










# Fake-Away Dinner

## High-Protein Med-Carb

**Volume 2** - 16 recipes



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# Hot Honey Glazed Halloumi Gyros

High Protein | Med Carb

Living+

The Hot Honey Glazed Halloumi Gyros combines salty halloumi with a sweet-spicy glaze, nestled in a warm flatbread. Its crisp lettuce, sweet-smoky vegetables, and tangy sauces create a tantalizing texture and flavor medley. Nutritious and protein-packed, it offers a satisfying balance of carbs, protein, and vegetables.

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

## Makes 2

**Halloumi** 160g or 5.6 oz
**Red Bell Pepper** 1 medium
**Red Onion** 1 small
**Honey** 2 tsp
**Salt & Pepper Seasoning** 1 tbsp
**Chili Flakes** 1/2 tsp
**Paprika** 1 tsp

**Flatbreads** 2
**Sweet Chili Sauce** 1 tbsp
**Peri Peri Mayo** 2 tsp
**Lettuce** handful
**Water** 2 tsp

# Hot Honey Glazed Halloumi Gyros

High Protein | Med Carb

livingplusrx.com

## Method

Begin by slicing the halloumi cheese into even pieces.

In a bowl, combine the honey, sweet chili sauce, chili flakes, paprika and water. Stir until a smooth marinade forms.

Place the halloumi slices into the bowl with the marinade, ensuring each piece is well coated. Allow them to sit in the marinade for a few minutes for maximum flavor absorption.

Heat a non-stick skillet over medium heat, and cook the marinated halloumi slices until they are golden brown on both sides. Once cooked, set them aside.

In a separate non-stick pan, cook the sliced red onion and red bell pepper until soft and slightly caramelized.

Sprinkle the salt and pepper seasoning over the softened onion and pepper mixture, stirring well to evenly distribute the seasoning.

To assemble your gyros, lay out the flatbreads and spread a layer of lettuce over each. Place the seasoned onions and peppers over the lettuce, followed by the honey-glazed halloumi.

Drizzle the peri-peri mayo over each gyro for a tantalizing finishing touch.

**MFP Barcode**

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

Living+

**Allergen Information**

Contains lactose, wheat, eggs. May contain sulfites.




# Hot Honey Halloumi and Chicken Tacos

High Protein | Med Carb

Living+

A perfect blend of sweet, spicy, and savory elements wrapped in a soft tortilla. Each taco is packed with protein-rich chicken and halloumi, drizzled with hot honey for a touch of sweetness and heat, complemented by creamy avocado and the tang of pomegranate seeds.

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

## Makes 4

**Chicken Breast** 4 (125g or 4.4oz per breast)
**Avocado** 2 small
**Halloumi Cheese** 160g or 5.6oz
**Tortillas** 4
**Arugula** 2 handfuls
**Harissa Paste** 3 tsp
**Low-Fat Yogurt** 4 tsp
**Pomegranate Seeds** 4 tbsp
**Honey** 2 tsp
**Fresh Mint** 2 tbsp, chopped
**Chili Flakes** 1/2 tsp

# Hot Honey Halloumi and Chicken Tacos

High Protein | Med Carb

livingplusrx.com

## Method

In a small bowl, mix harissa, honey, and chili flakes. Set aside for later use.

Slice the chicken and halloumi into strips. Heat a skillet over medium-high heat, add the chicken and cook until it starts to brown. Pour the hot honey sauce over the chicken and cook until coated and cooked through. Add the halloumi to the pan and cook until golden and crispy, about 2-3 minutes per side.

Warm the tortillas in a dry pan or microwave. Layer each tortilla with arugula, sliced avocado, cooked chicken, and halloumi strips. Drizzle any remaining hot honey sauce from the pan over the fillings. Sprinkle pomegranate seeds and chopped mint on top. Serve each taco with a dollop of yogurt.

**MFP Barcode**

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

Living+

**Allergen Information**

Contains lactose, wheat.
May contain sesame.




# Korean Chicken Burger

High Protein | Med Carb

Living+

Savor the flavors of Korea with this delicious Korean Chicken Burger. Spicy, sweet, and bursting with flavor, this burger combines crispy, air-fried chicken with a tangy gochujang sauce and a creamy light mayo, all nestled in a soft, lightly toasted brioche bun. Add sliced dill pickles for an extra crunch and a burst of tanginess.

