

AIH Meal Prep & Batch Cooking



For the Air Fryer

Introduction

Living with Autoimmune Hepatitis: The Daily Food Struggle

If you have Autoimmune Hepatitis (AIH), you know that managing your diet is just as important as taking your medications. What you eat directly impacts your liver health, energy levels, and overall well-being. But let's be real—eating clean, whole foods for every meal isn't always easy.

You're busy. Life happens. And when you're pressed for time, it's tempting to grab whatever is convenient, even if it's not the best choice for your liver.

That's where meal prepping comes in.

By preparing your meals ahead of time, you can:

- ✓ **Reduce stress** around meal planning.
- ✓ **Avoid processed, inflammatory foods.**
- ✓ **Save time and energy** during the week.
- ✓ **Ensure you always have AIH-safe meals ready to go.**

If you've ever found yourself staring into the fridge, wondering what to eat, or reaching for something less-than-ideal because you're exhausted—this book is for you.



Why the Airfryer is a Meal Prep Superhero

Let's face it: traditional meal prepping can be a huge time investment. Chopping, roasting, boiling, and baking meals for the whole week often takes an entire afternoon—or worse, an entire day. That's where the Airfryer changes the game.

- ✓ Cooks food in half the time – No more waiting 40 minutes for the oven to preheat.
- ✓ Locks in moisture without excess oil – Perfect for AIH-friendly, low-fat meals.
- ✓ Reheats food without drying it out – Say goodbye to sad, soggy leftovers.
- ✓ Easy cleanup – No more scrubbing endless pots and pans.



When used properly, the Airfryer makes meal prepping faster, easier, and way more enjoyable.

What This Book Will Teach You

You don't need to spend hours meal prepping to eat healthy. This book will show you how to:

- ✓ **Prep AIH-friendly meals efficiently** – No more last-minute scrambling for something safe to eat.
- ✓ **Batch cook like a pro** – Learn how to make Airfryer-friendly staples that you can mix and match throughout the week.
- ✓ **Store meals the right way** – Keep your food fresh and delicious for days.
- ✓ **Reheat properly** – Because no one likes soggy, overcooked leftovers.
- ✓ **Create a sustainable meal prep system** – So you can stay consistent without feeling overwhelmed.

By the end of this book, you'll be able to prep a week's worth of AIH-friendly meals in record time—without feeling like you're stuck in the kitchen all day.

Why AIH Patients Need Meal Prepping More Than Most

Most people can grab a quick fast-food meal or heat up a frozen dinner when they're in a rush. Not you.

AIH comes with dietary restrictions that aren't always easy to follow, such as:

- ⊘ **Avoiding processed foods** (which often contain additives and unhealthy fats).
- ⊘ **Steering clear of excessive salt, sugar, and unhealthy oils.**
- ⊘ **Limiting red meat and dairy, which can trigger inflammation.**
- ⊘ **Being mindful of alcohol and artificial sweeteners.**

When you don't have pre-prepped, AIH-safe meals on hand, you risk eating foods that could trigger inflammation or worsen liver function.

This is why a solid meal prep routine is essential—it helps you stay on track, even on your busiest days.

Common Myths About Meal Prepping (And Why They're Wrong!)

- ✗ "Meal prepping is too time-consuming."
- ✓ You can prep a whole week's worth of meals in under two hours—especially with an Airfryer.
- ✗ "Leftovers never taste as good."
- ✓ The Airfryer reheats food beautifully, keeping it crispy and flavorful—unlike a microwave.
- ✗ "I'll get bored eating the same thing every day."
- ✓ Not if you prep versatile, mix-and-match components instead of full meals!

Your AIH Meal Prep Success Plan

You don't have to meal prep like a professional chef to make it work. A simple, realistic plan is all you need.

Here's how we'll break it down:

- ✦ **Step 1:** Understanding AIH-Friendly Meal Prep – Learn what foods to focus on and avoid.
- ✦ **Step 2:** Batch Cooking with the Airfryer – How to prep staple ingredients in large quantities.
- ✦ **Step 3:** Freezing, Storing & Reheating Like a Pro – Keep your meals fresh and delicious.
- ✦ **Step 4:** 10+ AIH-Friendly Recipes for Meal Prepping – Quick, easy, and perfectly Airfryer-compatible.
- ✦ **Step 5:** Troubleshooting & Meal Prep Hacks – Avoid common mistakes and make the process easier.

Final Thoughts: Let's Make This Easy!

The biggest mistake people make with meal prepping? Overcomplicating it.

You don't need to prep seven different meals in one day to succeed. Start small. Even prepping just three meals ahead of time can make a huge difference in your daily routine.

By following this guide, you'll see how simple and effective AIH meal prep can be—especially with your Airfryer as your secret weapon.

So, are you ready to eat healthier, save time, and feel more in control of your AIH diet?

Let's get started. 🚀

Meal Prep Essentials for AIH

Why Meal Prep is Essential for AIH Health

Meal prepping isn't just a time-saver—it's a lifesaver for those with Autoimmune Hepatitis (AIH). When you have pre-planned, liver-friendly meals ready to go, you're less likely to reach for inflammatory, processed foods that can worsen your condition.

Think of it this way: Every meal you prep in advance is a guaranteed win for your health. Instead of standing in front of the fridge wondering what to eat, you'll have nutrient-dense, balanced meals that support your liver and reduce inflammation.

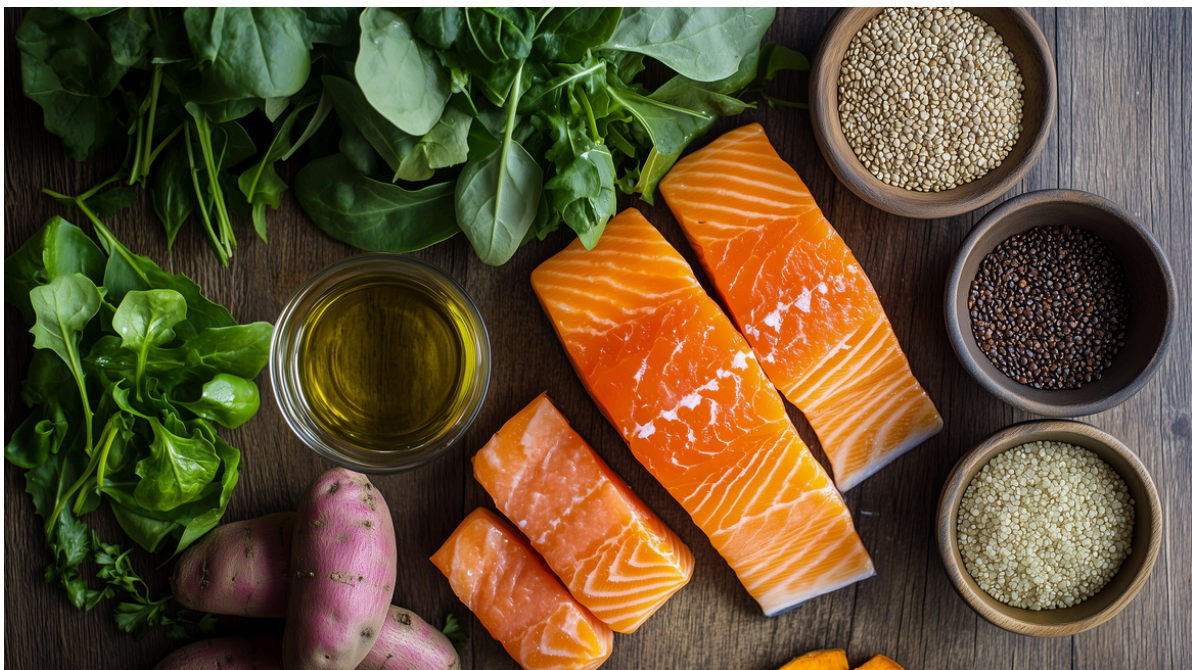
Here's how to make AIH meal prepping effortless and effective.

