










Breakfast Recipes

High-Protein Low-Carb

Volume 1 - 15 Recipes



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Bacon Avocado Bowl

High Protein | Low Carb

Living+

Savor our protein-packed Turkey Bacon Avocado Bowl, a hearty and nutritious mix. Crispy turkey medallions, creamy avocado, and crunchy red pepper come together, seasoned just right with salt and pepper. Topped with protein-rich hard-boiled eggs, it's a balanced meal that fuels your day.

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

Makes 2

Egg 4

Turkey Bacon Medallions 6

Red Pepper 1 medium

Avocado 1 small

Black Pepper 5 twists

Salt pinch

Bacon Avocado Bowl

High Protein | Low Carb

livingplusrx.com

Method

Start by cooking your turkey medallions in a heated pan until they are fully cooked and golden brown. Set them aside to cool.

While the turkey is cooking, hard-boil your eggs. Place them in a pot of water, bring it to a boil, and then let them cook for about 9-12 minutes. Once they're done, remove from heat, drain the water and let them cool before peeling. I suggest immersing them in a bowl of cold water.

Chop your red pepper and avocado into bite-sized pieces. Slice your cooled turkey medallions and hard-boiled eggs.

Assemble your bowl. Begin with a layer of turkey medallions, followed by a sprinkle of chopped red pepper. Add a layer of avocado and then top with slices of hard-boiled eggs.

Season with salt and pepper to taste.

MFP Barcode

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

Living+

Allergen Information

Contains eggs.



Cheesy Garden Harvest Frittata

High-Protein | Low Carb

Living+

A delicious, protein-packed meal that brings together the comforting flavors of fresh eggs, potatoes, and cheddar cheese, with the nutrition-rich goodness of broccoli and peas. Perfect for any meal of the day, this frittata is a celebration of simple ingredients transformed into a delightful dish.

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

Makes 6

Eggs 10

Broccoli 300g or 10.5oz

Baby Potatoes 260g or 9.1oz

Frozen Peas 150g or 5.3oz

1/2 Fat Cheddar Cheese 70g or 2.4oz

Black Pepper 1 tsp

Salt pinch

Cheesy Garden Harvest Frittata

High-Protein Low Carb

livingplusrx.com

Method

Slice the baby potatoes into coin-thickness rounds, leaving the skin on (remove if desired). Boil until nearly tender.

Use your microwave to defrost the broccoli and peas. Drain any excess water and set aside. If using fresh, steam the broccoli until tender.

Set your oven to 340°F (170°C).

Once the potatoes are nearly tender, drain and transfer them to a frying pan with a touch of olive oil. Fry until the potatoes start to turn golden, then add the broccoli and peas.

In a large mixing bowl, crack the eggs, season with salt and pepper, and whisk until well combined. Stir in the grated cheddar cheese.

Pour the egg mixture over the potatoes, broccoli, and peas in the pan. Cook over low heat on the stovetop for about 4 minutes.

Transfer the pan to your preheated oven and bake for 20 minutes, or until the frittata is set.

MFP Barcode



Living+

Allergen Information

Contains lactose, eggs.



Chili Cheese Scramble

High Protein | Low Carb

Living+

A protein-packed twist on classic scrambled eggs. It's loaded with vitamins from fresh veggies and enriched with eggs and cheese. The dish gets a flavorful kick from sesame oil, soy sauce, and red chili. A tasty, nutritious way to kickstart your day!

Prep: 3 min | Cook: 3 min | Fresh: 1 day | Beginner

Makes 1

- **Eggs** 3
- **Cherry Tomato** 4
- **Baby Spinach** 1 cup
- **White Mushrooms** 2 small
- **Soy Sauce** 1 tbsp
- **1/2 Fat Cheddar Cheese** 10g or 0.3 oz
- **Green Onion** 1
- **Sesame Oil** 1 tsp

Chili Cheese Scramble

High Protein | Low Carb

livingplusrx.com

Method

Start by heating sesame oil in a frying pan over medium heat.

