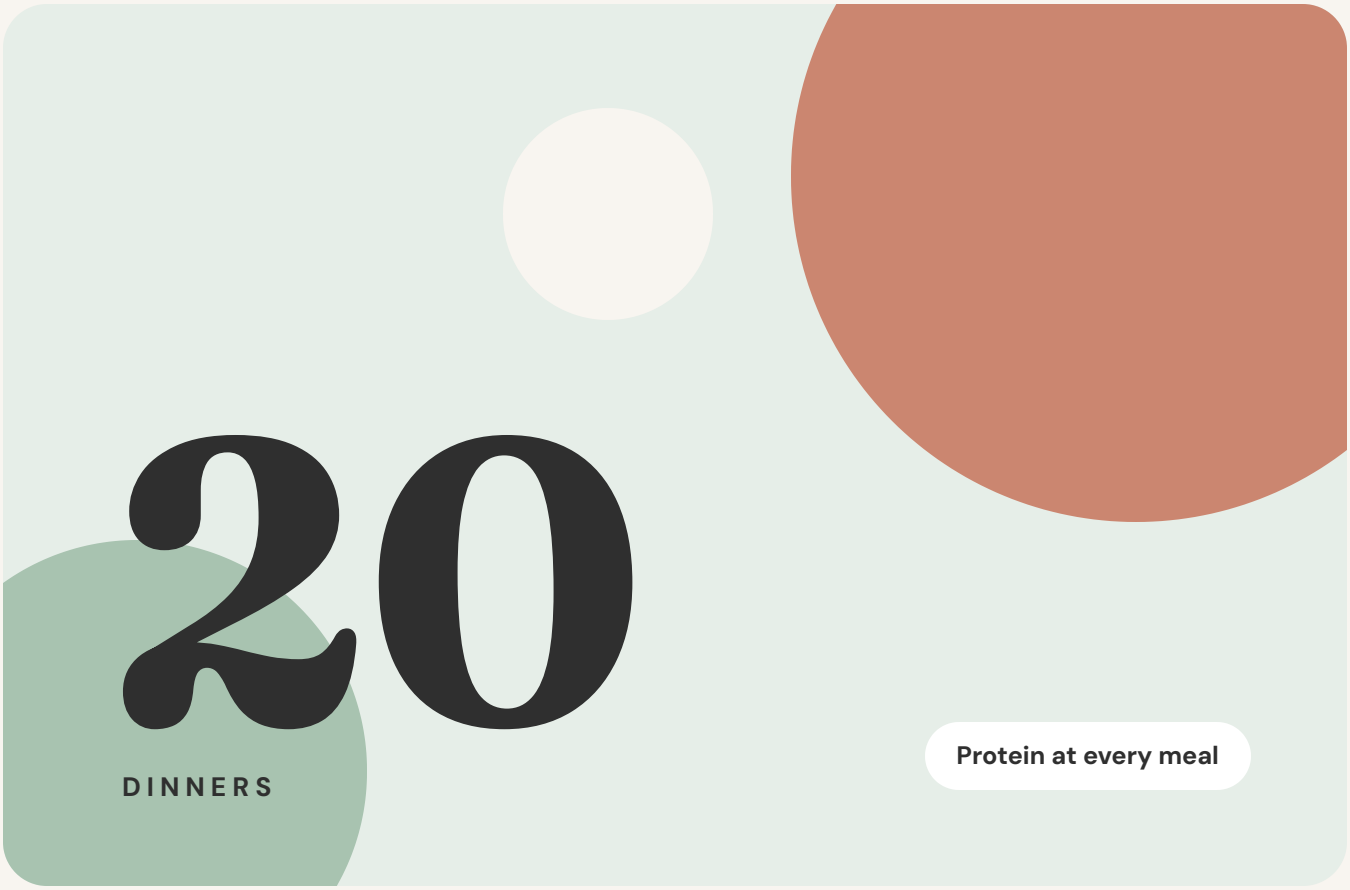
SIMPLE, HIGH-PROTEIN MEAL PREP

# Maya's Air Fryer Protein Dinners

*20 High-Protein Dinners, Mostly in 30 Minutes or Less*

Simple air fryer dinners built around protein and vegetables. Less cleanup, less guessing, and food that actually tastes good on a weeknight.



