



FROM THE NOURISHED YEARS

Reset & Thrive

The Air Fryer Edition

Five-Recipe Sampler

For women in midlife who want real food, real results, and everything ready in under 30 minutes.

STELIMASA HEALTH

How to use these recipes

These five recipes are taken straight from Reset & Thrive: The Air Fryer Edition, shown on their own pages exactly as they appear in the book, so you can see the photography, the layout, and the wellness notes you would be getting. Start with whichever one fits your day, a steadying breakfast, an easy lunch, a quiet dinner, or a light bite. Each page lists prep and cook time, everyday ingredients, a short note on why it works, and the nutrition per serving. Cook one this week, then another, and keep the ones that earn a place in your rotation.

THE FULL EXPANDED DIGITAL EDITION

The full Reset & Thrive: Air Fryer Edition Expanded Digital Edition contains all 60 air fryer recipes from the published collection, 10 World Table bonus recipes, and 7 exclusive bonus recipes, 77 in total, all built for midlife wellness and ready in under 30 minutes.

PRO TIP

Don't rush the heat. A gentle 300°F keeps the eggs soft and custardy; high heat turns them tough and weepy.



BREAKFASTS THAT BUILD BALANCE

1. Frittata Cups with Spinach and Feta



ENERGY



BONE



BRAIN



AIR FRYER

PREP 8 MIN • COOK 14 MIN • SERVES 3 (MAKES 6 CUPS)



WHY THIS WORKS

Eggs are protein-dense and provide choline, a nutrient important for brain health, giving you steady energy without the blood sugar spike that carbohydrate-heavy breakfasts bring. Spinach adds iron and folate, and feta carries calcium for bone support. Made in silicone cups, they cook hands-off while you get ready, and a batch covers breakfast for days.

INGREDIENTS

- 6 large eggs
- 2 tbsp milk (any kind)
- 1 cup baby spinach, chopped
- 1/3 cup crumbled feta (about 1.5 oz)
- 1/4 cup diced red bell pepper
- 2 scallions, sliced
- 1/4 tsp black pepper
- Pinch of salt
- Oil spray, for the cups

METHOD

- 1 Lightly oil 6 silicone muffin cups and set them in the air fryer basket.
- 2 Whisk the eggs with the milk, salt, and pepper until well combined.
- 3 Stir in the spinach, feta, bell pepper, and scallions.
- 4 Pour the mixture evenly into the cups, about three-quarters full.
- 5 Air fry at 300°F (150°C) for 13–14 minutes, until puffed and just set in the center.
- 6 Let stand 1 minute, then lift out and serve warm.



AIR FRYER SETTINGS

Temp 300°F (150°C) · Time 13–14 min · Use silicone cups and cook low and slow so the eggs stay tender, not rubbery. No preheat needed.

VARIATION

Swap feta for grated cheddar and spinach for chopped mushrooms, or add a little diced smoked salmon for an omega-3 lift.

PREP HACK

Make a double batch on Sunday. Refrigerate up to 4 days and reheat two cups in the air fryer for 2 minutes — an instant protein breakfast all week.

NUTRITION

Calories 215 • Protein 16g • Carbs 4g • Fat 15g • Fiber 1g • Calcium 160mg

2 cups

PRO TIP

Use pre-cooked quinoa to keep this fast. The filling needs only to heat through, since everything in it is already edible.



LUNCHES THAT COOL AND RESTORE

17. Mini Stuffed Peppers with Quinoa and Sun-Dried Tomato



ENERGY



MOOD



AIR FRYER

PREP 12 MIN • COOK 14 MIN • SERVES 2



WHY THIS WORKS

Sweet peppers turn meltingly tender in the air fryer and make a naturally portioned vessel for a quinoa filling that brings complete plant protein and steady carbohydrate. Sun-dried tomatoes add a savory depth and lycopene, while feta carries calcium and salt. A make-ahead lunch that travels well and reheats beautifully.