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

## Makes 2

**Chicken Breast** 2, 125g or 4.4oz
**Brioche Buns** 2
**Dill Pickles** 2
**Lime Juice** 1 lime
**Egg** 1
**Red Cabbage** 50g or 1.7oz
**Carrots** 30g or 1oz
**Cornflakes** 30g or 1oz
**Light Mayonnaise** 1 tsp
**Gochujang** 1 tsp
**Sesame Oil** 1 tsp
**Garlic** 1 clove
**Brown Sugar** 1 tsp
**Soy Sauce** 2 tsp
**Paprika** 1 tsp
**Chili Powder & Black Pepper** 1/2 tsp each
**Olive Oil** 1 tsp
**Ginger** 1/4 tsp

# Korean Chicken Burger

High Protein | Med Carb

livingplusrx.com

## Method

Season the chicken breasts with the paprika, chili powder and black pepper. Dip each breast in the beaten egg and then coat thoroughly with crushed cornflakes.

Preheat your air fryer to 400°F (200°C). Place the coated chicken in the basket and brush lightly with the olive oil. Cook for 15 minutes, flipping halfway through.

Heat the sesame oil in a pan over low heat. Add minced garlic and ginger, and sauté until fragrant. Stir in the gochujang paste, brown sugar, and soy sauce. Simmer for a few minutes, then remove from the heat.

Toss the shredded red cabbage and grated carrots with the lime juice for a quick slaw. Brush the cooked chicken with the sauce. Toast the buns, spread the light mayo on the bottom halves, add the chicken, sliced dill pickles and slaw, and top with the other half.

**MFP Barcode**

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

Living+

**Allergen Information**

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



KCAL 474.6

PRO 42g

CARB 48g

FAT 12.6g

FIBER 4.8g

Per serving

# Lean Double-Decker Burger

High Protein | Med Carb

Living+

A lighter take on the classic double-decker burger: two lean beef patties, light cheese, crisp lettuce and a tangy homemade burger sauce, all stacked in a soft seeded bun.

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

## Makes 1

**Ground Beef** 120g or 4.2 oz, 5% fat

**Seeded Bun** 1

**Cheese Slices** 2

**Salt** 2 pinches

**Lettuce** 2 handfuls

**Light Mayonnaise** 1 tsp

**Pickle** 1

**Tomato Ketchup** 1 tsp, reduced sugar

**Yellow Mustard** 1/2 tsp

**Garlic Powder** 1/4 tsp

**Black Pepper** 1/2 tsp

# Lean Double-Decker Burger

High Protein | Med Carb

livingplusrx.com

## Method

Start by seasoning the lean ground beef. In a bowl, mix the ground beef with garlic powder, salt, and pepper until well combined. Form into two equal-sized patties.

Preheat a non-stick pan over medium heat. Cook the patties for about 4-5 minutes on each side, or until they are fully cooked through and have a nice sear on the outside.

While the patties are cooking, prepare the sauce. In a small bowl, combine the reduced-sugar ketchup, light mayonnaise, mustard, garlic powder, and grated pickle. Stir until the ingredients are well mixed.

To assemble the burger, start with the bottom bun. Spread a portion of the sauce over the bun, then add a layer of shredded lettuce. Place the first cooked patty on top of the lettuce, followed by a slice of light burger cheese.

Add a second layer of sauce and lettuce, the second patty and the other slice of cheese. Top with the bun lid and press down gently to compact the burger slightly for easier eating.

**MFP Barcode**

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

Living+

**Allergen Information**

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




# Lean Double Smash Burgers

High Protein | Med Carb

Living+

This delicious smash burger recipe offers the perfect balance of juicy, lean beef, fresh veggies, and a mouthwatering burger sauce. Made with reduced-fat cheddar and served on soft brioche buns, these burgers are a healthier take on the classic, perfect for a guilt-free indulgence without sacrificing taste.

