










Lunch & Dinner

High-Protein High-Carb

Volume 2 - 17 recipes



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Air Fryer Kung Pao Chicken

High Protein | High Carb

Living+

A lighter twist on the classic Chinese takeout favorite, perfectly crispy air-fried chicken pieces tossed with colorful stir-fried veggies in a bold, sweet-spicy sauce. Using the air fryer keeps the chicken lean and crispy without excess oil, while the homemade sauce brings all the flavor.

Prep: 15 min | Cook: 17 min | Fresh: 3 days | Beginner

Makes 2

Chicken Breast 2, (125g or 4.4oz per breast)
Basmati Rice 120g or 4.3oz, dry
Green Bell Pepper 1, small
Red Bell Pepper 1, small
Yellow Onion 1, small
Carrot 1, small
Green Onion 1
Water 40ml or 1.35fl oz
Soy Sauce 3 tbsp
Honey 1 tbsp
Sriracha ½ tbsp
Garlic 1 clove
White Wine Vinegar ½ tbsp
Cornstarch 3 tsp
Hoisin Sauce ½ tbsp
Chinese 5 Spice 1 tsp
Ginger ½ tsp

Air Fryer Kung Pao Chicken

High Protein | High Carb

livingplusrx.com

Method

In a bowl or container, mix the chicken with 1 tbsp soy sauce, 2 tsp cornstarch, and Chinese 5 spice. Shake or stir to coat thoroughly.

Air fry at 400°F (200°C) for 12–14 minutes, shaking halfway through to prevent sticking and ensure even browning.

While the chicken cooks, heat a non-stick pan with a splash of water and stir-fry the sliced onion, grated carrot and both sliced bell peppers on medium heat until they start to soften (about 5–7 minutes).

In a small bowl, whisk together all sauce ingredients (soy sauce, vinegar, ginger, hoisin, sriracha, water, cornstarch, honey and garlic). Pour into the pan with the veggies and simmer for a few minutes until slightly thickened.

Once the chicken is done, add it to the pan and toss with the sauce and vegetables. Cook for 1-2 more minutes to coat. Meanwhile, cook the rice according to the package instructions. Serve the chicken over the rice, garnished with the chopped green onion.

MFP Barcode

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

Living+

Allergen Information

Contains soy, wheat. May contain sesame, sulfites.



Chorizo & Red Pepper Risotto

High Protein | High Carb

Living+

Creamy, savory, and packed with bold flavors, this Chorizo & Red Pepper Risotto is everything you want in a rice dish. The smokiness of chorizo, sweetness of red bell peppers, and richness of Parmesan combine perfectly in every bite. A quick yet indulgent dinner perfect for any day of the week!

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

Makes 4

Chorizo 200g or 7oz

Water 700ml or 24fl oz

Arborio Rice 300g or 10.6oz

Red Bell Peppers 2, large

Yellow Onion 1, large

Light Cream 80ml or 2.7fl oz

Parmesan Cheese 80g or 2.8oz

Garlic 6 cloves

Beef Stock 1 cube

Chorizo & Red Pepper Risotto

High Protein | High Carb

livingplusrx.com

Method

Dice the onion, red bell peppers and chorizo, and mince the garlic. Heat a large skillet over medium heat and add the chorizo. Cook for 3 minutes until it releases its smoky oils, then add the onion and garlic and sauté until soft, about 5 minutes.

Add the diced red bell peppers to the pan. Cook for another 5–7 minutes until the peppers soften.

Stir the arborio rice into the pan, making sure it is fully coated in the oil. Cook for 2 minutes, stirring often.

Dissolve the stock cube in the 700ml (24fl oz) of hot water. Add the stock a ladle at a time, stirring constantly, and let the rice absorb the liquid before adding more. Continue for about 15 minutes, until the rice is al dente (cooked but with a slight bite).

Once the rice is cooked, reduce the heat to low and stir in the light cream and grated Parmesan. Cook for an additional 2 minutes until creamy, then serve.

MFP Barcode

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

Living+

Allergen Information

Contains lactose. May contain wheat, sulfites.



