

STRONG

WITH

Kylie

VOL.
26

AIR FRYER

Fat Loss

EDITION

HIGH-PROTEIN • FULL DAY OF EATING



1,870
CALORIES



176g
PROTEIN



173g
CARBS



50g
FAT



STRONG WITH KYLIE MEAL PLAN COLLECTION



STRONG WITH *Kylie* AIR FRYER EDITION

4 HIGH-PROTEIN RECIPES
AIR FRYER MADE EASY

Welcome!

I'm so excited to bring you the **AIR FRYER EDITION** of the Strong with Kylie Meal Plan Collection!

These 4 high-protein recipes are proof that you don't need complicated ingredients or hours in the kitchen to eat amazing food and reach your goals.

The air fryer makes it easy – less mess, less oil, and maximum flavour. Perfect for busy days when you still want results that taste incredible.

REAL FOOD. REAL RESULTS.

Let's do this!



MADE IN THE AIR FRYER
Quick, easy & minimal mess



HIGH PROTEIN & SATISFYING
Meals that keep you full & fuelled



PERFECT FOR MEAL PREP
Save time & stay on track



ADD FLAVOUR ANYTIME
Simple swaps. Big results.

Lots of love,

Kylie ♥



STRONG

WITH

Kylie

Crispy

BACON, EGG & CHEESE AIR FRYER BAGEL

♥ CRISPY OUTSIDE, CHEESY & SAVOURY INSIDE!

Crispy rice paper bagel filled with fluffy egg, bacon and melty cheese. High in protein, low in carbs and perfect for breakfast or meal prep!



PREP:
10 mins



COOK:
12–15 mins



SERVES:
1

INGREDIENTS

- Rice paper sheets 3
- Eggs, large 2
- Egg whites 200ml
- Diced bacon (DON) 30g
- Light mozzarella (50% less fat) 25g
- Salt & pepper To taste
- Olive oil spray As needed
- Everything bagel seasoning Sprinkle over

TO SERVE (OPTIONAL)

- Peri peri sauce To taste

PERFECT WITH PERI PERI SAUCE!



PERI PERI SAUCE

1 serve = 15 cal

0.5g protein | 2g carbs | 0.5g fat

Use as much or as little as you like!



Make ahead and store in the fridge for up to 3 days. Reheat in the air fryer for 3–4 minutes to re-crisp!



PER SERVE



CALORIES
480
kcal



PROTEIN
47g



CARBS
31g



FAT
18g

METHOD

1 PREP RICE PAPER

In a shallow dish, whisk the eggs and egg whites. Dip each rice paper sheet into the egg mixture for a few seconds to soften and coat both sides. Overlap the 3 sheets slightly on a clean bench or board to create one large rectangle.

2 SCRAMBLE EGGS

Pour all remaining egg mixture into a non-stick pan. Season with salt and pepper, then scramble over low–medium heat until soft and just set. Remove from heat.

3 ADD FILLING

Spread the scrambled eggs along the centre of the rice paper rectangle. Top with diced bacon and shredded mozzarella.

4 SHAPE

Starting from one long side, roll tightly like a log. Gently curve the log and roll it into a swirl to form a bagel shape. Tuck the end in well to seal.

5 TOP

Place in the air fryer basket lined with parchment paper. Lightly spray the top with olive oil, then sprinkle everything bagel seasoning over the top.

6 AIR FRY

Air fry at 200°C for 12–15 minutes, until golden, crispy and cooked through.

7 SERVE

Serve hot! Perfect on its own or with peri peri sauce for dipping if you like!



STRONG with Kylie TIP:

Sprinkle evenly with everything bagel seasoning for maximum flavour and crunch!



STRONG

WITH *Kylie*

Gochujang Honey 

AIR FRYER CHICKEN RICE BOWL



♥ **STICKY, BOLD & PERFECTLY BALANCED**

Sticky gochujang chicken, jasmine rice and quick-pickled veggies. High in protein, bold in flavour and so easy in the air fryer. The perfect balanced bowl for lunch.



PREP TIME
15 MINS



COOK TIME
10-12 MINS



SERVES
1

INGREDIENTS

GOCHUJANG CHICKEN

- Chicken breast, diced 120g
- Gochujang 15g
- Honey 10g
- Reduced-salt soy sauce 10ml (2 tsp)
- Rice wine vinegar 15ml (1 tbsp)
- Garlic, finely grated ½ clove
- Olive oil spray As needed

QUICK PICKLED CUCUMBER & CARROT

- Cucumber, thinly sliced 50g
- Carrot, shredded 30g
- Rice wine vinegar 15ml (1 tbsp)
- Reduced-salt soy sauce 5ml (1 tsp)
- Honey ½ tsp (3.5g)
- Salt Pinch
- Chilli flakes (optional) To taste

