










Breakfast Recipes

High-Protein Med-Carb

Volume 2 - 24 Recipes



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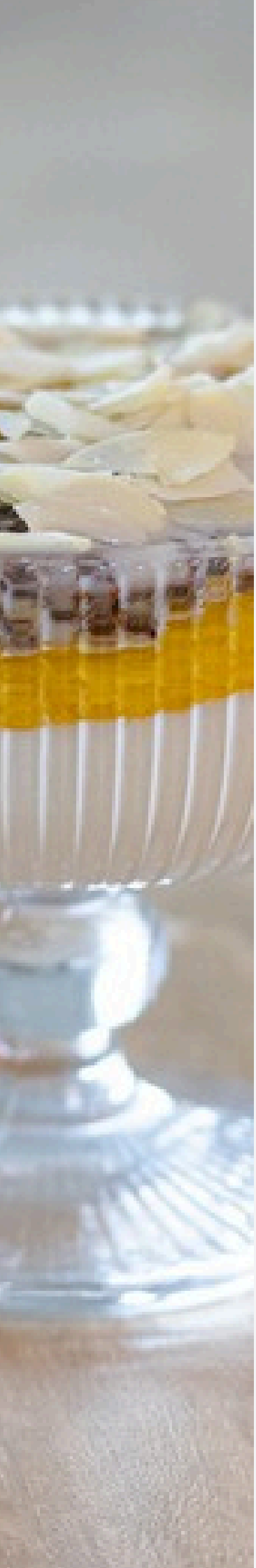
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KCAL 398

PRO 36.2g

CARB 38.9g

FAT 10.8g

FIBER 3.9g

Per serving

Almond Vanilla Baked Oats

High Protein | Med Carb

Living+

These Almond Vanilla Baked Oats are a delightful way to kick-start your morning! Packed with protein from vanilla whey and the natural sweetness of banana, they provide the perfect balance of energy and flavor to fuel your day. With hints of almond and vanilla, this dish will feel like an indulgent treat while still being healthy

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

Makes 1

Almond Milk 1/4 cup or 60ml

Egg 1

Rolled Oats 40g or 1.4oz

Whey Protein 1 scoop, vanilla

Baking Powder 1 tsp

Sliced Almonds 1 tsp

Vanilla Extract 1/2 tsp

Almond Vanilla Baked Oats

High Protein | Med Carb

livingplusrx.com

Method

Preheat your oven to 350°F (180°C) or your air fryer to 400°F (200°C).

In a bowl, mash the banana and mix in the oats, egg, almond milk, vanilla extract, almond flavoring, baking powder, and vanilla whey protein. Stir until well combined.

Pour the mixture into an oven-safe dish or ramekin. Top with sliced almonds and a sprinkle of sugar for a sweet, crunchy finish.

Oven: Bake for 20-25 minutes, or until the oats are golden brown and set. Air Fryer: Bake for 15 minutes at 400°F (200°C) until golden and cooked through

Let cool for a few minutes before serving. Enjoy this warm, protein-packed breakfast with a drizzle of extra almond milk or a dollop of yogurt if desired.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, eggs, tree nuts.



KCAL 488.3

PRO 33.6g

CARB 64.4g

FAT 10.6g

FIBER 10.1g

Per serving

Apple Pie Overnight Oats

High Protein | Med Carb

Living+

A perfect blend of slow-digesting oats, protein, and fiber-rich apples, this Apple Pie Overnight Oats is a high-protein, gut-friendly meal ideal for sustained energy and muscle recovery. With warm cinnamon-spiced apples layered between creamy overnight oats, it's like dessert for breakfast—but packed with nutrients!

Prep: 10 min | Cook: 0 min | Fresh: 5 days | Beginner

Makes 3

Almond Milk 450ml or 15 fl oz, unsweetened

Water 175ml or 6fl oz

Greek Yogurt 325g or 11.5oz, 0% fat

Apple 3

Rolled Oats 150g or 5.3oz

Whey Protein 45g or 1.6oz

Chia Seeds 3 tbsp

Honey 5 tsp

Cornstarch 1 tsp

Cinnamon 1/2 tsp

Nutmeg 1/2 tsp

Apple Pie Overnight Oats

High Protein | Med Carb

livingplusrx.com

Method

Add diced apples, spices, honey, and cornstarch to a frying pan. Stir well to coat the apples. Add the water and cook on low heat for 10 minutes, stirring frequently. The apples should be soft, and the sauce should thicken to resemble an apple pie filling. Remove from heat and set aside to cool.

In a bowl or jar, mix oats, chia seeds, protein powder, honey, milk, and yogurt until well combined. If you prefer a thinner consistency, add more milk as needed.

Using 3 containers, layer a spoonful of apple pie filling at the bottom. Add a few spoonfuls of the overnight oats mixture. Follow with a layer of yogurt, then finish with another layer of apples. Cover and place in the fridge for at least 2-3 hours, or overnight.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, tree nuts.