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

## Makes 2

**Ground Beef** 320g or 11.3oz, lean
**Tomato** 1, medium
**Brioche Burger Buns** 2
**Cheddar Cheese** 4 slices, reduced-fat
**White Onion** 1, medium
**Light Mayonnaise** 1 tbsp
**Ketchup** 1 tbsp
**Mustard** 1 tsp
**Lettuce** 2 leaves
**Paprika** 1 tsp
**Black Pepper** 2 twists
**Salt** 1 pinch

# Lean Double Smash Burgers

High Protein | Med Carb

livingplusrx.com

## Method

In a small bowl, mix together the light mayonnaise, ketchup, mustard, paprika, a pinch of salt, and black pepper. Stir well and set aside for later.

Divide the lean ground beef into 4 even portions. Roll each portion into a loose ball, season with salt and pepper, and set aside.

Heat a non-stick pan or skillet over medium-high heat. Once hot, place the beef balls onto the pan. Using a spatula, smash each beef ball down until thin and cook for 2-3 minutes on one side until crispy. Flip, add a slice of reduced-fat cheddar to each patty, and cook for another 1-2 minutes until the cheese melts.

While the burgers are cooking, slice the white onion and tomato, and wash the lettuce. Toast the brioche buns in the same pan or on a griddle until lightly crispy.

Spread the burger sauce generously on both sides of the toasted brioche buns. Add a lettuce leaf, a slice of tomato, and some raw onions on the bottom half of each bun. Place two cheesy smash patties on top and finish with the top bun.

**MFP Barcode**

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

Living+

**Allergen Information**

Contains wheat, lactose, eggs, mustard.




# Loaded Nachos

High Protein | Med Carb

Living+

Takeout doesn't have to be ordered in. These loaded nachos have about half the calories of a restaurant version: lean beef chili with beans, melted mozzarella, homemade salsa and guacamole over crispy tortilla chips.

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

## Makes 4 portions

**Lean Ground Beef** 500g

**Onion** 1, yellow

**Chopped Tomatoes** 1 can

**Mozzarella** 80g

**Jalapeño** 1

**Olive Oil** 1 tsp

**Mixed Beans** 1 can, drained & rinsed

**Tortilla Chips** 40g per portion

**Garlic** 3 cloves, crushed

**Low-Fat Yogurt** 20g per portion

**Spice Mixture** cumin (1 tsp), paprika (1 tsp), chili flakes (pinch), salt, pepper.

**Salsa Mixture** plum tomatoes (4), olive oil (1/2 tsp), red onion (1/2), garlic clove (1), juice of 1 lime, jalapeño (1/2)

**Guac Mixture (optional)** avocado (1), red chili (1), red onion (1/2), cilantro (1 tsp, chopped), juice of 1 lime, plum tomato (1 large)

# Loaded Nachos

High Protein | Med Carb

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## Method

First, make the guac. To a bowl add 1/2 a red onion (chopped), 1 red chili (seeded & chopped), 1 avocado (cored and mashed), 1 tsp of cilantro (chopped), the juice of 1 lime, 1 plum tomato (chopped). Mix the ingredients well.

Next, make the salsa. To a bowl add 4 plum tomatoes (chopped), 1/2 tsp olive oil, 1/2 a red onion (peeled and chopped), 1 garlic clove (crushed), the juice of 1 lime and 1/2 a jalapeño (chopped). Mix well.

Next, to a pot on low-medium heat, add 1 tsp of olive oil, 1 yellow onion (peeled and chopped), and 3 garlic cloves (crushed). Cook for 3 minutes.

Then add the ground beef to the pot and cook until brown. Once browned off, add the spice mixture and mix well before adding the chopped tomatoes. Cook for 5 more minutes. Finally, add the beans (drained and rinsed) and cook for 2 minutes.

As the beans are cooking, add 40g of tortilla chips to each plate (if you are not serving right away, add the chips each time you eat). On the side of each plate add a tablespoon of guac, a tablespoon of low-fat yogurt, and two tablespoons of salsa.

Next, add the ground beef on top of the nachos and top with cheese (20 grams per portion). If you want, place the plate under the broiler for the cheese to melt further.

**MyFitnessPal**



Living+

**Allergen Information**

Contains lactose. May contain wheat, sulfites.




# Mixed Bean Quesadilla

High Protein | Med Carb

Living+

A quick-fire Mexican dish that is bursting with flavors. If you need a fast meal, this is perfect. Packed with fiber and a moderate serving of protein, this meal is sure to keep you fuller for longer.

