





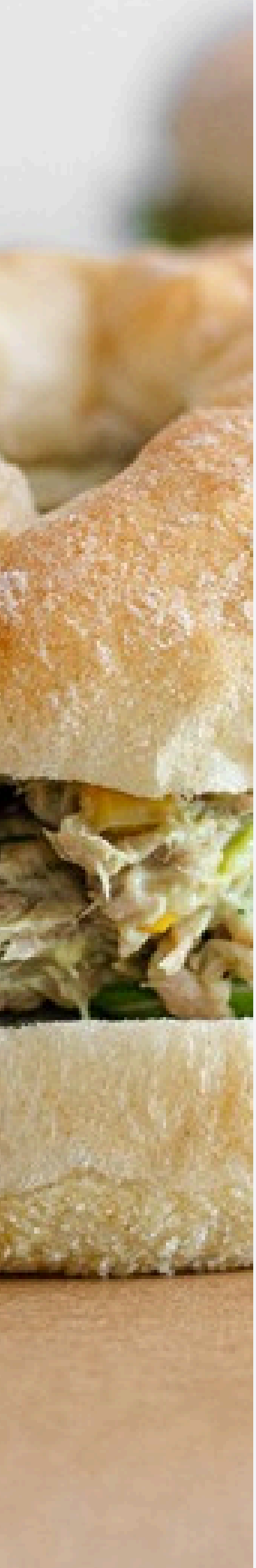





Breakfast Recipes

High-Protein Med-Carb

Volume 1 - 24 Recipes



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Avocado & Egg Breakfast Tacos

High Protein | Med Carb

Living+

Start your day with a burst of flavor. This delightful breakfast combines the creamy texture of smashed avocado mixed with the zesty freshness of lime, green onion, and basil, gently wrapped in a warm, toasted tortilla. The soft, ribbon-like scrambled eggs are nestled on top, with a sprinkle of crumbled feta and an optional kick!

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

Makes 1

Eggs 2

Tomato 1, medium

Avocado 1/2 small

Tortilla 2 small, 6 inch

Lime Juice 1 lime

Green Onion 1

Fresh Basil 4 leaves

Red Chili 1

Avocado & Egg Breakfast Tacos

High Protein | Med Carb

livingplusrx.com

Method

In a small bowl, mash the avocado until creamy. Mix in the diced green onion, juice of a lime, 1/4 of the finely diced red chili, and a handful of chopped basil. Season the mixture with salt and pepper to taste. Set aside.

Crack the eggs into a bowl, add a pinch of salt and pepper, and whisk until well combined. Heat a non-stick pan over low heat, pour in the egg mixture, and gently scramble. Stir slowly, pushing the eggs across the pan to form soft ribbons. Remove from heat when the eggs are still slightly underdone, as they will continue to cook in their residual heat.

Toast the tortillas in a dry pan over medium heat for about 30 seconds on each side, or until they are warm and slightly crispy.

Assemble the breakfast tacos: Spread a generous amount of the avocado smash on each toasted tortilla. Divide the scrambled eggs between the tortillas, laying them over the avocado.

If desired, add an extra sprinkle of diced red chili or chili flakes for a spicy kick.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, wheat.



Avocado Tuna Bagel

High Protein | Med Carb

Living+

A perfect balance of creamy avocado and zesty tuna topped with the crunch of fresh vegetables. This recipe not only satisfies your taste buds but also provides a great source of omega-3 fatty acids from the tuna and healthy fats from the avocado, making it an excellent choice for heart health and sustained energy.

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

Makes 1

- **Tuna** 2 cans
- **Plain Bagel** 2
- **Avocado** 1 small
- **Corn** 3 tbsp
- **Cherry Tomatoes** 4
- **Arugula** 2 handfuls
- **Light Mayonnaise** 1 tbsp
- **Jalapeño in Brine** 2 tbsp
- **Green Onion** 1
- **Fresh Dill** 1 tbsp, chopped
- **Chili Flakes** 1 pinch (optional)

Avocado Tuna Bagel

High Protein | Med Carb

livingplusrx.com

Method

In a mixing bowl, combine the mashed avocado, tuna, light mayo, chopped cherry tomatoes, corn, chopped green onions, chopped jalapeños, chili flakes, and chopped dill. Stir everything together until well mixed.

Slice the bagels in half and toast them lightly if desired. Place a handful of arugula on each bagel half, creating a bed for the tuna mixture.

Spoon a generous amount of the tuna and avocado mixture onto the arugula layer on each bagel half.

MFP Barcode



Living+

Allergen Information

Contains lactose, eggs, fish, wheat, mustard.



Banana Baked Oats

High Protein | Med Carb

Living+

Dive into a wholesome and delicious breakfast with these baked oats, infused with the natural sweetness of ripe banana and a hint of honey. The added chocolate chips provide bursts of indulgence, while the vanilla whey protein makes it a nourishing choice post-workout.