Banoffee Baked Oats

High Protein | Med Carb

Living+

These banoffee protein baked oats are soft, sweet, and satisfying—perfect for meal prep or a nourishing breakfast. Swirled with a rich date caramel and topped with creamy yogurt and a touch of dark chocolate, they're indulgent without the guilt.

Prep: 10 min | Cook: 45 min | Fresh: 3 days | Beginner

Makes 4

Almond Milk 300ml or 10.1 fl oz
Banana 2.5, medium
Rolled Oats 200g or 7oz
Dates 6, Medjool
Greek Yogurt 100g or 3.5oz
Greek Yogurt 100g or 3.5oz, for topping
Water 100ml or 3.4fl oz
Whey Protein 60g or 2.1oz

Almond Milk 50ml or 1.7fl oz
Peanut Butter 1.5 tbsp
Dark Chocolate 1 square
Baking Powder 1 tsp
Salt pinch

Banoffee Baked Oats

High Protein | Med Carb

livingplusrx.com

Method

Preheat the oven to 400°F (180°C fan). Lightly grease or line a baking dish if it tends to stick.

Mash 2 of the bananas directly in the dish. Add the oats, protein powder, baking powder, almond milk, and 100g of yogurt. Stir everything until well combined, then smooth the surface.

Place in the oven and bake for 35 minutes, or until firm and golden on top.

While it bakes, soak the dates in boiling water for 5 minutes. Drain, but reserve 100ml of the water. Add soaked dates, peanut butter, salt, 50ml almond milk, and the reserved water to a blender. Blend until smooth and creamy, adjusting consistency with more water if needed.

Once baked, let the oats cool for 5–10 minutes to firm up. Add spoonfuls of yogurt and caramel on top, swirling gently with a knife. Finish with banana slices and grated dark chocolate.

Slice into 4 portions. Enjoy warm (microwave for 1 minute) or cold for a portable snack. Store in an airtight container in the fridge for up to 4 days.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, eggs, tree nuts, peanuts.



Baked Feta & Egg Wraps

High Protein | Med Carb

Living+

These Baked Feta & Egg Wraps are a delicious, protein-packed meal ready in under 20 minutes. Perfect for breakfast, lunch, or a quick post-workout refuel, they combine creamy baked feta, soft eggs, and vibrant veggies for a satisfying, nutrient-dense wrap option.

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

Makes 3

- **Egg** 6
- **Tomato** 1, large
- **Feta Cheese** 100g or 3.5oz
- **Tortilla Wrap** 3, small
- **Spinach** 3 handfuls
- **Red Onion** 1/2 small
- **Honey** 1 tsp
- **Chili Flakes** pinch
- **Salt** pinch
- **Black Pepper** 5 twist

Baked Feta & Egg Wraps

High Protein | Med Carb

livingplusrx.com

Method

Preheat your oven to 400°F (200°C). Lightly grease an ovenproof dish with olive oil or a cooking spray.

Place the feta cheese in the center of the dish. Crack the eggs around the feta. Season generously with salt and pepper. For extra flavor, drizzle with honey, sprinkle with chili flakes, and add herbs if desired.

Bake the dish for 12–15 minutes, or until the eggs are just set but still soft in texture. Remove the dish from the oven and mash the feta and eggs together with a fork.

Warm the wraps in a pan or microwave. Add a portion of the mashed egg and feta mixture to each wrap. Top with fresh spinach, red onion slices, and diced tomato. Roll up the wrap tightly and serve warm.

MFP Barcode

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

Living+

Allergen Information

Contains egg, lactose, wheat.



KCAL 402.2
PRO 23.1g
CARB 59.7g
FAT 7.8g
FIBER 4g
Per serving

Berry Custard Air Fryer Toast

High Protein | Med Carb

Living+

This Berry Custard Air Fryer Toast is your new favorite sweet breakfast, ready in less than 10 minutes and packed with 23g of protein per serving. Imagine a golden, crunchy brioche base with a sweet, caramelized custard-like filling, topped with fresh strawberries and blueberries. Perfect for a quick, delicious, and nutritious meal.

Prep: 3 min | Cook: 8 min | Fresh: 1 day | Beginner

Makes 1

Brioche Bread 2 slices
Egg 1
Greek Yogurt 60g or 2.1oz, 0% fat
Strawberries 2 large
Blueberries 8, single
Honey 1 tsp
Vanilla Extract 1/2 tsp

Berry Custard Air Fryer Toast

High Protein | Med Carb

livingplusrx.com

Method

In a bowl, combine the Greek yogurt, egg, honey, and vanilla extract. Mix until the texture is smooth and creamy.

Take your brioche slices and use the back of a spoon to gently press down in the center of each slice, forming a 'well' to hold the custard.

Spoon the custard mixture evenly into the wells of the brioche slices. Top generously with sliced strawberries and blueberries.

Place the prepared brioche slices in your air fryer basket. Air fry at 400°F (200°C) for 6 minutes, or until the edges of the brioche are golden brown and the custard is set and slightly caramelized.