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# Welcome + Air Fryer Basics



*"Prep once, and the easy choice is already ready. I'll see you in the kitchen."*

Maya, your host at Maya's Kitchen. Maya is an AI-generated character.

These are 20 dinners for nights when you want real food without a sink full of pans. Each one pairs a solid protein with vegetables, and most land on the table in 30 minutes or less.

They're all different from the dinners in *The PCOS Meal Prep Reset*, so you can use both without repeating meals.

## How these recipes work

- **Written for 2 servings** in a 4–6 quart air fryer basket. Doubling? Cook in batches.
- **Protein first.** Most dinners have 30–55g of protein per serving.
- **Smart carbs are optional.** Add ½ cup cooked rice, quinoa, or potatoes when you want a heartier plate.

## 5 air fryer rules that fix most problems

1. **Preheat for 3–5 minutes** if your model allows it. Food browns better and cooks more evenly.
2. **Don't crowd the basket.** Leave space between pieces. Crowded food steams instead of crisping.
3. **Shake or flip halfway.** This gives you even browning on all sides.
4. **Use a little oil, applied lightly.** An oil mister or brush works best. Some basket coatings can be damaged by aerosol cooking sprays, so check your manual.
5. **Check early.** Air fryers vary a lot. Start checking 2–3 minutes before the time listed.

## Safe internal temperatures

An instant-read thermometer is the easiest way to know food is done. It's a small purchase that takes the guessing out of cooking meat.

| Food | Cook until it reaches |
|---|---|
| Chicken and turkey (including ground) | 165°F |
| Ground beef or pork | 160°F |
| Steak, pork chops, pork tenderloin | 145°F, then rest 3 minutes |
| Fish | 145°F, or flakes easily with a fork |
| Shrimp | Pink and opaque all the way through |

## No air fryer? Use your oven

Set your oven about 25°F higher than the recipe, use a parchment-lined sheet pan, and expect about 1½ times the cook time. Flip halfway through.

**Nutrition numbers:** Protein and fiber amounts are approximate and vary by brand.

**Allergen note:** Recipes include eggs, dairy, fish, shellfish, soy, sesame, tree nuts, and wheat. Check labels and use the swaps for your needs.

*These recipes are for general cooking and education only. They are not medical or nutritional advice. Talk with your doctor or a registered dietitian about your individual needs.*

# Recipes

## Jerk-Spiced Chicken Thighs with Pineapple & Peppers

Prep 10 min | Cook 20 min | Servings 2 | Per serving ~45g protein, ~4g fiber

### INGREDIENTS

- 1 lb boneless, skinless chicken thighs
- 1½ tsp jerk seasoning (salt-free if you can find it)
- ¼ tsp salt
- 2 tsp avocado oil, divided
- 1 cup fresh pineapple chunks
- 1 red bell pepper and ½ red onion, cut in chunks
- 1 lime, cut in wedges
- 2 cups shredded cabbage or bagged slaw mix, for serving

### INSTRUCTIONS

1. Toss the chicken with 1 tsp oil, jerk seasoning, and salt.
2. Air fry at 380°F for 10 minutes.
3. Flip the chicken. Toss the pineapple, pepper, and onion with the remaining oil and add them around the chicken.
4. Cook 8–10 minutes more, until the chicken reaches 165°F and the pineapple is caramelized at the edges.
5. Serve over cabbage with lime squeezed over everything.

**Notes:** Refrigerate up to 4 days. Jerk blends range from mild to very hot, so start with less. For a heartier plate, add ½ cup cooked rice or black beans.

