



## GAME DAY PIZZA ROLLS

**Macros: Makes 4 servings.**  
**Macros per serving: 143 cals 9 P 18 C 4 F**

### INGREDIENTS

- 1.5 servings (¼ pound) ground turkey breakfast sausage
- 2 laughing cow cheese wedges
- ¼ cup marinara (I used Primal, tomato basil)
- 4 egg roll wraps
- EVOO/Avocado Spray

### METHOD

1. Brown the turkey sausage in a hot skillet until no longer pink. Set aside.
2. Carefully spread ½ of a laughing cow wedge on the bottom ⅓ of each roll. Top with the meat, evenly dispersed between each roll. Followed by the marinara evenly dispersed between each roll.
3. Roll them up per package instructions (basically like mini burritos). Lightly spray them with the EVOO/Avocado Spray.
4. Carefully transfer them to the air fryer basket, seam side down. Air fry for 6 minutes at 360 degrees, carefully flip them over and air fry an additional 2 minutes.

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## CHICKEN TAQUITOS

**Macros: Serves 8**  
**Macros per Taquito -Cal:124 P:12 C:10 F: 4**

### INGREDIENTS

- 8 oz of cooked and shredded chicken breast meat
- 8 yellow corn tortillas
- ½ cup taco blend shredded cheese
- ½ packet taco seasoning
- Cooking spray

### METHOD

1. Mix together taco seasoning and shredded chicken. Take 2 corn tortillas, wrap in wet paper towels and microwave for 15 seconds, flip over and heat for another 15 seconds. Take one tortilla out of paper towels, spray the tortilla lightly on both sides with cooking spray. Then add 1 oz chicken and 1 tbsp cheese into the tortilla, roll up and place on the air fryer rack. Spray top and sides again lightly with spray. Repeat the process until all are rolled up.
  2. Cook in an air fryer at 180 degrees for about 8-10 minutes or until the tortillas are lightly browned and crisp. Serve with plain greek yogurt and your favorite salsa.
- \*\*Tips, if your corn tortillas are cracking try wetting your paper towels more, and heating them a little longer in the microwave.\*

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## AIR FRYER ARTICHOKE

**Macros: Makes 3 servings.**  
**Macros per serving: 163 cals 9 P 26 C 3 F**

### INGREDIENTS

- 1 can artichoke hearts, I suggest non quartered
- ¼ cup all purpose flour, I used Bob's Red Mill
- 3 tbl egg whites
- 2 tsp Italian Seasoning
- ½ tsp baking powder
- 6 tsp grated parmesan cheese
- Salt to taste

### METHOD

1. Open and drain the artichoke heart can and squeeze to get excess liquid out.
2. In one bowl mix up the panko crumbs, Italian seasoning, salt and parmesan.
3. In another bowl add the egg whites.
4. In a third bowl add the baking powder and flour.
5. With one hand dip the artichoke hearts in the flour bowl and shake to remove excess.
6. With the same hand dip the hearts into the egg bowl.
7. With your other hand, dip into the panko crumb bowl.
8. Add artichokes to an air fryer basket that has been lightly sprayed with non-stick spray and cook at 390 degrees for about 5 minutes, flip and cook for 3-4 more minutes.



# AIR FRYER BUFFALO CAULI **Macros: makes 3 servings.** **Macros per serving: 86 Cal 3 P 13 C 2 F**

## INGREDIENTS

- 2 cups cauliflower, chopped into about 1 inch pieces
- 4 tbl buffalo sauce; I used primal brand
- 1/3 cup panko breadcrumbs
- Avocado spray

## METHOD

1. Add buffalo sauce to a bowl.
2. Spray all pieces of cauliflower with avocado spray and add to the buffalo sauce bowl. Toss until all pieces are evenly coated in the sauce.
3. Add half of the panko crumbs to the bowl and mix until it is all sticking to the cauliflower. Add the rest of the panko crumbs and mix until all is sticking to the cauliflower.
4. Lightly spray your air fryer basket with non-stick spray and place cauliflower pieces in the basket, not overlapping.
5. Air fry at 370 degrees for about 6 minutes, flip and cook an additional 3-4 minutes.
6. Repeat until all cauliflower is cooked!
7. Perfect as an appetizer and I suggest serving with plain greek yogurt mixed with a dry ranch seasoning packet for dipping!

