










Fake-Away Dinner

High-Protein Med-Carb

Volume 1 - 17 recipes



The table of

CONTENTS

BBQ CHICKEN FLATBREADS 04

Crispy flatbreads topped with spicy BBQ chicken, melty cheese, and fresh veggies.

BBQ CHICKEN NACHOS 06

Cheesy, loaded nachos layered with seasoned BBQ chicken, beans, and jalapeños.

BEEF AND BLACK BEAN QUESADILLA 08

Crunchy quesadilla packed with savory beef, black beans, and melty cheese.

SMASH BURGER TACOS 10

Taco fusion with juicy beef, cheese, and tangy sauce, all wrapped in tortillas.

BUFFALO CHICKEN BURGER 12

Crispy air-fried chicken breast with buffalo sauce on a soft brioche bun.

BUFFALO CHICKEN BURRITOS 14

Spicy buffalo chicken wrapped in a tortilla with creamy cheese and zesty sauce.

CHILI CHEESE LOADED FRIES 16

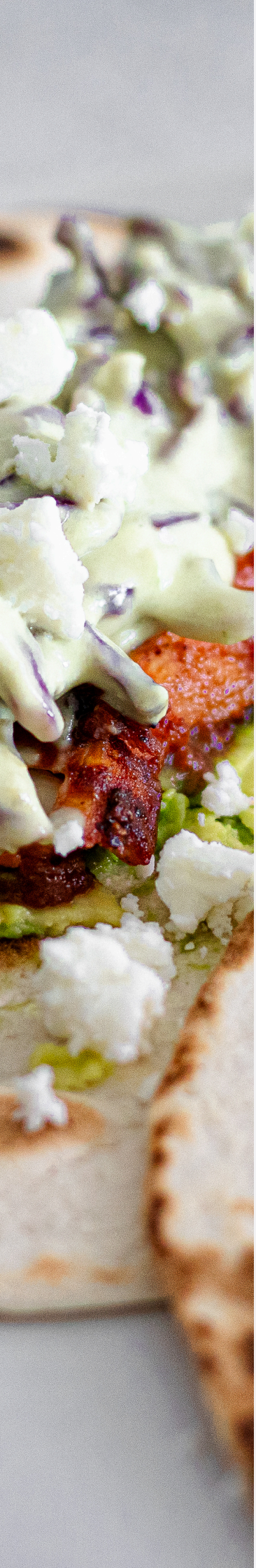
Air-fried crispy fries loaded with spicy beef chili and drizzled with cheese sauce.

CITRUS FIRE CHICKEN BURRITO 18

Zesty lime chicken, creamy cheese, and sweet corn wrapped in a soft burrito.

CRISPY CHICKEN BITES 20

Tender chicken pieces with a crispy, seasoned coating, perfect for dipping.



The table of

CONTENTS

CRISPY KOREAN CHICKEN TENDERS 22

Crunchy tenders with a spicy-sweet Korean glaze, garnished with sesame seeds.

DOUBLE CHEESEBURGERS 24

Juicy beef patties with classic burger toppings, served on a toasted brioche bun.

IRRESISTIBLE TUNA QUESADILLAS 26

Crispy tortilla filled with creamy tuna, corn, and melted cheese.

PULLED CHICKEN QUESADILLAS 28

Tender pulled chicken, melty mozzarella, and fresh salsa in a toasted wrap.

HARISSA HONEY FISH TACOS 30

Spicy-sweet fish tacos with vibrant slaw and creamy yogurt dressing.

HONEY SALMON SRIRACHA BURGER 32

Flaky salmon patty with sriracha glaze, crisp slaw, and creamy avocado.

HONEY-BBQ CHICKEN BURGER 34

Cornflake-crusted chicken breast with honey BBQ glaze on a soft bun.

HOT HONEY CHICKEN TENDERS 36

Sweet and spicy chicken tenders, perfectly crisped in the air fryer.



BBQ Chicken Flatbreads

High Protein | Med Carb

Living+

Savor the flavors of flatbreads, where spicy, marinated chicken meets the sweet and tangy goodness of BBQ sauce, all nestled atop a crispy flatbread. Topped with melted cheddar, fresh bell pepper, and red onion, and garnished with vibrant cilantro, each bite offers a delightful mix of textures and flavors. Perfect for a quick dinner.

