










Breakfast Recipes

Low & Med-Carb Breakfasts

Volume 1 - 20 Recipes



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Apple & Walnut Power Porridge

Med Carb

Living+

This comforting porridge is the perfect balance of creamy oats, toasted walnuts, naturally sweet dates, and fresh apple. Finished with a drizzle of tahini-honey sauce, it's rich in fiber, healthy fats, and slow-releasing carbs — ideal for fueling your morning or post-workout recovery.

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

Makes 1

Water 175ml or 6.2oz
Apple 1, small
Low-Fat Milk 50ml or 1.7 fl oz
Medjool Dates 2, pitted
Rolled Oats 40g or 1.4oz
Lemon Juice 2 tbsp
Walnuts 20g or 0.7oz
Tahini 1 tsp
Honey 1 tsp

Apple & Walnut Power Porridge

Med Carb

livingplusrx.com

Method

Heat a small frying pan over medium heat and toast the walnuts for 2–3 minutes until golden and fragrant. Transfer to a board, let cool, then roughly chop.

In a saucepan, combine oats, a pinch of salt, and 175ml cold water. Bring to a gentle simmer and cook for 5–6 minutes, stirring occasionally. Add the milk and continue cooking for another 1–2 minutes until it reaches your preferred consistency.

As the porridge cooks, coarsely grate the apple and place in a bowl. Mix in the lemon juice, chopped dates, toasted walnuts, and a pinch of salt.

In a small bowl, stir the tahini with 1 tbsp water until smooth, then mix in the honey. Spoon the porridge into a serving bowl. Top with the apple-date mixture and finish with a generous drizzle of tahini honey sauce.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, tree nuts, sesame, gluten.



KCAL 328

PRO 16.4g

CARB 40.7g

FAT 11.1g

FIBER 4.3g

Per serving

Apple Cinnamon Oat Pancakes

Med Carb

Living+

A delightfully wholesome twist on a classic breakfast. They feature hearty rolled oats, sweet grated apple, and a dash of cinnamon to create a warm, inviting flavor profile. These pancakes are not only delicious but also quick and easy to make, making them perfect for a nutritious start to your day.

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

Makes 2

Low-Fat Milk 2/3 cup

Eggs 2

Rolled Oats 90g or 3.2 oz

Apple 1 small, green

Baking Powder 1 tsp

Cinnamon 1/2 tsp

Apple Cinnamon Oat Pancakes

Med Carb

livingplusrx.com

Method

Begin by adding the oats, baking powder, cinnamon, eggs, milk, and 1 grated apple to a blender. Blend the ingredients until they are well combined and the oats are broken down.

Heat a large nonstick pan over medium heat and add a tsp of olive oil.

Use a large spoon to drop spoonfuls of the batter onto the heated pan. Cook the pancakes until bubbles form on the surface and the edges appear cooked. Carefully flip the pancake over using a thin spatula and cook for another minute on the other side.

Continue this process until all the batter has been used, adding more oil to the pan as needed.

MFP Barcode



Living+

Allergen Information

Contains lactose, eggs, gluten.



Apple Crumble Overnight Oats

Med Carb

Living+

Start your day with a delightful twist on a classic with these Apple Crumble Overnight Oats. Packed with fiber from the oats and apples, protein from the yogurt, and healthy fats from the almonds, this breakfast is designed to keep you full and energized. The addition of chia seeds adds omega-3 fatty acids, important for heart health.

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

Makes 2

Apple 1, medium
Apple Juice 150ml or 5 fl oz
Greek Yogurt 200g or 7oz, 0% fat
Oats 100g or 3.5oz
Chia Seeds 1 tbsp
Salted Butter 1/2 tbsp
Oats 2 tsp, for crumble
Sliced Almonds 2 tsp
Brown Sugar 1 tsp
Cinnamon 1 tsp
Vanilla Extract 1/2 tsp
Cinnamon 1/2 tsp, for crumble
Salt 1 pinch

Apple Crumble Overnight Oats

Med Carb

livingplusrx.com

Method

In a mixing bowl, stir together the oats, yogurt, apple juice (or milk), grated apple, chia seeds, and cinnamon until well combined. Divide the mixture evenly between two jars or bowls.

In a separate bowl, mix the sliced almonds, oats, melted butter, cinnamon, brown sugar, vanilla extract, and a pinch of salt. Use your fingers to mix until the texture is crumbly.