What Makes a Meal AIH-Friendly?

Not all "healthy" foods are AIH-safe. Some ingredients—like processed grains, added sugars, and inflammatory oils—can trigger symptoms and worsen liver function.

When meal prepping, focus on:

- ✓ **Liver-supportive ingredients** – Leafy greens, cruciferous vegetables (broccoli, Brussels sprouts), and lean proteins like salmon and turkey.
- ✓ **Anti-inflammatory fats** – Extra virgin olive oil, avocado, nuts, and seeds.
- ✓ **Whole, unprocessed foods** – The fewer ingredients on the label, the better!



❌ **Avoid AIH-triggering foods:**

- Processed meats (bacon, sausage, deli meats)
- Refined sugars (white sugar, high-fructose corn syrup)
- Hydrogenated oils & fried foods
- Excessive dairy & gluten (unless tolerated)

The Perfect AIH Meal Prep Toolkit

You don't need a fancy kitchen setup to meal prep effectively. But having the right tools will make your meal prepping faster, easier, and more efficient.

◆ **Essential Kitchen Tools for AIH Meal Prepping**

- ✓ A Reliable Airfryer – Look for one with a large capacity (5+ quarts) if you're batch cooking.
- ✓ Glass Storage Containers – Better than plastic to avoid BPA toxins and keep food fresher longer.
- ✓ Silicone Baking Mats & Parchment Paper – For easy Airfryer cleanup.
- ✓ Sharp Chef's Knife & Cutting Board – A must for quick veggie prep.
- ✓ Measuring Cups & Kitchen Scale – To portion meals accurately.



◆ **Time-Saving Meal Prep Accessories**

- ✓ Freezer-Safe Silicone Bags – Great for storing marinated proteins or portioned meals.
- ✓ Mason Jars – Ideal for storing overnight oats, smoothies, and pre-made dressings.
- ✓ Spice Jars & Label Stickers – Keep your go-to AIH-friendly spice blends on hand for easy seasoning.

How to Meal Prep Efficiently for AIH

Pro Tip: Follow the "Cook Once, Eat Twice" Rule!

Instead of cooking every meal from scratch, make double or triple portions and store extras for later.

Step 1: Plan Your AIH-Friendly Meals

Before you start cooking, choose 3-5 core meals that can be prepped in bulk and used in multiple ways.

Example:

 Batch-Cooked Chicken Breasts → Use for salads, wraps, and meal bowls.

 Roasted Vegetables → Eat as a side dish, blend into soups, or mix with grains.

Step 2: Prep Ingredients in Advance

- Chop vegetables in bulk (store in airtight containers).
- Marinate proteins overnight for maximum flavor.
- Pre-portion grains (like quinoa or brown rice) for quick assembly.

Step 3: Cook in Batches Using the Airfryer

Instead of making meals one by one, use your Airfryer to cook multiple components at once.

- Roast a tray of veggies while Airfrying chicken.
- Cook fish fillets while toasting nuts for a snack.
- Airfry tofu and sweet potatoes together for a plant-based meal.

Step 4: Store & Label Everything

- Refrigerate meals in single-serving portions for easy grab-and-go options.
- Freeze extras in airtight bags with labels (name & date).

Storage & Portioning Tips for AIH Meal Prep

To get the most out of meal prepping, storing food properly is key. Here's how to keep meals fresh and safe:

✓ Refrigerator (Short-Term Storage)

- Cooked proteins (chicken, fish, tofu): Lasts 3–4 days in airtight containers.
- Cooked grains (quinoa, rice): Stays fresh 4–5 days.
- Roasted veggies: Best within 3 days (store separately to avoid sogginess).

✓ Freezer (Long-Term Storage)

- Marinated meats (raw): Up to 3 months (defrost overnight in the fridge).
- Cooked meals (fully prepared): Up to 3 months in freezer-safe containers.

⊘ Foods That Don't Freeze Well:

- Leafy greens (spinach, lettuce)
- Yogurt or dairy-based sauces
- Fresh-cut tomatoes and cucumbers

Final Thoughts: Meal Prep is Your AIH Superpower

Meal prepping isn't just about saving time—it's about taking control of your AIH-friendly diet.

By having nutritious, ready-to-eat meals on hand, you'll:

- ✓ Reduce inflammation naturally
- ✓ Save energy & avoid meal-time stress
- ✓ Stay consistent with your AIH diet

AIH Meal Prep Strategy – A Step-by-Step Plan

Why You Need a Meal Prep System

Meal prepping for Autoimmune Hepatitis (AIH) isn't just about saving time—it's about ensuring that every meal you eat supports your liver and overall health. When you have AIH, you can't afford to grab highly processed, inflammatory foods in a rush. That's why having a structured meal prep strategy can be life-changing.

With the right system in place, you'll:

- ✓ Always have AIH-friendly meals ready—no last-minute stress.
 - ✓ Avoid food cravings and bad choices—processed snacks won't be an option.
 - ✓ Save hours each week—cook once, eat multiple times.
 - ✓ Keep meals fresh & delicious—the Airfryer makes reheating easy!
- Now, let's dive into the exact steps to prep meals efficiently with your Airfryer.

Step 1: Plan Your Meals in Advance


The key to a smooth meal prep process is choosing the right recipes ahead of time. Instead of cooking something different every day, pick 3-5 core meals per week that you can batch cook and mix and match.

How to Pick the Right Meals for Batch Cooking

- ✓ Make-Ahead Friendly – The dish should store well in the fridge/freezer.
- ✓ Easy to Reheat in the Airfryer – Avoid meals that get soggy when reheated.
- ✓ Nutrient-Dense & AIH-Safe – Focus on liver-friendly ingredients.

Example Weekly Meal Plan:

- Breakfast: Airfryer Spinach & Egg Bites
- Lunch: Lemon Garlic Airfryer Chicken with Quinoa
- Dinner: Turmeric-Spiced Salmon & Roasted Veggies
- Snacks: Airfryer Kale Chips & Cinnamon Apple Slices

 **Pro Tip:** If you rotate 5 meal bases each week, you'll always have variety without needing to start from scratch.

Step 2: Shop & Prep Ingredients in Batches

Now that you've chosen your meals, it's time to gather ingredients and prep everything at once.

Make a Smart Grocery List

- Group ingredients by category (produce, proteins, grains, pantry staples).
- Stick to AIH-friendly whole foods—no processed snacks sneaking in!
- Buy in bulk for cost savings (e.g., quinoa, lentils, frozen berries).

Batch Prepping Ingredients

Before cooking, get your ingredients ready in one go:

- ✓ Chop all veggies at once – Store in airtight containers.
- ✓ Marinate proteins – Let flavors develop overnight for better taste.
- ✓ Cook grains in large batches – Store in the fridge or freeze for later.

