










Breakfast Recipes

High-Protein Low-Carb

Volume 2 - 14 Recipes



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Air Fryer Caprese Frittata Muffins

High Protein | Low Carb

Living+

A simple, high-protein breakfast or snack option that's perfect for meal prep! Bursting with juicy cherry tomatoes, creamy mozzarella, and fragrant fresh basil, they deliver all the flavors of a classic Caprese salad in a light and fluffy egg bite. Quick to make in the air fryer and easy to store, they're great for busy mornings or an on-the-go bite.

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

Makes 6 Muffins (1 serve is 3)

Egg 4

Cherry Tomato 6

Mozzarella Cheese 50g or 1.7oz

Low-Fat Milk 1 tbsp

Fresh Basil 4 leaves

Black Pepper 2-3 twists

Salt pinch

Air Fryer Caprese Frittata Muffins

High Protein | Low Carb

livingplusrx.com

Method

Set the air fryer to 325°F (160°C).

In a bowl, whisk together the eggs, milk or water, salt, and pepper. Divide the egg mixture evenly between 6 silicone molds. Drop a few pieces of tomato and mozzarella into each cup. Sprinkle chopped basil on top.

Place the muffin molds into the air fryer basket (you may need to do this in two batches depending on the size of your air fryer). Cook at 325°F (160°C) for 10–12 minutes, or until the frittatas are set and slightly golden on top.

Let cool slightly before removing from the molds. Store in the fridge for up to 3 days, great for meal prep!

MFP Barcode

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

Living+

Allergen Information

Contains lactose, eggs.



Avocado Egg Boats

High Protein | Low Carb

Living+

These Avocado Egg Boats are a quick, high-protein, and nutrient-dense snack or light meal, perfect for those busy days when you need something quick, fresh and satisfying. Packed with protein from eggs and creamy goat cheese, plus healthy fats from avocado, it's a great option for low-carb days.

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

Makes 1

Egg 2
Little Gem Lettuce 4 leaves
Avocado 1/2, small
Red Onion 1 small
Goat Cheese 15g or 0.5oz
Fresh Chives 1 tbsp, chopped
Lemon Juice 1 wedge
Black Pepper 1 twist
Salt pinch
Chili Flakes pinch (optional)

Avocado Egg Boats

High Protein | Low Carb

livingplusrx.com

Method

Boil the eggs for 9–10 minutes until hard-boiled. Cool under cold running water, then peel and chop into small pieces.

In a small bowl, mash the avocado and goat cheese until creamy. Add the chopped boiled eggs, finely chopped red onion, chives, chili flakes, and a squeeze of lemon juice. Season with salt and pepper, then mix well until all ingredients are combined evenly.

Wash and dry the lettuce leaves. Arrange them on a plate to form small "boats." Evenly distribute the egg and avocado mixture onto the lettuce leaves.

Garnish with a sprinkle of extra chili flakes or chives if desired. Serve immediately and enjoy this fresh, creamy, and flavorful dish!

MFP Barcode

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

Living+

Allergen Information

Contains egg, lactose



Berry Bliss Chia Pots

High Protein | Low Carb

Living+

Fuel your day with these high-protein, fiber-rich pots! Perfect for breakfast, a post-workout snack or a healthy dessert, this recipe combines the creaminess of Greek yogurt with the sweetness of berries and the satisfying crunch of chia seeds.

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

Makes 2

Greek Yogurt 400g or 14.1oz, 0% fat

Almond Milk 150ml or 5fl oz, unsweetened

Frozen Mixed Berries 90g or 3.2oz

Chia Seeds 40g or 1.4oz

Dates 1, medjool

Berry Bliss Chia Pots

High Protein | Low Carb

livingplusrx.com

Method

Blend the frozen berries, medjool date, and milk together in a blender until smooth. Pour the berry mixture into a bowl and stir in the chia seeds until well combined. Let the mixture sit for 20–30 minutes, stirring occasionally to prevent clumping, until it thickens into a pudding-like consistency.

