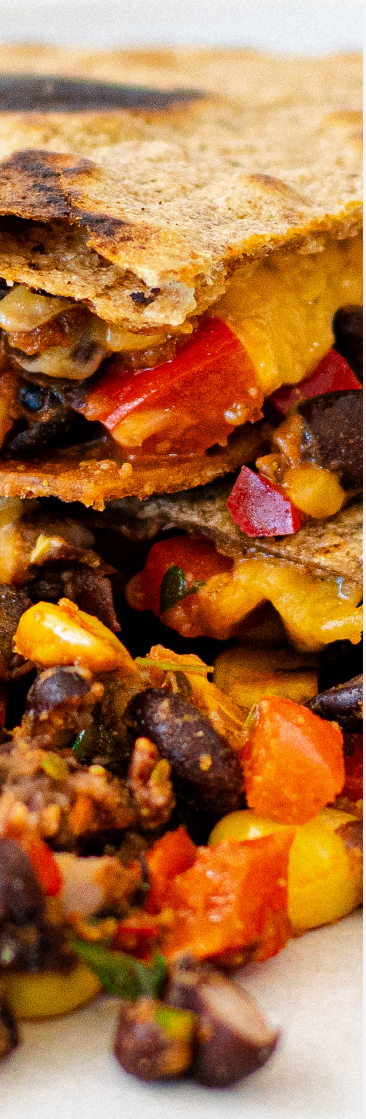


Basic Dinner Recipes

Simple - Quick - Tasty

Volume 1 - 16 recipes



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Alfredo Rigatoni

Med Carb

Living+

Savor the rich and earthy flavors of this Creamy Alfredo Rigatoni. Perfectly cooked rigatoni tossed in a luxuriously creamy sauce, combined with sautéed mushrooms, aromatic garlic, and sweet red onions. Finished with a sprinkle of Parmesan and seasoned to perfection, this pasta dish is a comforting and satisfying meal.

Prep: 10 min | Cook: 20 min | Fresh: 2 days | Beginner

Makes 3

Light Cream 270ml or 9.1 fl oz

White Mushrooms 250g or 8.8oz

Rigatoni Pasta 190g or 6.7oz dried

Red Onion 1, medium

Garlic Cloves 4

Parmesan 4 tbsp

Salt 1 pinch

Olive Oil 1 tsp

Black Pepper 1 tsp

Alfredo Rigatoni

Med Carb

livingplusrx.com

Method

Bring a large pot of water to a boil. Add the rigatoni and cook according to package instructions until al dente. Reserve a cup of pasta water for later use, then drain the pasta and set aside.

While the pasta is cooking, heat the olive oil in a large pan over medium heat. Add the grated red onion and cook until translucent, about 2-3 minutes. Add the sliced mushrooms and minced garlic, stirring frequently until the mushrooms have released their water and are golden brown, approximately 5-7 minutes. Season with salt and black pepper to taste.

Reduce the heat to low and add the light cream to the pan with the mushrooms. Stir to combine and allow the mixture to simmer gently. The sauce should begin to thicken slightly.

Add the cooked rigatoni to the pan with the mushroom and cream mixture. Toss well to ensure the pasta is fully coated. If the sauce is too thick, add a few tablespoons of the reserved pasta water until you reach your desired consistency.

Remove the pan from the heat. Sprinkle generously with grated Parmesan cheese, stirring through until the cheese is melted and the sauce is smooth and creamy.

Divide the creamy rigatoni with mushrooms between three bowls. Serve hot, with additional Parmesan cheese and a twist of black pepper on top, if desired.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, wheat.



BBQ Tofu Sandwich with Tangy Slaw

Med Carb

Living+

Indulge in a delightful fusion of crisp, seared tofu with a smoky BBQ and sriracha kick, paired with creamy, tangy slaw nestled in a toasted brioche bun. This hearty vegan burger is both wholesome and delicious, offering a burst of flavors and textures in each bite.

Prep: 10 min | Cook: 15 min | Fresh: 2 days | Beginner

Makes 2

Firm Tofu 160g or 5.6 oz
Vegan Brioche Buns 2
BBQ Sauce 60g or 1/3 cup
Red Onion 1/4 small
Mayonnaise 3 tbsp, light vegan
Lettuce 2 leaves
Sriracha Sauce 1 tsp
Apple Cider Vinegar 1 tbsp
Olive Oil 1 tsp
Black Pepper 1/2 tsp
Cilantro 1/4 cup, chopped
Salt pinch

BBQ Tofu Sandwich with Tangy Slaw

Med Carb

livingplusrx.com

Method

After draining the tofu, pat it dry. Cut it into one-inch-thick slabs, ensuring a trim if needed for the buns. Pat dry once again.

