBERRY BREAD POP TART

RECIPE MAKES 6 POP TARTS

SERVING SIZE

1 POP TART

CALORIES

174

FAT

2g

CARBS

33g

PROTEIN

6g

INGREDIENTS:

12 Slices of Bread of your choice (I used Butterbread)

120g No Sugar Added Blueberry Jam

100g Egg Whites

INGREDIENTS FOR FROSTING:

32g Protein Cheesecake Frosting per Pop Tart

1. First, take a pizza cutter and cut off all the crusts of your bread. The macros per slice of bread lowers when you remove the crust. It changes the macros to as if you had 1.5 slices of bread instead of 2.
2. Once that is done, take a rolling pin and roll out each slice. Take the egg whites and add them to a small bowl. Lay down a slice of bread and brush egg whites on the outside edges of that slice. Really coat the edges because you'll need it that way to seal the edges with the top piece of bread.
3. Now add your jam to the middle of the slice leaving room on the edges. Before adding your top piece, brush egg whites over the whole piece of bread. Now add that piece of bread on top and press down the edges to seal the pop tart. Use a fork to crimp the edges shut. If your fork sticks, brush more egg whites on that part and crimp again. Lastly, poke holes in the top of the pop tart with your fork to help it breathe when cooking. Repeat this process with all your pop tarts.
4. Spray your air fryer tray with non-stick cooking spray and add as many pop tarts as you can in there comfortably to where they are not touching each other. That was 3 for me. Spray tops with non stick-cooking spray and air fry at 360 degrees F for 4-5 minutes.
5. Once done, take out and let cool on a cooling rack. These are best consumed right after they cool! Add your frosting and topping and enjoy!

PRO TIPS:

I meal prep these because they are delicious when reheated too! Just keep them in a refrigerator in a Tupperware container! Just reheat in an air fryer at 360 degrees F for 2-3 minutes!

The jam you use can be a low calorie version because the bread is incredibly absorbent and holds everything in really well. You can also use whatever filling your heart desires for these too! I've made these with the Protein Cheesecake Frosting and the Protein Peanut Butters and they come out amazing!



**LUNCH &
DINNER**



JUMBO SOFT PRETZELS

RECIPE MAKES 4 PRETZELS

SERVING SIZE	CALORIES	
1 PRETZEL	242	
FAT	CARBS	PROTEIN
2g	42g	14g

INGREDIENTS:

180g All Purpose Flour

36g Coconut Flour

12g Baking Powder

280g Plain Nonfat Greek Yogurt

1.5cup Water

42g Baking Soda

Pretzel Salt

1. Add all purpose flour, coconut flour and baking powder into your food processor and pulse a few times to combine them. Then add your Greek yogurt and process on low till you have a dough ball. Take the dough out of the processor and shape it until it forms a ball. Add the dough to a bowl and place in the refrigerator to cool for 20 minutes.
2. Once the dough has cooled, lay a rolling mat down and sprinkle some flour on the surface. You can do this on a clean counter top too. Roll your piece of dough into about a 26-28" long rope and then twist into the shape of a pretzel. Repeat this process with all 4 of your pretzels.
3. Take 1.5 cups of water and add to a stove top pot. Add 42g of baking soda to the pot. Add the pot to the stove top and bring water to a boil. Once boiling, put the water in a shallow bowl and let cool for a minute or so in order to go from hot to warm. Once warm, add a pretzel to the warm mixture using a spoon to cover the top of the pretzel with water as well. Do this for about 45-60 seconds.
4. Once the pretzel has been in water for 45-60 seconds, take your air fryer tray and spray with non-stick cooking spray. Add your pretzel to the air fryer. Repeat this process for another pretzel. I cooked 2 pretzels at a time. Now air fry these two pretzels at 360 degrees F for 6 minutes. At the 4 minute mark, carefully flip over the pretzel. Repeat this process for the other two pretzels.
5. Once done, they are ready to enjoy!



PERSONAL PAN BROCCOLI FRITTATA PIZZA

RECIPE MAKES 1 PIZZA

SERVING SIZE	CALORIES	
WHOLE FRITTATA	293	
FAT	CARBS	PROTEIN
8g	15g	36g

INGREDIENTS:

200g Egg Whites
8g Coconut Flour
100g Frozen Broccoli
60g Pizza Sauce
28g Light Shredded Mozzarella
6 Turkey Pepperoni Slices
Sea Salt, Garlic Powder

1. Add your frozen broccoli to your air fryer and season with sea salt. Air fry at 350 degrees F for 4 minutes.
2. Once broccoli is done, slice them up with a knife into small pieces. Now add your egg whites, coconut flour, pinch of sea salt/garlic powder into a bowl and mix until combined. Then add your chopped broccoli and mix.
3. Now, spray your 6.5in cast iron skillet with non-stick cooking spray. Then add your frittata mixture to the pan. Place it in the air fryer at 350 degrees F for 15 minutes.
4. Once done, add your toppings and put it back in the air fryer for 4 minutes until your toppings are golden! I'd check after a minute or so on the pepperonis because they have a tendency to go flying! So you might have to re position them into the melted cheese.
5. Slice up and enjoy!



PEPPERONI PIZZA

RECIPE MAKES 1 PIZZA

SERVING SIZE	CALORIES	
WHOLE PIZZA	392	
FAT	CARBS	PROTEIN
8g	49g	31g

INGREDIENTS FOR CRUST:

45g All Purpose Flour

8g Coconut Flour

3g Garlic Powder

3g Baking Powder

100g Plain Non-Fat Greek Yogurt

50g Egg Whites

TOPPINGS:

60g Pizza Sauce of your choice

28g Light Shredded Mozzarella

12 Turkey Pepperoni

1. To make the pizza crust, mix all dry ingredients in a big bowl. Add the wet ingredients into the same bowl and mix.
2. Next, take out the tray that goes inside your air fryer and it in aluminum foil. Make sure you wrap it tight without any creases. Nice and flat because you will be spreading your crust on here.
3. Spray the aluminum foil with non-stick cooking spray (use more than you think), and place the dough in the middle. Spread to the size of the air fryer tray. Place the tray back in the air fryer and air fry for 6 minutes at 400 degrees F.
4. What will happen is the top will cook really well but the bottom will need to be cooked more so after the 6 minutes, carefully flip the pizza and cook for another 4 minutes.
5. Once the crust is crispy, add the toppings, and put it back into the air fryer for 4 minutes and then enjoy! Be wary that your toppings (mainly the pepperonis) will go flying when in the air fryer so check on them after a minute or so to place them back in place. Or you can just place your pizza into the air fryer without the pepperonis at first and then add them in after the cheese has melted a bit to have them stick better. Totally up to you!



TOMATO BASIL PIZZA

RECIPE MAKES 1 PIZZA

SERVING SIZE	CALORIES	
WHOLE PIZZA	357	
FAT	CARBS	PROTEIN
5g	53g	25g

INGREDIENTS FOR CRUST:

45g All Purpose Flour

8g Coconut Flour

3g Garlic Powder

3g Baking Powder

100g Plain Non-Fat Greek Yogurt

50g Egg Whites

TOPPINGS:

60g Pizza Sauce of your choice

28g Light Shredded Mozzarella

4 Slice of Fresh Tomato

Fresh Basil Leaves

1. To make the pizza crust, mix all dry ingredients in a big bowl. Add the wet ingredients into the same bowl and mix.
2. Next, take out the tray that goes inside your air fryer and it in aluminum foil. Make sure you wrap it tight without any creases. Nice and flat because you will be spreading your crust on here.
3. Spray the aluminum foil with non-stick cooking spray (use more than you think), and place the dough in the middle. Spread to the size of the air fryer tray. Place the tray back in the air fryer and air fry for 6 minutes at 400 degrees F.
4. What will happen is the top will cook really well but the bottom will need to be cooked more so after the 6 minutes, carefully flip the pizza and cook for another 4 minutes.
5. Once the crust is crispy, add the toppings, and put it back into the air fryer for 4 minutes and then enjoy! Be wary that your toppings (mainly the basil) will go flying when in the air fryer so check on them after a minute or so to place them back in place. Or you can just place your pizza into the air fryer without the basil at first and then add it in after the cheese has melted a bit to have the leaves stick better. Totally up to you!



ENGLISH MUFFIN PIZZAS

RECIPE MAKES 6 PIZZAS

SERVING SIZE	CALORIES	
2 PIZZAS	215	
FAT	CARBS	PROTEIN
6g	29g	13g

INGREDIENTS:

3 English Muffins

180g Pizza Sauce of Choice

84g Light Shredded Mozzarella

9 Turkey Pepperoni

1. Slice your English Muffins in half and spray each side with nonstick cooking spray. Place the muffins in your air fryer for 6 minutes at 400 degrees F until golden.
2. Add 30g pizza sauce, 14g light shredded mozzarella and 3 turkey pepperonis to each half. Place the muffins back in the air fryer for 5 minutes until you see golden brown spots on the cheese, then enjoy! The pepperonis will fly all over the place when you first put the muffin halves get in the air fryer, so check on them after a minute or so. Replace them if you need to.

PRO TIP

I love using these as buns for burgers too for the burger recipe [here](#).



HASH BROWN CRUST PEPPERONI PIZZA

RECIPE MAKES 1 PIZZA

SERVING SIZE	CALORIES	
WHOLE PIZZA	448	
FAT	CARBS	PROTEIN
12g	58g	25g

INGREDIENTS:

300g Russet Potato aka 1 Medium Size Potato

1 Large Egg

Salt & Pepper

60g Pizza Sauce

1oz (28g) Light Mozzarella

6 Turkey Pepperonis

1. Put some warm water in a bowl. This will act as your place to ensure your potato stays white and does not oxidize and turn brown once you peel and shred.
2. Now use your peeler to peel off the skin of the potato. Then use your box grater to grate a potato into small pieces to make your hash browns with. Now add your grated potato to your bowl with water to keep from turning brown.
3. Now take another bowl and start to take a handful of the potato and squeeze the water out of them. Add to that bowl. Repeat till all your potato is done. Now add your large egg and salt/pepper to that bowl and mix with your hands.
4. Next, take your 8in pan and spray with non stick cooking spray. Add all your hash brown mixture to the pan and press down shaping it to the bottom of the pan. Spray tops with non stick cooking spray and then air fry at 360 degree F for 10 minutes.
5. Now carefully take out your crust from the pan and flip to the other side. Then add back to the air fryer without the pan. Air Fry for another 6 minutes at 400 degrees F. Once crispy on top, take out and add your toppings. Add back in and air fry for 6 minutes at 360 degrees F and then enjoy!