Divide the Greek yogurt into each pot, smoothing it out as the base layer. Spoon the berry chia pudding over the yogurt layer evenly.

Store the pots in the fridge for 3–4 days. Enjoy them cold for a refreshing, nutritious treat!

MFP Barcode

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

Living+

Allergen Information

Contains lactose, tree nuts.



Berry Bliss Protein Pot

High Protein | Low Carb

Living+

A nutritious treat packed with protein and antioxidant-rich berries. The 0% fat Greek yogurt provides a creamy base while the whey protein adds an extra protein boost. Topped with blueberries, raspberries, and blackberries, this delightful pot offers a burst of flavor and essential nutrients.

Prep: 2 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 1

- **0% Fat Protein Yogurt** 200g or 7oz
- **Vanilla Whey** 1 scoop
- **Blackberries** 4
- **Blueberries** 10
- **Raspberries** 5

Berry Bliss Protein Pot

High Protein | Low Carb

livingplusrx.com

Method

In a bowl, mix 200g of 0% fat Greek yogurt with a scoop of whey protein (vanilla-flavored). Stir well until the yogurt and whey protein are thoroughly combined, creating a smooth and creamy base.

Gently place the blueberries, raspberries, and blackberries on top of the yogurt and whey protein mixture. Spread them evenly to create a visually appealing arrangement.

MFP Barcode



Living+

Allergen Information

Contains lactose.



Berry Protein Mousse Pots

High Protein | Low Carb

Living+

A light, creamy high-protein mousse made with fresh berries, Greek yogurt, and a touch of sweetness—set with gelatin for a firm, spoonable texture. Perfect as a refreshing snack or post-meal treat, topped with juicy raspberries.

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

Makes 2

Greek Yogurt 450g or 15.8oz, 0% fat

Frozen Strawberries 100g or 3.5oz

Boiling Water 60ml or 2fl oz

Raspberries 12

Gelatin 7g or 0.25oz

Berry Protein Mousse Pots

High Protein | Low Carb

livingplusrx.com

Method

In a small bowl, combine the gelatin powder with 60ml boiling water. Stir well for 1–2 minutes until fully dissolved.

In a blender, add the berries, sweetener, and Greek yogurt. Pour in the dissolved gelatin mixture. Blend until completely smooth and creamy.

Divide the mixture evenly between two serving containers. Refrigerate for at least 1 hour, or until set and firm to the touch. Once set, garnish each mousse pot with 6 fresh raspberries. Enjoy chilled.

MFP Barcode

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

Living+

Allergen Information

Contains lactose



Blueberry Chia Pudding

High Protein | Low Carb

Living+

Dive into layers of delight with this Blueberry Yogurt Chia Pudding. A perfect harmony of creamy, nutty, and fruity flavors, this healthy treat combines the omega-rich goodness of chia seeds soaked in almond milk with a luscious layer of blueberry-infused Greek yogurt, all crowned with a sprinkle of crunchy granola.

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

Makes 1

Almond Milk 120ml or 4fl oz, unsweetened

Blueberries 40g or 1.4 oz

Greek Yogurt 200g or 6.7oz, 0% fat

Chia Seeds 2 tbsp

Vanilla Extract 1/2 tsp

Blueberry Chia Pudding

High Protein | Low Carb

livingplusrx.com

Method

In a bowl or a jar, combine the chia seeds, almond milk and vanilla extract (if using). Stir well to ensure the chia seeds are evenly distributed and not clumping together.

Let the chia mixture sit for 5 minutes, then stir again to break up any clumps. Cover and refrigerate for at least 2 hours, or overnight, until the pudding achieves a thick and gelatinous consistency.

Once the chia pudding has set, prepare the blueberry yogurt layer by lightly mashing the blueberries with a fork for a burst of flavor. Mix the mashed blueberries with the Greek yogurt. Or choose a blueberry yogurt.

Spoon the blueberry yogurt mixture on top of the set chia pudding. Top with a handful of fresh blueberries and an optional tsp of granola.

MFP Barcode



Living+

Allergen Information

Contains lactose.



