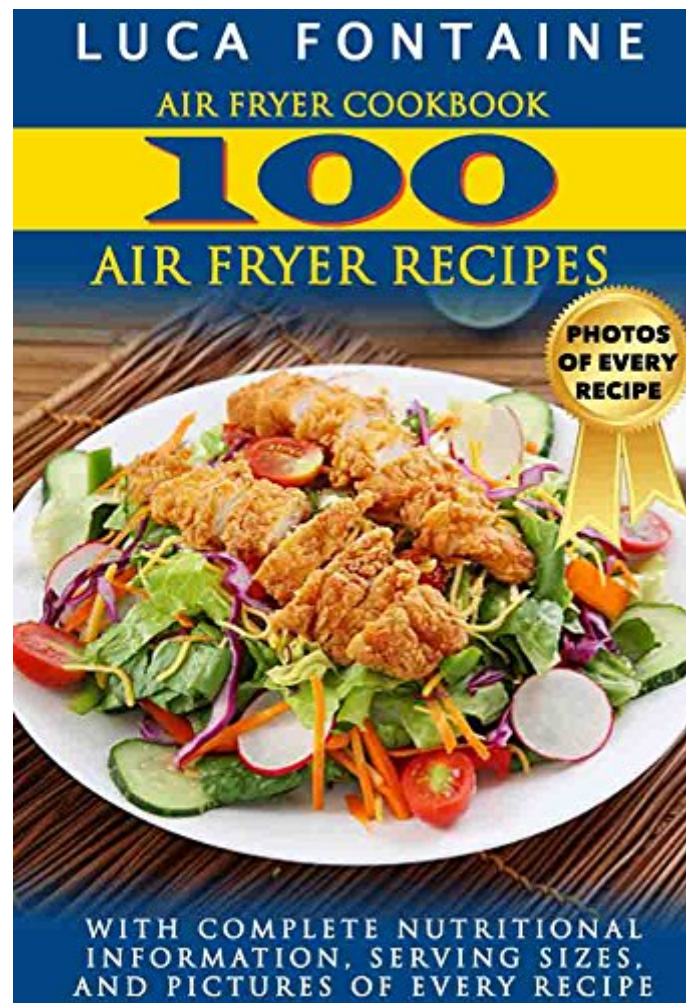


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# Air Fryer Cookbook: 100 Air Fryer Recipes With Complete Nutritional Information, Serving Sizes, And Pictures Of Every Recipe



## Synopsis

100 AMAZING AIR FRYER RECIPES WITH PHOTOS, SERVING SIZE, AND NUTRITIONAL INFORMATION FOR EVERY SINGLE RECIPE! Kindle MatchBook: Buy the paperback edition and get the Kindle edition FREE! REGULAR PRICE: \$17.99 | LIMITED TIME PROMOTIONAL DISCOUNT

There is a new way to enjoy all your favorite foods without sacrificing your health by consuming too much fat and oil! Reclaim your health with the top 100 air fryer recipes! Air frying food is becoming increasingly popular and it is more than just a fad! Air frying delicious meals at home is a lifestyle and an entire movement based on reclaiming our health and well-being without sacrificing any of our favorite meals. Food isn't meant to dry, bland, and boring! It is meant to be enjoyed and savored. That's why cooking with an air fryer is becoming so popular! Cooking with an air fryer means you can eat delicious hamburgers, succulent fried chicken, and so much more without clogging up your arteries or taking years off your life! The evidence has become undeniable: cooking with an air fryer can help you promote whole body health, boost energy, increase longevity, and drop excess fat fast! 100 air frying recipes for breakfast, lunch, and dinner, all with complete nutritional information, serving sizes, and pictures! This air fryer cookbook makes it easy to get the most out of your air fryer appliance! With 30 healthy breakfast recipes, 30 fresh and fast lunch recipes, and 40 world class dinner recipes, you can air fry every single meal for weeks at a time without getting bored! Each and every recipe includes a photo of the meal as well as serving size and nutritional information. Enjoy some of the best meals of your life all while improving your health and losing weight! 100 air fryer recipes so you can have it all! Eating air fried meals does not mean you are on a boring, bland, starvation diet. Eating bland and weird food might be one way to lose weight, but that is not what air frying is all about. Let's face it: if a diet isn't enjoyable, sooner or later it becomes impossible to stick to. Don't set yourself up for failure! Grab these 100 amazing air fryer recipes now and learn the many delicious possibilities you could have for breakfast, lunch, and dinner today and every day for a weeks to come! Air frying food can be fun and easy, but only when you know the right recipes! For less than the cost of visiting a fast food restaurant, you can get your hands on 100 air frying recipes, all with complete nutritional information, serving sizes, and pictures in this air fryer cookbook. Every recipe is easy to make, requires no significant cooking expertise, and is so healthy and delicious you will be proud to serve these meals to your family and friends. World class meals you can serve to your family and friends with pride! World renowned diet and nutrition expert Luca Fontaine has hand-picked his favorite air fryer recipes that he has mastered in his own kitchen, taught to chefs around the world, and that have earned rave reviews from diners on every continent of the planet! Don't miss out! Grab this book today at the limited time

sale price and make a small investment in your health and well-being, as well as the health and well-being of your family, that will pay off huge in the long run!