Prep: 15 min | Cook: 30 min | Fresh: 1 day | Beginner

Makes 2

Chicken Breast 2 average
Flatbreads 2
Red Bell Pepper 1 medium
Lemon Juice 1 lemon
Red Onion 1/2 small
Ground Cinnamon 1 tsp
Cheddar Cheese 30g or 1 oz, reduced-fat
BBQ Sauce 30g or 1 oz
Cajun Seasoning 1 tbsp
Olive Oil 1 tsp
Cilantro 1 sprig

BBQ Chicken Flatbreads

High Protein | Med Carb

livingplusrx.com

Method

Begin by marinating the chicken. In a small bowl, combine the Cajun seasoning, cinnamon, lemon juice and olive oil. Rub this mixture all over the chicken breasts.

Air fry the chicken at 400°F (200°C) for 15-18 minutes, until cooked through (165°F/75°C inside). Once slightly cooled, cut it into small pieces.

Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.

Lay the flatbreads on the baking sheet. Spread half of the BBQ sauce evenly over each flatbread, leaving a small border around the edges, then sprinkle half of the grated cheese over each one.

Next add the cooked chicken pieces, chopped red bell pepper, and thinly sliced red onion evenly over the cheese.

Bake in the preheated oven for about 6 to 10 minutes, or until the cheese is melted and bubbly, and the edges of the flatbreads are crispy. Garnish the baked flatbreads with chopped cilantro before serving.

MFP Barcode

Allergen Information

Contains wheat, lactose.
May contain sulfites.



BBQ Chicken Nachos

High Protein | Med Carb

Living+

A perfect blend of smoky, spicy, and cheesy flavors. Crisp tortilla chips are layered with seasoned BBQ chicken, sweet corn, and hearty black beans, then smothered in melted cheese. Finished with a drizzle of extra BBQ sauce and slices of fiery jalapeños, this dish is a delightful twist on traditional nachos.

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

Makes 1

Chicken Breast 1, cooked & shredded
Tortilla Chips 50g or 1.7oz
Cheddar Cheese 35g or 1.2oz, reduced-fat
Black Beans 30g or 1oz
BBQ Sauce 30g or 1oz
Corn 25g or 0.9oz
Jalapeños 25g or 0.9oz
Garlic Powder 1/2 tsp
Black Pepper 1/2 tsp

BBQ Chicken Nachos

High Protein | Med Carb

livingplusrx.com

Method

Start by preheating your oven to 400°F (200°C). This will ensure your nachos cook evenly and the cheese melts perfectly.

In a bowl, combine the shredded chicken with most of the BBQ sauce to coat it generously. Add the black pepper and garlic powder, making sure the chicken is evenly seasoned.

Line a baking sheet with parchment paper for easy cleanup. Spread the tortilla chips out in a single layer, making sure there are minimal gaps between them.

Evenly distribute the BBQ-coated chicken over the tortilla chips. Sprinkle the corn and black beans over the chicken. Finally, cover everything with the shredded cheese, ensuring even coverage for a perfect melt.

Place the baking pan in the preheated oven and bake for 8-10 minutes, or until the cheese has melted beautifully and the edges of the chips begin to turn golden.

Remove the nachos from the oven. Drizzle the rest of the BBQ sauce over the top and scatter the sliced jalapeños evenly over the nachos for a spicy kick.

MFP Barcode



Living+

Allergen Information

Contains lactose. May contain wheat, sulfites.



Beef and Black Bean Quesadilla

High Protein | Med Carb

Living+

A flavor-packed dish that offers a beautiful balance of textures and tastes. It features lean beef and hearty black beans enveloped in a crispy tortilla, brought to life with a perfect medley of spices. The rich cheddar cheese and creamy avocado lend a comforting creaminess, making this dish a wholesome and satisfying meal.

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

Makes 2

Lean Ground Beef 250g or 8.8 oz
Black Beans 1/2 can
Avocado 1 small
Tortillas 2, 8-inch
Cheddar 30g or 1oz, reduced-fat
Tomato Paste 1.5 tbsp
Garlic Clove 1
Cumin 1 tbsp
Olive Oil 1 tsp
Paprika 1/2 tsp
Oregano 1 tsp
Cilantro 1 sprig

Beef and Black Bean Quesadilla

High Protein | Med Carb

livingplusrx.com

Method

Drain and rinse 1/2 a can of black beans. Peel and finely chop 1 clove of garlic. Also, slice 1 small avocado into thin slices.

In a skillet, heat 1 teaspoon of olive oil over medium heat. Add the chopped garlic and cook until fragrant. Then add the ground beef and cook until browned. Sprinkle in 1 tablespoon of ground cumin, 1 teaspoon of oregano and 1/2 teaspoon of paprika. Mix well to coat the beef in the spices.

Stir in the black beans and the tomato paste. Cook for another 2-3 minutes, ensuring all the ingredients are well combined.

Spread half of the tortilla with the beef and bean mixture. Layer the avocado slices over the beef, and sprinkle the reduced-fat cheddar cheese on top. Fold the tortilla in half, pressing it gently to secure the filling.

