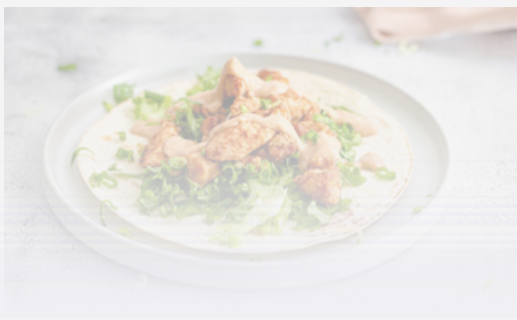








# Air Fryer Recipes

Simple - Quick - Tasty

**Volume 2** - 23 recipes



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KCAL 507.6
PRO 40.4g
CARB 66.7g
FAT 9.1g
FIBER 3.7g
Per serving

# Crispy Fish Tacos with Mango Salsa

High Protein | High Carb

Living+

The perfect balance of light, fresh, and satisfying. The white fish fillets are air-fried to golden perfection with a crunchy breadcrumb coating, while the vibrant mango salsa adds a refreshing, slightly sweet kick. Served in soft taco shells with crisp lettuce and a squeeze of lime, this high-protein, nutrient-rich meal is ideal for a quick dinner.

Prep: 10 min | Cook: 15 min | Fresh: 1 days | Beginner

## Makes 2

**Cod Fillet** 300g or 10.6oz
**Mango** 150g or 5.3oz
**Small Tacos** 4
**Egg** 1
**Lime Juice** 1 lime
**Red Pepper** ½ small
**Red Onion** ½ small
**White Flour** 30g or 1oz
**Breadcrumb** 30g or 1oz
**Lettuce** 2 leafs
**Cilantro** 1 sprig
**Garlic Powder** ½ tsp
**Paprika** ½ tsp
**Black Pepper** 2 twists
**Salt** 2 pinch

# Crispy Fish Tacos with Mango Salsa

High Protein | High Carb

livingplusrx.com

## Method

Season the fish strips with salt and pepper. Set up a breading station: one bowl with flour, one with beaten egg, and one with breadcrumbs mixed with smoked paprika and garlic powder.

Coat each strip: first in flour, then egg, then breadcrumbs. Press to coat well. Spray the air fryer basket with olive oil spray. Place breaded fish strips in a single layer and spray tops lightly with oil.

Air fry at 400°F (200°C) for 10–12 minutes, flipping halfway, until golden and crispy.

Combine diced mango, red pepper, red onion, cilantro, lime juice, and a pinch of salt in a bowl. Toss gently.

Warm the taco shells. Layer with shredded lettuce, crispy fish, and spoonfuls of fresh mango salsa. Finish with an optional squeeze of lime.

**MFP Barcode**

5 5 7 9 4 1 2 2 4 7 7 9

Living+

**Allergen Information**

Contains egg, fish, sulfites, wheat.




# Crispy Korean Chicken Tenders

High Protein | Med Carb

Living+

This dish is a fusion of tender, protein-rich chicken with a spicy, sweet, and savory rub and sauce. Cornflakes add an irresistible crunch, while sesame seeds offer a hint of nuttiness. Fresh cilantro lifts the flavor profile, creating a well-rounded, nutritious meal.

Prep: 10 min | Cook: 12 min | Fresh: 3 days | Beginner

## Makes 9 tenders

**Chicken Breast** 4 average
**Eggs** 2
**Cornflakes** 80g or 2.8 oz
**Gochujang** 5 tsp
**Soy Sauce** 4 tbsp
**Brown Sugar** 30g
**Garlic** 3 cloves
**Sesame Oil** 1 tsp
**Cilantro** 1 sprig
**Sesame Seeds** 1/2 tsp
**Garlic Powder** 1/4 tsp
**Onion Powder** 1/4 tsp
**Paprika** 1/4 tsp
**Salt** 2 pinch

# Crispy Korean Chicken Tenders

High Protein | Med Carb

livingplusrx.com

## Method

Cut the chicken into tenders.

In a bowl, mix onion powder, garlic powder, gochujang paste, paprika, and salt to create the rub. Coat the chicken tenders in the rub and let marinate for at least 30 minutes if you can.

While the chicken is marinating, crush the cornflakes into a coarse texture. Beat the eggs in a separate bowl.

Once marinated, dip the chicken tenders in the egg, then roll them in the crushed cornflakes. Ensure they're thoroughly coated.

Preheat the air fryer to 350°F (180°C).

Place the chicken tenders in the air fryer and cook for 12-15 minutes or until golden brown and cooked through. Ensure they are not overlapping.

While the chicken is cooking, prepare the sauce. Heat the sesame oil in a pan, add finely minced garlic, soy sauce, gochujang, and brown sugar. Simmer until the sugar is dissolved.

Toss the cooked chicken tenders in the sauce until they're completely coated. Garnish with sesame seeds and fresh cilantro before serving. Enjoy!

**MFP Barcode**

0 5 7 9 4 1 2 2 1 6 5 0

Living+

**Allergen Information**

Contains eggs, soybean, sesame




# Crispy Shrimp Rice Paper Gyozas

High Protein | Med Carb

Living+

These crispy air-fried gyozas are a lighter, high-protein twist on traditional dumplings. Juicy shrimp are blended with garlic, green onion, and chives for a savory filling, then wrapped in rice paper and air-fried to golden perfection. Served with a punchy soy-chili dipping sauce, they're ridiculously moreish and surprisingly easy to make.

Prep: 10 min | Cook: 16 min | Fresh: 1 days | Beginner

## Makes 1

- **Shrimp** 200g or 7oz, cooked
- **Rice Paper Sheets** 4
- **Soy Sauce** 2 tbsp
- **Oyster Sauce** 1 tbsp
- **Green Onion** 1
- **Garlic** 1 clove
- **Chili Oil Crunch** 1 tsp
- **Cornstarch** 2 tsp
- **Sesame Oil** ½ tsp
- **Sesame Seeds** ½ tsp
- **White Pepper** ½ tsp
- **Salt** pinch

# Crispy Shrimp Rice Paper Gyozas

High Protein | Med Carb

livingplusrx.com

## Method

Finely chop the shrimp, chives, and green onions. Add them to a bowl with the oyster sauce, garlic, salt, pepper, and cornstarch. Mix until well combined (you can also pulse everything in a food processor for a finer texture).

