

# **Air Fryer Quick-Start Kit**

*Your complete guide to going from unboxing to cooking like a pro*

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## Part 1: Setup and First-Use Guide

### How Air Fryers Actually Work

The name "air fryer" is a little misleading. There's no oil bath, no deep-frying, and no vat of bubbling grease. An air fryer is really just a compact, high-powered convection oven.

Here's what happens when you press start: a powerful heating element at the top of the unit gets blazing hot. A high-speed fan directly below that element blasts the hot air downward and around your food at high velocity. That rapidly circulating air hits every surface of your food, cooking it evenly and creating that crispy, golden exterior you love -- all without submerging anything in oil.

**The bottom line:** you get the crunch and texture of fried food using little to no oil, in roughly half the time of a conventional oven.

### Choosing the Right Size

Size	Best For	Capacity
3.5-Quart (Small)	1-2 people	Single servings, couples
5.8-Quart (Medium)	2-4 people	The sweet spot for most households
Dual-Basket (Large)	4+ people	Cook protein and sides simultaneously

Every recipe in this kit was developed in a 5.8-quart model. For smaller models, cook in two batches. For larger models, you'll have extra room.

### Safety Rules: Read This Before You Cook Anything

1. **Never use aerosol cooking sprays.** They contain propellants that break down non-stick coatings. Use a refillable oil spray bottle instead.
2. **Don't overcrowd the basket.** Every piece of food should sit in a single layer with space between each piece.
3. **Always preheat** for 3-5 minutes before adding food.
4. **Pull the basket out to check food.** Most air fryers pause automatically when the basket is removed.
5. **Keep it away from walls and cabinets.** Give at least 5 inches of clearance on all sides.
6. **Never cook without the basket in place.**

### Your First Cook: Perfect Air Fryer Toast

Before we make anything complicated, let's start simple. This teaches you the basic workflow: preheat, place, set time and temp, done.

**Prep Time:** 1 minute | **Cook Time:** 4 minutes | **Temperature:** 350 degrees F |

**Yield:** 2 servings

**Ingredients:** - 2 slices of bread (any variety) - 1 teaspoon butter or olive oil (optional)

**Instructions:** 1. Preheat your air fryer to 350 degrees F for 3 minutes. 2. If using butter, spread a thin layer on one side of each slice. 3. Place the bread slices in the basket in a single layer. 4. Cook at 350 degrees F for 4 minutes. Check at 3 minutes. 5. Remove carefully with silicone tongs.

***Pro Tip:** Try thick sourdough with a drizzle of good olive oil -- it comes out like something from a brunch restaurant.*

### **Cleaning in 3 Minutes**

1. **Let it cool** (30 seconds) -- unplug and wait 5 minutes
2. **Wash the basket and tray** (2 minutes) -- warm soapy water, soft sponge. No steel wool.
3. **Wipe the interior** (1 minute) -- damp cloth. Never submerge the main unit.

**Once a month:** Flip your air fryer upside down, wipe the heating element with a damp cloth and a touch of dish soap.

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## Part 2: Essential Accessories Checklist

### Must-Haves

- **Perforated parchment liners** -- prevents sticking, saves cleanup time. Buy them sized to your basket.
- **Silicone-tipped tongs** -- for flipping food without scratching the non-stick coating.
- **Refillable oil spray bottle** -- fill with avocado oil. Never use aerosol cans.
- **Instant-read meat thermometer** -- the single most important tool for food safety.

### Nice to Have

- **Reusable silicone basket liner** -- replaces disposable parchment liners, dishwasher safe.
- **Small wire rack or trivet** -- elevates food for better air circulation.

### Skip These

You don't need an air fryer cookbook stand, a special air fryer spatula, or any branded accessory kit. Basic kitchen tools you already own will work perfectly.