This cuts down your actual cooking time—when it's time to Airfry, everything is ready to go!

Step 3: Cook Smartly with the Airfryer

The Airfryer is perfect for batch cooking, but you need a system to maximize efficiency.

How to Cook Multiple Ingredients at Once

- 🔥 Use a Basket Divider: Cook proteins & veggies at the same time.
- 🔥 Layer Smartly: Harder veggies (carrots, potatoes) go at the bottom; lighter veggies (zucchini, bell peppers) on top.
- 🔥 Cook in Rounds: While one batch is Airfrying, prep the next.



💡 Example Batch Cooking Schedule:

- 1 Batch 1: Roasted sweet potatoes & chickpeas (20 min @ 375°F)
- 2 Batch 2: Airfryer turmeric chicken breasts (15 min @ 375°F)
- 3 Batch 3: Cinnamon apple chips (10 min @ 325°F)

By layering ingredients and working in batches, you'll be done in under an hour!

Step 4: Store & Portion Meals Correctly

Now that your meals are cooked, proper storage is key to keeping them fresh.

Best Storage Containers for Meal Prep

- ✓ Glass Containers: Prevents chemical leaching from plastic.
- ✓ Silicone Storage Bags: Great for freezing portioned meals.
- ✓ Airtight Jars: Ideal for storing dry ingredients (quinoa, nuts, spices).

How to Store Airfryer Meals for Maximum Freshness

- Refrigerate meals for up to 4-5 days.
- Freeze meals in portions for up to 3 months.
- Use parchment paper to separate layers and avoid sticking.

💡 **Pro Tip:** Label meals with date & contents so you can quickly grab what you need.

Step 5: Reheat & Assemble Meals in Minutes

Meal prep isn't useful if your food tastes bad when reheated! The Airfryer solves this by keeping meals crispy and flavorful.

How to Reheat Air Fryer Meal Preps in the Airfryer

- ✓ Proteins (Chicken, Fish, Tofu): 350°F for 3-5 minutes.
- ✓ Roasted Veggies: 325°F for 3-4 minutes.
- ✓ Frozen Meals: Cook straight from frozen—add 2-3 extra minutes.


💡 **Pro Tip:** Drizzle a little water or olive oil over food before reheating to restore moisture.

Step 6: Customize & Rotate Your Meal Prep

To prevent boredom, switch up your flavors and ingredients each week.

Simple Tweaks to Keep Meals Exciting

- Use Different Sauces & Spices: One base meal can taste completely different with a Mediterranean vs. Asian spice blend.
- Mix & Match Components: Turn last night's roast veggies into today's Airfryer veggie tacos.
- Add Fresh Toppings After Reheating: Herbs, avocado, or a squeeze of lemon instantly brighten flavors.

 **Pro Tip:** Keep a "Meal Prep Journal" to note which meals you loved and what tweaks worked best.

Final Thoughts: Meal Prep = AIH Success!

By following this 6-step system, you'll always have AIH-safe meals ready to eat—without spending hours cooking every day.

Here's what to remember:

- ✓ Plan ahead so you know exactly what to cook.
- ✓ Batch prep ingredients to cut down cooking time.
- ✓ Use your Airfryer efficiently to cook faster.
- ✓ Store & portion properly for maximum freshness.
- ✓ Reheat the right way so your meals always taste fresh.
- ✓ Switch up flavors & toppings to keep things interesting!

With this system in place, meal prepping will feel effortless, and you'll always have healthy, delicious meals that support your liver and your health.

Now, let's put it into action!

Freezing & Storing Airfryer Meals

Meal prepping for an AIH-friendly diet doesn't stop at cooking—the way you store and freeze your meals is just as important. The Airfryer is great for reviving prepped meals, but only if they're stored correctly. Otherwise, you might end up with soggy, dried-out, or freezer-burned food.

This section will guide you on how to properly freeze, store, and reheat Airfryer meals to maintain taste, texture, and nutritional value.

Why Proper Freezing & Storage Matters for AIH Meal Prep

Freezing and storing food the right way helps you:

- ✓ Reduce waste – No more throwing away spoiled meals.
- ✓ Save time – Batch cook once and eat healthy all week.
- ✓ Keep food fresh – Maintain flavor and texture even after reheating.
- ✓ Make AIH-friendly eating effortless – Always have safe, nutritious meals ready.

If you've ever pulled out a meal that looked freezer-burned, mushy, or tasteless, it likely wasn't stored properly. Let's make sure that never happens again!



Best Practices for Freezing Airfryer Meals

Follow these simple steps to ensure perfectly frozen meals that reheat beautifully in the Airfryer.

1. Cool Before Freezing

🔥 Why? Hot food creates condensation, leading to ice crystals that ruin texture.

🕒 How? Let food cool for at least 30 minutes before freezing.

✅ Pro Tip: Place food on a cooling rack before freezing to speed up the process.

2. Portion Before Freezing

🔥 Why? Freezing meals in single-serving portions makes reheating faster and prevents waste.

🕒 How? Use glass meal prep containers or freezer-safe silicone bags to portion meals.

✅ Pro Tip: Flatten foods in zip-top bags before freezing for quick thawing.

3. Choose the Right Containers

🔥 Why? The wrong storage method leads to freezer burn, leaks, or odors.

🕒 How? Use:

✓ Glass meal prep containers (best for reheating in the Airfryer)

✓ Silicone freezer bags (great for saving space)

✓ Vacuum-sealed bags (ideal for preventing freezer burn)

✅ Avoid cheap plastic containers—they can leach chemicals into food.

4. Label Everything!

🔥 Why? You don't want to play the mystery meal game weeks later.

🕒 How? Use a marker or label with:

✓ Meal name

✓ Freeze date

✓ Reheating instructions

✅ Pro Tip: Use masking tape and a sharpie for easy labeling.

5. Freeze Smartly

🔥 Why? Overcrowding the freezer can slow down freezing and cause uneven ice formation.

🕒 How? Lay items flat in a single layer until frozen solid. Then, stack them neatly.

✅ **Pro Tip:** Keep AIH-friendly frozen meals in one section of your freezer for quick access.

Foods That Don't Freeze Well

These foods lose texture, become mushy, or separate when frozen:

❌ High-water veggies – Lettuce, cucumbers, tomatoes

❌ Creamy sauces – Dairy-based gravies, sour cream

❌ Fried foods with wet batters – Becomes soggy after thawing

❌ Egg-heavy dishes – Scrambled eggs can turn rubbery

✅ **Alternative Tip:** Instead of freezing, prep ingredients separately and assemble fresh before cooking.

How to Reheat Frozen Meals in the Airfryer

Your Airfryer makes reheating quick and easy, but the right settings matter. Here's how to get the best texture for different types of meals.

1. Reheating Cooked Proteins (Chicken, Fish, Tofu, etc.)

🔥 Temp: 350°F

🕒 Time: 5-8 minutes

✅ Pro Tip: Spray lightly with olive oil before reheating for extra crispness.

2. Reheating Cooked Vegetables

🔥 Temp: 375°F

🕒 Time: 4-6 minutes

✅ Pro Tip: Toss veggies with a little lemon juice or seasoning to revive flavor.

3. Reheating Grain-Based Dishes (Rice, Quinoa, Casseroles)

🔥 Temp: 325°F

🕒 Time: 6-8 minutes

✅ Pro Tip: Add a splash of broth or water to prevent dryness.

