





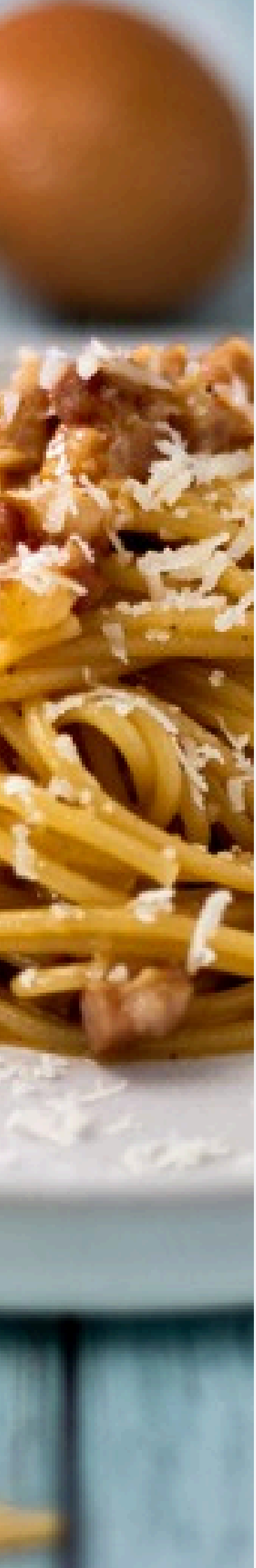





Lunch & Dinner

High-Protein High-Carb

Volume 1 - 17 recipes



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Beef Burger & Sweet Mash

High Protein | High Carb

Living+

Eating healthy does not have to be boring! This burger and mash combo is a great example of enjoying "comfort" foods while still eating well. It makes a great homemade swap for takeout, with less than half the calories of a restaurant burger meal.

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

Makes 2 portions

Ground Beef 250g, 95% lean
Egg 1
Rice Flour 1 tbsp
Brioche Buns 2
Salt pinch
Pepper twist
Paprika 1/2 tsp
Chili Flakes pinch
Olive Oil 1 tsp
Mixed Greens 2 handfuls, store bought
Red Onion 2 thin slices (ring)
Sweet Potato 2 small (300g)
Milk 2 tbsp
Butter 1 tsp
Maple Syrup 1 tbsp
Burger Sauce 1 tbsp light mayo & 1 tbsp sriracha sauce

Beef Burger & Sweet Mash

High Protein | High Carb

livingplusrx.com

Method

In a mixing bowl, add the ground beef, egg, rice flour, salt, pepper, paprika and chili flakes. Mix well, then split the mixture into two balls and flatten them into patties of the thickness you like.

Next, peel and cube the sweet potatoes and add them to a pot of boiling water. Cook on medium heat for 10 to 12 minutes, until a fork easily pierces the potato. Once cooked, drain the water and set aside.

Next, add the olive oil to a pan. Cook the patties on medium heat for 3 minutes on each side, until cooked through (160°F/71°C inside).

As the patties cook, turn the heat back on the potatoes (low) and add the milk, maple syrup, and butter. Mash and mix the potatoes until smooth and creamy. At this time, prepare your burger sauce by mixing the light mayo and sriracha sauce.

Next, assemble your burgers in the brioche buns with some sauce, greens and onion. Serve with a scoop of creamy mash and the rest of the mixed greens.

MyFitnessPal



Living+

Allergen Information

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



Carbonara

High Protein | High Carb

Living+

A traditional carbonara is top of the pile when it comes to Italian dishes. So simple but at the same time complex. This dish will challenge your culinary skills, therefore keep your attention and concentration at all times.

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

Makes 2 portions

Spaghetti 175g or 6.2oz

Pancetta 100g or 3.5oz

Eggs 2

Black Pepper 1/4 tsp

Pecorino cheese 50g or 1.7oz

Carbonara

High Protein | High Carb

livingplusrx.com

Method

Bring a large pot of water to a boil. While waiting for the water to boil, add the pancetta to a pan on medium heat and cook it for 3 minutes.

Once the water is boiled, add the spaghetti and cook al dente (as per the package instructions). After 3 minutes of cooking, take the pan with the pancetta off the heat and place it to the side.

The next step is to finely grate the pecorino cheese into a bowl. Grate the 50g and then crack the eggs in along with the black pepper. Whisk this mixture well with a fork. The mixture should be nice and thick. Don't add salt!