Sprinkle a generous teaspoon of the crumble mixture over each jar of oat mixture. Seal the jars and refrigerate overnight.

MFP Barcode

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

Living+

Allergen Information

Contains tree nuts, lactose, gluten.



Banana & Walnut Overnight Oats

Med Carb

Living+

Indulge in the creamy richness of this overnight oats recipe that marries the comforting warmth of cinnamon with the natural sweetness of bananas and a touch of maple syrup. Topped off with crunchy walnuts, this is a nourishing way to jump-start your morning with sustained energy.

Prep: 10 min | Cook: 0 min | Fresh: 2 days | Beginner

Makes 1

Almond Milk 125ml or 1/2 cup, unsweetened

Banana 1 small

Rolled Oats 50g or 1/2 cup

Walnuts 1 tbsp, chopped

Maple Syrup 1 tsp

Cinnamon 1/2 tsp

Banana & Walnut Overnight Oats

Med Carb

livingplusrx.com

Method

In a spacious container or mason jar, combine the rolled oats, almond milk, 1/2 the banana (mashed), ground cinnamon, maple syrup, and chopped walnuts.

Secure the lid onto the container or jar and give it a thorough shake to ensure all ingredients are well-mixed. Alternatively, mix well using a spoon.

Place the container in the refrigerator and allow it to sit overnight, letting the oats absorb the flavors and soften.

The next morning, give the mixture a stir. If you prefer a looser consistency, you can add a bit more almond milk. Before serving, garnish your overnight oats with additional banana slices and a sprinkle of chopped walnuts.

MFP Barcode

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

Living+

Allergen Information

Contains tree nuts, gluten.



Berry Delight Chia Pudding

Med Carb

Living+

A wholesome and delicious treat packed with nutritious ingredients. It combines the creamy texture of chia seeds soaked in almond milk and Skyr yogurt, sweetened subtly with honey. The indulgent topping of vibrant, freshly pureed strawberries and blackberries adds a burst of fruity delight.

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

Makes 1

Almond Milk 200ml or 6.7 fl oz

Strawberries 5

Protein Yogurt 50g or 1.7 oz

Chia Seeds 3 tbsp

Blackberries 5

Honey 1 tsp

Berry Delight Chia Pudding

Med Carb

livingplusrx.com

Method

In a medium-sized bowl, combine 200ml of unsweetened almond milk, 50g of Skyr yogurt, 3 tablespoons of chia seeds, and 1 level teaspoon of honey. Mix well until the honey is dissolved and the chia seeds are evenly distributed throughout the mixture.

Wash 5 strawberries and 5 raw blackberries, then pat dry. Puree the strawberries and blackberries until smooth.

Spoon the chia mixture into a seal-tight jar. Pour the berry puree over the top, creating a layered effect.

Seal the jar tightly and place it in the refrigerator. Allow the chia pudding to set overnight.

MFP Barcode



Living+

Allergen Information

Contains lactose, tree nuts.



Blueberry & Almond Overnight Oats

Med Carb

Living+

A medley of silky oats steeped in almond milk, punctuated with chia seeds for an added nutritional boost. The caramelized blueberries with a hint of maple syrup lend a sweet-tart contrast, while sliced almonds offer a delightful crunch. Rounded off with creamy yogurt, every spoonful is a delightful dance of flavors.

Prep: 5 min | Cook: 12 min | Fresh: 1 day | Beginner

Makes 1

Almond Milk 100ml or 3.4 fl oz, unsweetened

Rolled Oats 50g or 1.7 oz

Blueberries 1 handful

Yogurt 1 tbsp

Chia Seeds 1 tsp

Maple Syrup 1 tsp

Vanilla Extract 1 tsp

Sliced Almonds 2 tsp

Salt 1 pinch

Blueberry & Almond Overnight Oats

Med Carb

livingplusrx.com

Method

In a bowl, combine the oats, chia seeds, a pinch of salt, and vanilla extract. Pour in the almond milk, stirring well to ensure all ingredients meld together.

Cover the mixture and place it in the refrigerator to soak overnight, allowing the oats and chia seeds to swell and absorb the flavors.

The next morning, in a pan over medium heat, fry the blueberries with a drizzle of maple syrup until they turn slightly soft and the syrup thickens.

Take out your overnight oats from the fridge and give it a good stir. If the mixture is too thick, add a splash more almond milk for your preferred consistency.