4. Reheating Baked Goods (Muffins, Oat Bars, Flatbreads)

🔥 Temp: 320°F

🕒 Time: 3-5 minutes

✅ Pro Tip: Cover with foil for the first 2 minutes to avoid over-browning.



How Long Can You Store Prepped Meals?

- ✓ Fridge: 3–5 days
- ✓ Freezer: 1–3 months
- ✓ Pro Tip: Rotate meals weekly so you always eat the freshest food.

Quick–Glance Freezing & Reheating Cheat Sheet

Food Type	Freezer Shelf Life	Reheat Temp	Reheat Time
Chicken Breast	3 months	350°F	5–8 min
Cooked Quinoa	3 months	325°F	6–8 min
Roasted Veggies	2 months	375°F	4–6 min
Airfried Salmon	2 months	350°F	6–7 min
Oat Muffins	3 months	320°F	3–5 min

Final Thoughts: Freezing Like a Pro

- By using these simple freezing and storing methods, you can:
- ✓ Batch cook efficiently without worrying about food waste.
 - ✓ Enjoy fresh, AIH-friendly meals anytime.
 - ✓ Reheat meals in the Airfryer without sacrificing taste or texture.

With the right storage techniques, your freezer can become a lifesaver—always stocked with delicious, liver-friendly meals for busy days.

Time-Saving Batch Cooking Tips

Meal prepping for AIH doesn't have to take up your entire weekend. With the right batch cooking strategies, you can prepare an entire week's worth of meals in just a couple of hours. The Airfryer makes batch cooking faster, healthier, and easier, but only if you use it effectively.

Let's dive into the best ways to maximize efficiency, save time, and keep your AIH-friendly meals fresh and delicious.

1. Cook in Layers & Batches to Maximize Efficiency

One of the biggest mistakes in meal prepping is cooking everything separately when you could be making multiple components at once. The Airfryer's rapid cooking ability lets you layer foods or cook in back-to-back cycles without spending all day in the kitchen.



✓ Use a Basket Divider or Airfryer Rack

- Many Airfryers come with dual-layer racks or basket dividers—use them to cook different foods at the same time.
- Example: Cook chicken on the bottom rack and roasted veggies on the top.

✓ Pre-Chop and Pre-Season in Bulk

- Instead of cutting and seasoning food individually, do it all at once for the week.
- Example: Chop and marinate three different types of protein (chicken, tofu, and salmon) at the same time.

✓ Back-to-Back Cooking Strategy

- Cook foods that require similar temperatures one after the other.
- Example: First, roast a batch of sweet potatoes, then immediately cook chicken breast at the same temp—no waiting!

2. Make "Mix-and-Match" Meal Components

Rather than prepping full meals, focus on versatile meal components that you can combine in different ways. This makes your meal prep feel fresh and flexible, rather than repetitive.

◆ Batch Cook These Staples for Multiple Meals:

- ✓ **Proteins:** Grilled chicken, turkey meatballs, air-fried tofu
- ✓ **Grains:** Quinoa, brown rice, millet
- ✓ **Roasted Vegetables:** Zucchini, bell peppers, carrots, brussels sprouts
- ✓ **Healthy Fats:** Roasted nuts, air-fried avocado slices, tahini-based sauces

Example Weekly Meal Plan Using Prepped Ingredients:

- **Monday Lunch:** Quinoa + grilled salmon + roasted zucchini
- **Tuesday Dinner:** Brown rice + turkey meatballs + roasted carrots
- **Wednesday Lunch:** Salad with tofu + air-fried avocado + tahini dressing

By cooking versatile ingredients, you can easily mix and match meals throughout the week without getting bored.



3. Double or Triple Recipes for Future Meals

If you're already making a recipe, why not double or triple the batch? This is one of the easiest ways to save time while meal prepping.

◆ Great Batch-Cook Recipes for the Airfryer:

- ✓ Airfried turkey or chicken patties (freezer-friendly)
- ✓ Sweet potato fries (store in the fridge and reheat in minutes)
- ✓ Crispy chickpeas (great for snacking and salads)

💡 **Pro Tip:** Use freezer-friendly storage bags to portion out extra servings for later. That way, you can just grab and reheat a pre-cooked AIH-friendly meal instead of starting from scratch.

4. Keep a Meal Prep Rotation to Prevent Boredom

Ever feel like you're eating the same meals over and over again? That's because many people don't rotate their meal prep.

✓ Create a Two-Week Rotation

Week 1: Chicken-based meals + roasted veggies + rice

Week 2: Seafood & plant-based meals + quinoa + different seasonings

By switching proteins, grains, and sauces, your meals will feel new every week—even if you're using similar cooking techniques.

5. Use Smart Storage for Maximum Freshness

Proper storage is essential for keeping your batch-cooked meals fresh and delicious. Here's how to do it right:

✓ Cool Food Before Storing

- Let food cool completely before sealing it in containers to prevent moisture buildup.

✓ Use the Right Containers

- Glass containers for fresh meals (3-5 days in the fridge).
- Silicone freezer bags for long-term storage (1-3 months in the freezer).

✓ Label Everything

- Write the date on your meal prep containers so you use the oldest meals first.

🚫 Avoid storing wet ingredients with dry ones (e.g., keep dressings separate to prevent soggy meals).

6. Reheat Like a Pro (So It Tastes Fresh!)

Reheating food correctly makes all the difference.

✓ Best Airfryer Reheating Settings for Prepped Meals:

- ✓ Proteins (Chicken, Fish, Tofu): 350°F for 3-5 minutes
- ✓ Roasted Veggies: 325°F for 3-4 minutes
- ✓ Fries or Crispy Foods: 375°F for 4-6 minutes

Pro Tip: Add a splash of water or cover foods with foil when reheating to prevent dryness.

Final Thoughts: Meal Prep Made Easy

Meal prepping doesn't have to feel like a chore. By using batch cooking, storage hacks, and the power of the Airfryer, you can create AIH-friendly meals in half the time.

Key Takeaways:

- ✓ Cook in layers and batches to save time.
- ✓ Prep versatile meal components instead of full meals.
- ✓ Double or triple recipes for future meals.
- ✓ Store properly for maximum freshness.
- ✓ Reheat like a pro to enjoy food that tastes fresh every time.

AIH Meal Prep Recipes for the Airfryer



Breakfast Meal Prep Recipes

Meal prepping breakfast can set the tone for your day, making sure you start with nutrient-dense, liver-friendly foods. The Airfryer is a time-saver for breakfast meal prep—it's fast, efficient, and produces crispy, flavorful meals without excess oil.

These AIH-friendly breakfast recipes are designed to be made ahead, stored, and reheated easily, giving you stress-free mornings.

Airfryer Oatmeal Cups (Make-Ahead, Freezer-Friendly)

Why It's AIH-Friendly:

- ✓ Made with gluten-free oats, which are gentle on digestion
- ✓ Naturally sweetened with fruit instead of refined sugar
- ✓ Great fiber source to support gut health

Ingredients:

- 2 cups rolled oats (gluten-free)
- 1 ½ cups almond milk (or coconut milk)
- 1 ripe banana, mashed
- 1 tbsp ground flaxseeds
- 1 tsp cinnamon
- ½ tsp vanilla extract
- ½ cup blueberries (or chopped apples)
- 2 tbsp chopped walnuts (optional)

Instructions:

1. Preheat your Airfryer to 320°F (160°C).
2. In a bowl, mix together oats, almond milk, mashed banana, flaxseeds, cinnamon, and vanilla.
3. Stir in the fruit and nuts.
4. Grease silicone muffin cups and divide the mixture evenly.
5. Airfry for 10-12 minutes or until firm and golden on top.
6. Let cool before storing in an airtight container.



