



# **THE ULTIMATE AIRFRYER MEAL PREP GUIDE**



# Introduction to Meal Prepping with an Airfryer

Welcome to the wonderful, crispy, and wildly efficient world of Airfryer meal prepping. If you're here, chances are you're a little curious about how to make life easier while still eating like a champ. Good news: your Airfryer is about to become your new best friend. Think of it as your personal sous chef, ready to whip up golden, perfectly cooked meals faster than you can say "preheat the oven."



Let's face it—meal prepping can sound like a chore. Spending hours in the kitchen, cooking bland chicken breasts and sad veggies, is not exactly the stuff dreams are made of. But here's the twist: when you bring the Airfryer into the mix, everything changes. Suddenly, you've got a gadget that's fast, foolproof, and makes food taste like it just came out of your favorite restaurant's kitchen. Intrigued? You should be.

# Why Airfryers and Meal Prep Are a Match Made in Heaven

Let's get down to the nitty-gritty. Meal prepping is all about planning ahead so you can save time, money, and brainpower during the week. The Airfryer? It's the ultimate partner for this mission. Why? Because it does so much more than "fry." It roasts, bakes, reheats, and even dehydrates—basically, it's like a mini kitchen in one sleek little appliance.

Imagine this: you're whipping up a week's worth of meals, and instead of juggling multiple pots and pans, you're tossing ingredients into your Airfryer and walking away. No babysitting required. Want crispy chicken thighs? Done. Roasted veggies with just the right amount of char? Easy. A batch of homemade granola? Oh, you bet. And let's not forget the cleanup. One basket, one tray—that's it. No sink full of greasy pans or endless scrubbing. Your Airfryer doesn't just save you time; it saves your sanity.

## What This Guide Will Teach You

By the end of this guide, you'll be a meal prep maestro, armed with all the tricks, tips, and Airfryer know-how you need to crush your kitchen game. Here's what we'll cover:

- **Planning Like a Pro:** Learn how to map out your meals for the week, shop smart, and minimize food waste.
- **Batch Cooking Basics:** Get the lowdown on cooking in bulk without sacrificing flavor or texture.
- **Breakfast, Lunch, Dinner, and Snacks:** Recipes for every meal of the day, designed to store and reheat like a dream.
- **Prepping for Your Future Self:** Freezer-friendly meals that taste fresh even after a week in the deep freeze.

# Your Meal Prep Toolkit

Before we dive into the nitty-gritty, let's talk gear. Here's what you'll need to get started:

1. **Your Trusty Airfryer:** Big or small, any model will do.
2. **Storage Containers:** Invest in a mix of glass and BPA-free plastic containers. Clear ones are best so you can see what's inside without opening them.
3. **Freezer Bags and Labels:** For those freezer-friendly meals. Don't skip the labels—you'll thank yourself later when you're not playing "mystery leftovers."
4. **A Sharp Knife and Cutting Board:** Because prepping means chopping, and chopping means good tools.





## Why This Isn't Your Typical Meal Prep Guide

If you're expecting bland, boring, and repetitive, let me stop you right there. This isn't about grilling the same chicken breast five different ways. We're talking vibrant, bold, and downright exciting meals that just happen to be prepped ahead of time. The Airfryer is your gateway to crispy textures, deep flavors, and endless possibilities—all with minimal effort.

So, are you ready to turn meal prep from a drag into a delight? Let's do this. Your Airfryer—and your future self—are going to thank you.





# Mastering the Basics of Airfryer Meal Prep



Let's set the stage: your friends are rolling in, the music is bumping, and the first thing they're going to grab is something crispy, salty, and impossibly snackable. This is where the Airfryer shines—turning out starters that are so good, they might steal the show. These crowd-pleasers are easy to whip up, big on flavor, and perfect for keeping the party energy high. Let's dive into some absolute starter bangers.



