

Breakfast Recipes

High-Carb

Volume 1 - 19 Recipes



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Banana & Peanut Butter Toast

High Carb

Living+

This warm, comforting toast recipe hits all the right notes — creamy, crunchy, sweet, and spiced. A great energy boost, perfect for breakfast or a post-workout snack, with healthy fats and slow-digesting carbs.

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

Makes 1

Banana 1, large

Sourdough Bread 2 slices

Peanut Butter 40g or 1.4oz

Honey 1 tsp

Cocoa Powder 1 pinch

Cinnamon ½ tsp

Banana & Peanut Butter Toast

High Carb

livingplusrx.com

Method

Preheat your air fryer to 400°F (200°C). Slice the banana and place the slices in a single layer in the air fryer basket. Air fry for 10 minutes, until golden and caramelized. Meanwhile, toast the bread to your liking. Spread peanut butter generously over each slice of toast. Top with the hot banana slices straight from the air fryer. Drizzle with honey, then finish with a sprinkle of cinnamon and a touch of cocoa powder if using.

MFP Barcode



Living+

Allergen Information

Contains tree nuts, peanuts, wheat.



Buckwheat Pancakes

High Carb

Living+

The earthy buckwheat base harmonizes wonderfully with the natural sweetness of fresh berries and a touch of maple syrup. This delightful breakfast provides a medley of textures and a boost of nutrients to kickstart your day.

Prep: 5 min | Cook: 10 min | Fresh: 1 day | Beginner

Makes 1

- **Almond Milk** 120ml or 4 fl oz, unsweetened
- **Buckwheat Flour** 120g or 4.2 oz
- **Banana** 1 medium
- **Blueberries** handful
- **Strawberries** 5 small
- **Maple Syrup** 1 tbsp
- **Olive Oil** 2 tsp
- **Baking Powder** 1 tsp
- **Salt** 1/4 tsp

Buckwheat Pancakes

High Carb

livingplusrx.com

Method

In a mixing bowl, mash the banana until smooth. Add milk and mix until well combined.

In another bowl, sift together the buckwheat flour, baking powder, and salt.

Gradually blend the dry ingredients into the banana and milk mixture until a consistent batter forms.

Heat olive oil in a non-stick pan over medium heat. Pour a ladleful of batter into the pan to form each pancake. Cook until bubbles appear on the surface, then flip and cook the other side until golden brown.

Plate your pancakes, drizzle with maple syrup and garnish with an array of fresh berries.

MFP Barcode

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

Living+

Allergen Information

Contains tree nuts.



KCAL 503.1

PRO 14.9g

CARB 71.1g

FAT 18g

FIBER 6.6g

Per serving

Caramelized Banana & Walnut Porridge

High Carb

Living+

This porridge is creamy and filling. The caramelized banana and toasted walnuts add a delicious sweetness and crunch. It is a perfect way to start a chilly morning on a high volume training day.

Prep: 1 min | Cook: 12 min | Fresh: 1 day | Beginner

Makes 1

Low-Fat Milk 150 ml or 5 fl oz

Water 150 ml or 5 fl oz

Oats 60g or 2.1 oz

Banana 1/2, medium

Honey 1 tsp

Brown Sugar 1 tsp

Ground Cinnamon 1 tsp

Walnuts 8 (4 whole, 4 chopped)

Caramelized Banana & Walnut Porridge

High Carb

livingplusrx.com

Method

To a saucepan, add the oats, cinnamon, milk and water. Cook on medium heat for 8 to 10 minutes.

Next, break up 4 walnuts and add them to the saucepan. Continue to stir the oats.

To caramelize the banana, spread the sugar on a plate. Slice the banana in half and then place the flat side down on the plate, covering it in the sugar. Next, to a lightly oiled pan (using cooking spray) on low-medium heat, cook the banana for 3 minutes.

When the oats are ready, add them to a bowl and place the banana on top. Serve with the 4 extra walnuts and honey.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, tree nuts, gluten.