Wipe the skillet clean and heat it over medium heat. Cook the quesadilla for about 2-3 minutes on each side, or until the tortilla is golden and the cheese has melted.

Remove from the heat and let it rest for a minute before cutting into wedges. Garnish with fresh cilantro and serve immediately while hot.

MFP Barcode

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

Living+

Allergen Information

Contains wheat, lactose.



Smash Burger Tacos

High Protein | Med Carb

Living+

Combining the flavors of a classic fast-food burger with the easy, handheld convenience of a taco. Featuring seasoned, smashed lean ground beef, cheese, pickles, lettuce and a tangy homemade burger sauce, all wrapped in a warm, soft tortilla. Perfect for a quick and satisfying meal.

Prep: 5 min | Cook: 8 min | Fresh: 1 day | Beginner

Makes 2

Lean Ground Beef 250g or 8.8 oz
Tortillas 2, 8-inch
Cheddar Cheese Slices 4
Lettuce 1 cup
Light Mayonnaise 1 tbsp
Dill Pickles 3
Yellow Mustard 1 tsp
White Onion 1 tsp grated
White Sugar 1/2 tsp
Paprika 1/2 tsp
White Wine Vinegar 1/4 tsp
Garlic Powder 1/4 tsp
Onion Powder 1/4 tsp
Salt pinch
Black Pepper 5 twists

Smash Burger Tacos

High Protein | Med Carb

livingplusrx.com

Method

First make the burger sauce. In a small bowl, combine 1 tablespoon of light mayonnaise, 1 teaspoon of yellow mustard, 1/4 teaspoon of white wine vinegar, 1 chopped dill pickle, 1/2 teaspoon of paprika, 1/4 teaspoon each of onion powder and garlic powder, 1/2 teaspoon of white sugar and 1 teaspoon of grated white onion. Mix well to combine.

Start by seasoning the ground beef with the salt and pepper.

Lay out the 8-inch tortillas on a flat surface. Evenly distribute and pat the seasoned ground beef flat onto each tortilla.

Heat a non-stick skillet over medium-high heat. Carefully place each taco, beef side down, into the pan. Cook until the beef is well browned, then flip the taco to heat the other side.

After flipping the tacos, immediately lay the cheese slices on the cooked beef.

Cook for 1 more minute and remove the taco from the pan. Top the cheesy beef with the remaining dill pickles, sliced, and the lettuce, then generously spread the sauce over the top.

MFP Barcode

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

Living+

Allergen Information

Contains wheat, lactose, eggs, mustard.



Buffalo Chicken Burger

High Protein | Med Carb

Living+

An epic creation of hot, air-fried crispy chicken on a soft brioche bun.

Prep: 5 min | Cook: 18 min | Fresh: 1 day | Beginner

Makes 2

Chicken Breast 2 breasts
Brioche Buns 2
Egg 2
Cornflakes 50g or 1.7 oz
Provolone Cheese 2 slices
Low-Fat Mayonnaise 2 tbsp
Hot Sauce 4 tbsp
All-Purpose Flour 1 tbsp
Carrot 1/4 of a small carrot
Dijon Mustard 1 tsp
Lemon 1 wedge, juiced
Paprika 1 tsp
Cayenne Pepper 1/4 tsp
Red Cabbage 1 tbsp, grated
Green Cabbage 1 tbsp, grated

Buffalo Chicken Burger

High Protein | Med Carb

livingplusrx.com

Method

First, create the dipping stations. In one bowl add the flour and seasonings, and mix until well combined. In the second bowl, whisk together the eggs and 1 tbsp of hot sauce. In the third, add the crushed cornflakes.

First dip the breasts in the flour mixture, ensuring the entire breast is coated. Next, dip it in the wet mixture before finally dipping it in the cornflakes. Place the coated breasts on a tray and cook in the air fryer for 18 minutes at 350°F (180°C).

As the chicken cooks, prepare the slaw. In a bowl add the light mayo, tsp of mustard, lemon juice, a tbsp of grated red cabbage, a tbsp of grated green cabbage, and a tbsp of grated carrot. Mix well.

With 3 minutes until the chicken is cooked, heat up the buns.

As they heat up, add 3 tbsp of hot sauce to a shallow pan on low heat. Once the chicken is cooked, dip them and flip them in the sauce. Top with a slice of cheese and broil for 1 minute. Serve with some slaw on top.

MFP Barcode

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

Living+

Allergen Information

Contains wheat, eggs, lactose, mustard. May contain soy, sulfites.