TO BUILD

- Cooked jasmine rice 120g
- Spring onion, sliced 10g
- Sesame seeds 5g

MACROS PER SERVE



450
CAL



38g
PROTEIN



55g
CARBS



8g
FAT

METHOD

- MARINATE THE CHICKEN**
In a bowl, mix gochujang, honey, soy sauce, rice vinegar and garlic. Add chicken and toss to coat. Marinate for 15-30 minutes if you have time.
- PICKLE THE VEGGIES**
In a bowl, combine cucumber, carrot, rice vinegar, soy sauce, honey, salt and chilli flakes (if using). Mix well and set aside for 10-15 minutes. Drain excess liquid before using.
- AIR FRY THE CHICKEN**
Preheat air fryer to 190°C. Lightly spray the basket with olive oil. Add chicken in a single layer and air fry for 9-11 minutes, tossing halfway, until cooked through and caramelised.
- MAKE IT STICKY**
In a small bowl, mix remaining 5g gochujang, 1 tsp rice vinegar, 1 tsp water and 3g honey. Toss through the hot chicken until glossy and sticky.
- BUILD THE BOWL**
Add cooked jasmine rice to your bowl. Top with pickled cucumber & carrot. Add sticky gochujang chicken on top.
- FINISH**
Garnish with sliced spring onion and sesame seeds. Serve and enjoy!



**MAKE
AHEAD**

Store chicken, rice and pickled veggies separately in airtight containers in the fridge for up to 3 days. Reheat chicken in the air fryer for 2-3 minutes to re-crisp.



**SWK
TIP**

Prep the pickled veggies and marinate the chicken the night before for even more flavour and an easier lunch.



STRONG with Kylie TIP: Sprinkle evenly with everything bagel seasoning for maximum flavour and crunch!



STRONG

WITH *Kylie*

Crispy

PARMESAN CHICKEN CUTLETS



GLUTEN FREE

♥ CRISPY, CHEESY & FULL OF FLAVOUR

Crispy, golden Parmesan chicken cutlets served with air-fryer potatoes, a fresh Thai salad and a creamy chipotle lime sauce. High-protein, balanced and so satisfying!



PREP TIME
15 MINS



COOK TIME
20 MINS



SERVES
1

INGREDIENTS

CHICKEN & POTATOES

- Chicken breast, sliced thin 150g
- Finely grated parmesan 20g
- Panko breadcrumbs 15g
- Egg white 30g
- Garlic powder ½ tsp
- Smoked paprika ½ tsp
- Salt & black pepper To taste
- Spud Lite potatoes, cut into chunks 200g
- Olive oil spray As needed

TO SERVE (OPTIONAL)

- Woolworths Thai Style Salad 90g
- Creamy Chipotle Lime Sauce 1 serve (37 cal)
- Fresh parsley or chives To garnish (optional)

PERFECT WITH THE SAUCE FROM VOL. 24!



CREAMY CHIPOTLE LIME SAUCE

1 serve = 37 cal
5g protein | 2g carbs | 1g fat

Full recipe:
Volume 24 – High-Protein Sauces



Make ahead and store in the fridge for up to 3 days. Reheat in the air fryer for 3–4 minutes to re-crisp!

MACROS PER SERVE (WITH SAUCE)



527
CAL



60g
PROTEIN



40g
CARBS



14g
FAT

METHOD

1

PREP POTATOES

Toss potato chunks in olive oil spray, salt and pepper. Air fry at 200°C for 15–18 minutes, shaking halfway, until golden and tender.

2

PREP CHICKEN

Pat chicken dry. Season with garlic powder, smoked paprika, salt and pepper.

3

COATING STATION

Whisk egg white in a shallow bowl. In another bowl, mix parmesan and panko.

4

COAT CHICKEN

Dip each chicken cutlet in egg white, then coat in the parmesan panko mixture. Press gently to help it stick.

5

AIR FRY CHICKEN

Place cutlets in the air fryer basket (spray lightly with oil). Air fry at 200°C for 10–12 minutes, flipping halfway, until golden and cooked through.

6

PREP SALAD

Add 90g of Thai style salad to a bowl. Toss with the dressing from the pack.

7

SERVE

Plate up the crispy chicken, roast potatoes and Thai salad. Serve with Creamy Chipotle Lime Sauce (from Volume 24) for dipping and garnish with fresh parsley or chives if desired. Enjoy!



STRONG with *Kylie* **TIP:**

For extra crunch, let the coated chicken rest for 5 minutes before air frying. Don't crowd the basket for the crispiest results!



STRONG

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Air Fryer

GIANT PROTEIN Cookie

♥ HIGH-PROTEIN TREAT

Soft in the middle, golden on the outside and packed with protein. This giant cookie is the perfect high-protein treat that takes just minutes in the air fryer!