Prep: 5 min | Cook: 10 min | Fresh: 2 days | Beginner

## Makes 2 portions

**Mixed Beans** 1 can, drained and rinsed

**Garlic** 3 cloves, crushed

**Olive Oil** 1 tsp

**Red Bell Pepper** 1, seeded & chopped

**Red Onion** 1/2, peeled & chopped

**Mozzarella** 1.4 oz or 40g

**Cilantro** sprig, fresh

**Whole Wheat Wraps** 2, large

**Spice Mixture** paprika (1/2 tsp), cumin (1/2 tsp), oregano (1/2 tsp), cayenne (1/4 tsp)

**Guac Mixture (2 tbsp)** avocado (1), red chili (1), red onion (1/2), cilantro (1 tsp, chopped), juice of 1 lime, plum tomato (1 large)

# Mixed Bean Quesadilla

High Protein | Med Carb

livingplusrx.com

## Method

First, make the guac. To a bowl add 1/2 a red onion (chopped), 1 red chili (seeded & chopped), 1 avocado (cored and mashed), 1 tsp of cilantro (chopped), the juice of 1 lime, 1 plum tomato (chopped). Mix the ingredients well.

Next, to a pan on low-medium heat, add 1 tsp of olive oil, the other 1/2 of the red onion (chopped), 3 garlic cloves (crushed), and red bell pepper (seeded and chopped). Cook for 3 minutes.

Add the spice mixture and then add the beans (drained and rinsed). Cook for another 3 to 5 minutes. Remove the bean mixture and add it to a bowl. Set the bowl aside and wipe the pan clean to use again.

Place a wrap on the pan (without oil), on low-medium heat. To one half of the wrap, layer in the bean mixture, 20 grams of cheese, and a tablespoon of guac. Cook for 2-4 minutes before closing over the wrap.

Remove the wrap and cut it in half. Repeat the process from step 4 to make the second portion.

Alternatively, you can add a wrap to the pan and cook it for 3 minutes. Then remove it and add another wrap. Cover it with the entire bean mixture, cheese, and 2 tablespoons of guac. Add the precooked wrap on top and then simply cut into quarters when you remove it (this can be a little messy).

**MyFitnessPal**

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

Living+

**Allergen Information**

Contains lactose, wheat.
May contain sulfites.




# Seoul-Style Crispy Chicken Tacos

High Protein | Med Carb

Living+

Perfectly crispy chicken is coated in a sweet and spicy Gochujang-based sauce, then nestled in soft mini tortillas with a zesty homemade mayo. Garnished with green onions, these tacos offer a delicious fusion of Korean flavors with a fun Mexican twist, making them a must-try for any taco night!

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

## Makes 2

**Chicken Breast** 2 (125g or 4.4oz per breast)
**Flour Tortillas** 4 small or 2 medium
**Egg** 1
**Water** 2 tbsp
**Cornstarch** 25g or 0.9oz
**Tomato Ketchup** 2 tbsp
**Light Mayonnaise** 2 tbsp
**Garlic Cloves** 2
**Green Onion** 1
**Sugar** 1 tsp
**Honey** 1 tsp
**Black Pepper** 5 twists
**Soy Sauce** 1 tsp & 1 tbsp
**Ginger** 1-inch piece
**Rice Vinegar** 1/2 tsp
**Gochujang** 25g or 0.9oz

# Seoul-Style Crispy Chicken Tacos

High Protein | Med Carb

livingplusrx.com

## Method

In a small bowl, mix together the gochujang paste, honey, 1 tsp of soy sauce, ketchup, sugar, minced ginger and the water. Set aside some of this sauce for the mayo.

Cut the chicken into bite-sized pieces and season with the minced garlic, black pepper, 1 tbsp of soy sauce and the rice vinegar. Dip the chicken in the beaten egg, then dredge in the cornstarch.

Air fry the chicken at 375°F (190°C) for 6 minutes, flip, and cook for another 6 minutes.

Coat the chicken with most of the gochujang sauce, keeping some for the mayo. Return it to the air fryer and cook at 400°F (200°C) for an additional 2 minutes.

Mix the reserved gochujang sauce with the light mayonnaise to make a spicy mayo.

Lightly toast or char the tortillas over a flame. Top each one with the crispy gochujang chicken, drizzle with the spicy mayo and garnish with green onions.

