

# Autoimmune Hepatitis

## Quick & Easy



**15-Minute  
Meal Guide**

# Introduction

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## **Why This Guide Will Change Your Life**

"Low on energy? No problem! These 15-minute meals are here to help—fast, simple, and AIH-safe."

Living with Autoimmune Hepatitis (AIH) isn't easy. Some days, even standing in the kitchen feels like running a marathon. Cooking? That can feel impossible.

I get it. When fatigue hits, the last thing you want to do is chop vegetables, stand over a stove, or deal with complicated recipes. But you still need nutritious, AIH-friendly meals that fuel your body—without draining your energy.

That's where this guide comes in.





## **What's Inside?**

This guide gives you quick, effortless, AIH-safe meals that are ready in 15 minutes or less.

### **Here's what you'll get:**

- ✓ 10 lightning-fast Airfryer meals—AIH-friendly, nourishing, and ridiculously easy
- ✓ 5-ingredient recipes—because the simpler, the better
- ✓ Time-saving hacks—meal prep, storage, and shopping tips to make cooking effortless
- ✓ A no-brainer 3-day meal plan—so you don't even have to think about what to eat

This isn't just another recipe guide. It's a game-changer.

## **Why This Guide Will Make Your Life Easier**

### **1. No Complicated Cooking—Just Set It & Forget It**

- The Airfryer does the work—just toss in the ingredients and relax.
- No stirring, flipping, or standing over a hot stove.
- Minimal cleanup (because who has the energy for dishes?).

### **2. 15 Minutes = More Energy for YOU**

- Every recipe is designed to be quick, simple, and stress-free.
- No endless chopping, measuring, or waiting.
- You'll be eating in minutes—without the exhaustion.

### **3. AIH-Safe & Gut-Friendly Ingredients**

- No inflammatory ingredients that trigger symptoms.
- Simple, whole foods that nourish your liver and support healing.
- Easy swaps for gluten-free, dairy-free, and anti-inflammatory diets.

### **4. No More "What's for Dinner?" Stress**

- Clear, easy-to-follow recipes with 5 ingredients or less.
- A done-for-you meal plan to take the guesswork out of eating.
- Zero overwhelm—just grab, cook, and enjoy.

## **How to Use This Guide (Effortless Cooking Starts NOW)**

- 1** Pick a Recipe → Flip to the 15-Minute Meal Section and choose one.
- 2** Gather Ingredients → Everything is AIH-friendly and simple (no hard-to-find stuff).
- 3** Toss it in the Airfryer → Set the time and temp. Done.
- 4** Enjoy Your Meal → No stress. No exhaustion. Just good food.

## **A Final Word: You Deserve This**

Your energy is precious. You shouldn't have to waste it on complicated meals or endless prep.

This guide is here to make cooking easy, stress-free, and delicious. So, let's get started. Your 15-minute AIH-friendly meals are waiting!



# Mastering the 15-Minute Meal Formula

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"Cooking doesn't have to drain your energy—stick to this formula, and you'll have a meal ready in minutes."

## 📌 The Secret to 15-Minute Meals? A Simple Formula!

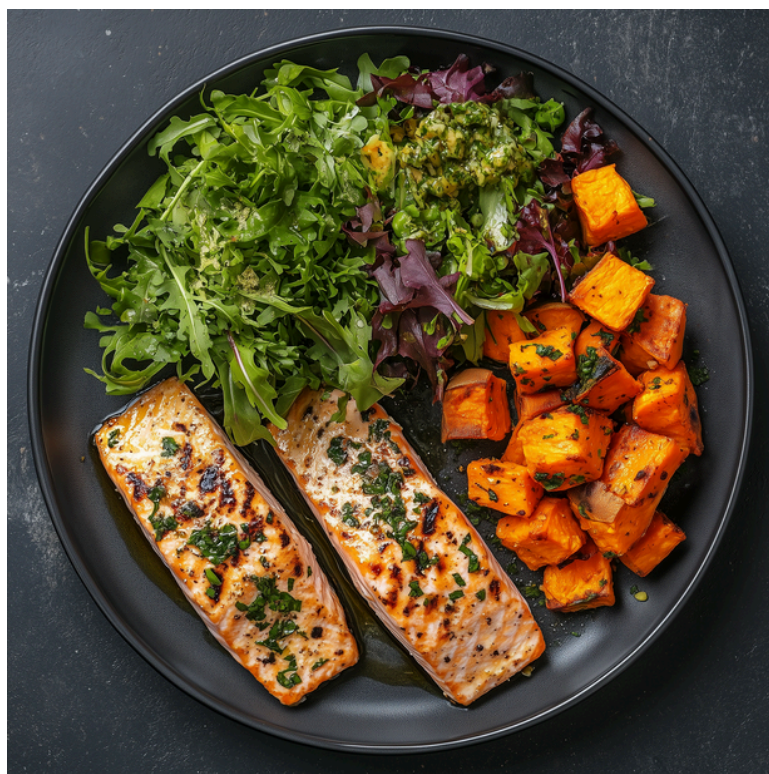
When you're exhausted, even thinking about what to cook feels overwhelming. That's why you need a fail-proof formula—one that makes every meal fast, effortless, and AIH-friendly.

Here's the secret: All you need are 3 simple parts.

### ⚡ The 3-Part AIH-Friendly Meal Formula

- 1 Protein – Quick-cooking, easy-to-digest options.
- 2 Veggies – Minimal prep, packed with nutrients.
- 3 Flavor Boosters – Simple seasonings for taste.

Mix these three, and you'll have a delicious, balanced meal—ready in 15 minutes or less!





## ◆ Step 1: Pick a Protein (Cooks Fast, AIH-Safe)

Protein is essential for energy and healing. But not all proteins cook fast—so we focus on ones that air-fry in under 15 minutes with minimal prep.