Cut each rice paper sheet in half. Submerge one half-sheet in warm water for a few seconds until just softened, then lay flat on a clean plate.

Spoon a heaped tablespoon of the filling onto the center of the rice paper. Fold in half to form a crescent shape, then press around the edges to seal. Repeat with remaining sheets and filling.

Lightly spray both sides of the gyozas with cooking spray. Place onto baking paper in your air fryer basket. Air fry at the highest setting (Max Crisp or 400°F/200°C) for 8 minutes per side, flipping halfway, until golden and crispy.

While the gyozas cook, stir together the soy sauce, sesame oil, chili oil, and sesame seeds in a small bowl. Let the gyozas cool slightly before serving. Dip generously into the sauce and enjoy while crisp!

**MFP Barcode**

**Allergen Information**

Contains shellfish, soybean, sesame, sulfites.




# Crispy Shrimp Toast Rice Paper Rolls

High Protein | Med Carb

Living+

These shrimp toast-inspired rice paper rolls are a lighter, high-protein twist on the takeaway favorite. Packed with fragrant shrimp, green onions, and sesame, then crisped up in the air fryer—no deep frying needed. Serve with a creamy hoisin–peanut dipping sauce for the ultimate crunch and flavor combo.

Prep: 15 min | Cook: 12 min | Fresh: 1 days | Beginner

## Makes 1

**Shrimp** 200g or 7oz, cooked
**Cucumber** ½, small
**Egg** 1
**Carrot** 1, small
**Rice Paper Sheets** 4
**Breadcrumbs** 20g or 0.7oz
**Green Onion** 1 tbsp
**Sesame Seeds** 2 tsp
**Garlic** 1 clove
**Sesame Oil** 1 tsp
**Fresh Ginger** 1 tsp
**Fresh Mint** 1 tbsp, chopped
**Black Pepper** 1 twist

# Crispy Shrimp Toast Rice Paper Rolls

High Protein | Med Carb

livingplusrx.com

## Method

Blitz shrimp, garlic, ginger, sesame oil, soy sauce, egg white, bread, and pepper in a food processor until smooth, or dice the shrimp. Fold through the chopped green onions.

Dip one rice paper sheet in warm water until pliable. Lay it flat on a board. Spoon ¼ of the shrimp mixture along the lower third of the sheet in a cylindrical log shape. Roll tightly, tucking in the sides as you go, so it forms a neat cylinder. Repeat with remaining sheets/filling (4 rolls total).

Lightly mist each roll with oil spray. Sprinkle or roll in sesame seeds so they stick to the damp rice paper.

Place rolls seam-side down in the air fryer basket (don't overcrowd). Air fry at 400°F (200°C) for 10–12 minutes, turning once, until crisp, golden, and cooked through.

**MFP Barcode**

5 5 7 9 4 1 2 2 5 1 5 8

Living+

**Allergen Information**

Contains eggs, shellfish, soybeans, sesame, sulfites.



KCAL 536.9

PRO 46.1g

CARB 65.2g

FAT 10.6g

FIBER 4.8g

Per serving

# Harissa Chicken Gyros

High Protein | High Carb

Living+

Dive into the vibrant flavors of these Gyros, featuring spicy marinated chicken wrapped in soft flatbreads with crisp vegetables and creamy homemade tzatziki. This dish combines the warmth of Middle Eastern spices with the cool, refreshing taste of Greek yogurt sauce, making it a perfect meal for any day of the week.

Prep: 15 min | Cook: 20 min | Fresh: 1 days | Beginner

## Makes 2

**Chicken Breast** 2 (125g or 4.4oz per breast)

**Cucumber** 1, small

**Flat Bread** 2

**Oven Fries** 150g or 5.3oz

**Greek Yogurt** 100g or 3.5oz, 0% fat

**Harissa Paste** 2 tsp

**Lettuce** 2 leafs

**Lemon Juice** 1 lemon

**Garlic** 1 clove

**Fresh Mint** 1 tbsp, chopped

**Cajun Seasoning** 1 tsp

**Cumin** 1 tsp

**Black Pepper** 5 twists

**Paprika** 1 tsp

**Salt** pinch

# Harissa Chicken Gyros

High Protein | High Carb

livingplusrx.com

## Method

In a bowl, combine the harissa paste, lemon juice, cajun seasoning, cumin, paprika, and a pinch of salt and pepper. Coat the chicken breasts thoroughly with the marinade. For best flavor, let the chicken marinate for a few hours in the refrigerator.

Preheat your air fryer to 400°F (200°C). Place the marinated chicken and frozen chips in the air fryer basket. Cook for 15 minutes, or until the chicken is thoroughly cooked and the chips are crispy.

While the chicken cooks, mix the Greek yogurt, grated cucumber, lemon juice, minced garlic, chopped mint, and seasoning in a bowl. Adjust the salt and pepper according to your taste.

Warm the flatbreads slightly to make them pliable. Slice the cooked chicken into strips. Spread a layer of tzatziki on each flatbread, add chicken strips, and top with sliced tomatoes and greens.

**MFP Barcode**




Living+

**Allergen Information**

Contains lactose, wheat.




# Harissa Honey Fish Tacos

High Protein | Med Carb

Living+

Elevate your taco night with a delightful blend of sweet and spicy flavors that perfectly complement the delicate white fish. Ideal for a light yet satisfying meal, this recipe features a vibrant slaw and a robust marinade that transforms simple ingredients into a feast for the senses.