Caramelized Plum & Cottage Cheese Toast

High Carb

Living+

Savor the delightful combination of sweet and savory. Ripe plums caramelized in honey, coupled with smooth, fat-free cottage cheese on crunchy sourdough slices, create a perfect breakfast or brunch dish. Topped with raw pumpkin seeds for added texture, this toast is both nutritious and indulgent.

Prep: 5 min | Cook: 10 min | Fresh: 1 day | Beginner

Makes 1

Plums 2, whole

Sourdough Bread 2 slices

Cottage Cheese 2 tbsp, fat free

Honey 1 tsp

Pumpkin Seeds 1 tsp

Thyme 1 sprig

Caramelized Plum & Cottage Cheese Toast

High Carb

livingplusrx.com

Method

Start by caramelizing the plums. Place a pan over medium heat and add the sliced plums. Drizzle them with honey and let them cook, stirring occasionally. The plums will soften and begin to caramelize in the honey. Add a sprig of thyme to the pan for a subtle, herby aroma. Once the plums are nicely caramelized, take them off the heat.

While the plums are caramelizing, toast the sourdough bread slices until they are golden and crispy. You can use a toaster or a hot skillet for this.

Spread the fat-free cottage cheese evenly over each slice of toasted sourdough. Place the caramelized plum slices on top of the cottage cheese layer.

Sprinkle a handful of raw pumpkin seeds over the top for a crunchy texture. If you like it sweeter, drizzle a little more honey over the toast.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, wheat.



Carrot Cake Overnight Oats

High Carb

Living+

Indulge in the flavors of your favorite dessert transformed into a nutritious, easy-to-prepare breakfast. Packed with the natural sweetness of carrots and raisins, spiced with cinnamon and nutmeg, and enriched with the creamy texture of Greek yogurt, this recipe offers a wholesome start to your day.

Prep: 10 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 1

Almond Milk 3/4 cup, unsweetened

Oats 45g or 1/2 cup

Carrot 1 small

Greek Yogurt 50g or 1.7oz

Honey 1 tsp

Chia Seeds 1 tbsp

Walnuts 2

Raisins 2 tsp

Cinnamon 1/2 tsp

Nutmeg 1/2 tsp

Carrot Cake Overnight Oats

High Carb

livingplusrx.com

Method

In a jar or airtight container, add all the ingredients: oats, grated carrot, chia seeds, cinnamon, nutmeg, maple syrup or honey, almond milk, raisins, yogurt, and crushed walnuts. Mix well to ensure everything is thoroughly combined and the oats are fully immersed in the liquid.

Seal the jar or container and place it in the refrigerator to chill overnight. The oats will soak up the flavors and liquid, softening into a creamy, carrot cake-inspired breakfast.

Take your Carrot Cake Overnight Oats out of the fridge, give them a good stir, and enjoy a delicious, hassle-free breakfast. Top with a little extra grated carrot or a sprinkle of cinnamon if desired.

MFP Barcode

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

Living+

Allergen Information

Contains tree nuts, lactose, gluten. Raisins may contain sulfites.



KCAL 458

PRO 13.5g

CARB 86g

FAT 7g

FIBER 10.3g

Per serving

Cherry Quinoa Porridge

High Carb

Living+

An eccentric take on traditional porridge. Swapping the oats for quinoa provides new texture and new flavors. Quinoa is packed with fiber, making this meal perfect for rest days. The high fiber content can help with regulating hunger while also improving blood glucose control.

Prep: 2 min | Cook: 20 min | Fresh: 1 day | Beginner

Makes 1

Red Quinoa 60g

Frozen Cherries 60g

Chia Seeds 10g or 2 tsp

Apple Juice 300ml

Water 50ml

Yogurt 1 tbsp, high-protein

Blueberries handful fresh or frozen

Pumpkin Seeds 1 tsp

Cherry Quinoa Porridge

High Carb

livingplusrx.com

Method

To a pot, add the liquids, red quinoa, frozen cherries and chia seeds. Simmer on low-medium heat until the quinoa has absorbed the majority of the liquid. It should be a thicker texture, not watery. This may take up to 20 minutes.