### ✓ AIH-Safe, Quick-Cooking Proteins

- Chicken tenders (6–8 min, 380°F)
- Salmon fillet (10–12 min, 375°F)
- Shrimp (6–8 min, 400°F)
- Ground turkey patties (10–12 min, 375°F)
- Firm tofu (10–12 min, 375°F)

### 📌 Pro Tip:

Pre-season or marinate proteins ahead of time—this cuts down prep time to almost zero.

### 🔥 Example Quick Protein Recipe:

Garlic-Lemon Shrimp

- Shrimp + garlic powder + olive oil + lemon juice
- Air-fry 6 minutes at 400°F → Done!

## ◆ Step 2: Choose a Veggie (No Chopping, No Fuss)

Veggies should be nutrient-dense but easy. No one has the energy to chop ten different vegetables—so let's keep it simple.

### ✓ Best AIH-Safe, Quick-Cooking Veggies

- Frozen broccoli (8 min, 375°F)
- Zucchini slices (10 min, 380°F)
- Sweet potato cubes (12 min, 400°F)
- Brussels sprouts (halved) (12–15 min, 375°F)
- Bell pepper strips (8 min, 375°F)

### 📌 Time-Saving Tip:

Buy pre-cut, frozen, or steamable veggies. They're just as healthy but require zero effort!

### 🔥 Example Quick Veggie Recipe:

Crispy Airfryer Zucchini

- Zucchini slices + olive oil + garlic powder
- Air-fry 10 min at 380°F → Done!

### ◆ Step 3: Add a Flavor Booster (No Extra Work)

You don't need fancy sauces or complicated seasoning blends. Just one or two simple ingredients boost flavor instantly.

#### ✅ **Best AIH-Safe Flavor Boosters**

- Olive oil + lemon juice (Bright, fresh taste)
- Garlic powder + paprika (Classic seasoning)
- Balsamic vinegar (Adds depth & sweetness)
- Coconut aminos (Soy sauce alternative)
- Fresh herbs (Parsley, cilantro, basil)

#### 🔥 **Flavor Hack:**

Pre-mix a batch of seasoning (e.g., garlic powder + paprika + salt) and keep it in a jar. Shake & sprinkle—no measuring needed!

#### 🔥 **Example Quick Flavor Booster:**

Zesty Lemon-Herb Dressing

- Olive oil + lemon juice + fresh herbs
- Drizzle over cooked veggies for instant flavor!

### ◆ Putting It All Together: 3 Quick Meal Combos

You now have everything you need to throw together a meal in minutes. Here are three AIH-friendly meal combos using the 15-minute formula:

#### 🍴 **Meal 1: Lemon Garlic Shrimp & Roasted Broccoli**

- Protein: Shrimp (6 min, 400°F)
- Veggie: Frozen broccoli (8 min, 375°F)
- Flavor Booster: Olive oil + garlic powder

➡ Toss everything in the Airfryer at the same time → Done in 10 minutes!

#### 🍴 **Meal 2: Turkey Patties & Sweet Potato Cubes**

- Protein: Turkey patties (10 min, 375°F)
- Veggie: Sweet potato cubes (12 min, 400°F)
- Flavor Booster: Paprika + coconut aminos

➡ Cook sweet potatoes first (5 min head start), then add turkey patties → Everything's ready together!

#### 🍴 **Meal 3: Crispy Tofu & Zucchini Slices**

- Protein: Tofu (12 min, 375°F)
- Veggie: Zucchini slices (10 min, 380°F)
- Flavor Booster: Balsamic vinegar + fresh basil

➡ Air-fry both at the same time → No extra effort needed!

## **Meal Prep Hack: The “Mix & Match” Method**

If you have pre-prepped proteins & veggies, you can create multiple meals with zero extra work!

### **How It Works:**

- 1** Pick a protein: Chicken tenders, tofu, shrimp
- 2** Choose a veggie: Zucchini, sweet potatoes, bell peppers
- 3** Use a different seasoning each time → 3 completely different meals!

 **Example of 3 Meals Using This Hack:**

- Day 1: Lemon Garlic Shrimp + Zucchini
- Day 2: Paprika Chicken + Sweet Potatoes
- Day 3: Balsamic Tofu + Bell Peppers

➔ Same ingredients, different flavors!


## **Final Thoughts: Cooking AIH-Friendly Meals Just Got Easier!**

You don't need complicated recipes or exhausting prep. Just stick to this 3-step formula:

- ✓ Pick a protein (fast-cooking & AIH-safe)
- ✓ Choose a veggie (zero-prep options are best)
- ✓ Add a flavor booster (simple seasonings = big taste)

Now you can mix & match ingredients for endless easy meals—all in 15 minutes or less.

### **Try this today:**

Open your fridge, grab a protein, a veggie, and a seasoning—and air-fry them together! You'll have an AIH-friendly meal in minutes. 



# Quick & Easy AIH-Safe Airfryer Meals

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"No energy? No problem. These meals are so easy, you'll wonder why you didn't try them sooner!"

## **What You Need to Know**

- Every meal takes 15 minutes or less.
- 5 ingredients max—because simple is better.
- AIH-safe—no inflammatory ingredients.
- Perfect for busy days or low-energy moments.

Ready? Let's get cooking! 

### 3 AIH-Safe Veggie Meals

#### **1 Crispy Airfryer Zucchini Chips**

The perfect crunchy snack—with zero guilt.

##### **✓ Ingredients:**

- 1 medium zucchini, sliced thin
- 1 tbsp olive oil
- 1 tbsp almond flour
- ½ tsp garlic powder
- ¼ tsp salt

##### **✓ Instructions:**

1. Toss zucchini slices with olive oil.
2. Coat with almond flour, garlic powder, and salt.
3. Airfry at 375°F (190°C) for 10 minutes, shaking halfway.

