










Protein Snacks

High-Protein Snack Options

Volume 1 - 19 recipes



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Air Fryer Bang Bang Chicken Bites

High Protein | Low Carb

Living+

Crispy, juicy, and packed with flavor. Coated in a seasoned cornflake crust and air-fried to golden perfection, they're served with a creamy, spicy-sweet Bang Bang sauce made from mayo, sweet chili, and sriracha. A high-protein, lower-fat alternative to deep-fried nuggets.

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

Makes 4

Chicken Breast 500g or 17.6oz
Eggs 2
Corn Flakes 60g or 2.1oz
Sriracha Sauce 30g or 1.05oz
Light Mayonnaise 30g or 1.05oz
Sweet Chili Sauce 20g or 0.7oz
Garlic Powder 3 tsp
Paprika 3 tsp
Dried Oregano 3 tsp
Salt 1 pinch

Air Fryer Bang Bang Chicken Bites

High Protein | Low Carb

livingplusrx.com

Method

Place the cubed chicken in a bowl. Add 2 tsp paprika, 2 tsp garlic powder, 2 tsp oregano, and a pinch of salt. Toss until the chicken is evenly coated.

In a shallow bowl, beat the 2 eggs. In a second bowl, mix the crushed cornflakes with 1 tsp paprika, 1 tsp garlic powder, and 1 tsp oregano.

Dip each seasoned chicken piece into the beaten eggs, letting excess drip off. Press into the cornflake mixture to fully coat.

Preheat air fryer to 375°F (190°C). Arrange coated chicken cubes in a single layer (you may need to work in batches). Air fry for 10 minutes, flipping halfway, until golden and cooked through (internal temperature 165°F/74°C).

In a small bowl, mix together light mayonnaise, sweet chili sauce, and sriracha. Drizzle the bang bang sauce over the hot chicken cubes, or serve sauce on the side for dipping.

MFP Barcode

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

Living+

Allergen Information

Contains eggs, gluten.



Air Fryer Parmesan Chicken Tenders

High Protein | Low Carb

Living+

These Air Fryer Parmesan Chicken Tenders deliver a crispy, golden coating without the need for deep frying. Lean chicken breast tenders are coated in a flavorful mix of Parmesan, herbs, and spices, then air-fried to perfection. They're high in protein, lower in fat compared to traditional fried versions, and ready in minutes.

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

Makes 2

Chicken Breast 4 (124g or 4.4oz per breast)

Egg 1

Breadcrumbs 60g or 2.1oz

Cornstarch 20g or 0.7oz

Parmesan 20g or 0.7oz

Garlic Powder 1 tsp

Paprika 1 tsp

Dried Oregano 1 tsp

Air Fryer Parmesan Chicken Tenders

High Protein | Low Carb

livingplusrx.com

Method

In a shallow bowl, combine the breadcrumbs, grated Parmesan, cornstarch, dried oregano, paprika and garlic powder. In another shallow bowl, beat the egg.

Cut the chicken breasts into strips. Dip each chicken strip first in the egg wash, then dredge in the breadcrumb mixture until fully coated.

Preheat the air fryer to 400°F (200°C). Spray the air fryer basket with cooking spray to prevent sticking.

Place the chicken tenders in the air fryer basket in a single layer. Spray the top of the tenders lightly with cooking spray. Air fry for 12-15 minutes, flipping halfway through, until the chicken is golden brown and the internal temperature reaches 165°F (74°C).

MFP Barcode

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

Living+

Allergen Information

Contains lactose, eggs, wheat.



Almond Coated Chicken Dippers

High Protein | Low Carb

Living+

Enjoy a delicious and nutritious almond-coated chicken dipper, packed with protein and healthy fats. Savory chicken with a hint of paprika meets a crunchy almond coating for a delightful contrast. Paired with tangy sweet chili sauce, it's a perfect low-carb treat!

