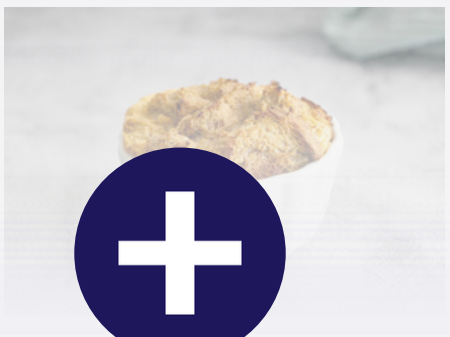











Breakfast Recipes

High-Protein High-Carb

Volume 1 - 21 Recipes



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Apple, Date & Hazelnut Bircher

High Protein | High Carb

Living+

Looking for a healthy and satisfying breakfast option to fuel your high-volume training days? Look no further! This easy-to-prepare dish is packed with nutrients and energy-boosting ingredients that will help you tackle even the most intense workout sessions with ease.

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

Makes 1

Apple Juice 150ml or 5 fl oz

0% Fat Protein Yogurt 150g or 5.3oz

Apple 1 small, Granny Smith

Oats 60g or 2.1oz

Dates 3, pitted and chopped

Hazelnuts 8, kernel only

Honey 1 tsp

Flaxseed 1 tsp

Cinnamon pinch

Apple, Date & Hazelnut Bircher

High Protein | High Carb

livingplusrx.com

Method

To a bowl, add the hazelnuts (chopped), oats, apple juice, yogurt, 1/2 the apple (grated), dates, flaxseed, and honey, and mix well.

Once mixed, top with a pinch of ground cinnamon, a pinch of the chopped hazelnuts, and 1/2 the apple, sliced. Place in the fridge for a minimum of 2 hours, ideally overnight.

MFP Barcode

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

Living+

Allergen Information

Contains tree nuts, lactose, gluten, sulfites.



KCAL 399.6

PRO 28.4g

CARB 62.3g

FAT 4g

FIBER 5g

Per serving

Banoffee Breakfast Pots

High Protein | High Carb

Living+

Start your day with a delightful twist on the classic banoffee pie, transformed into a nutritious breakfast pot. Layers of crunchy Weetabix soaked in your choice of milk, topped with a homemade date and banana caramel, fresh banana slices, and creamy vanilla protein yogurt.

Prep: 5 min | Cook: 0 min | Fresh: 2 days | Beginner

Makes 1

Greek Yogurt 150g or 5.3oz, 0% fat

Banana 1, small

Low-Fat Milk 3 tbsp

Weetabix 2 biscuits

Dates 3 khalas dates, pitted

Whey Protein 1/2 scoop, vanilla

Baking Soda 1/2 tsp

Banoffee Breakfast Pots

High Protein | High Carb

livingplusrx.com

Method

Crumble the two Weetabix into your serving container. Gently pour the milk over the crumbled Weetabix, pressing them down slightly to form a compact base.

Submerge the dates in boiling water mixed with baking soda and leave them to soak for 5 minutes. Drain the dates and blend them with half a banana. Gradually loosen the mixture with warm water, adding one tablespoon at a time, until you achieve a smooth caramel consistency similar to thick honey.

Spread a heaped tablespoon of the date caramel over the Weetabix base. Layer slices of banana on top of the caramel. Spoon the vanilla protein yogurt over the banana slices.

Dust a little cocoa powder over the top for a hint of chocolate flavor. Enjoy immediately for the best texture or refrigerate and consume within 2 days for a chilled treat.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, wheat.



Biscoff Bulking Oats

High Protein | High Carb

Living+

Biscoff Bulking Oats is a hearty and delicious high-protein porridge recipe that is perfect for anyone looking to gain mass or satisfy their sweet tooth.

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

Makes 1

Oats 60g or 2.1 oz

Whey Protein 1 scoop, chocolate

Milk 300ml or 10.1 fl oz, low-fat

Biscoff Spread 2 tsp

Biscoff Cookie 1

Boiling Water 2 to 3 tbsp

Biscoff Bulking Oats

High Protein | High Carb

livingplusrx.com

Method

To a saucepan, add the oats, milk, whey, and a tsp of the Biscoff spread. Cook on a low-medium heat for 8 to 10 minutes, stirring regularly.