**⚡ Time-Saver Tip:** Slice the zucchini in advance and store in the fridge for quick prep.



## 2 Quick Sweet Potato Fries

Crispy, naturally sweet, and loaded with nutrients.

### ✓ Ingredients:

- 1 large sweet potato, cut into thin fries
- 1 tbsp olive oil
- ½ tsp paprika
- ¼ tsp salt
- ¼ tsp cinnamon (optional)

### ✓ Instructions:

1. Toss sweet potato fries with oil and spices.
2. Spread in a single layer in the Airfryer basket.
3. Airfry at 400°F (200°C) for 12-15 minutes, shaking halfway.

📌 **Pro Tip:** Don't overcrowd the basket! Fries cook best in a single layer.





### 3 Easy Roasted Brussels Sprouts

Crispy on the outside, tender on the inside.

#### ✓ Ingredients:

- 2 cups Brussels sprouts, halved
- 1 tbsp olive oil
- ½ tsp garlic powder
- ¼ tsp salt
- 1 tbsp balsamic glaze (optional)

#### ✓ Instructions:

1. Toss Brussels sprouts with oil, garlic powder, and salt.
2. Airfry at 375°F (190°C) for 12 minutes, shaking halfway.
3. Drizzle with balsamic glaze before serving.

💡 **Feeling fancy?** Add a sprinkle of almond flakes for extra crunch.



#### 4 **Garlic-Lemon Salmon Bites**

Flaky, juicy, and bursting with flavor.

##### ✓ **Ingredients:**

- 1 salmon fillet, cut into bite-sized cubes
- 1 tbsp olive oil
- 1 tsp lemon juice
- ½ tsp garlic powder
- ¼ tsp salt

##### ✓ **Instructions:**

1. Toss salmon cubes with oil, lemon juice, garlic powder, and salt.
2. Airfry at 380°F (195°C) for 8-10 minutes, shaking halfway.

📌 **Meal Idea:** Serve with roasted Brussels sprouts for a balanced meal.





## 5 AIH-Safe Chicken Tenders

Crispy on the outside, juicy on the inside—without the bad stuff.

### ✓ Ingredients:

- 1 chicken breast, sliced into strips
- 1 tbsp almond flour
- 1 egg, beaten
- ½ tsp paprika
- ¼ tsp salt

### ✓ Instructions:

1. Dip chicken in beaten egg, then coat with almond flour, paprika, and salt.
2. Airfry at 375°F (190°C) for 12 minutes, flipping halfway.

💡 Shortcut Hack: Use pre-cut chicken tenders to save time!





## 6 Airfryer Turkey Patties

High-protein, no-fuss, and full of flavor.

### ✓ Ingredients:

- ½ lb ground turkey
- ½ tsp garlic powder
- ½ tsp dried parsley
- ¼ tsp salt
- ½ tbsp olive oil

### ✓ Instructions:

1. Mix turkey with seasonings, then shape into small patties.
2. Brush lightly with olive oil.
3. Airfry at 375°F (190°C) for 10 minutes, flipping halfway.

✦ **Serving Suggestion:** Wrap in lettuce leaves for an AIH-friendly burger!



## 7 5-Minute Avocado Toast

A classic that never gets old.

### ✓ Ingredients:

- 1 slice gluten-free bread
- ½ avocado, mashed
- ½ tsp lemon juice
- ¼ tsp salt
- ¼ tsp garlic powder

### ✓ Instructions:

1. Toast bread in the Airfryer at 350°F (175°C) for 3 minutes.
2. Mash avocado with lemon juice, salt, and garlic powder.
3. Spread on toast & enjoy!

💡 **Extra Boost:** Add hemp seeds or microgreens for added nutrients.





## 8 Hummus & Roasted Chickpea Wrap

Crunchy, creamy, and packed with fiber.

### ✓ Ingredients:

- ½ cup canned chickpeas, drained
- ½ tsp olive oil
- ½ tsp smoked paprika
- ¼ tsp salt
- 1 gluten-free wrap
- 2 tbsp hummus

### ✓ Instructions:

1. Toss chickpeas with oil, paprika, and salt.
2. Airfry at 375°F (190°C) for 8 minutes, shaking halfway.
3. Spread hummus on wrap, add roasted chickpeas, roll up & enjoy!

📌 **Meal Prep Hack:** Make a big batch of roasted chickpeas and store them for quick snacks.



## 9 Airfryer Scrambled Eggs & Spinach

Fluffy eggs, done in minutes—with no standing over a stove!

### ✓ Ingredients:

- 2 eggs, beaten
- ¼ cup chopped spinach
- 1 tbsp almond milk
- ¼ tsp salt
- ½ tsp olive oil

### ✓ Instructions:

1. Grease a small oven-safe dish (or silicone mold).
2. Mix eggs, spinach, almond milk, and salt.
3. Airfry at 320°F (160°C) for 6 minutes, stirring once halfway.

📌 **Extra Flavor?** Add a sprinkle of nutritional yeast for a cheesy taste.





## 10 **Banana Oatmeal Cookies**

No added sugar, just natural sweetness!

### ✓ **Ingredients:**

- 1 ripe banana, mashed
- ½ cup oats
- ¼ tsp cinnamon
- ½ tsp vanilla extract
- 1 tbsp almond butter

### ✓ **Instructions:**


1. Mix all ingredients until a dough forms.
2. Scoop into small cookies and flatten slightly.
3. Airfry at 350°F (175°C) for 10 minutes.

💡 **On-the-Go?** Make a double batch and freeze for later!





## **Final Thoughts: Cooking AIH-Friendly Meals Just Got Easier!**

Now you've got 10 quick, nutritious meals that won't drain your energy. No stress. No complicated prep. Just simple, delicious food—ready in minutes. So what are you waiting for? Fire up that Airfryer and enjoy! 