Prep: 10 min | Cook: 20 min | Fresh: 1 days | Beginner

## Makes 2

**Cod Fillet** 4
**Soft Shell Taco** 4
**Avocado** 1 small
**Cabbage** 100g or 3.5oz
**Lime Juice** 1 lime
**Greek Yogurt** 40g or 1.4oz
**Feta Cheese** 20g or 0.7oz
**Jalapeños** 2 tbsp, chopped
**Paprika** 1/2 tsp
**Jalapeño Brine** 2 tbsp
**Honey** 2 tsp
**Tomato Paste** 1 tbsp
**Harissa Paste** 1 tsp
**American Style Mustard** 1 tsp
**Green Onion** 1
**Garlic Powder** 1 tsp
**Cumin** 1/2 tsp

# Harissa Honey Fish Tacos

High Protein | Med Carb

livingplusrx.com

## Method

Prepare the fish by patting it dry, seasoning with salt and pepper, and lightly dusting with flour. Thoroughly coat the fillets in the marinade mixture (1 tsp honey, harissa, paprika, cumin, tomato paste and garlic) and refrigerate for at least 15 minutes.

For the slaw, blend the yogurt, honey, jalapeño brine, jalapeños, green onion, garlic, lime juice and zest, and mustard with a pinch of salt until smooth. Adjust seasoning as desired for more heat. Toss the dressing with the shredded cabbage and set aside to marinate.

Cook the fish in a preheated oven or air fryer at 400°F (205°C) fan for about 8-10 minutes, or until flaky and lightly golden. Optional: Finish under the grill for a charred effect.

Char the tacos on an open flame or a hot pan for added texture and flavor. Assemble the tacos with layers of fresh avocado slices, flaked fish, a generous helping of slaw, and a sprinkle of crumbled feta. Drizzle with extra lime juice if desired.

**MFP Barcode**

5 5 7 9 4 1 2 2 3 4 6 8

Living+

**Allergen Information**

Contains lactose, fish, sulfites, wheat, mustard.




# Honey-BBQ Chicken Burger

High Protein | Med Carb

Living+

Experience the delightful crunch of a cornflake-coated chicken breast, infused with BBQ flavors, complemented by the melt-in-the-mouth mozzarella and a hint of honey sweetness, all tucked into a soft brioche bun. This burger promises an ensemble of textures and flavors, from smoky to sweet, crispy to soft.

Prep: 10 min | Cook: 20 min | Fresh: 1 days | Beginner

## Makes 2

**Chicken Breast** 2 average
**Brioche Buns** 2
**Cherry Tomato** 4, single
**Egg** 1
**BBQ Sauce** 50g or 1.7 oz
**Light Mozzarella** 40g or 1.4 oz
**Cornflakes** 30g or 1 oz
**Lettuce** 2 leaves
**Salt** 1 pinch
**Honey** 1 tsp
**BBQ Seasoning** 1 tsp
**Paprika** 1 tsp
**Black Pepper** 1/2 tsp

# Honey-BBQ Chicken Burger

High Protein | Med Carb

livingplusrx.com

## Method

Season the chicken breasts with paprika, salt, and pepper.

In a bowl, mix the crushed cornflakes and bbq seasoning. Dip each chicken breast into the beaten egg, ensuring even coverage, then press into the cornflake mixture, ensuring they're well-coated.

Add the chicken breasts to an air fryer and cook until golden brown.

In a small bowl, mix together the bbq sauce and honey.

Slice open the brioche buns. On the bottom half, place a layer of lettuce, followed by the cheesy chicken breast and a few halved cherry tomatoes. Top with the other half of the brioche bun.

**MFP Barcode**

5 5 7 9 4 1 2 2 2 0 8 9

Living+

**Allergen Information**

Contains eggs, wheat, lactose.




# Honey Mustard Chicken & Waldorf Salad

High Protein | Low Carb

Living+

This recipe offers tender chicken, coated with a flavorful honey-mustard glaze, served alongside a refreshing Waldorf salad. The salad brings together crunchy apples, celery, walnuts, and succulent grapes, all lightly dressed in a tangy lemon-yogurt dressing. A delightfully balanced, low-fat meal that doesn't compromise on taste.

Prep: 5 min | Cook: 16 min | Fresh: 3 days | Beginner

## Makes 3

**Chicken Breast** 2 average
**Green Apple** 1 medium
**Red Seedless Grapes** 20
**Low Fat Yogurt** 2 tbsp
**Spinach** 1 cup
**Celery** 1 stick
**Lemon Juice** 1 lemon
**Honey** 1 tbsp
**Dijon Mustard** 1 tbsp
**Wholegrain Mustard** 2 tsp
**Black Pepper** 1/2 tsp
**Salt** pinch

# Honey Mustard Chicken & Waldorf Salad

High Protein | Low Carb

livingplusrx.com

## Method

In a small bowl, combine the grainy mustard, Dijon mustard, and honey. Mix until well combined.

Season the chicken with salt and pepper. Coat the chicken evenly with the honey mustard sauce.

Preheat your air fryer as per the manufacturer's instructions. Once preheated, place the chicken in the air fryer basket and cook until it's thoroughly cooked and golden brown. Ensure the chicken is no longer pink in the center and the juices run clear.

While the chicken is cooking, make the Waldorf Salad. Chop the apples and celery into bite-sized pieces. In a large bowl, combine the chopped apples, celery, walnuts, and red grapes. Drizzle with lemon juice to prevent browning and add a bit of tanginess. Mix in the plain low-fat yogurt until all the ingredients are well coated.

Serve the air-fried honey mustard chicken on a bed of fresh baby spinach, with a generous helping of the Waldorf Salad on the side.

**MFP Barcode**




Living+

**Allergen Information**

Contains wheat, mustard, lactose.




# Honey Salmon Sriracha Burger

High Protein | Med Carb

Living+

Experience the unique blend of flavors, featuring a tender, spiced salmon patty on a soft brioche bun, complemented by a zesty, crisp slaw and a sweet and spicy glaze. This gourmet burger delivers an extraordinary taste experience, merging the richness of salmon with the kick of sriracha and the sweetness of honey.

