

ASHLEY'S MEAL PREP MONDAY

CARTWRIGHT'S
MARKET

HEALTHY AIR FRIED CHICKEN TENDERS



1 - 1/2 lbs chicken tenders
or chicken breasts to cut
into strips/chunks

2 eggs

1 cup almond flour

2 TBSP ground flax seed

1 TBSP Italian seasoning

1 TSP sea salt

1 TSP paprika

1/2 TSP pepper

1/2 TSP garlic powder

1/2 TSP onion powder

Avocado Oil spray

Preheat air fryer to 400

Pat chicken dry with paper towel and season with
salt and pepper

whisk eggs in bowl

In separate container, mix almond flour, flax seed
and all of the seasonings and until combined

Give the chicken an egg bath, then dredge in the flour
mixture. Repeat until all of the chicken is coated.

Spray the air fryer basket with avocado spray and
place as many chicken tenders in the basket that will
fit - with a little room in between

Fry for 10 minutes and flipping the tenders over
halfway through

Repeat until all of the chicken is done

Enjoy with your favorite dipping sauces!