As the oats cook, make the Biscoff sauce. In a small bowl add a tsp of Biscoff spread. Next, add 2 to 3 tbsp of boiling water. Mix well until you get a smooth, runny texture. You may want to add more water.

Place the oats in a bowl, then crumble 1/2 a Biscoff cookie on top and place the other half on top. Next, drizzle the Biscoff sauce and enjoy!

MFP Barcode



Living+

Allergen Information

Contains lactose, wheat, soy.



Black Forest Porridge

High Protein | High Carb

Living+

Indulge in a morning treat with this rich and satisfying breakfast that blends the hearty texture of oats with the luxurious flavors of dark chocolate and cherries. This dish is not only a delightful way to start your day but also a great source of fiber and antioxidants, thanks to the high cocoa content of the dark chocolate and the cherries.

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

Makes 1

Low-Fat Milk 200ml or 6.7oz

Rolled Oats 50g or 1.7oz

Dried Cherries 30g or 1oz

Whey Protein 1 scoop

85% Dark Chocolate 15g or 0.5oz

Black Forest Porridge

High Protein | High Carb

livingplusrx.com

Method

In a saucepan, combine the oats, milk, and chopped dark chocolate. Place over a low heat and cook for 3-5 minutes, stirring occasionally, until the chocolate is melted, the milk is absorbed, and the porridge has thickened.

Remove from heat and stir in the dried cherries.

Pour the porridge into a bowl, place 1 square of dark chocolate on top and enjoy while warm.

MFP Barcode



Living+

Allergen Information

Contains lactose, gluten.



Blueberry Bircher

High Protein | High Carb

Living+

Blueberry Bircher is a delicious and nutritious breakfast recipe that is ideal for intense training days. This recipe is high in protein and carbohydrates, which is the perfect combination for fueling up and recovering.

Prep: 5 min | Cook: 0 min | Fresh: 2 days | Beginner

Makes 1

0% Fat Protein Yogurt 150g or 5.3 oz

Blueberries 1 cup

Low-Fat Milk 125ml or 4.2 fl oz

Oats 50g or 1.7 oz

Whey Protein 1 scoop, vanilla

Honey 1 tsp

Chia Seeds 1 tsp

Flaxseed 1 tsp

Blueberry Bircher

High Protein | High Carb

livingplusrx.com

Method

First add 1/2 a cup of blueberries to a bowl. Next add in the remaining ingredients, mixing well before topping off with the remaining blueberries. Place the bowl in the fridge for a minimum of 2 hours before consuming.

MFP Barcode

Allergen Information

Contains lactose, gluten.



Buttermilk Protein Pancakes

High Protein | High Carb

Living+

These fluffy buttermilk protein pancakes are the perfect breakfast treat. Topped with bacon and drizzled with sweet maple syrup, it's a delicious combination of savory and sweet. The protein-packed buttermilk pancakes will keep you feeling full and satisfied, while the bacon adds a satisfying crunch and a touch of smoky flavor.

Prep: 5-10 min | Cook: 15 min | Fresh: 3 days | Beginner

Makes 3

Milk 350 ml or 1.5 cups (if no buttermilk)

All Purpose Flour 200g or 1.5 cups

Bacon Slices 6, 2 per portion

Eggs 2

Lemon Juice 1 tbsp (if no buttermilk)

Whey Protein 2 scoops, vanilla

Buttermilk 1.5 cups (if available)

Maple Syrup 3 tbsp, 1 tbsp per portion

Salted Butter 1/8 cup or 20g

Brown Sugar 2 tbsp

Baking Soda 1 tsp

Baking Powder 2 tsp

Cinnamon 1 tsp

Buttermilk Protein Pancakes

High Protein | High Carb

livingplusrx.com

Method

If you can't get buttermilk, add a tbsp of lemon juice to the milk, mix well and leave to sit for 5 minutes.

To a large mixing bowl, combine all the dry ingredients.

Next, add the wet ingredients, leaving the milk to last. Gradually add the milk, folding in the mixture until well combined.

Using cooking spray, bring a lightly oiled pan to medium-high heat. Add the mixture to the pan in size desired. You should be able to make 12 pancakes with this mixture.

If you like, cook 1 portion a day and keep the pancake mixture in the fridge. As the pancakes cook, cook the bacon slices.