### Best Oils for Air Frying

Oil	Smoke Point	Best For
Avocado oil spray	~500 F	Everything -- the gold standard
Light olive oil	~465 F	Vegetables, chicken, fish
Canola/vegetable spray	~400 F	General non-stick coating
Coconut oil (refined)	~400 F	Sweet potato fries, baked goods

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## Part 3: 20 Starter Recipes

### Breakfast Recipes

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#### Recipe 1: Air Fryer Bacon

**Prep Time:** 2 min | **Cook Time:** 8 min | **Temp:** 370 F | **Serves:** 4

**Ingredients:** - 8 slices regular-cut bacon

**Instructions:** 1. Preheat to 370 F for 1 minute. 2. Arrange bacon in a single layer (edges can overlap slightly). 3. Cook 8 minutes, flipping at 4 minutes. 4. For extra crispy, add 1-2 minutes. 5. Transfer to a paper towel-lined plate. Rest 1 minute.

**Nutrition:** 160 cal | 10g protein | 0g carbs | 12g fat

*Save the rendered bacon fat in a jar in the fridge -- free flavor for vegetables, eggs, or hash browns.*

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#### Recipe 2: Breakfast Egg Cups with Cheese and Ham

**Prep Time:** 5 min | **Cook Time:** 12 min | **Temp:** 330 F | **Serves:** 4

**Ingredients:** - 4 large eggs - 4 slices deli ham - 1/4 cup shredded cheddar cheese - 2 tablespoons milk - 1/4 teaspoon salt, 1/8 teaspoon pepper - Nonstick cooking spray - 4 oven-safe ramekins or silicone muffin cups

**Instructions:** 1. Preheat to 330 F. Spray each ramekin with cooking spray. 2. Line each ramekin with one slice of ham to create a cup shape. 3. Whisk eggs, milk, salt, and pepper. Divide among cups. 4. Top each with a tablespoon of cheese. 5. Cook at 330 F for 12 minutes until set. 6. Cool 2 minutes before removing.

**Nutrition:** 145 cal | 13g protein | 1g carbs | 10g fat

*Meal prep: Store in the fridge up to 4 days. Reheat at 300 F for 3 minutes.*

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#### Recipe 3: Air Fryer French Toast Sticks

**Prep Time:** 5 min | **Cook Time:** 10 min | **Temp:** 370 F | **Serves:** 4

**Ingredients:** - 4 slices thick-cut bread, cut into 3 strips each - 2 large eggs - 1/4 cup milk - 1 tsp vanilla, 1 tsp cinnamon, 1 tbsp sugar - Nonstick cooking spray, maple syrup

**Instructions:** 1. Whisk eggs, milk, vanilla, cinnamon, and sugar. 2. Preheat to 370 F. Spray basket. 3. Dip each stick in egg mixture, coating all sides. Let excess drip off. 4. Arrange in a single layer. Spray tops lightly. 5. Cook 10 minutes, flipping at 5 minutes. 6. Serve with maple syrup.

**Nutrition:** 195 cal | 7g protein | 27g carbs | 6g fat

**Freezer friendly:** Cool completely, freeze on parchment, transfer to bags. Reheat from frozen at 350 F for 4 minutes.

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### Recipe 4: Everything Bagel Breakfast Sandwich

**Prep Time:** 5 min | **Cook Time:** 12 min | **Temp:** 350 F | **Serves:** 2

**Ingredients:** - 2 everything bagels, sliced - 2 large eggs - 2 slices cheese - 4 slices bacon or 2 sausage patties - 1 tbsp butter, salt and pepper

**Instructions:** 1. Preheat to 350 F. 2. Butter bagel halves, toast cut-side up 3 minutes. 3. Crack eggs into sprayed ramekins. Pierce yolks. Cook at 350 F for 5-6 minutes. 4. Assemble: cheese, egg, bacon on bagel. 5. Return to air fryer 2 minutes to melt cheese.