After 9 or so minutes (see the package instructions) the spaghetti should be cooked. Drain the spaghetti but keep a cup of the pasta water.

Now bring the pan with the pancetta back to medium heat, then immediately add the spaghetti. Cook at this heat until you hear the dish sizzle. At this point, turn the heat off.

Wait 1 minute (maybe even longer) for the heat of the pan to cool. Then add the cheese & egg mixture. Stir immediately and keep stirring until it is a thick sauce. Pay attention to the consistency, which should be creamy, but not runny. If you notice that your carbonara is too runny, add some cheese. If you notice that it's too sticky, add 1 or 2 tablespoons of the cooking water.

MyFitnessPal



Living+

Allergen Information

Contains eggs, wheat, lactose.



Chicken Katsu Curry

High Protein | High Carb

Living+

A sumptuous Japanese-inspired dish that promises a delightful culinary experience. It features crispy, panko-coated chicken breasts served over a bed of fragrant jasmine rice and accompanied by a rich, aromatic curry sauce. It makes a balanced and satisfying meal.

Prep: 25 min | Cook: 35 min | Fresh: 5 days | Beginner

Makes 5

- **Chicken Breast** 5, average
- **Jasmine Rice** 300g or 10.5 oz, dry
- **Coconut Milk** 1/2 can
- **Eggs** 2
- **Water** 100ml
- **Carrots** 2, small
- **Panko Breadcrumbs** 80g or 3oz
- **Yellow Onion** 1 small
- **All-Purpose Flour** 3 tbsp
- **Garlic Cloves** 5
- **Olive Oil** 1 tbsp
- **Ginger & Curry Powder** 1 tbsp each

Chicken Katsu Curry

High Protein | High Carb

livingplusrx.com

Method

Flatten the chicken breasts slightly for even cooking. Set up a breading station with separate plates for flour, beaten eggs, and panko breadcrumbs. Coat each chicken breast in flour, dip in egg, and then press into panko breadcrumbs until well coated.

Cook the chicken in the air fryer at 400°F (200°C) for 12-15 minutes, turning halfway, until golden, crispy and cooked through (165°F/75°C inside).

Rinse jasmine rice under cold water until the water runs clear. Cook the rice according to package instructions.

In a saucepan, heat olive oil over medium heat. Sauté onion, carrots, garlic, and ginger until softened. Add curry powder and cook for another minute. Pour in water and coconut milk, bring to a simmer. Simmer for 20 minutes, then blend until smooth.

Slice the cooked chicken katsu into strips. Place a portion of jasmine rice on each plate, top with the chicken and generously ladle the curry sauce over the chicken and rice.

MFP Barcode



Living+

Allergen Information

Contains wheat, eggs, coconut. May contain mustard.



Chicken Korma

High Protein | High Carb

Living+

A symphony of flavors, offering a perfect blend of spicy, sweet, and savory notes. The tender chicken pieces bring a hearty protein element, while the vegetables introduce a delightful crunch and nutritional punch. The creamy sauce, laced with an array of spices, offers an indulgent texture and a rich, unforgettable taste.

Prep: 10 min | Cook: 30 min | Fresh: 5 days | Beginner

Makes 4

Chicken Breast 4 average

Basmati Rice 240g or 8.4oz, dry

Garlic Cloves 6

Yellow Onion 2, medium

Coconut Cream 1/2 can

Red Bell Pepper 1, medium

Yellow Bell Pepper 1, medium

Water 100ml or 3.4 fl oz

White Mushrooms 100g or 3.5 oz

Greek Yogurt 2 tbsp

Red Chilies 2

Ginger 1 tbsp, grated

Spice Mixture: Curry Powder (2 tsp), Salt (½ tsp), Cumin (1 tsp), Cinnamon & Turmeric (½ tsp each), Pepper (½ tsp)

Cilantro 1 sprig

Chicken Korma

High Protein | High Carb

livingplusrx.com

Method

Dice 4 chicken breasts and place them in a bowl. Add 1 tsp of curry powder, the salt and 2 crushed garlic cloves. Mix well and let it marinate for 1 to 24 hours. This step isn't necessary, but it significantly enhances the flavors.

Meanwhile, dice the red and yellow bell peppers and slice the mushrooms. Set them aside.