Finish with a light dusting of powdered sugar and a drizzle of honey. Enjoy your delicious and protein-packed breakfast!

MFP Barcode

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

Living+

Allergen Information

Contains lactose, egg, wheat



Berry Granola Protein Pots

High Protein | Med Carb

Living+

These high-protein berry pots are the perfect make-ahead breakfast or post-workout snack. Creamy Greek yogurt is layered with sweet berries, crunchy homemade oat-honey granola, and dark chocolate for a satisfying balance of flavor and texture.

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

Makes 2

Greek Yogurt 500g or 17.6oz, 0% fat

Mixed Frozen Berries 120g or 4.2oz

Whey Protein 40g or 1.4oz, vanilla

Rolled Oats 30g or 1oz

Dark Chocolate 20g or 0.7oz

Honey 20g or 0.7oz

Berry Granola Protein Pots

High Protein | Med Carb

livingplusrx.com

Method

Add oats and honey to a non-stick pan over medium heat. Stir frequently and toast for 4–5 minutes, until golden and lightly crisp. Set aside to cool.

In a bowl, stir the protein powder into the Greek yogurt until fully combined and smooth. Divide evenly between two jars or bowls.

Layer the frozen berries over the yogurt, followed by half the chopped chocolate. Sprinkle the cooled oat-honey granola on top.

Garnish with the remaining chocolate. Enjoy straight away or chill in the fridge for 15 minutes to let the berries slightly thaw into the yogurt.

MFP Barcode

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

Living+

Allergen Information

Contains lactose.



Black Bean Parmesan Egg Skillet

High Protein | Med Carb

Living+

This high-protein, fiber-packed dish is the perfect way to start your day or refuel after a workout. The smoky black beans, crispy Parmesan crust, and perfectly cooked eggs create a harmony of bold flavors. Paired with a zesty roasted red pepper salsa, it's a satisfying meal that's rich in nutrients and texture.

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

Makes 2

Eggs 4
Black Beans 1 can
Red Onion 1, medium
Red Pepper 1, small
Lime Juice 1 lime
Parmesan Cheese 30g or 1oz
Garlic 2 cloves
Olive Oil 2 tsp
Red Chili 1
Ground Cumin 1 tsp
Chili Powder 1 tsp
Paprika 1 tsp
Cilantro 1 tbsp
Salt pinch

Black Bean Parmesan Egg Skillet

High Protein | Med Carb

livingplusrx.com

Method

Heat 1 tsp olive oil in a large saucepan over medium heat. Add the diced red onion and cook for 4–5 minutes with a pinch of salt until softened. Stir in the garlic, paprika, cumin, and chili powder, cooking for 2 minutes until fragrant. Add the black beans (with water) and simmer for 15 minutes, stirring occasionally.

Char the red pepper directly over a gas flame (or under the broiler) until blistered. Finely chop the roasted red pepper, chili, and cilantro. Combine in a bowl with olive oil and lime juice. Season with salt and pepper to taste.

In a large non-stick frying pan, sprinkle grated Parmesan in two circular piles. Heat the pan over medium heat until the cheese begins to melt and sizzle. Crack an egg on top of each Parmesan circle and cook for 4–5 minutes until the whites are set and the Parmesan is crispy. For softer whites, cover the pan with a lid during the last minute of cooking.

Serve the smoky black beans as a base. Top with the Parmesan-crusted eggs. Add a generous spoonful of roasted red pepper salsa. Garnish with lime wedges for an extra zesty kick. Optional: Serve with warm tortillas on the side for a complete meal.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, eggs.



KCAL 407.6

PRO 28.4g

CARB 58.8g

FAT 6.5g

FIBER 6.2g

Per serving

Caramelized Banana Weetabix Bowl

High Protein | Med Carb

Living+

This warm, protein-packed breakfast bowl combines the comforting texture of softened Weetabix with the sweetness of caramelized banana, a hint of cinnamon, and a drizzle of maple syrup. It's a quick and nourishing start to your day, boosted with protein and healthy fats from walnuts, and naturally sweetened with fruit and syrup.

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

Makes 1

- **Banana** 1, large ripe
- **Water** 50ml or 1.7fl oz
- **Weetabix** 2 biscuits
- **Vanilla Whey Protein** 1 scoop
- **Honey** 1 tsp
- **Walnuts** 3
- **Cinnamon** ½ tsp

Caramelized Banana Weetabix Bowl

High Protein | Med Carb

livingplusrx.com

Method

Peel the banana and slice it in half. Mash one half in a bowl until smooth.

Add the Weetabix, protein powder, cinnamon, and boiling water to the mashed banana. Stir well until it forms a thick, oatmeal-like consistency.

Slice the remaining half of the banana into coins. In a non-stick pan over medium heat, cook the slices for 1–2 minutes on each side until golden and caramelized.