**Nutrition:** 480 cal | 24g protein | 35g carbs | 26g fat

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### Recipe 5: Hash Brown Patties from Scratch

**Prep Time:** 10 min | **Cook Time:** 15 min | **Temp:** 380 F | **Serves:** 4

**Ingredients:** - 2 medium russet potatoes (1 lb), peeled and grated - 1/2 tsp salt, 1/4 tsp pepper, 1/4 tsp garlic powder - 1 tbsp flour, 1 tbsp olive oil

**Instructions:** 1. Squeeze grated potatoes in a towel to remove moisture (critical step!). 2. Toss with salt, pepper, garlic powder, flour, and oil. 3. Form 4 flat patties, 1/2 inch thick. 4. Preheat to 380 F. Spray basket and patty tops. 5. Cook 15 minutes, flipping at 8 minutes.

**Nutrition:** 120 cal | 2g protein | 22g carbs | 3g fat

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## Lunch Recipes

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## Recipe 6: Crispy Chicken Wrap with Ranch

**Prep Time:** 5 min | **Cook Time:** 10 min | **Temp:** 400 F | **Serves:** 2

**Ingredients:** - 2 chicken tenders (8 oz) - 1 tbsp olive oil - 1 tsp garlic powder, 1 tsp smoked paprika, 1/2 tsp salt, 1/4 tsp pepper - 1/3 cup panko breadcrumbs - 2 large flour tortillas, 1/4 cup ranch - 1 cup shredded lettuce, 1 small tomato, 1/4 cup cheddar

**Instructions:** 1. Preheat to 400 F. Coat chicken in oil, then press into seasoned panko. 2. Cook 8-10 minutes, flipping halfway. Internal temp: 165 F. 3. Rest 3 minutes, slice into strips. 4. Warm tortillas 30 seconds at 350 F. 5. Assemble: ranch, lettuce, tomato, cheese, chicken. Fold and roll.

**Nutrition:** 485 cal | 34g protein | 42g carbs | 19g fat

*Place assembled wrap seam-side down in the air fryer at 375 F for 2 minutes for extra crunch.*

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## Recipe 7: Air Fryer Grilled Cheese and Tomato Soup Dippers

**Prep Time:** 3 min | **Cook Time:** 7 min | **Temp:** 370 F | **Serves:** 2

**Ingredients:** - 4 slices bread, 2 tbsp butter - 4 slices American cheese - 1 can tomato soup, 1/2 cup milk

**Instructions:** 1. Preheat to 370 F. 2. Butter one side of each slice. Make sandwiches with cheese. 3. Cook 4 minutes, flip, cook 3 more minutes. 4. Heat soup with milk on stovetop. 5. Slice sandwiches into strips for dipping.

**Nutrition:** 420 cal | 15g protein | 46g carbs | 20g fat

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## Recipe 8: Air Fryer Quesadillas

**Prep Time:** 3 min | **Cook Time:** 5 min | **Temp:** 375 F | **Serves:** 2

**Ingredients:** - 2 large flour tortillas - 1 cup shredded Mexican blend cheese - 1/4 cup black beans, 2 tbsp salsa - Cooking spray

**Instructions:** 1. Preheat to 375 F. 2. Spread cheese over tortilla, add beans and salsa to one half. Fold. 3. Spray both sides. 4. Cook 3 minutes, flip, cook 2 more minutes. 5. Cut into triangles.

**Nutrition:** 390 cal | 18g protein | 36g carbs | 19g fat

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### **Recipe 9: Tuna Melt on Sourdough**

**Prep Time:** 5 min | **Cook Time:** 7 min | **Temp:** 370 F | **Serves:** 2

**Ingredients:** - 2 cans tuna, drained - 2 tbsp mayo, 1 tbsp Dijon mustard - 2 tbsp celery, 1 tbsp red onion, diced - 4 slices sourdough, 4 slices Swiss cheese, 1 tbsp butter

**Instructions:** 1. Mix tuna with mayo, mustard, celery, onion, salt, pepper. 2. Butter bread on one side. Build sandwiches with cheese and tuna. 3. Cook at 370 F for 4 minutes, flip, cook 3 more minutes.