Heat a non-stick pot over medium heat with a splash of water. Add 1 chopped onion, 1 chopped red chili and 2 crushed garlic cloves. Cook for 3-5 minutes until the onion is translucent.

Add the marinated chicken to the pot and cook for about 10 minutes, stirring occasionally. While the chicken is cooking, blend together 1 onion, 2 garlic cloves, 1 red chili, and 100ml of water until smooth.

After 10 minutes of cooking the chicken, add the blended mixture to the pot. Stir well, then add 1/2 can of coconut cream and 2 tablespoons of Greek yogurt.

Next, add in the grated ginger, 1 tsp of curry powder, 1/2 tsp each of cinnamon, turmeric, and black pepper, 1 tsp of cumin, and the chopped cilantro. Mix everything well to combine.

Add in the chopped bell peppers and mushrooms, then let everything simmer together for 10 to 20 minutes. Finally, serve the chicken korma with the cooked basmati rice.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, coconut.
May contain mustard.



Chicken Satay

High Protein | High Carb

Living+

The next time you crave your favorite restaurant's Chicken Satay, why not give this alternative a try. I guarantee it won't disappoint.

Prep: 10 min | Cook: 20 min | Fresh: 2 days | Beginner

Makes 4

- **Chicken Breast** 4
- **Basmati Rice** 240g or 8.4 oz
- **Peanut Butter** 140g or 5 oz
- **Coconut Milk** 120ml or 4 fl oz
- **Lime** 1, zested & juiced
- **Curry Powder** 2 tbsp
- **Honey** 1 tsp
- **Garlic** 2 cloves
- **Olive Oil** 2 tsp
- **Red Chilies** 2
- **Cilantro** 1 sprig
- **Fresh Ginger** 1 tsp
- **Chili Flakes** 1/2 tsp

Chicken Satay

High Protein | High Carb

livingplusrx.com

Method

First, dice the chicken breasts and add them to a mixing bowl along with a tsp of olive oil and a tbsp of curry powder. Mix well and set aside to marinate.

Next, prepare the sauce. To a saucepan, add the peanut butter, honey, coconut milk, chili flakes, curry powder, the zest of 1 lime and the juice, the ginger, and garlic cloves (crushed).

Place the chicken on skewers if you like.

Next, add a tsp of olive oil and the chicken to a pan over medium heat. Cook for 8-10 minutes, turning, until golden and cooked through.

As the chicken cooks, bring a pot of water to a boil and add the rice. Cook the rice according to the package instructions.

With 5 minutes remaining until the rice is cooked, place the saucepan with the satay sauce on low-medium heat. Mix well and stir regularly.

Serve the chicken with the rice and the satay sauce on the side, topped with cilantro and sliced red chili (optional).

MFP Barcode

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

Living+

Allergen Information

Contains peanuts, coconut. May contain mustard.



Chicken Tikka Masala

High Protein | High Carb

Living+

Experience the vibrant flavors of India with this exquisite Chicken Tikka dish. Infused with a blend of aromatic spices, including cumin, coriander, and garam masala, this dish presents a harmonious symphony of taste sensations that will transport your taste buds to the heart of Indian cuisine.

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

Makes 4

Chicken Breast 4 average
Chopped Tomatoes 1 can
Light Cream 270ml or 9.1 fl oz
Basmati Rice 240g uncooked
Red Bell Pepper 2 medium
Yellow Onion 1 large
Ginger 1 tbsp, grated
Mango Chutney 60g or 2.1 oz
Skyr Yogurt 2 tbsp
Garlic 5 cloves
Tikka Masala Powder 1 tbsp
Olive Oil 1 tsp

Chicken Tikka Masala

High Protein | High Carb

livingplusrx.com

Method

Dice the chicken breasts and place to the side. Chop the onion, mince the garlic and grate the ginger and then add them to a pan for 3 minutes with the oil.

After 3 minutes, add the diced chicken to the pot and cook for 5 minutes. As the chicken cooks, chop the bell peppers.

Add the mango chutney and mix well.

After 5 minutes, add the masala powder and cook for 2 more minutes. Then add the bell peppers and cook for 3 minutes.

Next add the chopped tomatoes. Cook for 10 minutes on medium heat. Once the sauce reduces down add the light cream and the skyr yogurt. Mix well and cook for 2 minutes.

As the dish is cooking, cook the rice according to the package instructions.

MFP Barcode

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

Living+

Allergen Information

Contains lactose. May contain mustard, sulfites.