Prep: 5 min | Cook: 18 min | Fresh: 5 days | Beginner

Makes 3

- **Chicken Breast** 2
- **Sliced Almonds** 80g or 2.8 oz
- **Egg** 1
- **Sweet Chili Sauce** 3 tbsp
- **2% Milk** 2 tbsp
- **Black Pepper** 5 twists
- **Paprika** 1 tsp
- **Salt** pinch

Almond Coated Chicken Dippers

High Protein | Low Carb

livingplusrx.com

Method

Start by whisking the egg and milk in a bowl. In a separate dish, combine the crushed sliced almonds, paprika, salt, and pepper. Cut the chicken fillets lengthwise into smaller strips.

Dip each chicken strip into the egg mixture, shaking off any excess, then thoroughly coat in the almond mixture.

Preheat your air fryer to 350°F (180°C). Place the coated chicken strips in the air fryer basket, ensuring they don't overlap.

Cook the chicken strips at 350°F for 10-12 minutes, flipping halfway through until they're crispy and fully cooked.

Serve your almond-coated chicken dippers with the sweet chili sauce for a tangy dip!

MFP Barcode



Living+

Allergen Information

Contains lactose, tree nuts, eggs.



Cheesy Chicken Pizzadilla

High Protein | Med Carb

Living+

Combine the essence of pizza and the convenience of a quesadilla in this delightful "Pizzadilla". Stuffed with chicken and a blend of mozzarella and cheddar, then topped with pepperoni, this dish brings the best of both worlds to your plate. An easy recipe made even simpler with the use of an air fryer.

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

Makes 1

Cooked Chicken Breast 50g or 1.7 oz

Tortilla 1, 8-inch wrap

Tomato Paste 2 tbsp

Light Mozzarella 30g or 1 oz

Light Cheddar 20g or 0.7 oz

Pepperoni 4 small slices

Fresh Basil 4 leaves

Mixed Herbs 1/2 tsp

Cheesy Chicken Pizzadilla

High Protein | Med Carb

livingplusrx.com

Method

Lay the 8-inch wrap flat on a working surface.

Spread 1 tablespoon of tomato paste evenly on one half of the wrap. Layer the cooked chicken breast pieces over the tomato paste.

Sprinkle the light cheddar over the chicken, followed by a dash of mixed herbs. Carefully fold the wrap in half, enclosing the fillings.

On the folded side, spread the remaining tomato paste. Sprinkle the 30g light mozzarella cheese on top and arrange the pepperoni slices.

Preheat the air fryer to 375°F (190°C).

Place the prepared Pizzadilla in the air fryer and cook for 10 minutes or until the exterior is crispy and the cheese is melted and bubbly.

Once cooked, remove from the air fryer, let it cool for a minute, and then slice into wedges. Garnish with fresh basil.

MFP Barcode

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

Living+

Allergen Information

Contains lactose and wheat.



Chocolate Protein Mug Cake

High Protein | Med Carb

Living+

Need a quick protein boost that also satisfies your sweet tooth? Try this Chocolate Protein Mug Cake. It's easy to make, delicious, and packed with nutrients. Perfect for a post-workout snack or a healthy dessert.

Prep: 5 min | Cook: 2 min | Fresh: 1 day | Beginner

Makes 1 large or 3 small

- **Almond Milk** 60ml or 2fl oz
- **Banana** 1/2, medium
- **Vegan Protein** 1 scoop, chocolate
- **Flour** 1 tbsp
- **Cocoa Powder** 1 tbsp
- **Chocolate Chips** 1 tsp
- **Baking Powder** 1/4 tsp
- **Salt** 1 pinch

Chocolate Protein Mug Cake

High Protein | Med Carb

livingplusrx.com

Method

Choose a microwave-safe mug large enough to contain the rising cake. Alternatively, use smaller silicone cupcake molds.

In the mug, mash the half banana until it forms a puree. Add protein powder, flour, cocoa powder, baking powder, and salt. Mix well until all the dry ingredients are well incorporated with the mashed banana.

Pour the milk into the mug. Stir until the batter is smooth and free from lumps. Make sure to mix well to combine the milk with the dry ingredients.

Sprinkle the chocolate chips on top of the batter.