LOW CARB PIZZA

RECIPE MAKES 2 PIZZAS

SERVING SIZE	CALORIES	
1 PIZZA	228	
FAT	CARBS	PROTEIN
8g	12g	22g

INGREDIENTS:

240g Egg Whites

28g Coconut Flour

Sea Salt

Garlic Powder

21 Seasoning Salute (from Trader Joe's)

1. Add ingredients into a bowl and whisk together until smooth. This will take 60-90 seconds
2. Preheat the stove top pan on a 6/10 heat. Once preheated, spray with non-stick cooking spray and add half of your batter to the middle of the pan.
3. Pick up the pan and do a circular motion forming the shape of your crust by doing so. Add the cover on top of the pan and cook for 5 minutes.
4. After 5 minutes, spray the top of the crust with non-stick cooking spray and then flip it over. Cook on that side for another 5 minutes.
5. Once done, repeat this process with the rest of your batter.

NOW YOU CAN ADD YOUR TOPPINGS AND COOK IN THE AIR FRYER OR THE OVEN:

- If air fryer, cook at 400 degrees F for 5 minutes
- If oven, cook at 450 degrees F for 8 minutes



CHEESY GARLIC BREADSTICKS

RECIPE MAKES 12 BREADSTICKS

SERVING SIZE ENTIRE RECIPE	CALORIES 216	
FAT 0g	CARBS 48g	PROTEIN 36g

INGREDIENTS FOR CRUST:

45g All Purpose Flour

8g Coconut Flour

3g Garlic Powder

3g Baking Powder

100g Plain Non-Fat Greek Yogurt

50g Egg Whites

TOPPINGS:

42g Light Shredded Mozzarella

1. To make the breadstick crust, mix all dry ingredients in a big bowl. Add the wet ingredients into the same bowl and mix.
2. Next, take out the tray that goes inside your air fryer and wrap it in aluminum foil. Make sure you wrap it tight without any creases. Must be nice and flat because you will be spreading your crust on here.
3. Spray the aluminum foil with non-stick cooking spray (use more than you think), and place the dough in the middle. Spread the dough to the size of the air fryer tray. Place the tray back in the air fryer and air fry for 6 minutes at 400 degrees F.
4. What will happen is the top will cook really well but the bottom will need to be cooked more. So after the 6 minutes, carefully flip the crust and cook for another 4 minutes.
5. Once the crust is crispy, add your cheese and put it back into the air fryer for 4 minutes and then enjoy!



THE CLASSIC 1/2 LB CHEESEBURGER

RECIPE MAKES 8 CHEESEBURGERS

SERVING SIZE	CALORIES	
1 BURGER	464	
FAT	CARBS	PROTEIN
16g	27g	53g

INGREDIENTS:

2 Brioche Buns

16oz 96/4 Lean Ground Beef

2 Slices 2% Colby Jack Cheese

Fresh Sliced Tomato

Hamburger Pickle Slices

Green Leaf Lettuce

Sea Salt & Garlic Powder

1. Take your 16oz 96/4 lean ground beef and split into 2 8oz patties. Now season with sea salt and garlic powder.
2. Spray your air fryer tray with non stick cooking spray and add your burgers to the air fryer for 12 minutes at 350 degrees F. After every 4 minutes, flip the burger and press down with a spatula to get out any air or excess juices.
3. Once done, put together your burger and enjoy!

PRO TIP

For air frying your burgers, make sure to adjust cooking time if you are making smaller patties! Same process of flipping and pressing down but with a longer overall cooking time. 6oz usually yields a 9-10 minutes cook time. A 4oz burger is around a 7-8 minutes cook time.



GRILLED CHEESE AS BUNS BURGER

RECIPE MAKES 1 BURGER

SERVING SIZE	CALORIES	
WHOLE BURGER	435	
FAT	CARBS	PROTEIN
11g	37g	47g

INGREDIENTS:

4 Slices Bread of your Choice (I used 45 Cal Sara Lee Bread)

42g Light Shredded Mexican Cheese

5.5oz 96/4 Lean Ground Beef

Sea Salt

Garlic Powder

1. Take 5.5oz 96/4 lean ground beef and season with sea salt and garlic powder. Form into burger patty. Next, slice off all the crust of your bread. The macros on bread will lower because you cut off the crust. Instead of the macros for 2 slices of bread, it became 1.5 so keep that in mind.
2. Spray the air fryer tray with non stick cooking spray and add 2 slices of bread to the tray. Now add 21g of your light shredded cheese to each. Add your top piece of bread to each and press them down.
3. Spray tops with non-stick cooking spray and then sprinkle garlic powder on top for that Texas toast vibe! Add your burger in there as well. Now air fry for 8 minutes at 350 degrees F. I recommend adding a ramekin or something that is air fryer safe with a little bit of weight to it to hold the bread down. The air fryer will have the bread flying all over the place.
4. After 4 minutes, flip your burger and your filled cheeses.
5. Once 8 minutes is up, put together your grilled cheese as a bun burger and enjoy!



CRUNCHY CHEESEBURGER CONE DIPPERS

RECIPE MAKES 16 DIPPERS

SERVING SIZE	CALORIES	
1 CONE DIPPER	114	
FAT	CARBS	PROTEIN
2g	12g	12g

INGREDIENTS:

4 Large Tortillas (mine was 34g carbs per)

16oz 96/4 Lean Ground Beef

5 Slices 2% American Cheese

Egg Whites for Egg White Wash

Sesame Seeds

Garlic Powder

Sea Salt

1. Season ground beef with garlic powder and sea salt. You have a few options here. You can cook on a stove top pan or you can cook in your air fryer. The rest of the recipe will be in the air fryer. If using a stove top pan, preheat the stove top pan to a 7/10 heat. Spray with non-stick cooking spray. Add ground beef to the pan and cook until your desired level of wellness. If you choose the air fryer route, I'd suggest forming into 4, 4oz patties and cooking at 350 degrees F in the air fryer for 8 minutes, flipping at the 4 minute mark.
2. Once the ground beef is done, slice up each tortilla into 4 triangles. You do this by cutting the tortilla in half and then across as if you were cutting a pizza to make 4 slices. Repeat for all 4 tortillas.
3. Now lay 1 of your triangles down and brush egg white wash onto the edge of the tortilla.
4. Next, take 1/3 of your cheese slice and add to one side of the triangle ([watch video for this](#)) and then add your ground beef. Roll as tightly as you can and then pinch the tip shut. Repeat this process for all 16!
5. Spray your air fryer tray with non-stick cooking spray. Then add your dippers to the air fryer. I was able to fit 8 in mine. Spray non-stick cooking spray onto the dippers and sprinkle sesame seeds on top.
6. Air fry at 360 degrees F for 6-8 minutes and then enjoy!



AIR FRYER MAC & CHEESE

RECIPE MAKES 1 SERVINGS

SERVING SIZE 1/4 RECIPE	CALORIES 360
FAT 8g	CARBS 50g

INGREDIENTS:

224g Macaroni

400g Water

240g Almond Milk or Skim Milk

168g Light Shredded Cheese

40g All Purpose Flour

60g Yellow Mustard (if you don't like mustard, you can scale this down or omit it)

Sea Salt

1. Add all your ingredients (Save 56g of your cheese) into an air fryer safe pot and mix together till all combined. Place in the air fryer at 360 degrees F for 25 minutes.
2. Periodically as it is cooking, you will want to mix it around to avoid any burning. So for reference, mix after 8 minutes cooking, at the halfway point, and then every 4-5 minutes until the 25 minutes is up!
3. Then once it's done, mix in the rest of your shredded cheese and enjoy!

FEW THINGS TO NOTE HERE:

- The All Purpose Flour is super important to the consistency of mac & cheese. It's going to bring everything together. Not necessary per se, but if you make it without, you will notice a big difference. Worth the extra 7-8g carbs in my eyes.
- I just used regular elbow macaroni. You could sub in whatever pasta you use and I'm sure it will go well! Could be Gluten Free or even the higher protein pasta that's on the market now.



VEGAN AIR FRYER MAC & CHEESE

RECIPE MAKES 4 SERVINGS

SERVING SIZE 1/4 RECIPE	CALORIES 353
FAT 9g	CARBS 57g

INGREDIENTS:

224g Macaroni

400g Water

240g Almond Milk

168g Vegan Shredded Cheese of your choice

40g All Purpose Flour

60g Yellow Mustard (if you don't like mustard, you can scale this down or omit it)

20g Nutritional Yeast

Sea Salt

1. Add all your ingredients (Save 56g of your cheese) into an air fryer safe pot and mix together till all combined. Place in the air fryer at 360 degrees F for 25 minutes.
2. Periodically as it is cooking, you will want to mix it around to avoid any burning. So for reference, mix after 8 minutes cooking, at the halfway point, and then every 4-5 minutes until the 25 minutes is up!
3. Then once it's done, mix in the rest of your shredded cheese and enjoy!

FEW THINGS TO NOTE HERE:

- The All Purpose Flour is super important to the consistency of mac & cheese. It's going to bring everything together. Not necessary per se, but if you make it without, you will notice a big difference. Worth the extra 7-8g carbs in my eyes.
- I just used regular elbow macaroni. You could sub in whatever pasta you use and I'm sure it will go well! Could be Gluten Free or even the higher protein pasta that's on the market now.



VEGAN AIR FRYER MAC & CHEESE FOR 1

RECIPE MAKES 1 SERVING

SERVING SIZE ENTIRE RECIPE	CALORIES 353
FAT 9g	CARBS 57g
	PROTEIN 11g

INGREDIENTS:

56g Macaroni
100g Water
60g Almond Milk or Skim Milk
28g Vegan Cheese of your choice
10g All Purpose Flour
5g Nutritional Yeast
15g Yellow Mustard (if you don't like mustard, you can scale this down or omit it)
Sea Salt

1. Add all your ingredients (save 14g of your cheese) into a bowl and mix together until combined. Next, take a 6.5in cast iron skillet and spray with non-stick cooking spray. Add all your ingredients to your cast iron skillet and add to the air fryer at 360 degrees F for 18 minutes.
2. Periodically as it cooks, you will want to mix it around to avoid any burning. For reference, after 5 minutes cooking, at the halfway point and then at the 14 minutes mark another mix. After that last mix, it's all done and ready to enjoy!

FEW THINGS TO NOTE HERE:

- The All Purpose Flour is super important to the consistency of mac & cheese. It's going to bring everything together. Not necessary per se, but if you make it without, you will notice a big difference. Worth the extra 7-8g carbs in my eyes.
- I just used regular elbow macaroni. You could sub in whatever pasta you use and I'm sure it will go well! Could be Gluten Free or even the higher protein pasta that's on the market now.