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

Makes 1

- **Banana** 1 small
- **Almond Milk** 60 ml or 1/4 cup
- **Egg** 1
- **Rolled Oats** 40g or 1/4 cup
- **Whey Protein** 1 scoop, vanilla
- **Honey** 1 tsp
- **Chocolate Chips** 5
- **Baking Powder** 1/4 tsp

Banana Baked Oats

High Protein | Med Carb

livingplusrx.com

Method

Set your oven to 350°F (180°C) and allow it to come up to temperature.

In a blender, combine the oats, ripe banana, egg, almond milk, honey, baking powder, and the vanilla whey protein. Blend the mixture until smooth and well combined.

Stir in your preferred amount of chocolate chips into the mixture. If you'd like them distributed evenly, save some to sprinkle on top just before baking.

Pour the mixture into a greased or lined baking dish or an oven-safe bowl.

Place in the preheated oven and bake for 25 minutes or until the top is golden and a skewer inserted into the center comes out mostly clean.

MFP Barcode



Living+

Allergen Information

Contains lactose, eggs, tree nuts.



Basic Protein Pancakes

High Protein | Med Carb

Living+

Who doesn't love pancakes? These pancakes are simple to make and can even be stored for a few days making them a simple grab and go lunch.

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

Makes 2

Eggs 2

Oats 60g or 2.1 oz

Banana 1 medium

Greek Yogurt 1 tbsp 0% fat

Water 3 tbsp

Blueberries 1 handful

Raspberries 1 handful

Whey 1 scoop vanilla or chocolate

Skim Milk 2 tbsp

Peanut Powder 1 heaped tsp

Olive Oil 1 tsp

Basic Protein Pancakes

High Protein | Med Carb

livingplusrx.com

Method

To a blender add the banana, eggs, oats, milk and protein powder. Blend until you have a thick but smooth mixture. If too thick, add a drop of milk or water.

To a non-stick pan on low heat, add 1 tsp of olive oil. Pour the batter into the size preferred. Flip once bubbles begin to appear.

As they cook, place the peanut powder into a cup and add water gradually. Once you have the consistency you like, stop adding water.

Once the pancakes are ready, stack them up and serve with a dollop of 0% fat Greek yogurt, some berries and peanut sauce.

MFP Barcode



Living+

Allergen Information

Contains milk, eggs, peanuts, tree nuts.



Berry Good Smoothie Bowl

High Protein | Med Carb

Living+

A recipe that is packed with antioxidants, fiber, protein, and a moderate serving of carbohydrates. Perfect for a warm summer's day and an excellent option for boosting recovery during the season. If needed, you can boost the carbohydrate content by adding oats. Be sure to add more liquid if you do.

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

Makes 1 portion

Mixed Berries 130g or 4.5oz, frozen

Banana 1, large

Chia Seed 20g or 0.7 oz

Spinach handful

Yogurt 100g or 3.5 oz, 0% fat

Oat Milk 50ml or 1.6 fl oz, unsweetened

Pumpkin Seeds 1 tbsp

Almonds 1/2 tbsp, sliced

Blueberries handful, fresh

Raspberries handful, fresh

Berry Good Smoothie Bowl

High Protein | Med Carb

livingplusrx.com

Method

Grab your blender and add in your oat milk, yogurt, chia seeds, frozen mixed berries, banana, and spinach. Blend until you reach a thick, smooth texture. You may need to add a little more liquid!

Pour the mixture into a bowl and then top with pumpkin seeds, sliced almonds, and a handful each of fresh or frozen blueberries and raspberries.

MFP Barcode

Allergen Information

Contains sulfites, lactose, tree nuts.



Biscoff Protein Cheese Fake

High Protein | Med Carb

Living+

This "Cheese Fake" is a delicious fusion of health and indulgence. The base, a Weetabix-Biscoff crunch, provides a textural contrast to the creamy blend of 0% fat yogurt and vanilla whey, punctuated by the sweet and spicy Biscoff spread. This high-protein, guilt-free dessert is a celebration of the iconic Biscoff flavor with a nutritious twist.

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

Makes 1

- **0% Fat Yogurt** 150g or 5.2 oz
- **Low-Fat Milk** 2 tbsp
- **Whey Protein** 1 scoop, vanilla
- **Biscoff Spread** 1 tsp
- **Biscoff Cookie** 1
- **Weetabix** 1
- **Water** 1 tbsp

Biscoff Protein Cheese Fake

High Protein | Med Carb

livingplusrx.com

Method

To a glass or small bowl, add the Weetabix (crushed). Next, add two tablespoons of milk to the glass. Pat the Weetabix down using a spoon until it is well combined.

Next, mix together the yogurt and whey protein before transferring the yogurt mixture to the glass.

Now it is time to make the sauce. To a separate small bowl, add a tsp of Biscoff spread along with a tbsp of boiling water. Mix well until you get a consistent texture. Once this is ready, spoon the sauce over the yogurt.

Crumble half of the Biscoff cookie on top and place the other half in the yogurt. Enjoy!

MFP Barcode



Living+

Allergen Information

Contains lactose, wheat, soy.



Breakfast Burrito

High Protein | Med Carb

Living+

This burrito combines the natural sweetness of cooked sweet potatoes with savory ground turkey, fluffy scrambled eggs, and melted cheddar cheese, all enveloped in a warm whole wheat tortilla. Seasoned with taco spices and garnished with chopped chives, this burrito is a perfect breakfast option!