KCAL 507.6
PRO 40.4g
CARB 66.7g
FAT 9.1g
FIBER 3.7g
Per serving

Crispy Fish Tacos with Mango Salsa

High Protein | High Carb

Living+

The perfect balance of light, fresh, and satisfying. The white fish fillets are air-fried to golden perfection with a crunchy breadcrumb coating, while the vibrant mango salsa adds a refreshing, slightly sweet kick. Served in soft flour tortillas with crisp lettuce and a squeeze of lime, this high-protein, nutrient-rich meal is ideal for a quick dinner.

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

Makes 2

Cod Fillet 300g or 10.6oz
Mango 150g or 5.3oz
Small Flour Tortillas 4
Egg 1
Lime Juice 1 lime
Red Bell Pepper ½ small
Red Onion ½ small
All-Purpose Flour 30g or 1oz
Breadcrumbs 30g or 1oz
Lettuce 2 leaves
Cilantro 1 sprig
Garlic Powder ½ tsp
Paprika ½ tsp
Black Pepper 2 twists
Salt 2 pinches

Crispy Fish Tacos with Mango Salsa

High Protein | High Carb

livingplusrx.com

Method

Cut the cod into strips and season with salt and pepper. Set up a breading station: one bowl with flour, one with beaten egg, and one with breadcrumbs mixed with the paprika and garlic powder.

Coat each strip: first in flour, then egg, then breadcrumbs. Press to coat well. Place the breaded fish strips in a single layer in the air fryer basket.

Air fry at 400°F (200°C) for 10–12 minutes, flipping halfway, until golden and crispy.

Combine diced mango, red bell pepper, red onion, cilantro, lime juice, and a pinch of salt in a bowl. Toss gently.

Warm the tortillas. Layer with shredded lettuce, crispy fish, and spoonfuls of fresh mango salsa. Finish with an optional squeeze of lime.

MFP Barcode

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

Living+

Allergen Information

Contains eggs, fish, wheat. May contain sulfites.



Gnocchetti Carbonara

High Protein | High Carb

Living+

This Gnocchetti Carbonara is a flavorful twist on the classic Italian favorite, using gnocchetti pasta for a delightfully chewy texture. The creamy, rich carbonara sauce made with guanciale, eggs, and Pecorino cheese creates a meal that's high in protein and full of comforting flavors, perfect for any Italian-inspired dinner.

Prep: 5 min | Cook: 15 min | Fresh: 1 day | Beginner

Makes 4

Egg 4

Gnocchetti 350g or 12.3oz, dried

Guanciale 200g or 7oz

Pecorino Romano Cheese 120g or 4.2oz

Black Pepper 5 twists

Gnocchetti Carbonara

High Protein | High Carb

livingplusrx.com

Method

In a mixing bowl, whisk the eggs with 100g of finely grated Pecorino cheese until smooth. Season generously with freshly ground black pepper. Set aside.

Dice the guanciale into small cubes. Heat a large skillet over medium heat and cook the guanciale until it's golden and crispy (around 5-7 minutes). There's no need to add oil as the guanciale will render its own fat. Remove from heat and set aside in the pan.

Bring a large pot of water to a boil and cook the gnocchetti according to the package instructions (usually 8-10 minutes). Reserve a splash of the cooking water before draining the gnocchetti.

Add the cooked gnocchetti to the pan with the guanciale, stirring to coat them in the rendered fat. Cook on high heat until they sizzle. Remove from the heat and slowly pour the egg and Pecorino mixture over the gnocchetti, stirring gently. If the sauce is too thick, add a small splash of the reserved pasta water. Take care not to overheat, or the eggs will scramble. Serve topped with the remaining Pecorino.

MFP Barcode

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

Living+

Allergen Information

Contains wheat, eggs, lactose.



Lentil and Walnut Ragu

High Protein | High Carb

Living+

Elevate your pasta game with this nutritious and flavor-packed Lentil and Walnut Ragu. This hearty ragu blends the earthy flavors of lentils, walnuts, and fresh vegetables, giving you a satisfying yet healthy dish that you can enjoy on any weeknight or special occasion.