Buffalo Chicken Burritos

High Protein | Med Carb

Living+

Combining low-fat cottage cheese and mozzarella with a spicy buffalo sauce, this recipe offers a tantalizing mix of tastes that satisfy your cravings while keeping things light. Each burrito is a great source of lean protein from chicken breast, making them an excellent choice for post-workout recovery or a nutritious meal on-the-go.

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

Makes 4

Chicken Breast 4 (125g or 4.4oz per breast)

Cottage Cheese 220g or 7.7oz, 0% fat

Mozzarella 100g or 3.5oz, reduced-fat

Tortillas 4, small

Hot Sauce 60g or 2.1 oz

Light Cream Cheese 50g or 1.7oz

Fresh Chives 2 tbsp

Paprika 1 tsp

Dried Thyme 1 tsp

Dried Oregano 1 tsp

Buffalo Chicken Burritos

High Protein | Med Carb

livingplusrx.com

Method

In a mixing bowl, combine cottage cheese, buffalo sauce, cream cheese, oregano, thyme, paprika, and mozzarella. Use a hand blender to mix until smooth.

Stir the fresh chives into the cheese mixture.

Slice the chicken into strips and cook in a non-stick pan over medium-high heat for 8-10 minutes, until cooked through. Let cool slightly, then add to the cheese mixture.

Lay out the tortillas and divide the chicken and cheese mixture evenly among them. Roll up tightly to form burritos.

For a warm burrito, toast it in a hot pan or panini press until the outside is crispy and golden. To store, wrap in plastic wrap and keep in the fridge for up to 3 days, or longer in the freezer.

MFP Barcode



Living+

Allergen Information

Contains wheat, lactose.
May contain sulfites.



Chili Cheese Loaded Fries

High Protein | Med Carb

Living+

Crunchy, cheesy comfort food: air-fried fries tossed with salt and a touch of olive oil, topped with lean ground beef chili spiced with cumin, cinnamon, paprika and chili powder.

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

Makes 4

Potatoes 1kg or 35.2 oz
Lean Ground Beef 500g or 17.6 oz
Chopped Tomatoes 1/2 can
Red Bell Pepper 1 large
Cheddar Cheese 60g or 2.1oz, reduced-fat
Low-Fat Yogurt 4 tsp
Light Mayo 2 tbsp
Sriracha Sauce 2 tbsp
Salt 1 tsp
Olive Oil 1 tsp
Red Chili 1
Cumin 1 tsp
Paprika 1 tsp
Chili Powder 1/2 tsp
Cinnamon 1/2 tsp
Green Onion 1

Chili Cheese Loaded Fries

High Protein | Med Carb

livingplusrx.com

Method

Wash and cut the potatoes into thin fries.

Preheat the air fryer to 400°F (200°C). Toss the potatoes with the salt and olive oil, then place them in the air fryer. Cook for 15-20 minutes, shaking halfway, until golden and crispy (cook in batches if needed).

While the fries are cooking, prepare the chili. Cook the ground beef and the diced red bell pepper in a pan over medium heat until browned. Add the cumin, cinnamon, paprika and chili powder. Mix well.

Stir in the chopped tomatoes and let it simmer until the tomatoes are cooked down and the mixture is thick.

In a small bowl, mix together the light mayo and sriracha to create the sauce.

Once the fries are done, remove from the air fryer and place in a serving dish.

Top the fries with the chili beef, a generous amount of light cheddar, and drizzle with the sauce. The heat from the fries and chili should melt the cheese.

Garnish with chopped green onions and red chili, and dollop over some low-fat yogurt before serving. Enjoy!

MFP Barcode



Living+

Allergen Information

Contains lactose, eggs.
May contain sulfites.



Citrus Fire Chicken Burrito

High Protein | Med Carb

Living+

A robust and vibrant taste experience, blending succulent chicken in a tangy lime, sriracha, and spice mixture. Its kick of heat is balanced by the creamy smoothness of low-fat cream cheese, all enhanced by the rich flavors of sweet corn and aromatic cilantro.

Prep: 10 min | Cook: 20 min | Fresh: 5 days | Beginner

Makes 5

Chicken Breast 4 average
Tortillas 5, 8-inch
Basmati Rice 150g or 5.3 oz
Lime Juice 2 limes
Hot Sauce 80g or 2.8 oz
Light Cream Cheese 60g or 2.1 oz
Sriracha Sauce 2 tbsp
Garlic 4 cloves
Cumin 1 tbsp
Paprika 1 tbsp
Olive Oil 1 tsp
Cilantro 1 sprig
Corn 80g or 2.8 oz

Citrus Fire Chicken Burrito

High Protein | Med Carb

livingplusrx.com

Method

Begin by chopping the chicken into bite-sized pieces.