Transfer the soaked oats to your serving dish. Spoon over the caramelized blueberries, followed by a dollop of yogurt.

Finish with a sprinkle of sliced almonds on top.

MFP Barcode



Living+

Allergen Information

Contains tree nuts, lactose, gluten.



Classic Porridge

Med Carb

Living+

Classic porridge is a nourishing and satisfying breakfast option that is perfect for fueling up on training days. It's made with rolled oats, water, milk or plant-based milk, and can be topped with a variety of sweet or savory ingredients to suit your taste.

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

Makes 1

Oats 60g or 2.1 oz

Water 150ml or 5 fl oz

Milk 150ml or 5 fl oz, low-fat

Honey 1 tbsp

Milk splash, low-fat

Classic Porridge

Med Carb

livingplusrx.com

Method

To a saucepan add the oats, milk, and water and cook on low-medium heat for 6 to 10 minutes, stirring regularly. Once cooked, serve with a dash of milk and 1 tbsp of honey.

MFP Barcode



Living+

Allergen Information

Contains lactose, gluten.



KCAL 290.9

PRO 18.8g

CARB 2.0g

FAT 23.3g

FIBER 0.5g

Per serving

Creamy Avocado & Egg

Low Carb

Living+

This high-protein, healthy fat-packed breakfast is perfect for fueling your morning or post-workout recovery. With boiled eggs for protein, avocado for heart-healthy fats, and arugula for a boost of vitamins, this meal keeps you satisfied and energized.

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

Makes 1

Eggs 2

Avocado 1/2

Light Soft Cheese 20g or 0.7oz

Arugula 1 handful

Black Pepper 1 twist

Salt pinch

Creamy Avocado & Egg

Low 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 7-9 minutes for a firm yolk. Once done, drain and transfer the eggs to an ice bath for a few minutes before peeling.

In a small bowl, mash the avocado with the cream cheese until smooth. Season with a pinch of salt & pepper to taste.

Spread the avocado cream cheese mixture evenly on a plate. Slice the boiled eggs and place them on top. Sprinkle with another pinch of salt & pepper. Top with a handful of fresh arugula leaves for extra flavor and crunch. Enjoy immediately!

MFP Barcode



Living+

Allergen Information

Contains lactose, eggs.



Fruit and Nut Bircher Muesli

Med Carb

Living+

Unveil a bowl of creamy, fruity delight as you dig into this bircher. Packed with the goodness of soy or Greek yogurt, natural sweetness from fruits, and a nutty crunch from walnuts, this breakfast dish ensures a wholesome start to your day.

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

Makes 1

- **Soy Yogurt** 3/4 cup or 180g, vanilla
- **Apple** 1, small
- **Banana** 1/2 small
- **Raspberries** 1 handful
- **Raisins** 1 tbsp
- **Rolled Oats** 20g or 1/4 cup
- **Walnuts** 1 tbsp, chopped
- **Maple Syrup** 1 tsp

Fruit and Nut Bircher Muesli

Med Carb

livingplusrx.com

Method

In a small mixing bowl, combine the soy or Greek yogurt, oats, and golden raisins.

Once mixed well, cover the bowl with a lid or plastic wrap. Place the bowl in the refrigerator and allow it to sit overnight. This resting period lets the oats soak up the yogurt, making them creamy and soft by morning.

The next day, when you're ready to eat, remove the bowl from the fridge. Stir the mixture to check the consistency. Now, add the grated apple, raspberries, and banana slices to the bowl.

Drizzle the top with maple syrup for a touch of added sweetness. Finally, scatter the chopped walnuts over the top for that added crunch.

MFP Barcode



Living+

Allergen Information

Contains tree nuts, soy, gluten, sulfites.



Gooey Mozzarella Potato Pancakes

Med Carb

Living+

Elevate your breakfast or brunch with these Cheesy Potato Pancakes, featuring a perfectly crisp exterior and a heartwarming, gooey mozzarella center. These pancakes are an excellent way to turn leftover potatoes into a delightful savory treat that's both comforting and satisfying.