Prep: 15 min | Cook: 30 min | Fresh: 3 days | Beginner

Makes 4

Tomatoes 3, large
Penne Pasta 240g or 8.5oz, dry
Red Lentils 225g or 8oz
Onion 1, large
Celery 3 stalks
Carrot 1 large
Red Wine 1/4 cup
Walnuts 60g or 2oz
Tomato Paste 3 tbsp
Garlic 3 cloves
Vegetable Stock Cubes 2
Olive Oil 1 tbsp
Balsamic Vinegar 2 tsp
Salt & Pepper to season
Dried Thyme 2 tsp
Dried Oregano 2 tsp
Chili Flakes 1/2 tsp

Lentil and Walnut Ragu

High Protein | High Carb

livingplusrx.com

Method

Heat olive oil in a large pot over medium-high heat. Add the diced onion and sauté for 2-3 minutes. Reduce heat to medium and add the diced carrot, celery, and garlic, along with the salt, pepper, chili flakes, and herbs. Continue to sauté for another 7-8 minutes, stirring occasionally.

Stir in the tomato paste and then deglaze the pot with red wine. Once most of the wine has evaporated, add the diced tomatoes along with their juices. Cook for a few more minutes to let the tomatoes soften.

Add the red lentils and the stock cubes dissolved in 750ml (25fl oz) of boiling water. Bring to a boil, then cover tightly and reduce heat to low. Let it simmer for 20-25 minutes.

Continue cooking uncovered until most of the liquid has evaporated. Stir in the chopped walnuts and balsamic vinegar, then taste and adjust the seasoning. Meanwhile, cook the penne according to the package instructions, drain and serve with the ragu.

MFP Barcode

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

Living+

Allergen Information

Contains wheat, tree nuts, sulfites.



Mediterranean Chicken Burgers

High Protein | High Carb

Living+

These Mediterranean Chicken Burgers are bursting with fresh flavors from sun-dried tomatoes, basil, and a tangy feta sauce. Paired with crispy, seasoned sweet potato wedges, this high-protein meal is perfect for a balanced and nutritious lunch or dinner.

Prep: 15 min | Cook: 30 min | Fresh: 3 days | Beginner

Makes 2

Sweet Potato 300g or 10.5oz
Ground Chicken 160g or 5.6oz
Potato Buns 2
Tomato 1
Greek Yogurt 40g or 1.4oz, 0% fat
Sun-Dried Tomatoes 4
Feta Cheese 20g or 0.7oz
Romaine Lettuce 2 leaves
Cajun Seasoning 1 tbsp
Honey 1 tsp
Fresh Basil 5 leaves
Cornstarch 1 tsp
Olive Oil 1 tsp

Mediterranean Chicken Burgers

High Protein | High Carb

livingplusrx.com

Method

Preheat your oven to 425°F (220°C).

Cut the sweet potatoes into wedges and place them in a large mixing bowl. Toss with the olive oil, cajun seasoning and cornstarch. Arrange in a single layer on a baking sheet and roast for 25-30 minutes until golden and crispy.

In a mixing bowl, add the ground chicken, diced sun-dried tomatoes and chopped basil. Gently mix until combined, being careful not to overwork the meat. Divide the mixture into 2 equal portions and shape into burger patties.

In a small bowl, mix together the Greek yogurt, crumbled feta and honey, and set aside.

Heat a non-stick skillet over medium heat. Fry the chicken patties for about 2 minutes on each side. Once sealed, air fry at 400°F (200°C) for 8 to 10 minutes to cook through. Meanwhile, toast the burger buns until slightly crispy.

Spread the yogurt sauce on the bottom half of each toasted bun. Layer with romaine lettuce, a slice of tomato, and the cooked chicken burger. Serve with the crispy sweet potato wedges on the side.

MFP Barcode

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

Living+

Allergen Information

Contains wheat, lactose. May contain eggs, sesame.



Nasi Goreng

High Protein | High Carb

Living+

An Indonesian-style fried rice you may have tried if you have traveled to Bali. This lightly spiced fried rice is a simple recipe that is perfect for bulk cooking. Each day, simply add a freshly cooked egg.