FRIED MAC & CHEESE BALLS

RECIPE MAKES 18 MAC & CHEESE BALLS

SERVING SIZE	CALORIES
1 BALL	80
FAT	CARBS
4g	5g
PROTEIN	
	7g

INGREDIENTS:

The Whole Batch of Mac & Cheese Recipe

75g All Purpose Flour

100g Panko Bread Crumbs

2 Large Eggs

30g Egg Whites

1. Make your batch of Mac & Cheese. Let cool until it is not too hot to be handled in your hands. With your hands, form mac & cheese into 18 balls. Put them on a plate.
2. Next, add your all purpose flour to one shallow dish and panko bread crumbs to another shallow dish. I used Pyrex rectangle Tupperware containers. Then add 1 large egg and egg whites to a bowl and whisk until combined.
3. Now it's time to coat these. I designated my left hand as dry and right as wet. Line your dishes in the order of all-purpose flour, eggs, panko bread crumbs. Take a mac & cheese ball, dip it into the flour covering all sides. Then dip it into the egg mixture covering it like you did in the flour. Then dip in the panko doing the same process. Repeat this process for all 18 mac & cheese balls.
4. I had to do this in 2 batches because my air fryer could hold 9 balls each time. So spray your air fryer tray with non-stick cooking spray and add your mac & cheese balls. Spray the tops with your cooking spray and then cook at 360 degrees F for 8 minutes total. Flip after 4 minutes. Once done, repeat with the next batch and enjoy!



CORN DOGS

RECIPE MAKES 5 CORN DOGS

SERVING SIZE	CALORIES
1 CORN DOG	140

FAT	CARBS	PROTEIN
4g	17g	9g

INGREDIENTS:

5 Hot Dogs of your choice (I used Chicken Sausages)

40g All Purpose Flour

60g Panko Bread Crumbs

1 Large Egg

1. Add your all purpose flour and panko bread crumbs each to their own shallow dish. I used Pyrex rectangle Tupperware containers. Then add your large egg to a bowl and whisk.
2. Now it's time to coat these. I designated my left hand as dry and right as wet. Line your dishes in the order of all-purpose flour, eggs, panko bread crumbs. Take a hot dog, dip it into the flour covering all sides. Then dip it into the egg mixture covering it like you did in the flour. Then dip in the panko doing the same process. Repeat this process for all 5 hot dogs.
3. Take a popsicle stick and add to each hot dog before adding to your air fryer. Spray your air fryer tray with non-stick cooking spray and add your hot dogs. Spray the tops of the sticks with your cooking spray and then cook at 360 degrees F for 8 minutes total. Flip after 4 minutes. And then enjoy!



BUFFALO MOZZARELLA STICKS

RECIPE MAKES 24 MOZZARELLA STICKS

SERVING SIZE	CALORIES	
1 STICK	85	
FAT	CARBS	PROTEIN
3g	7.5g	7g

INGREDIENTS:

24 Light Mozzarella Sticks (mine were 2.5g Fat per)

100g All Purpose Flour

120g Panko Bread Crumbs

2 Large Eggs

Franks Red Hot Buffalo Sauce

1. Unpackage your mozzarella sticks and put them in a freezer safe Ziploc bag. Place it in the freezer overnight or till frozen.
2. Once frozen, add your all-purpose flour and panko bread crumbs each to their own shallow dish. I used Pyrex rectangle Tupperware containers. Then add your 2 large eggs and buffalo sauce to a bowl and whisk till all are combined.
3. Now it's time to coat them. I used my left hand as dry and right as wet. So line your dishes in the order of all purpose flour, eggs/buffalo sauce, panko bread crumbs. Take a frozen mozzarella stick, dip it into the flour covering all sides. Then dip it into the egg/buffalo sauce covering it like you did in the flour. Then dip in the panko doing the same process. You will need to do a double coat on these, so repeat this process one more time with the same mozzarella stick. Add to a pan to hold till you add to your air fryer. Repeat this process for all 24 mozzarella sticks.
4. I had to do this in 3 batches because my air fryer could only hold 8-9 sticks each time. So spray your air fryer tray with non-stick cooking spray and add your sticks. Spray the tops of the sticks with your cooking spray and then cook at 380 degrees F for 6-7 minutes total. And that's it! Repeat for the rest of the mozzarella sticks and enjoy!



SALMON FISH STICKS

RECIPE MAKES 19 FISH STICKS

SERVING SIZE 1 STICK	CALORIES 110
FAT 6g	CARBS 3g
PROTEIN 11g	

INGREDIENTS:

26oz Fresh Atlantic Salmon

50g All Purpose Flour

60g Panko Bread Crumbs

1 Large Egg

21 Seasoning Salute Seasoning

1. Take your salmon and slice it into strips. Try your best to cut them evenly so they will cook evenly.
2. Next, add your all purpose flour and panko bread crumbs each to their own shallow dish. I used Pyrex rectangle Tupperware containers. Then add your 2 large eggs to a wide bowl big enough to dip the salmon strips horizontally.
3. Now it's time to dredge the salmon strips. You will have one hand designated as the dry ingredients hand and the other as the wet ingredients hand. Try your best to keep with this because it'll make this process so much easier.
4. I used my left hand as dry and right as wet. So line your dishes in the order of all-purpose flour, eggs and panko bread crumbs. Now take a salmon strip, dip it into the flour covering all sides. Then dip it into the egg covering it like you did in the flour. Then dip in the panko doing the same process. Add to a pan to hold till you add to your air fryer. Repeat this process for all 19 salmon strips.
5. I had to do this in 2 batches because my air fryer could hold 9-10 strips each time. So spray your air fryer tray with non-stick cooking spray and add your salmon strips. Spray the tops of the salmon strips with you cooking spray and then cook at 360 degrees F for 9 minutes total. At the 5 minutes mark, you will flip the salmon strips so they cook evenly. And that's it! Repeat and enjoy!



CHICKEN NUGGETS

RECIPE MAKES 64 NUGGETS

SERVING SIZE

1 NUGGET

CALORIES

45

FAT

0.5g

CARBS

3g

PROTEIN

7g

INGREDIENTS:

64oz Chicken Breast

100g All Purpose Flour

21 Seasoning Salute

120g Panko Bread Crumbs

2 Large Eggs

1. Slice the chicken breasts into about 1oz nuggets. Now add your flour and 21 seasoning salute to a bowl and mix. Then put your panko to another bowl. Lastly, add your eggs to another bowl and whisk.
2. So now it's time to dredge the nuggets. You will have one hand designated as the dry ingredients hand and the other as the wet ingredients hand. Try your best to keep with this method because it will make this process so much easier.
3. I used my left hand as dry and right as wet. Line your dishes in the order of all purpose flour, eggs, and panko bread crumbs. Now take a chicken nugget, dip it into the flour covering all sides. Then dip it into the egg covering it like you did in the flour. Then dip in the panko doing the same process. Add to a pan to hold until you add them to your air fryer. Repeat this process for all 64 nuggets.
4. I had to do this in 5 batches because my air fryer could hold 12 nuggets each time. So spray your air fryer tray with non-stick cooking spray and add your nuggets. Spray the tops of the nuggets with your cooking spray and then cook at 360 degrees F for 9 minutes total. At the 5 minutes mark, you will flip the nuggets so they cook evenly. Repeat and enjoy!



BUFFALO CHICKEN TENDERS

RECIPE MAKES 26 CHICKEN TENDERS

SERVING SIZE	CALORIES	
1 CHICKEN TENDER	81	
FAT	CARBS	PROTEIN
1g	7g	11g

INGREDIENTS:

40oz Chicken Breast

100g All Purpose Flour

120g Panko Bread Crumbs

2 Large Eggs

Franks Red Hot Buffalo Sauce

1. Take your chicken breast and slice it into chicken tenders. Try your best to cut them evenly so they will cook evenly.
2. Next, add your all purpose flour and panko bread crumbs each to their own shallow dish. I used Pyrex rectangle Tupperware containers. Then add your 2 large eggs and buffalo sauce to a wide bowl big enough to dip the chicken tender horizontally.
3. So now it's time to dredge the chicken tenders. You will have one hand designated as the dry ingredients hand and the other as the wet ingredients hand. Try your best to keep with this because it'll make this process so much easier.
4. I used my left hand as dry and right as wet. So line your dishes in the order of all purpose flour, eggs/buffalo sauce, panko bread crumbs. Now take a chicken tender, dip it into the flour covering all sides. Then dip it into the egg/buffalo sauce covering it like you did in the flour. Then dip in the panko doing the same process. Add to a pan to hold until you add to your air fryer. Repeat this process for all 26 chicken tenders.
5. I had to do this in 3 batches because my air fryer could hold 8-9 chicken tenders each time. So spray your air fryer tray with non-stick cooking spray and add your chicken tenders. Spray the tops of the chicken tenders with you cooking spray and then cook at 360 degrees F for 9 minutes total. At the 5 minutes mark, you will flip the chicken tenders so they cook evenly. And that's it! Repeat and enjoy!



SPICY CHICKEN SANDWICH

RECIPE MAKES 2 SANDWICHES

SERVING SIZE	CALORIES	
1 SANDWICH	292	
FAT	CARBS	PROTEIN
11g	32g	30g

INGREDIENTS (MAKES 8 CHICKEN BREASTS FOR SANDWICHES):

48oz Chicken Breast

100g All Purpose Flour

120g Panko Bread Crumbs

2 Large Eggs

Cholula Hot Sauce

SEASONING (DASH OF EACH)

Sea Salt

Garlic Powder

Black Pepper

Onion Powder

Cayenne Pepper

Paprika

Cumin

Oregano

REST OF INGREDIENTS:

8 Brioche Buns

8 Slices 2% Colby Jack Cheese

Fresh Sliced Tomato

Hamburger Pickle Slices

Green Leaf Lettuce

1. The first step will be taking your chicken breasts and flattening them out.
2. Now once you have your chicken breasts all flattened out, you will need to grab 3 shallow bowls to serve as coating stations for the chicken breasts. Add your flour and seasonings to one bowl. Then add your panko to another bowl. Lastly, add your eggs and Cholula hot sauce to the last bowl and whisk.
3. In my chicken nuggets recipe, you see me using the dry hand/wet hand technique to cover the chicken. But here we must use two hands at all times because these are big chicken breasts! So take one of your chicken breasts and dip it into the flour covering all sides. Then dip it into the egg/hot sauce bowl covering it like you did in the flour. Then dip in the panko doing the same process. Add to a cutter board/plate to hold till you add to your air fryer. Repeat this process for all 8 chicken breasts.
4. I had to do this in 2 batches because my air fryer could hold 2 of the chicken breasts each time. So spray your air fryer tray with non-stick cooking spray and add 2 of your chicken breasts. Spray the tops of them with your cooking spray and then cook at 360 degrees F for 9 minutes total. At the 5 minutes mark, you will flip the chicken breasts so they cook evenly.
5. Once done, now it's time to make your sandwich! Slice each chicken breast in half and top each with a slice of your colby jack cheese. Add back to the air fryer for 3 minutes at 360 degrees F to melt the cheese! If you have a tooth pick, add it to the cheese to make sure it does fly around in the air fryer!
6. Once done, take out and put together your sandwich and enjoy!

PRO TIP

Throwing these spicy chicken breasts inside a crunch wrap is a fire way to use them as well!