Prep: 10 min | Cook: 16 min | Fresh: 3 days | Beginner

## Makes 2

**Salmon Fillet** 2, average
**Brioche Bun** 2
**Lime Juice** 1 lime
**Avocado** 1/2 small
**Egg** 1
**Red Cabbage** 50g or 1.7oz
**Carrots** 30g or 1oz
**Breadcrumbs** 20g or 0.7oz
**Red Onion** 1/2, small
**Ginger Dill & Parsley** 1 tsp chopped of each
**Honey** 1 tsp
**Garlic** 1, clove
**Mint** 1 tbsp, chopped
**Soy Sauce** 1 tsp
**Sriracha** 1 tsp
**Cilantro** 1 tbsp, chopped
**Olive Oil** 1 tsp
**Black Pepper** 5 twists

# Honey Salmon Sriracha Burger

High Protein | Med Carb

livingplusrx.com

## Method

Mix the salmon, red onion, dill, parsley, garlic, lemon zest, breadcrumbs, egg, smoked paprika, garlic powder, ginger, salt, and pepper in a bowl or food processor until combined. Shape into two patties.

Preheat the air fryer to 350°F (180°C). Place patties in the air fryer and cook for 5 minutes. Meanwhile, prepare the glaze by combining soy sauce, honey, and sriracha.

After the initial 5 minutes, brush the patties with the glaze, then continue cooking for another 5 minutes, or until the patties are cooked through and slightly caramelized.

While the patties are cooking, toss the red cabbage (chopped), carrots (grated), mint (chopped), cilantro (chopped), lime juice, olive oil, salt, and pepper in a bowl.

If desired, toast the brioche buns. Spread the mashed avocado on the buns (optional), add the salmon patties, top with slaw, and close with the top bun.

**MFP Barcode**




Living+

**Allergen Information**

Contains fish, egg, wheat.




# Hot Honey Chicken Tenders

High Protein | Med Carb

Living+

Unleash the sweet heat with these Hot Honey Chicken Tenders! Perfectly seasoned and crisped to perfection, these tenders offer a tantalizing blend of spices with a succulent, sweetly spiced glaze. Ideal for a weeknight dinner or a party snack, they're sure to satisfy your cravings for something crispy, sweet, and slightly spicy.

Prep: 10 min | Cook: 15 min | Fresh: 3 days | Beginner

## Makes 3

**Chicken Breast** 4 (125g or 4.4oz per breast)

**Cornflakes** 70g or 2.5oz

**Egg** 1

**Sweet Chili Sauce** 2 tbsp

**Soy Sauce** 2 tbsp

**Honey** 1 tsp

**Cajun Seasoning** 3 tsp

**Paprika** 1 tsp

**Cilantro** 1 tbsp, chopped

**Black Pepper** 1/2 tsp

**Chili Flakes** pinch

# Hot Honey Chicken Tenders

High Protein | Med Carb

livingplusrx.com

## Method

In a bowl, mix the chicken strips with paprika, black pepper, and 2 tsp of Cajun spice until well-coated.

In a separate bowl, beat the eggs. In another bowl, mix the crushed cornflakes with additional Cajun spice.

Dip each seasoned chicken strip first into the beaten eggs, then roll them in the cornflake mixture until fully coated.

Preheat the air fryer to 400°F (200°C). Place the coated chicken in the air fryer basket in a single layer. Air fry for 13 minutes, flipping halfway through for even cooking.

Mix the sweet chili sauce, honey, soy sauce, chili flakes, and chopped cilantro in a bowl. During the last 2 minutes of cooking, brush this mixture over the chicken tenders in the air fryer.

Continue to air fry for an additional 2 minutes to allow the glaze to caramelize slightly.

**MFP Barcode**

5 5 7 9 4 1 2 2 3 5 2 9

Living+

**Allergen Information**

Contains eggs, soy, wheat.




# Lazy Cheesy Egg Toast

High Protein | Med Carb

Living+

Crispy golden toast, perfectly cooked egg, and gooey melted cheese—all made in minutes in the air fryer. A satisfying high-protein breakfast or snack with minimal effort and maximum flavor.

Prep: 10 min | Cook: 45 min | Fresh: 3 days | Beginner

## Makes 10 slices

**Eggs** 2

**White Bread** 2 slices

**Red Onion** ¼, small

**Cheddar Cheese** 30g or 1.7oz, half fat

**Chili Flakes** pinch

**Salt** 1 pinch

**Black Pepper** 1 twist

# Lazy Cheesy Egg Toast

High Protein | Med Carb

livingplusrx.com

## Method

Use the back of a spoon to press down the center of each bread slice, forming a shallow “well” for the egg. This helps prevent it from overflowing.

Carefully crack one egg into the center of each prepared slice.

Sprinkle over the chopped onion, salt, black pepper, chili flakes, and cheese of choice.

Place the toasts in the basket and air fry at 350°F (180°C) for 8 minutes

Enjoy straight from the fryer while the cheese is melty and the egg is just right.

**MFP Barcode**



Living+

**Allergen Information**

Contains lactose, eggs, wheat.



KCAL 391.2

PRO 32.6g

CARB 3.7g

FAT 27.4g

FIBER 0.2g

Per serving

# Lemon Garlic Salmon with Asparagus

High Protein | Low Carb

Living+

This quick meal features perfectly air-fried salmon marinated in lemon, garlic, and olive oil for a punch of flavor. It's paired with tender asparagus spears, roasted until golden and topped with Parmesan for a salty, savory finish. High in protein and rich in omega-3s, this is a dinner that feels indulgent, but keeps your goals in mind.

Prep: 5 min | Cook: 14 min | Fresh: 1 days | Beginner

## Makes 2

**Salmon Fillet** 2

**Asparagus** 8 spears

**Parmesan** 30g or 1oz

**Garlic Cloves** 4

**Lemon Juice** ½ lemon

**Olive Oil** 2 tsp

**Fresh Dill** 1 tbsp

# Lemon Garlic Salmon with Asparagus

High Protein | Low Carb

livingplusrx.com

## Method

In a small bowl, mix together 1 tsp olive oil, 2 cloves minced garlic, lemon juice, dill and lemon zest. Season the salmon fillets with salt and pepper. Pour the marinade over the salmon and let it sit for about 10-15 minutes.