Meal Prep & Reheating Tips:

- Store in the fridge for up to 5 days or freeze for up to 2 months.
- Reheat in the Airfryer at 300°F for 3-5 minutes to restore texture.

Spinach & Egg Bites (Protein-Packed, Reheat in Seconds!)

Why It's AIH-Friendly:

- ✓ High in protein and healthy fats for sustained energy
- ✓ Uses dairy-free milk instead of cheese
- ✓ Spinach adds liver-supporting nutrients

Ingredients:

- 4 large eggs
- ¼ cup almond milk (or oat milk)
- ½ cup fresh spinach, finely chopped
- 1 tbsp nutritional yeast (for a cheesy flavor)
- ½ tsp turmeric (anti-inflammatory boost)
- ½ tsp garlic powder
- Salt & pepper to taste

Instructions:

1. Preheat Airfryer to 325°F (163°C).
2. Whisk eggs and milk together in a bowl.
3. Stir in spinach, nutritional yeast, turmeric, garlic powder, salt, and pepper.
4. Grease small silicone molds and pour the mixture evenly.
5. Airfry for 10-12 minutes, until the eggs are set.



Meal Prep & Reheating Tips:

- Store in the fridge for 4 days.
- Reheat in Airfryer at 300°F for 2-3 minutes.

Sweet Potato Hash (Perfect for Batch Cooking)

Why It's AIH-Friendly:

- ✓ Uses complex carbs for steady energy levels
- ✓ Anti-inflammatory spices for liver support
- ✓ Great as a base for multiple meals

Ingredients:

- 2 medium sweet potatoes, diced
- ½ red bell pepper, diced
- ½ yellow onion, chopped
- 1 tbsp olive oil
- ½ tsp smoked paprika
- ½ tsp cumin
- ¼ tsp salt
- ¼ tsp black pepper

Instructions:

1. Preheat Airfryer to 375°F (190°C).
2. In a bowl, toss sweet potatoes, bell peppers, onions, olive oil, and spices.
3. Spread in a single layer in the Airfryer basket.
4. Cook for 12-15 minutes, shaking halfway through.

Meal Prep & Reheating Tips:

- Store in the fridge for up to 5 days.
- Reheat in Airfryer at 350°F for 3-4 minutes.
- Bonus Meal Prep Hack: Add an Airfried egg on top for a full meal!

Airfryer Banana Pancakes (No Flour, Naturally Sweet)

Why It's AIH-Friendly:

- ✓ No refined sugar—sweetened with bananas
- ✓ Uses almond flour for easy digestion
- ✓ Soft, fluffy texture even after reheating

Ingredients:

- 1 large ripe banana
- 2 eggs
- ½ cup almond flour
- ½ tsp cinnamon
- ½ tsp baking powder
- ¼ tsp vanilla extract

Instructions:

1. Preheat Airfryer to 350°F (175°C).
2. Mash the banana, then mix in eggs, almond flour, cinnamon, baking powder, and vanilla.
3. Pour batter onto small parchment squares and place in the Airfryer.
4. Cook for 6–8 minutes, flipping halfway through.

Meal Prep & Reheating Tips:

- Store in fridge for 3 days.
- Freeze with parchment paper between pancakes.
- Reheat in Airfryer at 320°F for 2–3 minutes.

Cinnamon Apple Chips (Crispy, Naturally Sweet Snack)

Why It's AIH-Friendly:

- ✓ No refined sugar—sweetened with bananas
- ✓ Uses almond flour for easy digestion
- ✓ Soft, fluffy texture even after reheating

Ingredients:

- 1 large ripe banana
- 2 eggs
- ½ cup almond flour
- ½ tsp cinnamon
- ½ tsp baking powder
- ¼ tsp vanilla extract

Instructions:

1. Preheat Airfryer to 350°F (175°C).
2. Mash the banana, then mix in eggs, almond flour, cinnamon, baking powder, and vanilla.
3. Pour batter onto small parchment squares and place in the Airfryer.
4. Cook for 6–8 minutes, flipping halfway through.

Meal Prep & Reheating Tips:

- Store in fridge for 3 days.
- Freeze with parchment paper between pancakes.
- Reheat in Airfryer at 320°F for 2–3 minutes.

Final Thoughts on Breakfast Meal Prep

With these AIH-friendly, make-ahead breakfast recipes, you'll always have nutritious, liver-supportive meals ready in minutes. The Airfryer makes it easy to:

- ✓ Batch-cook in advance
- ✓ Store and reheat with no loss of texture
- ✓ Stay consistent with AIH-friendly eating

Lunch & Dinner Meal Prep Recipes

Meal prepping lunches and dinners for an AIH-friendly diet doesn't have to be complicated. The Airfryer makes it quick, easy, and delicious, ensuring your meals are nutrient-dense, anti-inflammatory, and convenient to store and reheat.

Each of these recipes is batch-cooking friendly, meaning you can prep them in advance, store them properly, and reheat without losing texture or flavor.

Airfryer Lemon Garlic Chicken (Makes 4 Servings)

Why It's Great for Meal Prep:


- High-protein, low-fat – Perfect for supporting liver health.
- Versatile – Use in salads, wraps, or with roasted vegetables.
- Freezer-friendly – Marinate, freeze, and Airfry when needed.

Ingredients:

- ✓ 4 boneless, skinless chicken breasts
- ✓ 3 tbsp olive oil
- ✓ Juice of 1 lemon
- ✓ 3 garlic cloves, minced
- ✓ 1 tsp dried oregano
- ✓ ½ tsp turmeric (anti-inflammatory boost)
- ✓ ½ tsp salt
- ✓ ¼ tsp black pepper

Instructions:

- 1** Marinate the chicken: In a bowl, mix olive oil, lemon juice, garlic, and spices. Coat the chicken and let it marinate for at least 30 minutes (or overnight for extra flavor).
- 2** Preheat the Airfryer to 375°F (190°C).
- 3** Cook in batches if needed. Place chicken in the basket and Airfry for 15–18 minutes, flipping halfway through.
- 4** Check for doneness using a meat thermometer (165°F / 74°C internal temp).
- 5** Let cool before storing. Refrigerate in airtight containers for up to 4 days or freeze for 2 months.

 **Reheat Tip:** Airfry at 350°F for 5 minutes to restore crispiness.

Crispy Chickpea & Quinoa Bowls (Makes 3–4 Servings)

Why It's Great for Meal Prep:

- Plant-based protein source for AIH patients avoiding excess meat.
- Packed with fiber to aid digestion.
- Easily customizable with different dressings and toppings.