CRINKLE CUT FRENCH FRIES

RECIPE MAKES 4 SERVINGS

SERVING SIZE 1/4 RECIPE	CALORIES 205
FAT 1g	CARBS 45g
PROTEIN 5g	

INGREDIENTS:

3 Medium Sized Russet Potatoes
(about 1000g in total)

Non Stick Cooking Spray

Sea Salt

1. Fill up a big bowl with room temperature water to soak your potatoes in. This will help with these coming out super crispy!
2. Next, take one of your potatoes and slice in half long ways. Take one of your potatoes and slice it in half (the longer way). Then put one of the sliced potatoes face down on the flat side. Now slice straight down across the potato the long way again. Now flip the thicker pieces and slice again to get even-sized crinkle cut fries. Add to a bowl of water as you finish cutting each potato. Repeat this process with all your potatoes.
3. Now spray your air fryer with non stick cooking spray and add $\frac{1}{3}$ of your fries to it. Spray again with non stick cooking spray and add sea salt. Add to the air fryer for 12 minutes at 400 degrees F. After 7 minutes, take out and toss the fries so they will cook evenly. Add back into the air fryer for the remaining time. Then enjoy!

PRO TIP:

You can do this same process with sweet potatoes or even Japanese sweet potatoes. But the sweeter variations of potatoes do not get as crunchy as the regular whiter potatoes. The Japanese sweet potatoes will get a bit more crunchy because they are a hybrid between a sweet and a white potato. All in all, these variations are equally delicious but wanted to set that expectation!





CRINKLE CUT POTATO CHIPS

RECIPE MAKES 4 SERVINGS

SERVING SIZE

1/4 RECIPE

CALORIES

205

FAT

1g

CARBS

45g

PROTEIN

5g

INGREDIENTS:

3 Medium Sized Russet Potatoes
(about 1000g in total)

Non Stick Cooking Spray

Sea Salt

1. Fill up a big bowl with room temperature water to soak your potatoes in. This will help with these coming out super crispy!
2. Next, take one of your potatoes and slice into thin circles until the whole potato has been sliced. Add the slices to your bowl to soak. Repeat this process with all your potatoes. Let soak in water for about 10-15 minutes.
3. Now spray your air fryer with non-stick cooking spray and add $\frac{1}{3}$ of your chips to it. Spray again with non-stick cooking spray and add sea salt. Add to the air fryer for 12 minutes at 400 degrees F. After 7 minutes, take out and toss the chips to flip them so they will cook evenly. Add back into the air fryer for the remaining time. Then enjoy!

How crispy these get will be based on how thin you are able to cut them!



TORTILLA CHIPS & DIP

RECIPE MAKES 5 SERVINGS (40 CHIPS TOTAL)

SERVING SIZE	CALORIES	
8 CHIPS	130	
FAT	CARBS	PROTEIN
2g	26g	2g

INGREDIENTS: FOR CHIPS

10 Small Yellow Corn Tortillas

INGREDIENTS FOR GUAC (MAKES 3 SMALL BOWLS LIKE YOU SEE IN THE PICTURE):

2 Medium Size Ripe Avocados

2 Medium Tomatoes

20g Finely Chopped Red Onions

1 Clove Garlic Minced or Super Finely Chopped

10g Finely Chopped Fresh Cilantro Leaves

Dash of Salt

Dash of Black Pepper

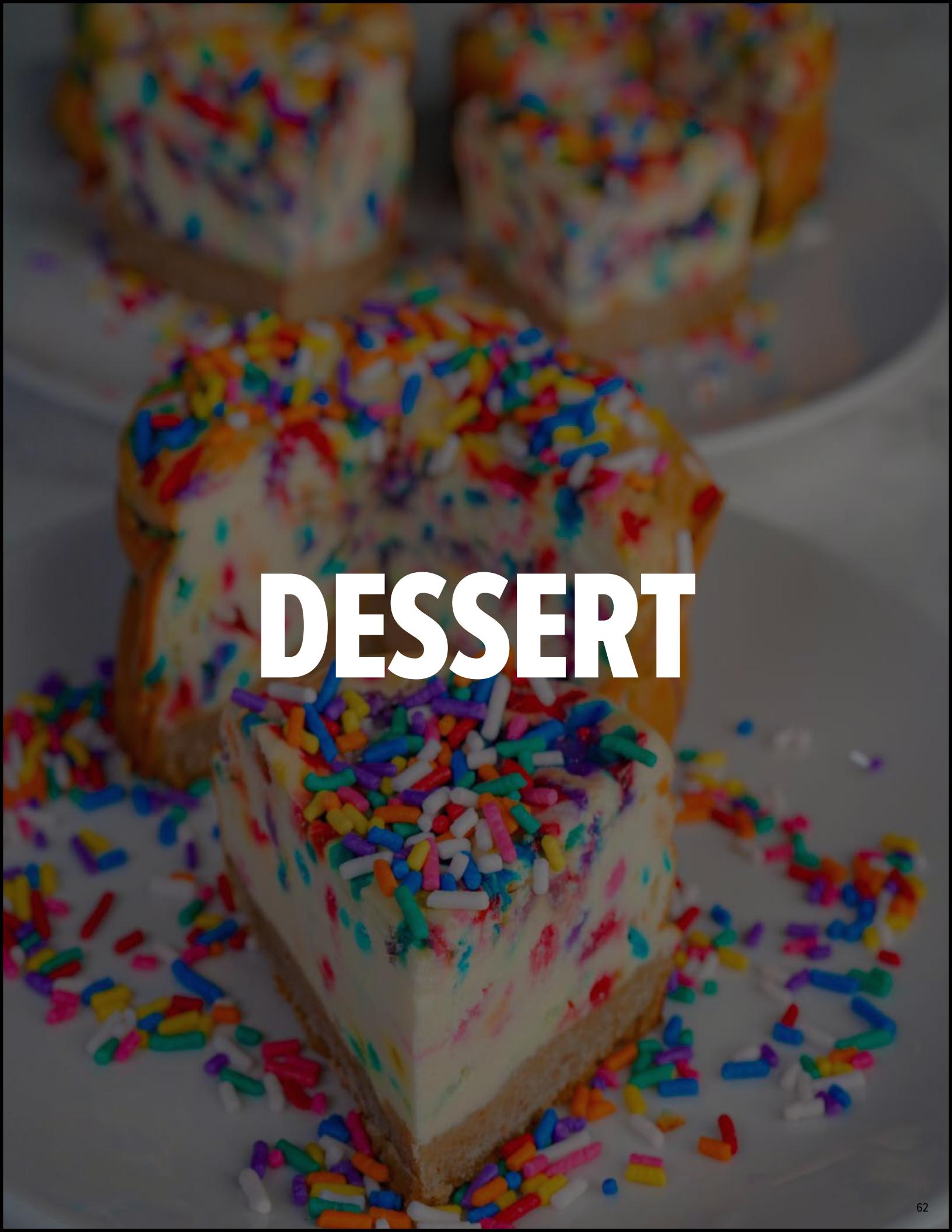
Splash of Lime Juice (about 28g)

DIRECTIONS FOR CHIPS:

1. Cut corn tortillas into your desired shape of chips. I sliced them like a pizza that has 4 slices.
2. Add about 12-16 of your chips to the air fryer. However many you add is based on how many you can fit without the chips being on top of each other. Spray the tops of the chips with non-stick butter spray and sprinkle with sea salt. Then flip over the chips and do the same process on that side.
3. Air fry for 6 minutes at 360 degrees F. Check on them after a few minutes because they will blow around. Just make sure they all have room to cook evenly. Once done, let cool and enjoy!

DIRECTIONS FOR GUAC:

4. Add all your ingredients except for your avocados into a bowl. Mix ingredients together.
5. Add your avocados to a separate bowl and mash with a fork until you've achieved the desired consistency you like for your guac. Combine both bowls. Once all is mixed in, enjoy with your tortilla chips!

A close-up photograph of a slice of funfetti cake. The cake is white with visible yellow and red swirls. It is heavily topped with a variety of colorful sprinkles in shades of blue, green, red, yellow, and white. The slice is positioned in the foreground, with more of the cake and a plate visible in the background.

DESSERT



BROWN SUGAR CINNAMON PRETZEL STICKS

RECIPE MAKES 17 PRETZEL STICKS

SERVING SIZE	CALORIES	
1 STICK	57	
FAT	CARBS	PROTEIN
1g	7g	5g

INGREDIENTS FOR PRETZELS:

50g All Purpose Flour
30g Whey/Casein Blend Vanilla Protein Powder
12g PB Party Protein Cookie Butter Powder
16g Coconut Flour
6g Zero Cal Sweetener of your choice
6g Baking Powder
4g Ground Cinnamon
140g Plain Non-Fat Greek Yogurt

INGREDIENTS FOR COATING:

30g Brown Sugar
8g Zero Cal Sweetener of your choice
4g Ground Cinnamon
1 Whole Egg

INGREDIENTS FOR ICING DIP:

20g Whey/Casein Blend Vanilla Protein Powder
10g Powdered Sugar
6g Sugar Free/Fat Free White Chocolate Pudding Mix
3g Zero Cal Sweetener of your choice
60g Plain Non-Fat Greek Yogurt
Cold Water to consistency

1. Add all your dry ingredients to a food processor and pulse to combine and avoid clumping. Then add your Greek yogurt and pulse until you have dough. Take out the dough and add it to a bowl. Add that bowl to the freezer for 10 minutes to cool and is no longer sticky to the touch.
2. Once the dough is cool, it's time to roll your dough into pretzel sticks. Pinch off a small dough ball and roll into a stick. Repeat this process till all the dough is used.
3. Now add your large egg to a shallow bowl and beat. Then add your brown sugar, sweetener and ground cinnamon to another bowl. Mix to combine.
4. Take your air fryer and spray it with a non stick cooking spray. Now take one stick at a time and dip into the egg bowl and then into the sugar/sweetener/cinnamon bowl till coated. Add to the air fryer and repeat till all sticks are coated. I was able to fit all of them into my air fryer. But if you can't, you will need to do 2 batches.
5. Air fry at 400 degrees F for 6 minutes! While those are air frying, add your dry icing ingredients into a bowl and mix to avoid clumping. Next, add cold water, mix and repeat till you have a thick but not too thick icing like consistency. Be careful not to add too much! Then add your Greek yogurt and mix that in until all combined. Add to the fridge to cool.
6. Once your pretzel sticks are cooked, snag the dipping station and enjoy!