# 5-Ingredient AIH-Safe Recipes for Ultra-Simple Cooking

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**"Fewer ingredients, less stress. These recipes are as simple as it gets!"**

Cooking when you're exhausted? You don't need a long grocery list or complicated steps. These 5-ingredient recipes are designed to make your life easier—fast, AIH-safe, and packed with flavor.

## **Why 5-ingredient recipes?**

- ✓ Less prep = less effort
- ✓ Fewer decisions = less stress
- ✓ Quick, simple meals that still taste amazing

 Ready? Let's make cooking effortless.

## 🌿 1. Golden Turmeric Airfryer Cauliflower

"Crispy, golden, and packed with liver-loving anti-inflammatory power."

☀️ Why it's great: Turmeric helps reduce liver inflammation, and cauliflower is an easy, fiber-rich veggie that cooks in minutes.

### 🛒 Ingredients:

- ✓ 2 cups cauliflower florets (fresh or frozen)
- ✓ 1 tbsp olive oil
- ✓ ½ tsp turmeric
- ✓ ½ tsp garlic powder
- ✓ Salt to taste

### 🔥 Instructions:

- 1 Preheat your Airfryer to 375°F (190°C).
- 2 Toss cauliflower with olive oil, turmeric, garlic powder, and salt.
- 3 Spread in a single layer in the Airfryer basket.
- 4 Cook for 12 minutes, shaking halfway through.
- 5 Enjoy crispy, flavorful cauliflower bites!

**Time-Saver Tip:** Buy pre-cut cauliflower florets to skip chopping!



## 🍏 2. Simple Baked Apple Slices

"A naturally sweet dessert without added sugar—ready in minutes!"

☀️ Why it's great: Apples are liver-friendly, naturally sweet, and full of fiber. No need for sugar—baking brings out their natural flavor.

### 🛒 Ingredients:

- ✓ 1 large apple (sliced thin)
- ✓ 1 tsp cinnamon
- ✓ 1 tsp coconut oil (or olive oil)
- ✓ ½ tsp vanilla extract
- ✓ A pinch of sea salt

### 🔥 Instructions:

- 1 Preheat Airfryer to 350°F (175°C).
- 2 Toss apple slices with cinnamon, coconut oil, vanilla, and salt.
- 3 Arrange in a single layer in the Airfryer basket.
- 4 Cook for 8-10 minutes, flipping halfway.
- 5 Let them cool slightly—they'll crisp up as they sit!

⚡ **Easy Swap:** Try this with pears for a different twist!





### 🍗 3. AIH-Safe BBQ Chicken Bites

"Juicy, smoky, and full of flavor—with no sugar-laden BBQ sauces!"

☀️ Why it's great: Most store-bought BBQ sauces are loaded with sugar and additives. This recipe gives you all the BBQ taste without the bad stuff.

#### 🛒 Ingredients:

- ✓ 1 lb chicken breast (cubed)
- ✓ 1 tbsp olive oil
- ✓ 1 tsp smoked paprika
- ✓ 1 tsp garlic powder
- ✓ ½ tsp sea salt

#### 🔥 Instructions:

- 1 Preheat Airfryer to 380°F (195°C).
  - 2 Toss chicken cubes with olive oil, smoked paprika, garlic powder, and salt.
  - 3 Place in a single layer in the Airfryer basket.
  - 4 Cook for 12-14 minutes, shaking halfway.
  - 5 Serve with a side of AIH-friendly dip (like mashed avocado or tahini sauce).
- ⚡ **Flavor Boost:** Add a splash of lemon juice for extra zest!





#### 4. Crispy Almond-Crusted Fish

"Crunchy on the outside, tender on the inside—without unhealthy breading."

☀️ Why it's great: Almonds add a crunchy coating without gluten or processed breadcrumbs. Plus, fish = Omega-3s = great for your liver!

#### **Ingredients:**

- ✓ 2 white fish fillets (cod, tilapia, or salmon)
- ✓ ¼ cup almond flour
- ✓ 1 tsp lemon zest
- ✓ ½ tsp garlic powder
- ✓ 1 tbsp olive oil

#### **Instructions:**

- 1 Preheat Airfryer to 375°F (190°C).
- 2 Pat fish fillets dry and brush lightly with olive oil.
- 3 Mix almond flour, lemon zest, and garlic powder.
- 4 Coat fish fillets in the mixture, pressing gently.
- 5 Cook for 10-12 minutes, flipping halfway.

⚡ **Bonus Tip:** Serve with a side of Airfryer sweet potato fries for a full meal!



## 5. Quick Stuffed Mushrooms

"A savory, protein-packed snack or side dish in just minutes!"

☀️ Why it's great: Mushrooms are low-calorie, high in nutrients, and naturally meaty. This recipe makes them deliciously satisfying with minimal effort.

### Ingredients:

- ✓ 8 large mushrooms (stems removed)
- ✓ ¼ cup hummus (or mashed avocado)
- ✓ 1 tbsp nutritional yeast (for a cheesy flavor)
- ✓ ½ tsp garlic powder
- ✓ ½ tsp smoked paprika

### Instructions:



- 1 Preheat Airfryer to 375°F (190°C).
  - 2 Mix hummus, nutritional yeast, garlic powder, and paprika.
  - 3 Spoon filling into mushroom caps.
  - 4 Place in Airfryer basket and cook for 8-10 minutes.
  - 5 Let cool slightly before serving—they'll be hot inside!
- ⚡ **Easy Variation:** Swap hummus for dairy-free pesto for a different flavor!



## **Final Thoughts: Easy, AIH-Safe Cooking Starts Here!**

No energy? No problem! These 5-ingredient recipes prove that eating well doesn't have to be complicated.