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

Makes 1

Chicken Breast 1
Egg 1
Brown Rice 60g or 2.1 oz, uncooked
Kale 1 handful
Yellow Onion 1/2 small
Carrot 1/2 small
Garlic 2 cloves
Soy Sauce 2 tsp
Sriracha 1 tbsp
Olive Oil 1 tsp
Green Onion 1 whole

Nasi Goreng

High Protein | High Carb

livingplusrx.com

Method

Begin by cooking the rice according to the package instructions. While the rice cooks, dice the chicken breast, chop the onion and grate the carrot.

Heat a medium-hot pan and add the olive oil. Fry the chicken for 5-6 minutes until cooked through, then add the onion, grated carrot and crushed garlic and fry for 3 to 4 minutes. Add the kale and fry for another 3 to 4 minutes.

Add the cooked, drained rice to the pan. Toss and cook for 2 minutes.

Lower the heat and add the sriracha sauce and soy sauce to the pan. Mix well.

In another pan, fry the egg (or use the same pan if there is enough space). Serve it on top of the rice with the sliced green onion.

MFP Barcode

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

Living+

Allergen Information

Contains soy, wheat, eggs.
May contain sulfites.



Salmon Zen Bowl

High Protein | High Carb

Living+

This recipe features perfectly baked salmon fillets marinated in a blend of honey and spices, laid over a bed of fluffy rice and paired with a crisp, tangy slaw. Topped with a creamy avocado mash and a hint of lime, this bowl is a harmony of flavors that's perfect for a hard training day.

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

Makes 2

- **Salmon Fillet** 2
- **Cucumber** 1 small
- **Carrot** 1 small
- **Basmati Rice** 120g or 4.2oz, uncooked
- **Avocado** 1 small
- **Lime Juice** 1 lime
- **Honey** 1 tbsp & 1 tsp
- **Rice Vinegar** 1 tbsp
- **Peanut Butter** 1 tsp
- **Soy Sauce** 1 tbsp
- **Garlic** 1 tsp
- **Sesame Seeds** 1 tsp
- **Chili Flakes** 1 pinch
- **Salt** pinch

Salmon Zen Bowl

High Protein | High Carb

livingplusrx.com

Method

In a bowl, combine the julienned carrot and cucumber. Mix with the dressing ingredients and set aside to marinate (1 tsp peanut butter, 1 tbsp rice vinegar, 1 tsp garlic puree, 1 tsp honey, 1 tbsp soy sauce).

Preheat the oven to 400°F (200°C). Season the salmon fillets with the marinade ingredients (pinch of salt, 1 tbsp honey, pinch of chili flakes and the sesame seeds), making sure each fillet is well coated.

Bake the salmon for 12-15 minutes. Meanwhile, cook the rice according to the package instructions, and mash the avocado with the juice of the lime.

Assemble the bowls with the rice, slaw, salmon and avocado mash, and enjoy!

MFP Barcode

Allergen Information

Contains fish, peanuts, soy, sesame, wheat.



Sweet Potato Cottage Pie

High Protein | High Carb

Living+

This Cottage Pie is a winter favorite that warms the heart on cold evenings. This version swaps the potato for sweet potato, which adds a new flavor dimension.

Prep: 20 min | Cook: 40 min | Fresh: 5 days | Beginner

Makes 4

Sweet Potato 2 large (900g or 31.7 oz)

Lean Ground Beef 500g or 17.6 oz

Red Bell Peppers 3 large

Carrots 3 medium

Yellow Onion 1

White Mushrooms 150g or 5.3 oz

Frozen Peas 150g or 5.3 oz

Water 100 ml or 3.4 fl oz

Tomato Paste 3 tbsp

Skim Milk 2 tbsp

Cheddar Cheese 35g or 1.2 oz

Garlic 4 cloves

Worcestershire Sauce 2 tbsp

Beef Stock 1 cube

Butter 1/2 tbsp

Olive Oil 1 tsp

Spices cumin (1 tbsp), cinnamon (1/2 tsp), nutmeg (1/2 tsp), chili flakes (1/2 tsp), salt, pepper

Sweet Potato Cottage Pie

High Protein | High Carb

livingplusrx.com

Method

Preheat the oven to 400°F (200°C). Peel the carrots and sweet potato. Next, cut two of the carrots into small pieces and cube the sweet potato. Steam or boil both until they are soft. Once cooked, set them aside.