## Step 1: Plan It Like You Mean It

Meal prepping without a plan is like Airfrying without preheating—sure, it might work, but it's not going to be great. Start by deciding what meals you want to prep for the week. Breakfast? Lunch? Dinner? Snacks? Be specific. A plan keeps you from wandering the aisles aimlessly or panic-cooking whatever's left in the fridge.

- **Pro Tip:** Choose recipes with overlapping ingredients. For example, roasted veggies for dinner can double as a lunch side. Less chopping, more eating.
- **Make it Work:** Jot down your plan. Use a notes app, a sticky note, or write it on your fridge. The simpler, the better.

## Step 2: Batch Cooking = Batch Winning

Here's the thing: your Airfryer is a multitasking beast, but it's not magic. Don't overcrowd the basket—it needs space to do its crispy, golden magic. Instead, embrace batch cooking.

1. **Cook proteins first.** Chicken, salmon, tofu—it all goes in, gets crisp, and comes out tender and ready to be stored.
  2. **Veggies next.** Think roasted broccoli, sweet potato wedges, or Brussels sprouts. Bonus points for seasoning them with your favorite spice blends (everything bagel seasoning, anyone?).
  3. **Grains on the stovetop.** While the Airfryer does its thing, cook rice, quinoa, or couscous as your carb base.
- **Pro Tip:** While one batch is cooking, prep the next. Efficiency is your new best friend.





## Step 3: Understand Cooking Times Like a Boss

Every Airfryer has its quirks. Some cook hotter, some take their sweet time, and some are just plain stubborn. Getting familiar with your machine is like learning a new dance—it takes a little trial and error, but it's totally worth it.

Here are some general guidelines to keep in mind:

Food	Temperature	Time
Chicken breast	370°F	15-18 minutes
Broccoli florets	400°F	8-10 minutes
Sweet potato cubes	390°F	12-15 minutes



- Pro Tip: Invest in a meat thermometer. It's the easiest way to make sure your chicken isn't undercooked or your salmon isn't a hockey puck.

## Step 4: The Art of Layering Food

Layering food in the Airfryer basket is an underrated skill. If you're cooking different items at the same time, think of it like this:

- **Top layer:** Quick-cooking foods like veggies or small proteins (shrimp, thin cuts of meat).
- **Bottom layer:** Slower-cooking items like thick cuts of chicken, potatoes, or casseroles.

Shake the basket halfway through to keep things even. Or, if you're feeling fancy, use a rack to double your cooking space.



## Step 5: Choose Ingredients That Go the Distance

Not all foods love being prepped in advance, but plenty of them do. Here's a quick guide:

- **Yes, please:** Chicken thighs, roasted veggies, quinoa, sweet potatoes, hard-boiled eggs.
- **Skip it:** Delicate greens (they'll wilt), fresh herbs (they'll go sad), or fried items (they'll lose their crunch).



## Step 6: Store It Right

Now that you've nailed the cooking, let's talk storage. The way you store your prepped food can make or break your week.

- Use airtight containers for proteins and grains. Glass ones are ideal since they don't absorb smells or stains.
- Let food cool completely before storing to avoid condensation (and sad, soggy meals).
- Label your containers with the date. Trust me, "is this from Tuesday or last Thursday?" isn't a question you want to ask later.

## Step 7: Make It Easy to Reheat

Reheating in the Airfryer is a game-changer. Forget about soggy microwaved leftovers—Airfryers bring everything back to life.

Item	Temperature	Time
Proteins	350°F	3–5 minutes
Veggies	400°F	4–6 minutes
Meals	370°F	5–7 minutes

Boom. You've mastered the basics of Airfryer meal prep. With these tools, tips, and tricks, you're ready to crush your week, one crispy batch at a time. Now, get out there and make your future self proud.

# Prepping Breakfasts in Advance



Let's talk mornings: They're hectic, chaotic, and frankly, nobody has time to whip up a gourmet breakfast when you're racing out the door. Enter the Airfryer—the ultimate tool for stress-free, make-ahead breakfasts that are just as good (if not better) than freshly cooked. Think golden, crispy edges, perfectly set eggs, and warm, flaky pastries. Yes, the Airfryer is a breakfast hero, and it's time to let it shine.