Warm up a skillet or pan over medium-high heat, and pour in the oil. Sprinkle the oil with salt and pepper. Place the tofu in the skillet and sear until it turns crispy and deeply golden, about 6 minutes on each side.

Mix together the BBQ sauce and sriracha. Set aside.

Combine the lettuce, onions, cilantro, vegan mayo, vinegar, and salt. Adjust according to your palate.

Toast the buns. Lower the skillet's heat, coat the tofu in the BBQ sauce blend, and let it caramelize slightly.

Place the tofu in the toasted buns and top with the tangy slaw.

MFP Barcode

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

Living+

Allergen Information

Contains wheat, soy.



Bean Burger Salad

Med Carb

Living+

Flavorful homemade veggie burgers, accompanied by a fresh salad and zesty salsa. Made with a mix of sweet potatoes, kidney beans, and aromatic spices, these burgers are not only delicious but also nutritious. Served atop a bed of crisp Romaine lettuce and cherry tomatoes, and topped with a vibrant homemade salsa.

Prep: 15 min | Cook: 25 min | Fresh: 3 days | Beginner

Makes 4

Romaine Lettuce 200g or 7oz
Cherry Tomatoes 250g or 8.8oz
Red Kidney Beans 1 can, drained
Sweet Potato 200g or 7oz
Tomato 1, large
Yellow Onion 1 medium
Red Onion 1/4 medium
Breadcrumbs 50g or 1.7oz
Rolled Oats 2 tbsp
Garlic Cloves 2
Olive Oil 2 tsp
Lemon Juice 1 lemon
Cumin 1 tsp
Red Chili 1
Black Pepper & Salt pinch
Cilantro 1 tbsp, chopped
Chili Flakes 1 pinch

Bean Burger Salad

Med Carb

livingplusrx.com

Method

Start by preparing the sweet potato. Cube the sweet potato and boil it in water until it becomes soft and tender.

In a mixing bowl, combine the softened sweet potato, finely chopped onion, crushed garlic, rinsed and drained red kidney beans, chili flakes, breadcrumbs, ground cumin, and oats. Season the mixture with salt and pepper. Mash and mix everything together until well combined.

Form the mixture into four evenly sized patties.

Heat olive oil in a skillet over medium heat. Fry the patties for about 2 minutes on each side until they start to turn golden brown. Transfer the patties to an air fryer or oven and cook at 350°F (180°C) for approximately 20 minutes, or until they are cooked through and have a crispy exterior.

While the patties are cooking, prepare the salad and salsa. For the salad, combine the Romaine lettuce and halved cherry tomatoes in a bowl. For the salsa, mix together the diced tomato, chopped cilantro, chopped fresh chili, grated garlic, olive oil, chopped red onion, and lemon juice in a separate bowl.

To serve, divide the salad among four bowls or containers. Place a veggie burger on top of each salad. Spoon some of the freshly made salsa over each veggie burger.

MFP Barcode

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

Living+

Allergen Information

Contains wheat, gluten (oats).



Black Bean Quesadilla

Med Carb

Living+

Savor these nutritious and flavorful quesadillas, filled with black beans, corn, and a kick of red chili. Enhanced by spices like cumin, paprika, and oregano, and freshened with lime and cilantro, these quesadillas are sandwiched between soft tortillas and melted reduced-fat cheddar.

Prep: 10 min | Cook: 8 min | Fresh: 1 day | Beginner

Makes 2

Black Beans 1 can, drained

Red Bell Pepper 1 medium

Corn 100g or 3.5oz

Tortilla Wraps 2, whole wheat

Lime Juice 1 lime

Reduced-Fat Cheddar 20g or 0.7oz

Red Chili 1

Cumin 1 tsp

Paprika 1 tsp

Cilantro 1 sprig

Oregano 1 tsp, dried

Black Bean Quesadilla

Med Carb

livingplusrx.com

Method

Drain the canned black beans and defrost the corn. Dice the red bell pepper, seed and finely chop the red chili, and chop the fresh cilantro leaves.

In a large pot, combine the drained black beans, corn, red bell pepper, and chopped red chili. Stir in the ground cumin, paprika, lime juice and oregano, ensuring everything is well mixed. Cook this mixture over medium heat for about 3-5 minutes until the flavors meld together and the vegetables soften slightly.

While the mixture is cooking, heat your tortillas in a separate pan over medium heat until they are warm and slightly toasty. This should only take a few minutes. Be sure to flip them halfway through for even warming.

Once the tortillas are heated, spoon the black bean and vegetable mixture onto one half of each tortilla. Sprinkle the reduced-fat cheddar cheese on top of the mixture, then fold the other half of the tortilla over to create a half-moon shape.