Peel and chop the remaining carrot, peppers and mushrooms and set them aside.

Next, peel and chop the onion and add it to a large pot with a tsp of olive oil, the chili flakes, cumin, and garlic cloves (crushed). Cook on medium heat until the onions are translucent.

At this point, add the beef. Cook until browned off and then add the vegetables (peppers, mushroom, carrot and peas).

Cook for 3 to 5 minutes before adding the Worcestershire sauce, tomato paste, nutmeg and cinnamon. Mix well and often, cooking for 3 more minutes.

At this point, add the beef stock (with 100ml of boiling water). Leave to simmer on medium heat for 10 minutes. As that simmers away, add the butter to the sweet potato and carrot mixture. Then mash until smooth. Add two tbsp of milk to help with this.

After 10 minutes, transfer the beef mixture to a baking dish. Then top with the sweet potato and carrot mixture. Place the cheese evenly around the top before placing it in the oven for 20 to 30 minutes.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, fish. May contain wheat, sulfites.



Smoky Chipotle Chili On Rice

High Protein | High Carb

Living+

This Chipotle Chili on Rice recipe is a delightful fusion of smoky, spicy, and savory flavors that is sure to tantalize your taste buds. Served over a bed of fluffy, perfectly cooked rice, this flavorful meal brings the best of Mexican-inspired cuisine to your table.

Prep: 10 min | Cook: 25 min | Fresh: 4 days | Beginner

Makes 4

- **Ground Beef** 500g or 17.6oz
- **Chopped Tomatoes** 1 can
- **Basmati Rice** 240g or 8.4 oz
- **Red Kidney Beans** 1 can, drained
- **Red Bell Pepper** 1 large
- **Yellow Bell Pepper** 1 large
- **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
- **Cinnamon** 1/2 tsp
- **Oregano** 1 tsp

Smoky Chipotle Chili On Rice

High Protein | High Carb

livingplusrx.com

Method

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 and yellow bell peppers, seeded and diced, along with the spices, sugar and oregano. 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.

At this point, cook the rice according to the package instructions. Serve the chili over the rice.

MFP Barcode

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

Living+

Allergen Information

May contain sulfites



Spaghetti Meatballs

High Protein | High Carb

Living+

Spaghetti and meatballs are a classic Italian dish that many of us grew up eating and enjoying. However, many traditional spaghetti and meatball recipes are packed with unhealthy fats and sodium. By making a few simple tweaks to this classic recipe, you can make it much healthier.

Prep: 15 min | Cook: 20 min | Fresh: 3 days | Beginner

Makes 4 portions

Ground Beef 500g or 17.6oz, lean
Milk 100ml or 3.4 fl oz, skim
Breadcrumbs 4 tbsp
Yellow Onion 1 medium
Chili Flakes 1/2 tsp
Garlic 2 cloves
Parmesan 2 tbsp, grated
Parsley 2 tsp chopped
Black Pepper 5 twists
Salt 2 pinches
Olive Oil 1 tbsp
Olive Oil (sauce) 1 tsp
Garlic Cloves (sauce) 3
Basil 1 tsp
Oregano 1 tsp
Chopped Tomatoes 2 cans
Spaghetti 75g or 2.6 oz per portion, dried

Spaghetti Meatballs

High Protein | High Carb

livingplusrx.com

Method

Peel and very finely chop the onion. Next, using a tbsp of olive oil fry the onion with 2 crushed garlic cloves, the chili flakes, salt, and pepper for 2 minutes on medium heat.

Next, place the ground beef in a mixing bowl and add salt, pepper and the onion mix from step 1. Then add the chopped parsley and the grated Parmesan.

To a separate bowl, add 4 tbsp of breadcrumbs with the milk. Mix well and then add it to the ground beef mixture. Using your hands, bind all of the ingredients together.

To a pot, add a tsp of olive oil, 3 crushed garlic cloves, and the basil and oregano. Cook for 1 minute on medium heat before adding the two cans of chopped tomatoes. Bring the sauce to a boil and then leave the sauce to simmer for 10 minutes.