Add the chopped green onion (save some for garnish), white mushrooms (sliced), cherry tomatoes (quartered), and spinach. Sauté the vegetables until they are soft and slightly caramelized.

Pour in the soy sauce and stir to mix it with the vegetables.

In a separate bowl, whisk the eggs until well-beaten. Pour the beaten eggs into the pan with the veggies.

Let the eggs cook for a minute until they start to set around the edges. Stir the eggs and vegetables to scramble, and continue to cook until the eggs are done to your preference.

Sprinkle the cheese over the scramble and let it melt from the residual heat.

Transfer to a plate, and garnish with the remaining green onion and red chili. Serve immediately while hot, and enjoy your nutritious breakfast!

MFP Barcode



Living+

Allergen Information

Contains eggs, lactose, soy, sesame.



Creamy Avo Whip with Poached Eggs

High Protein | Low Carb

Living+

A nutritious, low-carb delight that pairs a smooth avocado-cottage cheese blend with perfectly poached eggs. Brightened with lemon and chili flakes, and finished with microgreens and tomatoes, it's a symphony of fresh, creamy, and zesty flavors for a healthful indulgence.

Prep: 5 min | Cook: 3 min | Fresh: 1 day | Beginner

Makes 1

Eggs 2

Salad Tomato 1 small

Avocado 1 small

Low Fat Cottage Cheese 80g or 2.8oz

Cherry Tomato 3 single

Microgreens handful

Lemon Juice 1 lemon

Black Pepper a twist

Chili Flakes pinch (optional)

Creamy Avo Whip with Poached Eggs

High Protein | Low Carb

livingplusrx.com

Method

In a food processor, combine the avocado, low-fat cottage cheese, and the juice of half a lemon. Blend until you achieve a smooth, creamy consistency. This will be the base of your dish.

Cut the large tomato in half and place it on a heated grill, cut side down. Grill until it's charred to your liking, then set aside.

Bring a pot of water to a gentle simmer. Crack one egg into a small bowl, then carefully slide it into the simmering water. Repeat with the second egg. Cook for about 4 minutes for a runny yolk, then remove with a slotted spoon and drain on a paper towel.

Spread the creamy avocado mixture onto your serving plate. Arrange the poached eggs and grilled tomato halves on top.

Scatter microgreens and cherry tomatoes around the eggs and tomato, providing a fresh, colorful contrast.

To finish, sprinkle with chili flakes and freshly ground black pepper, adjusting to taste.

MFP Barcode

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

Living+

Allergen Information

Contains eggs, lactose.



Fresh Tomato & Arugula Omelet

High Protein | Low Carb

Living+

Enjoy our "Tomato Arugula Omelet", a vibrant and flavorful breakfast option. With chicken eggs, sweet cherry tomatoes, and peppery arugula leaves, this omelet bursts with freshness and taste. Cooked to perfection and served with a side of tossed greens, it's a nutritious and delicious way to kick-start your day.

Prep: 2 min | Cook: 3 min | Fresh: 1 day | Beginner

Makes 1

Eggs 3

Cherry Tomato 4 single

Arugula 1/2 cup

Olive Oil 1 tsp

Black Pepper 2 twist

Salt 1 pinch

Fresh Tomato & Arugula Omelet

High Protein | Low Carb

livingplusrx.com

Method

Place a non-stick pan over medium heat and add a teaspoon of olive oil.

Crack the chicken eggs into a bowl and whisk them using a fork until well beaten. Season with sea salt and black pepper.

Pour the beaten eggs into the heated pan, spreading them evenly across the surface. Cook the omelet for a few minutes until the edges are set and the center is still slightly runny.

Gently fold one side of the omelet over the other, creating a half-moon shape. Slide the omelet onto a plate and serve immediately. Serve with the arugula and freshly quartered tomatoes.

MFP Barcode

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

Living+

Allergen Information

Contains eggs.