OREO PROTEIN PRETZEL STICKS

RECIPE MAKES 17 PRETZEL STICKS

SERVING SIZE	CALORIES	
1 STICK	45	
FAT	CARBS	PROTEIN
1g	5g	4g

INGREDIENTS FOR PRETZELS:

50g All Purpose Flour

30g Whey/Casein Blend Vanilla Protein Powder

16g Brownie Batter Protein Cookie Butter Powder

12g Black Cocoa Powder

6g Zero Cal Sweetener of your choice

6g Baking Powder

140g Plain Non-Fat Greek Yogurt

4 Oreo Thins

INGREDIENTS FOR ICING DIP:

20g Whey/Casein Blend Vanilla Protein Powder

10g Powdered Sugar

6g Sugar Free/Fat Free White Chocolate Pudding Mix

3g Zero Cal Sweetener of your choice

60g Plain Nonfat Greek Yogurt

Cold Water to consistency

1. Add all your dry ingredients (except Oreos) to your food processor and pulse to combine and avoid clumping. Then add your Greek yogurt and pulse until you have dough. Now add your Oreos in there and pulse until they have been crushed and combined with the dough. Take out the dough and add it to a bowl. Place that bowl in the freezer for 10 minutes to cool so the dough is no longer sticky to the touch.
2. Once the dough is cool, it's time to roll it into pretzel sticks. Pinch off a small dough ball and roll into a stick. Repeat this process until all the dough is used.
3. Spray your air fryer with non stick cooking spray and add your pretzel sticks. I had to do this in 2 batches. Spray your pretzel sticks with your non stick cooking spray and air fry at 400 degrees F for 6 minutes. Flip after 3 minutes.
4. While those are air frying, add your dry icing ingredients into a bowl and mix to avoid clumping. Next, add cold water, mix and repeat until there is a thick but not too thick icing like consistency. Be careful not to add too much water! Then add your Greek yogurt and mix that in until all combined. Add to the fridge to cool.
5. Once your pretzel sticks are done, snag the dipping station and enjoy!



FROSTED ANIMAL CRACKER PROTEIN PRETZEL STICKS

RECIPE MAKES 17 PRETZEL STICKS

SERVING SIZE	CALORIES	
1 STICK	49	
FAT	CARBS	PROTEIN
1g	6g	4g

INGREDIENTS FOR PRETZELS:

50g All Purpose Flour
45g Whey/Casein Blend Vanilla Protein Powder
16g Coconut Flour
6g Zero Cal Sweetener of your choice
6g Baking Powder
140g Plain Non-Fat Greek Yogurt
30g Frosted Animal Crackers

INGREDIENTS FOR ICING DIP:

20g Whey/Casein Blend Vanilla Protein Powder
10g Powdered Sugar
6g Sugar Free/Fat Free White Chocolate Pudding Mix
3g Zero Cal Sweetener of your choice
60g Plain Nonfat Greek Yogurt
Cold Water to consistency

1. Add all your dry ingredients (except the animal crackers) to your food processor and pulse to combine and avoid clumping. Then add your Greek yogurt and pulse till you have dough. Now add your animal crackers in there and pulse till they have been crushed and combined with the dough. Take out the dough and add it to a bowl. Place that bowl in the freezer for 10 minutes to cool so the dough is no longer sticky to the touch.
2. Once the dough is cool, it's time to roll it into pretzel sticks. Pinch off a small dough ball and roll into a stick. Repeat this process until all the dough is used.
3. Spray your air fryer with non-stick cooking spray and add half of your batch of pretzel sticks. Spray stick with non stick cooking spray and air fry at 400 degrees F for 6 minutes. Flip after 3 minutes.
4. While those are air frying, add your dry icing ingredients into a bowl and mix to avoid clumping. Next, add cold water, mix and repeat until there is a thick but not too thick icing like consistency. Be careful not to add too much! Then add your Greek yogurt and mix that in until all combined. Add to the fridge to cool.
5. Once your pretzel sticks are done, snag the dipping station and enjoy!



PROTEIN CHOCOLATE CHIP COOKIE DOUGH TAQUITOS

RECIPE MAKES 14 TAQUITOS

SERVING SIZE	CALORIES	
1 TAQUITO	119	
FAT	CARBS	PROTEIN
3g	13g	10g

INGREDIENTS:

14 Fajita Style Tortillas (can use smaller ones as well)

45g Vanilla Whey/Casein Blend Protein Powder of your choice

45g Peanut Butter Party Protein Cookie Butter Powder

3g Zero Cal Sweetener of your choice

90g Plain Non-Fat Greek Yogurt

30g Mini Chocolate Chips

Unsweetened Vanilla Almond Milk to consistency

1. Add all your dry ingredients (except mini chocolate chips) into a bowl and mix to avoid clumping. Add your almond milk slowly and mix and repeat until you have a frosting-like consistency. Now mix in your Greek yogurt until fully combined. Add to the freezer for 5-10 minutes to help thicken up a bit more. After the freezer, add your mini chocolate chips and mix.

2. Now it's time to roll up your taquitos. Lay your tortilla flat and add some of your cookie dough to one side. Roll the tortilla tightly. Repeat this process for all taquitos. Then add to your air fryer and spray tops with non stick cooking spray. Cook at 400 degrees F for 3-4 minutes till golden. Then enjoy!



FROSTED ANIMAL CRACKER CHEESECAKE PROTEIN CRUNCH WRAP

RECIPE MAKES 4 CRUNCH WRAPS

SERVING SIZE	CALORIES	
1 CRUNCH WRAP	246	
FAT	CARBS	PROTEIN
6g	31g	17g

INGREDIENTS:

4 Medium Tortillas (Mine were 21g Carbs per)

280g Protein Cheesecake Frosting

40g Crushed Frosted Animal Crackers

1. Add your cheesecake frosting and crushed animal crackers to a bowl and mix together.
2. Now lay your tortilla flat and add $\frac{1}{4}$ of the frosting to the middle. Then fold up like a crunch wrap. Repeat this process until all 4 are done.
3. Add to your air fryer and spray the crunch wraps with non stick cooking spray. Air fry at 400 degrees F for 4 minutes.
4. Let cool on the cooling rack for 30-60 minutes. Be careful not to rush to cut in half too soon! Just like a cheesecake, these need time to set!



CHOCOLATE PEANUT BUTTER PROTEIN CRUNCH WRAP

RECIPE MAKES 4 CRUNCH WRAPS

SERVING SIZE	CALORIES	
1 CRUNCH WRAP	253	
FAT	CARBS	PROTEIN
9g	27g	16g

INGREDIENTS:

4 Medium Tortillas

240g Oreo Protein Icing

40g Creamy Peanut Butter

1. Lay your tortilla flat and add about 30g of the icing to the middle. Then add 10g peanut butter and then 30g more of the icing to cover up the peanut butter. Then fold up like a crunch wrap. Repeat this process until all 4 are done.
2. Add to your air fryer and spray the crunch wraps with non stick cooking spray. Air fry at 400 degrees F for 4 minutes.
3. Let cool on the cooling rack for 30-60 minutes. Be careful not to rush to cut in half too soon! Just like a cheesecake, these need time to set!



OREO CHEESECAKE PROTEIN CRUNCH WRAP

RECIPE MAKES 4 CRUNCH WRAPS

SERVING SIZE	CALORIES	
1 CRUNCH WRAP	197	
FAT	CARBS	PROTEIN
5g	23g	15g

INGREDIENTS:

4 Medium Tortillas (mine were 21g carbs per)

280g Oreo Cheesecake Protein Frosting

1. Lay your tortilla flat and add 70g of your Oreo cheesecake frosting to the middle. Then fold up like a crunch wrap. Repeat this process until all 4 are done.
2. Add to your air fryer and spray the crunch wraps with non stick cooking spray. Air fry at 400 degrees F for 4 minutes.
3. Let cool on the cooling rack for 30-60 minutes. Be careful not to rush to cut in half too soon! Just like a cheesecake, these need time to set!



S'MORES BROWNIE

RECIPE MAKES 4 BROWNIES

SERVING SIZE	CALORIES	
1 BROWNIE	143	
FAT	CARBS	PROTEIN
3g	16g	13g

INGREDIENTS:

30g All Purpose Flour

30g Whey/Casein Blend Vanilla Protein Powder

20g PB Party Protein Cookie Butter Powder

2g Zero Cal Sweetener of your choice

2g Baking Powder

50g Plain Nonfat Greek Yogurt

30g Sugar Free Maple Syrup

1 Large Egg

10g Mini Chocolate Chips

10g Small Marshmallows

15g Crushed Graham Crackers

1. Add all of your dry ingredients (except for the mini chocolate chips, marshmallows, and graham crackers) to a bowl and mix to avoid clumping. Add in your Greek yogurt, maple syrup, and egg with the dry ingredients until you have a thick brownie batter like consistency. Melt your mini chocolate chips in the microwave for 45 seconds, then mix that into your batter.

2. Spray your 6.5 in cast iron skillet with non-stick cooking spray, then add your brownie batter evenly until the whole pan is covered. Now add your mini marshmallows and crushed graham crackers across the top of your brownie batter. Lightly press them into the batter because the air fryer will blow them all over the place if you do not.

3. Add your pan to the air fryer at 275 degrees F for 6 minutes! Once it's done, take the pan out and enjoy!

PRO-TIP: if you let it cool for a bit, the middle will start to set and still be fudgy!

OVEN TIP: Bake it in the oven at 350 degrees F for 8-10 minutes!



RED VELVET BROWNIE

RECIPE MAKES 4 BROWNIES

SERVING SIZE	CALORIES	
1 BROWNIE	123	
FAT	CARBS	PROTEIN
3g	12g	12g

INGREDIENTS:

30g All Purpose Flour

30g Whey/Casein Blend Vanilla Protein Powder

20g Brownie Batter Protein Cookie Butter Powder

2g Zero Cal Sweetener of your choice

2g Baking Powder

50g Plain Nonfat Greek Yogurt

30g Sugar Free Maple Syrup

1 Large Egg

15g White Chocolate Chips

Red Food Coloring

1. Add all of your dry ingredients (except for the white chocolate chips) to a bowl and mix to avoid clumping. Add in your Greek yogurt, maple syrup, and egg with the dry ingredients until you have a thick brownie batter like consistency. Melt your mini chocolate chips in the microwave for 45 seconds, then mix that into your batter. Add a little bit of food coloring to your batter and mix until you get a red velvet color.
2. Spray your 6.5 in cast iron skillet with non-stick cooking spray, then add your brownie batter evenly until the whole pan is covered.
3. Add your pan to the air fryer at 275 degrees F for 6 minutes! Once it's done, take the pan out and enjoy!

PRO-TIP: if you let it cool for a bit, the middle will start to set and still be fudgy!

OVEN TIP: Bake it in the oven at 350 degrees F for 8-10 minutes!



FUNFETTI BLONDIE

RECIPE MAKES 4 BLONDIES

SERVING SIZE	CALORIES	
1 BLONDIE	110	
FAT	CARBS	PROTEIN
2g	10g	13g

INGREDIENTS:

30g All Purpose Flour

45g Whey/Casein Blend Vanilla Protein Powder

8g Coconut Flour

2g Zero Cal Sweetener of your choice

2g Baking Powder

50g Plain Nonfat Greek Yogurt

30g Sugar Free Maple Syrup

1 Large Egg

15g Sprinkles

1. Add all of your dry ingredients (except for the sprinkles) to a bowl and mix to avoid clumping. Add in your Greek yogurt, maple syrup, and egg with the dry ingredients until you have a thick brownie batter like consistency, then mix in your sprinkles.
2. Spray your 6.5in cast iron skillet with non-stick cooking spray, then add your batter evenly until the whole pan is covered.
3. Add your pan to the air fryer at 275 degrees F for 6 minutes! Once it's done, take the pan out and enjoy!