KCAL 265.4

PRO 28g

CARB 20.1g

FAT 7.2g

FIBER 1.5g

Per serving

Cinnamon Crunch Protein Dough

High Protein | Low Carb

Living+

This protein-packed dough combines creamy Greek yogurt, light cream cheese, chocolate casein, cinnamon, vanilla extract, and a topping of cinnamon toast crunch cereal. Enjoy a delightful and crunchy treat that satisfies your sweet cravings while providing a boost of protein.

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

Makes 1

Light Cream Cheese 40g or 1.4oz

Chocolate Casein 1 scoop

Cinnamon Toast Crunch 20g or 0.7oz

Vanilla Extract 1/2 tsp

Cinnamon 1 tsp

Cinnamon Crunch Protein Dough

High Protein | Low Carb

livingplusrx.com

Method

In a mixing bowl, combine 220g of Greek yogurt and 40g of light cream cheese. Add 1 scoop of chocolate casein protein powder to the bowl. Sprinkle in 1 teaspoon of cinnamon and 1/2 teaspoon of vanilla extract. Mix all the ingredients together until well combined, ensuring a smooth and creamy consistency.

Once the dough is mixed, top it with 20g of cinnamon toast crunch cereal.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, soy, wheat.



Gourmet Ham & Cheese Melt

High Protein | Low Carb

Living+

Elevate your breakfast with this delectable open-faced melt, featuring rich layers of red pepper hummus, shaved ham, Swiss cheese, and a perfectly cooked egg atop a rustic slice of bread. It's a simple yet luxurious way to start your day.

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

Makes 2

Egg 1

Ham 2 slices

Sourdough Bread 1 slice

Swiss Cheese 1 slice

Red Pepper Hummus 1 tbsp

Olive Oil 1/2 tsp

Gourmet Ham & Cheese Melt

High Protein | Low Carb

livingplusrx.com

Method

Lightly brush one side of the bread slice with olive oil. Place it oil-side down in a sauté pan over medium heat and toast until golden brown.

Meanwhile, heat a small non-stick pan over medium heat. Crack the egg into the pan and cook to your preference, typically until the whites are set but the yolk remains runny, for an over-easy finish.

Spread a tbsp of red pepper hummus on the toasted side of the bread. Arrange the shaved ham over the hummus and then place the slice of Swiss cheese on top.

Carefully place the cooked egg atop the cheese.

MFP Barcode

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

Living+

Allergen Information

Contains eggs, wheat, lactose. May contain nuts.



Protein Snack Pot

High Protein | Low Carb

Living+

A delightful combination of frozen mixed berries, creamy Greek yogurt, and a protein-packed blend of chia seeds, flax seeds, peanut butter, and a hint of honey (optional). This nourishing treat offers a balance of flavors and textures, providing a refreshing and satisfying experience.

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

Makes 1

- **Greek Yogurt** 300g or 10.6oz, 0% fat
- **Frozen Mixed Berries** 1 handful
- **Peanut Butter** 1 tsp
- **Chia Seeds** 1 tsp
- **Honey** 1/2 tsp
- **Flaxseeds** 1 tsp

Protein Snack Pot

High Protein | Low Carb

livingplusrx.com

Method

Start by scooping 300g of 0% fat protein Greek yogurt into a bowl. This creamy and protein-rich base will form the foundation of your protein pot.

Sprinkle the frozen mixed berries on top of the Greek yogurt. The berries will provide a burst of vibrant sweetness and additional nutrients.

Sprinkle a teaspoon each of chia seeds and flax seeds over the berries and yogurt. These seeds add a nutritional boost with their protein, fiber, and healthy fats.

Drizzle a teaspoon of peanut butter over the toppings. If desired, drizzle half a teaspoon of honey over the protein pot for added sweetness.

MFP Barcode



Living+

Allergen Information

Contains tree nuts, peanuts, lactose.



Protein-Boosted Berry Parfait

High Protein | Low Carb

Living+

With creamy blueberry yogurt, protein-packed vanilla whey, and a medley of fresh berries, it's a delightful balance of flavors. Topped with crumbled meringue and a sprinkle of chocolate shavings, this parfait is a guilt-free pleasure that nourishes both your taste buds and your body.