While the salmon marinates, toss the asparagus spears with 1 tsp olive oil, 2 cloves minced garlic, salt, and pepper. Prepare to cook them alongside or after the salmon.

Preheat your air fryer to 350°F (180°C). Place the salmon fillets in one air fryer basket, skin-side down, without overcrowding. Cook for 10-12 minutes, depending on the thickness of the fillets, or until the salmon is cooked through and flakes easily with a fork.

Place the asparagus in the second air fryer basket. Sprinkle with Parmesan cheese. Air fry at 350°F (180°C) for 7-8 minutes, or until tender and lightly browned.

**MFP Barcode**

5 5 7 9 4 1 2 2 4 5 4 0

Living+

**Allergen Information**

Contains lactose, fish.




# Loaded Tuna Chorizo Bagels

High Protein | Med Carb

Living+

Experience a fusion of flavors with these loaded bagels, an inventive take on the classic bagel sandwich. Combining the richness of tuna with spicy chorizo, melted half-fat cheese, and a kick of sriracha mayo, these bagels offer a unique and satisfying meal. Perfect for a hearty breakfast, lunch, or even a quick dinner.

Prep: 5 min | Cook: 12 min | Fresh: 1 days | Beginner

## Makes 4

**Plain Bagel** 2

**Tuna** 1 tin

**Cheddar Cheese** 80g or 2.8oz, half fat

**Chorizo** 80g or 2.8oz

**Light Mayonnaise** 2 tbsp

**Sriracha** 2 tbsp

# Loaded Tuna Chorizo Bagels

High Protein | Med Carb

livingplusrx.com

## Method

Begin by preparing the filling for the bagels. In a mixing bowl, combine the drained tuna, grated cheese, and chorizo. Add in the light mayonnaise and sriracha sauce, and mix everything together until well combined.

Take each half of the whole grain bagels and generously spread the tuna and chorizo mixture on them. Make sure the filling is evenly distributed for the best flavor experience.

Once the bagels are loaded with the filling, place them in the air fryer. Set the air fryer to a medium setting and cook the bagels until the cheese is melted and bubbly, and the bagels are slightly crispy. This should take about 10 minutes, but keep an eye on them to ensure they don't overcook.

Once done, remove the bagels from the air fryer. Let them cool for a minute or two, as the filling will be hot.

**MFP Barcode**




Living+

**Allergen Information**

Contains milk, eggs, fish, wheat, mustard.



KCAL 524.9

PRO 43.2g

CARB 55.4g

FAT 14g

FIBER 4.7g

Per serving

# Korean Chicken Burger

High Protein | Med Carb

Living+

Savor the flavors of Korea with this delicious Korean Chicken Burger. Spicy, sweet, and bursting with flavor, this burger combines crispy, air-fried chicken with a tangy gochujang sauce and a creamy kimchi or kewpie mayo, all nestled in a soft, lightly toasted brioche bun. Add sliced gherkins for an extra crunch and a burst of tanginess.

Prep: 10 min | Cook: 16 min | Fresh: 3 days | Beginner

## Makes 2

**Chicken Breast** 2, 125g or 4.4oz
**Brioche Bun** 2
**Gherkins** 2
**Lime Juice** 1 lime
**Egg** 1
**Red Cabbage** 50g or 1.7oz
**Carrots** 30g or 1oz
**Cornflakes** 30g or 1oz
**Light Mayonnaise** 1 tsp

**Gochujang** 1 tsp
**Sesame Oil** 1 tsp
**Garlic** 1, clove
**Brown Sugar** 1 tsp
**Soy Sauce** 2 tsp
**Paprika** 1 tsp
**Chili Powder & Black Pepper** 1/2 tsp each
**Olive Oil** 1 tsp
**Ginger** 1/4 tsp

# Korean Chicken Burger

High Protein | Med Carb

livingplusrx.com

## Method

Season the chicken breasts with garlic granules, salt, black pepper, paprika, and chili powder. Dip each breast in the beaten egg and then coat thoroughly with crushed cornflakes.

Preheat your air fryer to 400°F (200°C). Place the coated chicken breasts in the air fryer basket and spray lightly with oil. Cook for 15 minutes, flipping halfway through.

Heat the sesame oil in a pan over low heat. Add minced garlic and ginger, and sauté until fragrant. Stir in the gochujang paste, brown sugar, and soy sauce. Simmer for a few minutes, then remove from the heat.

Brush or dip the cooked chicken in the prepared sauce, making sure all sides are covered. Toast the brioche buns and spread a dollop of kimchi or kewpie mayo on the bottom half of each bun. Place the sauced chicken on top, add sliced gherkins and slaw if using, and top with the other half of the bun.

**MFP Barcode**




Living+

**Allergen Information**

Contains fish, egg, wheat, soy, sulfites.




# Sesame Miso Cod with Bok Choy

High Protein | Low Carb

Living+

Each cod fillet is marinated in a savory blend of miso paste, soy sauce, honey, and sesame oil, creating layers of umami flavor. Paired with the gentle crunch of fresh bok choy and accented with fiery red chili and aromatic green onions, this dish is a testament to the simplicity and elegance of Asian cuisine.

Prep: 10 min | Cook: 12 min | Fresh: 3 days | Beginner

## Makes 2

- **Cod Fillet** 2, medium
- **Bok Choy** 250g or 8.8oz
- **Green Onion** 3
- **Miso Paste** 1 tsp
- **Sesame Oil** 1 tbsp
- **Sesame Seeds** 2 tsp
- **Honey** 1 tsp
- **Red Chili** 1

# Sesame Miso Cod with Bok Choy

High Protein | Low Carb

livingplusrx.com

## Method

In a bowl, whisk together the miso paste, soy sauce, honey, and sesame oil until fully combined. Ensure the miso paste is well dissolved.

Coat the cod fillets thoroughly with the prepared marinade, ensuring they are well covered. Let them sit while you prepare the vegetables for a deeper infusion of flavors.

