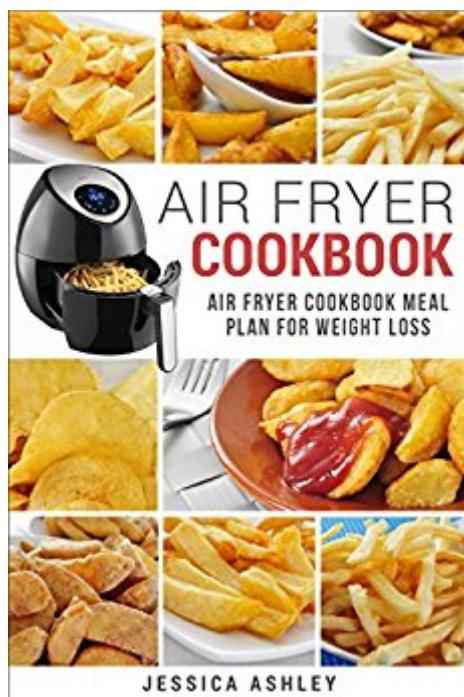


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# Air Fryer Cookbook: 30 Day Meal Plan For Weight Loss: 117 Delicious Recipes For Your Air Fryer Suited For Weight Loss



## Synopsis

Are you looking for a Air FryerÂ Cookbook suited for weight loss or even just a cookbook with unbelievably delicious recipes? AnÂ air fryerÂ is aÂ kitchen applianceÂ thatÂ cooksÂ by circulating hot air around the food. AÂ mechanical fanÂ circulates the hot air around the food at high speed. By circulating air up to 200Â CelsiusÂ or 392 degrees fahrenheit this appliance fries several foods likeÂ potato chips,Â chicken,Â fishÂ orÂ pastriesÂ and it uses lessÂ oilÂ than traditional fryer. Most air fryers come with adjustable temperature and timer knobs that allow for more precise cooking.Â The basic concept is exactly the idea that the name gives; the food is cooked using some really hot air. We will explain exactly how it works further on. Once you get an idea of all the benefits you will be dashing to get one for yourself as well. Although you wonâ™t get the exact deep oil fry taste, nearly everyone who has bought these swear it is more than good enough. The healthier choice is always the better choice and when it promises you some delicious food, whatâ™s not to like? Here is a preview of what this book will offer: Air Fryer And Its Benefits How To Maintain Or Clean The Air Fryer Things to avoid while using the air fryer 30 â“ Day Weight Loss Meal Plan 115 Air Fryer Recipes Suited For Weight Loss. Here is a couple of recipes that this book offers: Vegan Bacon Wrapped Mini Breakfast Burritos Crispy Baby Corn Fritters Chicken Wings with Sesame and Soy Blackened Chicken with Kale and Avocado Salad Grilled Fish Fillets with Pesto Sauce Donâ™t Wait Any Longer, Get Your Copy Today

## Book Information

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Food & Wine > Kitchen Appliances > Fryers

## Customer Reviews

It was a Free cookbook from the Top 100 Free, so I didn't expect much!

### LOTS OF INFO AND RECIPES

Not exactly what I expected.

Great product for the price, really nice simple recipes for the every day family and two person household. I love the fact that most of the recipes are what all of us cook on a every day basis. I like the Calories count, protein, and fat count in it. Works great for me on my diet. This book is worth every penny.

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