Leave the porridge to sit for 3 to 5 minutes before transferring it to a bowl (optional). Add a tbsp of yogurt and top with blueberries (or berries of your choice) and the pumpkin seeds.

MFP Barcode

Allergen Information

Contains lactose.



Cinnamon Quinoa with Fruit & Nuts

High Carb

Living+

Warm, fragrant cinnamon quinoa served with a medley of fresh fruits and toasted toppings. This breakfast bowl is a delightful alternative to traditional oatmeal and offers a protein-packed start to your day. The almond milk provides a hint of nuttiness, while the cinnamon adds a comforting aroma to the quinoa.

Prep: 5 min | Cook: 20 min | Fresh: 1 day | Beginner

Makes 1

Almond Milk 1 cup, unsweetened

Peach 1, small

Quinoa 90g or 1/2 cup, tricolor

Raspberries 1 handful

Salt pinch

Maple Syrup 1 tsp

Sliced Almonds 2 tsp

Cinnamon 1 tsp

Shredded Coconut 1/2 tbsp

Cinnamon Quinoa with Fruit & Nuts

High Carb

livingplusrx.com

Method

Thoroughly rinse and drain the quinoa to remove any natural coating, which can make it taste bitter.

In a small saucepan, combine the quinoa, almond milk, cinnamon and a pinch of salt. Bring the mixture to a high simmer. Once it starts simmering, cover the saucepan and reduce the heat, letting it gently simmer for about 15 minutes. Be sure to keep an eye on it to avoid it bubbling over, and stir once during the cooking process if necessary.

Once the quinoa has absorbed most of the almond milk and appears cooked, remove the saucepan from heat. Let it sit covered for another 5 minutes, allowing it to fluff up and absorb any remaining liquid.

Spoon the cooked cinnamon quinoa into a bowl. Top with the toasted almonds, shredded coconut, slices of peach, a handful of raspberries, and drizzle with a tsp of maple syrup.

MFP Barcode



Living+

Allergen Information

Contains tree nuts, sulfites.



Coconut-Lemon Pancakes

High Carb

Living+

Experience the heavenly fusion of zesty lemon and tropical coconut in these light and fluffy pancakes. Topped with a medley of nuts and a hint of peanut butter, every bite delivers a burst of flavor. The strawberries and maple syrup drizzle add the perfect sweet finish, making these pancakes the ideal indulgent breakfast.

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

Makes 3

Almond Milk 360ml or 12 fl oz
All-Purpose Flour 200g or 7 oz
Strawberries 15 medium
Blueberries 3.5 fl oz
Peanut Butter 3 tsp
Walnuts 20g or 0.7 oz
Shredded Coconut 2 tbsp
Maple Syrup 3 tsp
Coconut Oil 1 tbsp
Hazelnuts 6
Baking Powder 1 tsp
Lemon Zest 1 lemon

Coconut-Lemon Pancakes

High Carb

livingplusrx.com

Method

In a large mixing bowl, combine the flour, baking powder, lemon zest, and shredded coconut.

Gradually pour in the almond milk while whisking the mixture, ensuring you achieve a smooth and lump-free batter.

Gently fold the blueberries into the batter.

Heat the coconut oil in a non-stick skillet over medium heat.

Once the oil is hot, ladle portions of the batter onto the skillet to form pancakes. Cook until bubbles appear on the surface and the edges seem set, then flip to cook the other side until golden brown.

Transfer the pancakes to a serving plate.

Drizzle a teaspoon of peanut butter over the pancakes. Garnish with halved strawberries, hazelnuts, walnuts, and a drizzle of maple syrup.

MFP Barcode

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

Living+

Allergen Information

Contains tree nuts, peanuts, wheat, sulfites.



Cottage Cheese & Peach Toast

High Carb

Living+

This toast combines the creamy texture of cottage cheese with the sweet and slightly tangy flavor of roasted peaches, all served on a crispy slice of sourdough bread. The dish is enhanced with a hint of brown sugar and honey for a delightful caramelization and finished with a sprinkle of sliced almonds for added crunch and nuttiness.