INGREDIENTS

- 4 small bell peppers (or 2 large, halved)
- 1.5 cups cooked quinoa
- 1/4 cup chopped sun-dried tomatoes
- 1/3 cup crumbled feta
- 2 tbsp chopped fresh parsley
- 1 clove garlic, minced
- 1 tsp dried oregano
- 1 tbsp olive oil
- Salt and pepper

METHOD

- 1 Slice the tops off the peppers and remove the seeds (or halve and seed larger ones).
- 2 Mix the quinoa, sun-dried tomatoes, feta, parsley, garlic, oregano, oil, salt, and pepper.
- 3 Spoon the filling into the peppers, packing gently.
- 4 Air fry at 360°F (182°C) for 12–14 minutes, until the peppers are tender and the tops are lightly browned.
- 5 Serve warm, with a squeeze of lemon if you like.



AIR FRYER SETTINGS

Temp 360°F (182°C) · Time 12–14 min · Stand peppers upright; if they wobble, trim a thin slice off the base.

VARIATION

Add a handful of chopped spinach or some cooked lentils to the filling for extra fiber and iron.

PREP HACK

Stuff the peppers the night before and refrigerate. They go straight into the basket for a hot lunch in 14 hands-off minutes.

NUTRITION

Per serving

Calories 340 • Protein 13g • Carbs 42g • Fat 14g • Fiber 8g • Vitamin C, lycopene, calcium

PRO TIP

Thin asparagus spears cook fast — if yours are pencil-thin, add them only for the last 8 minutes with the fish.



27. Sea Bass with Air-Fried Asparagus and Capers



BRAIN



GLOW



AIR FRYER

PREP 8 MIN • COOK 14 MIN • SERVES 2



WHY THIS WORKS

Sea bass is a delicate, omega-3-rich fish that supports the brain and cooks in minutes. Asparagus brings folate and a tender-crisp bite, while capers and lemon add a salty, bright lift that makes the plate feel special with almost no effort. An elegant dinner that still lands inside half an hour.

INGREDIENTS

- 2 sea bass fillets (about 5 oz each)
- 1 bunch asparagus, trimmed
- 1 tbsp olive oil
- 1 tbsp capers, drained
- Zest and juice of 1/2 lemon
- 1 clove garlic, minced
- Salt and pepper

METHOD

- 1 Toss the asparagus with half the oil, salt, and pepper, and air fry at 390°F (199°C) for 5 minutes.
- 2 Pat the sea bass dry, brush with the remaining oil, and season with salt, pepper, and garlic.
- 3 Lay the fish skin-side down over the asparagus and scatter the capers around.
- 4 Air fry at 380°F (193°C) for 8–9 minutes, until the fish flakes and reaches 145°F (63°C).
- 5 Finish with lemon zest and a squeeze of juice.



AIR FRYER SETTINGS

Temp 390°F (199°C) for asparagus, then 380°F (193°C) with fish • Total 13–14 min • Lay fish skin-side down; no flipping needed.

VARIATION

Use trout or snapper, and swap capers for chopped olives.

PREP HACK

Trim the asparagus and pat the fish dry ahead of time so the only step at dinner is seasoning and cooking.

Sea bass is a delicate, omega-3-rich fish that supports the brain and cooks in minutes.

NUTRITION

Calories 290 • Protein 30g • Carbs 7g • Fat 16g • Fiber 3g • Omega-3s, folate

Per serving

PRO TIP

Add any delicate spices (like extra paprika or a pinch of chili) only after cooking — high heat can turn ground spices bitter.



SNACKS AND LIGHT DESSERTS

39. Crispy Roasted Chickpeas



ENERGY



MOOD



AIR FRYER

PREP 5 MIN • COOK 15 MIN • SERVES 4



WHY THIS WORKS

The original air fryer snack, and still the best. Chickpeas crisp into crunchy, savory nuggets full of fiber and plant protein — the kind of snack that actually holds you over instead of leaving you hungrier. Naturally suited to the basket, they need only a mist of oil and a good shake or two.