- ✓ Minimal ingredients = less stress
- ✓ No long prep times = less exhaustion
- ✓ AIH-safe & delicious = happy, healthy meals

 **Your Next Step:** Pick one recipe and try it right now! Your Airfryer is waiting.  




# AIH Meal Prep Hacks:

# Save Time & Energy

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"No energy to cook? These hacks will help you get meals ready with almost zero effort."

Cooking with Autoimmune Hepatitis (AIH) can feel like a battle. Fatigue, brain fog, and food restrictions make meal prep overwhelming. But what if you could cut down your time in the kitchen while still eating nutritious, AIH-safe meals?

That's exactly what these meal prep hacks will help you do.

No exhausting chopping. No complicated steps. Just smart, simple tricks that let you spend less time cooking and more time enjoying your food.

Let's dive in. 🚀

## 1 Prep Once, Eat for Days

"The less you have to cook, the better. One short prep session = multiple stress-free meals."

Batch cooking is the easiest way to reduce daily kitchen time. Instead of prepping meals every single day, spend one short session prepping ingredients that you can use for multiple meals.

### How to Do It:

- ✓ Pick 2-3 proteins (like chicken, turkey, or tofu).
- ✓ Choose 2-3 veggies (zucchini, bell peppers, sweet potatoes).
- ✓ Cook them all at once in your Airfryer.
- ✓ Store in containers for quick mix-and-match meals.

### 📌 Example: The 30-Minute AIH Meal Prep Plan

- Monday: Airfry chicken tenders & zucchini → Eat with brown rice
- Tuesday: Use the same chicken & zucchini in a wrap
- Wednesday: Toss the chicken & zucchini into a salad
- Thursday: Swap the chicken for Airfryer salmon

🔥 **Bonus Tip:** Use pre-cut frozen veggies to skip chopping!

## 2 Airfryer = Your Best Friend for Quick Meal Prep

"One machine, multiple meals—let the Airfryer do the work for you!"  
The Airfryer isn't just for quick dinners—it's a powerhouse for easy meal prep.

### Here's how to batch prep in one Airfryer session:

- ✓ Step 1: Cook a batch of proteins (chicken, tofu, fish).
- ✓ Step 2: While they cook, season your veggies.
- ✓ Step 3: Swap out the protein, toss in your veggies.
- ✓ Step 4: Use storage containers for grab-and-go meals.

### ✦ Quick Airfryer Meal Prep Ideas

- Chicken strips (season, Airfry for 12 min at 375°F)
- Sweet potato cubes (10 min at 400°F)
- Zucchini slices (8 min at 375°F)
- Hard-boiled eggs (yes, the Airfryer can do this! 15 min at 270°F)

🔥 **Bonus Tip:** Cook two things at once by using the Airfryer divider or layering with parchment paper!

## 3 Use Shortcut Ingredients to Save Time

"Cooking from scratch? Not today. These shortcuts keep meals AIH-safe AND easy!"

### ◆ The Best AIH-Friendly Shortcuts:

- Pre-cut frozen veggies → No chopping, just toss them in the Airfryer.
- Canned beans & lentils → Instant plant-based protein.
- Pre-marinated proteins → Skip seasoning, go straight to cooking.
- Bagged greens → No washing or chopping needed.
- Pre-made hummus, guacamole, or tahini → Instant flavor boosters.

### ✦ Quick AIH-Safe Meal Using Shortcuts

Airfryer Chickpea Salad Wrap (5 minutes)

- 1 can chickpeas (rinsed)
- 1 handful bagged greens
- 2 tbsp hummus
- 1 gluten-free wrap
- ✓ Mash chickpeas + hummus, spread on wrap, add greens, roll up—  
DONE!

🔥 **Bonus Tip:** Check labels! Some pre-packaged foods contain hidden AIH triggers (like added sugar, preservatives, or seed oils).



## **4 Make AIH-Safe Flavor Boosters in Advance**

"Healthy food shouldn't be boring. These easy DIY sauces make every meal delicious."

Tired of plain food? Making a few simple sauces ahead of time will level up your meals—without extra work.

### **3 AIH-Friendly Sauces (5-Minute Prep!)**

#### **1 Lemon-Garlic Dressing (for salads, wraps, fish)**


- ¼ cup olive oil
- Juice of 1 lemon
- 1 tsp garlic powder

#### **2 AIH-Safe "BBQ" Sauce (for grilled meats)**

- ¼ cup tomato paste
- 1 tbsp honey
- ½ tsp smoked paprika

#### **3 Dairy-Free "Cheese" Sauce (for roasted veggies)**

- ¼ cup cashews (blended)
- ½ cup water
- 1 tbsp nutritional yeast




 **Bonus Tip:** Store these sauces in small mason jars in the fridge—they last up to 7 days!

## **5 Simplify Your Kitchen Setup for Less Effort**

"A clutter-free kitchen = faster, stress-free cooking."


Fatigue makes even simple cooking feel overwhelming. The solution? Organize your kitchen for effortless meal prep.

### **Declutter for Efficiency:**

-  Keep go-to items within reach (Airfryer, cutting board, olive oil, spices).
-  Store similar ingredients together (all grains in one spot, all proteins in another).
-  Use storage bins for prepped food (labeled containers = easy grab-and-go meals).

### **Game-Changing Kitchen Hacks:**

- Pre-portion ingredients in small containers = No measuring later.
- Use stackable glass containers = Easy to see what's prepped.
- Label freezer bags with meal ideas (e.g., "Chicken for wraps/salad").

 **Bonus Tip:** Invest in a lazy Susan for your pantry—no more digging for spices!

## Final Thoughts: Prepping AIH-Friendly Meals Has Never Been Easier!

Cooking with AIH doesn't have to drain your energy. With these smart meal prep hacks, you'll spend less time in the kitchen and more time enjoying delicious, liver-friendly meals.