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

Makes 1

Peach 1 medium

Sourdough Bread 2 slices

Cottage Cheese 2 tbsp, fat free

Honey 1 tsp

Sliced Almonds 1/2 tsp

Brown Sugar pinch

Cottage Cheese & Peach Toast

High Carb

livingplusrx.com

Method

Begin by preparing the peach. Preheat your oven to 400°F (200°C) or use a pan. Place the sliced peach on a baking tray or in the pan. Sprinkle a pinch of brown sugar and drizzle honey over the peach slices. Roast them until they are soft and have a slight caramelization, around 10-15 minutes, depending on your method.

While the peach is roasting, toast the sourdough bread slices to your desired level of crispness, either in a toaster or on a skillet.

Once the bread is toasted, spread the cottage cheese evenly over each slice. Once the peach slices are roasted and caramelized, place them on top of the cottage cheese layer.

For added sweetness and texture, sprinkle a pinch of brown sugar over the peaches and cottage cheese. Finally, garnish with a sprinkle of sliced almonds for a nutty crunch.

MFP Barcode



Living+

Allergen Information

Contains lactose, tree nuts, wheat.



KCAL 415.5

PRO 13.3g

CARB 68.8g

FAT 9.6g

FIBER 1.1g

Per serving

Creamy Vanilla Rice Pudding

High Carb

Living+

This comforting and creamy rice pudding is gently infused with warm cinnamon, nutmeg, and vanilla, slow-simmered in milk and light cream for the perfect nostalgic treat. Finished with a touch of honey, it's delicious served warm as is or topped with a spoonful of jam for a fruity twist.

Prep: 5 min | Cook: 50 min | Fresh: 1 day | Beginner

Makes 2

- **Low-Fat Milk** 500ml or 17 fl oz
- **Light Cream** 100ml or 3.4 fl oz
- **Arborio Rice** 80g or 2.9oz
- **Jam** 2 tbsp
- **Honey** 1 tbsp
- **Vanilla Extract** ½ tsp
- **Ground Cinnamon** ½ tsp
- **Nutmeg** ¼ tsp

Creamy Vanilla Rice Pudding

High Carb

livingplusrx.com

Method

Add the arborio rice, low-fat milk, light cream, cinnamon, nutmeg, vanilla extract, and honey to the pan. Stir gently to combine.

Bring to a gentle simmer over medium heat, stirring frequently to prevent the rice from sticking to the bottom of the pan.

Once simmering, reduce the heat to low and cook uncovered for around 50 minutes, stirring every 5 minutes. The rice should become tender and the liquid should reduce to a creamy, pudding-like consistency.

If the mixture thickens too much before the rice is fully cooked, add a splash of milk to loosen it slightly.

Taste the pudding. Adjust the sweetness or add a touch more vanilla if desired.

Spoon into bowls or jars and serve warm. For an extra indulgent finish, top with 1–2 tablespoons of jam.

MFP Barcode



Living+

Allergen Information

Contains lactose.



Golden Glow Porridge

High Carb

Living+

A symphony of warmth and rich flavors. This porridge combines the natural sweetness of bananas and maple syrup with the earthy aromas of turmeric, ginger, and cinnamon. Enriched with chia seeds, raisins, and sliced almonds, it offers a nutrient-packed meal that's as delicious as it is beneficial.

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

Makes 1

Oat Milk 185ml or 6.3 fl oz, unsweetened
Banana 1 medium
Oats 60g or 2.1 oz
Raisins 1 tbsp
Chia Seeds 1 tsp
Maple Syrup 1 tsp
Vanilla Extract 1 tsp
Sliced Almonds 1 tsp
Ground Ginger 1/8 tsp
Ground Cinnamon 1/4 tsp
Ground Turmeric 1/4 tsp

Golden Glow Porridge

High Carb

livingplusrx.com

Method

Begin by slicing the banana into thin rounds.

In a saucepan, combine oat milk, turmeric, ginger, cinnamon, vanilla extract, and maple syrup. Heat the mixture on a low flame, whisking occasionally to ensure even distribution of spices.