Garden Medley Omelet

High Protein | Low Carb

Living+

A nutritious and flavorful breakfast option. Packed with juicy cherry tomatoes, vibrant spinach, and savory feta crumbles, this omelet is a delightful medley of garden-fresh ingredients. Enjoy the perfect balance of colors, textures, and flavors in each bite of this satisfying dish.

Prep: 2 min | Cook: 3 min | Fresh: 1 day | Beginner

Makes 1

Eggs 3 (2 whole, 1 egg white)

Cherry Tomato 6 single

Spinach 1/2 cup

Olive Oil 1 tsp

Black Pepper 2 twist

Light Feta Cheese 30g or 1oz

Garden Medley Omelet

High Protein | Low Carb

livingplusrx.com

Method

Crack the chicken eggs (2 full eggs & 1 egg white) into a bowl and whisk them using a fork until well beaten. Season with sea salt and black pepper.

Quarter the cherry tomatoes and gently fry them in a pan until slightly softened. After frying the tomatoes for a few minutes, pour the beaten eggs into the pan. Allow them to cook for about 3 minutes.

Cook the omelet for a few minutes until the edges are set and the center is still slightly runny.

Gently fold one side of the omelet over the other, creating a half-moon shape. Slide the omelet onto a plate and serve immediately.

Serve with the spinach, tomatoes and a crumbling of feta cheese.

MFP Barcode

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

Living+

Allergen Information

Contains eggs, lactose.



Grab-&-Go Egg Muffins

High Protein | Low Carb

Living+

"Grab and Go Egg Muffins" are your solution to quick, wholesome breakfasts. Packed with protein-rich eggs, juicy cherry tomatoes, low-fat feta, and baby spinach, they're a flavor-rich, nutritious choice. Easy to prepare and perfect for busy lifestyles, enjoy a week's worth of convenient, yet delicious breakfasts or snacks with this recipe.

Prep: 5 min | Cook: 25 min | Fresh: 3 days | Beginner

Makes 12

Eggs 10

Cherry Tomato 8 single

2% Milk 100ml or 3.3fl oz

Light Feta Cheese 50g or 1.7oz

Baby Spinach 1 cup

Fresh Chives 1 tbsp

Black Pepper 1 tsp

Grab-&-Go Egg Muffins

High Protein | Low Carb

livingplusrx.com

Method

Set your oven to 350°F (180°C).

In a bowl, whisk together the eggs and 2% milk. Stir in the crumbled feta cheese.

Add the chopped bacon, chives, and spinach to the egg mixture. Season with black pepper.

Use a 12-cup muffin pan and evenly distribute the egg mixture into the cups.

Place the pan in the oven and bake for 20-25 minutes until golden. Allow them to cool before removing.

MFP Barcode



Living+

Allergen Information

Contains eggs, lactose.



Huevos Rancheros

High Protein | Low Carb

Living+

This Huevos Rancheros recipe offers a hearty and flavorful twist to the classic Mexican breakfast. Combining spicy smoked chorizo, tender baby potatoes, and fresh eggs, it's a perfect blend of textures and flavors. Topped with the freshness of green onions and a hint of smoked paprika, this dish is not only delicious but also visually appealing.

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

Makes 2

Chorizo 120g or 4.2 oz

Baby Potato 200g or 7 oz

Egg 4

Red Onion 1, medium

Chili 1, red or green deseeded

Salt pinch

Black Pepper twist

Green Onion 1

Huevos Rancheros

High Protein | Low Carb

livingplusrx.com

Method

Start by preparing the potatoes. Cube them and boil in salted water until tender. Drain and set aside.

In a large non-stick sauté pan, add the sliced chorizo, red onion, and green chili. Cook over medium-low heat for 6-8 minutes, stirring occasionally. The chorizo will release its oils, flavoring the onion and chili.

Once the chorizo has rendered its fat and the onions are soft, add the boiled potatoes to the pan. Increase the heat to medium and cook for 3-4 minutes, or until the potatoes turn golden brown.