Prep: 15 min | Cook: 8 min | Fresh: 1 day | Beginner

Makes 4 pancakes

- **Potatoes** 600g or 21oz
- **Mozzarella** 80g or 2.8oz, half-fat
- **Cornstarch** 30g or 1oz
- **Garlic Powder** 1 tsp
- **Black Pepper** 5 twists
- **Paprika** 1 tsp
- **Cayenne Pepper** 1/2 tsp
- **Salt** pinch

Gooey Mozzarella Potato Pancakes

Med Carb

livingplusrx.com

Method

Start by mashing the boiled potatoes in a large bowl until mostly smooth or use a ricer.

Mix in the cornstarch, garlic powder, paprika, cayenne pepper, and a generous pinch of salt and pepper. Combine thoroughly to create a homogenous pancake batter.

Place a non-stick pan over medium heat and allow it to warm up while you form the pancakes.

Divide the potato mixture into 4 equal parts. Flatten each portion into a patty, place a chunk of mozzarella in the center, and fold the edges over to encase the cheese completely. Gently flatten to form a pancake shape.

Add a small amount of oil to the pan if necessary, then place one pancake in the pan. Cook for about 4 minutes on each side or until golden brown and crispy. The cheese should be melted and gooey when done.

MFP Barcode



Living+

Allergen Information

Contains lactose, sulfites.



Harissa Sweet Potato Pancakes

Med Carb

Living+

Perfect for a weekend treat or a nutritious post-workout meal, these pancakes combine the natural sweetness of sweet potatoes with the fiery zest of harissa. Accompanied by a creamy yogurt topping and a perfectly poached egg.

Prep: 10 min | Cook: 15 min | Fresh: 1 day | Beginner

Makes 2

Sweet Potato 300g or 10.6oz
Eggs 3
Greek Yogurt 2 tbsp, 0% fat
Rice Flour 2 tbsp
Harissa Paste 2 tsp
Olive Oil 1 tsp
Cilantro 1 sprig
Black Pepper 1/2 tsp
Mixed Herbs 1 tsp
Salt 1 pinch

Harissa Sweet Potato Pancakes

Med Carb

livingplusrx.com

Method

Squeeze out excess moisture from the grated sweet potatoes using a kitchen towel or cheese cloth. In a mixing bowl, combine the sweet potatoes with harissa, salt, pepper, mixed herbs, egg, and flour. Mix well to form a cohesive batter.

Divide the mixture into four equal portions. Form each portion into a ball, then flatten into a pancake shape.

Heat a drizzle of olive oil in a non-stick pan over medium heat. Place the pancakes in the pan and cook for about 4-5 minutes on each side, or until crispy and golden brown. Transfer to a paper towel-lined plate to drain any excess oil.

Swirl a tablespoon of yogurt with a dash of harissa and spread it on the serving plates. Place two pancakes on each plate, top each with a poached egg, and sprinkle with fresh cilantro.

MFP Barcode



Living+

Allergen Information

Contains eggs, lactose.



Multiseed Pancakes

Med Carb

Living+

Typically, in the fitness world, everyone is obsessed with using oats as their flour of choice when making pancakes, but this comes at the expense of taste and texture. Pancakes taste better and have a nicer texture when using all-purpose flour. They are more appropriate for when consumed around training due to the lower fiber content.

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

Makes 2

Eggs 2

Low-Fat Milk 130ml or 4.4 fl oz

Self-Rising Flour 120g or 4.2 oz

Frozen Berries 60g or 2.1 oz

Chia Seeds 1 tsp

Pumpkin Seeds 1 tsp

Sunflower Seeds 1 tsp

Olive Oil 1 tsp

Multiseed Pancakes

Med Carb

livingplusrx.com

Method

Add the eggs into a large mixing bowl, then pour in the milk. Whisk with a fork until combined.

Add the flour gradually, mixing well as you add it. Add the mixed seeds and allow the batter to rest for around 5 minutes. You will notice that it becomes a bit thicker.

Next, to a non-stick pan on medium heat, add some olive oil. Ladle in the pancake mixture at your desired size. Cook until bubbles appear on one side before turning.

Using a small ladle, you can make up to 10 pancakes.

Top the pancakes with toppings of your choice, mixed berries go well.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, eggs, gluten.



Nutty Honey Granola

Med Carb

Living+

Crunchy, nutty, and lightly sweetened, this Nutty Honey Granola is a perfect topping for yogurt, a quick snack, or an energizing breakfast. Packed with heart-healthy oats, mixed nuts, dried fruit, and seeds, it's a delicious way to start your day or fuel up for your next adventure.