Serve the pancakes with the bacon on top with a tablespoon of maple syrup.

MFP Barcode

0 5 7 9 4 1 2 2 0 6 3 9

Living+

Allergen Information

Contains lactose, egg, wheat. May contain sulfites.



Chocolate Power Porridge

High Protein | High Carb

Living+

This mixed meal is perfect for rest days or on the morning of an evening training session. The mixed meal nature and high fiber content will help with a slower release of energy while maintaining fullness for a long period of time.

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

Makes 1

Soy Milk 250ml or 8.4 fl oz, chocolate

Water 120ml or 4 fl oz

Oats 75g or 2.6 oz

Almond Butter 1 tsp

Greek Yogurt 1 tbsp, 0% fat

Honey 1 tsp

Chia Seeds 1 tsp

Cocoa Powder 1 tsp

Sliced Almonds 1 tsp

Chocolate Power Porridge

High Protein | High Carb

livingplusrx.com

Method

Put the oats, 1/2 tsp of chia seeds, water, chocolate milk, and cocoa powder in a saucepan. Cook over low heat for 8 to 10 minutes, stirring as needed.

Once cooked, top with a tbsp of 0% fat Greek yogurt, 1/2 tsp of chia seeds, and a tsp of almond butter. Sprinkle the sliced almonds over the top and add a tsp of honey.

MFP Barcode



Living+

Allergen Information

Contains tree nuts, lactose, soy, gluten.



Chocolate Protein Porridge

High Protein | High Carb

Living+

If you have a sweet tooth and a craving for chocolate then this porridge variation is for you. The perfect breakfast on a training day.

Prep: 2 min | Cook: 10 min | Fresh: 1 day | Beginner

Makes 1

Oats 60g or 2.1 oz

Water 150ml or 5 fl oz

Milk 150ml or 5 fl oz, low-fat

Whey 1 scoop, chocolate

Cocoa Powder 1 tsp

Banana 1, medium

Sliced Almonds 1 tsp

Chocolate Protein Porridge

High Protein | High Carb

livingplusrx.com

Method

In a pot, add the oats and liquids and cook on low to medium heat for 6 to 8 minutes. At this point, add the cocoa powder. Mix well.

Take the pot off the heat and add the whey protein, again mix well, and transfer the porridge to a bowl. Serve with a chopped banana and sliced almonds.

MFP Barcode

Allergen Information

Contains sulfites, gluten, tree nuts, lactose.



KCAL 508.2

PRO 28.4g

CARB 65g

FAT 15.2g

FIBER 4.6g

Per serving

Cinnamon & Biscoff French Toast Mug

High Protein | High Carb

Living+

This quick and comforting single-serving French toast in a mug brings a sweet twist with a hint of cinnamon and a delicious Biscoff spread topping. It's a perfect breakfast or meal that cooks in minutes, offering a delightful way to fuel your training needs.

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

Makes 1

Eggs 2

Bread 3 slices, whole wheat

Low-Fat Milk 80ml or 2.7 fl oz

Honey 1 tsp

Vanilla Extract 1 tsp

Cinnamon 1 tsp

Cinnamon & Biscoff French Toast Mug

High Protein | High Carb

livingplusrx.com

Method

In an oven-safe mug or ramekin, combine the milk, eggs, vanilla extract, honey, and cinnamon. Whisk vigorously until fully mixed.

Add the diced bread pieces into the mug, pressing down to ensure each piece is thoroughly soaked in the egg mixture.

Microwave on high for 1 to 1.5 minutes or until the eggs are fully set. Alternatively, you can bake in a preheated oven at 350°F (180°C) for 8 to 12 minutes until the French toast sets and puffs up.

Optional: Drizzle the thinned Biscoff spread (Biscoff mixed with boiling water) over the top of the French toast.

MFP Barcode



Living+

Allergen Information

Contains wheat, egg, lactose.



Cinnamon & Vanilla Protein Porridge

High Protein | High Carb

Living+

Enjoy a nourishing breakfast with this Cinnamon & Vanilla Protein Porridge. A blend of rolled oats, low-fat milk, and water forms the base, enriched with vanilla whey protein for a protein boost. Sweetened with banana and honey and spiced with cinnamon, this porridge is a delightful, quick morning meal.