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

Makes 6

Eggs 6

Sweet Potato 250g or 9oz, cooked

Ground Turkey 250g or 9oz

Red Kidney Beans 1 can

Tortilla Wrap 6, 8-inch wraps

Cheddar Cheese 1/2 cup, half-fat

Taco Seasoning 2 tbsp

Olive Oil 1 tsp

Brown Sugar 1/2 tbsp

Fresh Chives 1 tbsp, chopped

Breakfast Burrito

High Protein | Med Carb

livingplusrx.com

Method

Mash the cooked sweet potatoes. You can choose to peel them or leave the skin on for extra fiber.

To the pan with browned turkey, add the mashed sweet potatoes, and kidney beans and mix well. Cook for another 2 minutes before adding the cheese and eggs. Optionally, include other additions like diced bell peppers or onions. Stir continuously until the eggs are softly scrambled and just set. Remove from heat.

Stir in the brown sugar, taco spice, and season with salt and pepper to taste.

Lay out the warmed whole wheat tortillas. Divide the turkey and sweet potato scramble evenly among the tortillas and garnish with chopped chives. Fold the tortillas over the filling, tucking in the ends, and roll tightly to form burritos. Serve immediately, or wrap them in foil for an on-the-go breakfast.

MFP Barcode



Living+

Allergen Information

Contains lactose, eggs, wheat.



Breakfast Muffins

High Protein | Med Carb

Living+

These Breakfast Muffins are a perfect start to any morning, combining protein-packed ingredients in a convenient and delicious package. Featuring lean beef patties, crispy bacon, and a slice of light cheddar on a toasted English muffin, they're great for on-the-go eating and can be prepped ahead of time for quick reheating.

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

Makes 6

Lean Ground Beef 500g or 17.6 oz, extra lean
Eggs 6
English Muffin 6
Light Cheese Slices 6
Canadian Bacon 6
Fresh Chives 2 tbsp, chopped
Black Pepper 5 twists
Garlic Powder 1/2 tsp
Chili Powder 1/2 tsp
Salt 1 pinch

Breakfast Muffins

High Protein | Med Carb

livingplusrx.com

Method

Mix the ground beef with onion powder, garlic powder, chili powder, salt, and pepper. Form into twelve thin patties. Heat a non-stick pan over medium-high heat. Cook the patties for about 4-5 minutes on each side or until fully cooked. Set aside. In the same pan, cook the bacon until crispy. Set aside.

Crack the eggs into a bowl, season with salt, pepper, and chives, then whisk together. Pour the eggs into a 6-inch baking tray and cook for 12 minutes at 350°F (180°C).

Slice and lightly toast the English muffins. Build each muffin by placing a beef patty and a piece of bacon on the bottom half. Top with some of the cooked eggs and a slice of cheese.

If consuming immediately, you may return the assembled muffins to the oven or pan to melt the cheese and warm through for about 2-3 minutes. For later use, allow the muffins to cool, wrap individually in foil, and freeze.

Thaw overnight in the refrigerator if frozen. Unwrap from foil and microwave each side for 1 minute, then heat in the oven at 400°F (200°C) for 5-7 minutes until the muffin is crispy and the center is hot.

MFP Barcode



Living+

Allergen Information

Contains eggs, wheat, sulfites.



Cheesy Bagel Egg Nests

High Protein | Med Carb

Living+

Transform your morning routine with these easy Cheesy Bagel Egg Nests. Combining the comforting flavors of baked eggs and cheese with a hint of heat from chili flakes, these bagel egg bites are a perfect quick breakfast or brunch option. Serve them up fresh from the oven or air fryer for a delightful start to your day!

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

Makes 1

Eggs 2

Bagel Thins 2

Cheddar Cheese 30g or 1oz, half-fat

Chili Flakes 1 pinch

Cheesy Bagel Egg Nests

High Protein | Med Carb

livingplusrx.com

Method

Place the bagel halves on a baking tray or in the air fryer basket. Ensure the hole in the center is clear to hold the egg.

Carefully crack an egg into the hole of each bagel half. Sprinkle grated mozzarella or cheddar evenly over the egg, covering it slightly to allow for cheesy goodness. Add a pinch of chili flakes over the top for a spicy kick.

Place in a preheated air fryer or oven at 350°F (180°C) and cook for 6 minutes, or until the egg whites are set and the cheese is bubbly and golden.

Remove from the oven or air fryer and serve hot. Enjoy as is or with a side of fresh salad or fruit for a complete meal.

MFP Barcode

Allergen Information

Contains wheat, egg, lactose.



Chicken & Avocado Muffin Melts

High Protein | Med Carb

Living+

Combining the tender and flavorful ground chicken patties with the creamy goodness of avocado and the rich taste of smoked cheese, all sandwiched between lightly toasted English muffins, this dish is a delightful way to start your day. Perfect for a quick grab-and-go meal or a leisurely morning feast.