Chipotle Chili on Baked Sweet Potato

High Protein | High Carb

Living+

This combination of baked sweet potato topped with a spicy and smoky chipotle chili make the perfect tummy hugging meal. Packed with fiber and a good blend of all macronutrients make this the perfect mixed meal that will keep you fuller for longer.

Prep: 5 min | Cook: 45 min | Fresh: 3 days | Beginner

Makes 2

Chopped Tomatoes 1 can
Sweet Potato 1 large
Lean Ground Beef 250g or 8.8 oz
Red Bell Pepper 2 medium
Red Kidney Beans 1/2 can, drained
Yellow Onion 1 medium
Garlic Cloves 3
Tomato Paste 1 tbsp
Chipotle Paste 1 tsp
Cumin 1 tbsp
Olive Oil 1 tsp
Brown Sugar 1 tsp
Cilantro 1 sprig
Cinnamon 1/2 tsp
Dried Oregano 1 tsp

Chipotle Chili on Baked Sweet Potato

High Protein | High Carb

livingplusrx.com

Method

Wash the sweet potato, then pierce it with a fork around 6 times. Cook it in the air fryer at 400°F (200°C) for 35 to 45 minutes, or in the oven at the same temperature for 45 to 60 minutes.

Next dice the onion and add it to a large pot with the crushed garlic and olive oil. Cook for 2 to 3 minutes on medium heat.

Next, add the chipotle paste and stir until it is well mixed. Add the ground beef and brown it.

Next, add the red bell pepper, seeded and diced, along with the spices, sugar and herbs. Mix well and cook for 2 minutes.

Add the chopped tomatoes, tomato paste, and kidney beans. Mix well and then leave to simmer for 12 minutes.

Once the sweet potato is cooked, chop it in half and serve with the chili spooned on top. Garnish with some fresh cilantro leaves.

MFP Barcode

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

Living+

Allergen Information

May contain sulfites.



Chorizo & Chicken Gnocchi

High Protein | High Carb

Living+

Each delectable bite is bursting with tender pieces of chicken, spicy chorizo, and pillowy-soft gnocchi, all melded together in a rich, savory sauce that will delight your taste buds. With a perfect balance of textures, this dish is a true feast for the senses that will leave you feeling completely satisfied.

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

Makes 2

- **Chopped Tomatoes** 1 can
- **Gnocchi** 400g or 14.1 oz
- **Chicken Breast** 2
- **Cherry Tomatoes** 10
- **Red Bell Pepper** 1 large
- **Red Onion** 1 small
- **Chorizo** 40g or 1.4 oz
- **Garlic** 3 cloves
- **Olive Oil** 2 tsp
- **Paprika** 1 tsp

Chorizo & Chicken Gnocchi

High Protein | High Carb

livingplusrx.com

Method

Heat a small pot over medium heat and add 1 tsp of olive oil. Once heated, add sliced red bell pepper and cook for 2 minutes.

Add the chopped tomatoes and halved cherry tomatoes to the pot and continue to cook for 4 minutes. Remove from heat and let it cool. Blend the mixture to a smooth texture and set aside.

Heat a pot over medium heat and add 1 tsp of olive oil. Next, add crushed garlic cloves and diced red onion, and cook for 3 minutes.

Add diced chorizo and chopped chicken breasts and cook until the chicken turns white. Then add the sauce along with the paprika. Mix well and simmer for 5 minutes.

While the sauce is simmering, cook gnocchi according to the instructions on the package. Once cooked, drain the gnocchi and add it to the pot with the sauce.

Mix well before serving.

MFP Barcode

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

Living+

Allergen Information

Contains wheat. May contain eggs, lactose, sulfites.



Creamy Chorizo & Chicken Pasta

High Protein | High Carb

Living+

Another quick, high protein, high carb meal that is bursting with flavor and a rich creamy sauce. Perfect for fueling and recovery. If you want to lower the fat content, swap the light cream for fat-free half-and-half.

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

Makes 4 portions

Chicken Breasts 4, average size
Chopped Tomatoes 1 can
Rigatoni 300g or 10.6oz
Cherry Tomatoes 10
Light Cream 150ml (5fl oz)
Yellow Bell Pepper 1 medium
Italian Seasoning 1 tsp
Red Bell Pepper 1 medium
Yellow Onion 1 medium
Chorizo 80g or 2.8oz
Garlic 4 cloves
Olive Oil 1 tsp
Paprika 1 tsp

Creamy Chorizo & Chicken Pasta

High Protein | High Carb

livingplusrx.com

Method

Bring a large pot of water to a boil. Peel and chop the onion, seed and chop the bell peppers and set them aside.