Ingredients:

- ✓ 1 cup cooked quinoa
- ✓ 1 can (15 oz) chickpeas, drained & rinsed
- ✓ 1 tbsp olive oil
- ✓ ½ tsp cumin
- ✓ ½ tsp smoked paprika
- ✓ ½ tsp turmeric
- ✓ Salt & pepper to taste
- ✓ 1 cup chopped spinach
- ✓ ½ cup cherry tomatoes, halved
- ✓ ¼ cup tahini or AIH-friendly dressing

Instructions:

- 1 Preheat Airfryer to 375°F (190°C).
- 2 Crisp the chickpeas: Toss them with olive oil and spices. Airfry for 10–12 minutes, shaking halfway.
- 3 Assemble the bowls: Divide cooked quinoa into containers, add chickpeas, spinach, and tomatoes.
- 4 Store for later: Keep in the fridge for up to 5 days. Add dressing when serving.

 **Reheat Tip:** Airfry chickpeas separately at 350°F for 3 minutes for extra crunch.

Turmeric-Spiced Salmon (Makes 4 Servings)

Why It's Great for Meal Prep:


- Rich in Omega-3s to fight inflammation.
- Fast cooking time – Ready in under 10 minutes.
- Pairs well with quinoa, roasted vegetables, or salads.

Ingredients:

- ✓ 4 salmon fillets
- ✓ 2 tbsp olive oil
- ✓ 1 tsp turmeric
- ✓ ½ tsp garlic powder
- ✓ ½ tsp cumin
- ✓ ½ tsp salt
- ✓ ¼ tsp black pepper

Instructions:

- 1 Season the salmon: Mix olive oil and spices, rub onto fillets.
- 2 Preheat Airfryer to 380°F (193°C).
- 3 Cook for 8-10 minutes until salmon is flaky and reaches 145°F (63°C) internal temperature.
- 4 Let cool before storing. Refrigerate in airtight containers for 3 days or freeze for up to 1 month.

 **Reheat Tip:** Airfry at 350°F for 4 minutes or eat cold in a salad.

Airfryer Stuffed Peppers (Makes 4 Servings)

Why It's Great for Meal Prep:

- Easy to freeze and reheat.
- Customizable – Use different fillings like quinoa, turkey, or lentils.
- Balanced meal with protein, fiber, and healthy carbs.

Ingredients:

- ✓ 4 large bell peppers
- ✓ 1 lb ground turkey (or lentils for plant-based)
- ✓ 1 cup cooked brown rice
- ✓ 1 small onion, diced
- ✓ 1 garlic clove, minced
- ✓ 1 tsp cumin
- ✓ ½ tsp paprika
- ✓ ½ tsp salt
- ✓ ½ cup tomato sauce

Instructions:

- 1 Prepare the peppers: Cut off the tops and remove seeds.
- 2 Cook the filling: Sauté onion, garlic, and turkey until browned. Add spices, rice, and tomato sauce.
- 3 Fill the peppers with the mixture.
- 4 Preheat Airfryer to 360°F (182°C).
- 5 Airfry for 12–15 minutes until peppers are tender.
- 6 Let cool and store: Refrigerate for up to 4 days or freeze for 2 months.

 **Reheat Tip:** Airfry at 350°F for 5 minutes to refresh texture.

AIH Meal Prep Hacks for Lunch & Dinner

- ✓ Double your batch – Make extra and freeze half for later.
- ✓ Use portioned containers – This helps with meal variety throughout the week.
- ✓ Rotate flavors – Change seasonings or sauces to prevent meal fatigue.

With these AIH-friendly lunch and dinner meal prep recipes, you'll always have nutritious, ready-to-eat meals that support your liver and keep you feeling your best.

Snack & Side Meal Prep Recipes

Meal prepping isn't just about full meals—it's also about having healthy snacks and sides ready to go. When following an AIH-friendly diet, having quick, liver-supportive options on hand can help you avoid processed, inflammatory foods.

These Airfryer-prepped snacks and sides are perfect for:

- ✓ Midday energy boosts without sugar crashes.
- ✓ Quick add-ons to round out a meal.
- ✓ Portable, meal-prepped options for busy days.

Each of these recipes is batch-friendly, easy to store, and reheats beautifully in the Airfryer. Let's dive in!

Airfryer Kale & Zucchini Fritters

🌿 Crispy, nutrient-dense, and perfect for meal prepping!

Why it's great for AIH:

- Kale is liver-supportive and full of antioxidants.
- Zucchini adds moisture and fiber without excess carbs.
- These fritters store and reheat well, making them ideal for batch cooking.

Ingredients:

- ✓ 2 cups kale, finely chopped
- ✓ 1 medium zucchini, grated and squeezed dry
- ✓ ½ cup chickpea flour (or almond flour for a low-carb option)
- ✓ 1 egg (or flax egg for vegan)
- ✓ ½ teaspoon turmeric (anti-inflammatory boost!)
- ✓ ½ teaspoon garlic powder
- ✓ ¼ teaspoon black pepper
- ✓ 1 tablespoon olive oil

Instructions:

- 1 Preheat the Airfryer to 375°F (190°C).
- 2 In a bowl, mix all ingredients until well combined. The mixture should be moist but hold its shape.
- 3 Form small patties (about 2 tablespoons each) and place them on parchment paper.
- 4 Lightly brush with olive oil and Airfry for 10–12 minutes, flipping halfway.
- 5 Serve immediately, or let them cool and store in the fridge for up to 4 days.

✓ **Meal Prep Tip:** Freeze in a single layer, then reheat at 350°F for 5 minutes in the Airfryer.

Cinnamon Apple Chips

 A crunchy, naturally sweet snack—no added sugar needed!

Why it's great for AIH:

- Apples are high in fiber and support liver detox.
- No processed sugar—just natural sweetness.
- A perfect meal-prep snack for on-the-go cravings.

Ingredients:

- ✓ 2 large apples (Gala, Fuji, or Honeycrisp work best)
- ✓ 1 teaspoon cinnamon
- ✓ ½ teaspoon nutmeg (optional)

Instructions:

- 1 Slice apples very thinly (use a mandoline if available). Keep the skin on for extra fiber.
- 2 Toss apple slices with cinnamon and nutmeg.
- 3 Arrange in a single layer in the Airfryer basket.
- 4 Airfry at 300°F (150°C) for 15–20 minutes, flipping halfway through.
- 5 Let them cool completely to crisp up.

✓ **Meal Prep Tip:** Store in an airtight container for up to 1 week.

Airfryer Roasted Nuts

 A protein-packed, crunchy snack with AIH-friendly seasoning!

Why it's great for AIH:

- Nuts provide healthy fats and protein.
- Homemade roasting avoids inflammatory seed oils found in store-bought nuts.
- Perfect for meal-prepping in bulk.

Ingredients:

- ✓ 1 cup raw almonds
- ✓ 1 cup walnuts (great for liver health!)
- ✓ 1 teaspoon olive oil
- ✓ ½ teaspoon sea salt
- ✓ ½ teaspoon smoked paprika (adds depth without heat)
- ✓ ¼ teaspoon cumin

Instructions:

- 1 Preheat the Airfryer to 325°F (160°C).
- 2 Toss nuts with olive oil and spices.
- 3 Spread in a single layer in the basket.
- 4 Airfry for 6–8 minutes, shaking halfway.
- 5 Let cool before storing.

✓ **Meal Prep Tip:** Store in a glass jar at room temperature for up to 2 weeks.

Airfryer Sweet Potato Wedges

 Crispy, naturally sweet, and a great AIH-friendly side!

Why it's great for AIH:

- Sweet potatoes are rich in beta-carotene, supporting liver health.
- Airfrying reduces the need for excess oil.