Prep: 2 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 1

Protein Yogurt Blueberry 250g or 8.8oz

Strawberries 4

Vanilla Whey 1 scoop

Raspberries 5

Milk Chocolate 1 square

Meringue Nest 1/2

Protein-Boosted Berry Parfait

High Protein | Low Carb

livingplusrx.com

Method

In a bowl, combine the blueberry yogurt and the scoop of vanilla whey protein. Stir well until the whey protein is fully incorporated into the yogurt, creating a creamy and protein-rich base for the parfait.

Take the meringue nest and gently crumble it into small pieces. Sprinkle a layer of the crumbled meringue on top of the yogurt-whey mixture. The meringue will add a delightful crunch and a touch of sweetness to each spoonful of the parfait.

Slice the strawberries into bite-sized pieces and scatter them over the meringue layer. Next, place the fresh raspberries on top, adding a burst of vibrant color and tangy sweetness to the parfait.

Using a grater or a sharp knife, gently shave or grate a square of chocolate to create thin, delicate chocolate shavings. Sprinkle the chocolate shavings over the fresh fruit layer of the parfait.

MFP Barcode



Living+

Allergen Information

Contains milk, wheat. May contain tree nuts.



Sausage Roll Bites

High Protein | Low Carb

Living+

A healthier take on the classic Irish deli favorite, these Sausage Roll Bites deliver the same savory, herb-infused flavor but with a lighter twist. Using low-fat sausages and a tortilla wrap instead of traditional puff pastry, they're perfect for anyone looking for a guilt-free alternative that still packs in protein and taste.

Prep: 10 min | Cook: 12 min | Fresh: 1 day | Beginner

Makes 2

Reduced Fat Pork Sausages 250g or 8.8oz

Egg 1

Tortilla 1, large

Sesame Seeds 1/2 tsp

Fresh Thyme 1 tsp

Fresh Rosemary 1 tsp

Fresh Sage 1 tsp

Sausage Roll Bites

High Protein | Med Carb

livingplusrx.com

Method

Start by removing the skins from the sausages. If you prefer, you can also mash the sausages directly in a bowl using a fork. Stir in the dried sage, thyme, and chopped rosemary. Season with salt and mix everything together until well combined.

Spread the sausage mixture evenly across a large tortilla wrap, leaving a small gap along one edge. This gap will help seal the roll later with the beaten egg. Roll the tortilla up tightly to encase the sausage filling.

Once rolled, slice the wrap into 8-10 pieces, depending on how thick you'd like each sausage roll bite to be.

Brush each of the sausage roll bites with the beaten egg to give them a beautiful golden color when cooked. Sprinkle a few sesame seeds on top of each bite for added texture.

Preheat your air fryer to 400°F (200°C). Arrange the sausage roll bites in the air fryer basket, making sure they're spaced slightly apart. Cook for approximately 12 minutes, or until the wraps are crispy and the sausage filling is thoroughly cooked.

MFP Barcode



Living+

Allergen Information

Contains egg, sesame, gluten.



Smoked Salmon Tortilla Quiche

High Protein | Low Carb

Living+

This easy tortilla-based quiche is light, flavorful, and packed with protein. Using smoked salmon adds a rich, savory depth that pairs perfectly with fresh dill, spinach, and tomato. A quick, fuss-free bake—ideal for brunch, lunchboxes, or weeknight dinners.

Prep: 5 min | Cook: 30 min | Fresh: 2 days | Beginner

Makes 2

Eggs 5

Salad Tomato 1, medium

Smoked Salmon 100g or 3.5oz

Tortilla Wrap 1, large

Cheddar Cheese 40g or 1.4oz, half fat

Spinach 1 handful

Fresh Dill 2 tbsp, chopped

Smoked Salmon Tortilla Quiche

High Protein | Low Carb

livingplusrx.com

Method

Set oven to 400°F (180°C fan).