Place the mug in the microwave. Cook on high for approximately 1-2 minutes. The cooking time may vary depending on the microwave's power. The cake is done when it has risen and is set in the middle.

Carefully remove the mug from the microwave (it will be hot). Allow the cake to cool for a minute or two before serving.

MFP Barcode



Living+

Allergen Information

Contains wheat, tree nuts.



Frozen Peach Bliss

High Protein | Low Carb

Living+

Savor the refreshing flavors of summer any time of the year with this simple, yet luxurious dessert bowl. Creamy Greek yogurt serves as the base for a mixture of grated frozen peach, with a drizzle of honey offering a touch of natural sweetness. Mint leaves provide an aromatic garnish.

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

Makes 1

Greek Yogurt 200g or 7oz, 0% fat

Peach 1 medium, frozen

Honey 1 tsp

Mint Leaves 4

Frozen Peach Bliss

High Protein | Low Carb

livingplusrx.com

Method

Begin by scooping the Greek yogurt into a serving bowl, spreading it evenly.

Using a grater, grate the frozen peach directly over the yogurt, ensuring even distribution.

Gently drizzle honey over the grated peach.

Finish by garnishing with fresh mint leaves. Serve immediately and enjoy the refreshing burst of flavors!

MFP Barcode

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

Living+

Allergen Information

Contains lactose.



High Protein Choc Cheesecake Loaf

High Protein | Low Carb

Living+

This rich, creamy chocolate cheesecake loaf is the perfect high-protein dessert or snack. Blended cottage cheese and Greek yogurt form a silky base, naturally sweetened with honey and packed with protein. With just a few simple ingredients and minimal prep, it's an easy, nutritious treat ready to enjoy.

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

Makes 10 slices

Cottage Cheese 350g or 12.3oz, 0% fat

Greek Yogurt 350g or 12.3oz, 0% fat

Eggs 3

Honey 80g or 2.8oz

Cocoa Powder 30g or 1oz

Cornstarch 30g or 1oz

High Protein Choc Cheesecake Loaf

High Protein | Low Carb

livingplusrx.com

Method

Preheat oven to 325°F (160°C) and line a loaf pan with parchment paper.

Blend all ingredients together in a blender or food processor until completely smooth and creamy.

Pour the mixture into the prepared loaf pan and tap the pan gently to remove any air bubbles.

Bake in the center of the oven for 45 minutes, or until the center is just set with a slight wobble. Cool at room temperature, then transfer to the fridge to chill for at least 3 hours or overnight.

Slice and serve chilled. Enjoy as is or top with Greek yogurt, berries, or a drizzle of dark chocolate.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, eggs.



High Protein Pizza

High Protein | Med Carb

Living+

This High Protein Pizza recipe is a healthier alternative to takeout options, as it contains more protein and less fat. It is perfect for fitness enthusiasts or anyone looking to increase their protein intake. The pizza is packed with flavor and has a deliciously crispy crust that you won't be able to resist.

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

Makes 1

0% Fat Yogurt 150g or 5.2 oz

Flour 30g or 1 oz

Egg 1

Chopped Tomatoes 1/2 can

Garlic Cloves 6

Dried Oregano 2 tsp

Dried Basil 1 tsp

Fresh Basil 4 leaves

Low-Fat Mozzarella 25g or 0.9 oz

High Protein Pizza

High Protein | Med Carb

livingplusrx.com

Method

To a non-stick, oven-proof pan, add the yogurt, flour, egg, 3 garlic cloves (crushed), and a tsp of dried oregano. Combine the ingredients well until you have a smooth dough. Once you achieve this texture (you may need to add another bit of flour depending on the yogurt used), spread and flatten the dough to the desired pizza size.

Place the pan in the oven at 350°F (180°C) for 12 to 15 minutes.

As the base is being cooked, cook the pizza sauce. To a pot add 1/2 can of chopped tomatoes, a tsp of basil, a tsp of oregano and the remaining garlic cloves. Cook on medium-high heat until the sauce reduces. This should take around the same time as the pizza base.