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

Makes 1

Low-Fat Milk 200ml or 6.7 fl oz

Water 200ml or 6.7 fl oz

Banana 1 small

Rolled Oats 60g or 2.1 oz

Vanilla Whey Protein 1 scoop

Honey 1 tsp

Cinnamon 1/4 tsp

Cinnamon & Vanilla Protein Porridge

High Protein | High Carb

livingplusrx.com

Method

Mix rolled oats with low-fat milk and water in a pot. Heat on low, stirring regularly, for 4-5 minutes until oats are cooked.

Stir in the ground cinnamon until evenly distributed, then remove the pot from heat.

Add vanilla whey protein powder, stirring until smooth and well-incorporated.

Serve hot, topped with banana slices and a drizzle of honey. Enjoy this protein-rich, flavorful porridge as a wholesome start to your day.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, gluten.



Fluffy Protein Pancakes

High Protein | High Carb

Living+

Indulge in a healthier and fluffier version of the classic pancake. Infused with the richness of Greek yogurt and the subtle sweetness of brown sugar and vanilla, these pancakes are not only delicious but also have a delightful texture. Topped with more yogurt and a handful of blueberries, they make for a nutritious breakfast.

Prep: 5 min | Cook: 12 min | Fresh: 2 days | Beginner

Makes 1

Greek Yogurt 150g or 5.3 oz, 0% fat

All-Purpose Flour 80g or 2.8 oz

Egg 1

Blueberries 50g or 1.8oz

Baking Powder 1.5 tsp

Brown Sugar 1 tsp

Vanilla Extract 1.5 tsp

Fluffy Protein Pancakes

High Protein | High Carb

livingplusrx.com

Method

In a mixing bowl, whisk together the egg, Greek yogurt, brown sugar, and vanilla extract until well combined.

In a separate bowl, sift together the flour and baking powder. Gradually add this dry mixture to the wet ingredients, stirring until just combined. Be careful not to overmix; a few lumps are okay.

Heat a non-stick skillet or griddle over medium heat. Lightly grease it with cooking spray if needed.

Pour about 1/4 cup of the batter onto the skillet for each pancake. Cook until bubbles form on the surface and the edges look set, about 2-3 minutes.

Flip the pancakes and cook for an additional 1-2 minutes on the other side, or until golden brown and cooked through.

Serve the pancakes warm. Top each serving with a teaspoon of Greek yogurt and a generous handful of fresh blueberries.

MFP Barcode



Living+

Allergen Information

Contains lactose, eggs, wheat.



Mocha Bircher

High Protein | High Carb

Living+

Indulge in a chocolatey and energizing breakfast with our Mocha Bircher recipe. Made with a rich blend of cocoa and coffee, this creamy breakfast dish is packed with flavor and caffeine to give you the boost you need to tackle your day.

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

Makes 1

0% Fat Yogurt 150g or 5.3 oz
Chocolate Soy Milk 100ml or 3.4 fl oz
Oats 60g or 2.1 oz
Espresso Shot 1
Chia Seeds 1 tsp
Hazelnuts 4, kernel only
Walnuts 2
Almonds 4
Sliced Almonds 1 tsp
Cocoa Powder 1 tsp

Mocha Bircher

High Protein | High Carb

livingplusrx.com

Method

Measure out dry ingredients (oats, sliced almonds, chia seeds) into a breakfast bowl.

Stir in the wet ingredients (espresso and milk) and allow the mixture to sit for 10 minutes at room temperature or refrigerate overnight.

Once ready to eat, top with the hazelnuts (chopped), walnuts (chopped), and almonds (whole). A tsp of honey is an option to make it a little sweeter.

MFP Barcode



Living+

Allergen Information

Contains lactose, tree nuts, soy, gluten.



Pina Colada Bircher

High Carb

Living+

A tropical breakfast delight combining oats, chia seeds, and shredded coconut with low-fat Greek yogurt, coconut milk, and pineapple juice. Topped with fresh banana, pineapple, and mango, it's a refreshing, healthy start to your day.