Next, using your hands, make 12 golf ball-sized meatballs.

Using the pan from step 1, bring it back to medium heat and then place the meatballs carefully in it. Cook them for 3 minutes on each side.

After leaving the sauce to simmer for 10 minutes, pour the sauce into the large pan with the meatballs. Leave them to simmer for 9 minutes as you cook the spaghetti.

Serve the meatballs and sauce over the cooked spaghetti.

MFP Barcode

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

Living+

Allergen Information

Contains wheat, lactose.
May contain eggs.



Spicy Honey Sesame Chicken

High Protein | High Carb

Living+

This recipe is the perfect blend of sweet and spicy flavors that is sure to satisfy any palate. The chicken is crispy and juicy, while the sauce is a harmonious blend of honey, soy sauce, and chili that gives it a tantalizing taste.

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

Makes 2

Cornstarch 2 tsp
Red Bell Pepper 1 large
Chicken Breast 2
Basmati Rice 120g or 1/2 cup dry
Black Pepper 1 tsp
Paprika 1 tsp
Green Onion 1
Red Chili 1
Garlic Cloves 4
Sriracha 2 tbsp
Soy Sauce 3 tbsp
Honey 1 tsp
Ginger 1 tsp
Sesame Seeds 1 pinch

Spicy Honey Sesame Chicken

High Protein | High Carb

livingplusrx.com

Method

Dice the chicken breasts and add them to a mixing bowl with the cornstarch, black pepper and paprika. Mix well, then air fry at 400°F (200°C) for 12-15 minutes, shaking halfway, until crispy and cooked through.

Next, thinly slice the pepper and set it aside.

Now let's make the sauce. To a bowl, add the sriracha, soy sauce and honey. Mix well and then set it aside.

Now, cook the rice as per the package instructions. As the chicken and rice cook, add the crushed garlic and ginger to a non-stick pan with a splash of water. Fry for 2 minutes on low-medium heat.

Next, add the pepper to the pan and cook for 3 more minutes. At this point, add the sauce.

Once the chicken is cooked, add it to the pan and mix well before serving.

Serve with a pinch of white sesame seeds, some sliced red chili (seeds removed) and some freshly chopped green onion. For less heat, skip the red chili.

MFP Barcode



Living+

Allergen Information

Contains soy, wheat, sesame. May contain sulfites.



Sweet Chili Chicken Noodles

High Protein | High Carb

Living+

Looking for a delicious and nutritious way to fuel or recover from your workout? Look no further than our Sweet Chili Chicken Noodles! This mouth-watering dish combines tender chicken, hearty egg noodles, and a medley of fresh vegetables with a spicy and sweet sauce that's sure to satisfy!

Prep: 8 min | Cook: 15 min | Fresh: 5 days | Beginner

Makes 2

Chicken Breast 2
Salt 1 pinch
Pepper 5 twists
Olive Oil 1 tsp
Egg Noodles 125g or 4.4 oz
Yellow Onion 1 medium
Red Bell Pepper 1 medium
Baby Spinach 2 cups
Sugar Snap Peas 10
Soy Sauce 2 tbsp
Oyster Sauce 1 tbsp
Brown Sugar 1 tsp
Sweet Chili Sauce 1.5 tbsp
Lime Juice 1

Sweet Chili Chicken Noodles

High Protein | High Carb

livingplusrx.com

Method

First, prepare the vegetables. Peel and dice the onion and set it aside. Next, seed and thinly slice the red bell pepper and set it aside.

Next, cut the chicken breasts into thin strips.

To a wok or deep pan on medium heat, add a tsp of olive oil followed by the onion. Cook until translucent before adding the chicken, salt and pepper.

As the chicken cooks, prepare the sauce. Add the sweet chili sauce, soy sauce, oyster sauce, the juice of 1 lime, and a tsp of brown sugar in a bowl. Mix well and set aside.

After cooking the chicken for 4-5 minutes, it should begin to whiten. At this stage, add the sauce and mix well. Next, add the bell pepper and sugar snap peas and cook for a further 5 minutes.

Bring a pot of water to a boil and cook the egg noodles according to the package instructions (typically 3 to 5 minutes).