PREP:
5 mins



COOK:
8–10 mins



SERVES:
1

INGREDIENTS

- Ripe banana, mashed 60g
- Uncle Tobys Quick Oats 40g
- Macro Mike Cookie Dough Peanut Protein 40g
- Queen Sugar Free Maple Syrup 10g
- Baking powder ½ tsp
- Pinch of salt Pinch
- Unsweetened almond milk 10–20ml
- Cadbury Dark Chocolate Baking Chips 10g



PROTEIN POWDER USED

Macro Mike Cookie Dough
Peanut Protein

(40g serve = 146.8 cal, 24.6g protein)



PER COOKIE



CALORIES
413
kcal



PROTEIN
31g



CARBS
47g



FAT
10g

METHOD

- 1 MASH**
Mash the banana in a bowl until smooth.
- 2 MIX**
Add oats, protein powder, baking powder, salt and maple syrup. Mix well.
- 3 ADD MILK**
Add a splash of almond milk and mix until you have a thick, sticky cookie dough.
- 4 CHOCOLATE**
Fold through most of the chocolate chips.
- 5 SHAPE**
Line the air fryer basket with baking paper. Place the cookie dough in the centre and shape into one giant cookie. Press remaining chocolate chips on top.
- 6 AIR FRY**
Air fry at 160°C for 8–10 minutes, checking at 8 minutes. The outside should be set and golden while the centre stays soft.
- 7 COOL & ENJOY**
Leave for 2–3 minutes before eating. It will firm up as it cools. Enjoy!



STRONG with Kylie TIP:

This cookie is best enjoyed warm! It will firm up as it cools but stays soft and gooey in the middle.



AIR FRYER EDITION

SHOPPING LIST



Everything you need to make 1 serve of each recipe from Vol. 26 – Air Fryer Edition.



PROTEIN & DAIRY

- Chicken breast 270g
- Shortcut bacon 30g
- Eggs 1 large
- Egg whites 130g
- Light mozzarella (50% less fat) 25g
- Finely grated Parmesan 20g
- Macro Mike Cookie Dough Peanut Protein 40g



CARBS & GRAINS

- Rice paper sheets 1
- Spud Lite potatoes 200g
- Cooked jasmine rice 120g
- Panko breadcrumbs 15g
- Uncle Tobys Quick Oats 40g



SAUCES & CONDIMENTS

- Gochujang 15g
- Reduced-salt soy sauce 15ml
- Rice wine vinegar 30ml+
- Honey approx. 14g
- Queen Sugar Free Maple Syrup 10g
- Creamy Chipotle Lime Sauce 1 serve (optional)



Full recipe in Vol. 24
High-Protein Sauces



FRESH PRODUCE

- Cucumber 50g
- Carrot 30g
- Spring onion 10g
- Garlic 1–2 cloves
- Ripe banana 60g
- Fresh parsley or chives optional



READY-MADE

- Woolworths Thai Style Salad 90g



BAKING & EXTRAS

- Cadbury Dark Chocolate Baking Chips 10g
- Everything bagel seasoning to taste
- Sesame seeds 5g
- Smoked paprika to taste
- Garlic powder to taste
- Chilli flakes (optional) to taste
- Baking powder to taste
- Salt to taste
- Black pepper to taste
- Olive oil spray as needed
- Unsweetened almond milk 10–20ml



TIPS FOR SUCCESS



Prep ahead where possible to save time during the week.



These recipes are macro-balanced and portioned for 1 serve. Adjust if needed.



Store leftovers in the fridge in airtight containers for up to 3 days.



STRONG WITH *Kylie* AIR FRYER GUIDE

Vol.
26

GET THE BEST RESULTS, EVERY TIME

The air fryer is a total game changer – fast, easy and perfect for high-protein meals that taste incredible. Follow these simple tips to get **crispy, juicy, flavour-packed** results every time.



THE RIGHT TEMPERATURE

Most recipes in this book cook best between **180°C – 200°C**.



PREHEAT

Preheat for **3–5 minutes** for even cooking and better crisp.



OIL SPRAY

A **light spray** of oil helps with browning and keeps food crispy.



DON'T OVERCROWD

Give your food **space!** Cook in batches if needed so the air can circulate.



SHAKE & FLIP

Shake the basket or flip your food halfway through cooking for **even results**.



CHECK EARLY

Air fryers can vary. Start **checking** a few minutes early.

EXTRA TIPS

- ✓ Pat proteins dry before cooking for **more crisp**.
- ✓ Use panko or oats for **extra crunch** on coatings.
- ✓ Let meats rest for 2–3 minutes after cooking for **juicier results**.
- ✓ Reheat leftovers in the air fryer to keep them **crispy** – not soggy!



REHEATING MADE EASY

Reheat at **160–170°C** for **3–5 minutes** to bring leftovers back to life.

Crispy. Quick. Delicious.



LESS MESS MORE TIME

Minimal oil. Less clean up. More time for the **things that matter most**.



STRONG WITH KYLIE MEAL PLAN COLLECTION
REAL FOOD. REAL RESULTS.

