



Protein-Rich Recipes for Muscle Building, Weight Loss, and Fitness

Welcome to the High Protein Airfryer XXL Recipe Book!
This collection of 150 easy, delicious, and protein-packed recipes has been specially created for anyone who wants to:

- Build lean muscle and support strength training
- Lose weight while keeping meals satisfying
- Fuel an active lifestyle with nutrient-dense foods
- Enjoy airfryer cooking that's quick, healthy, and full of flavor

Every recipe in this book is:

- High in protein to keep you fuller for longer
- Made in the airfryer (works with all brands and sizes)
- Balanced with nutrition facts so you can track macros
- Versatile – with recipes for breakfast, lunch, dinner, snacks, and even desserts

Whether you're a beginner in the kitchen or a fitness enthusiast looking to upgrade your meal prep, this book is designed to help you eat smarter, healthier, and tastier meals – all with the convenience of your airfryer.

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Chapter 7 – Guilt-Free High-Protein Vegan

Chapter 1 – Protein- Packed Breakfasts





Egg White Veggie Muffins

Ingredients

- 8 large egg whites
- ½ cup spinach, chopped
- ½ cup bell peppers, diced
- ¼ cup onion, chopped
- ¼ cup shredded low-fat cheese
- ½ tsp black pepper
- Salt to taste

Nutritional Facts

- Calories: 110
- Protein: 14g
- Carbs: 4g
- Fat: 3g

Directions

- Preheat air fryer to 180°C (350°F).
- Mix egg whites with veggies, cheese, salt, and pepper.
- Pour into silicone muffin cups.
- Place cups in air fryer basket and cook 12 minutes until set.



Cook Time: 10 mins



Time: 30 mins



serves: 8



Cottage Cheese Protein Pancakes

Ingredients

- ½ cup cottage cheese (low-fat)
- 2 large eggs
- ½ cup rolled oats
- 1 scoop vanilla protein powder
- ½ tsp cinnamon

Directions

- Blend all ingredients into a smooth batter.
- Preheat air fryer with parchment-lined tray at 180°C (350°F).
- Spoon batter into small pancake rounds.
- Cook 8–10 minutes until golden.

Nutritional Facts

- Calories: 260
- Protein: 28g
- Carbs: 24g
- Fat: 6g



Cook Time: 10 mins



Time: 30 mins



serves: 2



Cook Time: 10 mins



Time: 30 mins



serves: 2



Spinach & Feta Omelet Cups

Ingredients

- 6 large eggs
- 1 cup spinach, chopped
- ¼ cup feta cheese, crumbled
- ½ tsp garlic powder
- ½ tsp oregano
- Salt & pepper to taste

Directions

- Whisk eggs with seasonings.
- Stir in spinach and feta.
- Pour into silicone muffin cups.
- Air fry at 180°C (350°F) for 12 minutes

Nutritional Facts

- Calories: 150 kcal
- Protein: 10g
- Fat: 12g
- Carbs: <1g



Ingredients

- 2 whole-wheat tortillas
- 100g smoked salmon
- ½ avocado, sliced
- 2 tbsp Greek yogurt
- 1 tsp lemon juice
- Black pepper to taste

Smoked Salmon & Avocado Wraps

Directions

- Mix yogurt and lemon juice for spread.
- Layer tortilla with salmon, avocado, and spread.
- Roll tightly and air fry at 180°C (350°F) for 5 minutes for a warm wrap.

Nutritional Facts

- Calories: 280
- Protein: 22g
- Carbs: 26g
- Fat: 11g



Cook Time: 10 mins



Time: 30 mins



serves: 2



 **Cook Time:** 10 mins

 **Time:** 30 mins

 **serves:** 2

Protein Banana Oat Muffins

Ingredients

- 2 ripe bananas, mashed
- 1 cup rolled oats
- 2 large eggs
- 1 scoop vanilla protein powder
- ½ tsp baking powder
- ½ tsp cinnamon

Directions

- Preheat air fryer to 180°C (350°F).
- Mix bananas, oats, eggs, protein powder, and spices into batter.
- Pour into silicone muffin cups.
- Cook 15 minutes until golden.
-

Nutritional Facts

- Calories: 130
- Protein: 8g
- Carbs: 18g
- Fat: 3g



 **Cook Time:** 10 mins

 **Time:** 30 mins

 **serves:** 2

Airfryer Scrambled Egg Bites

Ingredients

- 6 large eggs
- 2 tbsp skim milk
- ¼ cup diced mushrooms
- ¼ cup diced bell peppers
- ¼ cup shredded cheddar (light)
- Salt & pepper to taste

Directions

- Whisk eggs and milk until fluffy.
- Stir in mushrooms, peppers, and cheese.
- Pour into silicone muffin cups.
- Air fry at 180°C (350°F) for 12 minutes.

Nutritional Facts

- Calories: 210 kcal
- Protein: 6g
- Fat: 20g
- Carbs: 1g



 **Cook Time:** 10 mins

 **Time:** 30 mins

 **serves:** 2

Turkey Bacon Egg Sandwich

Ingredients

- 1 whole-grain English muffin
- 1 egg
- 2 slices turkey bacon
- 1 slice low-fat cheese
- Cooking spray

Directions

- Spray ramekin with oil, crack in egg, and air fry at 180°C (350°F) for 6 minutes.
- Cook turkey bacon in air fryer for 6–8 minutes until crispy.
- Assemble sandwich with egg, bacon, and cheese inside muffin.

Nutritional Facts

- Calories: 160 kcal
- Protein: 17g
- Fat: 9g
- Carbs: 0-1g

Peanut Butter Protein Oat Bars

Ingredients

- 1 cup rolled oats
- ½ cup natural peanut butter
- 1 scoop whey protein powder (vanilla or chocolate)
- ¼ cup honey
- 1 egg

Nutritional Facts

- Calories: 280 kcal
- Protein: 20g
- Fat: 23g
- Carbs: 0g

Directions

- Mix oats, peanut butter, protein powder, honey, and egg into thick batter.
- Press mixture into baking dish lined with parchment.
- Air fry at 175°C (345°F) for 12 minutes.
- Cool before slicing into bars.



Cook Time: 10 mins



Time: 30 mins



serves: 2



Cook Time: 10 mins



Time: 30 mins



serves: 2

Veggie & Cheese Frittata Slices

Ingredients

- 6 large eggs
- ½ cup chopped zucchini
- ½ cup diced tomato
- ¼ cup diced onion
- ½ cup shredded mozzarella (light)
- Salt & pepper to taste

Directions

- Whisk eggs, seasonings, and veggies together.
- Pour mixture into parchment-lined air fryer tray.
- Sprinkle with cheese.
- Cook at 180°C (350°F) for 14 minutes until firm.
- Cut into slices.

Nutritional Facts

- Calories: 290 kcal
- Protein: 18g
- Fat: 25g
- Carbs: ~1g