# Parmesan-Crusted Cod with Asparagus

Prep 10 min | Cook 14 min | Servings 2 | Per serving ~35g protein, ~3g fiber

## INGREDIENTS

- 2 cod fillets (6 oz each), patted dry
- 1 tbsp plain Greek yogurt
- 2 tbsp grated Parmesan
- 2 tbsp panko breadcrumbs
- ½ tsp garlic powder
- ½ tsp paprika
- 1 bunch asparagus, ends trimmed
- 1 tsp olive oil
- Salt, black pepper, and lemon wedges

## INSTRUCTIONS

1. Mix the Parmesan, panko, garlic powder, and paprika in a small bowl.
2. Brush the top of each fillet with yogurt, then press the crumb mix on top.
3. Toss the asparagus with oil, salt, and pepper. Air fry at 400°F for 4 minutes.
4. Push the asparagus aside and add the cod. Cook 8–10 minutes, until the fish flakes easily and reaches 145°F.
5. Serve with lemon.

> **Notes:** Best eaten fresh. Thin fillets cook faster, so check at 7 minutes. Gluten-free swap: almond flour instead of panko.

# Steak Bites with Peppers & Onions

Prep 10 min | Cook 14 min | Servings 2 | Per serving ~37g protein, ~3g fiber

## INGREDIENTS

- 12 oz sirloin steak, cut in 1-inch cubes
- 2 bell peppers, sliced
- ½ yellow onion, sliced
- 1 tbsp avocado oil, divided
- 1 tbsp low-sodium soy sauce
- 1 tsp garlic powder
- ½ tsp smoked paprika
- Salt and black pepper

## INSTRUCTIONS

1. Toss the steak with half the oil, soy sauce, garlic powder, paprika, and pepper. Let it sit while the vegetables cook.
2. Toss the peppers and onion with the remaining oil and a pinch of salt. Air fry at 400°F for 6 minutes.
3. Add the steak in a single layer. Cook 6–8 minutes, shaking halfway, until it reaches 145°F.
4. Rest 3 minutes before serving.

> **Notes:** Refrigerate up to 4 days. Serve over cauliflower rice, or ½ cup brown rice for a heartier plate.

# Buffalo Chicken Stuffed Sweet Potatoes

Prep 10 min | Cook 18 min | Servings 2 | Per serving ~36g protein, ~6g fiber

## INGREDIENTS

- 2 medium sweet potatoes, scrubbed
- 2 cups shredded cooked chicken (rotisserie works, skin removed)
- 3 tbsp buffalo sauce
- ¼ cup plain 2% Greek yogurt
- ¼ tsp dried dill
- ¼ tsp garlic powder
- 2 green onions, sliced
- 2 tbsp crumbled feta or blue cheese (optional)
- Celery sticks, for serving

## INSTRUCTIONS

1. Pierce the sweet potatoes with a fork. Microwave 6–8 minutes, until mostly tender.
2. Air fry at 400°F for 8–10 minutes to crisp the skin.
3. Toss the chicken with buffalo sauce. Stir the yogurt with dill and garlic powder.
4. Split the potatoes open, fill with buffalo chicken, and air fry 3 minutes more.
5. Top with the yogurt sauce, green onions, and cheese. Serve with celery.

**Notes:** No microwave? Air fry the whole potatoes at 400°F for 35–40 minutes. The chicken filling keeps 4 days in the fridge.

# Crispy Parmesan Chicken Tenders with Yogurt Ranch

Prep 10 min | Cook 12 min | Servings 2 | Per serving ~58g protein, ~4g fiber

## INGREDIENTS

- 1 lb chicken tenders
- 1 large egg
- ½ cup panko breadcrumbs
- ¼ cup grated Parmesan
- ½ tsp garlic powder, ½ tsp paprika, ¼ tsp salt
- Cooking oil mister
- 2 cups raw veggies for dipping (carrots, cucumber, bell pepper)

*Yogurt ranch*

- ½ cup plain 2% Greek yogurt
- ½ tsp dried dill
- ¼ tsp garlic powder, ¼ tsp onion powder
- Squeeze of lemon, pinch of salt

## INSTRUCTIONS

1. Beat the egg in one shallow bowl. Mix the panko, Parmesan, and spices in another.
2. Dip each tender in egg, then press into the crumb mix.
3. Arrange in a single layer and mist lightly with oil. Air fry at 400°F for 10–12 minutes, flipping halfway, until they reach 165°F.
4. Stir together the ranch ingredients. Serve with tenders and veggies.