**Nutrition:** 520 cal | 42g protein | 30g carbs | 24g fat

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### **Recipe 10: BBQ Chicken Flatbreads**

**Prep Time:** 5 min | **Cook Time:** 10 min | **Temp:** 380 F | **Serves:** 2

**Ingredients:** - 2 naan flatbreads - 1/3 cup BBQ sauce - 1 cup shredded cooked chicken (rotisserie works perfectly) - 1/2 cup shredded mozzarella - 1/4 cup red onion rings, cilantro (optional)

**Instructions:** 1. Preheat to 380 F. 2. Spread BBQ sauce on naan. Toss chicken with remaining sauce. 3. Top with chicken, mozzarella, onion. 4. Cook 5-6 minutes until cheese is bubbly.

**Nutrition:** 475 cal | 32g protein | 50g carbs | 14g fat

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### **Recipe 11: Loaded Sweet Potato with Black Beans**

**Prep Time:** 5 min | **Cook Time:** 20 min | **Temp:** 400 F | **Serves:** 2

**Ingredients:** - 2 medium sweet potatoes - 1 tbsp olive oil, 1/4 tsp salt - 1/2 can black beans, 1/4 tsp cumin, 1/4 tsp chili powder - 1/4 cup cheddar, 2 tbsp sour cream - Green onions, pepitas, hot sauce

**Instructions:** 1. Pierce potatoes, rub with oil and salt. 2. Cook at 400 F for 18-20 minutes, flipping halfway. 3. Warm beans with cumin and chili powder. 4. Split potatoes, fill with beans, top with cheese, sour cream, garnishes.

**Nutrition:** 380 cal | 14g protein | 52g carbs | 14g fat

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### **Recipe 12: Crispy Chickpea and Veggie Bowl**

**Prep Time:** 8 min | **Cook Time:** 12 min | **Temp:** 390 F | **Serves:** 2

**Ingredients:** - 1 can chickpeas, drained and patted very dry - 1 tbsp olive oil, 1 tsp cumin, 1/2 tsp paprika, 1/2 tsp garlic powder - 2 cups cooked rice - Cucumber, cherry tomatoes, red onion, feta, tahini dressing

**Instructions:** 1. Toss dried chickpeas with oil and seasonings. 2. Cook at 390 F for 12 minutes, shaking every 4 minutes. 3. Build bowls: rice, veggies, hot crispy chickpeas, feta, dressing.

**Nutrition:** 445 cal | 16g protein | 68g carbs | 13g fat

*The key to crunchy chickpeas: pat them truly dry on a kitchen towel before seasoning.*

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## Dinner Recipes

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### Recipe 13: Honey Garlic Chicken Thighs

**Prep Time:** 10 min | **Cook Time:** 15 min | **Temp:** 400 F | **Serves:** 4

**Ingredients:** - 8 bone-in, skin-on chicken thighs (2 lbs) - 3 tbsp honey, 2 tbsp soy sauce, 1 tbsp olive oil - 4 cloves garlic (minced), 1 tsp smoked paprika - 1/2 tsp onion powder, 1/2 tsp salt, 1/4 tsp pepper - Sesame seeds, green onions for garnish

**Instructions:** 1. Pat thighs dry. Whisk sauce ingredients together. 2. Toss chicken in sauce. Marinate while air fryer preheats. 3. Preheat to 400 F. Place thighs skin-side down. 4. Cook 8 minutes, flip skin-side up, cook 7 more minutes. 5. Internal temp: 165 F. Rest 3 minutes. Garnish and serve.