Serve the tacos immediately, offering a blend of crunchy, spicy, and tangy flavors that are sure to delight.

**MFP Barcode**

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

Living+

**Allergen Information**

Contains eggs, wheat, soy. May contain mustard, sesame.




# Spicy Chicken Burger

High Protein | Med Carb

Living+

Dive into a scrumptiously juicy chicken burger infused with spicy undertones, ensconced in soft brioche buns. The chicken patty, seasoned with hot sauce and coated with a spicy cornflake mixture, is complemented by a tangy mayo-hot sauce blend, making every bite an explosion of flavors.

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

## Makes 2

**Ground Chicken** 200g or 7 oz
**Brioche Buns** 2
**Egg** 1
**Cheddar Cheese** 40g or 1.4 oz, reduced-fat
**Cornflakes** 30g or 1 oz
**All-Purpose Flour** 1 tbsp
**Light Mayonnaise** 2 tbsp
**Lettuce** 2 leaves
**Sriracha Sauce** 1 tbsp
**Paprika** 2 tsp
**Salt** 1/4 tsp
**Chili Powder** 1/2 tsp
**Black Pepper** 1/2 tsp

# Spicy Chicken Burger

High Protein | Med Carb

livingplusrx.com

## Method

In a mixing bowl, combine ground chicken, half the sriracha, egg, and flour. Mix until the ingredients are well incorporated. Divide the mixture into two and shape each portion into a patty.

In another bowl, combine the crushed cornflakes, chili powder, salt, pepper, and paprika. Mix well.

Dredge each chicken patty in the cornflake mixture, ensuring it's completely coated.

Preheat the air fryer to 350°F (180°C) for about 3 minutes. Place the coated patties in the air fryer basket in a single layer, ensuring they aren't touching. Air fry for about 15 minutes, flipping the patties halfway through, until they are golden brown and cooked through.

In a small bowl, mix together light mayo, the remaining sriracha, and paprika.

Cut the brioche buns in half. Spread a generous amount of the prepared sauce on the bottom half of each bun. Place the cooked chicken patty over the sauce, followed by a slice of light cheese and a handful of shredded lettuce. Top with the other half of the bun.

**MFP Barcode**




Living+

**Allergen Information**

Contains wheat, eggs, lactose.




# Spicy Chicken Quesadilla

High Protein | Med Carb

Living+

Dive into a dish that packs a flavorful punch with every bite. These quesadillas are filled with perfectly seasoned chicken, a homemade spicy jalapeño mayo, and melted cheddar, all crisped up in a golden tortilla. Ideal for a quick lunch, dinner, or a satisfying snack, these quesadillas bring a zesty twist to your mealtime.

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

## Makes 2

**Chicken Breast** 2 (125g or 4.4oz per breast)

**Tortillas** 2, 8-inch

**Cheddar Cheese** 50g or 1.7oz, reduced-fat

**Light Mayonnaise** 40g or 1.4oz

**Jalapeños (In Brine)** 40g or 1.4oz

**Olive Oil** 1 tsp

**Paprika** 1/2 tsp

**Garlic Powder** 1/2 tsp

**Cayenne Pepper** 1/2 tsp

**Jalapeño Brine** 3 tbsp

# Spicy Chicken Quesadilla

High Protein | Med Carb

livingplusrx.com

## Method

Flatten the chicken breasts to ensure even cooking. Season them with half of the paprika, cayenne and garlic powder.

Heat olive oil in a pan over medium heat. Add the seasoned chicken breasts and cook until golden and thoroughly cooked, about 5-7 minutes per side. Once cooked, chop the chicken into small pieces.

In a bowl, combine the light mayonnaise, cheese, chopped jalapeños, jalapeño brine and the rest of the paprika, cayenne and garlic powder. Mix well until all the ingredients are combined.

Add the chopped chicken to the spicy mayo mixture and stir until the chicken is well coated.

Heat a non-stick skillet over medium heat. Place a tortilla in the skillet, spread half of the chicken and sauce mixture on one side of the tortilla, and fold the tortilla over to form a half-circle. Cook until the tortilla is golden and crispy, then flip to crisp the other side. Repeat with the second tortilla.

Cut each quesadilla into wedges and serve hot. Enjoy the melting cheese, spicy chicken, and the crunch of the toasted tortilla in each delicious bite.