Ingredients:


- ✓ 2 medium sweet potatoes, cut into wedges
- ✓ 1 tablespoon olive oil
- ✓ ½ teaspoon cinnamon (optional for sweetness)
- ✓ ½ teaspoon smoked paprika
- ✓ ¼ teaspoon sea salt

Instructions:

- 1 Preheat Airfryer to 375°F (190°C).
- 2 Toss sweet potato wedges with olive oil and seasonings.
- 3 Arrange in a single layer and Airfry for 15 minutes, flipping halfway.
- 4 Serve immediately, or let cool before storing.

✓ **Meal Prep Tip:** Store in the fridge for up to 4 days, then reheat at 350°F for 5 minutes in the Airfryer.

Turmeric-Spiced Roasted Chickpeas

 A crunchy, protein-packed snack that's anti-inflammatory!

Why it's great for AIH:

- Chickpeas provide fiber and plant protein.
- Turmeric helps reduce inflammation.

Ingredients:

- ✓ 1 can chickpeas, drained and patted dry
- ✓ 1 teaspoon olive oil
- ✓ ½ teaspoon turmeric
- ✓ ½ teaspoon smoked paprika
- ✓ ¼ teaspoon black pepper

Instructions:

- 1 Preheat Airfryer to 375°F (190°C).
- 2 Toss chickpeas with oil and spices.
- 3 Airfry for 12-15 minutes, shaking halfway through.
- 4 Let cool to crisp up before eating.

✓ **Meal Prep Tip:** Store in a jar at room temperature for up to 5 days.

Final Meal Prep Tips for Snacks & Sides

- ✓Batch cook on Sundays – Prep multiple snacks at once to last the week.
- ✓Use airtight storage – Keeps food fresh and crispy.
- ✓Label containers – Helps you track freshness.

Meal Prepping for Special Situations



Cooking with an Airfryer opens the door to a world of culinary possibilities. From crispy Italian delights to flavorful Indian classics, Japanese favorites, and vibrant Mexican treats, your Airfryer can transform traditional recipes into healthier, quicker versions without sacrificing flavor or texture. By embracing global cuisines, you not only expand your cooking repertoire but also bring the rich tastes and traditions of different cultures to your dining table. As you continue your journey with Airfryer cooking, keep these final tips in mind

Meal Prepping for Work & Travel

Balancing a hectic work schedule or frequent travel with an AIH-friendly diet can be tricky. However, with the right strategies, you can avoid unhealthy food choices and stick to your meal plan no matter where you are.

1. Packing AIH-Friendly Meals for Work

The key to successful workday meal prep is convenience and easy reheating.

- ✓ Choose portable meals – Think Airfried veggie bowls, quinoa salads, and lean protein wraps that can be eaten cold or easily reheated.
- ✓ Use insulated food containers – A good thermos can keep soups and stews warm for hours.
- ✓ Pack small Airfryer-friendly portions – If you have access to an Airfryer at work, you can pre-cook your meal at home and reheat it in minutes.

Best Work-Friendly AIH Meals:


- Airfried salmon with quinoa and greens
- Crispy chickpea and roasted veggie bowls
- Gluten-free turkey meatballs with zucchini noodles



2. Meal Prepping for Travel Days

When you're traveling, processed foods, fast food, and unpredictable meal options can be a big problem for AIH patients. Here's how to stay on track:

- ✓ Pre-cook travel-friendly meals – Airfryer-roasted nuts, granola, and baked oat cups are great options.
- ✓ Freeze meals before your trip – If you have access to an Airfryer at your destination, you can reheat your prepped meals for a fresh taste.
- ✓ Bring AIH-safe snacks – Keep air-dried fruit, gluten-free crackers, and homemade Airfryer chips on hand to avoid airport or gas station temptations.

 **Pro Tip:** If staying at a hotel or Airbnb, check if they have an Airfryer or a mini kitchen before booking. Many extended-stay hotels now offer kitchenette options.

Family-Friendly AIH Meal Prepping

Meal prepping for a whole family when you have AIH can be challenging, especially if others in the house don't follow the same diet. The solution? Make meals that everyone will love—without compromising your AIH-friendly choices.

1. Make AIH Meals That the Whole Family Enjoys

Instead of making separate meals for yourself and your family, modify favorite dishes to fit AIH needs.


- ✓ Airfried chicken nuggets – Use almond flour or gluten-free breadcrumbs.
- ✓ Sweet potato fries instead of regular fries – Cooked in the Airfryer with minimal oil.
- ✓ Airfried veggie pizzas – Use gluten-free crust and AIH-safe toppings.



2. Batch Cooking for a Family Without Overwhelm

Cooking for multiple people means efficiency is key. Use these smart batch cooking strategies:

- ✓ Cook proteins in bulk – Airfry multiple servings of chicken, salmon, or turkey patties at once and store them for different meals.
- ✓ Make multi-purpose sides – Quinoa, roasted veggies, and lentils can be mixed and matched with different proteins.
- ✓ Pre-portion meals – Store individual lunchboxes or dinner plates so everyone can grab and reheat as needed.

 **Pro Tip:** Involve your family in choosing meals and prepping ingredients so they feel excited about the food you're making!

Emergency Meal Prepping for AIH Flare-Ups

AIH flare-ups can leave you feeling fatigued, nauseous, or unable to cook. Having a stash of easy-to-digest, anti-inflammatory meals ready can make all the difference.

1. Prepping “Gentle on the Liver” Meals

During a flare-up, you'll want light, nourishing foods that won't overwhelm your system.

- ✓ Airfried steamed fish with mashed sweet potatoes – Soft, easy to digest.
- ✓ Blended soups – Pumpkin, carrot, or lentil soup made in advance and reheated in the Airfryer.
- ✓ Rice and banana bowls – A gentle meal that provides energy without irritation.

2. Freezer Meals for Quick Recovery

When you don't have the energy to cook, having freezer meals on hand is a lifesaver.

- ✓ Make and freeze soups in individual portions.
- ✓ Freeze pre-cooked proteins (chicken, salmon, turkey meatballs) for fast reheating.
- ✓ Store pre-cut fruits and vegetables for smoothies.


 **Pro Tip:** Label meals with the prep date so you always know what's fresh!

Final Thoughts: Meal Prepping for Any Situation

No matter what life throws at you—a busy workweek, family meal planning, or unexpected health setbacks—your Airfryer meal prep system can keep you on track.

Key Takeaways:

- ✓ Pack AIH-friendly meals for work and travel.
- ✓ Modify family meals so everyone can enjoy AIH-safe foods.
- ✓ Prepare freezer meals for flare-ups and busy days.

With the right planning and Airfryer-friendly batch cooking strategies, you'll never have to worry about making healthy choices again! 

Troubleshooting & FAQs

Meal prepping with an Airfryer for an Autoimmune Hepatitis-friendly diet is a game-changer—but like any system, it comes with challenges. Maybe your prepped meals are turning soggy, your proteins are drying out, or you're wondering how long prepped food lasts.

This section tackles common problems and solutions so you can meal prep with confidence and ease.

Common AIH Meal Prep Mistakes & How to Fix Them

1. My Airfryer Meal Prep Turns Soggy After Storing

❌ The problem: You've batch-cooked a crispy Airfryer dish, but after a day in the fridge, it's lost its crunch.