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

Makes 4

- **Ground Chicken** 300g or 10.5 oz, low fat
- **English Muffin** 4
- **Avocado** 1 small
- **Cherry Tomato** 6 single
- **Smoked Cheddar** 4 20g or 0.7oz slices
- **Green Onion** 1
- **Fresh Basil** 8 leaves
- **Black Pepper** 1/2 tsp

Chicken & Avocado Muffin Melts

High Protein | Med Carb

livingplusrx.com

Method

Begin by seasoning the ground chicken with black pepper in a bowl. Use a spatula to break the meat apart for easier handling.

Preheat a skillet over medium heat. Lightly toast the sliced English muffins until they are golden and crisp. Remove and set aside.

Scoop portions of the seasoned ground chicken into the hot skillet. Flatten the meat to form patties and fry for 2-3 minutes on each side, or until fully cooked and browned. Once done, transfer the patties to a plate and set aside.

In a mixing bowl, combine the diced tomato, avocado, chopped basil, and green onion. Mash the mixture until well combined but still slightly chunky for texture.

Assemble the muffin melts by spreading a quarter of the avocado mixture on the bottom half of each toasted muffin. Place a ground chicken patty on top of the avocado, then add a slice of smoked cheese.

Cover with the top half of the muffin, pressing gently to secure the layers. Wrap each muffin melt tightly in foil and refrigerate if not serving immediately.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, wheat, eggs



Cinnamon Roll Overnight Oats

High Protein | Med Carb

Living+

Perfect for fitness enthusiasts and anyone with a busy morning schedule, this recipe combines the richness of Greek yogurt with the warmth of cinnamon, enhanced by a hint of vanilla. High in protein and fiber, it's designed to keep you full and energized throughout the morning.

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

Makes 2

Greek Yogurt 450g or 16oz, 0% fat

Low-Fat Milk 120ml or 4 fl oz

Rolled Oats 80g or 2.8oz

Light Cream Cheese 50g or 1.8oz

Whey Protein 2 scoops, vanilla

Honey 2 tsp

Vanilla Extract 1 tsp

Sliced Almonds 2 tsp

Cinnamon 1 tsp

Cinnamon Roll Overnight Oats

High Protein | Med Carb

livingplusrx.com

Method

In a large mixing bowl, combine the Greek yogurt, milk, cream cheese, honey, and vanilla extract. Mix thoroughly until well combined.

Stir in the oats and protein powder until the mixture is smooth. Layer the oats mixture into two serving jars or bowls. Sprinkle cinnamon between layers or on top, depending on your preference.

Cover and refrigerate overnight, allowing the oats to absorb the flavors and soften. In the morning, give the oats a good stir and, if desired, add an extra drizzle of honey or a sprinkle of cinnamon before serving.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, tree nuts.



Crispy Feta Honey Avocado Toast

High Protein | Med Carb

Living+

Elevate your breakfast or brunch with this Crispy Feta Honey Avocado Toast, a delightful combination of creamy avocado, tangy feta, and sweet honey on a crispy sourdough base. Topped with a perfectly cooked egg, juicy cherry tomatoes, and a hint of spice from chili flakes, this dish is a symphony of flavors and textures.

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

Makes 1

Eggs 2

Sourdough Bread 2 slices

Avocado 1 small

Feta Cheese 20g or 0.7oz

Cherry Tomato 8, single

Green Onion 1

Parsley 1 tsp

Honey 1/2 tsp

Chili Flakes pinch

Crispy Feta Honey Avocado Toast

High Protein | Med Carb

livingplusrx.com

Method

Begin by finely chopping the cherry tomatoes, making sure to remove their seeds to eliminate extra moisture. In a mixing bowl, combine these tomatoes with the avocado, finely diced green onion, and parsley. Add honey and a sprinkle of chili flakes to this mixture. Season with a small amount of salt and pepper, then mash everything together. Adjust the seasoning or other ingredients according to your taste. Once done, put the mixture aside.

Proceed to toast the sourdough bread slice until it reaches your desired level of crispness.

Heat a frying pan over medium heat. Gently sprinkle feta cheese in a circular shape in the pan, and carefully crack an egg into the center of this feta circle. Cook until the feta turns golden and the egg is crispy around the edges. If you prefer the egg's top also cooked, cover the pan for a while.

Once the bread is toasted, generously spread the prepared avocado mixture over it. Place the crispy feta-encased egg on top of the avocado spread. For added flavor, season the egg yolk with a little more salt and pepper.

MFP Barcode



Living+

Allergen Information

Contains lactose, eggs, wheat.



Crumpet Berry Cinnamon Toast

High Protein | Med Carb

Living+

Indulge in a twist on a classic breakfast favorite. Each crumpet is soaked in a sweet and spicy egg mixture, then pan-fried to golden perfection. Topped with warm, cinnamon-spiced berries, this dish offers a delightful combination of textures and flavors that make it a perfect treat for a leisurely weekend breakfast or brunch.