> **Notes:** Refrigerate up to 4 days. Reheat in the air fryer at 375°F for 4–5 minutes to bring back the crunch, not the microwave.

# Turkey Meatloaf Muffins with Roasted Carrots

Prep 10 min | Cook 30 min | Servings 2 (3 muffins each) | Per serving ~46g protein, ~5g fiber

## INGREDIENTS

- 1 lb 93% lean ground turkey
- 1 large egg
- ¼ cup old-fashioned oats
- ¼ cup finely diced onion
- 1 tsp Dijon mustard
- ½ tsp garlic powder, ½ tsp Italian seasoning, ½ tsp salt
- 3 tbsp marinara or no-sugar-added ketchup
- 3 carrots, cut in sticks
- 1 tsp olive oil
- 6 silicone muffin cups

## INSTRUCTIONS

1. Toss the carrots with oil and a pinch of salt. Air fry at 400°F for 12–14 minutes, shaking once. Set aside.
2. Mix the turkey, egg, oats, onion, Dijon, and seasonings with your hands until just combined.
3. Divide into 6 silicone cups and top each with a spoonful of marinara.
4. Air fry at 350°F for 15–18 minutes, until they reach 165°F.
5. Return the carrots to the basket for the last 2 minutes to rewarm.

**Notes:** Refrigerate up to 4 days or freeze up to 3 months. Reheat 60–90 seconds in the microwave.

# Pork Tenderloin with Brussels Sprouts

Prep 10 min | Cook 32 min | Servings 3 | Per serving ~32g protein, ~4g fiber

## INGREDIENTS

- 1 pork tenderloin (about 1 lb)
- 3 cups Brussels sprouts, halved
- 1 tbsp olive oil, divided
- 1 tsp garlic powder
- 1 tsp dried thyme
- ½ tsp smoked paprika
- ½ tsp salt
- 1 tsp Dijon mustard + 1 tsp honey, stirred together

## INSTRUCTIONS

1. Toss the Brussels sprouts with half the oil and a pinch of salt. Air fry at 380°F for 10–12 minutes, shaking once, until browned. Set aside.
2. Rub the pork with the remaining oil, garlic powder, thyme, paprika, and salt.
3. Air fry at 400°F for 18–22 minutes, flipping halfway, until it reaches 145°F.
4. Brush with the Dijon-honey glaze and rest 3 minutes. While it rests, return the sprouts to the basket for 2 minutes to rewarm.
5. Slice and serve.

> **Notes:** Refrigerate up to 4 days. Leftover slices are great cold over salad.

# Teriyaki Chicken Meatballs with Broccoli

Prep 15 min | Cook 20 min | Servings 2 | Per serving ~44g protein, ~4g fiber

## INGREDIENTS

- 1 lb ground chicken
- 1 large egg
- ¼ cup panko breadcrumbs
- 2 green onions, finely sliced
- 1 garlic clove, grated
- 1 tsp grated fresh ginger
- ½ tsp salt
- 3 cups broccoli florets + 1 tsp avocado oil

*Teriyaki sauce*

- 2 tbsp low-sodium soy sauce
- 1 tbsp rice vinegar
- 2 tsp honey
- ½ tsp toasted sesame oil
- 1 tsp cornstarch stirred into 2 tbsp water

## INSTRUCTIONS

1. Mix the chicken, egg, panko, green onions, garlic, ginger, and salt. Wet your hands and roll about 14 meatballs.
2. Air fry at 380°F for 10–12 minutes, shaking halfway, until they reach 165°F.
3. Toss the broccoli with oil and a pinch of salt. Air fry at 400°F for 6–8 minutes.
4. Simmer the sauce ingredients in a small pan for 1–2 minutes, until glossy and thick.
5. Toss the meatballs in the sauce and serve with broccoli.

> **Notes:** Refrigerate up to 4 days. Meatballs freeze up to 3 months without sauce. Add ½ cup brown rice for a heartier plate.