# AIR FRIED ONION RINGS **Macros: Serves 6** **Macros per Taquito -Cal:105 P:5 C:20 F:1**

## INGREDIENTS

- 1/2 cup almond milk
- 1/2 cup whole wheat flour
- 1/2 cup liquid egg whites
- 3/4 cup plain panko
- 3/4 cup plain bread crumbs
- 3/4 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp italian seasoning
- 3/4 tsp salt
- 9 oz sliced onions in rings about 1/2 inch wide
- 4 individual bowls
- Cooking spray

## METHOD

1. Pour almond milk into a bowl. In another bowl the flour. Place the egg whites into another bowl. In the last bowl put the panko, bread crumbs, garlic powder, onion powder, italian seasoning, and salt.
2. Spray air fryer rack/basket with cooking spray. Take each ring of sliced onion dipping them individually into each bowl in this order: almond milk, flour, egg whites, and panko. Place each ring onto the rack/basket giving space in between each ring. Lightly spray the onion rings with cooking spray before baking. You will need to bake these in smaller batches. Bake the first batch at 375 for 10 minutes. After you do a couple batches you may need to decrease the time to about 8 minutes.

\*\*You will have some leftover toppings. The macros listed approximately accommodate the leftover topping ingredients.\*\*

# STUFFED SWEET POTATO SKINS

**Macros: Makes 4 servings (1 skin per serving).  
Macros per serving: 151 cals 12 P 6 C 8 F**

## INGREDIENTS

- 2 medium sweet potatoes (they will be cooked and most of insides removed)
- 1 tsp minced garlic
- 2 laughing cow cheese wedges
- ½ bell pepper, diced
- 1 serving shredded cheese
- 3 servings (½ pound) ground turkey breakfast sausage
- EVOO/Avocado spray
- Garlic salt to taste

## METHOD

1. Scrub potatoes and dab dry with a towel. Carefully poke the potatoes about 10 times each with a fork. Spray potatoes with EVOO/Avocado spray and season lightly with garlic salt.
2. Lightly spray your air fryer basket with nonstick spray and air fry the potatoes at 370 degrees for 37 minutes. Remove them to a plate and allow them to cool enough to be able to handle.
3. Brown the turkey sausage and minced garlic in a hot skillet until no longer pink. Set aside when it is cooked.
4. Slice each potato in half lengthwise and leave the skins intact.
5. Gently scoop out most of the potato insides leaving a thin layer on the skins.
6. Chop ½ of a laughing cow wedge into each skin. Then, add the ground sausage evenly to each skin. Top with shredded cheese evenly between each skin and finally the chopped bell pepper.
7. Carefully place the stuffed skins (2 at a time to prevent crowding) to your air fryer basket and cook at 350 degrees for about 4 minutes. Repeat until all skins are cooked.

# POPCORN SHRIMP

**Macros: Makes 2 servings.  
Macros per serving: 146 cals 20 P 10 C 3 F**

## INGREDIENTS

- 6 oz shrimp, thawed/fresh, tail off and deveined
- 1 ½ tbl kodiak, buttermilk dry mix
- ¼ tsp seasoning salt
- ½ tsp garlic powder
- 1 large egg
- 1 tbl egg whites
- 2 ½ tbl panko crumbs
- Pepper to taste

## METHOD

1. In one bowl mix kodiak, seasoning salt, garlic powder and pepper.
2. In another bowl lightly beat the egg and egg whites.
3. In a third bowl, put the panko crumbs.
4. Use one hand to put each shrimp through the flour and then dunk into the egg mix. Be sure to shake off excess flour and egg before moving to the panko crumbs.
5. Use your other hand to dip into panko crumbs.
6. Place shrimp into a lightly greased air fryer basket sprayed with non-stick spray and be sure to not crowd them.
7. Air fry at 400 degrees for about 9 minutes, flipping halfway through.
8. Repeat until all shrimp are cooked! Enjoy as an appetizer or even on top of a salad/in a wrap!