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

Makes 2

Crumpets 4

Mixed Frozen Berries 150g or 5.3oz

Eggs 2

Low-Fat Milk 50ml or 1.7fl oz

Cinnamon 2 tsp

Powdered Sugar 1 tsp

0% Fat Greek Yogurt 4 tbsp

Crumpet Berry Cinnamon Toast

High Protein | Med Carb

livingplusrx.com

Method

In a wide, shallow dish, whisk together the eggs, milk, cinnamon, and powdered sugar until well combined.

Place the crumpets in the egg mixture, pressing them gently to absorb the liquid. Turn them a few times to ensure they are thoroughly soaked.

Combine the frozen berries and a teaspoon of cinnamon in a small saucepan. Add a dash of water and heat over medium heat for a few minutes until the berries are warm and slightly syrupy.

Heat a non-stick frying pan over medium heat and spray with cooking oil. Place the soaked crumpets in the pan and fry for about 3 minutes on each side, or until they are golden brown and crisp.

Arrange the cooked crumpets on two plates. Top each serving with the warm berry mixture. Add a dollop of yogurt if desired.

MFP Barcode

5 5 7 9 4 1 2 2 2 9 7

Living+

Allergen Information

Contains lactose, wheat, eggs, soy, sesame.



Crunchy Chili Oil Toast

High Protein | Med Carb

Living+

A hearty slice of sourdough bread forms the base for layers of creamy fat-free cottage cheese and smooth, sliced avocado. Topped with a perfectly fried egg in spicy chili oil and garnished with fresh scallions, a twist of pepper, and a drizzle of honey for a hint of sweetness. It's a gourmet take on the classic avocado toast.

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

Makes 1

Egg 1

Avocado 1 small

Cottage Cheese 50g or 1.8oz, fat free

Sourdough 1 slice

Chili Crunch Oil 1 tsp

Green Onion 1

Honey 1/2 tsp

Black Pepper twist

Crunchy Chili Oil Toast

High Protein | Med Carb

livingplusrx.com

Method

Begin by toasting the sourdough bread to your preferred level of crispiness. A toaster or a hot skillet can be used for this step. Set the toasted bread aside on a serving plate.

Heat the chili oil in a small frying pan over medium heat. Once hot, crack the egg into the pan. Fry until the whites are set but the yolk remains runny, or cook to your liking. Gently season with a pinch of pepper if desired.

While the egg is cooking, slice the avocado thinly. For an easier spread, you can also mash the avocado with a fork if preferred.

Spread the fat-free cottage cheese evenly over the toasted sourdough slice. Arrange the avocado slices on top of the cottage cheese. Once the egg is cooked, place it carefully on top of the avocado.

Drizzle the honey over the assembled toast for a touch of sweetness that complements the heat from the chili oil. Sprinkle sliced scallions and an extra twist of pepper over the top for added flavor and a pop of color.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, wheat, eggs



English Muffin Breakfast Delight

High Protein | Med Carb

Living+

Start your day with the English Muffin Breakfast Delight, an easy to cook meal. This dish combines a warm, toasted English muffin with juicy air-fried sausages and a perfectly cooked egg, topped with fresh arugula and a hint of sweet and tangy apple chutney. It's a blend of flavors and textures that's sure to brighten up your morning.

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

Makes 1

Sausages 2, reduced fat

English Muffin 1

Egg 1

Arugula handful

Apple Chutney 1 tsp

English Muffin Breakfast Delight

High Protein | Med Carb

livingplusrx.com

Method

Start by placing the sausages in the air fryer. Cook them according to your air fryer's instructions until they are evenly browned and fully cooked, usually taking about 10-15 minutes depending on the sausage thickness.

When the sausages are nearly cooked, prepare the egg. You can fry, scramble, or poach the egg based on your preference. For a classic touch, a sunny-side-up or a well-done fried egg works wonderfully.

Split the English muffin in half and toast it until it's nicely browned and crispy. The toasting gives it a lovely texture and warmth, enhancing the overall flavor of the sandwich.

Now, assemble your breakfast delight. Place the cooked sausages on the bottom half of the toasted English muffin. Next, carefully place the cooked egg on top of the sausages.

Add a fresh element by topping the egg with a handful of arugula. The arugula's peppery flavor will complement the richness of the egg and sausage.

Finish it off with a teaspoon of chutney spread over the top. The chutney adds a sweet and tangy flavor, creating a delightful contrast with the other components.

MFP Barcode

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

Living+

Allergen Information

Contains eggs, wheat



Fluffy Cottage Cheese Pancakes

High Protein | Med Carb

Living+

Revel in a delightful breakfast with these fluffy pancakes, which boast the unexpected creaminess of cottage cheese and a vibrant hint of lemon zest. Topped with fresh berries and a drizzle of peanut butter, these pancakes not only offer a tantalizing taste but also an array of textures.

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

Makes 1

Cottage Cheese 100g or 3.5 oz
Egg 1
All-Purpose Flour 1 heaped tbsp
Rolled Oats 2 tbsp
Peanut Butter 1 tsp
Raspberries 5
Blueberries 5
Maple Syrup 1 tsp
Vanilla Extract 1/2 tsp
Baking Powder 1/4 tsp
Lemon Zest 1 lemon

Fluffy Cottage Cheese Pancakes

High Protein | Med Carb

livingplusrx.com

Method

In a mixing bowl, combine fat-free cottage cheese, all-purpose flour, baking powder, egg, 2 tbsp oats, zest from 1 lemon, and a few drops of vanilla extract. Mix until well combined and you have a smooth batter.

