

Healthy Air Fryer Cheat Sheet

Food	Temperature	Time	Notes
Chicken Breast	375°F	18–20 min	Flip halfway, check 165°F inside
Chicken Tenders	400°F	10–12 min	Light oil spray for crisp
Salmon Fillet	400°F	8–10 min	Skin side down, check 145°F inside
Shrimp	390°F	6–8 min	Toss with spices before cooking
Broccoli Florets	380°F	7–9 min	Shake basket halfway
Zucchini Slices	400°F	8–10 min	Light coat of oil for browning
Sweet Potato Fries	390°F	12–15 min	Spread evenly, shake halfway
Frozen Vegetables	400°F	8–10 min	No need to thaw first