Continue to heat each filled quesadilla in the pan, flipping once, until the tortilla is golden brown and the cheese is melted.

Transfer the cooked quesadillas to a cutting board and cut into wedges.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, wheat.



Butternut Bean Burgers

High Carb

Living+

These savory Butternut Bean Burgers offer a hearty vegetarian alternative to traditional meat burgers. Paired with a zesty tomato salsa and crisp lettuce, this dish promises a delightful mix of flavors and textures.

Prep: 15 min | Cook: 40 min | Fresh: 1 day | Beginner

Makes 4 burgers

- **Whole Wheat Buns** 4
- **Tomatoes** 2 medium
- **Red Kidney Beans** 1 can, drained
- **Butternut Squash** 200g or 7 oz
- **Yellow Onion** 1 medium
- **Breadcrumbs** 50g or 1.7 oz
- **Lime Juice** 1 lime
- **Rolled Oats** 40g or 1.5 oz
- **Red Onion** 1/4, small
- **Olive Oil** 1 tbsp & 1 tsp
- **Lettuce** 4 leaves
- **Garlic Cloves** 2
- **Red Chili** 1
- **Paprika** 1 tsp
- **Cumin** 1/2 tsp
- **Cilantro** 1 tbsp
- **Chili Flakes** 1/2 tsp
- **Salt & Pepper** 1 pinch & 3 twists

Butternut Bean Burgers

High Carb

livingplusrx.com

Method

Preheat the oven to 375°F (190°C). Dice the butternut squash into small cubes. In a pot of boiling water, cook the squash until it becomes tender, then drain.

In a non-stick skillet, heat 1 tablespoon of olive oil over medium heat. Sauté the onions until they become translucent, about 3 minutes. Stir in the crushed garlic and cook for another minute.

In a large mixing bowl, combine the cooked butternut squash, oats, red kidney beans, chili flakes, paprika, bread crumbs, ground cumin, salt, and black pepper. Mash the mixture together using a potato masher or fork until well combined. Divide and shape the mixture into four large burgers.

Arrange the burgers on an oiled baking sheet. Lightly brush the tops with some olive oil. Bake for 25-30 minutes, or until the burgers are browned and crisp on the outside.

In a separate bowl, combine the diced tomato, chopped cilantro, fresh chili, crushed garlic, olive oil, chopped red onion, and lime juice. Mix well and set aside.

Toast the whole wheat buns. Place a burger on each bottom half, followed by a layer of lettuce. Generously spoon the tomato salsa on top. Cap off with the top half of the bun. Serve immediately.

MFP Barcode

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

Living+

Allergen Information

Contains wheat, gluten (oats).



Chickpea and Sweet Potato Curry

High Carb

Living+

A hearty and flavorful vegetarian curry featuring chickpeas, sweet potatoes, and a touch of coconut milk. This dish is perfect for meal-prep or a quick weeknight dinner.

Prep: 15 min | Cook: 40 min | Fresh: 3 days | Beginner

Makes 4

Sweet Potato 2, large

Chickpeas 1 can, drained

Rice 200g or 7oz, dry

Chopped Tomatoes 1/2 can

Light Coconut Milk 1 can

Red Onion 1, large

Spinach 125g or 4.5 oz

Rogan Josh Paste 1-2 tsp

Olive Oil 1 tbsp

Fresh Ginger 2 tbsp grated

Red Chili 1

Fresh Cilantro 1 handful

Water 200ml or 6.7fl oz

Chickpea and Sweet Potato Curry

High Carb

livingplusrx.com

Method

In a large pot, warm 1 tablespoon of olive oil over medium heat. Add finely sliced red onion and rogan josh paste. Sauté until the onions turn translucent, stirring every now and then. This will take about 10 minutes.

While the onions are cooking, chop the red chili and grate the ginger. Also, separate the leaves from the stalks of the cilantro. Cut the sweet potatoes into small chunks.

Introduce the chopped chili, grated ginger, chopped cilantro leaves, and sweet potato chunks to the onion mixture in the pot. Fold in the drained chickpeas. Let everything cook together for 5 minutes, stirring occasionally.

Add half a can of chopped tomatoes. Pour in 200ml of water and raise the heat until the mixture reaches a boil.

Lower the heat, cover the pot and let it simmer for about 10 to 15 minutes. Uncover the pot and continue cooking for an additional 15 to 20 minutes. Stir occasionally. The sweet potatoes should be tender and the liquid reduced.

Pour in the light coconut milk and mix well, allowing the curry to heat through. Fold in the spinach leaves and cook until they wilt, which should take a minute or two.

Cook the rice according to the package instructions and serve it with the curry.