Line a small round baking dish or oven-safe pan with the tortilla, pressing it gently into the corners to create a crust.

In a bowl, whisk the eggs. Stir in the smoked salmon, spinach, cheese, diced tomato, dill, and season with salt and pepper.

Pour the mixture into the tortilla shell and spread everything out evenly. Bake for 25 to 30 minutes until the center is set and lightly golden on top. Allow to rest for 5 minutes before slicing. Serve warm or cold.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, eggs, fish.



KCAL 336.4

PRO 20.9g

CARB 15.1g

FAT 21.4g

FIBER 1.8g

Per serving

Soy-Spiced Fried Eggs

High Protein | Low Carb

Living+

Elevate your egg game with these Soy-Spiced Fried Eggs, a perfect balance of sweet, savory, and spicy flavors. Packed with protein, these eggs are an ideal breakfast or quick meal, delivering flavor and satisfaction in under 15 minutes. Perfect served over rice, noodles, or even toast, this dish is a must-try.

Prep: 5 min | Cook: 7 min | Fresh: 1 day | Beginner

Makes 1

- **Eggs** 2
- **Red Onion** 1/2, small
- **Green Onion** 3
- **Garlic** 3 cloves
- **Soy Sauce** 1.5 tbsp
- **Sesame Seeds** 2 tsp
- **Chili Oil Crunch** 1 tsp
- **Brown Sugar** 1 tsp
- **Water** 1 tsp
- **Chili Flakes** 1/2 tsp

Soy-Spiced Fried Eggs

High Protein | Med Carb

livingplusrx.com

Method

In a small bowl, whisk together the soy sauce, water, and brown sugar until combined. Set aside.

Heat sesame oil in a pan over medium heat. Add the sliced red onion, green onions, minced garlic, sesame seeds, chili flakes, and chili oil. Stir-fry for 2-3 minutes until the onions are caramelized and the mixture becomes fragrant.

Push the onion and garlic mixture to the edges of the pan, creating space in the center. Crack the eggs directly into the pan and cook until the whites are set but the yolks remain runny, about 2-3 minutes.

Pour the prepared soy sauce mixture around the eggs, allowing it to bubble and coat the eggs as they finish cooking. Remove the eggs and aromatics from the pan and serve immediately over rice, noodles, or toast. For extra spice, top with a dollop of chili oil.

MFP Barcode

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

Living+

Allergen Information

Contains eggs, soybean and sesame.



Turkish-Inspired Fried Eggs

High Protein | Low Carb

Living+

Craving Turkish eggs but short on time? These Five-Minute Turkish-Inspired Fried Eggs are your go-to fix. With fiery chili, creamy herbed yogurt, and a sprinkle of sesame seeds and feta, this dish is bold, creamy, and perfect for breakfast or brunch. Fast, flavorful, and utterly irresistible, it's bound to become a staple in your kitchen!

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

Makes 1

Egg 2

Greek Yogurt 100g or 3.5oz, 0% fat

Feta Cheese 15g or 0.5oz

Garlic 1 clove

Olive Oil 1 tsp

Cilantro 1 tsp, chopped

Sesame Seeds 1 tsp

Paprika 1 tsp

Chili Flakes 1 tsp

Turkish-Inspired Fried Eggs

High Protein | Low Carb

livingplusrx.com

Method

In a small bowl, whisk together Greek yogurt, minced garlic, and freshly chopped cilantro or parsley. Spread the mixture onto a plate and set aside.

To a hot pan stir in chili flakes, paprika, and olive oil. Mix well and let the spices bloom for about 30 seconds until the butter is sizzling and fragrant.

Crack the eggs directly into the pan with the sizzling butter. Fry until the whites are set but the yolks remain runny (or cook to your preferred doneness).

Sprinkle the eggs with sesame seeds and crumble the feta over the top. Add freshly chopped cilantro or parsley for extra flavor.

Place the fried eggs on top of the yogurt base. Spoon over any leftover chili oil from the pan. Serve immediately with crusty bread or pita for dipping.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, eggs, sesame.