Carefully crack the eggs into the pan, spacing them evenly among the chorizo and potatoes. Lower the heat and let the eggs cook gently for about 4 minutes, or until they reach your desired level of doneness. Alternatively, you can finish cooking the eggs under a preheated broiler on the medium setting, ensuring the chorizo and potato mixture is evenly spread out in the pan.

Once the eggs are cooked to your liking, remove the pan from the heat. Sprinkle the dish with the sliced green onions and a pinch of smoked paprika for added color and a smoky flavor.

MFP Barcode



Living+

Allergen Information

Contains eggs.



Poached Eggs on Asparagus

Low Carb

Living+

A simple yet elegant dish. Tender asparagus spears provide a nutritious base for perfectly poached eggs. Sprinkled with crumbled feta cheese and garnished with fresh parsley, this recipe is a delightful combination of flavors and textures. Enjoy the protein-rich eggs and vibrant asparagus in this light and satisfying dish.

Prep: 2 min | Cook: 4 min | Fresh: 1 day | Beginner

Makes 1

Eggs 2

Cherry Tomato 6 single

Asparagus 7 spears

Light Feta 30g or 1oz

Parsley to garnish

Poached Eggs on Asparagus

Low Carb

livingplusrx.com

Method

Trim the woody ends of the asparagus spears. Steam or boil the asparagus until tender but still crisp. Drain and set aside.

Fill a saucepan with water and bring it to a gentle simmer. Crack the eggs, one at a time, into a small bowl or ramekin. Create a gentle whirlpool in the simmering water using a spoon, then carefully slide each egg into the center of the whirlpool. Poach the eggs for about 3-4 minutes until the whites are set but the yolks are still soft and runny. Remove the eggs with a slotted spoon and place them on a paper towel to drain excess water.

Place the cooked asparagus spears on a serving plate, creating a bed for the poached eggs. Gently place the poached eggs on top of the asparagus spears.

Sprinkle crumbled feta cheese over the eggs, allowing it to melt slightly. Garnish with fresh parsley for added freshness and flavor.

MFP Barcode

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

Living+

Allergen Information

Contains eggs, lactose.



Ricotta Scrambled Eggs

High Protein | Low Carb

Living+

Fluffy scrambled eggs are elevated with a dollop of rich ricotta cheese, creating a delightful combination of flavors and textures. Seasoned with a pinch of salt and pepper, these scrambled eggs are simple yet satisfying. Top them off with fresh microgreens for an added burst of freshness.

Prep: 2 min | Cook: 3 min | Fresh: 1 day | Beginner

Makes 1

Eggs 3

Ricotta Cheese 1 tbsp

Microgreens 1 pinch

Olive Oil 1 tsp

Black Pepper 1 twist

Salt 1 pinch

Ricotta Scrambled Eggs

High Protein | Low Carb

livingplusrx.com

Method

Crack 3 eggs into a bowl and whisk them until well beaten. Stir in 1 tablespoon of ricotta cheese into the beaten eggs, ensuring it is evenly incorporated.

Heat a non-stick frying pan over medium heat and add 1 teaspoon of olive oil. Allow the oil to heat up.

Pour the egg and ricotta mixture into the heated pan. Let it cook undisturbed for a moment until the edges start to set.

Using a spatula or wooden spoon, gently scramble the eggs, moving them around the pan in a circular motion. Continue cooking and stirring until the eggs are softly scrambled and cooked to your desired consistency.

Season the scrambled eggs with a pinch of salt and pepper to taste. Adjust the seasoning according to your preference.

Transfer the ricotta scrambled eggs to a plate and garnish with microgreens for added freshness and visual appeal. Enjoy while warm and creamy.

MFP Barcode



Living+

Allergen Information

Contains eggs, lactose.



Savory Garden Omelet

Low Carb

Living+

A delicious combination of eggs, cherry tomatoes, and asparagus spears. This savory omelet not only tantalizes your taste buds but also provides a wealth of essential nutrients. Eggs are a great source of high-quality protein, vitamins, and minerals, making this omelet a wholesome and satisfying breakfast choice.