# Egg Muffins: The OG Meal Prep Breakfast

Egg muffins are the Beyoncé of meal-prep breakfasts—flawless, versatile, and guaranteed to slay your morning hunger. Here's the deal: you whisk up some eggs, throw in whatever leftovers or veggies you've got lying around, and let the Airfryer do its thing.



## Here's how to make them happen:

1. Whisk a dozen eggs with a splash of milk, salt, and pepper. Add in some chopped spinach, diced bell peppers, crumbled feta, and maybe a handful of cooked bacon or sausage if you're feeling fancy.
2. Pour the mixture into silicone muffin cups—fill them about  $\frac{3}{4}$  of the way to avoid a lava spill.
3. Pop them in your preheated Airfryer at 320°F (160°C) for about 10 minutes or until puffed and slightly golden on top.

**Pro Tip:** These keep like a dream in the fridge for up to 5 days. Just reheat in the Airfryer at 300°F (150°C) for 3 minutes, and you're good to go.

# Breakfast Burritos: The Portable Powerhouse

Breakfast burritos are what you grab when you need a meal that's equal parts filling and delicious. The Airfryer makes reheating these bad boys a total breeze—crispy tortilla, melty cheese, and a warm, hearty filling.



## Your blueprint for the perfect burrito:

- Scramble some eggs with sautéed onions, bell peppers, and your protein of choice (hello, chorizo!).
- Layer the egg mixture on a large tortilla, sprinkle with shredded cheese, and add a dollop of salsa. Wrap it up snug like a burrito baby.
- Freeze them in foil, then pop them in the Airfryer straight from the freezer at 350°F (175°C) for 10-12 minutes. Boom: breakfast is served.



## Sweet Tooth? Try Airfryer French Toast Sticks

Let's not forget the sweet side of breakfast. French toast sticks are childhood nostalgia with a crispy, caramelized upgrade thanks to your Airfryer.

### Here's how to make a batch that'll last all week:

1. Whisk together eggs, milk, a splash of vanilla, and a sprinkle of cinnamon.
2. Slice thick bread (think brioche or challah) into sticks and dunk them in the egg mixture.
3. Lay them in a single layer in your Airfryer basket and cook at 370°F (190°C) for 6–8 minutes, flipping halfway through.

Store these in an airtight container in the fridge and reheat them at 350°F (175°C) for 3 minutes. Dip them in maple syrup, and you're living the dream.

## Tips for Breakfast Prep Like a Pro

1. **Batch it out:** Cook enough for the week in one go. Your future self will thank you.
2. **Stack smart:** Use parchment paper to separate layers of food in storage containers so nothing gets soggy or sticks together.
3. **Reheat right:** The Airfryer is your best friend here. Skip the microwave—it's all about that crispy, fresh-from-the-pan vibe.

With a little prep and your trusty Airfryer, you'll have mornings that are more zen and less frantic. Breakfast doesn't just happen—it's prepped, perfected, and ready to crush your hunger.

# Batch Cooking Lunches and Dinners



Alright, let's talk lunches and dinners—those glorious meals that keep you fueled and happy without tethering you to the kitchen. The Airfryer? It's your best friend here, taking your meal prep game to chef-level efficiency while delivering crispy, juicy, perfectly cooked food every single time. Batch cooking is all about making life easier while keeping flavor on point, so let's dive into how you can make this magic happen.

## Why Batch Cooking Rocks

First up, batch cooking isn't just a time-saver—it's a flavor-saver. By prepping your lunches and dinners ahead, you're cutting out the stress of weekday cooking while ensuring your meals taste fresh and vibrant. Think tender chicken thighs, caramelized veggies, and golden-brown roasted potatoes—all ready to go when you need them. Plus, it's budget-friendly. Buying in bulk means you save cash, and there's less chance of letting those gorgeous veggies or proteins go to waste.