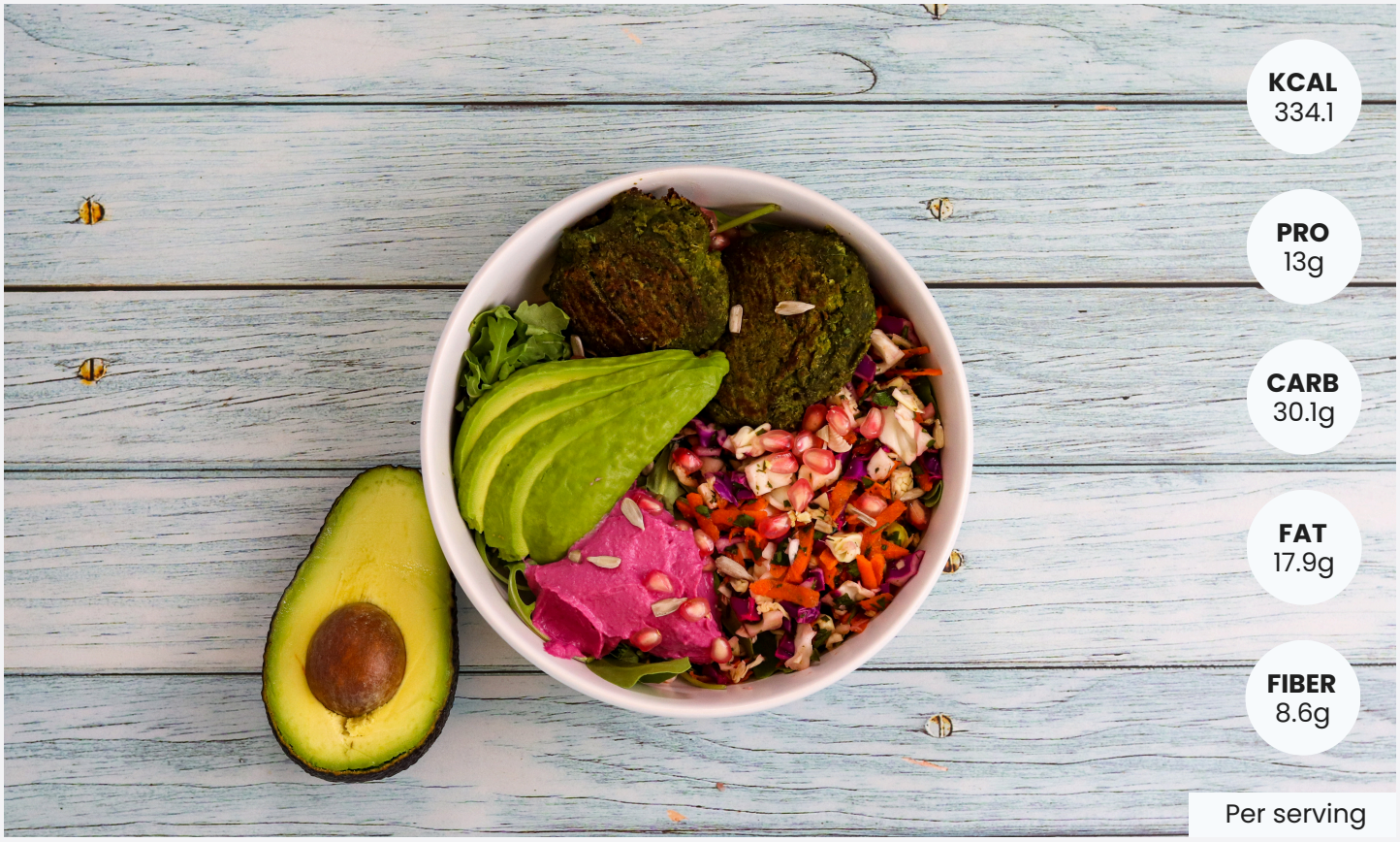
MFP Barcode

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

Living+

Allergen Information

Contains none.



Falafel Power Bowl

Med Carb

Living+

Texture, color, flavor. This Middle Eastern inspired dish has it all. If you struggle with fiber intake this meal is a perfect go-to. This plant-based meal is rich in fiber, nitrates, mono-unsaturated fats, vitamin C, and vitamin K.