Place the halved bok choy at the bottom of the air fryer basket. Position the marinated cod fillets on top of the bok choy. This allows the fish to steam gently while infusing the bok choy with its flavors.

Drizzle the remaining marinade over the cod and bok choy. Sprinkle evenly with sliced red chili, sesame seeds, and chopped green onions. Add a final drizzle of sesame oil and season with a touch of salt and pepper for enhanced flavor.

Set your air fryer to 400°F (200°C) and cook for approximately 10 minutes. The exact time may vary based on the thickness of the cod fillets and the model of your air fryer. The fish should be flaky and opaque, and the bok choy should be tender yet slightly crisp.

**MFP Barcode**

5 5 7 9 4 1 2 2 2 9 3 5

Living+

**Allergen Information**

Contains fish, soy, sesame.



KCAL 508.2
PRO 41g
CARB 60.4g
FAT 11.4g
FIBER 0.9g
Per serving

# Seoul-Style Crispy Chicken Tacos

High Protein | Med Carb

Living+

Perfectly crispy chicken is coated in a sweet and spicy Gochujang-based sauce, then nestled in soft mini tortillas with fresh lettuce and a zesty homemade mayo. Garnished with green onions, these tacos offer a delicious fusion of Korean flavors with a fun Mexican twist, making them a must-try for any taco night!

Prep: 15 min | Cook: 15 min | Fresh: 3 days | Beginner

## Makes 2

**Chicken Breast** 2 (125g or 4.4oz per breast)
**Soft Shell Tacos** 4 small or 2 medium
**Eggs** 1
**Water** 2 tbsp
**Cornstarch** 25g or 0.9oz
**Tomato Ketchup** 2 tbsp
**Light Mayonnaise** 2 tbsp
**Garlic Clove** 2
**Green Onion** 1
**Sugar** 1 tsp
**Honey** 1 tsp
**Black Pepper** 5 twists
**Soy Sauce** 1 tsp & 1 tbsp
**Ginger** 1 inch piece
**Rice Vinegar** 1/2 tsp
**Gochujang** 25g or 0.9oz

# Seoul-Style Crispy Chicken Tacos

High Protein | Med Carb

livingplusrx.com

## Method

In a small bowl, mix together Gochujang paste, honey, soy sauce, ketchup, sugar, minced ginger, and water. Set aside some of this sauce mixture for the mayo.

Season the chicken pieces with minced garlic, black pepper, soy sauce, and rice vinegar. Dip the seasoned chicken into beaten egg white, then dredge in cornstarch.

Spray the chicken with a low-calorie cooking spray. Air fry at 375°F (190°C) for 6 minutes on the crisp tray, flip, and cook for another 6 minutes.

Carefully remove the crisp tray and coat the chicken with most of the Gochujang sauce, reserving some for the mayo. Return to the air fryer and cook at 400°F (200°C) for an additional 2 minutes.

Mix the reserved Gochujang sauce with light mayonnaise and 2 tbsp water to create a flavorful mayo.

Lightly toast or char the tortillas over a flame. Place a bed of shredded lettuce on each tortilla, top with the crispy Gochujang chicken, drizzle with the spicy mayo, and garnish with green onions.

Serve the tacos immediately, offering a blend of crunchy, spicy, and tangy flavors that are sure to delight.

**MFP Barcode**

5 5 7 9 4 1 2 2 3 0 4 8

Living+

**Allergen Information**

Contains wheat, lactose, soy, mustard.




# Spicy Chicken Burger

High Protein | Med Carb

Living+

Dive into a scrumptiously juicy chicken burger infused with spicy undertones, ensconced in soft brioche buns. The chicken patty, seasoned with hot sauce and coated with a spicy cornflake mixture, is complemented by a tangy mayo-hot sauce blend, making every bite an explosion of flavors.

Prep: 15 min | Cook: 15 min | Fresh: 2 days | Beginner

## Makes 2

**Chicken Mince** 200g or 7 oz
**Brioche Bun** 1 buns
**Chicken Eggs** 1
**Cheddar Cheese** 40g or 1.4 oz , half fat
**Cornflakes** 30g or 1 oz
**Plain Flour** 1 tbsp
**Mayonnaise** 2 tbsp, lighter than light
**Lettuce** 2 leaves
**Sriracha Sauce** 1 tbsp
**Paprika** 2 tsp
**Salt** 1/4 tsp
**Chili Powder** 1/2 tsp
**Black Pepper** 1/2 tsp

# Spicy Chicken Burger

High Protein | Med Carb

livingplusrx.com

## Method

In a mixing bowl, combine chicken mince, hot sauce, egg, and flour. Mix until the ingredients are well incorporated. Divide the mixture into two and shape each portion into a patty.

In another bowl, combine the crushed cornflakes, chili powder, salt, pepper, garlic powder, and paprika. Mix well.

Dredge each chicken patty in the cornflake mixture, ensuring it's completely coated.

Preheat the air fryer to 350°F (180°C) for about 3 minutes. Place the coated patties in the air fryer basket in a single layer, ensuring they aren't touching. Air fry for about 15 minutes, flipping the patties halfway through, until they are golden brown and cooked through.

In a small bowl, mix together light mayo, hot sauce, and paprika.

Cut the brioche buns in half. Spread a generous amount of the prepared sauce on the bottom half of each bun. Place the cooked chicken patty over the sauce, followed by a slice of light cheese and a handful of shredded lettuce. Top with the other half of the bun.

**MFP Barcode**




Living+

**Allergen Information**

Contains lactose, wheat, egg.



KCAL 473.8

PRO 63.7g

CARB 37.2g

FAT 7.6g

FIBER 1.3g

Per serving

# Spicy McNuggets

High Carb | Med Carb

Living+

Spicy McNuggets are a healthier twist on the classic McDonald's menu item. These low-fat, high-protein nuggets are made with lean chicken breast and a spicy coating that is sure to satisfy your craving for something hot and crispy.