**MFP Barcode**

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

Living+

**Allergen Information**

Contains lactose, wheat, eggs, sulfites.



KCAL 473.8

PRO 63.7g

CARB 37.2g

FAT 7.6g

FIBER 1.3g

Per serving

# Spicy Chicken Nuggets

High Protein | Med Carb

Living+

Spicy chicken nuggets are a lighter twist on the fast-food classic. These low-fat, high-protein nuggets are made with lean ground chicken and a spicy cornflake coating that is sure to satisfy your craving for something hot and crispy.

Prep: 10 min | Cook: 18 min | Fresh: 1 day | Beginner

## Makes 2

**Ground Chicken** 500g or 17.6 oz

**Egg** 1

**Sriracha** 2 tbsp

**All-Purpose Flour** 1 heaping tsp

**Paprika** 2 tsp

**Onion Powder** 1 tsp

**Cajun Seasoning** 1 tsp

**Cornflakes** 70g or 2.5 oz

**Black Pepper** 1 tsp

# Spicy Chicken Nuggets

High Protein | Med Carb

livingplusrx.com

## Method

To a mixing bowl, add the ground chicken, the egg, the flour, 1 tsp of paprika, the Cajun seasoning, onion powder, black pepper and sriracha. Mix until well combined.

Next, to make the breading, blend or crush the cornflakes with the remaining 1 tsp of paprika.

Using golf ball-sized portions of the chicken mixture, shape the nuggets, then coat each one in the cornflake mixture. Place them in the air fryer basket. This makes about 20 nuggets.

Cook the nuggets in the air fryer at 400°F (200°C) for 15 to 18 minutes, until golden and cooked through.

**MFP Barcode**

0 5 7 9 4 1 2 2 0 8 6 8

Living+

**Allergen Information**

Contains eggs, wheat.
May contain sulfites.




# Summer Salmon Tacos

High Protein | Med Carb

Living+

What does summer taste like? Zesty and fresh, with a tangy twist. These salmon tacos are a crowd-pleaser and tummy hugger. To make things easier, you can simply use store-bought soft-shell tacos or tortilla wraps. Packed with healthy fats, a high dose of protein and an abundance of vitamin C.

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

## Makes 2 portions

**Salmon** 2 fillets

**Cajun rub** 1 tsp

**Avocado** 1/2

**Mango** 1 small

**Limes** 2, juiced

**Green Onion** 2

**Red Chili** 1

**Basil** 6 leaves

**Greek Yogurt** 2 tsp

**Cherry Tomatoes** 100g or 3.5 oz

**Tomato Relish** 2 tsp

**Olive Oil** 0.5 tsp

**Homemade Tortillas** 4 (40g or 1.4 oz self-rising flour, 4 tbsp water, 1 tsp olive oil)

# Summer Salmon Tacos

High Protein | Med Carb

livingplusrx.com

## Method

Season the salmon fillets with the Cajun rub, 1/2 tsp on each fillet. Preheat the oven to 350°F (180°C).

In a bowl add the cherry tomatoes (quartered), chili (finely chopped), basil leaves (chopped), mango (cubed), green onions (chopped) and avocado (cubed). Add the juice of 2 limes and mix well. The lime adds flavor and keeps the avocado's color. Set aside.

Next, in a mixing bowl add the self-rising flour, 4 tbsp of water and 1 tsp of olive oil. Mix well until all the flour is mixed in. If it is too wet, add a little more flour.

Flour a surface and knead the dough for 3 to 5 minutes. Then divide the dough into 4 even pieces. Then roll the dough into a thin, flat tortilla.

Next, to a hot pan with 1/2 tsp olive oil, add the salmon fillets skin side down for 2 minutes. Then place them on a baking sheet (use parchment so they do not stick) and place them in the oven for 15 minutes.

With 8 minutes remaining, in a pan over medium heat, add a tortilla, cooking for 1-2 minutes on each side. Repeat until all four tortillas are cooked. There is no need for oil here. Just be careful not to burn the tortillas.

Assemble! Spread 1/2 tsp of Greek yogurt and 1/2 tsp of tomato relish on each taco. Spoon over some of the salsa and finish with the salmon.

**MyFitnessPal**

0 57941 22023 3

Living+

**Allergen Information**

Contains fish, wheat, lactose. May contain mustard, sulfites.