## Airfryer Secrets for Batch Cooking

Here's the deal: the Airfryer is fast, but even faster when you play it smart. Use these tips for efficient batch cooking:

1. **Layer Strategically:** You can cook multiple items at once—just don't overcrowd. For example, place your chicken thighs on the bottom and veggies on top of a rack.
2. **Marinate in Bulk:** Make a killer marinade (think lemon, garlic, and herbs) and toss your proteins in it the night before. They'll be flavor bombs ready to hit the fryer.
3. **Timing is Key:** Stagger cooking. Start with foods that need longer times (hello, sweet potatoes) and add quicker-cooking items like broccoli later.



# Flavor-Packed Recipes You'll Love

## 1. Lemon Herb Chicken Thighs with Roasted Veggies

- **What You'll Need:** Bone-in chicken thighs, baby carrots, zucchini, cherry tomatoes, olive oil, lemon, garlic, fresh parsley, salt, and pepper.
- **How to Cook:** Toss your chicken in a marinade of lemon juice, garlic, olive oil, and parsley. Let it sit overnight (or at least 2 hours). Arrange the thighs skin-side up in your Airfryer, adding carrots and zucchini alongside. Roast at 375°F (190°C) for 20 minutes, then toss in cherry tomatoes for the last 5 minutes. Juicy chicken, caramelized veggies—done.

## 2. Sweet Potato & Black Bean Power Bowls

- **What You'll Need:** Sweet potatoes, black beans, red bell peppers, cumin, smoked paprika, lime, olive oil, salt, and pepper.
- **How to Cook:** Cube sweet potatoes, toss them in olive oil, cumin, smoked paprika, salt, and pepper. Roast at 400°F (200°C) for 15 minutes, then add diced bell peppers for another 5 minutes. Serve with black beans, a squeeze of lime, and maybe some hot sauce if you're feeling bold.



### 3. Salmon with Garlic Green Beans

- **What You'll Need:** Salmon fillets, fresh green beans, garlic, olive oil, lemon, salt, and pepper.
- **How to Cook:** Brush salmon with olive oil, season with salt and pepper. Toss green beans with minced garlic and olive oil. Cook the salmon and beans together at 375°F (190°C) for 12 minutes. Finish with a squeeze of lemon, and it's like you're dining at a fancy bistro.



### Storage Tips for Batch Cooking

Now that you've nailed these recipes, let's talk about keeping them fresh.

- **Portion Smart:** Divide meals into individual containers—one protein, one carb, and one veggie per box. Boom, instant lunch or dinner.
- **Cool First:** Let everything cool completely before sealing it up. Locking in steam can make your food soggy, and nobody wants that.
- **Reheat Like a Pro:** Pop your meal back in the Airfryer for 3-5 minutes at 350°F (175°C). It'll taste like it was just cooked—crispy edges and all.

## Pro Tips for Even More Fun

- **Add a sauce.** Drizzle on some garlic aioli or chimichurri to take these meals over the top.
- **Mix and match.** Pair those roasted sweet potatoes with salmon one day and chicken the next. It's batch cooking, not boring cooking.

There you have it—batch cooking in the Airfryer that's so easy, it practically does itself. The hardest part? Deciding which of these recipes to eat first. Enjoy!



# Snack Prep: Healthy and Homemade



Who says snacks can't be exciting? The Airfryer isn't just for whipping up dinner or reheating leftovers—it's your new best friend for snack prep. Whether you're all about the crunch, crave a little sweet, or need something savory to keep the hunger pangs at bay, I've got you covered with a lineup of easy, healthy, and downright addictive snack recipes. Let's talk crispy, golden perfection that tastes like indulgence but feels like balance.

# Kale Chips That Don't Suck

Kale chips get a bad rap, and I get it—soggy, bitter bites aren't anyone's idea of fun. But we're about to change all that. Here's how to nail the crispy kale chip game every time.