PRO-TIP: if you let it cool for a bit, the middle will start to set and still be fudgy!

OVEN TIP: Bake it in the oven at 350 degrees F for 8-10 minutes!



PEANUT BUTTER BLONDIE

RECIPE MAKES 4 BLONDIES

SERVING SIZE	CALORIES	
1 BLONDIE	119	
FAT	CARBS	PROTEIN
3g	10g	13g

INGREDIENTS:

30g All Purpose Flour

30g Whey/Casein Blend Peanut Butter (or Vanilla) Protein Powder

20g PB Party Protein Cookie Butter Powder

2g Zero Cal Sweetener of your choice

2g Baking Powder

50g Plain Nonfat Greek Yogurt

30g Sugar Free Maple Syrup

1 Large Egg

15g Creamy Peanut Butter

1. Add all of your dry ingredients (except for the peanut butter) to a bowl and mix to avoid clumping. Add in your Greek yogurt, maple syrup, and egg with the dry ingredients until you have a thick brownie batter like consistency. Melt your peanut butter in the microwave for 30 seconds, then mix that into your batter.
2. Spray your 6.5 in cast iron skillet with non-stick cooking spray, then add your batter evenly until the whole pan is covered.
3. Add your pan to the air fryer at 275 degrees F for 6 minutes! Once it's done, take the pan out and enjoy!

PRO-TIP: if you let it cool for a bit, the middle will start to set and still be fudgy!

OVEN TIP: Bake it in the oven at 350 degrees F for 8-10 minutes!



PUMPKIN PIE BLONDIE

RECIPE MAKES 4 BLONDIES

SERVING SIZE	CALORIES	
1 BLONDIE	106	
FAT	CARBS	PROTEIN
2g	11g	11g

INGREDIENTS:

30g All Purpose Flour

30g Whey/Casein Blend Vanilla Protein Powder

20g PB Party Protein Cookie Butter Powder

2g Zero Cal Sweetener of your choice

2g Pumpkin Spice

2g Baking Powder

100g Pure Pumpkin (canned)

30g Sugar Free Maple Syrup

1 Large Egg

1. Add all of your dry ingredients to a bowl and mix to avoid clumping. Add in your pumpkin, maple syrup, and egg with the dry ingredients until you get a thick batter like consistency.
2. Spray your 6.5in cast iron skillet with non-stick cooking spray, then add your batter evenly until the whole pan is covered.
3. Add your pan to the air fryer at 275 degrees F for 6 minutes! Once it's done, take the pan out and enjoy!

PRO-TIP: if you let it cool for a bit, the middle will start to set and still be fudgy!

OVEN TIP: Bake it in the oven at 350 degrees F for 8-10 minutes!



FROSTED ANIMAL CRACKER CAKE

RECIPE MAKES 2 CAKES (10 SLICES TOTAL)

SERVING SIZE	CALORIES	
1 SLICE	93	
FAT	CARBS	PROTEIN
1g	9g	12g

INGREDIENTS FOR TWO 8IN CAKES:

75g Whey/Casein Blend Vanilla Protein Powder

50g All Purpose Flour

36g Coconut Flour

10g Zero Cal Sweetener of your choice

12g Baking Powder

275g Plain Nonfat Greek Yogurt

275g Egg Whites

100g Unsweetened Apple Sauce

30g Sprinkles

PROTEIN FROSTING:

128g Protein Cheesecake Frosting

1. Add all your dry ingredients (except sprinkles) into a bowl and mix to avoid clumping. Then add your wet ingredients and mix till combined. Lastly, mix in your sprinkles.
2. Now spray your 8in cake pans with non stick cooking spray and add your batter evenly to each. Add to your air fryer at 250 degrees F for 20 minutes. If in the oven, bake at 350 degrees F for 18-20 minutes until there are cracks on the top of the cake.
3. Carefully take out the cakes from the cake pans and add to a cooling rack to cool.
4. Once the cakes are cool, add your frosting on top as well as your animal crackers (not included in macros) and enjoy!



BUTTERFINGER LOVERS PROTEIN CAKE

RECIPE MAKES 2 CAKES (10 SLICES TOTAL)

SERVING SIZE	CALORIES	
1 SLICE	109	
FAT	CARBS	PROTEIN
1g	10g	15g

PB LAYER INGREDIENTS:

25g Whey/Casein Blend Vanilla Protein Powder

25g All Purpose Flour

12g PB Party Protein Cookie Butter Powder

18g Coconut Flour

5g Zero Cal Sweetener of your choice

5g Baking Powder

130g Plain Nonfat Greek Yogurt

130g Egg Whites

50g Unsweetened Apple Sauce

CHOCOLATE LAYER INGREDIENTS:

25g Whey/Casein Blend Vanilla Protein Powder

25g All Purpose Flour

15g Brownie Batter Protein Cookie Butter Powder

15g Black Cocoa Powder

5g Zero Cal Sweetener of your choice

5g Baking Powder

130g Plain Nonfat Greek Yogurt

130g Egg Whites

50g Unsweetened Apple Sauce

PROTEIN FROSTING:

128g Protein Cheesecake Frosting

1. For each layer of cake, add all your dry ingredients into a bowl and mix to avoid clumping. Then add your wet ingredients and mix till combined.
2. Now spray your 8in cake pans with non stick cooking spray and add your peanut butter batter layer evenly to each pan. Then evenly add your chocolate layer to the top. Add to your air fryer at 250 degrees F for 20 minutes. If in the oven, bake at 350 degrees F for 18-20 minutes till you get those cracks at the top.
3. Carefully take out the cakes from the cake pans and add to a cooling rack to cool.
4. Once the cakes are cool, add your frosting on top as well as your Butterfinger pieces (not included in the macros) and enjoy!



PERSONAL PAN OREO PROTEIN CAKE

RECIPE MAKES 5 CAKES (20 TOTAL SLICES)

SERVING SIZE	CALORIES	
1 CAKE (4 SLICES)	323	
FAT	CARBS	PROTEIN
3g	24g	50g

INGREDIENTS FOR 5 CAKES:

50g Whey/Casein Blend Vanilla Protein Powder

50g All Purpose Flour

30g Brownie Batter Protein Cookie Butter Powder

30g Black Cocoa Powder

10g Zero Cal Sweetener of your choice

12g Baking Powder

275g Plain Nonfat Greek Yogurt

275g Egg Whites

100g Unsweetened Apple Sauce

PROTEIN FROSTING:

128g Protein Cheesecake Frosting

1. Add all your dry ingredients to a bowl and mix to avoid clumping, then add your wet ingredients and mix some more.
2. Spray your 3.5in mini springform cheesecake pans with nonstick cooking spray and add your batter evenly to each pan. Remember, this recipe is for 5 cakes.
3. If you're using an air fryer, air fry them at 250 degrees F for 20 minutes. If you're using the oven, bake them at 350 degrees F for 18-20 minutes until the tops start to crack.
4. Carefully take the cakes out from their pans and let them cool on a cooling rack.
5. When the cakes are cool, add your frosting and crushed Oreos (not included in the macros), if you'd like, and enjoy!



RED VELVET PROTEIN CAKE

RECIPE MAKES 2 CAKES (10 SLICES TOTAL)

SERVING SIZE	CALORIES	
1 SLICE	92	
FAT	CARBS	PROTEIN
1g	9g	12g

INGREDIENTS:

50g Whey/Casein Blend Vanilla Protein Powder

25g Whey/Casein Blend Chocolate Protein Powder

50g All Purpose Flour

25g Brownie Batter Protein Cookie Butter Powder

10g Coconut Flour

10g Zero Cal Sweetener of your choice

12g Baking Powder

275g Plain Nonfat Greek Yogurt

275g Egg Whites

100g Unsweetened Apple Sauce

Red Food Coloring until you have that Red Velvet Color

1. Add all your dry ingredients to a bowl and mix to avoid clumping, then add your wet ingredients (except for the food coloring) and mix some more. Slowly mix in your food coloring until you get that red velvet color.
2. Spray your 3.5in mini spring form cheesecake pans with nonstick cooking spray and add your batter evenly to each pan.
3. If you're using an air fryer, air fry them at 250 degrees F for 20 minutes. If you're using the oven, bake them at 350 degrees F for 18-20 minutes until the tops start to crack.
4. Carefully take the cakes out from their pans and let them cool on a cooling rack.
5. When the cakes are cool, add your frosting and whatever other toppings you'd like and enjoy!

PROTEIN FROSTING:

128g Protein Cheesecake Frosting



PERSONAL PAN PROTEIN FUNFETTI CHEESECAKE

RECIPE MAKES 3 CHEESECAKES (12 SLICES TOTAL)

SERVING SIZE	CALORIES	
1 SLICE	127	
FAT	CARBS	PROTEIN
3g	12g	13g

CRUST INGREDIENTS:

130g Crushed Graham Crackers
100g Plain Nonfat Greek Yogurt
28g Light Butter (5g fat per 14g)
30g Whey/Casein Blend Vanilla Protein Powder
2g Zero Cal Sweetener of your choice

CHEESECAKE INGREDIENTS:

220g Fat Free Cream Cheese
2 Whole Eggs (can sub 100g Egg Whites)
227g Plain Nonfat Greek Yogurt
60g Whey/Casein Blend Vanilla Protein Powder
8g Zero Cal Sweetener of your choice
30g Sprinkles

1. Add the graham crackers to your food processor and pulse until you get evenly sized crumbs, then add the rest of your crust ingredients and pulse to combine until you get a still kind of wet to the touch crust. Put your dough in the freezer for 10 minutes to cool.
2. Spray your mini 4in cheesecake pans with cooking spray. Press your dough into the cheesecake molds. You might need to wet your fingers or spatula periodically with water to help the dough be less sticky. Repeat this process for all 3 pans, then add them to the air fryer for 6 minutes at 350 degrees F.
3. Add the cheesecake ingredients to your food processor and pulse until everything's combined, then mix in your sprinkles. Once the crust is done baking, spray the cheesecake pan again with more cooking spray then add your cheesecake filling. Add your cheesecakes back to the air fryer at 250 degrees F for 25 minutes.
4. Let them cool in the fridge to set. I let them cool overnight. Once the cheesecakes are cool, you are ready to enjoy them!

FEW PRO TIPS TO MAKE THESE MORE MACRO-FRIENDLY:

- Omitting the crust cuts the macros in half. So if you want to make it crustless with just the cheesecake layer, the macros for each slice would be:
61 Cals, 3g Carbs, 1g Fat, 10g Protein
- Substitute 100g egg whites for the whole eggs. I don't recommend this due to it possibly throwing off the density and texture of the cheesecake layer, but you can give it a try.