Prep: 5 min | Cook: 0 min | Fresh: 1 days | Beginner

## Makes 2 (20 nuggets)

**Chicken Mince** 500g or 17.6 oz

**Egg** 1

**Sriracha** 2 tbsp

**Flour** 1 heaped tsp

**Paprika** 2 tsp

**Onion Powder** 1 tsp

**Cajun Spice** 1 tsp

**Corn Flakes** 70g or 2.5 oz

**Black Pepper** 1 tsp

# Spicy McNuggets

High Protein | Med Carb

livingplusrx.com

## Method

To a mixing bowl, add the mince, 1 egg, 1 heaped tsp of flour, 1 tsp of paprika, a tsp of cajun seasoning, a tsp of onion powder, black pepper, and the sriracha sauce. Mix until well combined.

Next, to make the breading, blend or crush 70 grams of cornflakes with a tsp of paprika.

Using golf ball-sized servings of the chicken mixture, make nugget-like shapes before coating each nugget on the cornflake mixture. Place the nuggets on a roasting tray and spray with 0 kcal oil. This can make up to 20 nuggets.

Cook the nuggets in the air fryer at 400°F (200°C) for 15 to 18 minutes.

**MFP Barcode**

0 5 7 9 4 1 2 2 0 8 6 8

Living+

**Allergen Information**

Contains eggs, sulfites, gluten, may contain wheat, treenuts, peanuts




# Sweet Chili Chicken Tacos

High Protein | Med Carb

Living+

Juicy chicken tenders, coated in a crispy cornflake crust and seasoned with Cajun spices, are glazed with a sticky sweet chili sauce and nestled in soft mini tortilla wraps. Fresh lettuce and diced cherry tomatoes add a refreshing crunch. An optional drizzle of low-fat yogurt adds a creamy contrast to the spicy and sweet flavors.

Prep: 15 min | Cook: 15 min | Fresh: 3 days | Beginner

## Makes 2

**Chicken Breast** 2 (125g per breast)
**Soft Tacos** 4
**Cherry Tomato** 6 single
**Egg** 1
**Sweet Chili Sauce** 3 tbsp
**Black Pepper** 5 twist
**Cajun Seasoning** 2 tbsp
**Lettuce** 2 handful, chopped
**Honey** 1 tsp
**Salt** 1 pinch

# Sweet Chili Chicken Tacos

High Protein | Med Carb

livingplusrx.com

## Method

In a small bowl, mix together the sweet chili sauce and honey. Set this sticky glaze aside for later use.

Cut the chicken breasts into tenders, aiming for 3-4 pieces per breast. Season them with 2 tablespoons of the Cajun seasoning, along with a pinch of salt and pepper.

Place the cornflakes in a zip-lock bag and crush them into small pieces. Transfer to a bowl and mix in the remaining 2 teaspoons of Cajun seasoning for an extra flavor kick.

Whisk the egg in a separate bowl. Dip each chicken tender first into the whisked egg, ensuring it's fully coated, and then roll it in the seasoned cornflakes. Make sure each piece is well-covered.

Arrange the coated chicken tenders in the air fryer basket. Spray them lightly with a low-calorie cooking spray. Cook at 350°F (180°C) for 6 minutes. Flip the tenders, spray again, and cook for another 6 minutes or until the chicken is thoroughly cooked. In the last 2 minutes of cooking, brush the tenders with the prepared sweet chili and honey glaze, allowing it to caramelize slightly.

Warm the mini tortilla wraps as per the package instructions. On each wrap, lay a bed of sliced lettuce and diced cherry tomatoes. Place the glazed chicken tenders on top of the salad bed. If desired, drizzle each taco with low-fat yogurt for a creamy finish. Serve immediately while the chicken is still warm and the tortillas soft.

**MFP Barcode**

5 5 7 9 4 1 2 2 2 8 3 6

Living+

**Allergen Information**

Contains lactose, wheat, eggs




# Sweet Chili Salmon With Black Rice

High Protein | Med Carb

Living+

This vibrant dish balances sweet, spicy, salty, and citrus flavors in every bite. Juicy orange segments and nutty black rice soak up a sesame-soy dressing, while flaky salmon—coated in sweet chili and paprika—adds high-quality protein. It's the perfect light yet satisfying post-workout or dinner, high in omega-3s, protein, and fiber.

Prep: 10 min | Cook: 20 min | Fresh: 3 days | Beginner

## Makes 2

- **Salmon Fillet** 2
- **Orange** 1, large
- **Black Jasmine Rice** 100g or 3.5oz
- **Green Onion** 3
- **Sesame Oil** 1.5 tbsp
- **Soy Sauce** 1.5 tbsp
- **Sweet Chili Sauce** 1 tbsp
- **Paprika** 1 tsp

# Sweet Chili Salmon With Black Rice

High Protein | Med Carb

livingplusrx.com

## Method

Bring a pan of salted water to the boil, add the rice, then reduce to a simmer and cook for 18-20 minutes, depending on how much bite you like. Drain well and set aside.

Season the Salmon with the sweet chili and paprika. Air fry for 14 minutes.

Meanwhile, using a sharp knife, cut the top and base from the oranges so they sit steadily on a board. Carefully slice down the sides of each orange to remove the skin and pith. Cut into 1cm slices and cube and set aside.

Put the sesame oil, soy, the white parts of the salad onions into a large mixing bowl and whisk with a fork to combine.

Tip the warm rice into the bowl and stir well to coat in the dressing. Fold in the orange slices. Divide between plates and top with the salmon fillets. Scatter with the green salad onions to serve.

**MFP Barcode**

5 5 7 9 4 1 2 2 4 5 7 1

Living+

**Allergen Information**

Contains soy, sesame, soybean.



KCAL 273.6
PRO 42.1g
CARB 21.6g
FAT 2.2g
FIBER 0.2g
Per Serving

# Taiwanese-Style Popcorn Chicken

High Protein | Low Carb

Living+

Crispy, golden, and packed with flavor—this air-fried Taiwanese-inspired popcorn chicken is made with tender marinated bites of chicken breast coated in crunchy cornstarch, then finished with a savory spice sprinkle. It's lightened up using the air fryer, but still bursting with bold umami, garlic, and five spice goodness.