1. **Prep the kale:** Grab a big ol' bunch of curly kale. Rip it into chip-sized pieces (discard those tough stems). Wash and dry it like your life depends on it—no one likes soggy chips.
2. **Massage the goods:** Toss the kale with a drizzle of olive oil, just enough to coat. Add a pinch of salt, maybe some garlic powder or smoked paprika if you're feeling fancy. Rub it in like you're giving the kale a spa day.
3. **Airfry to crispy perfection:** Spread the kale in a single layer (no overlapping!) in your Airfryer basket. Cook at 350°F for 5 minutes, shake it up, and go for another 2-3 minutes until it's light and shatteringly crispy.

Boom. Snack time just got a major upgrade.



## Sweet and Salty Roasted Nuts

Who doesn't love a good handful of nuts? Perfect for road trips, desk snacking, or just munching while you binge your favorite show. The Airfryer makes them extra crunchy, and the flavor combos are endless.

1. **The mix:** Go for raw almonds, cashews, walnuts, or pecans—whatever you've got on hand. About 2 cups should do the trick.
2. **The flavor bomb:** In a bowl, mix a tablespoon of maple syrup, a pinch of salt, and a dash of cinnamon. Feeling adventurous? Add a sprinkle of cayenne for a spicy kick.
3. **Airfry magic:** Toss the nuts in the mixture, making sure they're evenly coated. Spread them out in the Airfryer basket (you don't want clumps). Cook at 300°F for 8-10 minutes, shaking halfway through. Let them cool—they'll crisp up as they set.

Snack hack: Store these in an airtight jar, and you've got the perfect snack for days.





## DIY Fruit Crisps

Store-bought fruit snacks? Nah. We're going for something way cooler (and healthier). Enter: Airfryer fruit crisps. Think apple chips, banana chips, and even sweet potato chips if you're feeling savory.

1. **Slice it right:** Thin and even is the name of the game. Use a mandoline if you have one (careful with those fingers!). Apples, pears, or bananas work beautifully.
2. **Add a touch of flavor:** Optional but awesome—sprinkle apple slices with a pinch of cinnamon or bananas with a dusting of cocoa powder. Sweet potatoes? Try a little chili powder and salt.
3. **Airfry crispiness:** Lay the slices in a single layer. Cook at 300°F for about 15–20 minutes, flipping halfway. Keep an eye on them—nobody wants burnt chips.

Pro tip: These crisps are crazy good on their own, but they're also killer as a topping for yogurt or oatmeal.



## Protein-Packed Energy Bites

These are the grab-and-go snacks you'll want to have on repeat. Think of them as little balls of deliciousness that keep you fueled and happy.

1. **The base:** Start with 1 cup of rolled oats and ½ cup of nut butter (peanut, almond, whatever you love). Add 2-3 tablespoons of honey or maple syrup for sweetness.
2. **Mix-ins galore:** Here's where it gets fun. Toss in a handful of mini chocolate chips, chopped nuts, or dried fruit. Feeling wild? Add a teaspoon of chia seeds or a pinch of flaky salt.
3. **Form and chill:** Roll the mixture into bite-sized balls. Pop them into the fridge for 30 minutes to firm up.

You don't need the Airfryer for these, but trust me, you'll thank me when the mid-afternoon snack cravings hit.

## Snack Smarter, Not Harder

The beauty of prepping snacks with the Airfryer is how easy it is to experiment. Try roasted chickpeas with curry powder, Airfryer zucchini chips with parmesan, or even crispy tofu cubes for a high-protein munchie. The possibilities? Endless.

One last tip: Store your prepped snacks in airtight containers to keep them fresh and ready to go. Because let's be real—snacks this good won't last long anyway.

# Freezer-Friendly Airfryer Meals



Let's talk freezer meals. You know, the ones you pull out on a busy weeknight when you just can't deal—but instead of mushy casseroles or sad microwave dinners, we're leveling up with the Airfryer. These freezer-friendly recipes are all about locking in flavor, texture, and convenience, so you can serve up homemade magic in half the time.