Preheat a non-stick skillet or frying pan over medium heat. You can lightly grease it with a bit of olive oil if desired. Once hot, spoon the batter onto the skillet to form small pancakes. Cook for about 2-3 minutes on each side, or until they're golden brown and cooked through. Transfer the pancakes to a serving plate.

Top your pancakes with blueberries and raspberries. Drizzle over with 1 tsp of maple syrup and your peanut butter. Dig in while they're still warm!

MFP Barcode

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

Living+

Allergen Information

Contains tree nuts, peanuts, eggs, lactose.



Hash Browns

High Protein | Med Carb

Living+

The humble potato. Did you know that per 100g, potatoes contain 30% of your vitamin C RDA, 10% of your vitamin B6 and 421mg of potassium, and 2 grams of fiber?

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

Makes 1 portion

Potato 2 medium (200g)

Egg 1

Canadian Bacon 2

Cheese 0.3 oz or 10g, cheddar

Garlic Powder 1/4 tsp

Onion Powder 1/4 tsp

Paprika 1/4 tsp

Black Pepper twist

Salt Pinch

Olive Oil 1 tsp

Hash Browns

High Protein | Med Carb

livingplusrx.com

Method

Fry the Canadian bacon and then set it to the side to cool before chopping it up.

Peel and grate the potatoes and place them into the middle of a clean kitchen towel. Now you need to squeeze the water out of the potatoes, squeeze hard as there is lots of water.

Next add the potato to a mixing bowl along with the egg, chopped bacon, 1/4 tsp paprika, 1/4 tsp onion powder, 1/4 tsp garlic powder, pepper, salt, and cheese.

To a pan, add the olive oil.

Using your hands, split the mixture and form it into two patties. Add them to the pan and cook on low-medium heat for 3 to 5 minutes on each side.

MFP Barcode



Living+

Allergen Information

Contains lactose, eggs.



Hash Browns with Egg

High Protein | Med Carb

Living+

The humble potato. Did you know that per 100g, potatoes contain 30% of your vitamin C RDA, 10% of your vitamin B6 and 421mg of potassium, and 2 grams of fiber?

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

Makes 1 portion

Potato 2 medium (200g)

Egg 2

Canadian Bacon 2

Cheese 10g, cheddar

Garlic Powder 1/4 tsp

Onion Powder 1/4 tsp

Paprika 1/4 tsp

Black Pepper twist

Salt Pinch

Olive Oil 1 tsp

Hash Browns with Egg

High Protein | Med Carb

livingplusrx.com

Method

Fry the Canadian bacon and then set it to the side to cool before chopping it up.

Peel and grate the potatoes and place them into the middle of a clean kitchen towel. Now you need to squeeze the water out of the potatoes, squeeze hard as there is lots of water.

Next add the potato to a mixing bowl along with the egg, chopped bacon, 1/4 tsp paprika, 1/4 tsp onion powder, 1/4 tsp garlic powder, pepper, salt, and cheese.

To a pan, add the olive oil.

Using your hands, split the mixture and form it into two patties. Add them to the pan and cook on low-medium heat for 3 to 5 minutes on each side.

After you flip the hash browns, using either the same or another pan fry an egg.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, eggs



Hot Honey Halloumi Toast

High Protein | Med Carb

Living+

Start your morning with a kick! This dish combines the savory delight of halloumi with a sweet and spicy glaze, perfectly complemented by creamy avocado and the richness of poached eggs. It's a hearty breakfast packed with protein and vibrant flavors, ideal for fueling up on busy mornings or enjoying a lazy weekend brunch.

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

Makes 1

Eggs 2

Avocado 1/2

Halloumi 60g or 2.1oz, light

Sourdough 1 slice

Chorizo 20g or 0.7oz

Sesame Seeds 1 tsp

Fresh Parsley 1 tsp

Chili Flakes pinch (optional)

Hot Honey Halloumi Toast

High Protein | Med Carb

livingplusrx.com

Method

In a bowl, combine the sliced halloumi with honey, chili flakes, and sesame seeds. Mix well to coat the cheese evenly.

Heat a skillet over medium heat and add the halloumi and diced chorizo. Cook for about 5 minutes or until the halloumi is golden and crispy and the chorizo is cooked through.

Meanwhile, bring water to a gentle simmer in a small pot. Crack the eggs into the water and poach them to your liking.

While the eggs are poaching, toast the sourdough slice until golden and crisp.

Mash the avocado onto the toasted bread. Layer the cooked halloumi and chorizo on top. Carefully place the poached eggs over the halloumi.

Sprinkle with black pepper, additional chili flakes, and fresh parsley. Drizzle a little more honey if desired for an extra touch of sweetness.

MFP Barcode

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

Living+

Allergen Information

Contains wheat, eggs, sesame.