As the milk warms, stir in the oats and sliced bananas. Continuously stir to prevent the oats from sticking to the bottom and ensure the banana slices infuse their flavor into the porridge.

Allow the mixture to cook on a gentle simmer until the oats soften and swell, absorbing the spiced milk and forming a creamy consistency—typically around 10-12 minutes.

Once your porridge achieves the desired thickness, remove from heat.

Pour the creamy porridge into a bowl, and elegantly garnish with raisins, chia seeds, and sliced almonds.

MFP Barcode

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

Living+

Allergen Information

Contains tree nuts, gluten. Raisins may contain sulfites.



KCAL 439.6

PRO 18.2g

CARB 60.5g

FAT 13.7g

FIBER 5.9g

Per serving

Pistachio & Cranberry Porridge

High Carb

Living+

Kick-start your training day with a bowl of porridge, crafted to fuel your workouts with a blend of slow-releasing carbohydrates and muscle-supporting protein. Enriched with the sweetness of dried cranberries and the crunchy texture of pistachios, this porridge is a delightful way to wake up your taste buds and energize your body.

Prep: 5 min | Cook: 8 min | Fresh: 1 day | Beginner

Makes 1

Low-Fat Milk 300ml or 10 fl oz

Rolled Oats 50g or 1.7oz

Dried Cranberries 10g or 0.35oz

Cinnamon 1/2 tsp

Pistachio Nuts 10g or 0.35oz

Pistachio & Cranberry Porridge

High Carb

livingplusrx.com

Method

Combine oats, milk, and the cinnamon in a small saucepan. Bring to a simmer over medium heat, stirring frequently. Cook until the oats are soft and have absorbed most of the milk, approximately 5-8 minutes, depending on your desired consistency. Once cooked, remove from heat and stir in the dried cranberries. Transfer the porridge to a bowl and sprinkle with chopped pistachios.

MFP Barcode



Living+

Allergen Information

Contains lactose, tree nuts, gluten. Dried cranberries may contain sulfites.



Pre-Workout Power Creamed Rice

High Carb

Living+

Designed to fuel your training sessions with a rich source of carbohydrates. The creamy texture of arborio rice, combined with low-fat milk and sweetened naturally with honey, makes for a perfect pre-training meal. Topped with fresh blueberries and peaches providing essential vitamins and antioxidants.

Prep: 5 min | Cook: 40 min | Fresh: 1 day | Beginner

Makes 1

Low-Fat Milk 200ml or 6.7 fl oz

Water 100ml or 3.4 fl oz

Arborio Rice 60g or 2.1oz

Peach Slices 50g

Blueberries 1 handful

Honey 2 tsp

Pre-Workout Power Creamed Rice

High Carb

livingplusrx.com

Method

Combine the rice, low-fat milk, honey, and water in a large saucepan. Set the heat to low.

Allow the mixture to simmer gently, stirring occasionally to prevent sticking, for about 40 minutes until the rice is tender and creamy.

If the mixture thickens too much during cooking, loosen it with a little extra milk to achieve the desired creamy texture.

Once cooked, remove the pan from the heat. Serve the creamed rice in a bowl, topped with fresh blueberries, slices of peach, and a drizzle of honey.

MFP Barcode

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

Living+

Allergen Information

Contains lactose.



Red Berry Bircher

High Carb

Living+

Packed with juicy raspberries, crisp apple pieces, and hearty rolled oats, this bircher is soaked in apple juice and mixed with protein-rich strawberry yogurt. Chia seeds and almonds add texture, fiber, and healthy fats, creating a delicious, nutrient-rich breakfast that's easy to prep the night before and grab-and-go the next morning.

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

Makes 1

- **Apple Juice** 150ml or 5 fl oz
- **Raspberries** 125g or 4.4oz
- **Strawberry Protein Yogurt** 120g or 4.2 oz
- **Apple** 1 small
- **Rolled Oats** 30g
- **Chia Seeds** 2 tsp
- **Sliced Almonds** 1 tsp

Red Berry Bircher

High Carb

livingplusrx.com

Method

Begin by washing the raspberries and apple. Grate the apple, leaving the skin on for added fiber.