## Why Freezer-Friendly + Airfryer = Match Made in Heaven

Here's the deal: the Airfryer is a freezer meal's BFF. It's fast, uses hot circulating air to reheat without turning food soggy, and is weirdly good at reviving frozen stuff to crispy, golden perfection. And with the right prep, you can freeze meals that taste like they were cooked fresh.

Key pointers:

- **Flash freeze** your meals before storing them in containers to prevent clumping or sticking.
- **Label everything!** No one wants mystery meals.
- **Use freezer bags** or airtight containers to avoid freezer burn. (Not cute.)



# Stuffed Bell Peppers

**Prep it now, thank yourself later.** These colorful bad boys are stuffed with a hearty combo of ground turkey, quinoa, veggies, and melty cheese.



## Ingredients:

- 4 large bell peppers, tops sliced off and seeds removed
- 1 lb ground turkey or beef
- 1 cup cooked quinoa
- 1 cup diced tomatoes (canned works great)
- 1 cup shredded cheese (cheddar or mozzarella, you pick)
- 1 tsp smoked paprika
- 1 tsp garlic powder
- Salt and pepper

## Instructions:

1. Sauté the ground turkey in a skillet until browned. Toss in the quinoa, tomatoes, paprika, garlic powder, salt, and pepper. Cook for 5 minutes.
2. Stuff the mixture into the bell peppers. Top each with shredded cheese.
3. Flash freeze: Place the stuffed peppers on a tray and freeze for 2 hours.
4. Transfer to freezer bags. Store for up to 3 months.

## To cook:

- Preheat Airfryer to 360°F (180°C). Place frozen peppers in the basket.
- Airfry for 18-20 minutes until the peppers are tender and the cheese is bubbly.

# Mini Chicken Pot Pies

Yes, you can Airfry a pot pie. These individual beauties are wrapped in flaky puff pastry, filled with a creamy chicken-veggie mix, and frozen for a comfort food fix anytime.

## Ingredients:

- 1 cup cooked shredded chicken
- 1 cup mixed frozen veggies (peas, carrots, corn)
- 1/2 cup cream of chicken soup
- 1/2 tsp thyme
- 1 package puff pastry sheets, thawed
- Egg wash (1 egg beaten with a splash of water)

## Instructions:

1. Mix chicken, veggies, soup, and thyme in a bowl.
2. Cut puff pastry into squares (big enough to hold the filling). Add a scoop of filling to the center of each square. Fold and crimp the edges with a fork.
3. Brush with egg wash. Flash freeze on a tray for 1 hour, then transfer to freezer bags.

## To cook:

- Preheat Airfryer to 375°F (190°C). Place frozen pot pies in the basket.
- Cook for 15-18 minutes until golden and crispy.



# Veggie-Packed Lasagna Rolls

Lasagna? But make it easy to portion, freeze, and reheat.

## Instructions:

1. Mix ricotta, Parmesan, and spinach in a bowl. Spread a thin layer of the mixture over each lasagna noodle. Roll up tightly.
2. Place rolls in a freezer-safe dish and pour marinara over them. Top with mozzarella.
3. Cover tightly with foil and freeze.

## To cook:

- Preheat Airfryer to 350°F (175°C). Remove foil and Airfry rolls for 25 minutes until bubbly and golden.

## Ingredients:

- 8 cooked lasagna noodles
- 1 cup ricotta cheese
- 1/2 cup grated Parmesan
- 1 cup sautéed spinach
- 1 cup marinara sauce
- 1 cup shredded mozzarella

## Pro Tips for Freezing and Reheating

- Always undercook veggies slightly before freezing; they'll cook through when reheated.
- If reheating meals with cheese, add an extra sprinkle on top for that gooey, fresh-out-of-the-oven vibe.
- Don't overcrowd the Airfryer basket! Space = crispiness.