Spoon the Weetabix mixture into a bowl. Top with the caramelized banana, sprinkle over the walnuts, and finish with a drizzle of maple syrup or honey.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, tree nuts, gluten.



KCAL 461.7

PRO 43.3g

CARB 24g

FAT 21.3g

FIBER 3.4g

Per serving

Cheesy Tuna Egg Burrito

High Protein | Med Carb

Living+

Fuel your day with this high-protein, cheesy tuna egg burrito! Perfect for a quick breakfast, lunch, or post-workout recovery, it's packed with protein, healthy fats, and delicious flavors that'll leave you energized and satisfied.

Prep: 10 min | Cook: 15 min | Fresh: 2 days | Beginner

Makes 2

Egg 4

Tuna 1 can, drained

Red Pepper 1, medium

Tortilla Wrap 2, small

Cheddar Cheese 50g or 1.75oz, half fat

Red Onion 1/2 small

Light Mayonnaise 1 tbsp

Cheesy Tuna Egg Burrito

High Protein | Med Carb

livingplusrx.com

Method

Whisk the eggs with a pinch of salt and pepper in a bowl. Heat a non-stick pan over medium heat, then pour the eggs in. Gently scramble until cooked but still soft. Remove from heat and set aside.

In a bowl, mix the tuna, red onion, red pepper, light mayo, and grated cheese. Season with salt and pepper to taste.

Lay a seeded wrap flat, spread half of the scrambled eggs over the surface, and top with the tuna mixture. Fold the wrap into a burrito shape, tucking in the sides and rolling tightly.

Wipe the pan clean, then place the burrito seam-side down in the pan. Toast over medium heat for 2–3 minutes on each side until golden and crispy.

MFP Barcode

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

Living+

Allergen Information

Contains egg, lactose, mustard, fish, wheat.



Chili Jam Breakfast Bagels

High Protein | Med Carb

Living+

Take your breakfast game up a notch with these Chili Jam Breakfast Bagels! Packed with protein from eggs, crispy bacon, creamy cheese, and a fiery kick of chili jam, this satisfying morning treat is perfect for busy days or weekend indulgence.

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

Makes 2

Eggs 3

Seeded Bagel 2

Canadian Bacon 1

Light Cream Cheese 30g or 1oz

Chili Jam 1 tbsp

Chili Jam Breakfast Bagels

High Protein | Med Carb

livingplusrx.com

Method

Bring a pot of water to a boil. Add the eggs and boil them for 6–9 minutes, depending on your preferred doneness. Transfer the eggs to a bowl of cold water to cool, then peel and slice them.

Heat a non-stick frying pan over medium heat and cook the Canadian bacon until golden and crispy. Remove from the pan and set aside.

Slice the bagel in half and toast both halves until golden brown.

In a bowl, mash the peeled eggs with a fork. Add the chopped bacon, light cream cheese, and chili jam. Mix well until combined. Spread the mashed egg and bacon mixture generously on one half of the toasted bagel.

MFP Barcode

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

Living+

Allergen Information

Contains eggs, lactose, wheat.



KCAL 420.8

PRO 31.3g

CARB 53.8g

FAT 8.9g

FIBER 4.8g

Per serving

Choco-Banana Baked Oats

High Protein | Med Carb

Living+

Start your day with this delicious and nutritious Choco-Banana Baked Oats! Packed with protein, fiber, and a touch of sweetness, it's the perfect balanced breakfast that tastes like dessert. With just 20-25 minutes in the oven, you'll have a warm, cake-like treat that fuels your morning without a sugar overload.

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

Makes 1

Low-Fat Milk 80ml or 2.7fl oz

Banana 50g or 1.7oz

Rolled Oats 40g or 1.4oz

Whey Protein 1 scoop, chocolate

Dark Chocolate 1 square

Honey 1 tsp

Baking Powder 1 tsp

Choco-Banana Baked Oats

High Protein | Med Carb

livingplusrx.com

Method

Preheat your oven to 350°F (180°C).

In a blender, combine the banana, oats, chocolate protein powder, baking powder, honey, and milk. Blitz until smooth. Pour the batter into an oven-safe baking dish.

Top with the sliced banana, a sprinkle of granulated sweetener, a dash of cinnamon, and a square of no-sugar chocolate.

Place the dish in the preheated oven and bake for 20-25 minutes. For a cakier texture, bake on the longer side.

Enjoy your warm, chocolatey baked oats straight from the oven for a satisfying breakfast treat!

MFP Barcode



Living+

Allergen Information

Contains lactose.



KCAL 455.4

PRO 43.2g

CARB 52.7g

FAT 8.0g

FIBER 2.6g

Per serving

Choco-Crisp Protein Bowl

High Protein | Med Carb

Living+

This high-protein crunchy yogurt bowl is a perfect post-workout snack or sweet breakfast option, combining the light crisp of rice cereal with the creaminess of Greek yogurt and a drizzle of melted dark chocolate. At over 20g of protein, it's ideal for muscle recovery, satiety, and satisfying your sweet tooth—without the crash.