Prep: 10 min | Cook: 15 min | Fresh: 3 days | Beginner

## Makes 1

**Chicken Breast** 4, (125g or 4.4oz per breast)
**Cornstarch** 60g or 2.1oz
**Egg White** 1 egg
**Soy Sauce** 2 tbsp
**Garlic** 2 cloves
**Rice Wine Vinegar** 1 tbsp
**Ginger** 1 tbsp, fresh
**Chinese Five Spice** 1 tsp
**Salt** 1 pinch
**Brown Sugar** ½ tsp
**Chinese Five Spice** ½ tsp
**White Pepper** 1 tsp

# Taiwanese-Style Popcorn Chicken

High Protein | Low Carb

livingplusrx.com

## Method

Dice the chicken breast into bite-sized chunks (around 1-inch pieces).

In a mixing bowl, combine 1/2 tsp white pepper, 1 tsp chinese five-spice powder, garlic, ginger, rice wine vinegar, soy sauce, and egg white. Add the chicken, stir to coat, and let it marinate for at least 30 minutes—or overnight in the fridge for deeper flavor.

Pour the cornstarch onto a plate. Remove the chicken from the marinade and press each piece into the cornstarch until fully coated.

Lightly spray your air fryer tray with oil. Place the coated chicken pieces into the basket in a single layer. Spray the tops lightly with oil. Air fry at 400°F (200°C) for 13–15 minutes, flipping halfway, until golden and crispy.

While still hot, toss the cooked chicken with a mixture of salt, 1/2 tsp five spice powder, 1/2 tsp brown sugar, and 1/2 tsp white pepper. Serve immediately, optionally with crispy Thai basil or a chili dipping sauce on the side.

**MFP Barcode**

5 5 7 9 4 1 2 2 5 0 8 0

Living+

**Allergen Information**

Contains eggs, soybeans.




# Two-Cheese Protein Pizzas

High Protein | Med Carb

Living+

Delight in creating your own mini Pizzas, featuring homemade dough that's astonishingly easy and quick to prepare. Topped with a richly seasoned tomato base, layered with succulent pepperoni, tender cooked chicken, and a harmonious mix of mozzarella and cheddar - all crowned with aromatic herbs.

Prep: 10 min | Cook: 15 min | Fresh: 1 days | Beginner

## Makes 2

**Chicken Breast** 2, 125g or 4.4oz each
**Greek Yogurt** 100g or 3.5oz, 0% fat
**Self-Rising Flour** 75g or 2.6 oz
**Pepperoni** 30g or 1oz
**Cheddar Cheese** 30g or 1oz, 1/2 fat
**Mozzarella Cheese** 30g or 1 oz, light
**Fresh Basil** 4 leaves
**Tomato Paste** 2 tbsp
**Dried Basil** 1/2 tsp
**Ground Oregano** 1/2 tsp
**Black Pepper** 3 twists
**Salt** pinch

# Two-Cheese Protein Pizzas

High Protein | Med Carb

livingplusrx.com

## Method

In a bowl, combine the tomato paste with 1/2 teaspoons of dried oregano, basil, and season with salt and pepper. Stir well and set aside for the flavors to meld.

In another mixing bowl, blend the self-rising flour with the Greek yogurt. Stir until a dough forms. Turn out onto a lightly floured surface, divide the dough in half, and shape each portion into a ball.

Using a floured rolling pin, roll out each dough ball into a round pizza base, dusting with more flour as needed to prevent sticking. Leave a slight edge thicker around the circumference for the crust.

Evenly spread the sauce over each pizza base, leaving the crust exposed. Distribute the pepperoni and cooked chicken evenly on top, then sprinkle with additional oregano and the cheese mix.

Set the air fryer to 375°F (190°C) and cook the pizzas for 12-15 minutes, or until the crust is golden and the cheese is bubbly and melted. Check halfway through and rotate the pizzas if necessary for even cooking.

Once cooked, remove the pizzas from the air fryer and let them cool slightly on a wire rack. Garnish with fresh basil leaves before serving for a fresh, herby flavor.

**MFP Barcode**

5 5 7 9 4 1 2 2 2 9 5 9

Living+

**Allergen Information**

Contains lactose, wheat.




# Zinger Burger

High Protein | Med Carb

Living+

Unleash a burst of fiery flavors! This burger features a crispy, seasoned chicken breast enveloped in a crunchy cornflake crust, offering a perfect balance of heat and texture. Paired with a tangy and peppery mayo sauce, fresh lettuce, and encased in a soft bun, it's a mouthwatering delight for spice enthusiasts.

Prep: 10 min | Cook: 15 min | Fresh: 1 days | Beginner

## Makes 1

**Chicken Breast** 1 (125g or 4.4oz per breast)
**Brioche Bun** 1
**Egg** 1
**Cornflakes** 30g or 1 oz
**Light Mayonnaise** 1 tsp
**Lemon Juice** 1 lemon
**Lettuce** 1 leaf
**Black Pepper** 5 twists
**Paprika** 1 tsp
**Chili Powder** 1/2 tsp
**Cayenne Pepper** 1/2 tsp

# Zinger Burger

High Protein | Med Carb

livingplusrx.com

## Method

Start by flattening the chicken breast to ensure even cooking. Season it with cayenne, white pepper, paprika, and chili powder.

Dip the seasoned chicken first in the beaten egg, then coat thoroughly with the crushed cornflakes.

Preheat your cooking device (oven, air fryer, or skillet). If using an oven or air fryer, cook at 400°F (200°C) for about 16-18 minutes until the chicken is crispy and fully cooked. If pan-frying, heat oil over medium heat and fry the chicken until golden brown and cooked through, approximately 10 minutes on each side

Toast the bun lightly. Spread the prepared mayo sauce on the bottom half, place the cooked chicken, add lettuce, and cap with the top bun.

**MFP Barcode**

5 7 9 4 1 2 2 3 3 3 8

Living+

**Allergen Information**

Contains lactose, eggs, mustard, wheat.