✅ The fix:

- ✓ Cool food completely before storing – If you put hot food in a container, condensation builds up, making it soggy.
- ✓ Store crispy foods separately from moisture-heavy items – Keep roasted veggies and proteins in separate containers.
- ✓ Reheat properly – Use the Airfryer at 350°F for 3-5 minutes instead of microwaving.



2. My Prepped Meals Dry Out in the Airfryer

⊘ The problem: Reheating pre-cooked proteins (like chicken or fish) in the Airfryer makes them dry and tough.

✔ The fix:

- ✔ Use a spritz of water or broth before reheating—this keeps moisture locked in.
- ✔ Cover with foil for the first half of reheating, then remove for crispiness.
- ✔ Reheat at a lower temperature (300°F instead of 350°F) to warm it through without overcooking.

3. How Long Do Prepped Meals Last?

A common concern is food safety and freshness. Here’s a simple storage guide:

- ✔ Fridge (3-5 days) – Best for ready-to-eat meals.
- ✔ Freezer (1-3 months) – Great for long-term batch cooking.

⊘ Signs a meal has gone bad:

- Odd smell or slimy texture → Toss it!
- Mushy vegetables → Can still be used in soups or blended dishes.

Pro tip: Keep a "Use By" label on prepped meals to track freshness.

Freezing & Reheating FAQs

4. Can I Freeze Airfryer-Prepped Meals?

- ✔ Yes! But follow these tips for the best results:
- ✔ Freeze meals in portion sizes – That way, you don’t have to defrost a huge batch.
- ✔ Use airtight containers or freezer bags – This prevents freezer burn.
- ✔ Lay food flat in freezer bags – Saves space and thaws evenly.

5. What’s the Best Way to Reheat Prepped Meals in the Airfryer?

⊘ Avoid reheating at high temps – This can dry out your food too quickly.

✔ Best reheating temperatures & times:

Food Type	Temperature	Time
Roasted Veggies	350°F	3-5 min
Chicken/Fish	300°F	5-7 min
Airfried Snacks (Nuggets, Falafel)	375°F	4-6 min
Casseroles	320°F	8-10 min

Meal Prep Questions Answered

6. What Are the Best AIH-Friendly Foods for Meal Prepping?

- ✓ Proteins: Chicken, turkey, salmon, tofu
- ✓ Vegetables: Zucchini, carrots, bell peppers, leafy greens
- ✓ Whole Grains: Quinoa, brown rice, lentils
- ✓ Healthy Fats: Olive oil, avocado, nuts

🚫 Foods to Avoid Prepping in Advance:

- Leafy greens (get soggy)
- Dairy-heavy dishes (can separate when reheated)
- Fried foods (lose texture quickly)

7. Can I Meal Prep with Different Airfryer Models?

✓ Absolutely! But...

- Smaller Airfryers (3-4 quart) → Best for prepping in smaller batches.
- Larger Airfryers (6+ quart or oven-style) → Ideal for batch cooking large portions.

🚀 **Pro Tip:** If you have a small Airfryer, prep in layers using a basket rack or cook in multiple rounds.

8. How Do I Prevent Boredom with Prepped Meals?

Eating the same meals all week? Here's how to mix things up:

- ✓ Season differently – Use spice blends to create variety (turmeric for one batch, garlic & herbs for another).
- ✓ Meal component swaps – Make a base recipe and change up sides. Example: Prepped chicken → use in wraps, salads, or grain bowls.
- ✓ Use dipping sauces & toppings – A fresh dressing or AIH-friendly sauce can make all the difference.



Final Thoughts: Troubleshooting Like a Pro

Meal prepping isn't just about saving time—it's about making life easier while supporting your health. If something doesn't go as planned, don't stress! Small tweaks can make a big difference.

The key is to learn from each meal prep session, adjust where needed, and keep experimenting with what works best for your lifestyle. Your Airfryer is your best friend for quick, AIH-friendly meals—so keep exploring and enjoying the process! 🚀

Your AIH Meal Prep Success Plan

Your AIH Meal Prep Journey – What You’ve Learned

Meal prepping with the Airfryer isn’t just about saving time—it’s about making consistent, healthy choices that support your liver while allowing you to enjoy flavorful, satisfying meals.

Throughout this book, you’ve learned:

- ✓ How to plan and batch cook AIH-friendly meals
- ✓ The best storage and freezing techniques to maintain freshness
- ✓ How to use the Airfryer efficiently to reheat prepped meals without losing taste or texture
- ✓ Time-saving meal prep hacks to make healthy eating effortless
- ✓ 10+ delicious make-ahead Airfryer recipes that fit seamlessly into your lifestyle

If you’ve ever struggled with staying on track with your AIH diet due to lack of time, energy, or convenience, you now have the tools to take control of your meals effortlessly.



Key Takeaways: Your AIH Meal Prep Success Plan

To help you apply everything you've learned, here's a step-by-step recap of how to master AIH meal prep with your Airfryer:

Step 1: Plan Your Weekly Meals

- Pick 3–5 core meals that are versatile and can be prepped in bulk.
- Keep it simple but balanced—include lean proteins, whole grains, and anti-inflammatory veggies.
- Create a grocery list based on your meal plan so you shop efficiently and avoid processed temptations.

Step 2: Batch Cook Smartly

- Use the layering & batch cooking method to maximize efficiency.
- Cook one ingredient at a time or use divider trays to prepare multiple foods at once.
- Focus on prepping mix-and-match components (like roasted proteins, grains, and sauces) to create multiple meals from one prep session.

Step 3: Store Meals the Right Way

- Portion meals into individual servings for easy grab-and-go options.
- Use glass or silicone containers to maintain freshness and avoid plastic toxins.
- Label everything with dates so you always know what's fresh and what needs to be used first.


Step 4: Reheat for Maximum Freshness

- Always thaw frozen meals overnight in the fridge before reheating.
- Use the Airfryer at 350°F for 3–5 minutes to bring back the crispy texture.
- Add a splash of water or drizzle of olive oil to maintain moisture if needed.


Staying Consistent: Overcoming Common Meal Prep Challenges

Even with the best plan, there are times when life gets hectic. Here's how to stay consistent and keep meal prepping stress-free:

"I don't have time to meal prep."

 Solution: Break it down! Spend just 30 minutes on prep—even small steps make a difference.


"My food gets boring after a few days."

 Solution: Rotate different sauces, seasonings, and meal combinations to keep things exciting.

"I forget to defrost meals in time."

 Solution: Set a reminder on your phone to take meals out the night before.

"I miss my favorite comfort foods."

 Solution: Adapt them to AIH-friendly versions! Use your Airfryer to make crispy, satisfying dishes without harmful ingredients.

Final Words: You've Got This!

Meal prepping isn't about perfection—it's about making your life easier and healthier. Whether you're prepping meals for the week ahead, freezing easy grab-and-go options, or simply using your Airfryer to make fresh, AIH-safe meals in minutes, you now have a system that works.

If you ever feel overwhelmed, just start small. Prep one meal in advance, try a new Airfryer recipe, or make a batch of healthy snacks. Every step you take helps your liver and your overall well-being.

Want More AIH-Friendly Recipes?

This book has given you a solid foundation for meal prepping, but if you want even more AIH-friendly Airfryer recipes, be sure to check out [Your Main Book Title] for 500+ delicious, liver-friendly meals that will keep you inspired every day!

🔥 Stay healthy, stay prepared, and enjoy effortless AIH-friendly meals with your Airfryer! 🚀