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

Makes 1

Greek Yogurt 150g or 5.3oz, 0% fat

Rice Krispies 40g or 1.4oz

Rice Krispies 10g or 0.35oz, for topping

Whey Protein 1 scoop, chocolate

Dark Chocolate 15g or 0.53oz (3 squares)

Low-Fat Milk 1 tbsp

Choco-Crisp Protein Bowl

High Protein | Med Carb

livingplusrx.com

Method

In a medium-sized bowl, combine the Greek yogurt, protein powder, and milk. Stir until smooth. Add 40g (1.4oz) of Rice Krispies and fold them in gently until fully coated.

Melt the dark chocolate (using a microwave in 15-second bursts or a double boiler). Mix in the remaining puffed cereal and layer it on top of the bowl.

Pop the bowl in the fridge for 5–10 minutes if you'd like the chocolate to set and give the top an extra crunch. If you like, add a square or two of Kinder Bueno!

MFP Barcode

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

Living+

Allergen Information

Contains lactose.



Hot Honey Breakfast Muffins

High Protein | Med Carb

Living+

A spicy-sweet breakfast sandwich featuring fluffy oven-baked eggs, juicy sausage patties, and a homemade hot honey glaze — all stacked on toasted English muffins with a layer of cream cheese. Ideal for weekend brunches or batch-prepped weekday fuel.

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

Makes 4

Eggs 2
Egg Whites 2
Spinach 1 handful
Cherry Tomato 5, single
Salt pinch
Black Pepper twist
Pork Sausage 320g or 11.3oz, reduced fat
Honey 1 tbsp
Sweet Chili Sauce 1 tsp
Chili Flakes pinch
Water 1 tsp
English Muffin 4
Light Cream Cheese 4 tsp

Hot Honey Breakfast Muffins

High Protein | Med Carb

livingplusrx.com

Method

Set your oven to 350°F (180°C) and line a square baking dish with parchment paper.

In a bowl or measuring cup, whisk together the whole eggs, egg whites, spinach, cherry tomatoes, and a pinch of salt and pepper. Pour into the lined baking dish and bake for 15–20 minutes, or until just set. Let it cool slightly and cut into 4 equal squares.

Divide the sausage meat into 4 equal balls. Heat a non-stick frying pan over medium-high heat and spray with oil. Place each ball into the pan, flatten using parchment paper and a spatula, and cook for 3–4 minutes on each side until browned and cooked through.

In a small bowl, mix together the honey, sweet chili sauce, chili flakes, and a splash of water. Set aside.

Slice and toast the English muffins. Spread each half with a thin layer of cream cheese. Layer with one square of egg, followed by a sausage patty. Brush both sides of the patty with the hot honey glaze. Finish with the muffin top and serve warm.

MFP Barcode

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

Living+

Allergen Information

Contains eggs, lactose, gluten.



KCAL 440

PRO 32.3g

CARB 37.9g

FAT 17.6g

FIBER 3.2g

Per Serving

Lazy Cheesy Egg Toast

High Protein | Med Carb

Living+

Crispy golden toast, perfectly cooked egg, and gooey melted cheese—all made in minutes in the air fryer. A satisfying high-protein breakfast or snack with minimal effort and maximum flavor.

Prep: 10 min | Cook: 8 min | Fresh: 3 days | Beginner

Makes 2 slices

Eggs 2

White Bread 2 slices

Red Onion ¼, small

Cheddar Cheese 30g or 1oz, half fat

Chili Flakes pinch

Salt 1 pinch

Black Pepper 1 twist

Lazy Cheesy Egg Toast

High Protein | Med Carb

livingplusrx.com

Method

Use the back of a spoon to press down the center of each bread slice, forming a shallow “well” for the egg. This helps prevent it from overflowing.

Carefully crack one egg into the center of each prepared slice.

Sprinkle over the chopped onion, salt, black pepper, chili flakes, and cheese of choice.

Place the toasts in the basket and air fry at 350°F (180°C) for 8 minutes.

Enjoy straight from the fryer while the cheese is melty and the egg is just right.

MFP Barcode



Living+

Allergen Information

Contains lactose, eggs, wheat.



KCAL 407.8

PRO 27.5g

CARB 39.6g

FAT 15.6g

FIBER 3.5g

Per serving

Levant Egg Flatbread

High Protein | Med Carb

Living+

A protein-packed, flavor-loaded flatbread featuring creamy Greek yogurt, soft-boiled eggs, and fragrant garlic. Topped with pickled red onion, parsley, sumac, and black pepper, this dish is a perfect balance of tangy, creamy, and savory flavors. Ideal for a nutritious breakfast or post-training meal to support muscle recovery.