Combine the cloves of minced garlic, cumin, paprika, the lime juice, and sriracha in a bowl. Add the chopped chicken and mix well, ensuring each piece is evenly coated.

Heat 1 teaspoon of olive oil in a skillet over medium-high heat. Once the oil is hot, add the marinated chicken. Cook until the chicken is browned and cooked through, stirring occasionally to prevent it from sticking to the pan.

While the chicken is cooking, prepare the basmati rice. Follow the instructions on the package for the best results.

When the chicken is cooked, add sweet corn, hot sauce, and low-fat cream cheese to the pan. Stir to combine and allow the cream cheese to melt and coat the chicken and corn.

Once the rice is cooked, add it to the chicken mixture. Mix well to ensure the rice is evenly distributed and coated with the sauce.

Lay out a tortilla on a flat surface. Spoon an appropriate amount of the chicken and rice mixture onto the center of the tortilla. Garnish with fresh cilantro. Fold the tortilla to create your burrito, tucking in the sides as you roll.

Heat a clean pan over medium heat. Add the wrapped burrito and fry until golden brown on each side. This not only gives the tortilla a crispy texture but also helps to seal the burrito, making it easier to eat.

MFP Barcode

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

Living+

Allergen Information

Contains wheat, lactose.
May contain sulfites.



KCAL 362.1

PRO 39.7g

CARB 31.4g

FAT 8.3g

FIBER 0.7g

Per serving

Crispy Chicken Bites

High Protein | Med Carb

Living+

This recipe packs a punch of flavor, combining the protein-packed juicy chicken with a crispy exterior of seasoned breadcrumbs.

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

Makes 3

Chicken Breasts 3, average size

Eggs 2

Panko Breadcrumbs 50g or 1.8oz

Garlic 3 cloves or 1/2 tsp powder

Paprika 1 tbsp

Dried Parsley 1 tsp

Sriracha Sauce 4 tbsp

Honey 2 tbsp

Dried Parsley (sauce) 1 tbsp

Ketchup 1 tbsp

Light Mayonnaise 1 tbsp

Sriracha (dip) 1 tbsp

Crispy Chicken Bites

High Protein | Med Carb

livingplusrx.com

Method

First, dice the chicken breasts and set them aside.

Next, to a bowl add the 2 eggs and lightly beat them using a fork.

In a separate bowl, add the breadcrumbs, garlic cloves (crushed or use powder), paprika, and dried parsley. Mix well.

Now it is time to coat the chicken. Dip the chicken in the egg, then transfer it to the dry mix, coating the chicken fully. Place the coated chicken in the air fryer and cook for 15 minutes at 350°F (180°C).

As the chicken cooks, prepare the sauces. First, in a mixing bowl, add the honey, the 4 tbsp of sriracha and the tablespoon of dried parsley. Mix well and set aside. Next, make the dipping sauce by combining the ketchup, light mayonnaise and the remaining sriracha.

Once the chicken is cooked, toss the chicken bites in the sriracha honey sauce and return them to the air fryer for another 10 minutes, until crispy. Serve with the dipping sauce.

MFP Barcode



Living+

Allergen Information

Contains eggs, wheat. May contain mustard, sulfites.



Crispy Korean Chicken Tenders

High Protein | Med Carb

Living+

This dish is a fusion of tender, protein-rich chicken with a spicy, sweet, and savory rub and sauce. Cornflakes add an irresistible crunch, while sesame seeds offer a hint of nuttiness. Fresh cilantro lifts the flavor profile, creating a well-rounded, nutritious meal.

Prep: 10 min | Cook: 12 min | Fresh: 3 days | Beginner

Makes 4

Chicken Breast 4 average
Eggs 2
Cornflakes 80g or 2.8 oz
Gochujang 5 tsp
Soy Sauce 4 tbsp
Brown Sugar 30g or 1oz
Garlic 3 cloves
Sesame Oil 1 tsp
Cilantro 1 sprig
Sesame Seeds 1/2 tsp
Garlic Powder 1/4 tsp
Onion Powder 1/4 tsp
Paprika 1/4 tsp
Salt 2 pinches

Crispy Korean Chicken Tenders

High Protein | Med Carb

livingplusrx.com

Method

Cut the chicken into tenders.

In a bowl, mix onion powder, garlic powder, gochujang paste, paprika, and salt to create the rub. Coat the chicken tenders in the rub and let marinate for at least 30 minutes if you can.

While the chicken is marinating, crush the cornflakes into a coarse texture. Beat the eggs in a separate bowl.

Once marinated, dip the chicken tenders in the egg, then roll them in the crushed cornflakes. Ensure they're thoroughly coated.