### ◆ Quick Recap of Your AIH Meal Prep Plan:

- ✓ Batch cook proteins & veggies for mix-and-match meals.
- ✓ Use your Airfryer to prep multiple ingredients at once.
- ✓ Stock up on shortcut ingredients to cut down prep time.
- ✓ Make AIH-friendly sauces ahead of time for instant flavor.
- ✓ Organize your kitchen for stress-free cooking.

Now go grab your Airfryer, pick a few quick hacks, and start prepping without the exhaustion! 🚀

## **Making AIH-Friendly Cooking Enjoyable for the Whole Family**

One challenge of AIH cooking is making meals that everyone in the family will enjoy. You don't want to cook separate meals for each person, so the key is finding dishes that are both liver-friendly and delicious for all.

### **Ways to Make AIH Meals More Enjoyable:**

- ✓ Season generously (use herbs & spices like turmeric, garlic, and basil)
- ✓ Get creative with cooking methods (grilling, airfrying, roasting)
- ✓ Make meals visually appealing (colorful veggies, fun plating)
- ✓ Let family members customize (AIH-friendly toppings, build-your-own bowls)

When food is flavorful and fun to eat, no one will feel like they're missing out!

## **Final Thoughts: You've Got This!**

Caring for yourself or a loved one with AIH doesn't have to mean bland, boring meals. With a little planning, an open mind, and the right tools (like the Airfryer), you can make nutritious, satisfying meals that protect liver health and bring joy to the table.

Every small step counts. Whether you start by swapping one ingredient, trying a new cooking method, or just planning meals in advance, you are making a difference.

You're not just cooking—you're nourishing, healing, and supporting a better quality of life. And that's something to be proud of.

# Time-Saving Shopping & Storage Tips

**"Shop smarter, not harder. Here's how to make grocery trips effortless!"**

Living with Autoimmune Hepatitis (AIH) means you have to be mindful of what you eat. But that doesn't mean you should spend hours in the grocery store or stress over storage. Smart shopping and storage hacks can make meal prep easier, reduce food waste, and save your energy.

These simple, AIH-friendly strategies will help you fill your kitchen with the right foods—without the exhaustion.

## **The AIH-Friendly Grocery List: Stock Your Kitchen Without Stress**

Tired of staring at empty shelves, wondering what to eat? A well-stocked kitchen = less cooking stress. Keep these essentials on hand for quick, easy meals.

### ◆ **Proteins (AIH-Friendly & Easy to Cook)**

- ✓ Lean poultry: Chicken breast, turkey tenders (pre-cut = no prep)
- ✓ Seafood: Salmon, shrimp, white fish (frozen options save time!)
- ✓ Plant-based: Canned beans, lentils, tofu (zero prep, ready to eat)
- ✓ Eggs: Versatile and protein-packed
- ✚ **Time-Saver Tip:** Buy pre-cooked frozen shrimp or canned salmon for instant protein—no cooking required!

### 🥬 **Veggies (Pre-Chopped = Instant Side Dishes)**

- ✓ Frozen broccoli, spinach, cauliflower, zucchini (no washing or chopping)
- ✓ Pre-cut fresh veggies (bell peppers, carrots, mushrooms, etc.)
- ✓ Leafy greens: Baby spinach, arugula, romaine (pre-washed = effortless salads)
- ✚ **No energy for chopping?** Frozen veggies are just as nutritious as fresh!



## **Healthy Fats & Oils**

- ✓ Olive oil (anti-inflammatory & liver-friendly)
- ✓ Avocados (pre-sliced packs = no peeling)
- ✓ Nuts & seeds (almonds, walnuts, chia)
- ✦ **Skip the prep:** Buy single-serve avocado cups to spread on toast in seconds.

## **AIH-Safe Grains & Starches**

- ✓ Brown rice, quinoa, gluten-free oats
- ✓ Sweet potatoes (pre-cut frozen cubes save time!)
- ✓ Rice cakes or gluten-free wraps
- ✦ **Smart Buy:** Grab microwavable quinoa packs for instant whole grains.

## **Time-Saving Grocery Shopping Hacks**

"Grocery trips shouldn't drain your energy. Use these shortcuts to make shopping quick & easy!"

### **1 Stick to a Simple Shopping List**

- Plan just 3-5 meals per week to avoid overwhelming decisions.
- Write your list in sections (produce, protein, pantry) for faster shopping.
- Keep a digital grocery list (on your phone) so you never forget essentials.
- ✦ **Pro Tip:** Use a grocery delivery app (like Instacart) when fatigue is high!

### **2 Buy in Bulk (But Only the Right Foods)**

- Frozen proteins (chicken, fish, shrimp) last months and are ready when you need them.
- Pre-washed greens (spinach, lettuce) last longer than whole heads.
- Nuts, seeds, and gluten-free grains are great bulk purchases—no spoilage!

✦ **Avoid bulk**—buying fresh produce unless you plan to freeze it.

### **3 Choose Pre-Cut & Pre-Washed Ingredients**

- Pre-washed spinach = no rinsing needed.
- Frozen diced onions & bell peppers = No chopping, no tears!
- Pre-sliced mushrooms, carrots, zucchini = Straight from package to pan.

✦ **Time-Saver Tip:** Buy pre-minced garlic instead of peeling fresh cloves.

### **4 Shop Online to Save Energy**

- Many grocery stores offer curbside pickup or delivery—use it!
- Shopping online helps avoid impulse buys and stick to AIH-friendly foods.
- ✦ **Use a subscription service** (like Amazon Fresh) for staple items like quinoa, nuts, and pantry essentials.

## **Smart Storage Hacks: Keep Food Fresh Longer**

"No one wants to throw away food. Here's how to make everything last longer!"

### **Freezing 101: Make Your Ingredients Last**

- ✓ Pre-cut veggies: Chop and freeze for instant stir-fries.
- ✓ Cooked grains: Batch cook rice or quinoa, then freeze in single-serve portions.
- ✓ Bananas & berries: Freeze overripe ones for smoothies or baking.
- ✚ **Freeze leftover herbs in olive oil ice cube trays**—instant seasoning for Airfryer meals!