**Nutrition:** 385 cal | 34g protein | 15g carbs | 21g fat

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### Recipe 14: Air Fryer Salmon with Lemon and Dill

**Prep Time:** 5 min | **Cook Time:** 10 min | **Temp:** 390 F | **Serves:** 4

**Ingredients:** - 4 salmon fillets (6 oz each) - 2 tbsp olive oil, 2 tbsp lemon juice - 1 tbsp fresh dill, 2 cloves garlic (minced) - 1/2 tsp salt, 1/4 tsp pepper, lemon slices

**Instructions:** 1. Preheat to 390 F. Mix oil, lemon juice, dill, garlic, salt, pepper. 2. Pat salmon dry. Brush with mixture. 3. Place skin-side down. Top with lemon slice. 4. Cook 8-10 minutes. Done when it flakes easily (145 F).

**Nutrition:** 320 cal | 35g protein | 2g carbs | 19g fat

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## Recipe 15: Crispy Pork Chops with Apple Slaw

**Prep Time:** 10 min | **Cook Time:** 10 min | **Temp:** 400 F | **Serves:** 4

**Ingredients:** - 4 boneless pork chops (3/4 inch, 6 oz each) - 1 tbsp olive oil - 1/2 cup panko, 1/4 cup Parmesan - 1 tsp garlic powder, 1 tsp smoked paprika, salt, pepper

**Slaw:** 2 cups cabbage, 1 Granny Smith apple (matchsticks), 2 tbsp apple cider vinegar, 1 tbsp olive oil, 1 tbsp honey

**Instructions:** 1. Make slaw: toss cabbage and apple with dressing. Refrigerate. 2. Pat chops dry, brush with oil, press into seasoned panko-Parmesan mix. 3. Cook at 400 F for 5 minutes, flip, cook 5 more minutes. Internal temp: 145 F. 4. Rest 2 minutes.

Serve with slaw.

**Nutrition:** 370 cal | 36g protein | 20g carbs | 16g fat

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## Recipe 16: Stuffed Bell Peppers

**Prep Time:** 12 min | **Cook Time:** 16 min | **Temp:** 370 F | **Serves:** 4

**Ingredients:** - 4 large bell peppers, tops cut off, seeds removed - 1 lb lean ground beef - 1 cup cooked rice, 1/2 cup marinara - 1/2 cup mozzarella, 1/4 cup diced onion - 2 cloves garlic, 1 tsp Italian seasoning, salt, pepper

**Instructions:** 1. Mix beef, rice, marinara, half the mozzarella, onion, garlic, seasonings. 2. Fill peppers. Place upright in basket. 3. Cook at 370 F for 14 minutes. 4. Top with remaining mozzarella and marinara. Cook 2 more minutes.

**Nutrition:** 395 cal | 30g protein | 28g carbs | 18g fat

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## Recipe 17: Air Fryer Meatloaf Minis

**Prep Time:** 10 min | **Cook Time:** 12 min | **Temp:** 375 F | **Serves:** 4

**Ingredients:** - 1 lb ground beef (80/20) - 1/3 cup panko, 1 egg, 2 tbsp ketchup - 1 tbsp Worcestershire, 1/4 cup diced onion - 1 clove garlic, salt, pepper, 1/2 tsp thyme

**Glaze:** 3 tbsp ketchup, 1 tbsp brown sugar, 1 tsp mustard

**Instructions:** 1. Mix meat ingredients gently. Form 8 small oval loaves. 2. Cook at 375 F for 8 minutes. 3. Brush with glaze. Cook 4 more minutes. Internal temp: 160 F. 4. Rest 2 minutes.