Prep: 3 min | Cook: 3 min | Fresh: 1 day | Beginner

Makes 1

Eggs 3

Asparagus 6 spears

Cherry Tomatoes 4

Olive Oil 1 tsp

Black Pepper 1 twist

Salt 1 pinch

Savory Garden Omelet

Low Carb

livingplusrx.com

Method

In a bowl, whisk the 3 eggs until well beaten.

Heat the olive oil in a non-stick frying pan over medium heat.

Add the cherry tomatoes and asparagus spears to the heated pan. Sauté them for a few minutes until they are slightly softened and then set aside.

Pour the beaten eggs in the pan. Allow the mixture to spread evenly.

Sprinkle freshly ground black pepper over the eggs, to your preferred taste.

Cook the omelet for a few minutes until the edges are set and the center is still slightly runny.

Place the sautéed vegetables on one half of the eggs. Gently fold one side of the omelet over the other, creating a half-moon shape. Slide the omelet onto a plate and serve immediately.

MFP Barcode



Living+

Allergen Information

Contains eggs.



Scrambled Egg Toast

High Protein | Med Carb

Living+

Transform your morning routine with a hearty and flavorful twist on a classic breakfast. Fluffy scrambled eggs, enriched with low-fat mayo and seasoned with a blend of salt, pepper, and a dash of red pepper flakes, are piled high on a toasted slice of sourdough. Finished with a sprinkle of green onions for a fresh bite.

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

Makes 1

Eggs 2

Sourdough Bread 1 slice

Light Mayonnaise 1 tbsp

Green Onion 1

Salt 1 pinch

Black Pepper twist

Chili Flakes pinch

Scrambled Egg Toast

High Protein | Med Carb

livingplusrx.com

Method

Place the eggs in a saucepan and cover with cold water. Bring to a boil over medium-high heat. Once boiling, reduce the heat to low and simmer for 6-7 minutes for a soft yolk. Remove the eggs from the heat and immediately place them in a bowl of ice water to cool down quickly and stop the cooking process.

Once cooled, peel the eggs and place them in a mixing bowl. Add the low-fat mayo to the bowl. Add half the chopped green onion. Season with salt, pepper, and a sprinkle of red pepper flakes according to your taste preferences. Use a fork to mash the ingredients together until you achieve a creamy, yet slightly chunky, consistency.

While preparing the egg mixture, toast the sourdough slice until golden and crispy. Adjust the toaster settings to your preference.

Spread the egg mixture evenly over the toasted sourdough slice. Ensure the mixture is not too thick, allowing the flavors to blend well with the bread.

Sprinkle additional red pepper flakes over the top for an extra kick. Garnish with the remaining green onion, adding a fresh, crisp finish to the dish. Serve immediately while the toast is still warm and the egg mixture is creamy.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, wheat, eggs, soybean, mustard.



Shakshuka

Low Carb

Living+

Experience the vibrant flavors of the Middle East with our Shakshuka recipe. This delightful dish combines tomatoes, eggs, cumin, paprika, red pepper, zucchini, garlic, and red onion. Originating from North Africa, Shakshuka has become a beloved culinary treasure enjoyed throughout the Middle East and beyond.

Prep: 5 min | Cook: 15 min | Fresh: 1 day | Beginner

Makes 1

- **Chopped Tomatoes** 1 can
- **Eggs** 4
- **Zucchini** 1 medium
- **Red Pepper** 1 medium
- **Red Onion** 1 medium
- **Light Feta Cheese** 30g or 1oz
- **Garlic** 3 cloves
- **Cumin** 2 tsp
- **Paprika** 2 tsp

Shakshuka

Low Carb

livingplusrx.com

Method

Dice the red pepper, zucchini, garlic, and red onion.

Heat a large pan or skillet over medium heat. Add a drizzle of olive oil. Sauté the diced red pepper, zucchini, garlic, and red onion until they are softened and slightly caramelized.

Sprinkle 2 teaspoons of cumin and 2 teaspoons of paprika over the sautéed vegetables. Stir well to coat the vegetables with the spices. Allow them to cook for a minute or two to release their flavors.