# Pesto Shrimp & Tomato Skewers

Prep 10 min | Cook 8 min | Servings 2 | Per serving ~42g protein, ~7g fiber

## INGREDIENTS

- 12 oz raw shrimp, peeled and deveined (thawed if frozen)
- 1 pint cherry tomatoes
- 1 zucchini, cut in thick half-moons
- 2 tbsp basil pesto
- Pinch of salt, lemon wedges
- Short skewers that fit your basket (soak wooden ones 10 minutes)
- 1 can (15 oz) cannellini beans, drained and warmed, for serving

## INSTRUCTIONS

1. Pat the shrimp dry. Toss the shrimp, tomatoes, and zucchini with pesto and salt.
2. Thread onto skewers, alternating shrimp and vegetables.
3. Air fry at 400°F for 6–8 minutes, flipping halfway, until the shrimp are pink and opaque.
4. Serve over warm cannellini beans with lemon.

**Notes:** Best eaten fresh. No skewers? Cook everything loose in the basket, shaking halfway.

# Paneer Tikka Skewers (Vegetarian)

Prep 10 min + 20 min marinating | Cook 12 min | Servings 2 | Per serving ~35g protein, ~9g fiber

## INGREDIENTS

- 8 oz paneer, cut in 1-inch cubes
- 1 red bell pepper, cut in squares
- ½ red onion, cut in chunks
- 1 cup cooked lentils, warmed, for serving

*Marinade*

- ½ cup plain 2% Greek yogurt
- 1 tsp garam masala
- 1 tsp smoked paprika
- ½ tsp cumin, ½ tsp turmeric
- 1 garlic clove, grated, and ½ tsp grated ginger
- ½ tsp salt, juice of ½ lemon

## INSTRUCTIONS

1. Stir the marinade together. Add the paneer, pepper, and onion. Marinate 20 minutes, or overnight in the fridge.
2. Thread onto skewers.
3. Air fry at 400°F for 10–12 minutes, flipping halfway, until the edges are charred.
4. Serve over warm lentils.

**Notes:** Refrigerate up to 4 days. Firm tofu works instead of paneer for a dairy-free version.

# Pizza Chicken

Prep 10 min | Cook 18 min | Servings 2 | Per serving ~52g protein, ~3g fiber

## INGREDIENTS

- 2 small boneless, skinless chicken breasts (about 14 oz total)
- ½ tsp Italian seasoning, ¼ tsp garlic powder, pinch of salt
- ¼ cup marinara, no sugar added
- ⅓ cup shredded part-skim mozzarella
- 8 slices turkey pepperoni
- 3 cups mixed greens + ½ cup cherry tomatoes + 1 tbsp balsamic vinaigrette, for serving

## INSTRUCTIONS

1. Pound the chicken to an even ¾-inch thickness so it cooks evenly.
2. Season with Italian seasoning, garlic powder, and salt.
3. Air fry at 380°F for 12–14 minutes.
4. Top with marinara, mozzarella, and pepperoni. Cook 3–4 minutes more, until the cheese bubbles and the chicken reaches 165°F.
5. Serve with the side salad.

**Notes:** Refrigerate up to 4 days. Reheat in the air fryer at 360°F for 4–5 minutes.

# Chicken Sausage, Potato & Pepper Hash

Prep 10 min | Cook 22 min | Servings 2 | Per serving (with egg) ~32g protein, ~5g fiber

## INGREDIENTS

- 1 package (12 oz) fully cooked chicken sausage, sliced
- ¾ lb baby potatoes, quartered
- 1 bell pepper, diced
- ½ yellow onion, diced
- 1 tbsp olive oil
- 1 tsp smoked paprika, ½ tsp garlic powder
- Salt and black pepper
- 2 cups baby spinach
- 2 eggs, cooked any way (optional)

## INSTRUCTIONS

1. Toss the potatoes with half the oil, paprika, and salt. Air fry at 400°F for 12 minutes, shaking once.
2. Add the sausage, pepper, onion, garlic powder, and remaining oil. Cook 8–10 minutes more, shaking halfway.
3. Tip into a bowl and toss with the spinach until it wilts.
4. Top each serving with an egg if using.