Prep: 5 min | Cook: 18 min | Fresh: 2 weeks | Beginner

Makes 10

- **Rolled Oats** 250g or 8.8oz
- **Mixed Nuts** 100g or 3.5oz
- **Dried Mixed Fruit** 50g or 1.8oz
- **Honey** 2 tbsp
- **Peanut Oil** 2 tbsp
- **Pumpkin Seeds** 20g or 0.7oz
- **Salt** pinch
- **Chia Seeds** 1 tbsp

Nutty Honey Granola

Med Carb

livingplusrx.com

Method

Preheat your oven to 350°F (180°C).

In a large mixing bowl, combine the oats, chopped mixed nuts, mixed seeds, peanut oil, honey, and a pinch of salt. Stir until all the dry ingredients are well coated with the honey and oil.

Spread the oat mixture evenly onto a lined baking tray. Bake for 10 minutes, stirring halfway through to ensure even toasting.

Remove the granola from the oven and sprinkle the dried fruit over the top. Stir to mix the fruit in evenly.

Return the tray to the oven and bake for an additional 8 minutes, or until the granola is golden brown and fragrant.

Allow the granola to cool completely on the baking tray. It will crisp up as it cools. Once fully cooled, store in an airtight container for up to 2 weeks.

MFP Barcode



Living+

Allergen Information

Contains tree nuts, peanuts, gluten. Dried fruit may contain sulfites.



KCAL 228.1

PRO 18.7g

CARB 8.0g

FAT 13.4g

FIBER 4.0g

Per serving

Pepper Egg Boats

Low Carb

Living+

A high-protein, low-carb breakfast option, these Pepper Egg Boats are packed with healthy fats and essential vitamins. The combination of baked eggs, juicy cherry tomatoes, creamy mozzarella, and olives makes for a nutrient-dense meal perfect for a filling breakfast or post-workout recovery.

Prep: 5 min | Cook: 35 min | Fresh: 1 day | Beginner

Makes 1

Red Bell Pepper 1, large

Eggs 2

Cherry Tomatoes 2

Green Olives 2

Mini Mozzarella Balls 2

Chives 1 tsp, chopped

Pepper Egg Boats

Low Carb

livingplusrx.com

Method

Preheat your oven to 350°F (180°C). Slice the bell pepper in half lengthwise and remove the seeds. Crack one egg into each pepper half. Evenly distribute the cherry tomatoes, olives, and mini mozzarella into the peppers. Season with salt and black pepper.

Place the stuffed peppers on a lined baking tray. Bake for 35 minutes, or until the egg whites are set and the yolks are slightly runny. Sprinkle with chopped chives before serving. Enjoy warm, straight from the oven!

MFP Barcode

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

Living+

Allergen Information

Contains eggs, lactose.



Roast Squash & Goat Cheese Frittata

Low Carb

Living+

A deliciously layered, oven-baked delight. This frittata is a beautiful blend of earthy squash, tangy goat cheese, and nutritious greens, all held together by fluffy, well-seasoned eggs. Perfect for a satisfying breakfast, brunch, or light dinner.

Prep: 10 min | Cook: 60 min | Fresh: 3 days | Beginner

Makes 6

Eggs 10

Butternut Squash 4 cups, cubed

Leek 1 medium

Arugula 2 cups

Goat Cheese 60g or 2.1oz

Olive Oil 1 tsp

Black Pepper 2 twists

Salt pinch

Roast Squash & Goat Cheese Frittata

Low Carb

livingplusrx.com

Method

Start by preheating your oven to 375°F (190°C). Then begin by cubing the squash. Toss the cubed squash with olive oil, season, and roast for about 35-40 minutes until cooked. Once done, reduce the oven temperature to 340°F (170°C).

Meanwhile, crack the eggs into a large bowl, season with salt and pepper, and whisk together.

Lightly spray the bottom of a 10-inch frying pan with cooking spray. Add the sliced leeks and sauté over low heat for about 10 minutes until they soften.

Stir in the arugula, cooking until slightly wilted.

Now, introduce the roasted squash cubes and sliced goat cheese to the pan.

Pour the whisked eggs over the ingredients in the pan, letting it cook on the stovetop over low heat for about 4 minutes.

Transfer the pan to the preheated oven and bake for 20 minutes, or until the frittata is set and lightly browned on top.

Allow the frittata to cool a bit before dividing into six servings. Serve warm and savor the hearty blend of flavors!