PERSONAL PAN PROTEIN OREO CHEESECAKE

RECIPE MAKES 3 CHEESECAKES (12 SLICES TOTAL)

SERVING SIZE	CALORIES	
1 SLICE	137	
FAT	CARBS	PROTEIN
5g	11g	12g

CRUST:

130g Oreo Thins

100g Plain Nonfat Greek Yogurt

28g Light Butter (5g fat per 14g)

15g Whey/Casein Blend Vanilla Protein Powder

15g Brownie Batter Protein Cookie Butter Powder

2g Zero Cal Sweetener of your choice

CHEESECAKE FILLING:

220g Fat Free Cream Cheese

2 Whole Eggs (can sub 100g Egg Whites)

227g Plain Nonfat Greek Yogurt

60g Whey/Casein Blend Vanilla Protein Powder

8g Zero Cal Sweetener of your choice

2 Oreo Thins

1. Place the Oreo Thins to your food processor and pulse until you get evenly sized crumbs, then add the rest of your crust ingredients and pulse to combine until you get a still kind of wet to the touch crust. Put your dough in the freezer for 10 minutes to cool.
2. Spray your mini 4in cheesecake pans with cooking spray. Press your dough into the cheesecake molds. You might need to wet your fingers or spatula periodically with water to help the dough be less sticky. Repeat this process for all 3 pans, then add them to the air fryer for 6 minutes at 350 degrees F.
3. Add the cheesecake ingredients to your food processor and pulse until everything's combined, then mix in 2 more crushed Oreo thins. Once the crust is done baking, spray the cheesecake pan again with more cooking spray then add your cheesecake filling. Add your cheesecakes back to the air fryer at 250 degrees F for 25 minutes.
4. Let them cool in the fridge to set. I let them cool overnight. Once the cheesecakes are cool, you are ready to enjoy them!

FEW PRO TIPS TO MAKE THESE MORE MACRO-FRIENDLY:

- Omitting the crust cuts the macros in half. So if you want to make it crustless with just the cheesecake layer, the macros for each slice would be:
61 Cals, 3g Carbs, 1g Fat, 10g Protein
- Substitute 100g egg whites for the whole eggs. I don't recommend this due to it possibly throwing off the density and texture of the cheesecake layer, but you can give it a try.



PERSONAL PAN PB OVERLOAD PROTEIN CHEESECAKE

RECIPE MAKES 3 CHEESECAKES (12 SLICES TOTAL)

SERVING SIZE	CALORIES	
1 SLICE	136	
FAT	CARBS	PROTEIN
4g	12g	13g

CRUST:

130g Graham Crackers
100g Plain Nonfat Greek Yogurt
28g Creamy Peanut Butter
15g Whey/Casein Blend Peanut Butter Protein Powder
15g PB Party Protein Cookie Butter Powder
2g Zero Cal Sweetener of your choice

CHEESECAKE FILLING:

220g Fat Free Cream Cheese
2 Whole Eggs (can sub 100g Egg Whites)
227g Plain Nonfat Greek Yogurt
40g Whey/Casein Blend Peanut Butter Protein Powder
20g PB Party Protein Cookie Butter Powder
8g Zero Cal Sweetener of your choice
28g Peanut Butter (optional to swirl into cheesecake; not included in macros)

1. Add the graham crackers to your food processor and pulse until you get evenly sized crumbs, then add the rest of your crust ingredients and pulse to combine until you get a still kind of wet to the touch crust. Put your dough in the freezer for 10 minutes to cool.
2. Spray your mini 4in cheesecake pans with cooking spray. Press your dough into the cheesecake molds. You might need to wet your fingers or spatula periodically with water to help the dough be less sticky. Repeat this process for all 3 pans, then add them to the air fryer for 6 minutes at 350 degrees F.
3. Add the cheesecake ingredients to your food processor and pulse until everything's combined, then mix in your sprinkles. Once the crust is done baking, spray the cheesecake pan again with more cooking spray then add your cheesecake filling. Add your cheesecakes back to the air fryer at 250 degrees F for 25 minutes.
4. Let them cool in the fridge to set. I let them cool overnight. Once the cheesecakes are cool, you are ready to enjoy them!

FEW PRO TIPS TO MAKE THESE MORE MACRO-FRIENDLY:

- Omitting the crust cuts the macros in half. So if you want to make it crustless with just the cheesecake layer, the macros for each slice would be:
61 Cals, 3g Carbs, 1g Fat, 10g Protein
- Substitute 100g egg whites for the whole eggs. I don't recommend this due to it possibly throwing off the density and texture of the cheesecake layer, but you can give it a try.



PERSONAL PAN PROTEIN FUNFETTI CRUSTLESS CHEESECAKE

RECIPE MAKES 3 CHEESECAKES (12 SLICES TOTAL)

SERVING SIZE	CALORIES	
1 SLICE	61	
FAT	CARBS	PROTEIN
1g	3g	10g

INGREDIENTS:

- 220g Fat Free Cream Cheese
- 2 Whole Eggs (can sub 100g Egg Whites)
- 227g Plain Nonfat Greek Yogurt
- 60g Whey/Casein Blend Vanilla Protein Powder
- 8g Zero Cal Sweetener of your choice
- 30g Sprinkles

1. Add the cheesecake ingredients to your food processor and pulse until everything's combined, then mix in your sprinkles. Spray your mini 4in cheesecake pans with cooking spray. Evenly add your cheesecake batter to each and add them to the air fryer at 250 degrees F for 25 minutes.
2. Let them cool in the fridge to set. I let them cool overnight. Once the cheesecakes are cool, you are ready to enjoy them! It's that easy!



PERSONAL PAN PROTEIN OREO CRUSTLESS CHEESECAKE

RECIPE MAKES 3 CHEESECAKES (12 SLICES TOTAL)

SERVING SIZE	CALORIES	
1 SLICE	61	
FAT	CARBS	PROTEIN
1g	3g	10g

INGREDIENTS:

220g Fat Free Cream Cheese
2 Whole Eggs (can sub 100g Egg Whites)
227g Plain Nonfat Greek Yogurt
60g Whey/Casein Blend Vanilla Protein Powder
8g Zero Cal Sweetener of your choice
2 Oreo Thins

1. Add the cheesecake ingredients to your food processor and pulse until everything's combined, then mix in your sprinkles. Spray your mini 4in cheesecake pans with cooking spray. Evenly add your cheesecake batter to each and add them to the air fryer at 250 degrees F for 25 minutes.
2. Let them cool in the fridge to set. I let them cool overnight. Once the cheesecakes are cool, you are ready to enjoy them! It's that easy!



PERSONAL PAN PB OVERLOAD CRUSTLESS CHEESECAKE

RECIPE MAKES 3 CHEESECAKES (12 SLICES TOTAL)

SERVING SIZE	CALORIES	
1 SLICE	70	
FAT	CARBS	PROTEIN
2g	3g	10g

INGREDIENTS:

- 220g Fat Free Cream Cheese
- 2 Whole Eggs (can sub 100g Egg Whites)
- 227g Plain Nonfat Greek Yogurt
- 40g Whey/Casein Blend Peanut Butter Protein Powder
- 20g PB Party Protein Cookie Butter Powder
- 8g Zero Cal Sweetener of your choice
- 28g Peanut Butter

1. Add the cheesecake ingredients to your food processor and pulse until everything's combined, then mix in your sprinkles. Spray your mini 4in cheesecake pans with cooking spray. Evenly add your cheesecake batter to each and add them to the air fryer at 250 degrees F for 25 minutes.
2. Let them cool in the fridge to set. I let them cool overnight. Once the cheesecakes are cool, you are ready to enjoy them! It's that easy!



FUNFETTI PROTEIN CUPCAKES

RECIPE MAKES 16 CUPCAKES

SERVING SIZE	CALORIES	
1 CUPCAKE	93	
FAT	CARBS	PROTEIN
1g	9g	12g

CUPCAKE INGREDIENTS:

75g Whey/Casein Blend Vanilla Protein Powder

50g All Purpose Flour

36g Coconut Flour

10g Zero Cal Sweetener of your choice

12g Baking Powder

30g Sprinkles

275g Plain Nonfat Greek Yogurt

275g Egg Whites

100g Unsweetened Apple Sauce

PROTEIN FROSTING:

320g Protein Cheesecake Frosting

1. Add all of the dry ingredients to a bowl (except for the sprinkles) and mix to avoid clumping, then add in your wet ingredients with the dry. Mix until you have a cake batter like consistency, then mix in your sprinkles.
2. Take your silicone cupcake molds and add them to your air fryer. I can only fit 8 in mine, so I had to split the batch up. Spray your molds with nonstick cooking spray, then take a cookie scooper and add one scoop to each cupcake mold.
3. Air fry them for 18 minutes at 250 degrees F. When they're done, take them out and place them on a cooling rack. Repeat this process for the second batch.
4. While all of your cupcakes are either cooking or cooling, it's time to make your [Protein Cheesecake Frosting \(recipe on page 9\)](#).
5. When the cupcakes are cool, take a knife and cut a hole like I did on the top so you can fill the cupcakes with frosting! Add your frosting and a little more sprinkles (optional and not included in the macros) on top, then enjoy!

PRO TIP: You can store these in a Tupperware container in the fridge for up to 7-10 days! If you're serving them later, I recommend waiting to add the sprinkles because they will start to bleed colors if you let them sit! We want PRETTY cupcakes and not one's that look like they just got broken up with!



OREO CHEESECAKE PROTEIN CUPCAKES

RECIPE MAKES 16 CUPCAKES

SERVING SIZE	CALORIES	
1 CUPCAKE	68	
FAT	CARBS	PROTEIN
0g	6g	11g

CUPCAKE INGREDIENTS:

50g Whey/Casein Blend Vanilla Protein Powder

50g All Purpose Flour

30g Brownie Batter Protein Cookie Butter Powder

30g Black Cocoa Powder

10g Zero Cal Sweetener of your choice

12g Baking Powder

275g Plain Non-Fat Greek Yogurt

275g Egg Whites

100g Unsweetened Apple Sauce

1. Add all of the dry ingredients to a bowl and mix to avoid clumping, then add in your wet ingredients with the dry. Mix until you have a cake batter like consistency.
2. Take your silicone cupcake molds and add them to your air fryer. I can only fit 8 in mine, so I had to split the batch up. Spray your molds with nonstick cooking spray, then take a cookie scooper and add one scoop to each cupcake mold.
3. Air fry them for 18 minutes at 250 degrees F. When they're done, take them out and place them on a cooling rack. Repeat this process for the second batch.
4. While all of your cupcakes are either cooking or cooling, it's time to make your [Protein Cheesecake Frosting \(recipe on page 9\)](#).
5. When the cupcakes are cool, add your frosting on top, add some crushed Oreo thins (optional and not included in the macros) then enjoy!