Chop the chorizo into little chunks and then place them on a large pan with the olive oil. Cook on medium heat for 3 minutes before adding the onion and bell peppers.

Add the pasta to the boiling water and cook al dente according to the package instructions (around 14 minutes). Next, as the vegetables cook in the pan, dice the chicken breasts, and once diced, add them to the pan.

Cook them until white before adding in the garlic (finely grated or crushed). Cook for 1 minute.

Add the chopped tomatoes, Italian seasoning and paprika, and then cook on medium to high heat for 10 minutes. This should thicken the sauce and bring out the flavors more.

Be sure to stir consistently. Once the 10 minutes is up, lower the heat and then pour in the cream. Cook for 2 minutes on the low heat.

While that is simmering, the pasta should be ready. Drain it (keep a little of the water in case the sauce is too thick) and add the pasta to the pan. Mix well, then serve topped with the cherry tomatoes, halved.

MyFitnessPal



Living+

Allergen Information

Contains lactose, wheat.
May contain sulfites.



Crispy Asian Beef Noodles

High Protein | High Carb

Living+

A fantastic Asian beef recipe that will make you ditch the takeout! This quick and easy udon noodle stir fry is packed with protein and is low in fat, making it a much healthier alternative to a restaurant based equivalent.

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

Makes 4

- **Lean Beef Strips** 500g or 17.6 oz
- **Udon Noodles** 400g or 14.1 oz
- **Red Bell Pepper** 2 medium
- **Yellow Onion** 1 medium
- **Carrot** 1 medium
- **Sweet Chili Sauce** 3 tbsp
- **Honey** 2 tbsp
- **Sriracha** 3 tbsp
- **Hoisin Sauce** 2 tbsp
- **Soy Sauce** 1 tbsp
- **Sesame Oil** 2 tsp
- **Cornstarch** 2 tbsp
- **Green Onion** 1 whole
- **Garlic** 4 cloves
- **Rice Vinegar** 2 tbsp

Crispy Asian Beef Noodles

High Protein | High Carb

livingplusrx.com

Method

In a large bowl, toss the beef strips with the cornstarch. Cook the strips in the air fryer at 350°F (180°C) for 16 minutes, or until crispy. Alternatively, pan-fry the beef strips.

Prepare the vegetables by peeling and dicing the onion, seeding and slicing the red bell pepper, and by peeling and grating the carrot.

Next, to a wok, add the diced onion, crushed garlic cloves, and a tsp of sesame oil. Cook on medium heat for 2 minutes before adding the finely sliced red bell pepper and grated carrot.

As that cooks, stir regularly. Now, prepare the sauce by mixing together the sweet chili sauce, honey, sriracha, hoisin, soy sauce, rice vinegar and the remaining tsp of sesame oil.

With 7-8 minutes remaining, cook the udon noodles according to the package instructions.

Add the sauce to the pan, and mix well. Lower the heat and once the beef is ready add it to the pan.

Drain the udon noodles and transfer them to the pan. Mix well before serving with a garnish of sliced green onion.

MFP Barcode

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

Living+

Allergen Information

Contains wheat, soy, sesame. May contain sulfites.



KCAL 569.7

PRO 41.2g

CARB 68.8g

FAT 15.1g

FIBER 1.5g

Per serving

Crispy Chili Beef Flatbread

High Protein | High Carb

Living+

Elevate your mealtime with the Crispy Chili Beef Flatbread, an irresistible fusion of crunchy beef strips and vibrant flavors, all wrapped up in a warm flatbread. This dish combines the sweetness and tang of Asian-inspired sauce with tender beef, sautéed peppers, and a hint of heat, making it a perfect quick dinner or a flavorful lunch.