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

Makes 1

0% Fat Yogurt 100g or 3.5 oz

Banana 1 small

Pineapple 75g or 2.6 oz

Mango 75g or 2.6 oz

Rolled Oats 50g or 1/2 cup

Pineapple Juice 4 tbsp

Coconut Milk 4 tbsp

Chia Seeds 1 tbsp

Shredded Coconut 1 tbsp

Pina Colada Bircher

High Carb

livingplusrx.com

Method

To a bowl add the oats, chia, banana (sliced) and shredded coconut. Stir in the wet ingredients and mix well.

Leave the bowl in the fridge for a minimum of 20 minutes or overnight.

When you are ready to eat, add the freshly chopped pineapple and mango.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, gluten, sulfites.



Raspberry & White Chocolate Baked Oats

High Protein | High Carb

Living+

Indulge in a warm, comforting breakfast with these Raspberry & White Chocolate Baked Oats. A dessert-like experience, blending the tartness of raspberries with the creamy sweetness of white chocolate. Protein-packed and infused with the warming spice of cinnamon, it's a nutritious way to start your day or enjoy as a guilt-free treat.

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

Makes 1

Water 150ml or 5 fl oz

Banana 1 small

Raspberries 50g or 1.7oz, frozen

Oats 50g or 1.7oz

Whey Protein 1 scoop, vanilla

White-Chocolate Spread 10g or 0.35oz

Baking Powder 1/2 tsp

Cinnamon 1/2 tsp

Raspberry & White Chocolate Baked Oats

High Protein | High Carb

livingplusrx.com

Method

Start by heating your oven to 350°F (180°C).

In a blender, combine the rolled oats, protein powder, ripe banana, baking powder, cinnamon, and water. Blend everything until the mixture is smooth and uniform.

Take a skillet or a small baking dish and coat lightly with non-stick spray to prevent sticking. Carefully pour the blended oat mixture into the dish, ensuring it's spread out evenly.

Scatter the frozen raspberries over the top of the oat mixture, pressing them down lightly into the surface.

Transfer the skillet or baking dish to the oven and bake for 18-20 minutes, or until the oats are set and the top is golden brown.

Once baked, remove the dish from the oven. Melt the white chocolate spread slightly if it’s not already soft, then drizzle over the top of the baked oats. Allow the baked oats to cool for a few moments, then dive in and enjoy the warm, fruity, and indulgent flavors!

MFP Barcode



Living+

Allergen Information

Contains lactose, gluten.



KCAL 522.9

PRO 35.5g

CARB 70.7g

FAT 10.6g

FIBER 2.9g

Per serving

Red Velvet Protein Pancakes

High Protein | High Carb

Living+

Change up your protein pancake game with these red velvet pancakes.

Prep: 5 min | Cook: 12 min | Fresh: 2 days | Beginner

Makes 1

Banana 1 medium

Low-Fat Milk 4 tbsp

Egg 1

All-Purpose Flour 50g or 1.7oz

Whey Protein 1 scoop, vanilla

White Chocolate Chips 10g or 0.35 oz

Vanilla Extract 1 tsp

Baking Powder 1/2 tsp

Red Velvet Protein Pancakes

High Protein | High Carb

livingplusrx.com

Method

First, in a mixing bowl mash your banana. Next, add the remaining ingredients and mix well. Lastly, add a few drops of red food coloring and stir until evenly colored. Leave the mixture to sit for 3 to 5 minutes before cooking.

Using a small ladle, pour the batter onto a non-stick pan, cooking on medium heat. Cook until bubbles begin to appear before turning.

This mixture cooks around 6 to 8 decent-sized pancakes.

MFP Barcode



Living+

Allergen Information

Contains lactose, egg, wheat. May contain sulfites.



Scrambled Oats

High Protein | High Carb

Living+

Start your day with a powerhouse breakfast that scrambles up the traditional pancake routine! Our Scrambled Oats blend the heartiness of oats with the nutritional punch of bananas and protein powder, then finished off like scrambled eggs. This meal is packed with energy, protein, and fiber.

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

Makes 1

Banana 1, medium

Egg 1

Rolled Oats 50g or 1.7oz

Blueberries 1 handful

Raspberries 1 handful

Whey Protein 1 scoop

Greek Yogurt 2 tbsp, 0% fat

Dark Chocolate 1 square, 70%

Scrambled Oats

High Protein | High Carb

livingplusrx.com

Method

In a blender, combine the oats, banana, egg, and protein powder. Blend until the mixture is smooth.