MFP Barcode



Living+

Allergen Information

Contains eggs, lactose.



Sausage and Cheese Melts

Med Carb

Living+

Upgrade your standard breakfast toast with these robust and flavor-packed Savory Sausage and Cheese Melts. Combining the heartiness of sausage with the tangy kick of Dijon and the rich taste of cheddar, this dish is the perfect start to any morning or a satisfying snack at any time of the day.

Prep: 15 min | Cook: 8 min | Fresh: 1 day | Beginner

Makes 2

- **Sourdough Bread** 2 slices
- **Pork Sausages** 2, large
- **Cheddar Cheese** 25g or 0.9oz
- **Worcestershire Sauce** 2 tsp
- **Dijon Mustard** 1 tsp

Sausage and Cheese Melts

Med Carb

livingplusrx.com

Method

Begin by toasting the bread slices to your preferred level of crispness. Set aside on a heatproof baking tray.

Remove the skins from the sausages if they're not skinless. In a non-stick pan over medium heat, add a drizzle of olive oil. Mash the sausage meat and spread evenly over one side of each slice of toast. Place the toast in the pan, sausage side down, and cook until the sausage meat is fully cooked and lightly browned.

Spread the Dijon mustard over the cooked sausage meat on each slice of toast. Sprinkle the grated cheddar cheese evenly on top, and then drizzle with Worcestershire sauce.

Place the toast under a preheated broiler and cook until the cheese is golden, bubbly, and melted.

MFP Barcode



Living+

Allergen Information

Contains lactose, fish, wheat, mustard, sulfites.



Savory Sweet Potato Pancakes

Med Carb

Living+

A delightful twist on traditional pancakes that blend the richness of sweet potato with the unique texture of Swiss cheese. Perfect for a hearty breakfast or as a novel brunch item, these pancakes are infused with the fresh zest of parsley and a hint of nutmeg for a flavorful kick.

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

Makes 2 (4 pancakes each)

- **Sweet Potato** 250g or 8.8oz
- **Eggs** 2
- **White Bread** 2 slices
- **Red Onion** 1/2 small
- **Swiss Cheese** 20g or 0.7oz
- **Fresh Parsley** 2 tsp
- **Nutmeg** 1/4 tsp

Savory Sweet Potato Pancakes

Med Carb

livingplusrx.com

Method

If not already cooked, peel and cube the sweet potatoes, then boil until tender. Drain and allow to cool slightly.

In a blender or food processor, combine the cooked sweet potatoes, eggs, torn bread slices, parsley, red onion, and a dash of nutmeg. Blend until you achieve a smooth, thick batter.

Heat a non-stick skillet over medium heat. Scoop a portion of the batter onto the skillet, and spread it into a pancake shape. Quickly add a few cubes of Swiss cheese in the center, then spoon a little more batter over the cheese to cover. Let it cook until the edges begin to firm up and the bottom is golden brown, about 3-4 minutes, then flip carefully and cook the other side.

Continue cooking the rest of the pancakes in the same manner. Serve the pancakes hot from the skillet, garnished with extra parsley or a dollop of sour cream if desired.

MFP Barcode

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

Living+

Allergen Information

Contains eggs, wheat, lactose.



Sweet Potato BBQ Spice Frittata

Low Carb

Living+

Savor a hearty fusion of tender sweet potato chunks seasoned with a bold BBQ spice mix, nestled within a fluffy and savory egg base. This frittata is not only a celebration of flavors but is also a visually appealing centerpiece for your table. Pair with a vibrant green salad for a complete meal that satisfies.

Prep: 10 min | Cook: 25 min | Fresh: 3 days | Beginner

Makes 8 slices

Sweet Potato 600g or 21 oz

Eggs 8

Olive Oil 1 tbsp

Black Pepper 1 tsp

Salt 1 pinch

BBQ Spice Mix 2 tsp

Sweet Potato BBQ Spice Frittata

Low Carb

livingplusrx.com

Method

Preheat your oven to 400°F (200°C).

Begin by parboiling the peeled and chopped sweet potatoes in a pot of boiling water for about 4-5 minutes. Drain and set aside.

In a large, preferably ovenproof-handled, non-stick pan, warm the olive oil over medium heat. Add the parboiled sweet potatoes, BBQ spice mix, and season generously with salt and pepper. Sauté for 3–4 minutes until they take on a golden hue.