Raspberry & Vanilla Protein Oatmeal

High Protein | Med Carb

Living+

Oats are an amazing food, a staple of an athlete. Why? They are a quick, portable, and versatile carbohydrate source. The key to making good oatmeal is the liquid-to-oat ratio. For every 20 grams of oats, use 100ml of liquid. This variation is fortified with protein making it a perfect peri-workout meal.

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

Makes 1 portion

Oats 60g or 2.1oz

Water 150ml or 5fl oz

Low-Fat Milk 150ml or 5fl oz

Raspberries 50g or 1.8oz, frozen

Raspberries handful, fresh

Whey Protein 1 scoop

Vanilla Extract 1/4 tsp

Almonds 1 tsp, sliced

Raspberry & Vanilla Protein Oatmeal

High Protein | Med Carb

livingplusrx.com

Method

In a pot, add the oats, vanilla extract, and liquids and begin to cook on low to medium heat for 3 minutes before adding the frozen raspberries.

Cook until the oats have thickened and absorbed the liquid (about 5 to 8 more minutes). Stir often to mix the raspberries. Once cooked, turn the heat off and add the protein powder. Mix well and then transfer the oatmeal to a bowl.

Serve with fresh raspberries and sliced almonds on top.

MFP Barcode



Living+

Allergen Information

Contains lactose, gluten, eggs, tree nuts, sulfites.



Recovery Berry Booster

High Protein | Med Carb

Living+

A protein-packed blend of vanilla whey protein, frozen berries, milk, and a medley of nutritious toppings like fresh blueberries, pumpkin seeds, chia seeds, and a hint of fresh mango. This refreshing and invigorating booster is the perfect post-workout treat to support your recovery and nourish your body.

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

Makes 1

Frozen Mixed Berries 150g or 5.3oz

Low-Fat Milk 150ml or 5fl oz

Mango 1/2

Blueberries handful

Vanilla Whey 1 scoop

Chia Seeds 1 tsp

Pumpkin Seeds 1 tsp

Recovery Berry Booster

High Protein | Med Carb

livingplusrx.com

Method

In a blender, combine the vanilla whey protein, milk, and frozen berries. Blend until smooth and creamy. Pour this mixture into a bowl/serving container.

Top the blended mixture with fresh blueberries, mango, and a sprinkle of nuts and seeds. Feel free to customize the toppings according to your preferences or dietary needs.

MFP Barcode



Living+

Allergen Information

Contains lactose.



Scrambled Egg Pita

High Protein | Med Carb

Living+

Indulge in this nutrient-packed Pita, ideal for jump-starting your day with a high-protein kick. Comprising two large eggs enveloped in a wholesome whole wheat pita, this meal not only offers a substantial protein boost but also integrates complex carbohydrates for a balanced and satisfying post-exercise recovery meal.

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

Makes 1

Eggs 2

Egg Whites 1

Pita 1

Low-Fat Milk 1 tbsp

Chili Crunch 1 tsp

Black Pepper 1 twist

Scrambled Egg Pita

High Protein | Med Carb

livingplusrx.com

Method

In a bowl, combine the eggs and milk. Whisk vigorously until the mixture is fluffy. Season with salt and pepper to taste.

Heat a non-stick saucepan over low heat. Pour in the egg mixture and cook for 2–3 minutes, stirring continuously, until the eggs are fully cooked and have pulled away from the sides of the pan.

While the eggs are cooking, set your broiler to high heat. Toast the pita bread until warm and slightly crispy. Carefully slice it open to create a pocket.

Spoon the scrambled egg mixture into the pita pocket. Serve immediately, either hot or cold, accompanied by a spoonful of chili crunch oil.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, eggs.



Sesame Sourdough French Toast

High Protein | Med Carb

Living+

A winter-inspired French Toast that boasts combined hints of cinnamon and nutmeg. Simply boost the protein content by increasing the 0% fat yogurt used. I suggest you spread the yogurt across the bread and mash the raspberries to experience all the flavors together.

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

Makes 1 portion

Egg 1 large
Skim Milk 2 tbsp
Sourdough Bread 2 slices, thick
Cinnamon 1/4 tsp
Nutmeg 1/8 tsp
Sesame Seeds 1 tsp, black
Brown Sugar 1 tsp
Olive Oil 1 tsp
Raspberries handful, fresh
Yogurt 2 tbsp high protein

Sesame Sourdough French Toast

High Protein | Med Carb

livingplusrx.com

Method

To a bowl, crack the egg and add the skim milk, sesame seeds, sugar, cinnamon, and nutmeg. Once added whisk together the ingredients. If you like, pour the mixture into a shallow dish 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, you can pour this over the bread slowly as it cooks.

Once cooked, place the bread on a plate and serve with a handful of raspberries (fresh or frozen) and a dollop or two of low-fat Greek-style yogurt.