### **How to Store Fruits & Veggies (So They Don't Go Bad Fast!)**

- Leafy greens: Store in a glass container with a paper towel (absorbs moisture).
- Berries: Rinse with vinegar water, dry completely, and store in a vented container.
- Avocados: Keep half-cut avocados with the pit in water (slows browning).
- ✚ **Pre-washed greens stay fresh longer in a sealed bag** with a dry paper towel inside.

### **The Right Containers Matter**

- Use glass meal prep containers to keep food fresher.
- Store chopped veggies in airtight containers—they last longer than in plastic bags.
- Keep nuts & seeds in the fridge to prevent them from going rancid.
- ✚ **Label and date leftovers** so you know when to use them.

### **Quick-Grab Foods for No-Effort Meals**

"Too tired to cook? These AIH-friendly staples need ZERO prep!"

#### **Instant Proteins (No Cooking Needed)**

- ✓ Canned salmon/tuna (ready to eat)
- ✓ Boiled eggs (pre-cooked packs)
- ✓ Rotisserie chicken (use for salads, wraps)
- ✓ Hummus & canned beans

#### **Instant Veggies (Zero Chopping)**

- ✓ Baby carrots & cherry tomatoes
- ✓ Pre-washed spinach (throw in wraps, omelets)
- ✓ Frozen stir-fry veggie mix

#### **Instant Healthy Fats**

- ✓ Single-serve guacamole cups
- ✓ Almond butter packets (great on toast)
- ✓ Pre-portioned nuts & seeds
- ✚ **No energy?** Grab canned salmon + pre-washed greens = instant meal!

## **Final Takeaway: Shopping & Storage = Less Cooking Stress!**

- ✓ Shop smarter, not harder—stick to pre-cut, pre-washed, and frozen staples.
- ✓ Store food the right way so nothing goes to waste.
- ✓ Keep quick-grab ingredients for effortless meals when fatigue hits.

With these time-saving shopping & storage hacks, cooking AIH-friendly meals just got a whole lot easier! 


# Your AIH 3-Day Meal Plan: Stress-Free Cooking

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Don't want to plan meals? I've done it for you! Just follow this simple 3-day plan and enjoy easy, AIH-friendly meals with minimal effort."

## **How This Plan Works**

- ✓ All meals take 15 minutes or less
- ✓ No complicated prep or long ingredient lists
- ✓ Balanced, AIH-safe ingredients to keep you feeling good

 **Time-Saving Tip:** Batch-cook proteins like chicken or salmon ahead of time to make meal assembly even faster!



## ◆ Day 1: Fresh, Flavorful & Fast

### 🍳 Breakfast: Airfryer Scrambled Eggs & Spinach

- Eggs
- Fresh or frozen spinach
- Olive oil
- Salt & pepper

#### ✅ How to make it:

1. Preheat Airfryer to 300°F.
2. Whisk eggs, mix in spinach, and season.
3. Pour into an Airfryer-safe dish, stir after 5 min, cook 3 more min.

📌 Done in 8 minutes!

### 🥗 Lunch: Hummus & Roasted Chickpea Wrap

- Whole grain or gluten-free wrap
- Hummus
- Airfried chickpeas (cooked ahead or from a can)
- Sliced cucumbers & greens

#### ✅ How to make it:

1. Roast chickpeas in Airfryer (350°F, 10 min).
2. Spread hummus on the wrap, add chickpeas, cucumbers, and greens.
3. Roll up and enjoy!

📌 No cooking required if chickpeas are pre-made!

### 🍴 Dinner: Garlic-Lemon Salmon Bites & Sweet Potato Slices

- Salmon, cubed
- Garlic powder
- Lemon juice
- Olive oil
- Thinly sliced sweet potatoes

#### ✅ How to make it:

1. Toss salmon with garlic, lemon, and oil.
2. Layer sweet potato slices in Airfryer, place salmon on top.
3. Cook at 375°F for 12 minutes, flipping once.

📌 Healthy, filling, and full of Omega-3s!

## ◆ Day 2: Light & Energizing

### 🍌 Breakfast: Banana Oatmeal Cookies

- Ripe banana
- Rolled oats
- Cinnamon
- Chia seeds

#### ✅ How to make it:

1. Mash banana, mix in oats, cinnamon, and chia.
2. Form small cookies, place in Airfryer at 325°F for 10 minutes.

📌 No sugar, no stress—just quick, nutritious bites!

### 🥑 Lunch: 5-Minute Avocado Toast

- Gluten-free bread
- Ripe avocado
- Lemon juice
- Hemp seeds

#### ✅ How to make it:

1. Toast bread in the Airfryer for 3 min at 375°F.
2. Mash avocado, mix with lemon juice, and spread on toast.
3. Sprinkle hemp seeds for extra nutrients!

📌 Fast, satisfying, and packed with healthy fats.

### 🍗 Dinner: Turkey Patties & Roasted Brussels Sprouts

- Ground turkey
- Garlic powder
- Parsley
- Brussels sprouts
- Olive oil

#### ✅ How to make it:

1. Form turkey into small patties.
2. Toss Brussels sprouts with oil and garlic powder.
3. Airfry both together at 375°F for 12 minutes, flipping halfway.

📌 A protein-packed dinner without the hassle!

## ◆ Day 3: Comfort Food Made AIH-Safe

### 🍏 Breakfast: Baked Apple Slices with Cinnamon

- Apple, sliced
- Cinnamon
- Honey (optional)

#### ✅ How to make it:

1. Toss apple slices with cinnamon and a drizzle of honey.
2. Airfry at 350°F for 8 minutes.

📌 Tastes like dessert, but it's breakfast!