Pour a can of chopped tomatoes into the pan with the vegetables and spices. Stir everything together, ensuring the vegetables are well coated with the tomato mixture. Let it simmer for a few minutes to allow the flavors to meld together and the sauce to reduce.

Using a spoon, make small wells or indentations in the tomato mixture. Carefully crack the eggs into each well, ensuring the yolks remain intact. This will allow the eggs to poach in the sauce.

Cover the pan with a lid and let the shakshuka simmer gently for about 5-7 minutes, or until the eggs are cooked to your desired level of doneness. If you prefer firmer yolks, cook them a bit longer.

Once the eggs are cooked, remove the pan from the heat. Garnish with fresh herbs such as parsley or cilantro, and crumble feta cheese over the top if desired. Serve the shakshuka directly from the pan, accompanied by crusty bread or pita for dipping.

MFP Barcode



Living+

Allergen Information

Contains eggs, lactose.



Smoked Salmon Avocado Delight

High Protein | Low Carb

Living+

A delightful combination of creamy avocado, smoky salmon, and perfectly poached eggs. This dish offers a harmonious blend of flavors and textures that will awaken your taste buds. With the richness of avocado, the delicate touch of smoked salmon, and the indulgence of poached eggs, it's a satisfying and nutritious choice for breakfast.

Prep: 3 min | Cook: 4 min | Fresh: 1 day | Beginner

Makes 1

Eggs 4

Smoked Salmon 100g

Avocado 1 small

Pumpkin Seeds 20g or 0.7 oz

Black Pepper 1 twist

Salt 1 pinch

Smoked Salmon Avocado Delight

High Protein | Low Carb

livingplusrx.com

Method

Fill a pan with boiling water. Add sea salt and white vinegar to the water, then simmer gently.

Crack the eggs into a small bowl. Create a gentle whirlpool effect in the simmering water using a fork, then carefully pour the eggs into the center of the whirlpool. Simmer gently for 3–4 minutes until the egg whites have firmed up, while aiming to keep the yolks runny.

While the eggs are cooking, add the sliced cold smoked salmon to the plate. Slice the ripe avocado and place it on a plate. Sprinkle a generous amount of pumpkin seeds over the avocado. Once the eggs are ready, carefully place them on top of the avocado and salmon.

Season the dish with a pinch of salt and a sprinkle of freshly ground black pepper, to taste.

MFP Barcode



Living+

Allergen Information

Contains eggs.



Turkish Eggs

High Protein | Low Carb

Living+

Explore the rich flavors of Turkey with this delightful Turkish Eggs recipe, perfect for those seeking a low-carb option on rest or light training days. Combining the creamy texture of Greek yogurt with the luxurious taste of poached eggs and a kick of chili oil, this dish is a testament to simplicity and flavor.

Prep: 15 min | Cook: 12 min | Fresh: 3 days | Beginner

Makes 2

Greek Yogurt 200g or 7oz

Eggs 2

Chili Crunch Oil 1 tsp

Black Pepper 2 twists

Fresh Dill 1/2 tsp

Salt pinch

Turkish Eggs

High Protein | Low Carb

livingplusrx.com

Method

In a bowl, stir the Greek yogurt until smooth. Season with a pinch of salt and spread the yogurt on a serving plate, creating a well in the center.

Bring a pot of water to a simmer. Add a little vinegar (optional, to help the whites firm up). Crack each egg into a small cup, then gently pour them one at a time into the simmering water. Poach for about 3-4 minutes or until the whites are set but the yolks remain runny. Remove with a slotted spoon and drain on paper towels.

Place a poached egg in the center of each yogurt bed. Drizzle chili oil over the eggs and around the yogurt. Season with salt and freshly ground black pepper.

Sprinkle chopped dill over the top for a fresh, herby finish. Serve immediately, enjoying the contrast of cold yogurt with warm, spicy eggs.

MFP Barcode



Living+

Allergen Information

Contains lactose, eggs, soy.