**Notes:** Refrigerate up to 4 days. Cook eggs fresh when you reheat a portion.

# Mahi-Mahi with Mango Salsa & Black Beans

Prep 15 min | Cook 18 min | Servings 2 | Per serving ~40g protein, ~8g fiber

## INGREDIENTS

- 2 mahi-mahi fillets (about 6 oz each), thawed and patted dry
- 2 tsp avocado oil, divided
- ½ tsp chili powder, ½ tsp garlic powder, ¼ tsp salt
- 1 zucchini, cut in half-moons
- ½ can (15 oz) black beans, drained, rinsed, and warmed

*Mango salsa*

- 1 cup diced mango
- ¼ cup diced red onion
- 2 tbsp chopped cilantro
- Juice of 1 lime, pinch of salt

## INSTRUCTIONS

1. Stir the salsa ingredients together and set aside.
2. Toss the zucchini with 1 tsp oil and a pinch of salt. Air fry at 400°F for 7 minutes. Set aside.
3. Brush the fish with the remaining oil and season with chili powder, garlic powder, and salt.
4. Air fry at 400°F for 9–11 minutes, until the fish flakes easily and reaches 145°F. Return the zucchini for the last 2 minutes.
5. Serve the fish over the black beans and zucchini, topped with mango salsa.

**Notes:** Best eaten fresh. Store the salsa separately; it keeps 2 days. Cod or tilapia work if you can't find mahi-mahi.

# Pork Chops with Roasted Apples & Cabbage

Prep 10 min | Cook 20 min | Servings 2 | Per serving ~37g protein, ~6g fiber

## INGREDIENTS

- 2 boneless pork chops (about 6 oz each, ¾–1 inch thick)
- 1 tbsp olive oil, divided
- 1 tsp dried thyme, ½ tsp garlic powder, ½ tsp salt, black pepper
- ¼ head green cabbage, cut in 2 thick wedges
- 1 apple, cored and cut in thick slices
- ¼ tsp cinnamon
- 1 tsp Dijon mustard + 1 tsp apple cider vinegar, stirred together

## INSTRUCTIONS

1. Brush the cabbage wedges and apple slices with half the oil. Season the cabbage with a pinch of salt and the apples with cinnamon.
2. Air fry the cabbage and apples at 380°F for 8 minutes. Set aside.
3. Rub the pork with the remaining oil, thyme, garlic powder, salt, and pepper.
4. Air fry at 400°F for 10–12 minutes, flipping halfway, until it reaches 145°F. Return the cabbage and apples for the last 2 minutes to rewarm.
5. Rest 3 minutes. Drizzle the Dijon mixture over the cabbage and serve.

> **Notes:** Refrigerate up to 4 days. Thin chops cook fast, so check at 8 minutes.

# Beef & Mushroom Burger Lettuce Wraps with Carrot Fries

Prep 15 min | Cook 22 min | Servings 2 | Per serving ~38g protein, ~5g fiber

## INGREDIENTS

- 12 oz 93% lean ground beef
- 4 oz mushrooms, very finely chopped
- ½ tsp garlic powder, ½ tsp onion powder, ½ tsp salt, black pepper
- 1 tsp Worcestershire sauce
- 4 carrots, cut in thin sticks
- 1 tsp olive oil and ½ tsp smoked paprika
- 1 head butter lettuce, leaves separated
- Sliced tomato, red onion, and pickles
- 2 tbsp plain Greek yogurt + 1 tsp Dijon mustard, stirred together

## INSTRUCTIONS

1. Toss the carrot sticks with oil, paprika, and a pinch of salt. Air fry at 400°F for 12–14 minutes, shaking twice. Set aside.
2. Mix the beef, mushrooms, seasonings, and Worcestershire until just combined. Shape into 4 thin patties.
3. Air fry at 375°F for 8–10 minutes, flipping halfway, until they reach 160°F.
4. Return the carrot fries for the last 2 minutes to rewarm.
5. Wrap each patty in lettuce with tomato, onion, pickles, and a spoonful of the yogurt sauce.