Heat a non-stick skillet over medium heat. Pour in the oat mixture, allowing it to set slightly like a pancake. Then, begin scrambling, stirring constantly, until the mixture is fully cooked and resembles scrambled eggs.

While the oats are cooking, prepare your toppings—wash the berries, measure the yogurt, and grate the dark chocolate.

Spoon the scrambled oats onto a plate. Top with blueberries, raspberries, yogurt, sliced almonds, and grated dark chocolate.

MFP Barcode



Living+

Allergen Information

Contains eggs, lactose, tree nuts, gluten.



Spicy Beans on Toast

High Protein | High Carb

Living+

Elevate the classic beans on toast with this spicy and tangy version. Sautéed onions, garlic, and mushrooms form a flavorful base while the mix of paprika and chili flakes brings the heat. Served with creamy avocado, every bite is a delightful medley of tastes and textures. Serve it over crunchy sourdough for the ultimate breakfast.

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

Makes 2

Chopped Tomatoes 1 can
Mixed Beans 1 can
Sourdough Bread 4 slices
White Mushrooms 120g or 4.2 oz
Avocado 1 small
Yellow Onion 1/2 medium
Garlic Cloves 2
Brown Sugar 2 tsp
Soy Sauce 1 tbsp
Apple Cider Vinegar 3 tbsp
Paprika 1 tsp
Chili Flakes 1/4 tsp

Spicy Beans on Toast

High Protein | High Carb

livingplusrx.com

Method

Dice 1/2 an onion and chop 2 garlic cloves. Drain and rinse the can of mixed beans. Slice the mushrooms.

In a pan over medium heat, add some oil and sauté the onion until translucent. Add the chopped garlic, 1/4 tsp chili flakes, and 1 tsp paprika. Stir and cook for another 2 minutes until aromatic.

Optional step, otherwise add them as is: In a blender, combine the can of chopped tomatoes, 1 tbsp soy sauce, and 3 tbsp apple cider vinegar. Blend until smooth.

Add the sliced mushrooms to the pan and sauté until they release their moisture and become golden brown. Reduce the heat to low, pour in the blended tomato mixture, and add 2 tsp brown sugar. Stir well. Add the drained mixed beans to the pan. Let the mixture simmer, stirring occasionally until it thickens to your liking.

While the beans are cooking, halve and pit the avocado. Scoop out the flesh and slice it using a knife. Season with salt and pepper to taste.

Toast the 4 slices of sourdough bread. Top with the spicy bean mixture and serve with the avocado.

MFP Barcode

Allergen Information

Contains soy, wheat.



KCAL 628.4

PRO 31.2g

CARB 109.2g

FAT 7.8g

FIBER 8.3g

Per serving

Sweet Potato Pancakes

High Protein | High Carb

Living+

Looking for a healthy and satisfying breakfast option to fuel your high-volume training days? Look no further! This easy-to-prepare dish is packed with nutrients and energy-boosting ingredients that will help you tackle even the most intense workout sessions with ease.

Prep: 10 min | Cook: 20 min | Fresh: 5 days | Beginner

Makes 3 (15 pancakes)

Almond Milk 2 cups, unsweetened

Sweet Potato 300g or 10.6oz

All-Purpose Flour 2 cups

Eggs 2

Whey Protein 2 scoops, vanilla

Honey 3 tsp (1 per portion)

Brown Sugar 2 tbsp

Baking Powder 2 tsp

Cocoa Powder 2 tsp

Salt 1 tsp

Cinnamon 1 tsp, ground

Sweet Potato Pancakes

High Protein | High Carb

livingplusrx.com

Method

Peel and dice the sweet potato. Then steam them until soft, you should be able to pierce it with a fork.

To a large mixing bowl, combine the dry ingredients.

Next, in a separate bowl add the cooked sweet potato (mashed) and the remaining ingredients. Mix well before transferring the wet ingredients to the dry.

Mix the wet and dry ingredients until you have a thick, consistent batter.

In a lightly oiled pan, on medium heat, cook the pancakes at your desired size. Flip the pancakes once bubbles begin to appear. This batter makes up to 15 medium-sized pancakes.

Serve with a tsp of honey.

MFP Barcode



Living+

Allergen Information

Contains wheat, lactose, eggs, tree nuts.