**Nutrition:** 340 cal | 24g protein | 16g carbs | 20g fat

*Double batch and freeze uncooked. Cook from frozen at 375 F for 15-17 minutes.*

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## Recipe 18: Shrimp Fajita Bowls

**Prep Time:** 8 min | **Cook Time:** 10 min | **Temp:** 400 F | **Serves:** 4

**Ingredients:** - 1 lb large shrimp, peeled and deveined - 1 red bell pepper, 1 green bell pepper (sliced) - 1 yellow onion (half-rings) - 2 tbsp olive oil, 1 tbsp chili powder, 1 tsp cumin - 1/2 tsp garlic powder, 1/2 tsp paprika, salt, pepper, lime juice

**Serve with:** Rice, sour cream, avocado, cilantro, lime wedges

**Instructions:** 1. Toss shrimp, peppers, and onion with oil and seasonings. 2. Cook at 400 F for 5 minutes, shake, cook 4-5 more minutes. 3. Squeeze lime juice over top. 4. Build bowls with rice and toppings.

**Nutrition:** 365 cal | 28g protein | 34g carbs | 14g fat

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## Recipe 19: Parmesan Crusted Tilapia

**Prep Time:** 5 min | **Cook Time:** 9 min | **Temp:** 400 F | **Serves:** 4

**Ingredients:** - 4 tilapia fillets (5-6 oz each) - 1/3 cup Parmesan, 1/3 cup panko - 1 tsp garlic powder, 1/2 tsp Italian seasoning, salt, pepper - 2 tbsp mayonnaise

**Instructions:** 1. Mix Parmesan, panko, and seasonings. 2. Pat fish dry. Spread thin layer of mayo on top of each fillet. 3. Press mayo side into breadcrumb mixture. 4. Place crust-side up in sprayed basket. Spray tops lightly. 5. Cook 9 minutes without flipping. Do not flip -- the crust stays on top.

**Nutrition:** 235 cal | 32g protein | 7g carbs | 9g fat

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## Recipe 20: Korean BBQ Beef Bites with Rice

**Prep Time:** 10 min | **Cook Time:** 10 min | **Temp:** 400 F | **Serves:** 4

**Ingredients:** - 1.5 lbs sirloin steak, cut into 1-inch cubes - 3 tbsp soy sauce, 1 tbsp sesame oil, 1 tbsp brown sugar - 1 tbsp rice vinegar, 1 tbsp gochujang - 2 cloves garlic, 1 tsp ginger, 1 tbsp vegetable oil

**Serve with:** Rice, green onions, sesame seeds, kimchi

**Instructions:** 1. Whisk sauce: soy sauce, sesame oil, sugar, vinegar, gochujang, garlic, ginger. 2. Toss steak cubes in sauce. Marinate 5+ minutes. 3. Drain excess marinade, toss with vegetable oil. 4. Cook at 400 F for 5 minutes, shake, cook 4-5 more minutes. 5. Serve over rice with garnishes.

**Nutrition:** 445 cal | 38g protein | 38g carbs | 16g fat

*Cut steak against the grain before cubing for tender bites.*

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## Part 4: Printable Grocery List Template

### Pantry Setup Shopping List (One-Time, Under \$50)

#### Oils and Sprays

- Avocado oil spray (\$4.50)
- Light olive oil, 16 oz (\$4.00)
- Pump-style canola oil spray (\$2.00)

#### Spices and Seasonings

- Kosher salt (\$2.50)
- Black pepper (\$2.50)
- Garlic powder (\$2.00)
- Onion powder (\$2.00)
- Smoked paprika (\$3.00)
- Italian seasoning (\$2.00)
- Chili powder (\$2.00)
- Cumin (\$2.00)

#### Dry Goods

- Panko breadcrumbs (\$2.50)
- All-purpose flour, 5 lb (\$3.00)
- Cornstarch (\$2.00)

#### Condiments

- Soy sauce (\$2.50)
- Honey, 12 oz (\$3.50)
- Hot sauce (\$3.00)
- Dijon mustard (\$2.50)

**Estimated Total: \$45.50** (Most people spend \$25-35 after checking what they already have.)

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### Weekly Shopping Template

#### Proteins (pick 3-4 per week)

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### **Produce**

- [ ] \_\_\_\_\_
- [ ] \_\_\_\_\_
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### **Dairy**

- [ ] \_\_\_\_\_
- [ ] \_\_\_\_\_
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### **Frozen Staples**

- [ ] \_\_\_\_\_
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### **DIY All-Purpose Air Fryer Seasoning Blend**

Make this once, use it on everything for a month.