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

Makes 2

Lean Beef Strips 250g or 8.8oz
Flatbread 2
Egg 1
Red Bell Pepper 1, small
Green Onion 1
Cornstarch 30g or 1oz
Red Chili 1/2, sliced
Garlic Cloves 2
Sweet Chili Sauce 1 tbsp
Tomato Paste 1 tbsp
Honey 1 tsp
Ketchup 1 tbsp
Soy Sauce 2 tbsp
Ginger 1 inch piece
Lemon Juice 2 tbsp
Sriracha Sauce Optional

Crispy Chili Beef Flatbread

High Protein | High Carb

livingplusrx.com

Method

In a small bowl, combine sweet chili sauce, tomato paste, honey, ketchup, soy sauce, minced garlic, grated ginger, and lemon juice. Mix well and set aside.

Tenderize the beef if needed, then slice it into thin strips. Dip the strips first into the beaten egg and then coat them thoroughly in cornstarch.

Place the coated beef strips in the air fryer basket. Set the air fryer to 400°F (200°C) and cook for 12-14 minutes, until the beef is crispy.

While the beef is cooking, heat a non-stick pan over medium heat. Add the sliced red bell pepper and sauté for a few minutes until it begins to soften.

A few minutes before the beef is done, pour the prepared sauce into the pan with the pepper. Increase the heat and cook until the sauce begins to bubble. Stir in the crispy beef strips and mix well to ensure they are coated with the sauce.

Warm or toast the flatbreads. Spread the beef and pepper mixture over each flatbread. Garnish with chopped green onions and sliced red chili. Optionally, drizzle with a little more sriracha for extra heat.

Serve the flatbreads immediately, offering a vibrant and tasty meal that's sure to impress.

MFP Barcode

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

Living+

Allergen Information

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



KCAL 565
PRO 45.5g
CARB 67.6g
FAT 12.5g
FIBER 1.3g
Per serving

Garlicky Soy Chicken Rice

High Protein | High Carb

Living+

Dive into the simplicity and savoriness of this one-pot Garlicky Soy Chicken Rice. It's an effortless, flavorful meal where the rice and chicken cook together in a melody of soy and spices, finished off perfectly with a crispy fried egg. Ideal for busy weeknights or when you need a comforting meal without the fuss.

Prep: 10 min | Cook: 30 min | Fresh: 3 days | Beginner

Makes 4

Chicken Breast 4 (125g or 4.4oz per breast)
Basmati Rice 300g or 10.6oz
Water 450ml or 15fl oz
Egg 4
Oyster Sauce 2 tbsp
White Wine Vinegar 2 tbsp
Soy Sauce 2 tbsp
Sriracha Sauce 1 tbsp
Green Onions 2
Garlic 2 cloves
Chicken Stock 1 cube
Sesame Oil 2 tsp
Chili Crunch Oil 2 tsp

Garlicky Soy Chicken Rice

High Protein | High Carb

livingplusrx.com

Method

Dissolve the chicken stock cube in 450ml (15fl oz) of boiling water and mix in the white wine vinegar, oyster sauce, soy sauce, sriracha, sesame oil and grated garlic. In a saucepan, add the rice and then the stock mixture.

Place the chicken breasts on top of the rice mixture. Bring the mixture to a boil over medium heat, then cover the pan, reduce the heat to low, and let it simmer for 20-30 minutes. The rice should absorb all the liquid and the chicken should be fully cooked.

Remove the pan from heat and let it stand covered for 5 minutes. Stir in the chopped green onions and drizzle with the chili crunch oil. If desired, top each serving with a fried egg.

MFP Barcode

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

Living+

Allergen Information

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



KCAL 541.5

PRO 44.1g

CARB 72g

FAT 8.6g

FIBER 4.6g

Per serving

Gnocchi with Hearty Beef Ragu

High Protein | High Carb

Living+

This comforting dish pairs pillowy gnocchi with a robust beef ragu, slow-simmered to perfection. A hearty, warming meal, perfect for cozy evenings at home.

Prep: 5 min | Cook: 60 min | Fresh: 3 days | Beginner

Makes 3

Diced Beef 500g or 17.6oz

Passata 500g or 17.6oz

Gnocchi 500g or 17.6oz

Garlic Cloves 3

Rosemary 1 tbsp, chopped

Gnocchi with Hearty Beef Ragu

High Protein | High Carb

livingplusrx.com

Method

In a large skillet or saucepan, cook the beef over medium-high heat until browned. This should take about 5-7 minutes.

Reduce the heat to medium. Add the minced garlic and chopped rosemary to the beef. Cook for 1-2 minutes until fragrant.