In a bowl, combine the grated apple, raspberries, and rolled oats. Pour in the apple juice, ensuring the fruits and oats are well covered.

Stir in the Strawberry Yogurt until everything is well mixed. Then, sprinkle in the chia seeds and mix again.

Add the sliced almonds to the mixture, stirring well to combine.

Cover the bowl and refrigerate overnight. The next morning, give your bircher a good stir before serving. Enjoy this tasty and nutritious breakfast to kickstart your day.

MFP Barcode



Living+

Allergen Information

Contains lactose, tree nuts, gluten.



Rice Pancakes

High Carb

Living+

Carbs with a high glycemic index (GI) are important for restoring glycogen levels after a workout because they are quickly broken down and absorbed by the body. Consuming high GI carbs after exercise can help to quickly replenish glycogen levels, promoting faster recovery and improved performance in subsequent workouts.

Prep: 5 min | Cook: 24 min | Fresh: 3 days | Beginner

Makes 2

Banana 3, medium

Milk 200ml or 6.7 fl oz, low-fat

Eggs 2

Rice 125g or 4.4 oz, uncooked long-grain

Maple syrup 2 tsp

Brown sugar 1 tbsp

Rice Flour 1 tbsp

Vanilla Extract 1 tsp

Olive Oil 1 tbsp

Cinnamon 1/4 tsp

Nutmeg 1/4 tsp

Salt 1 pinch

Rice Pancakes

High Carb

livingplusrx.com

Method

Preheat the oven on low heat, around 200°F (95°C). At this time, cook the rice according to the package instructions.

To a blender, add the rice (cooked), 1 banana, eggs, brown sugar, milk, cinnamon, nutmeg, rice flour, vanilla extract, and salt. Blend until you get a thick, consistent mixture. The batter will be thicker than regular pancakes.

To a pan on medium-high heat, add a tsp of olive oil. Pour the batter to your desired size (you may need to use a spoon to spread the mixture). Cook for 2 minutes on each side. They will take longer than normal pancakes.

Once each pancake is cooked, add them to a plate in the oven to keep them warm as you continue to cook the rest of the pancakes. You should be able to make 6 large pancakes with this batter.

Serve the pancakes with a drizzle of maple syrup, a dusting of cinnamon and a medium sized banana.

MFP Barcode



Living+

Allergen Information

Contains lactose, eggs.



KCAL 484

PRO 18.7g

CARB 72.7g

FAT 12.2g

FIBER 6.1g

Per serving

Simple Sourdough French Toast

High Carb

Living+

A simple, sweet French Toast recipe that is well suited to days when you will be training or playing a game. If you want to lower the fat content, simply swap the olive oil for cooking spray. Additionally, if your carbohydrate requirement is higher or lower, add or remove a slice of bread.

Prep: 2 min | Cook: 6 min | Fresh: 1 day | Beginner

Makes 1

Sourdough bread 2 slices

Banana 1, medium

Egg 1

Skim milk 2 tbsp

Ground Cinnamon 1/4 tsp

Olive Oil 1 tsp

Honey 1/2 tsp

Blueberries 1 handful

Simple Sourdough French Toast

High Carb

livingplusrx.com

Method

Get all of your ingredients ready and place them on your countertop.

Grab a bowl and crack an egg into it. Add a splash of milk along with the ground cinnamon. Lightly whisk using a fork. If you like, pour the mixture onto a plate to make soaking the bread easier.

Next, add the olive oil to a pan on low-medium heat. As the pan heats, soak the bread on both sides before adding them to the pan.

Cook for 2 to 3 minutes on each side. If there is any remaining egg mixture, you can pour this over the bread slowly (for the bread to absorb) as it cooks.

Once cooked, place the bread on a plate, drizzle with 1/2 tsp of honey and serve with a handful of blueberries and a chopped banana.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, eggs, wheat.