Add the spinach, and stir regularly. The spinach will wilt with the heat.

Once the noodles are cooked, drain the water and transfer them to the wok. Mix well before serving.

MFP Barcode

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

Living+

Allergen Information

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



Tasty Tuna Pasta Bake

High Protein | High Carb

Living+

A budget-friendly favorite that is absolutely bursting with hearty flavors. This meal is packed with protein from the tuna and full of carbohydrates. This great meal is an excellent choice when you need to load up on carbohydrates to fuel your training.

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

Makes 4

Chopped Tomatoes 2 cans
Pasta 400g or 14 oz rigatoni, dried
Tuna 2 cans, drained
Yellow Onion 1 medium
Red Onion 1 medium
White Mushrooms 4 large
Broccoli 1 small head
Spinach 2 cups
Parmigiano Reggiano 40g or 1.4 oz
Tomato Paste 2 tbsp
Cheddar Cheese 30g or 1 oz
Bread 1 slice, whole wheat
Garlic 3 cloves
Olive Oil 1 tbsp
Basil 1.5 tsp
Oregano 1.5 tsp

Tasty Tuna Pasta Bake

High Protein | High Carb

livingplusrx.com

Method

Preheat the oven to 400°F (200°C).

Peel and chop the onions, and add them to a large pot with olive oil, oregano, basil, and crushed garlic cloves. Leave the pot to the side as you continue to prepare the meal.

Next, chop the small head of broccoli into small florets, chop the mushrooms and place them to the side.

Place the pot on medium heat and cook for 3 to 5 minutes. Then add the chopped mushrooms and broccoli florets. As this cooks, bring a large pot of water to a boil.

After 5 minutes, add the tuna to the pot (drained). Cook for a further 2 minutes, then add the tomato paste and chopped tomatoes. Leave this to simmer for 15 minutes.

As the pot simmers, cook the pasta according to the package instructions. With 2 minutes remaining, add the spinach to the pasta. Mix well.

As the pasta is cooking, blend the slice of bread to make breadcrumbs. Grate the cheeses if needed.

Next, transfer the tuna mixture to a large baking dish along with the pasta (drained). Mix well before topping with the grated cheese mixture and the breadcrumbs. Place the dish in the oven for 15 to 20 minutes.

MFP Barcode

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

Living+

Allergen Information

Contains wheat, fish, lactose



Tandoori Chicken

High Protein | High Carb

Living+

This recipe is a delightful blend of aromatic spices and tangy flavors, paired with a refreshing mint sauce and a crisp, colorful salad. The chicken is marinated in a mixture of garlic, chili, cayenne, paprika, lime, and honey, then cooked to perfection. Served with a simple yet delicious salad and complemented by a creamy mint sauce.

Prep: 30 min | Cook: 25 min | Fresh: 3 days | Beginner

Makes 4

Chicken Breast 4, average
Basmati Rice 200g or 7oz, dry
Tomatoes 200g or 7oz
Cucumber 200g or 7oz
Arugula 125g or 4.4 oz
Low-Fat Yogurt 4 tbsp
Red Onion 1 small
Fresh Mint 50g or 1.7oz
Honey 2 tbsp + 2 tbsp
Lime Juice 1 lime
Garlic Powder 1 tsp
Salt 1 tsp
Chili Powder 1 tsp
Paprika 1 tsp
Cayenne Pepper 1/2 tsp
Cilantro 1 tbsp

Tandoori Chicken

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Method

Begin by preparing the marinade. In a bowl, mix together the garlic powder, chili powder, cayenne pepper, paprika, lime zest and juice, chopped cilantro, honey, and salt. Coat the chicken breasts evenly with this mixture and let them marinate for at least 20 minutes.

Preheat your grill or broiler. Cook the marinated chicken breasts for 10-12 minutes on each side, until they are cooked through (165°F/75°C inside) and nicely charred.

While the chicken is cooking, prepare the mint sauce by blending the finely chopped mint, low-fat yogurt, and honey in a small bowl.

For the salad, toss together the sliced cucumber, chopped tomatoes, thinly sliced red onion, and arugula in a salad bowl. Cook the basmati rice as per the package instructions until it's fluffy and tender. Once the rice is cooked, mix it with the salad.