Prep: 10 min | Cook: 25 min | Fresh: 2 days | Intermediate

Makes 3 portions

Arugula 3 handfuls

Spinach 3 handfuls

Beet Hummus 3 tbsp

Avocado 1, sliced in thirds

Sunflower Seeds pinch

Slaw purple cabbage (60g, chopped), cabbage (60g, chopped), carrot (35g, grated), parsley (1/2 handful), lemon (juice 1), garlic (1 clove), cumin (1/2 tsp), salt (twist)

Pomegranate Seeds 3 tbsp

Falafel chickpeas (1 can drained), red onion (1), cumin (1 tbsp), cayenne pepper (1 tsp), baking powder (1/2 tsp), fresh parsley (15g), fresh cilantro (15g), fresh dill (15g), black pepper (1/2 tsp), green onion (1), garlic (2)

Falafel Power Bowl

Med Carb

livingplusrx.com

Method

Preheat the oven to 400°F (200°C) and gather all of the ingredients for easy access.

Next prepare the falafel mix by adding the following to a blender: a can of drained chickpeas, 1 red onion (quartered), 2 garlic cloves, 1 green onion, a bunch of parsley (15g), a bunch of cilantro (15g), a bunch of dill (15g), 1 tablespoon of cumin, 1 teaspoon of cayenne pepper, 1/2 a teaspoon of baking powder and 1/2 a teaspoon of ground black pepper.

Blend until a thick smooth texture develops. Next transfer the mixture to a baking sheet by making 6 falafel patties. Add them to the oven for 24 to 30 minutes, turning halfway.

As the falafel cooks, begin making the slaw. To make the slaw, chop both cabbages, peel and grate the carrot and chop the parsley. Add these to a large salad bowl along with a crushed garlic clove, the juice of 1 lemon, 1/2 a teaspoon of cumin, and a pinch of salt. Mix well.

To each bowl, add a handful of arugula and spinach as a base. Then add a third of the slaw mixture, a third of an avocado (sliced), and a tablespoon of beet hummus. Once the falafels are ready serve on top of the vegetable mixture and finish off by topping with a pinch of sunflower seeds and a tablespoon of pomegranate seeds.

MFP Barcode



Living+

Allergen Information

Contains sesame. May contain sulfites.



Hearty Vegan Burrito

High Carb

Living+

Take your taste buds on a Latin American-inspired adventure with these sweet potato and quinoa burritos. Full of bold flavors, hearty ingredients, and a touch of spice, these burritos are the perfect comfort food with a twist.

Prep: 10 min | Cook: 30 min | Fresh: 3 days | Beginner

Makes 4

- **Sweet Potato** 2, medium
- **Red Quinoa** 100g or 3.5oz, dry
- **Water** 1.5 cups
- **Black Beans** 1 can, drained
- **Large Tortillas** 4
- **Red Bell Pepper** 1 medium
- **Yellow Onion** 1, medium
- **Corn** 100g or 3.5oz
- **Lime Juice** 1 lime
- **Garlic** 3 cloves
- **Jalapeño Pepper** 2
- **Olive Oil** 2 tsp
- **Cumin** 1 tbsp
- **Red Chili** 1
- **Salt & Pepper** 1/2 tsp of each
- **Dried Oregano** 1/2 tsp
- **Cilantro** 1 tsp

Hearty Vegan Burrito

High Carb

livingplusrx.com

Method

Preheat the oven to 400°F (200°C).

Dice the sweet potatoes into cubes. Spread on a baking sheet and toss with olive oil, salt, and pepper. Bake for 20-25 minutes until tender.

Bring quinoa, water, and a pinch of salt to a boil in a medium pot. Cover, reduce heat to low, and cook for 15 minutes.

Heat oil in a large skillet over medium-high heat. Sauté onions for 2-3 minutes. Add the garlic, corn, bell pepper, jalapeños and red chili, and sauté for another 10 minutes on medium heat. Season with salt, cumin, cilantro, and oregano.

Once the sweet potatoes are done, add them to the skillet along with the black beans. Once the quinoa is cooked, add it to the skillet with the lime juice and mix well.

Warm up the tortillas until they are soft and pliable. Spread a layer of the vegetable mixture, roll up the burritos, tucking in the ends. Fry for 1 minute on each side.

MFP Barcode

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

Living+

Allergen Information

Contains wheat.



Mediterranean Eggplant Stew

High Carb

Living+

Savor the flavors of the Mediterranean with this hearty eggplant and couscous stew. Loaded with vegetables, herbs, and a touch of tanginess from red wine vinegar, this stew is perfect for a comforting weeknight dinner.

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

Makes 2

Eggplant 1, large

Tomatoes 2 large

Couscous 150g or 5.3oz, dry

Red Onion 1 small

Fresh Parsley 2 tbsp, chopped

Green Olives 8, pitted

Olive Oil 1 tbsp

Garlic Clove 1

Red Wine Vinegar 1 tbsp

Dried Oregano 1/2 tsp

Mediterranean Eggplant Stew

High Carb

livingplusrx.com

Method

In a large pan, heat a tsp of olive oil over medium heat. Add the eggplant (chopped into chunks) and dried oregano. Toss to coat the eggplant.