**Ingredients:** - 3 tablespoons garlic powder - 2 tablespoons onion powder - 2 tablespoons smoked paprika - 1 tablespoon kosher salt - 1 tablespoon black pepper - 1 tablespoon Italian seasoning - 1 teaspoon cayenne pepper (optional)

**Instructions:** Whisk together, store in a mason jar. Shake before each use. Keeps 6 months.

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### **DIY Cajun Spice Mix**

**Ingredients:** - 2 tablespoons smoked paprika - 1 tablespoon garlic powder - 1 tablespoon onion powder - 1 tablespoon dried oregano - 1 tablespoon dried thyme - 1 teaspoon each: kosher salt, black pepper, cayenne pepper - 1/2 teaspoon red pepper flakes

**Instructions:** Combine in a bowl, store in a jar. Incredible on wings, shrimp, and sweet potato fries.

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## Part 5: Expanded Cooking Time Reference

This section goes beyond the free cheat sheet with additional foods, detailed notes, and troubleshooting guidance.

### Complete Protein Reference

Food	Temp (F)	Time (min)	Flip?	Internal Temp	Notes
Chicken breast (boneless)	375	12-15	Yes, halfway	165 F	Pat dry for best results
Chicken thighs (bone-in)	400	18-22	Yes, halfway	165 F	Skin side up for crispy skin
Chicken wings	400	20-24	Shake every 8 min	165 F	Don't sauce until last 3 min
Chicken drumsticks	400	18-20	Yes, at 10 min	165 F	Space evenly, don't stack
Whole Cornish hen	375	35-40	Yes, at 20 min	165 F	Tie legs, tuck wings
Salmon fillet (6 oz)	390	8-10	No	145 F	Keep skin on during cooking
Tilapia fillet	400	7-9	No	145 F	Mayo coating = crispy crust
Cod fillet	400	8-10	No	145 F	Good for fish tacos
Shrimp (large, peeled)	400	5-7	Yes, halfway	145 F	Must be fully dry first
Pork chops (1 inch)	400	10-12	Yes, halfway	145 F	Rest 2 min before cutting
Pork tenderloin (whole)	400	20-25	Yes, at 12 min	145 F	Slice after 5 min rest
Steak, 1-inch (medium)	400	8-10	Yes, halfway	135 F	Rest 5 minutes
Steak, 1-inch (medium-well)	400	10-12	Yes, halfway	150 F	Rest 5 minutes
Hamburger patties	375	8-10	Yes, halfway	160 F	Don't press down on them
Bacon (regular-cut)	370	8-10	No	N/A	Check at 7 min for crispiness
Sausage links	380	8-10	Yes, at 5 min	160 F	Pierce casings to prevent bursting
Turkey breast (boneless)	360	25-30	Yes, at 15 min	165 F	Baste with butter at flip

## Complete Vegetable Reference

Food	Temp (F)	Time (min)	Prep	Notes
Asparagus	400	5-7	Trim ends, toss w/ oil	No flip needed
Bell peppers (strips)	375	8-10	Remove seeds, slice	Great for fajitas
Broccoli florets	375	7-9	Cut uniform size	Toss with oil + salt
Brussels sprouts (halved)	375	12-15	Halve, remove loose leaves	Cut side down first
Butternut squash (cubed)	400	15-18	Peel, 1-inch cubes	Toss w/ oil + cinnamon
Cauliflower florets	400	10-12	Cut uniform size	Amazing with buffalo sauce
Corn on the cob	400	10-12	Husk, brush with butter	Turn at 5 min
Eggplant (sliced)	400	10-12	1/2-inch rounds, salt	Salt and drain 10 min first
Green beans	400	7-9	Trim ends, toss w/ oil	Shake at 4 min
Mushrooms (halved)	375	8-10	Clean, halve or quarter	Don't crowd -- they release moisture
Sweet potato fries	380	12-15	Cut into 1/4-inch sticks	Shake every 5 min, coat with oil
Zucchini (sliced)	400	8-10	1/2-inch rounds	Flip at halfway
Potatoes (cubed)	400	15-18	3/4-inch cubes, toss w/ oil	Shake every 5 min
Carrots (sticks)	380	10-12	Cut into sticks	Honey glaze in last 2 min