KCAL 457.2

PRO 42.4

CARB 50.5

FAT 9.7

FIBER 6.2

Per serving

# Sweet Chili Chicken Tacos

High Protein | Med Carb

Living+

Juicy chicken tenders, coated in a crispy cornflake crust and seasoned with Cajun spices, are glazed with a sticky sweet chili sauce and nestled in soft mini tortilla wraps. Fresh lettuce and diced cherry tomatoes add a refreshing crunch.

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

## Makes 2

**Chicken Breast** 2 (125g or 4.4oz per breast)

**Small Flour Tortillas** 4

**Cherry Tomatoes** 6

**Egg** 1

**Sweet Chili Sauce** 3 tbsp

**Black Pepper** 5 twists

**Cajun Seasoning** 2 tbsp

**Lettuce** 2 handfuls, chopped

**Honey** 1 tsp

**Cornflakes** 40g or 1.4oz

# Sweet Chili Chicken Tacos

High Protein | Med Carb

livingplusrx.com

## Method

In a small bowl, mix together the sweet chili sauce and honey. Set this sticky glaze aside for later use.

Cut the chicken breasts into tenders, aiming for 3-4 pieces per breast. Season them with 1 tablespoon of the Cajun seasoning and the black pepper.

Place the cornflakes in a zip-top bag and crush them into small pieces. Transfer to a bowl and mix in the remaining 1 tablespoon of Cajun seasoning.

Whisk the egg in a separate bowl. Dip each chicken tender first into the whisked egg, ensuring it's fully coated, and then roll it in the seasoned cornflakes. Make sure each piece is well-covered.

Arrange the coated chicken tenders in the air fryer basket. Cook at 350°F (180°C) for 6 minutes, flip, and cook for another 6 minutes or until cooked through. In the last 2 minutes, brush the tenders with the sweet chili and honey glaze so it caramelizes slightly.

Warm the tortillas as per the package instructions. Top each one with the chopped lettuce and diced cherry tomatoes, then the glazed chicken tenders. Serve immediately while the chicken is still warm and the tortillas soft.

**MFP Barcode**

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

Living+

**Allergen Information**

Contains wheat, eggs.
May contain sulfites.




# Taco Crunch Wrap

High Protein | Med Carb

Living+

Indulge in the delicious layers of the Taco Crunch Wrap. With a medley of flavors and textures, from spiced ground beef and tangy sauce to crispy tortilla chips and refreshing salsa, this wrap will leave you craving more.

Prep: 16 min | Cook: 20 min | Fresh: 3 days | Beginner

## Makes 2

- **Lean Ground Beef** 200g or 7 oz
- **Tomato** 1, medium
- **Tortillas** 4, 2 large & 2 small
- **Lime Juice** 1 lime
- **Cheddar Cheese** 40g or 1.4 oz, reduced-fat
- **Tortilla Chips** 10
- **Jalapeños** 2 tbsp, sliced in brine
- **Red Onion** 1/4 small
- **Olive Oil** 1 tbsp
- **Red Chili** 1
- **Low-Fat Yogurt** 2 tbsp
- **Lettuce** 2 leaves
- **Salt** 1 pinch
- **Garlic** 1 clove
- **Sriracha Sauce** 1 tbsp
- **Cilantro** 1 tbsp
- **Spices** 1 tsp cumin, paprika, oregano, 1/2 tsp chili powder

# Taco Crunch Wrap

High Protein | Med Carb

livingplusrx.com

## Method

Cook the ground beef in a pan until browned. Add the paprika, cumin, salt, oregano and chili powder and stir until well combined and aromatic.

In a small bowl, mix the low-fat yogurt and sriracha together until smooth.

In a separate bowl, combine the finely diced red onion, chopped cilantro, diced chili, lime juice, diced tomato, minced garlic, and olive oil. Stir well.

Lay out a large tortilla. Spread a layer of the yogurt-sriracha sauce, then the seasoned ground beef and the salsa. Crush the tortilla chips over the salsa, add the jalapeños, a lettuce leaf and the cheese. Place a small tortilla on top and fold the edges of the large tortilla over it, sealing everything in.