Pour the passata over the beef mixture. Stir to combine. Bring the sauce to a simmer, then reduce the heat to low. Cover and let it simmer gently for about 1 hour, stirring occasionally. The sauce should thicken and the beef become tender.

When the ragu is nearly ready, bring a large pot of water to a boil. Cook the gnocchi according to the package instructions (usually 2-3 minutes, until they float), then drain and stir into the ragu to serve.

MFP Barcode

Allergen Information

Contains wheat. May contain eggs, lactose.



KCAL 536.9

PRO 46.1g

CARB 65.2g

FAT 10.6g

FIBER 4.8g

Per serving

Harissa Chicken Gyros

High Protein | High Carb

Living+

Dive into the vibrant flavors of these Gyros, featuring spicy marinated chicken wrapped in soft flatbreads with crisp vegetables and creamy homemade tzatziki. This dish combines the warmth of Middle Eastern spices with the cool, refreshing taste of Greek yogurt sauce, making it a perfect meal for any day of the week.

Prep: 15 min | Cook: 20 min | Fresh: 1 day | Beginner

Makes 2

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

Cucumber 1, small

Flatbreads 2

Oven Fries 150g or 5.3oz

Greek Yogurt 100g or 3.5oz, 0% fat

Harissa Paste 2 tsp

Lettuce 2 leaves

Lemon Juice 1 lemon

Garlic 1 clove

Fresh Mint 1 tbsp, chopped

Cajun Seasoning 1 tsp

Cumin 1 tsp

Black Pepper 5 twists

Paprika 1 tsp

Salt pinch

Harissa Chicken Gyros

High Protein | High Carb

livingplusrx.com

Method

In a bowl, combine the harissa paste, lemon juice, cajun seasoning, cumin, paprika, and a pinch of salt and pepper. Coat the chicken breasts thoroughly with the marinade. For best flavor, let the chicken marinate for a few hours in the refrigerator.

Preheat your air fryer to 400°F (200°C). Place the marinated chicken and the oven fries in the air fryer basket. Cook for 15-18 minutes, until the chicken is cooked through (165°F/75°C inside) and the fries are crispy.

While the chicken cooks, mix the Greek yogurt, grated cucumber, lemon juice, minced garlic, chopped mint, and seasoning in a bowl. Adjust the salt and pepper according to your taste.

Warm the flatbreads slightly to make them pliable. Slice the cooked chicken into strips. Spread a layer of tzatziki on each flatbread, add the chicken strips and top with the lettuce. Serve with the fries.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, wheat.



Hearty Italian Ragu

High Protein | High Carb

Living+

This slow-cooked Ragu is a rich and hearty meal perfect for any occasion. Made with sausage, lean ground beef, vegetables, and a medley of herbs, it delivers layers of deep flavor. High in protein, fiber, and healthy fats, this meal also works as an ideal post-workout recovery dish or as a comforting family dinner.

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

Makes 6

Water 1 liter (34fl oz)
Chicken Stock 1 cube
Plum Tomatoes 2 cans
Ground Beef 500g or 17.6oz, low-fat
Sausage 500g or 17.6oz, lower-fat
Pasta 60g or 2.1oz per portion
Onion 2, medium
2% Milk 200ml or 6.7fl oz
Carrot 3, medium
Fennel 1 bulb
White Wine 1 glass
Tomato Paste 2 tbsp
Garlic Cloves 3
Olive Oil 1 tbsp
Fennel Seeds 1 tbsp
Fresh Thyme 1 sprig

Hearty Italian Ragu

High Protein | High Carb

livingplusrx.com

Method

Remove sausage skins and add the sausage meat and ground beef to a large, heavy-bottomed pan over medium-high heat. Break the meat up with a spatula, cooking until browned and most of the fat has rendered, about 10-15 minutes. Remove from the pan and set aside.

In the same pan, add olive oil and sauté the onions (diced), fennel (diced), and carrots (diced) over medium-high heat for 12-15 minutes until softened and caramelized.

Add garlic, fennel seeds, and thyme sprig to the vegetables and cook for another 2-3 minutes until fragrant.

Pour in the white wine, stirring to lift any browned bits from the bottom of the pan. Let the wine evaporate almost completely, about 2-3 minutes.

Return the browned meat to the pan with the tomato paste, canned tomatoes, milk and the stock cube dissolved in 1 liter of boiling water. Bring to a low simmer.