## Frozen Foods (No Thawing Needed)

Food	Temp (F)	Time (min)	Notes
French fries	400	12-15	Shake at halfway
Sweet potato fries	400	10-12	Single layer for best crunch
Tater tots	400	12-15	Shake at 8 min
Chicken tenders	400	10-12	Flip at halfway
Chicken nuggets	400	8-10	No oil needed
Fish sticks	400	8-10	Flip at halfway
Mozzarella sticks	375	6-8	Don't preheat -- start cold
Pizza rolls	380	6-8	Let cool 2 min (lava inside)
Egg rolls	375	8-10	Spray lightly with oil
Frozen burrito	380	10-12	Flip at halfway
Frozen pizza (personal)	375	8-10	Use parchment to prevent sticking
Frozen pierogies	400	10-12	Spray with oil, flip at 6 min

## Baked Goods

Food	Temp (F)	Time (min)	Notes
Biscuits (canned)	330	8-10	Use parchment liner
Cookies	325	6-8	Check at 5 min
Cinnamon rolls (canned)	325	8-10	Leave space to rise
Toast	350	3-5	Flip at 2 min
Garlic bread	350	4-6	Works great from frozen
Muffins	325	12-15	Use silicone cups
Banana bread	325	25-30	Use a small loaf pan

## Reheating Reference

Food	Temp (F)	Time (min)	Notes
Cooked chicken breast	350	3-4	Light oil spray keeps it from drying out
Cooked chicken thighs	360	4-5	Reheat skin-side up for better crisping
Turkey or beef meatballs	350	4-5	Shake halfway through
Steak strips or bites	375	2-3	Pull while still slightly pink to avoid overcooking
Salmon fillet	330	3-4	Cover loosely with foil if it is already flaky
Pork chops	350	3-4	Rest 1 minute before slicing
Roasted vegetables	375	3-5	Spread in one layer so they crisp back up
French fries	380	3-5	Shake halfway through
Pizza slice	350	3-4	Best on parchment for easy cleanup
Breakfast burrito	360	5-6	Microwave 30 seconds first if frozen solid
Breakfast sandwich	350	3-4	Wrap loosely in foil if cheese melts too fast
Quesadilla wedges	360	2-3	Reheat in a single layer so the tortilla stays crisp

## Troubleshooting Guide

Problem	Cause	Fix
Food not crispy	Overcrowded basket	Cook in smaller batches
Food not crispy	Too much moisture	Pat food dry before cooking
Food not crispy	Not enough oil	Light spray of avocado oil
Uneven cooking	Food stacked or touching	Single layer with gaps
Smoking during cooking	Grease dripping on element	Add 1 tbsp water to bottom tray
Smoking during cooking	Oil smoke point too low	Switch to avocado oil
Food sticking to basket	No liner or spray	Use parchment liners or oil spray
Breading falling off	Wet surface under breading	Pat dry, use mayo or egg wash as glue
Food too dry	Overcooked	Reduce time by 2 min, use thermometer
Outside done, inside raw	Temp too high	Lower temp 25 F, increase time

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*This Quick-Start Kit is part of the Air Fry Everyday collection. For 120+ recipes and a complete 30-day meal plan, check out the 30-Day Meal Plan Bundle at [airfryeveryday.com](https://airfryeveryday.com).*