Preheat the air fryer to 350°F (180°C).

Place the chicken tenders in the air fryer and cook for 12-15 minutes or until golden brown and cooked through. Ensure they are not overlapping.

While the chicken is cooking, prepare the sauce. Heat the sesame oil in a pan, add finely minced garlic, soy sauce, gochujang, and brown sugar. Simmer until the sugar is dissolved.

Toss the cooked chicken tenders in the sauce until they're completely coated. Garnish with sesame seeds and fresh cilantro before serving. Enjoy!

MFP Barcode

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

Living+

Allergen Information

Contains eggs, soy, wheat, sesame.



Double Cheeseburgers

High Protein | Med Carb

Living+

Enjoy a lighter twist on the classic burger-joint double cheeseburger. It features thin lean beef patties topped with light cheese, all nestled in soft brioche buns. With a tangy homemade sauce and crisp lettuce, these burgers are lighter on calories but heavy on flavor.

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

Makes 2

Lean Ground Beef 280g or 10oz
Light Cheese Slices 4
Brioche Buns 2
Salt 1 pinch
Black Pepper 5 twists
Shredded Lettuce handful
Light Mayo 1 tbsp
Ketchup 1 tbsp
Yellow Mustard 1/2 tsp
Dill Pickle 1, grated

Double Cheeseburgers

High Protein | Med Carb

livingplusrx.com

Method

Season the beef with the salt and pepper. Divide the lean ground beef into four equal portions (70g/2.5oz each). Shape each portion into a thin patty.

Heat a griddle or skillet over medium-high heat. Once hot, add the beef patties and cook for about 3-4 minutes on each side or until they reach your desired level of doneness.

While the patties are cooking, prepare the sauce. In a small bowl, mix together the light mayo, ketchup, dill pickle (grated) and mustard.

A couple of minutes before the patties are done, place a slice of light cheese on each patty to melt. Meanwhile, lightly toast the brioche buns in a toaster or on a skillet.

Assemble the burgers. On the bottom half of each bun, spread a generous amount of the prepared sauce. Add the cheese-topped beef patties, followed by shredded lettuce. Cap each burger with the top half of the brioche buns.

MFP Barcode



Living+

Allergen Information

Contains wheat, lactose, eggs, mustard.



Irresistible Tuna Quesadillas

High Protein | Med Carb

Living+

A yummy, crunchy tuna and corn quesadilla with creamy mayo, melted cheese, a kick of cayenne, and fresh chives for a bite that's simply delightful. Sandwiched between crisp tortillas, these quesadillas offer a satisfying crunch with every bite, making them irresistibly mouthwatering.

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

Makes 2

- **Canned Tuna** 240g or 8.4 oz, drained
- **Corn** 150g or 5.3 oz
- **Tortillas** 2, whole wheat
- **Light Mayo** 4 tbsp
- **Monterey Jack Cheese** 60g or 2.1 oz
- **Red Onion** 1/2 small
- **Chives** 1 tbsp
- **Black Pepper** 1 twist
- **Cayenne Pepper** 1/4 tsp

Irresistible Tuna Quesadillas

High Protein | Med Carb

livingplusrx.com

Method

Begin by creating the flavorful filling: combine the flaky tuna with creamy mayo, aromatic chives, corn for a touch of sweetness, and a sprinkle of cayenne for a spicy kick. Fold in freshly ground black pepper and finely chopped red onion for an added layer of flavor.

Next, spread a generous portion of the tuna mixture onto one side of the tortilla, ensuring an even distribution. Sprinkle some shredded Monterey Jack cheese over the top, its mild flavor perfectly complements the spicy tuna.

Finally, fold the tortilla in half. Air fry at 375°F (190°C) for 8-10 minutes until the tortilla turns golden brown and crisp, and the cheese inside is melted and gooey.

MFP Barcode

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

Living+

Allergen Information

Contains fish, eggs, wheat, lactose.



Pulled Chicken Quesadillas

High Protein | Med Carb

Living+

A feast of flavors and textures. Tender chicken, seasoned with a spice blend of cumin, cayenne and paprika, is simmered with tomatoes and balsamic vinegar, then pulled for a satisfying bite. This spicy chicken is tucked into a crispy tortilla with melted light mozzarella and a dollop of cooling low-fat yogurt.