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

Makes 1

Eggs 2

Flatbread 1, 80g or 2.8oz

Greek Yogurt 2 tbsp, 0% fat

Red Onion 1/2 small

Garlic 1 clove

Parsley 2 tbsp, chopped

Black Pepper 1 twist

Green Onion 1

Levant Egg Flatbread

High Protein | Med Carb

livingplusrx.com

Method

Place eggs in a saucepan with cold water. Bring to a boil, then simmer for 7 minutes for soft-boiled or 9 minutes for firmer yolks. Transfer to cold water, peel, and slice.

In a small bowl, mix Greek yogurt with minced garlic and a pinch of black pepper. Lightly toast or heat the flatbread in a dry pan for 1-2 minutes on each side until warm and pliable.

Spread the garlic yogurt evenly over the flatbread. Top with sliced boiled eggs. Add pickled red onions and a sprinkle of parsley, sumac, and black pepper for extra flavor.

MFP Barcode



Living+

Allergen Information

Contains lactose, eggs, wheat.



McMuffin

High Protein | Med Carb

Living+

If you like a cheeky McDonald's breakfast then this is for you! A cheesy, high protein meal that can be enjoyed at any time of the day.

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

Makes 6 McMuffins

Ground Turkey 500g or 17.6oz
English Muffins 6
Eggs 6
Laughing Cow 6 triangles light cheese
Laughing Cow 6 light cheese slices
Olive Oil 1 tsp
Onion Powder 1/4 tsp
Garlic Powder 1/4 tsp
Paprika 1/4 tsp
Black Pepper 1/4 tsp ground
Salt pinch

McMuffin

High Protein | Med Carb

livingplusrx.com

Method

Preheat the oven to 350°F (180°C). As the oven preheats, to a large bowl add the ground turkey and seasoning. Mix well and then form into 6 thin patties.

Next, crack 6 eggs into a bowl and mix them well. Add some black pepper. Transfer the egg mixture into a small baking tray so that you can make 6 squares of the egg once cooked.

Add the egg tray into the oven and cook for 5 to 8 minutes. Check after 5 minutes to see if it is cooked fully and every minute thereafter. You may need to place it under the broiler to finish off the top. Alternatively, just cook a 6-egg omelet.

As the egg cooks, add a tsp of olive oil to a large pan, cooking the turkey burgers for 4 to 5 minutes on each side.

As the turkey burgers and egg cook, toast your muffins. Then spread one triangle of cheese on the bottom half of each muffin.

Place the cooked turkey burger next, followed by a square slice of the egg mixture (or a piece of the omelet). Finally, top with a slice of cheese. Leave it to sit for 1 minute before eating to allow for the cheese to melt.

You can place the muffins in the freezer in an airtight container once cooled for easy access. Just take one out, let it defrost, and enjoy it hot or cold.

MyFitnessPal



Living+

Allergen Information

Contains gluten, egg, lactose, sulfites.



Mango Chia Crunch Pot

High Protein | Med Carb

Living+

A refreshing layered breakfast pot rich in omega-3s, protein, and fiber, this tropical chia pudding delivers both texture and taste. Perfect for gut health, sustained energy, and a light start to the day, with a hint of crunch from sliced almonds and natural sweetness from mango.

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

Makes 1

- **Greek Yogurt** 150g or 5.3oz, 0% fat
- **Mango** 100g or 3.5oz
- **Low-Fat Milk** 120g or 4.2oz
- **Chia Seeds** 2 tbsp
- **Maple Syrup** 1 tsp
- **Sliced Almonds** 1 tsp
- **Cinnamon** ½ tsp

Mango Chia Crunch Pot

High Protein | Med Carb

livingplusrx.com

Method

In a small bowl or jar, mix the chia seeds, milk, cinnamon, and maple syrup. Stir immediately and again after 5 minutes to avoid clumps. Refrigerate for 15–30 minutes or overnight until thickened.

Use a fork to mash the mango until smooth. Then layer your jar or bowl as follows: Spoon the yogurt into the bottom. Add the mashed mango. Top with the chilled chia pudding. Finish with a sprinkle of sliced almonds.

MFP Barcode



Living+

Allergen Information

Contains lactose, tree nuts.



Mexican Eggs Molletes

High Protein | Med Carb

Living+

A vibrant and protein-packed Mexican-inspired brunch, these Molletes feature toasted sourdough topped with creamy smashed black beans, spicy avocado salsa, crumbled feta, and perfectly fried eggs. It's balanced, fresh, and satisfying - ideal for a high-protein breakfast or brunch.

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

Makes 2

Egg 2
Sourdough Bread 2 slices
Black Beans ½ can, 2 tbsp liquid reserved
Lime Juice 2 limes
Yellow Onion 1 small
Feta Cheese 50g or 1.7oz
Avocado ½, medium
Olive Oil 2 tsp
Garlic 1 clove
Cumin 1 tsp
Paprika 1 tsp
Salt 2 pinch
Chili 1

Mexican Eggs Molletes

High Protein | Med Carb

livingplusrx.com

Method

In a small bowl, combine 1 tbsp chopped onion, quartered cherry tomatoes, mashed avocado, half the chili, lime juice, and a pinch of salt. Mix gently and set aside to let the flavors develop.