Once the base is cooked, take the pan out of the oven. Add the sauce to the base, followed by the low-fat mozzarella cheese. Top with some fresh basil leaves and then return the pan to the oven for another 5 to 10 minutes.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, eggs, wheat.



Loaded Tuna Chorizo Bagels

High Protein | Med Carb

Living+

Experience a fusion of flavors with these loaded bagels, an inventive take on the classic bagel sandwich. Combining the richness of tuna with spicy chorizo, melted reduced-fat cheese, and a kick of sriracha mayo, these bagels offer a unique and satisfying meal. Perfect for a hearty breakfast, lunch, or even a quick dinner.

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

Makes 4

- **Plain Bagel** 2
- **Tuna** 1 can
- **Cheddar Cheese** 80g or 2.8oz, reduced-fat
- **Chorizo** 80g or 2.8oz
- **Light Mayonnaise** 2 tbsp
- **Sriracha** 2 tbsp

Loaded Tuna Chorizo Bagels

High Protein | Med Carb

livingplusrx.com

Method

Begin by preparing the filling for the bagels. In a mixing bowl, combine the drained tuna, grated cheese, and chorizo. Add in the light mayonnaise and sriracha sauce, and mix everything together until well combined.

Take each half of the bagels and generously spread the tuna and chorizo mixture on them. Make sure the filling is evenly distributed for the best flavor experience.

Once the bagels are loaded with the filling, place them in the air fryer. Set the air fryer to 350°F (180°C) and cook the bagels until the cheese is melted and bubbly, and the bagels are slightly crispy. This should take about 10 minutes, but keep an eye on them to ensure they don't overcook.

Once done, remove the bagels from the air fryer. Let them cool for a minute or two, as the filling will be hot.

MFP Barcode



Living+

Allergen Information

Contains milk, eggs, fish, wheat, mustard.



Passion Fruit Protein Pots

High Protein | Med Carb

Living+

This refreshing layered bowl combines creamy lime Greek yogurt with crunchy wheat biscuit cereal and tangy passion fruit for a tropical, high-protein breakfast or snack. It's quick to make, energizing and full of texture and flavor.

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

Makes 1

Greek Yogurt 200g or 7oz, 0% fat

Passion Fruit 3

Lime Juice 2 limes

Lime Zest 1 lime

Wheat Biscuit Cereal 1 biscuit

Sliced Almonds 5g or 0.2oz

Passion Fruit Protein Pots

High Protein | Med Carb

livingplusrx.com

Method

In a bowl, mix the yogurt with the zest of 1 lime and the juice of 2 limes. Stir well to combine.

Spoon half of the lime yogurt into a serving bowl or glass. Add the pulp of 1 passion fruit over the yogurt. Crumble in the wheat cereal biscuit to form the middle layer. Top with the remaining half of the yogurt. Spoon over the remaining 2 passion fruits.

Sprinkle the sliced almonds on top for added crunch and nuttiness.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, wheat, tree nuts.



Protein-Packed Banana Split

High Protein | Med Carb

Living+

Indulge in this guilt-free twist on the classic Banana Split. Loaded with high-protein Greek yogurt, fresh fruits, and a natural sweetness from the banana, this dish is perfect for breakfast, a snack, or even a healthy dessert. With its nutrient-packed ingredients, it's a great way to fuel your body and satisfy your sweet cravings.

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

Makes 1

Greek Yogurt 200g or 7oz

Banana 1, medium

Kiwi 1

Raspberries 10

Blueberries 10

Protein-Packed Banana Split

High Protein | Med Carb

livingplusrx.com

Method

Slice the banana lengthwise and place both halves on a plate or in a shallow bowl. Spoon the Greek yogurt over the banana halves, spreading it evenly or as dollops. Scatter the mixed berries and sliced kiwi on top of the yogurt. Enjoy immediately for a refreshing, high-protein treat.

MFP Barcode



Living+

Allergen Information

Contains lactose.



Protein Fluff Delight

High Protein | Low Carb

Living+

Fluffy, light, and protein-packed, this Protein Fluff Delight is the ultimate post-workout snack or dessert. With just four simple ingredients, it's a low-calorie treat that feels indulgent but supports your fitness goals. Perfect for boosting muscle recovery and satisfying sweet cravings guilt-free!