Increase the heat to high and cook for 4 to 5 minutes, shaking the pan occasionally.

While the eggplant is cooking, peel and finely chop the red onion and garlic. Chop the parsley leaves and stalks, and roughly chop the tomatoes.

When the eggplant is golden, add the chopped onion, garlic, and parsley stalks. Cook for another 2 minutes. Add more olive oil if the mixture seems too dry.

Add the chopped olives and red wine vinegar to the pan. Cook until the vinegar has evaporated. Then add the chopped tomatoes and simmer for about 15 minutes, or until the eggplant is tender.

Place the couscous in a bowl and just cover with boiling water. Place a plate on top of the bowl and set aside for 5 minutes.

Fluff the couscous with a fork and stir in the chopped parsley.

Serve the stew on a bed of couscous.

MFP Barcode

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

Living+

Allergen Information

Contains wheat. May contain sulfites.



Mexican Rice

High Carb

Living+

If you're fed up with eating bland, boring white rice, this is sure to make your taste buds tingle. Packed with flavor and a healthy serving of fiber, this meal not only helps you reach your carbohydrate needs but also disguises the vegetables to help you hit your daily vegetable goal.

Prep: 5 min | Cook: 20 min | Fresh: 3 days | Beginner

Makes 3 portions

Chopped Tomatoes 1 can
Basmati Rice 1 boil-in-bag pouch
Onion 1 yellow
Black Beans 1/2 can, drained & rinsed
Carrot 1 medium
Lime 1, cut into wedges
Garlic 3 cloves
Cumin 1 tsp
Paprika 1 tsp
Chili Powder 1/4 tsp
Jalapeño 1 small
Cilantro 1 sprig

Mexican Rice

High Carb

livingplusrx.com

Method

Prep and cook the rice as per the packaging. As it cooks, move to the next steps.

Peel and chop the onion and add it to a pot with 2 tbsp of water, the crushed garlic cloves, and the carrot (peeled and grated).

Cook on low to medium heat for 3 minutes before adding the can of chopped tomatoes, chopped jalapeño, and spices. Cook on medium heat until the sauce reduces down (thickens - about 10-15 minutes).

Once thickened, lower the heat and add the black beans (drained and rinsed) and cooked rice. Mix well before serving with a few cilantro leaves on top and a wedge of lime to squeeze over.

MFP Barcode

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

Living+

Allergen Information

Contains none.



Moroccan Couscous

Med Carb

Living+

This North African-inspired dish is bursting with flavors and different textures. This salad can be served as a stand-alone meal/snack or combined with a protein source such as chicken to ensure you hit your protein targets.

Prep: 5 min | Cook: 15 min | Fresh: 3 days | Beginner

Makes 3 portions

Red Bell Pepper 1 large
Couscous 100g or 3.5oz, dry
Water 120ml or 4fl oz
Carrot 1 large
Red Onion 1 small
Frozen Peas 75g or 2.6oz
Garlic Cloves 3
Fresh Cilantro handful, chopped
Raisins 40g or 1.4oz
Chickpeas 1/2 can, drained & rinsed
Olive Oil 1 tsp
Paprika 1 tsp
Turmeric 1/4 tsp
Cumin 1 tsp
Cinnamon 1/4 tsp
Cayenne Pepper 1/4 tsp

Moroccan Couscous

Med Carb

livingplusrx.com

Method

Peel and chop the onion, chop the pepper, grate the garlic, and peel and grate the carrot before adding them to a pot on low to medium heat with the olive oil. Cook the vegetable mixture for 5 minutes before adding the frozen peas and the spice mixture.

As the vegetable mixture is cooking, measure out the couscous, and the spice mixture and boil the water in the kettle. Add the spice mixture and cook for another 3 to 5 minutes.

After 5 minutes, toss in the water and stir well before adding the couscous. Give the pot a stir before taking it off the heat and covering the pot with a lid.

Leave it for 5 minutes to allow for the couscous to absorb all of the liquid. After the 5 minutes, fluff the couscous with a fork and toss in the chickpeas, raisins and cilantro before serving.

MFP Barcode

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

Living+

Allergen Information

Contains wheat. May contain sulfites.



Peach and Blueberry Salad

Low Carb

Living+

Packed with vitamins and antioxidants, this Peach and Blueberry Salad offers a healthy, flavorful blend. Mixed greens provide fiber, while peaches and blueberries offer sweet bursts of vitamins A and C. Crunchy walnuts contribute heart-healthy omega-3s, and the feta adds a dose of protein.