In a pan, briefly cook each side of the wrap until it's slightly golden and holds its shape. Use toothpicks if needed to keep it closed. Transfer to the air fryer and cook at 375°F (190°C) for 3-4 minutes until golden and crispy.

Repeat with the other two tortillas to make the second wrap. Cut each wrap in half and serve immediately.

**MFP Barcode**

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

Living+

**Allergen Information**

Contains lactose, wheat.




# Two-Cheese Protein Pizzas

High Protein | Med Carb

Living+

Delight in creating your own mini pizzas, featuring homemade dough that's astonishingly easy and quick to prepare. Topped with a richly seasoned tomato base, layered with succulent pepperoni, tender cooked chicken, and a harmonious mix of mozzarella and cheddar - all crowned with aromatic herbs.

Prep: 10 min | Cook: 30 min | Fresh: 1 day | Beginner

## Makes 2

**Chicken Breast** 2, 125g or 4.4oz each
**Greek Yogurt** 100g or 3.5oz, 0% fat
**Self-Rising Flour** 75g or 2.6 oz
**Pepperoni** 30g or 1oz
**Cheddar Cheese** 30g or 1oz, reduced-fat
**Mozzarella Cheese** 30g or 1 oz, light
**Fresh Basil** 4 leaves
**Tomato Paste** 2 tbsp
**Dried Basil** 1/2 tsp
**Dried Oregano** 1/2 tsp
**Black Pepper** 3 twists
**Salt** pinch

# Two-Cheese Protein Pizzas

High Protein | Med Carb

livingplusrx.com

## Method

In a bowl, combine the tomato paste with the dried oregano and basil, and season with the salt and pepper. Stir well and set aside for the flavors to meld.

In another mixing bowl, blend the self-rising flour with the Greek yogurt. Stir until a dough forms. Turn out onto a lightly floured surface, divide the dough in half, and shape each portion into a ball.

Using a floured rolling pin, roll out each dough ball into a round pizza base, dusting with more flour as needed to prevent sticking. Leave a slight edge thicker around the circumference for the crust.

Cook the chicken in a non-stick pan for 6-8 minutes per side, then slice. Spread the sauce over each pizza base, leaving the crust exposed. Add the pepperoni and chicken, then sprinkle with the cheese mix.

Set the air fryer to 375°F (190°C) and cook the pizzas for 12-15 minutes, or until the crust is golden and the cheese is bubbly and melted. Check halfway through and rotate the pizzas if necessary for even cooking.

Once cooked, remove the pizzas from the air fryer and let them cool slightly on a wire rack. Garnish with fresh basil leaves before serving for a fresh, herby flavor.

**MFP Barcode**

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

Living+

**Allergen Information**

Contains lactose, wheat.




# Fiery Crunch Chicken Burger

High Protein | Med Carb

Living+

Unleash a burst of fiery flavors! This burger features a crispy, seasoned chicken breast enveloped in a crunchy cornflake crust, offering a perfect balance of heat and texture. Paired with a tangy and peppery mayo sauce, fresh lettuce, and encased in a soft bun, it's a mouthwatering delight for spice enthusiasts.

Prep: 10 min | Cook: 18 min | Fresh: 1 day | Beginner

## Makes 1

**Chicken Breast** 1 (125g or 4.4oz per breast)

**Brioche Bun** 1

**Egg** 1

**Cornflakes** 30g or 1 oz

**Light Mayonnaise** 1 tsp

**Lemon Juice** 1 lemon

**Lettuce** 1 leaf

**Black Pepper** 5 twists

**Paprika** 1 tsp

**Chili Powder** 1/2 tsp

**Cayenne Pepper** 1/2 tsp

# Fiery Crunch Chicken Burger

High Protein | Med Carb

livingplusrx.com

## Method

Start by flattening the chicken breast to ensure even cooking. Season it with cayenne, paprika and chili powder.

Dip the seasoned chicken first in the beaten egg, then coat thoroughly with the crushed cornflakes.

Air fry the chicken at 400°F (200°C) for 16-18 minutes, until crispy and cooked through (165°F/75°C inside).

Mix the light mayonnaise with a squeeze of lemon juice and the black pepper. Toast the bun lightly, spread the mayo on the bottom half, add the chicken and lettuce, and cap with the top bun.

**MFP Barcode**




Living+

**Allergen Information**

Contains wheat, eggs, lactose, mustard.