Heat 1 tsp olive oil in a pan over medium heat. Add the remaining onion and cook for 4–5 minutes until soft. Add garlic and remaining chili; cook for another 2 minutes. Stir in cumin, paprika, and the black beans. Pour in 2 tbsp of the reserved bean liquid and cook for 2 minutes more. Roughly mash the beans with a potato masher. Stir in the lime juice and season to taste. Remove from heat.

In a small frying pan, heat 1 tsp olive oil. Crack in the eggs and fry to your liking — sunny-side up or with crispy edges.

Toast your sourdough slices until golden and crisp. Top each slice of toast with a generous layer of smashed black beans. Place a fried egg on top, scatter over the feta, spoon on the salsa, and finish with chopped cilantro.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, eggs, wheat.



Pistachio & Raspberry Overnight Oats

High Protein | Med Carb

Living+

Creamy, protein-packed overnight oats layered with the richness of pistachio and the tart brightness of fresh raspberries. A perfect make-ahead breakfast that's high in protein, fiber-rich, and bursting with flavor.

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

Makes 1

Low-Fat Milk 150ml or 5fl oz
Greek Yogurt 100g or 3.5oz, 0% fat
Rolled Oats 50g or 1.75oz
Whey Protein 1 scoop, vanilla
Pistachio Spread 1 tsp
Raspberries 10
Chia Seeds 1 tbsp
Pistachio Nuts 5
Vanilla Extract ½ tsp

Pistachio & Raspberry Overnight Oats

High Protein | Med Carb

livingplusrx.com

Method

In a bowl or jar, combine the oats, protein powder, chia seeds, vanilla extract, and milk. Stir until well incorporated.

Gently fold in the Greek yogurt and pistachio spread. Stir until the mixture is creamy and smooth.

Cover and refrigerate for at least 4 hours, preferably overnight, to allow the oats and chia to soak and soften.

Before serving, give the oats a quick stir. Top with fresh raspberries and chopped pistachios for added crunch and color.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, tree nuts, peanuts, sesame.



Power Protein Toast

High Protein | Med Carb

Living+

Packed with protein and fresh flavors, Power Protein Toast is the ultimate post-workout snack or light meal. With creamy Greek yogurt, a touch of spice, and hearty seeded bread, it's a quick, nutritious option to refuel your body and keep you energized throughout the day.

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

Makes 1

- **Cucumber** 1, medium
- **Egg** 3
- **Tuna** 1 can, drained
- **Sourdough Bread** 4 slices
- **Greek Yogurt** 2 tbsp, 0% fat
- **Sriracha Sauce** 1 tbsp
- **Salt** 1 pinch

Power Protein Toast

High Protein | Med Carb

livingplusrx.com

Method

Boil the eggs for 9–10 minutes. Once cooked, cool under cold running water, peel, and chop into small pieces.

Dice the cucumber into small cubes and set aside.

In a bowl, combine the chopped eggs, diced cucumber, tuna, Greek yogurt, and sriracha. Mix well and season with salt to taste.

Toast the seeded bread slices until golden and crispy. Spread the tuna egg mixture generously over the toasted bread slices. Serve immediately as a meal or snack.

MFP Barcode



Living+

Allergen Information

Contains lactose, eggs, fish, wheat.



Protein Pancakes with PB Cream

High Protein | Med Carb

Living+

Fluffy, high-protein pancakes that make a perfect post-workout meal or a weekend breakfast treat. These Protein Pancakes with Peanut Butter Cream offer a balance of slow-release carbs, quality protein, and healthy fats — ideal for muscle recovery or simply fueling your day. Quick to prepare, light to eat, and deliciously satisfying!

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

Makes 2

- **Low-Fat Milk** 150ml or 5fl oz
- **All-Purpose Flour** 137.5g or 4.8oz
- **Greek Yogurt** 100g or 3.5oz
- **Egg** 1
- **Whey Protein** 1 scoop, vanilla
- **Peanut Butter** 1 tsp
- **Sweetener** 1 tbsp
- **Baking Powder** 1.5 tsp

Protein Pancakes with PB Cream

High Protein | Med Carb

livingplusrx.com

Method

In a small bowl, combine the Greek yogurt and peanut butter. Mix until smooth and creamy. Set aside.

In a large mixing bowl, whisk together the flour, sweetener, baking powder, vanilla whey, and a pinch of salt. In a separate measuring cup, whisk the milk and egg together. Pour the wet ingredients into the dry ingredients and whisk until a smooth batter forms.

Heat a large frying pan over medium-high heat. Add a splash of olive oil and swirl to coat. Once hot, drop heaped spoonfuls of batter into the pan to form small pancakes. Cook for 2–3 minutes until bubbles appear on the surface, then flip and cook for another 1–2 minutes until golden and cooked through. Repeat with the remaining batter, keeping cooked pancakes warm.