Prep: 5 min | Cook: 0 min | Fresh: 3 days | Beginner

Makes 2

- **Peach** 1
- **Mixed Greens** 100g or 3.5 oz
- **Feta Cheese** 50g or 1.7oz
- **Blueberries** 1 handful
- **Balsamic Vinegar** 30ml or 1 fl oz
- **Walnuts** 8
- **Balsamic Vinegar** 1 tbsp
- **Olive Oil** 1 tsp
- **Salt** 1 pinch

Peach and Blueberry Salad

Low Carb

livingplusrx.com

Method

To a large bowl, add the mixed greens, blueberries, peach (pitted & sliced), walnuts (whole or chopped) and feta cheese (cubed). Mix well and then split evenly between two bowls.

Next, make the glaze. Add 30ml of balsamic vinegar to a pot on medium heat for 2 to 3 minutes. This should thicken into a glaze. Alternatively, you can use a store-bought glaze.

Finally, make the dressing. Mix together a tsp of olive oil with a tbsp of balsamic and a pinch of salt.

Serve with the balsamic glaze on top and the dressing, if you like.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, tree nuts, sulfites.



Quinoa and Roasted Vegetable Salad

Med Carb

Living+

This Quinoa and Roasted Vegetable Salad is a nutrient-packed dish perfect for lunch or dinner. Featuring a variety of colorful vegetables, aromatic herbs, and tangy feta, it offers a delicious blend of flavors and textures.

Prep: 15 min | Cook: 30 min | Fresh: 3 days | Beginner

Makes 2

Sweet Potato 2, medium
Red Quinoa 120g or 4.2oz, dry
Water 300ml or 10fl oz
Cherry Tomatoes 10
Red Onion 1 large
Zucchini 1 medium
Eggplant 1, medium
Vegan Feta Cheese 1/2 cup

Lemon Juice 4 tbsp
Olive Oil 3 tsp
Garlic 1 clove
Mint Leaves 1 tbsp
Rosemary 1 tsp

Quinoa and Roasted Vegetable Salad

Med Carb

livingplusrx.com

Method

Preheat your oven to 400°F (200°C).

Place all the vegetables, roughly chopped in a large roasting pan. Add the rosemary sprigs and scatter the crushed garlic over the vegetables.

Drizzle half of the olive oil over the vegetables and toss lightly so they are well coated. Roast for 25-30 minutes, until tender.

Meanwhile, rinse the quinoa under cold water. Place it in a saucepan with the water. Bring to a boil, then lower the heat to a simmer for about 15–20 minutes, or until the water has been absorbed and the quinoa is tender.

While the quinoa and vegetables are cooking, prepare the dressing. Combine the remaining olive oil and lemon juice in a screw-top jar. Shake until well combined.

Once the quinoa is cooked, fluff it with a fork and transfer to a large bowl. Add the roasted vegetables to the quinoa. Drizzle the dressing over the quinoa and vegetables, mixing well to combine.

Crumble the feta over the top of the salad and sprinkle with a handful of chopped mint leaves.

MFP Barcode



Living+

Allergen Information

Contains none.



Roasted Red Pepper Pasta

High Carb

Living+

A flavorful and vibrant dish, perfect for those who love the rich taste of roasted vegetables. The combination of roasted tomatoes and red bell peppers, blended into a smooth sauce, provides a deep and aromatic flavor enhanced by garlic, paprika, and oregano.

Prep: 15 min | Cook: 45 min | Fresh: 1 day | Beginner

Makes 3

Pasta 190g or 6.7 oz
Red Bell Pepper 2, large
Tomatoes 4 large
Garlic Cloves 4
Olive Oil 1 tbsp
Black Pepper twist
Salt pinch
Paprika 1 tsp
Oregano 1 tsp
Chili Flakes pinch
Chives 1 tbsp, chopped
Parmesan 3 tsp

Roasted Red Pepper Pasta

High Carb

livingplusrx.com

Method

Start by preheating your oven to 400°F (200°C). Prepare a baking sheet by lining it with parchment paper or lightly greasing it.

Cut the tomatoes and red bell peppers into chunks. Peel the garlic cloves. Arrange these vegetables on the prepared baking sheet. Drizzle them with olive oil and season with salt, pepper, paprika, oregano, and a pinch of chili flakes. Toss everything to coat well.

Roast the vegetables in the preheated oven for about 45 minutes, or until they are soft and slightly charred. While the vegetables are roasting, cook the pasta according to the package instructions until al dente. Once cooked, drain the pasta and set it aside, reserving a little of the pasta water.

After the vegetables have roasted, let them cool slightly, then transfer them to a blender or food processor. Blend until smooth to create your pasta sauce. If the sauce is too thick, you can add a bit of the reserved pasta water to reach your desired consistency.