**Notes:** Refrigerate cooked patties up to 4 days and build the wraps fresh. The mushrooms keep the burgers juicy and stretch the beef.

# Everything Bagel Chicken with Roasted Cauliflower

Prep 10 min | Cook 22 min | Servings 2 | Per serving ~46g protein, ~5g fiber

## INGREDIENTS

- 2 small boneless, skinless chicken breasts (about 14 oz total)
- 2 tbsp plain Greek yogurt
- 1½ tbsp everything bagel seasoning
- ½ head cauliflower, cut in florets
- 2 tsp olive oil
- ½ tsp garlic powder, ¼ tsp salt
- Lemon wedges, for serving

## INSTRUCTIONS

1. Toss the cauliflower with oil, garlic powder, and salt. Air fry at 400°F for 10 minutes, shaking once. Set aside.
2. Pound the chicken to an even ¾-inch thickness.
3. Brush the top of each breast with yogurt, then press the everything seasoning on top.
4. Air fry at 380°F for 12–14 minutes, until it reaches 165°F. Return the cauliflower for the last 3 minutes.
5. Serve with lemon.

**Notes:** Refrigerate up to 4 days. Most everything seasoning blends are salty, so skip extra salt on the chicken.

# Gochujang Chicken Thighs with Edamame & Cucumber Salad

Prep 10 min | Cook 20 min | Servings 2 | Per serving ~52g protein, ~5g fiber

## INGREDIENTS

- 1 lb boneless, skinless chicken thighs
- 1 tbsp gochujang (Korean chili paste)
- 1 tbsp low-sodium soy sauce
- 1 tsp honey
- 1 garlic clove, grated
- 1 cup frozen shelled edamame, thawed

*Cucumber salad*

- 1 English cucumber, sliced
- 1 tbsp rice vinegar
- ½ tsp toasted sesame oil
- Pinch of salt, 1 tsp sesame seeds

## INSTRUCTIONS

1. Stir the gochujang, soy sauce, honey, and garlic together. Toss with the chicken.
2. Air fry at 380°F for 16–18 minutes, flipping halfway, until it reaches 165°F. Add the edamame to the basket for the last 4 minutes.
3. While the chicken cooks, toss the cucumber with the vinegar, sesame oil, and salt.
4. Slice the chicken and serve with the edamame and cucumber salad. Top with sesame seeds.

**Notes:** Refrigerate chicken and edamame up to 4 days. Make the cucumber salad fresh or store it separately. Gochujang ranges from mild to hot, so start with less if you're unsure.

# Crispy Halloumi over Warm White Bean Salad (Vegetarian)

Prep 10 min | Cook 14 min | Servings 2 | Per serving ~40g protein, ~10g fiber

## INGREDIENTS

- 8 oz halloumi, cut in ½-inch slices
- 1 zucchini and 1 red bell pepper, cut in chunks
- 2 tsp olive oil, ½ tsp dried oregano
- 1 can (15 oz) white beans, drained and rinsed
- 1 cup cherry tomatoes, halved
- 2 cups arugula
- 1 tbsp red wine vinegar or lemon juice

### *Herb yogurt*

- ½ cup plain 2% Greek yogurt
- 2 tbsp chopped fresh dill or parsley
- 1 small garlic clove, grated, squeeze of lemon

## INSTRUCTIONS

1. Toss the zucchini and pepper with oil and oregano. Air fry at 390°F for 9 minutes, shaking once.
2. Add the halloumi slices in a single layer on top. Cook 4–5 minutes more, until golden at the edges.
3. Toss the warm vegetables with the white beans, tomatoes, arugula, and vinegar.
4. Stir the herb yogurt together.
5. Divide the bean salad between two plates. Top with halloumi and a spoonful of herb yogurt.

**Notes:** Best eaten fresh, since halloumi firms up as it cools. Halloumi is salty, so the salad needs no extra salt. The bean salad keeps 3 days on its own.