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

Makes 1

Frozen Strawberries 150g or 5.3oz

Ice 150g or 5.3oz

2% Milk 100ml or 3.4fl oz

Whey Protein 1 scoop, vanilla

Protein Fluff Delight

High Protein | Low Carb

livingplusrx.com

Method

Add the frozen strawberries, ice, milk, and protein powder to a high-speed blender or food processor.

Blend on high for 3-5 minutes, stopping occasionally to scrape down the sides. The mixture should transform into a light, fluffy, and airy consistency.

Spoon the protein fluff into a bowl and enjoy straight away with your favorite toppings, if desired!

MFP Barcode



Living+

Allergen Information

Contains lactose.



Peanut Butter Cup Protein Fluff

High Protein | Low Carb

Living+

Who doesn't love peanut butter cups? This protein-packed sweet treat is sure to kill your cravings while also helping you to lose fat and build muscle.

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

Makes 2 bowls

0% Fat Yogurt 100g or 3.5 oz

Whey Protein 50g or 1.75 oz

Peanut Butter Cups 3 pieces

Peanut Butter Powder 2 tbsp

Dark Chocolate 3 squares

Peanut Butter Cup Protein Fluff

High Protein | Low Carb

livingplusrx.com

Method

To a large mixing bowl, add the yogurt, whey protein, and peanut butter powder. Mix well, ensuring a smooth texture. If you like, you can blend the ingredients.

Next, transfer the mixture into two small bowls and crumble up 1 peanut butter cup into each bowl. Stir with a spoon.

Place the dark chocolate in a bowl and melt it in the microwave for 30 to 60 seconds.

Once melted, spoon the sauce onto the yogurt mixture and spread it out using a spoon. Aiming to cover the entire surface of the bowl.

Place half a peanut butter cup on top and then leave the bowls to sit in the fridge for at least 30 minutes.

MFP Barcode



Living+

Allergen Information

Contains lactose, peanuts, soy.



Soy-Marinated Soft-Boiled Eggs

High Protein | Med Carb

Living+

These umami-packed soy-marinated eggs are rich in protein and deeply flavorful, making them the perfect addition to ramen, rice bowls, or a quick high-protein snack. Marinated overnight in soy sauce, fish sauce, honey and aromatics, these eggs develop an irresistibly savory-sweet taste.

Prep: 10 min | Cook: 7 min | Fresh: 3 days | Beginner

Makes 1

- **Cottage Cheese** 200g or 7oz, fat free
- **Eggs** 2
- **Soy Sauce** 10 tbsp
- **Green Onion** 3
- **Fish Sauce** 3 tbsp
- **Honey** 2 tsp
- **Garlic** 1 clove
- **Sesame Seeds** 1 tsp
- **Red Chili** 1

Soy-Marinated Soft-Boiled Eggs

High Protein | Med Carb

livingplusrx.com

Method

Bring a pot of water to a gentle boil. Carefully lower the eggs into the water and boil for 6-7 minutes for jammy yolks. Immediately transfer to an ice bath and let cool for 5 minutes before peeling.

In a shallow container with a lid, whisk together soy sauce, fish sauce, honey, toasted sesame seeds, chopped chili, green onions, and crushed garlic.

Submerge the peeled eggs in the marinade, ensuring they are fully coated. Cover and refrigerate overnight (8+ hours) for maximum flavor.

Remove the eggs from the marinade and slice in half before serving. Enjoy as a protein-rich snack, with cottage cheese, or as a topping for ramen, fried rice, or avocado toast. The eggs can be stored in the marinade for up to 3 days—the longer they sit, the stronger the flavor!

MFP Barcode



Living+

Allergen Information

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



Spicy Tunacado Sandwich

High Protein | Med Carb

Living+

This spicy tunacado brings together heat, zest and creaminess, all neatly stacked between slices of perfectly crisp sourdough. Here's how to make this popular café-style sandwich at home.