In a large mixing bowl or the same pot used for cooking the pasta, combine the blended sauce with the cooked pasta. Mix well to ensure that the pasta is evenly coated with the sauce.

Serve the pasta hot, garnished with freshly chopped chives and a sprinkle of grated Parmesan.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, wheat.



Roasted Veggie and Black Bean Sheet Pan

Med Carb

Living+

Add a splash of color to your table with this Roasted Veggie and Black Bean Sheet Pan! Topped with a vibrant mint salsa and served alongside brown rice, it's a hearty, nutritious, and delicious meal that's perfect for family dinners or meal prepping for the week ahead.

Prep: 20 min | Cook: 60 min | Fresh: 3 days | Beginner

Makes 3

Sweet Potato 1, large
Chopped Tomatoes 1 can
Black Beans 1 can
Butternut Squash 200g or 7oz
Rice 150g or 5.3oz, dry
Yellow Onion 1, large
Lime Juice 2 limes
Green Bell Pepper 1, medium
Corn 75g or 2.6oz
Celery 1 stalk
Carrot 1 large
Green Onion 4
Olive Oil 1 tbsp
Mint Leaves 2 tbsp
Garlic 1 clove
Chipotle Hot Sauce 1 tsp
Red Chili 1
Fresh Cilantro 1 bunch
Dried Oregano 1/2 tsp

Roasted Veggie and Black Bean Sheet Pan

Med Carb

livingplusrx.com

Method

Preheat your oven to 400°F (200°C).

Chop the sweet potato into 1-inch cubes. Peel the butternut squash and carrot, and cut them into wedges. Toss these with the corn on a large baking sheet.

Sprinkle the dried oregano over the vegetables, drizzle with half of the olive oil and toss well. Roast for 35 minutes or until golden and soft, shaking the pan halfway through.

While the veggies are roasting, finely chop the onion, garlic, red chili, green bell pepper, and celery. In a large pan, heat the remaining olive oil over medium-low heat, add the vegetables and cook for 10 minutes or until softened.

Add the black beans (water included) and the chopped tomatoes to the pan. Bring the mixture to a boil, then reduce heat and simmer for 30 minutes or until the sauce has thickened.

In a bowl, combine the chopped mint leaves, chopped green onions, lime juice, chipotle hot sauce and chopped cilantro.

Cook the rice according to package instructions.

Once the veggies are cooked, remove them from the oven. Push them to the sides of the baking sheet, making space in the center. Pour the bean mixture into this space and return the baking sheet to the oven for another 20 minutes or until the beans turn sticky and golden. Mix the roasted veggies and beans together. Serve this hot with rice on the side and the mint salsa on top.

MFP Barcode



Living+

Allergen Information

Contains none.



Sesame Shrimp Tacos

Med Carb

Living+

Revamp your taco night with these innovative tacos, blending the classic flavors of shrimp toast with the convenience and joy of tacos. Featuring a flavorful shrimp mixture seasoned with sesame oil, soy sauce, and lime zest, each taco is pan-fried to achieve a delightful crunch, then finished with a drizzle of spicy yogurt dressing.

Prep: 10 min | Cook: 6 min | Fresh: 1 day | Beginner

Makes 3

Jumbo Shrimp 160g or 5.6oz
Small Flour Tortillas 3
Egg 1
Lime Juice 1 lime
Avocado 1 small
Low-Fat Yogurt 1 tbsp
All-Purpose Flour 1 tbsp
Soy Sauce 1 tbsp
Green Onion 1
Sriracha 1 tsp
Honey 1 tsp
Sesame Oil 1 tsp
Sesame Seeds 1 tsp
Garlic Powder 1/2 tsp

Sesame Shrimp Tacos

Med Carb

livingplusrx.com

Method

In a food processor, combine the shrimp, egg, flour, sesame oil, soy sauce, lime zest, garlic powder and diced green onion. Pulse 4-5 times until combined but still a little chunky. If needed, mix by hand so the flour and egg are fully incorporated. You can also chop the shrimp by hand into a rough mince and mix with the rest of the ingredients in a bowl. Chill in the fridge for 5 minutes.

In a small bowl, mix together 1 tbsp yogurt, 1 tsp sriracha, 1 tsp honey and the lime juice. Set aside.

Spread a generous amount of the shrimp mixture onto each taco, leaving a small border around the edges. Sprinkle with sesame seeds. Heat a pan over medium heat and place the tacos sesame seed side down. Pan-fry for 2-3 minutes, then carefully flip and fry for another minute, being cautious not to burn the tacos.

Once cooked, drizzle each taco with the yogurt dressing. Add extra sliced green onion and avocado slices.

MFP Barcode

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

Living+

Allergen Information

Contains shellfish, eggs, wheat, soy, sesame, lactose.