Briskly whisk the eggs in a separate bowl until well combined. Season accordingly.

Pour the seasoned egg mixture over the sweet potatoes, ensuring even coverage.

Add the pan to the oven and bake for another 10–12 minutes, or until the eggs have set firmly.

Once cooked, let the frittata cool and firm up for about 5 minutes. Cut into desired wedges and serve.

MFP Barcode



Living+

Allergen Information

Contains eggs.



KCAL 149.5

PRO 6.6g

CARB 21.6g

FAT 4g

FIBER 2g

Per serving

Tuna and Sweet Potato Patties

Low Carb

Living+

These patties are a delightful and nutritious option for a meal or snack. Combining the sweetness of sweet potato and butternut with the heartiness of tuna, these patties are both filling and flavorful. Enhanced with cheese, carrot, and green onions, and coated with a sesame seed crust, they offer a wonderful texture and taste.

Prep: 20 min | Cook: 30 min | Fresh: 3 days | Intermediate

Makes 8-10

Sweet Potato 250g or 8.8 oz

Butternut Squash 250g or 8.8oz

Breadcrumbs 100g or 3.5 oz

Carrot 1, large

Egg 1

Cheddar Cheese 60g or 2.1 oz, half fat

All-Purpose Flour 2 tbsp

Green Onions 2

Tuna 1 can

Olive Oil 2 tsp

Sesame Seeds 2 tsp

Tuna and Sweet Potato Patties

Low Carb

livingplusrx.com

Method

Begin by steaming or boiling the sweet potato and butternut until they are just tender. Once done, transfer them to a large bowl and roughly mash them.

Preheat your oven to 350°F (180°C). Prepare a large baking tray by lining it with parchment paper.

On a large plate, mix together the flour and sesame seeds. This will be used for coating the patties.

To the bowl of mashed sweet potato and butternut, add the drained tuna, beaten egg, breadcrumbs, grated cheese, grated carrot, and chopped green onions. Stir everything together with a wooden spoon until it's just combined.

Shape the mixture into 8-10 equal-sized patties. Gently coat each patty in the flour and sesame seed mixture.

Heat a large non-stick frying pan over medium heat with some olive oil. Fry the patties in batches, allowing them to cook for about 4-5 minutes on each side until they turn golden brown.

After frying, place the patties on the prepared baking tray and bake them in the oven for approximately 10-15 minutes, or until they are heated through. Optionally serve with poached eggs on top!

MFP Barcode



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Allergen Information

Contains lactose, egg, fish, sesame, wheat.



Vegan Blueberry Pancakes

Med Carb

Living+

These vegan pancakes are made with wholesome ingredients like whole wheat flour and flaxseed, and they are perfect for a hearty and nutritious breakfast. The blueberries add a burst of flavor, while the organic soy yogurt and maple syrup provide additional richness and sweetness.

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

Makes 3

Whole Wheat Flour 200g or 7oz
Almond Milk 200ml or 6.7 fl oz
Blueberries 125g or 4.5 oz
Soy Yogurt 3 tbsp, vanilla
Maple Syrup 3 tsp
Milled Flaxseed 1 tbsp
Salt 1 pinch
Apple Cider Vinegar 1 tsp
Coconut Oil 1 tsp
Olive Oil 1 tsp
Baking Powder 1 tsp
Baking Soda 1/4 tsp

Vegan Blueberry Pancakes

Med Carb

livingplusrx.com

Method

In a small bowl, mix ground flaxseed with 2.5 tablespoons of water. Let it sit for 5 minutes to thicken. In another bowl, mix unsweetened almond milk with apple cider vinegar. Set aside for 5 minutes to curdle.

In a large mixing bowl, combine whole wheat flour, sweetener, baking powder, baking soda, and sea salt.

Add the thickened flax mixture and melted coconut oil to the almond milk mixture. Stir well.

Pour the wet ingredients into the dry ingredients and mix until just combined. Gently fold in the blueberries.

Place a non-stick skillet over medium heat and lightly grease it with olive oil.

Ladle some batter onto a hot pan. Cook until bubbles form on the surface, then flip and cook the other side until golden brown.

Stack the pancakes on serving plates. Top with extra blueberries, a dollop of organic soy yogurt, and a drizzle of maple syrup.

MFP Barcode



Living+

Allergen Information

Contains gluten, soy, tree nuts.