PROTEIN FROSTING:

320g [Protein Cheesecake Frosting](#)

PRO TIP: You can store these in a Tupperware container in the fridge for up to 7-10 days!



RED VELVET CHEESECAKE PROTEIN CUPCAKES

RECIPE MAKES 16 CUPCAKES

SERVING SIZE	CALORIES	
1 CUPCAKE	72	
FAT	CARBS	PROTEIN
0g	6g	12g

CUPCAKE INGREDIENTS:

50g Whey/Casein Blend Vanilla Protein Powder

25g Whey/Casein Blend Chocolate Protein Powder

50g All Purpose Flour

25g Brownie Batter Protein Cookie Butter Powder

10g Coconut Flour

10g Zero Cal Sweetener of your choice

12g Baking Powder

275g Plain Nonfat Greek Yogurt

275g Egg Whites

100g Unsweetened Apple Sauce

Red Food Coloring till you have that Red Velvet Color

1. Add all of the dry ingredients to a bowl (except for the food coloring) and mix to avoid clumping, then add in your wet ingredients with the dry. Mix until you have a cake batter like consistency, then mix in your food coloring until you get that red velvet color.
2. Take your silicone cupcake molds and add them to your air fryer. I can only fit 8 in mine, so I had to split the batch up. Spray your molds with nonstick cooking spray, then take a cookie scooper and add one scoop to each cupcake mold.
3. Air fry them for 18 minutes at 250 degrees F. When they're done, take them out and place them on a cooling rack. Repeat this process for the second batch.
4. While all of your cupcakes are either cooking or cooling, it's time to make your Protein Cheesecake Frosting (recipe on page 9).
5. When the cupcakes are cool, add your frosting and some crushed Hershey's white chocolate bar on top (optional and not included in the macros), then enjoy!

PRO TIP: You can store these in a Tupperware container in the fridge for up to 7-10 days!

PROTEIN FROSTING:

320g Protein Cheesecake Frosting



CHURRO CHEESECAKE PROTEIN CUPCAKES

RECIPE MAKES 16 CUPCAKES

SERVING SIZE	CALORIES	
1 CUPCAKE	85	
FAT	CARBS	PROTEIN
1g	7g	12g

CUPCAKE INGREDIENTS:

50g Whey/Casein Blend Vanilla Protein Powder

50g All Purpose Flour

25g PB Party Protein Cookie Butter Powder

36g Coconut Flour

10g Zero Cal Sweetener of your choice

8g Ground Cinnamon

12g Baking Powder

275g Plain Nonfat Greek Yogurt

275g Egg Whites

100g Unsweetened Apple Sauce

PROTEIN FROSTING:

320g Protein Cheesecake Frosting

1. Add all of the dry ingredients to a bowl and mix to avoid clumping, then add in your wet ingredients with the dry. Mix until you have a cake batter like consistency.
2. Take your silicone cupcake molds and add them to your air fryer. I can only fit 8 in mine, so I had to split the batch up. Spray your molds with nonstick cooking spray, then take a cookie scooper and add one scoop to each cupcake mold.
3. Air fry them for 18 minutes at 250 degrees F. When they're done, take them out and place them on a cooling rack. Repeat this process for the second batch.
4. While all of your cupcakes are either cooking or cooling, it's time to make your Protein Cheesecake Frosting (recipe on page 9).
5. When the cupcakes are cool, add your frosting, churro cereal (optional and not included in the macros) and enjoy!

PRO TIP: You can store these in a Tupperware container in the fridge for up to 7-10 days!



PROTEIN FRIED OREOS

RECIPE MAKES 14 FRIED OREOS

SERVING SIZE	CALORIES	
1 OREO	100	
FAT	CARBS	PROTEIN
2.5g	15g	4.5g

INGREDIENTS:

14 Reduced-Fat Oreos

80g All Purpose Flour

30g Vanilla Whey/Casein Blend Protein Powder of your choice

30g Peanut Butter Party Protein Cookie Butter Powder

16g Coconut Flour

6g Zero Cal Sweetener of your choice

6g Baking Powder

20g Sprinkles (optional)

100g Egg Whites

Unsweetened Vanilla Almond Milk till batter-like consistency

1. Add all of your dry ingredients to a bowl and mix to avoid clumping, then add your wet ingredients and mix until you get a smooth batter. Add the batter to your freezer to cool for 5-10 minutes to help it thicken up a bit more.
2. Once the batter has cooled, take it out. Before dipping your Oreos, spray your air fryer with non-stick cooking spray and dip one Oreo at a time into your bowl of batter and make sure all of it is covered. I prefer to use a fork. When it's covered, add it to your air fryer and repeat this process for all 7 for your first batch.
3. Air fry at 400 degrees for 3 minutes, then repeat the process for your second batch.



CLASSIC CHOCOLATE CHIP PROTEIN COOKIE SKILLET

RECIPE MAKES 1 SKILLET

SERVING SIZE	CALORIES	
WHOLE SKILLET	522	
FAT	CARBS	PROTEIN
18g	39g	51g

INGREDIENTS:

30g Whey/Casein Blend Vanilla Protein Powder

20g Peanut Butter Party Protein Cookie Butter Powder

15g All Purpose Flour

10g Almond Flour

5g Coconut Flour

2g Zero Cal Sweetener of your choice

3g Baking Soda

50g Plain Nonfat Greek Yogurt

30g Sugar Free Maple Syrup

1 Large Egg

15g Mini Chocolate Chips

1. Add all of your dry ingredients (except for the mini chocolate chips) to a bowl and mix, then add your wet ingredients and mix some more. Then fold in your mini chocolate chips.
2. Take your 6.5in cast iron skillet and spray with non stick cooking spray. Then add your cookie dough to the cast iron pan and evenly spread it until the whole pan is covered. Wet your fingers to spread the dough evenly with your hands.
3. Add to your air fryer at 250 degrees F for 6 minutes. Once done, take out and enjoy! If you let it cool for an hour or so, the skillet will set a bit more like you see in the picture.

PRO TIP:

Top with some M&Ms to take these to the next level like in this photo (M&Ms not included in the macros)



PROTEIN PEANUT BUTTER OVERLOAD COOKIE SKILLET

RECIPE MAKES 1 SKILLET (6 SLICES)

SERVING SIZE	CALORIES	
1 SLICE	175	
FAT	CARBS	PROTEIN
7g	11g	17g

INGREDIENTS:

60g Whey/Casein Blend Peanut Butter Protein Powder

40g Peanut Butter Party Protein Cookie Butter Powder

30g All Purpose Flour

20g Almond Flour

10g Coconut Flour

4g Zero Cal Sweetener of your choice

6g Baking Soda

100g Plain Nonfat Greek Yogurt

60g Sugar Free Maple Syrup

2 Large Eggs

30g Creamy Natural Peanut Butter

1. Add all of your dry ingredients to a bowl and mix, then add your wet ingredients and mix some more.
2. Take a 6.5in cast iron skillet and spray with non-stick cooking spray. Then add your cookie dough to the cast iron pan and evenly spread it until the whole pan is covered. I wet my fingers with water to help spread it with my hands.
3. Add to your air fryer at 250 degrees F for 6 minutes! Once done, take out and enjoy! If you let cool for an hour or so, the cookie skillet will set a bit more like the slices you see in the picture! I took some creamy peanut butter, microwaved it for 30 seconds, then drizzled it on top of the cookies. This isn't included in the macros but is a pro move if your macros can handle a few extra grams of fat.



PROTEIN SUGAR COOKIE SKILLET

RECIPE MAKES 1 SKILLET (6 SLICES)

SERVING SIZE	CALORIES	
1 SLICE	80	
FAT	CARBS	PROTEIN
2.5g	6g	8.5g

INGREDIENTS:

100g Whey/Casein Blend Vanilla Protein Powder

30g All Purpose Flour

20g Almond Flour

10g Coconut Flour

4g Zero Cal Sweetener of your choice

6g Baking Soda

100g Plain Nonfat Greek Yogurt

60g Sugar Free Maple Syrup

2 Large Eggs

30g Sprinkles

1. Add all of your dry ingredients (except for the sprinkles) to a bowl and mix, then add your wet ingredients and mix some more. Then fold in your sprinkles.
2. Take a 6.5in cast iron skillet and spray with non-stick cooking spray. Then add your cookie dough to the cast iron pan and evenly spread it until the whole pan is covered. I wet my fingers with water to help spread it with my hands.
3. Add to your air fryer at 250 degrees F for 6 minutes! Once done, take out and enjoy! If you let cool for an hour or so, the cookie skillet will set a bit more like the slices you see in the picture!



PERSONAL SWEET POTATO CASSEROLE

RECIPE MAKES 4 CASSEROLES

SERVING SIZE	CALORIES	
1 CASSEROLE	229	
FAT	CARBS	PROTEIN
1g	46g	9g

INGREDIENTS:

2 Large Sweet Potatoes (about 300-320g each)

30g Whey/Casein Blend Vanilla Protein Powder

6g Zero Cal Sweetener of your choice

3g Ground Cinnamon

60g Mini Marshmallows

15g Crushed Graham Crackers

1. Take your sweet potatoes and poke holes in them. Spray each with non-stick cooking spray and add to your air fryer for 40 minutes at 300 degrees F. Flip after 20 minutes. If the sweet potatoes are smaller, decrease the cooking time!
2. Once sweet potatoes are done, carefully take off the skin and then either add to a bowl and mash with a fork, or add to a food processor to expedite that process. I prefer the food processor because it makes it easier when you add the dry ingredients because of how hot the sweet potatoes already are. Process or mash till smooth.
3. Then add your dry ingredients (except mini marshmallows) and process or mix till combined. Now spray your 10oz ramekins with non-stick cooking spray and add your sweet potato mixture evenly into 4 separate ramekins. Add your marshmallows on top. Make sure to press them in so they do not fly around in the air fryer!
4. Add to the air fryer at 320 degrees F for 5 minutes. Once done, sprinkle your crushed graham crackers on top and enjoy!

PRO TIP:

You can sub a Vegan Protein Powder or Protein Cookie Butter Powder with the Whey/Casein Blend Protein in this recipe! A 1:1 substitution works great!

PROTEIN COOKIE BUTTER® POWDER



We took great care to craft the world's best, most-macro friendly protein powder. Hand-selecting every ingredient. Working with manufacturers until every single part of our formula was perfect.

Which you might think is par for the course. But as I got started on the journey of creating Protein Cookie Butter®, I learned it's not. I was shocked to discover that many of our competitors cut corners and white-label their products ... instead of making sure it's science-backed, quality-tested, macro-friendly.

That's a big deal. And it's a key reason why our Protein Cookie Butter® has risen to the top of the industry! It would have been easy to slap our logo on a run-of-the-mill protein powder and put the products on our store.

But that's never been our M.O. We've spent the last year immersing ourselves in everything we needed to make a WORLD CLASS product. And we're proud to say that's what we've created today.

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