## **Book Information**

File Size: 4840 KB

Print Length: 368 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 28, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01L7INKH8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Not Enabled

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## **Customer Reviews**

I've had my air fryer for awhile, and I've always liked using it because I know it produces healthier food using less oil and fat than most other methods of cooking. The problem for me was always figuring out what I could actually make with my air fryer. When I bought it I picked up another air fryer cookbook and I search for some recipes on the Internet but everything I was finding was pretty much the same. Don't get me wrong, I love fries, burgers, and chicken, but surely the appliance can do more, right? When I found this air fryer cookbook, the whole game changed! Gone are the days of cycling through fries, burgers, and chicken with my air fryer and not knowing how to use it for anything else. Now I'm making all kinds of meals I never even thought I could use this appliance for! If you are getting bored with your air fryer and you want to add some variety to your life, this book offers a cornucopia of options that will last you for many months of great meals! The best part about this book, other than the sheer variety of having 100 fantastic air fryer recipes at your fingertips, is that every recipe includes a full nutrition fact sheet so you know all the important details about what

calories you are consuming. I am concerned about what I am putting into my body (that is one of the reasons why I got the air fryer in the first place!) and with this cookbook I don't have to guess or wonder about anything. Also, it includes a picture of every meal which is a welcome change from some of the other cookbooks I have purchased. If you own an air fryer and you haven't picked up this cookbook yet, you are definitely missing out!!! This one is the best of the bunch.

This is an excellent cookbook that has made a much needed addition to my kitchen. I love my air fryer, can't live without it. It produces delicious, juicy meals without all the nasty artery-clogging oil and cholesterol. My only complaint about the air fryer is sometimes it seems like it is not a very versatile way to cook food. There are only a handful of things you can air fry right? Wrong! There are all kinds of amazing things that the air fryer can do! Ever since I got this cookbook I've been using my air fryer more than ever. 100 recipes gives you a lot to work with!!! My family can't believe the variety of meals I've been able to make and the quality of the foods is spectacular!

Air fryer recipes are always delicious and this book has given us another amazing way to enjoy more recipes. The book contains a handful guide that will provide you with all the assistance you need to make a great recipe and enjoy. A step-by-step guide on the basic operation of this kitchen appliance are also provided in this book. The best part about this book are the simple but delicious recipes that are included in this book. The directions for each recipes are easy to follow which made it really handy for us new users. Highly recommended.

Air Fryer is one of the latest kitchen inventions that allow you to cook without having to use the stove or oven. The idea of a quick and easy way to cook healthy, oil free meals is very enticing. There are a large variety of recipes in this book, many filled with veggies and healthy ingredients. This book is great for all air fryer owners as there's loads of information with simple, easy, creative and delicious recipes.

I recently got an air fryer and it's definitely my new favorite kitchen item! I want to use and abuse it so I purchased this recipe book. It definitely didn't disappoint! The book is jam-packed with loads of recipes. My favorite touch is the inclusion of the pictures, which made things appetizing and served as a point of comparison of my finished product. Amazing!

I bought this book because of all the great reviews. Maybe I am missing something, but I don't think

it is that great. First it brags about "Photos for every recipe" Yes, there are photos, but ALL are black and white. Not helpful! Second it does not give a lot of information on how to use the Air fryer its self. Like when to use the basket, when to just use the fryer alone. Many of the recipes call for egg white. It never address egg yellows. I am sure this has to do with healthy cooking. These recipes bounce from ounces to grams. Which is frustrating for me. I do not have the metric system memorized. All serving sizes in grams. I am glad all the others love it, I just do not. It is like something was lost in the translation and went to press too soon.

Air frying foods is generally healthier than traditional cooking methods. Air frying retains most nutrients from foods and reduces the amount of oil you are consuming. The Air Fryer provides healthier meals without compromising taste, texture and the quality of cooked foods. The Air Fryer cooks food faster compared to conventional cooking methods, and does not overcook ingredients with its auto shut-off feature. Nutrient loss occurs when foods are overcooked due to high-temperature cooking and overexposure of foods to heat.

Wow, this is really a cookbook that will make use of an Air Fryer! I think coming across this book has been a good reason for me to actually try some Air Fryer ideas. And the best thing is that this book has 100 mind-blowing recipes that will encourage everyone to love this kitchen tool and appreciate its use and perks. And I will always appreciate this book: "100 air frying recipes for breakfast, lunch, and dinner, all with complete nutritional information, serving sizes, and pictures!" Simply amazing, a must kept book.

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