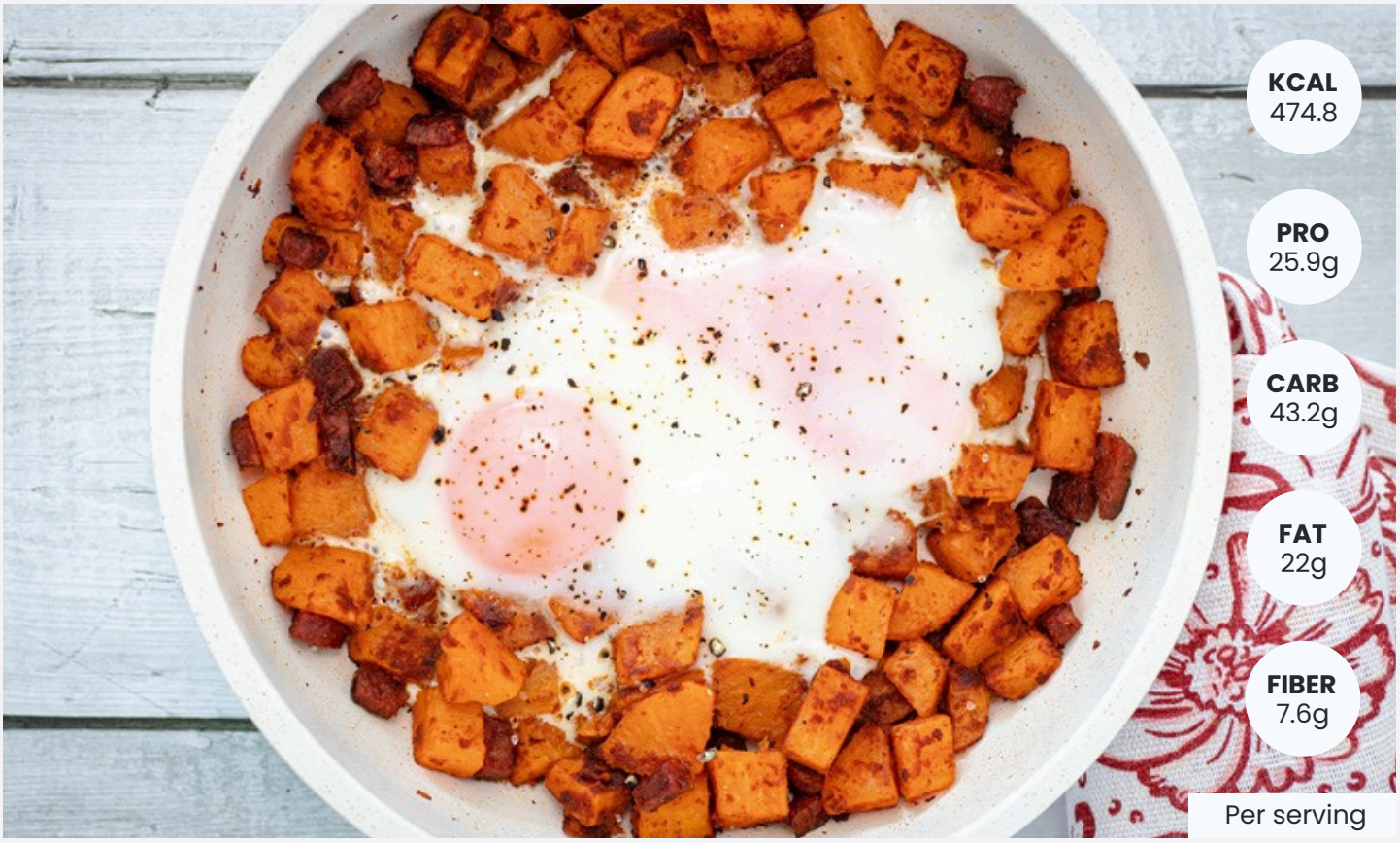
MFP Barcode

0 57941 22005 9

Living+

Allergen Information

Contains lactose, gluten, eggs, sulfites.



Sweet Potato Hash

High Protein | Med Carb

Living+

This Sweet Potato Hash is a delicious breakfast dish that combines the flavors of eggs, chorizo, and sweet potato. The sweet potato adds a natural sweetness to the dish, while the chorizo provides a savory and spicy flavor. The dish is quick and easy to prepare, making it perfect for busy mornings or lazy weekends.

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

Makes 1

Eggs 2

Sweet Potato 1 medium

Chorizo 30g or 1 oz

Black Pepper 5 twists

Paprika 1 tsp

Sweet Potato Hash

High Protein | Med Carb

livingplusrx.com

Method

First, peel and cube the sweet potato. Next, to a pot of boiling water, add the sweet potato and cook for 3 to 5 minutes until you can pierce a cube with a fork.

As that cooks, chop the chorizo. Add the chorizo to a pan and cook on low heat.

Once the sweet potato is ready, drain the water and add the sweet potato to the pan along with the black pepper and paprika. Mix well and continue to cook for 2 to 3 minutes, stirring regularly.

Finally, create some space in the middle of the pan by moving the sweet potato mixture with a spoon. Crack the eggs into the middle of the pan and cover with a lid until cooked.

You can choose to serve directly from the pan or simply transfer the mixture to a bowl.

MFP Barcode

0 5 7 9 4 1 2 2 1 4 8

Living+

Allergen Information

Contains eggs.