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

Makes 1

Tuna 1 can
Sourdough Bread 2 slices
Avocado 1/2 small
Lemon Juice 2 tbsp
Red Onion 1/2 small
Tomato 1/4, medium
Jalapeños 20g or 0.7oz
Light Mayonnaise 1 tbsp
Green Pesto 1 tsp
Cilantro 1 tsp, chopped
Dijon Mustard 1 tsp
Black Pepper 5 twists
Salt pinch

Spicy Tunacado Sandwich

High Protein | Med Carb

livingplusrx.com

Method

Begin by toasting your sourdough slices until they're golden and crisp. For a café-style finish, press them on a hot grill or panini press.

While the bread is toasting, prepare your tuna mousse by mixing the drained tuna with mayonnaise, Dijon mustard, salt, black pepper, chopped jalapeños, cilantro, diced red onion, and a good squeeze of lemon juice. Adjust the seasoning to taste.

Once your bread is toasted to perfection, spread each slice with a layer of green pesto.

On one slice, layer the avocado and tomato slices. This not only adds flavor but also a barrier that prevents the bread from getting soggy.

Scoop a hearty amount of the tuna mousse over the avocado and tomato. Spread evenly to cover all the flavors in each bite.

If you're feeling adventurous, add a few extra jalapeños on top for an additional heat element.

Carefully place the second slice of bread on top, pesto side down, to cap off your sandwich.

MFP Barcode



Living+

Allergen Information

Contains wheat, lactose, eggs, fish, mustard, tree nuts.



Triple Choco Protein Cake

High Protein | Med Carb

Living+

Satisfy your sweet tooth with this luscious recipe for triple choco protein cake. Every heavenly bite is packed with three layers of chocolatey goodness and a healthy dose of protein, making it the ultimate guilt-free indulgence. Sink your teeth into the soft, moist texture and savor the decadent flavors of rich chocolate.

Prep: 10 min | Cook: 35 min | Fresh: 3 days | Beginner

Makes 3

Plain Yogurt 180g or 6.4 oz

All-Purpose Flour 110g or 3.9 oz

2% Milk 100ml or 3.4 fl oz

Honey 50g or 1.7 oz

Casein Protein Powder 1 scoop chocolate

Chocolate Chips 40g or 1.4 oz

Cocoa Powder 30g or 1 oz

Baking Powder 2 tsp

Vanilla Extract 1 tsp

Salt 1 pinch

Triple Choco Protein Cake

High Protein | Med Carb

livingplusrx.com

Method

Preheat the oven to 350°F (180°C).

In a large mixing bowl, combine the dry ingredients. In a separate bowl, combine the wet ingredients. Gradually add the wet mixture to the dry, folding and mixing until you have a thick but wet dough.

Line three small ovenproof dishes (or 1 large one) with parchment paper. Spread the dough evenly between the three. Cook in the oven for 35 minutes. Depending on the size and oven, this may take a little longer or shorter.

Once cooked, leave to cool for 5 to 10 minutes before lifting from the dish.

MFP Barcode



Living+

Allergen Information

Contains lactose, wheat.



Tuna Melt Glory

High Protein | Med Carb

Living+

Creamy Greek yogurt pairs with the tang of lemon juice, the sweetness of honey, and aromatic fresh dill to create a rich and flavorful tuna salad. Toasted sourdough bread cradles the spicy tuna mix, all topped off with melty light cheddar cheese and freshly sliced tomato. A delightful meal for any time of the day.

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

Makes 2

Canned Tuna 1 can, drained
Sourdough 2 slices
Tomato 1/2 medium
Cheddar Cheese 40g or 1.4 oz
Celery 1 stalk
Red Onion 1/4 small
Greek Yogurt 2 tbsp, 0% fat
Sriracha 1 tbsp
Fresh Dill 1 tsp
Honey 1 tsp
Tahini 1 tsp
Lemon Juice 1/2 lemon
Chili Powder 1/2 tsp
Salt & Pepper pinch and twist

Tuna Melt Glory

High Protein | Med Carb

livingplusrx.com

Method

Begin by draining the tuna and transferring it to a mixing bowl.