INGREDIENTS

- 2 cans (15 oz each) chickpeas, drained, rinsed, patted very dry
- 1 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/2 tsp garlic powder
- Salt

METHOD

- 1 Dry the chickpeas thoroughly between two towels — the drier they are, the crispier they get.
- 2 Toss with the oil, paprika, cumin, garlic powder, and salt.
- 3 Air fry at 390°F (199°C) for 14–15 minutes, shaking the basket two or three times.
- 4 They're done when deeply golden and crunchy all the way through.
- 5 Cool a few minutes before eating; they crisp further as they sit.



AIR FRYER SETTINGS

Temp 390°F (199°C) · Time 14–15 min · Dry thoroughly and shake often; a single uncrowded layer crisps best.

VARIATION

Go sweet with cinnamon and a touch of maple instead of the savory spices, or toss with curry powder and lime zest.

PREP HACK

Make a double batch and store loosely covered (not airtight) for 2–3 days; re-crisp for 2 minutes before snacking.

The original air fryer snack, and still the best.

NUTRITION

Calories 180 • Protein 9g • Carbs 26g • Fat 5g • Fiber 8g • Iron, folate

Per serving

PRO TIP

Toasting the nuts first is the secret to bark that tastes like the expensive kind — it wakes up their flavor and adds crunch.



40. Dark Chocolate and Almond Bark



MOOD



BONE



AIR FRYER

PREP 10 MIN • COOK 4 MIN • SERVES 8



WHY THIS WORKS

Dark chocolate (70%+) brings magnesium, flavonoids, and compounds that genuinely support mood — two squares after dinner is a functional food, not a guilty pleasure. Here the air fryer gently warms and toasts the nuts and seeds that stud the bark, deepening their flavor before they set into the chocolate.

INGREDIENTS

- 8 oz dark chocolate (70%+), chopped
- 1/4 cup almonds, roughly chopped
- 2 tbsp pumpkin seeds
- 1 tbsp dried tart cherries, chopped
- Flaky sea salt

METHOD

- 1 Spread the almonds and pumpkin seeds in the basket and air fry at 300°F (150°C) for 3–4 minutes, until fragrant and lightly toasted. Let cool.
- 2 Melt the chocolate gently — in short microwave bursts or over a pan of just-simmering water.
- 3 Pour the chocolate onto a parchment-lined tray and spread to about 1/4 inch thick.
- 4 Scatter the toasted nuts and seeds, the cherries, and a little flaky salt over the top.
- 5 Chill until firm, then break into shards.



AIR FRYER SETTINGS

Temp 300°F (150°C) • Time 3–4 min, for the nuts and seeds only • Toast gently and watch closely; nuts go from golden to burnt fast. The chocolate is melted off the heat.

VARIATION

Use walnuts and a scatter of orange zest, or swap cherries for chopped dried apricot.

PREP HACK

Bark keeps in the fridge for 2 weeks. Portion into squares of parchment for grab-and-go after-dinner squares.

Dark chocolate (70%+) brings magnesium, flavonoids, and compounds that genuinely support mood — two squares after dinner is a functional food, not a guilty pleasure.

NUTRITION

Calories 180 • Protein 4g • Carbs 16g • Fat 12g • Fiber 3g • Magnesium, flavonoids

Per serving

IMPORTANT

A general-information note

This sampler is intended for general informational and educational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician, registered dietitian, or other qualified health provider with any questions you may have regarding a medical condition or dietary changes. The recipes, nutritional information, and wellness suggestions in this collection are not intended to treat, cure, prevent, or diagnose any disease or medical condition, including menopause, perimenopause, or any related symptoms. Individual results may vary. If you have a hormone-sensitive condition, diabetes, thyroid disorder, food allergies, or take prescription medication, consult your healthcare provider before making significant dietary changes. The nutritional information provided with each recipe is approximate and may vary based on specific ingredients used, portion sizes, and preparation methods. It is provided as a general guide only.

For the full Expanded Digital Edition and the rest of the collection, visit thenourishedyears.com.

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