Prep: 10 min | Cook: 25 min | Fresh: 1 day | Beginner

Makes 2

Chopped Tomatoes 1 can
Chicken Breast 2
Pineapple 1/2 small
Red Onion 2 small
Red Bell Pepper 1 medium
Tortillas 2, whole wheat
Mozzarella 80g or 2.8 oz
Lime Juice 1 lime
Low-Fat Plain Yogurt 2 tbsp
Garlic Cloves 2
Tomato Paste 1 tbsp
Balsamic Vinegar 1 tbsp
Cumin 1 tsp
Paprika 1 tsp
Cayenne Pepper 1/4 tsp

Pulled Chicken Quesadillas

High Protein | Med Carb

livingplusrx.com

Method

Begin by making your salsa. Finely dice the pineapple, red onion, red bell pepper and mix them together, adding a generous squeeze of lime juice. Set this vibrant salsa aside for later.

For the chicken, start by butterflying the breasts. Heat a non-stick pan and cook the chicken for 5-10 minutes, until nicely browned on both sides. Remove from the pan and set aside.

In the same pan, sauté the diced onion, garlic and spices, adding a splash of water to form a paste. Add the chopped tomatoes and a bit more water, followed by the tomato paste.

Let the sauce simmer for about 5 minutes, then reintroduce the chicken to the pan. Cover and let it all simmer together for another 15 minutes, or until the sauce has thickened.

Stir in the balsamic vinegar and continue to let the sauce reduce. Dip each tortilla in the sauce to ensure it's fully coated. Set these aside once they're well-covered.

Remove the chicken from the pan and shred it into bite-sized pieces.

To serve, top the sauce-coated tortilla with the shredded chicken, a dollop of yogurt, and a spoonful of the tangy, homemade salsa and some mozzarella. Place in the air fryer for 5 minutes at 375°F (190°C) and then serve with extra salsa on the side.

MFP Barcode



Living+

Allergen Information

Contains wheat, lactose, sulfites.



Harissa Honey Fish Tacos

High Protein | Med Carb

Living+

Elevate your taco night with a delightful blend of sweet and spicy flavors that perfectly complement the delicate white fish. Ideal for a light yet satisfying meal, this recipe features a vibrant slaw and a robust marinade that transforms simple ingredients into a feast for the senses.

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

Makes 2

Cod Fillets 4
Small Flour Tortillas 4
Avocado 1 small
Cabbage 100g or 3.5oz
Lime Juice 1 lime
Greek Yogurt 40g or 1.4oz
Feta Cheese 20g or 0.7oz
Jalapeños 2 tbsp, chopped
Paprika 1/2 tsp
Jalapeño Brine 2 tbsp
Honey 2 tsp
Tomato Paste 1 tbsp
Harissa Paste 1 tsp
Yellow Mustard 1 tsp
Green Onion 1
Garlic Powder 1 tsp
Cumin 1/2 tsp

Harissa Honey Fish Tacos

High Protein | Med Carb

livingplusrx.com

Method

Pat the fish dry, then thoroughly coat the fillets in the marinade (1 tsp honey, the harissa, paprika, cumin, tomato paste and garlic powder) and refrigerate for at least 15 minutes.

For the slaw, blend the yogurt, honey, jalapeño brine, jalapeños, green onion, garlic, lime juice and zest, and mustard until smooth. Add more jalapeños for extra heat. Toss the dressing with the shredded cabbage and set aside to marinate.

Cook the fish in an air fryer or preheated oven at 400°F (200°C) for 8-10 minutes, until flaky and lightly golden. Optional: finish under the broiler for a charred effect.

Char the tortillas on an open flame or a hot pan for added texture and flavor. Assemble the tacos with layers of fresh avocado slices, flaked fish, a generous helping of slaw, and a sprinkle of crumbled feta. Drizzle with extra lime juice if desired.

MFP Barcode

5 5 7 9 4 1 2 2 3 4 6 8

Living+

Allergen Information

Contains lactose, fish, sulfites, wheat, mustard.



Honey Salmon Sriracha Burger

High Protein | Med Carb

Living+

Experience the unique blend of flavors, featuring a tender, spiced salmon patty on a soft brioche bun, complemented by a zesty, crisp slaw and a sweet and spicy glaze. This gourmet burger delivers an extraordinary taste experience, merging the richness of salmon with the kick of sriracha and the sweetness of honey.

Prep: 10 min | Cook: 16 min | Fresh: 3 days | Beginner

Makes 2

Salmon Fillet 2, average
Brioche Buns 2
Lime Juice 1 lime
Avocado 1/2 small
Egg 1
Red Cabbage 50g or 1.7oz
Carrots 30g or 1oz
Breadcrumbs 20g or 0.7oz
Red Onion 1/2, small
Ginger, Dill & Parsley 1 tsp each, chopped
Honey 1 tsp
Garlic 1 clove
Mint 1 tbsp, chopped
Soy Sauce 1 tsp
Sriracha 1 tsp
Cilantro 1 tbsp, chopped
Olive Oil 1 tsp
Black Pepper 5 twists

Honey Salmon Sriracha Burger

High Protein | Med Carb

livingplusrx.com

Method

Remove the skin and chop the salmon, then mix it with the red onion, dill, parsley, ginger, garlic, lime zest, breadcrumbs, egg and pepper in a bowl or food processor until combined. Shape into two patties.