"The Sunrise Special" Breakfast Bagel

High Protein | High Carb

Living+

Embrace the morning with a delightful combination of crispy air-fried hash browns, savory bacon, and a perfectly fried egg, all layered with fresh spinach between a toasted bagel. This hearty creation promises to energize and satisfy, making it the perfect start to any day.

Prep: 5 min | Cook: 25 min | Fresh: 1 day | Beginner

Makes 1

- **Hash Browns** 2, frozen
- **Plain Bagel** 1
- **Egg** 1
- **Canadian Bacon** 2
- **Spinach** 1 handful

"The Sunrise Special" Breakfast Bagel

High Protein | High Carb

livingplusrx.com

Method

Preheat your air fryer. Cook the frozen hash browns until golden and crispy (according to the instructions).

In a skillet/pan, cook the bacon until it reaches your preferred crispiness.

Using the bacon's skillet, fry the egg to your liking.

Toast the bagel to a light golden brown.

Begin with the toasted bagel base then add a layer of fresh spinach. Place the crispy hash browns next followed by a layer of sizzling bacon on top. Crown with the golden fried egg.

MFP Barcode



Living+

Allergen Information

Contains egg, wheat.



Tofu Breakfast Bowl

High Protein | High Carb

Living+

This colorful and nutrient-packed breakfast bowl is a combination of tofu scramble, sweet potato fritters, and red quinoa, seasoned with a medley of spices. It's vegan-friendly, gluten-free (if using GF flour), and offers a hearty start to your day.

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

Makes 2

Tofu 280g or 10oz
Sweet Potato 1, medium
Quinoa 180g or 6.3 oz
Avocado 1, small
Olive Oil 1 tbsp
Baby Spinach 1/2 cup
All-Purpose Flour 1 tbsp
Garlic Clove 1
Paprika 1 tsp
Ground Turmeric 1/2 tsp

Tofu Breakfast Bowl

High Protein | High Carb

livingplusrx.com

Method

In a saucepan, bring 2 cups of water to a boil. Add the rinsed quinoa and reduce heat to low, cover, and simmer until the quinoa is tender and the water is absorbed, about 15 minutes.

Grate the sweet potato and squeeze out excess moisture using a hand towel. Combine with flour and smoked paprika. Form small patties with the mixture.

Heat a small amount of oil in a frying pan over medium heat. Fry the sweet potato patties until golden on both sides, around 3-4 minutes per side.

In the same pan, add a bit more oil if needed and sauté the minced garlic for 1 minute. Add the crumbled tofu, turmeric, and chopped tomato. Cook for about 5-7 minutes, stirring occasionally.

Divide the quinoa between two bowls. Top with tofu scramble and sweet potato fritters. Add slices of avocado for extra creaminess.

MFP Barcode



Living+

Allergen Information

Contains soy, wheat.



KCAL 356.2

PRO 21.4g

CARB 60.8g

FAT 2.9g

FIBER 4.9g

Per serving

Zesty Lemon Blueberry Toast

High Protein | High Carb

Living+

Indulge in a vibrant breakfast with this toast, a refreshing morning treat that combines the tang of lemon with the sweetness of blueberries atop crusty sourdough. It's not only delicious but also provides a good dose of antioxidants from the blueberries and immune-boosting vitamin C from the lemon.

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

Makes 1

Sourdough 2 slices

Greek Yogurt 120g or 4.2oz, 0% fat

Blueberries 100g or 3.5oz

Granola 2 tsp

Lemon Juice 1 lemon

Lemon Zest 1 lemon

Salt pinch

Zesty Lemon Blueberry Toast

High Protein | High Carb

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Method

In a small saucepan, heat the blueberries with a splash of water over medium heat until they begin to burst and create a syrupy sauce, about 3-4 minutes. Remove from heat and set aside.

While the blueberries are heating, toast the sourdough slices until golden and crispy.

In a small bowl, combine the Greek yogurt with the lemon zest, lemon juice, and a pinch of salt. Mix well until smooth.

Spread a generous layer of the lemon yogurt mixture on each slice of toasted sourdough. Spoon the warm blueberries over the yogurt.

Sprinkle granola over the top for added crunch and texture, if using.

MFP Barcode



Living+

Allergen Information

Contains wheat, lactose. Granola may contain tree nuts.