Sunrise Bircher Muesli

High Carb

Living+

An invigorating blend of chewy oats luxuriously soaked in creamy yogurt, perfectly paired with the zesty vibrancy of fresh oranges. The delicate sweetness of vanilla and apple gracefully intertwines with the crunchy goodness of almonds and hazelnuts, crowned with sun-kissed orange slices and a whisper of shredded coconut.

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

Makes 1

Yogurt 85g or 3 oz, plant-based

Rolled Oats 50g or 1.7 oz

Orange 1 medium

Apple 1 small

Orange Zest 1 orange

Hazelnuts 5, chopped

Vanilla Extract 1 tsp

Sliced Almonds 2 tsp

Shredded Coconut 1 tsp

Sunrise Bircher Muesli

High Carb

livingplusrx.com

Method

Begin by grating the apple into a mixing bowl, ensuring no seeds are included. Add the oats, sliced almonds (reserving a few for garnishing), and chopped hazelnuts to the bowl.

Pour in the vegan yogurt, ensuring all dry ingredients are well-coated. Zest the orange, then juice it, adding both zest and juice to the mixture. Stir well.

Infuse the mixture with vanilla extract, giving it a final mix to ensure all ingredients are well-combined.

Cover the bowl with plastic wrap or a lid and place in the refrigerator to soak for a minimum of 30 minutes or overnight. This allows the oats to absorb all the flavors and soften.

The following morning, give the bircher a good stir. Add more yogurt if needed for your preferred consistency.

Dish out your bircher into a serving bowl. Top with fresh orange segments, a drizzle of the extra yogurt, a sprinkle of the reserved sliced almonds, and a dusting of shredded coconut.

MFP Barcode



Living+

Allergen Information

Contains tree nuts, gluten, sulfites. Plant-based yogurt may contain soy.



Tropical Bliss Porridge Bowl

High Carb

Living+

Start your day with a taste of the tropics. Overflowing with fresh fruits and nutrient-packed grains, this porridge provides a high-fiber, moderate-protein start to your day. The heart-healthy flax seeds and chia seeds, coupled with the natural sweetness from pineapple and apple juice, offer an exotic burst of flavors while promoting gut health.

Prep: 5 min | Cook: 10 min | Fresh: 1 day | Beginner

Makes 1

Rolled Oats 65g or 2.3 oz

Apple Juice 150ml or 5 fl oz

Pineapple Juice 150ml or 5 fl oz

Mango 50g or 1.7 oz

Pineapple 50g or 1.7 oz

Passion Fruit 1

Nonfat Protein Yogurt 1 tbsp

Chia Seeds 1 tsp

Flaxseeds 1 tsp

Shredded Coconut 1 tsp

Tropical Bliss Porridge Bowl

High Carb

livingplusrx.com

Method

In a saucepan, combine the oats, apple juice and pineapple juice. Bring to a gentle simmer over medium heat.

Stir in the chia seeds and flaxseeds. Cook for 8 to 10 minutes, stirring often, until the oats are soft and creamy.

Meanwhile, dice the mango and pineapple, and halve the passion fruit.

Spoon the porridge into a bowl. Top with the mango, pineapple, passion fruit pulp, the yogurt and a sprinkle of shredded coconut.

MFP Barcode



Living+

Allergen Information

Contains lactose, gluten.



Whole Wheat Bagel Booster

High Carb

Living+

Gear up for your training with the Pre-Workout Whole Wheat Bagel Booster. This snack features a whole wheat bagel spread with almond butter for a dose of healthy fats and protein, topped with banana slices for a quick energy release and potassium to aid muscle function.

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

Makes 1

Banana 1, medium

Bagel 1, whole wheat

Almond Butter 20g or 0.7oz

Cinnamon sprinkle

Whole Wheat Bagel Booster

High Carb

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Method

Slice the whole wheat bagel in half and toast it to your preference. Spread the almond butter evenly on both halves of the warm bagel. Arrange the banana slices over the almond butter, covering the surface of each bagel half. Finish with a sprinkle of cinnamon.

MFP Barcode



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Allergen Information

Contains tree nuts, wheat.