Freezer meals have never looked this good—or tasted this fresh. Your Airfryer is about to become your weeknight hero. So stock up, freeze smart, and crush dinner with zero stress.



# Tips for Efficient Airfryer Meal Prep



So, you've got your Airfryer fired up, and you're ready to become a meal-prep wizard. Here's the deal: efficiency is the name of the game. The less time you spend fussing, the more time you'll have to, well, eat! Let's break it down step-by-step, Molly Baz style—fun, approachable, and ridiculously practical.

## 1. Plan Like a Boss

You wouldn't walk into a grocery store without a list (well, maybe you would, but that's chaos, my friend). The same goes for meal prepping. Spend 10 minutes sketching out what you want to cook and when you're going to eat it. Aim for dishes that share ingredients, like chicken thighs for lunch bowls and fajitas. Fewer ingredients = less chopping = happy you. Boom.

## 2. Get Your Mise en Place On

Here's a hot tip: do ALL the prep at once. Chop the veggies. Marinate the protein. Measure the spices. Then, when it's go-time, you're not fumbling around with onion tears or garlic hands. Treat yourself to a mini assembly line—it's faster, and yes, you'll feel like a pro chef.

## 3. Multitask Like a Legend

The Airfryer is your MVP, but don't let it hog all the glory. While it's crisping up sweet potatoes, get a pot of quinoa simmering or a pan of veggies roasting in the oven. Use the downtime wisely—slice fruit, portion snacks, or do a celebratory dance. You're crushing it.

## 4. Layer Smarter, Not Harder

Here's the truth: the Airfryer basket isn't bottomless, so you've got to strategize. Thin cuts of protein on top, hearty veggies below. Flip things halfway through for even cooking. Pro tip: stagger your batches. Start with foods that stay warm, like roasted veggies, and save delicate stuff like fish for last.

## **5. Batch Cook Like a Total Genius**

Efficiency 101: cook big batches of versatile ingredients. Think a whole mess of chicken breasts, roasted sweet potatoes, or a giant bag of broccoli florets. Use them all week—grains for bowls, veggies for wraps, proteins for, well, everything. No one's judging if you eat the same meal three times. You're busy, not boring.

## **6. Make Your Airfryer Work Overtime**

The Airfryer isn't just a fryer—it's your prep sidekick. Need crispy chickpeas for a salad topper? Check. Toasted breadcrumbs for casseroles? Done. Leftover rice that's about to be next-level crispy? You're welcome. Always think, "Can my Airfryer do this?" Spoiler: it probably can.

## **7. Clean As You Go (Ugh, But Seriously)**

Nobody loves cleaning, but it's gotta happen. After each batch, give the basket a quick rinse. A dirty Airfryer = burnt bits = weird flavors in your next batch. Wipe it down while your next recipe is going. Future you will thank you.

## **8. Streamline Your Containers**

Storage is key, so invest in clear, stackable containers. Label everything—yes, even if you think you'll remember that the orange sauce is spicy peanut and not curry. Trust me, labeling is life. Divide your meals into portions so you're not fumbling with leftovers during the morning rush.

## **9. Troubleshoot Like a Boss**

If something's not working, don't panic. Food not crisping? Check for overcrowding. Still soggy? Crank up the heat for the last few minutes. Learn your Airfryer's quirks—it's like any relationship, really. Patience, adjustment, and maybe a little butter make it work.

## **10. Reward Yourself**

Meal prep doesn't have to feel like a chore. Pour a drink, put on your favorite playlist, and embrace the process. When it's all done, you've got a fridge full of glory and a week of stress-free eating ahead of you. That's a win in my book.

Congrats—you're officially an Airfryer meal-prep machine!

# Weekly Meal Plans and Recipes

Alright, let's dive into the world of meal prep magic with a simple yet exciting weekly plan for your Airfryer. The idea is to set you up with a mix of meals that are quick to cook, easy to reheat, and downright delicious. Below, you'll find a complete meal plan with recipes to keep things fresh, flavorful, and fuss-free.