Once the chicken is cooked, slice it and serve alongside the rice salad. Drizzle the mint sauce over the chicken or serve it on the side.

MFP Barcode



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Allergen Information

Contains sulfites, lactose.



Thai Green Curry

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A rich and vibrant Thai-inspired dish that brings together lean protein, colorful vegetables, and aromatic spices. Perfect for a comforting, balanced dinner with a hit of heat and freshness. High in protein and healthy fats, this curry pairs perfectly with jasmine rice or cauliflower rice for a lighter option.

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

Makes 4

Coconut Milk 2 cans, light
Chicken Breast 4, (125g or 4.4oz per breast)
Jasmine Rice 70g or 2.5oz per portion
Eggplant 1 medium, skin on
Yellow Bell Pepper 1 medium
Red Bell Pepper 1 medium
Thai Green Curry Paste 4 tbsp
Sugar Snap Peas 100g or 3.5oz
Lime Juice 2 limes
Fish Sauce 2 tbsp
Sugar 1 tsp
Fresh Basil 8 leaves
Lime Leaves 4
Red Chili 1
Baby Corn 100g or 3.5oz

Thai Green Curry

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Method

Heat a large pan over medium heat. Add the green curry paste and stir-fry for about 1-2 minutes until it starts to release its aromatic fragrances.

Pour in about a quarter of the coconut milk and stir until the curry paste is well blended. Let it simmer for a couple of minutes until the oil begins to separate on the surface.

Add the diced chicken and stir well to coat with the curry. Cook for about 5-7 minutes until the chicken starts to cook through.

Add the remaining coconut milk, eggplant, bell peppers, baby corn and sugar snap peas. Bring the mixture to a boil, then reduce the heat and simmer for about 10 minutes. The vegetables should be tender but still slightly crisp.

Add the fish sauce, sugar and torn lime leaves. Adjust these seasonings to taste and simmer for an additional 5 minutes. Just before turning off the heat, stir through the basil leaves and squeeze in the lime juice. Serve hot over the jasmine rice, cooked as per the package, and garnish with the sliced red chili.

MFP Barcode

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

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Allergen Information

Contains fish, coconut.
May contain shellfish.



Vietnamese Tofu Rice Bowl

High Protein | High Carb

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This vibrant bowl pairs tender basmati rice with crispy tofu and a rainbow of fresh veggies, including snow peas, bean sprouts, cucumber, and carrot. The tantalizing dressing adds layers of flavor. The dash of soy sauce and a hint of olive oil round it all out, making this a light yet deeply satisfying meal.

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

Makes 2

Tofu 350g or 12.3 oz

Basmati Rice 140g or 4.9oz, uncooked

Cucumber 5 inch piece

Snow Peas 80g or 2.8 oz

Bean Sprouts 50g or 1.7 oz

Lime 1, juiced

Peanut Butter 1 tbsp

Soy Sauce 2 tbsp

Hoisin Sauce 2 tbsp

Garlic 1 clove

Olive Oil 1 tsp

Ginger 2 tsp fresh

Red Chili 1

Carrot 1 small

Vietnamese Tofu Rice Bowl

High Protein | High Carb

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Method

First, prepare the sauces. To a bowl, add the peanut butter, hoisin sauce, a tsp of fresh minced ginger and half the red chili (finely chopped). Mix well and set aside. To a second bowl, add a tsp of ginger, the crushed garlic, the juice of the lime, the soy sauce and the other half of the chili. Mix well and set aside.

Next, prepare the carrots and cucumber. Peel and grate the carrot and finely slice the cucumber. Set them aside.

Next, bring a large pot of water to a boil and cook the rice according to the package instructions.

Dice the tofu and then mix it with the soy sauce mixture. Fry over medium heat with a tsp of olive oil until the tofu is browned.

Remove the tofu from the pan and then add the carrot, cucumber, snow peas and bean sprouts. Cook for 3 to 5 minutes.

Add the rice to two bowls and then add the vegetables, tofu and top with half of the peanut sauce to each bowl.

MFP Barcode

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

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Allergen Information

Contains peanuts, soy, wheat. May contain sesame.