Cover the pan with a lid and let the ragu cook on low for 3-4 hours, stirring occasionally. If the sauce reduces too much, add a splash of water. The longer it simmers, the richer the flavor will become.

Cook your pasta according to the package instructions. When ready to serve, mix the sauce into the cooked pasta.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, wheat, sulfites.



Katsu Tofu with Charred Pineapple

High Protein | High Carb

Living+

Crunchy, golden tofu with a fragrant blend of miso and turmeric, balanced by tangy mango chutney and a gentle curry warmth. The fresh, crunchy veggies and charred pineapple add vibrant colors and textures, with a sweet tropical note. This dish provides a balanced meal, rich in protein, fiber, and vitamins.

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

Makes 4

Firm Tofu 500g or 17.6 oz
Turmeric 1/2 tsp
White Miso Paste 2 tbsp
Rice Vinegar 2 tbsp
Basmati Rice 200g or 7 oz, dry
Breadcrumbs 40g or 1.4 oz
White Sesame Seeds 40g or 1.4 oz
Curry Powder 1 tsp
Pineapple 1/2 average
Mango Chutney 2 tbsp
Green Onion 4
Carrot 1 large
Cucumber 1 average
Green Cabbage 100g or 3.5 oz
Cilantro 1 cup

Katsu Tofu with Charred Pineapple

High Protein | High Carb

livingplusrx.com

Method

Slice the firm tofu into 4 even steaks.

Create a marinade by combining ½ teaspoon of ground turmeric, 2 tablespoons of miso, and 2 tablespoons of rice vinegar in a wide, shallow bowl.

Place the tofu steaks into the marinade, turning them to ensure they are thoroughly coated. Allow the tofu to marinate for at least 1 hour, flipping them halfway through.

Press each tofu steak into the mixed breadcrumbs and sesame seeds. Air fry at 400°F (200°C) for 20 minutes, flipping halfway.

For the katsu dressing, combine 1 teaspoon of curry powder and 2 tablespoons of mango chutney with the reserved marinade. Stir in 50ml (3 tbsp) of water to thin it out slightly.

Core half a pineapple and cut it into 4 wedges. Pan-sear each wedge in a hot skillet for about 3 minutes on each side until they're nicely charred.

Thinly slice the 4 green onions, grate the carrot and cucumber and slice the green cabbage. Pick the leaves from the cilantro.

Cook the rice according to the package instructions. To assemble, divide the rice, sliced vegetables and cilantro among 4 bowls. Add the crispy tofu steaks, sliced into strips, and a wedge of charred pineapple to each bowl. Drizzle over the katsu dressing.

MFP Barcode

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

Living+

Allergen Information

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



Lemon Pepper Chicken

High Protein | High Carb

Living+

Eating plain vegetables is boring. Eating plain chicken is worse. Change up your seasoning game with lemon pepper seasoning. The savory seasoning goes really well with the Italian-inspired roasted vegetable mixture.

Prep: 5 min | Cook: 30 min | Fresh: 3 days | Beginner

Makes 2 portions

Chicken Breasts 2
Basmati Rice 1 boil-in-bag pouch
Lemon Pepper Seasoning, dusting
Parsley 1 tbsp, chopped
Red Bell Pepper 1 large, chopped
Zucchini ½ small, chopped
Cherry Tomatoes 1 handful, whole
Red Onion 1, small, peeled & chopped
Olive Oil 1.5 tsp
Garlic Powder 1/4 tsp
Oregano 1/4 tsp
Rosemary 1/4 tsp
Thyme 1/4 tsp
Basil 1/4 tsp
Salt pinch
Pepper twist
Brown Sugar 1/2 tsp

Lemon Pepper Chicken

High Protein | High Carb

livingplusrx.com

Method

Preheat the oven to 350°F (180°C). Dust each chicken breast with the lemon pepper seasoning.

In a mixing bowl, add the zucchini, red bell pepper, cherry tomatoes (whole), red onion and half the parsley. Add 1/2 tsp of olive oil, the dried herbs, garlic powder, brown sugar, salt and pepper. Mix well, spread on a roasting pan and roast for 30 minutes.

Heat the remaining 1 tsp of olive oil in a pan and sear the chicken for 2 minutes on each side. Add it to the roasting pan with 17 minutes left on the timer.

Boil the rice according to the package, so it is ready at the same time as the vegetables and chicken. Serve garnished with the remaining parsley.

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Allergen Information

Contains none.