## Monday to Friday Meal Plan

Here's what your week looks like:

### Breakfast:

- Spinach and Feta Egg Bites (grab-and-go energy bombs).

### Lunch:

- Smoky Chicken and Veggie Bowls (protein-packed and colorful).

### Dinner:

- Crispy Teriyaki Salmon with Garlic Green Beans.

### Snack:

- Sweet Chili Roasted Chickpeas.





# Recipes

## Spinach and Feta Egg Bites

**Makes 12 bites | Prep Time: 10 min | Cook Time: 12 min**

### Ingredients:

- 6 large eggs
- 1/3 cup milk
- 1 cup fresh spinach, chopped
- 1/2 cup crumbled feta
- Salt and pepper

### Instructions:

- Whisk the eggs and milk together until smooth. Season with salt and pepper.
- Stir in the spinach and feta.
- Pour the mixture into silicone muffin cups (don't overfill!).
- Preheat your Airfryer to 320°F and cook for 10-12 minutes, until the tops are set.
- Let cool and store in an airtight container for up to 4 days.

**Reheating Tip:** Pop a couple of bites into the Airfryer at 300°F for 2 minutes to bring them back to life.

# Smoky Chicken and Veggie Bowls

**Serves 4 | Prep Time: 15 min | Cook Time: 25 min**

## Ingredients:

- 2 large chicken breasts, cut into bite-sized chunks
- 2 bell peppers, diced
- 1 red onion, sliced
- 1 zucchini, chopped
- 2 tbsp olive oil
- 1 tbsp smoked paprika
- 1 tsp garlic powder
- Salt and pepper

## Instructions:

1. Toss the chicken and veggies with olive oil, smoked paprika, garlic powder, salt, and pepper.
2. Spread them out in the Airfryer basket in a single layer (work in batches if needed).
3. Cook at 380°F for 15–20 minutes, shaking the basket halfway through.
4. Divide into four meal prep containers, pair with a grain like quinoa or rice if desired, and store in the fridge.

**Reheating Tip:** Zap in the Airfryer at 350°F for 5–7 minutes

# Crispy Teriyaki Salmon with Garlic Green Beans

**Serves 2 | Prep Time: 10 min | Cook Time: 15 min**

## Ingredients:

- 2 salmon fillets
- 1/4 cup teriyaki sauce
- 2 cups fresh green beans
- 1 tbsp olive oil
- 2 garlic cloves, minced

## Instructions:

1. Marinate the salmon in teriyaki sauce for at least 10 minutes.
2. Toss the green beans with olive oil, garlic, salt, and pepper.
3. Place the salmon and green beans in the Airfryer basket.
4. Cook at 375°F for 12–15 minutes, until the salmon is cooked through and green beans are tender.

**Reheating Tip:** Use the Airfryer at 325°F for 5 minutes to crisp up leftovers.

# Sweet Chili Roasted Chickpeas

**Makes 2 cups | Prep Time: 5 min | Cook Time: 15 min**

## Ingredients:

- 1 can chickpeas, drained and rinsed
- 1 tbsp olive oil
- 2 tbsp sweet chili sauce

## Instructions:

1. Pat the chickpeas dry with a paper towel.
2. Toss them with olive oil and sweet chili sauce.
3. Spread them in a single layer in the Airfryer basket.
4. Cook at 375°F for 12-15 minutes, shaking halfway through, until crispy.
5. Let them cool completely before storing in an airtight container.

**Pro Tip:** These make a killer topping for salads or a crunchy snack on the go

## Pro Tips for the Week

- Batch everything on Sunday to stay ahead.
- Use stackable containers to keep your fridge organized.
- Need to swap ingredients? Go wild—use tofu instead of chicken or swap broccoli for green beans.

This meal prep plan isn't just a roadmap—it's your ticket to stress-free, crave-worthy meals all week long. Now get cooking and enjoy the ride!