# Blackened Tilapia with Sweet Potato Wedges

Prep 10 min | Cook 26 min | Servings 2 | Per serving ~36g protein, ~5g fiber

## INGREDIENTS

- 2 tilapia fillets (about 6 oz each), patted dry
- 2 tsp blackening or Cajun seasoning
- 1 large sweet potato, cut in thin wedges
- 2 tsp avocado oil, divided
- ½ tsp garlic powder, ¼ tsp salt
- 2 cups bagged coleslaw mix + 2 tbsp plain Greek yogurt + squeeze of lime, for a quick slaw

## INSTRUCTIONS

1. Toss the sweet potato with 1 tsp oil, garlic powder, and salt. Air fry at 400°F for 16–18 minutes, shaking twice. Set aside.
2. Brush the fish with the remaining oil and coat both sides with blackening seasoning.
3. Air fry at 400°F for 7–9 minutes, until the fish flakes easily and reaches 145°F. Return the wedges for the last 2 minutes.
4. Stir the slaw mix with the yogurt and lime. Serve alongside.

> **Notes:** Best eaten fresh. Wedges keep 4 days and crisp up again in the air fryer at 380°F for 3 minutes.

# Chicken Shawarma with Peppers & Tahini Yogurt

Prep 10 min + 15 min marinating | Cook 20 min | Servings 2 | Per serving ~48g protein, ~4g fiber

## INGREDIENTS

- 1 lb boneless, skinless chicken thighs
- 1 tbsp olive oil, juice of ½ lemon
- 1 tsp cumin, 1 tsp smoked paprika, ½ tsp turmeric, ½ tsp garlic powder, ¼ tsp cinnamon, ½ tsp salt
- 1 red bell pepper and ½ red onion, sliced
- 1 cucumber and 1 tomato, diced, for serving

*Tahini yogurt*

- ¼ cup plain 2% Greek yogurt
- 1 tbsp tahini
- Squeeze of lemon, pinch of salt, water to thin

## INSTRUCTIONS

1. Toss the chicken with the oil, lemon juice, and spices. Marinate 15 minutes, or overnight in the fridge.
2. Air fry the chicken at 380°F for 10 minutes.
3. Flip the chicken and add the pepper and onion around it. Cook 8–10 minutes more, until the chicken reaches 165°F.
4. Stir the tahini yogurt together, thinning with water until drizzly.
5. Slice the chicken and serve with the peppers, cucumber, and tomato. Drizzle with tahini yogurt.

> **Notes:** Refrigerate up to 4 days. For a heartier plate, add a small whole-wheat pita or ½ cup cooked rice.

# Pantry Staples

Keep these on hand and you can make most of the 20 dinners with one quick protein-and-produce stop.

**Spices & seasonings**

- ☐ Garlic powder, onion powder, smoked paprika
- ☐ Italian seasoning, dried thyme, dried dill
- ☐ Jerk seasoning, cumin, garam masala, turmeric, chili powder, cinnamon, everything bagel seasoning, blackening or Cajun seasoning
- ☐ Salt and black pepper

**Pantry**

- ☐ Olive oil and avocado oil (plus an oil mister)
- ☐ Panko breadcrumbs, old-fashioned oats
- ☐ Low-sodium soy sauce, rice vinegar, toasted sesame oil, honey, cornstarch
- ☐ Dijon mustard, marinara (no sugar added), buffalo sauce, basil pesto, gochujang, tahini, Worcestershire sauce, apple cider vinegar
- ☐ Canned cannellini beans, white beans, and black beans; cooked lentils (canned or vacuum-packed)

**Fridge**

- ☐ Plain 2% Greek yogurt, grated Parmesan, eggs. Freezer: shelled edamame

# You've Got Dinner Covered

Twenty dinners, one basket, very little cleanup. Pick two or three favorites and put them on repeat. That's how a routine sticks.

**Remember the basics:** protein first, vegetables alongside, smart carbs when you want them, and a thermometer so you never have to guess.

Want more? *The PCOS Meal Prep Reset* has a full 14-day plan with grocery lists and prep-day instructions.

*These recipes are for general cooking and education only. They are not medical or nutritional advice. Talk with your doctor or a registered dietitian about your individual needs.*

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