Stack the pancakes and top generously with the peanut butter cream. Optionally, drizzle with 0-calorie syrup for extra sweetness.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, eggs, wheat, tree nuts, peanuts.



Spiced Egg & Yogurt Crumpets

High Protein | Med Carb

Living+

A creamy, protein-rich breakfast featuring mashed boiled eggs combined with spiced yogurt, paprika, and chili crunch oil, all served on warm, fluffy crumpets. A satisfying, high-protein meal that balances heat, creaminess, and crunch—perfect for a nutrient-dense start to the day or post-workout fuel.

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

Makes 1

Eggs 2

Crumpets 2

Greek Yogurt 2 tbsp, 0% fat

Chili Crunch Oil 1 tsp

Paprika 1 tsp

Chili Flakes 1/2 tsp

Spiced Egg & Yogurt Crumpets

High Protein | Med Carb

livingplusrx.com

Method

Place the eggs in a saucepan and cover with cold water. Bring to a boil, then reduce heat and let simmer for 7-8 minutes for soft-boiled eggs or 9-10 minutes for firmer yolks. Transfer to an ice bath for a couple of minutes, then peel the eggs.

In a bowl, mash the boiled eggs with a fork. Mix in yogurt, paprika, chili flakes, and chili crunch oil until creamy and well combined.

Lightly toast the crumpets in a toaster or under the broiler until golden and crispy. Spread the spiced egg mixture over the warm crumpets. Top with an optional extra dollop of yogurt.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, eggs, wheat.



KCAL 585.1

PRO 30.6g

CARB 64.1g

FAT 22.7g

FIBER 7.4g

Per serving

Sticky Mango Protein Oats

High Protein | Med Carb

Living+

This creamy, dreamy bowl of oats is infused with coconut, topped with fresh mango, and finished with a silky coconut drizzle. It's a nourishing, tropical-inspired breakfast that feels indulgent while delivering plenty of fiber, healthy fats, and protein. A perfect way to start the day — or treat yourself to a cozy evening bowl.

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

Makes 1

Water 150ml or 5fl oz

Mango 120g or 4.2oz

Light Coconut Milk 200ml or 6.7fl oz

Rolled Oats 45g or 1.6oz

Vanilla Whey 1 scoop

Honey 1 tsp

Flax Seed 1 tsp

Cornstarch 1 tsp

Salt 1 pinch

Sticky Mango Protein Oats

High Protein | Med Carb

livingplusrx.com

Method

In a small saucepan, whisk together the 100 ml light coconut milk, 1 tsp honey, and 1 tsp cornstarch. Bring to a gentle boil over medium heat, then reduce to a simmer. Cook for 5 minutes, stirring occasionally, until slightly thickened. Remove from heat and set aside.

In a bowl, combine 45 g oats, 150 ml hot water, 1 tsp flaxseeds, and a pinch of salt. Let it sit for 10 minutes to soften.

Transfer the softened oats to a pot. Add 100 ml light coconut milk and cook over medium heat. Once it starts bubbling, reduce to a simmer and cook until thickened to your liking, stirring often. Stir in 1 scoop of vanilla whey during the last minute of cooking. If the mixture gets too thick, add a splash of extra coconut milk to loosen.

Spoon the oats into a bowl, top with sliced fresh mango, and drizzle generously with the coconut sauce.

Sprinkle with white sesame seeds and shredded coconut for extra crunch and flavor.

MFP Barcode

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

Living+

Allergen Information

Contains lactose.



Zesty Lime Cheesecake Pots

High Protein | Med Carb

Living+

A light and refreshing no-bake cheesecake-style treat, these high-protein pots are made with creamy cottage cheese, Greek yogurt, and zingy lime. With a crunchy granola base and no added fat, they're the perfect balance of indulgence and nourishment — ideal as a post-dinner dessert or a high-protein snack.

Prep: 10 min | Cook: 0 min | Fresh: 3 days | Beginner

Makes 2

Greek Yogurt 125g or 4.4oz, fat free

Cottage Cheese 125g or 4.4oz, fat free

Granola 50g or 1.7oz

Lime Juice 1 lime

Lime Zest 1 lime

Vanilla Extract 1 tsp

Zesty Lime Cheesecake Pots

High Protein | Med Carb

livingplusrx.com

Method

Add the granola to a blender and pulse until you achieve a fine, crumb-like texture. Divide evenly between small ramekins or dessert jars and lightly press down to form a base.

In a food processor, combine the cottage cheese, Greek yogurt, vanilla extract, lime juice, honey, and lime zest. Blend for 12–15 seconds or until smooth and creamy. Avoid over-processing, as this can make the mixture watery.

Spoon the creamy filling on top of the granola base, smoothing the tops with a spoon or spatula.

For a firmer texture, refrigerate the pots for 30 minutes before serving. Otherwise, they're ready to enjoy immediately.

Garnish with extra lime zest or a slice of lime if desired.

MFP Barcode



Living+

Allergen Information

Contains lactose.