Preheat the air fryer to 350°F (180°C). Place the patties in the air fryer and cook for 5 minutes. Meanwhile, prepare the glaze by combining the soy sauce, honey and sriracha.

After the initial 5 minutes, brush the patties with the glaze, then continue cooking for another 5 minutes, or until the patties are cooked through and slightly caramelized.

While the patties are cooking, toss the red cabbage (chopped), carrots (grated), mint (chopped), cilantro (chopped), lime juice, olive oil and black pepper in a bowl.

If desired, toast the brioche buns. Spread the mashed avocado on the buns (optional), add the salmon patties, top with slaw, and close with the top bun.

MFP Barcode

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

Living+

Allergen Information

Contains fish, eggs, wheat, soy. May contain lactose, sesame.



Honey-BBQ Chicken Burger

High Protein | Med Carb

Living+

Experience the delightful crunch of a cornflake-coated chicken breast, infused with BBQ flavors, complemented by the melt-in-the-mouth mozzarella and a hint of honey sweetness, all tucked into a soft brioche bun. This burger promises an ensemble of textures and flavors, from smoky to sweet, crispy to soft.

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

Makes 2

Chicken Breast 2 average
Brioche Buns 2
Cherry Tomatoes 4
Egg 1
BBQ Sauce 50g or 1.7 oz
Light Mozzarella 40g or 1.4 oz
Cornflakes 30g or 1 oz
Lettuce 2 leaves
Salt 1 pinch
Honey 1 tsp
BBQ Seasoning 1 tsp
Paprika 1 tsp
Black Pepper 1/2 tsp

Honey-BBQ Chicken Burger

High Protein | Med Carb

livingplusrx.com

Method

Season the chicken breasts with paprika, salt, and pepper.

In a bowl, mix the crushed cornflakes and BBQ seasoning. Dip each chicken breast into the beaten egg, ensuring even coverage, then press into the cornflake mixture, ensuring they're well-coated.

Air fry the chicken breasts at 400°F (200°C) for 15-18 minutes, until golden brown and cooked through (165°F/75°C inside).

Mix the BBQ sauce and honey, brush it over the cooked chicken, top each breast with the mozzarella and air fry for 2 more minutes to melt.

Slice open the brioche buns. On the bottom half, place a layer of lettuce, followed by the cheesy chicken breast and a few halved cherry tomatoes. Top with the other half of the brioche bun.

MFP Barcode

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

Living+

Allergen Information

Contains eggs, wheat, lactose.



Hot Honey Chicken Tenders

High Protein | Med Carb

Living+

Unleash the sweet heat with these Hot Honey Chicken Tenders! Perfectly seasoned and crisped to perfection, these tenders offer a tantalizing blend of spices with a succulent, sweetly spiced glaze. Ideal for a weeknight dinner or a party snack, they're sure to satisfy your cravings for something crispy, sweet, and slightly spicy.

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

Makes 3

Chicken Breast 4 (125g or 4.4oz per breast)

Cornflakes 70g or 2.5oz

Egg 1

Sweet Chili Sauce 2 tbsp

Soy Sauce 2 tbsp

Honey 1 tsp

Cajun Seasoning 3 tsp

Paprika 1 tsp

Cilantro 1 tbsp, chopped

Black Pepper 1/2 tsp

Chili Flakes pinch

Hot Honey Chicken Tenders

High Protein | Med Carb

livingplusrx.com

Method

In a bowl, mix the chicken strips with paprika, black pepper, and 2 tsp of Cajun seasoning until well-coated.

In a separate bowl, beat the egg. In another bowl, mix the crushed cornflakes with the remaining Cajun seasoning.

Dip each seasoned chicken strip first into the beaten egg, then roll them in the cornflake mixture until fully coated.

Preheat the air fryer to 400°F (200°C). Place the coated chicken in the air fryer basket in a single layer. Air fry for 13 minutes, flipping halfway through for even cooking.

Mix the sweet chili sauce, honey, soy sauce, chili flakes, and chopped cilantro in a bowl. During the last 2 minutes of cooking, brush this mixture over the chicken tenders in the air fryer.

Continue to air fry for an additional 2 minutes to allow the glaze to caramelize slightly.

MFP Barcode



Living+

Allergen Information

Contains eggs, soy, wheat.