To the bowl, add Greek yogurt, sriracha, honey, tahini, freshly squeezed lemon juice, finely chopped fresh dill, finely diced red onion, and finely chopped celery.

Season the mixture with chili powder, salt, and black pepper to taste.

Stir the ingredients together until well combined and evenly mixed.

Lightly toast the sourdough bread slices to a golden brown then generously spread the tuna mixture over each toasted slice.

Layer each with cheddar cheese and top with two slices of tomato.

Place the open-faced sandwiches under the broiler and heat until the cheese is bubbly and slightly golden. Serve immediately and enjoy the melty goodness!

MFP Barcode

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

Living+

Allergen Information

Contains lactose, wheat, fish, sesame.



Velvety Mini Basque Cheesecake

High Protein | Low Carb

Living+

Indulge in this velvety cheesecake, a delightful dessert that offers a lighter take on the classic Basque cheesecake. This mini version, made with light cream cheese and vanilla yogurt, is a perfect blend of creamy texture and a subtle sweetness, enhanced by vanilla.

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

Makes 1

Light Cream Cheese 130g or 4.5oz

Protein Yogurt 100g or 3.5oz, vanilla

Egg 1

Cornstarch 2 tsp

Vanilla Extract 1 tsp

Zero-Calorie Sweetener 5 tbsp

Velvety Mini Basque Cheesecake

High Protein | Low Carb

livingplusrx.com

Method

Start by whisking the light cream cheese in a bowl until it becomes smooth and loses its firm texture.

Add the zero-calorie sweetener, cornstarch, and vanilla extract to the cream cheese. Mix everything until well incorporated and smooth.

Gently fold in the vanilla yogurt into the mixture, ensuring it's just combined to maintain a light consistency.

Crack one egg into the mixture. Stir it in gently until the mixture is free of clumps and has a uniform consistency.

Line a mini ramekin with parchment paper. Pour the cheesecake mixture into the ramekin.

Preheat the oven to 425°F (220°C). Place the ramekin on the top rack and bake for 18-25 minutes. Look for a slightly jiggly center and a beautifully browned top.

After baking, allow the cheesecake to cool at room temperature. Then, refrigerate it for 1-3 hours for the best texture. If in a hurry, you can freeze it for 30 minutes.

MFP Barcode

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

Living+

Allergen Information

Contains eggs, lactose.



Zesty Lemon Blueberry Baked Oats

High Protein | Med Carb

Living+

This high-protein, energy-boosting breakfast is bursting with the tang of fresh lemon and the sweetness of blueberries. Packed with oats, banana, and whey protein, it's perfect for a post-workout meal or a leisurely weekend brunch. Serve with creamy yogurt and extra blueberries for a fresh and vibrant start to your day.

Prep: 5 min | Cook: 18 min | Fresh: 3 days | Beginner

Makes 4 slices

Banana 2, medium
Eggs 2
Rolled Oats 120g or 4.2oz
Whey Protein 60g or 2.1oz
Blueberries 1 handful
Chia Seeds 2 tbsp
Flax Seeds 2 tsp
Vanilla Extract 1 tsp
Lemon Juice 1 whole lemon
Sliced Almonds 2 tsp
Baking Powder 1 tsp

Zesty Lemon Blueberry Baked Oats

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Method

Preheat your oven to 350°F (180°C).

In a mixing bowl, combine the bananas, eggs, baking powder, lemon juice, lemon zest, oats, whey protein, chia seeds, flax seeds and vanilla extract. Mix until smooth and well combined. Gently fold in the blueberries, saving a few for topping.

Pour the mixture into a greased or lined baking dish. Scatter the remaining blueberries on top. Bake in the oven for 18-21 minutes, or until the oats are golden and set. A toothpick inserted in the center should come out clean.

Let the baked oats cool slightly before serving. Spoon into bowls and top with a dollop of yogurt and a sprinkle of sliced almonds and extra blueberries. Enjoy warm or cold!

MFP Barcode

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Allergen Information

Contains lactose, eggs, tree nuts.