### 🥬 Lunch: Almond-Crusted Fish & Roasted Veggies

- White fish fillet (cod, tilapia, etc.)
- Almond flour
- Olive oil
- Zucchini & bell peppers

#### ✅ How to make it:

1. Coat fish with almond flour, drizzle with olive oil.
2. Toss veggies with oil, place everything in Airfryer.
3. Cook at 375°F for 12 minutes, flipping fish halfway.

📌 Crispy, satisfying, and AIH-safe!

### 🍗 Dinner: AIH-Safe BBQ Chicken Bites & Sweet Potato Fries

- Chicken breast, cubed
- AIH-safe BBQ sauce
- Sweet potatoes
- Olive oil

#### ✅ How to make it:

1. Toss chicken in BBQ sauce.
2. Slice sweet potatoes into fries, drizzle with oil.
3. Airfry together at 380°F for 15 minutes, shaking the basket halfway.

📌 The perfect way to end your day!

## 🎉 You Did It! 3 Days of AIH-Safe, No-Stress Meals!

This plan gives you fast, easy, nutritious meals that don't drain your energy.

📌 Want more? Rotate these meals throughout the week or mix and match for even more variety!

Now, grab your Airfryer and enjoy some effortless, delicious meals. 🚀

# Effortless, AIH-Safe Cooking Starts Now!

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“You deserve meals that nourish you—without the exhaustion. The Airfryer is your shortcut to making it happen.”

Living with Autoimmune Hepatitis (AIH) isn't easy. Some days, even the thought of cooking feels overwhelming. The fatigue, the food restrictions, the frustration—it all adds up. But that doesn't mean you have to settle for bland, repetitive, or complicated meals.

This book has given you everything you need to create quick, delicious, AIH-safe meals in just 15 minutes. You've learned how to meal prep smarter, shop with ease, and use your Airfryer to its full potential—all while keeping your energy levels in check.

Now, it's time to put these tips into action and transform the way you cook! 🚀

## **Cooking Shouldn't Be a Struggle—Here's Your Game Plan**

Feeling tired? Low on motivation? Keep it simple. Stick to these golden rules for effortless AIH-safe cooking:

- ✓ Use the 15-minute meal formula: Pick one protein, one veggie, and one flavor booster—then Airfry. Done.
- ✓ Keep your kitchen stocked with AIH-friendly essentials so you always have something quick to make.
- ✓ Make meal prep effortless by using pre-chopped, frozen, or batch-cooked ingredients.
- ✓ Let the Airfryer do the work—no stirring, no standing over a stove. Just set it and relax.
- ✓ Be kind to yourself. Some days, a simple avocado toast or a batch of roasted chickpeas is enough—and that's okay!

No stress. No exhaustion. Just good food made easy.



## ◆ **The Airfryer: Your Best Friend for AIH-Safe Meals**

Your Airfryer is more than just a kitchen gadget—it's your shortcut to effortless, liver-friendly meals. Here's why:

🔥 **Fast & Efficient** – No long cooking times. No babysitting the stove. Just throw in your ingredients and let the Airfryer do the work.

🌿 **Healthy Without Extra Effort** – No deep frying, no extra oils, no complicated cooking steps—just crispy, flavorful meals in minutes.

⚡ **Energy-Saving** – You don't need to stand and cook for hours. Let the Airfryer work for you while you rest.

🔧 **Minimal Cleanup** – No pots, no pans, no mess—just quick meals with almost no dishes.

Your Airfryer is a game-changer—now you know how to make the most of it!

## 💡 **Keep Things Exciting: Rotate, Experiment & Enjoy!**

Eating with AIH doesn't have to be boring. You now have a collection of 15-minute recipes, 5-ingredient meals, meal prep tricks, and shopping shortcuts—so use them!

But don't stop there. Keep things exciting by:

🔄 **Rotating your meals** – Switch up proteins, veggies, and seasonings for endless variety.

💡 **Trying new flavors** – Add fresh herbs, squeeze some lemon, or experiment with AIH-friendly sauces.

🍲 **Batch-cooking staples** – Make extra roasted veggies, cooked grains, or lean proteins so you always have an easy base for meals.

The more you mix and match, the more fun cooking will become!

## ♥ Final Words: Be Kind to Yourself

Some days, you'll have the energy to cook a full meal. Other days, even heating up leftovers feels like too much. And that's okay.

You don't need to be perfect. You don't need to cook from scratch every single day. You just need to do what works for **YOU**.

- ✦ Too tired to cook? Grab an AIH-safe frozen meal and call it a day.
- ✦ Not in the mood to think about food? Follow the 3-day meal plan—no decisions needed.
- ✦ Craving something comforting? Make the AIH-safe BBQ chicken or sweet potato fries—it's good for you and satisfying.

**No guilt. No stress.** Just small, manageable steps toward better health. Remember: AIH doesn't control your life—you do. And with the right tools, you can enjoy food again without the exhaustion.

## 🚀 Your Next Steps: Take Action Today!

Now that you have all the tools, tips, and recipes—what's next?

- ✓ Pick ONE recipe from this book and try it today—just one! Keep it simple.
- ✓ Stock your kitchen with a few AIH-friendly essentials (frozen veggies, lean proteins, healthy fats).
- ✓ Bookmark your favorite recipes so you can come back to them easily.
- ✓ Join AIH-friendly communities online—get support, share meals, and stay motivated.

Cooking with AIH doesn't have to be complicated, exhausting, or frustrating. With the right approach, it can be quick, simple, and even enjoyable. So start today—because you deserve meals that make you feel good.

## 🎉 You've Got This! Keep Cooking, Keep Thriving!

This isn't the end—it's just the beginning. Keep experimenting, keep adjusting, and most of all, keep making cooking work for YOU.

🔥 Here's to fast, easy, AIH-safe meals—made with zero stress and full of flavor! 🚀

