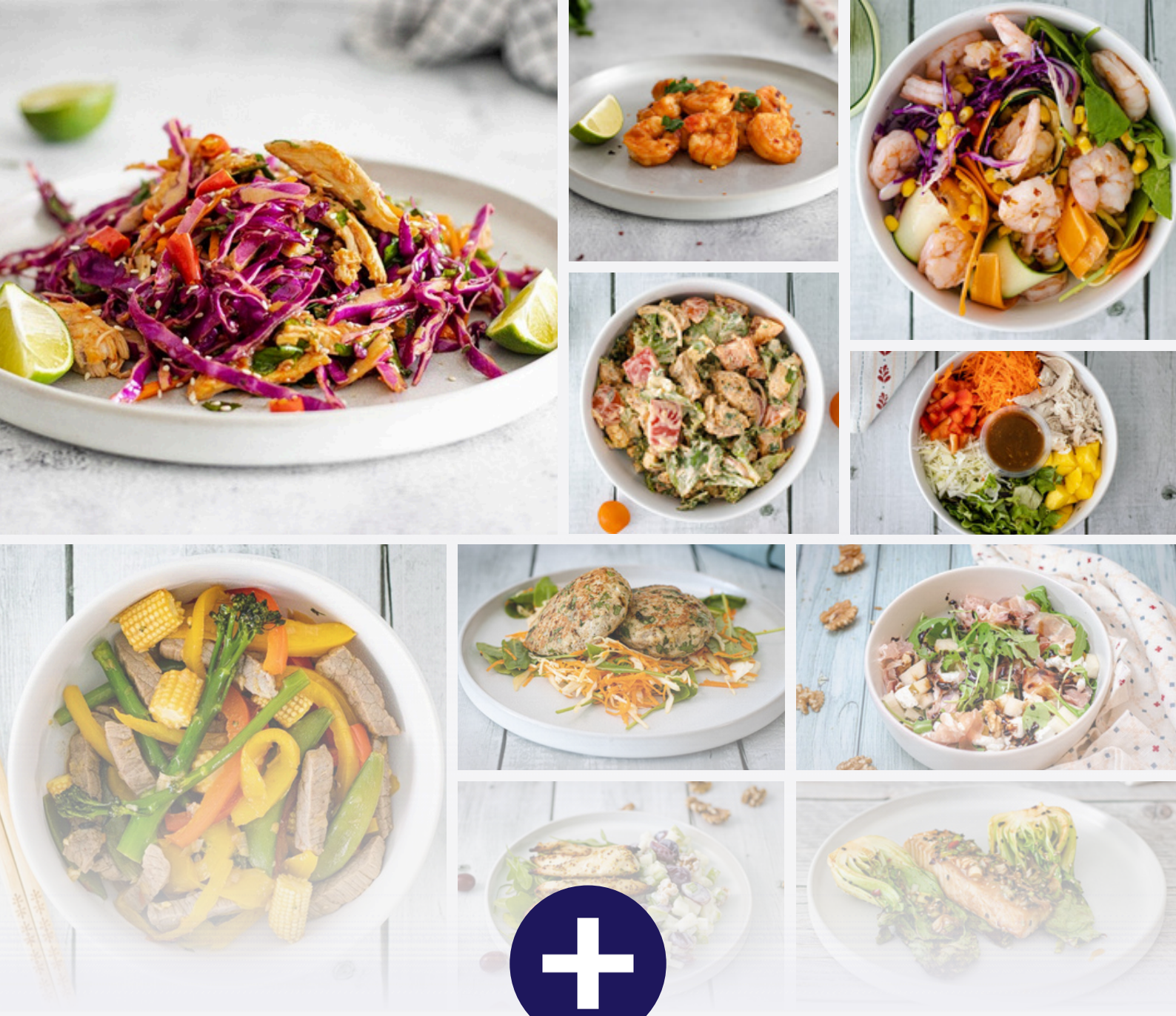
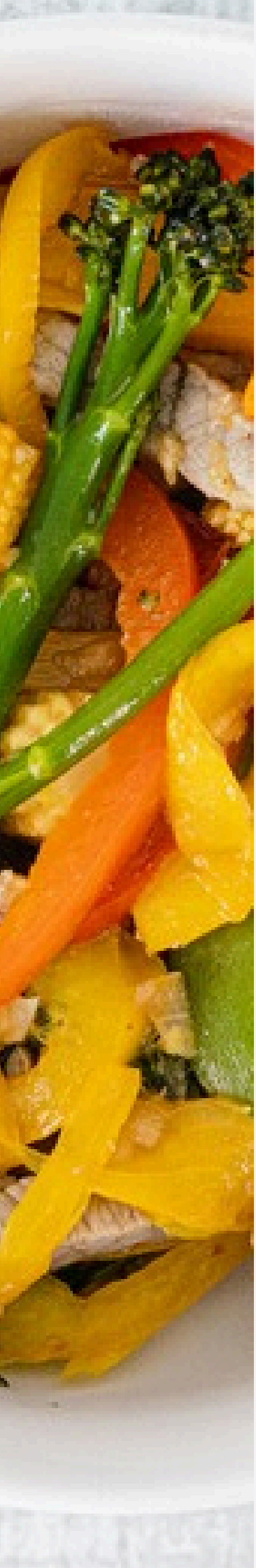


Lunch & Dinner

High-Protein Low-Carb

Volume 1 - 14 recipes



The table of

CONTENTS

ASIAN FUSION CHICKEN BURGERS 04

Flavor-packed chicken burgers with a vibrant rainbow slaw for a refreshing meal.

ASIAN-INSPIRED CHICKEN SALAD 06

A crisp, zesty salad with shredded chicken and an aromatic Asian dressing.

BEEF & CASHEW STIR FRY 08

Tender beef and crunchy cashews in a savory, veggie-packed stir fry.

CAJUN CHICKEN & ROOT VEG MEDLEY 10

Cajun-spiced chicken served with a medley of roasted root vegetables.

FLAKY SALMON VEGGIE BOWL 12

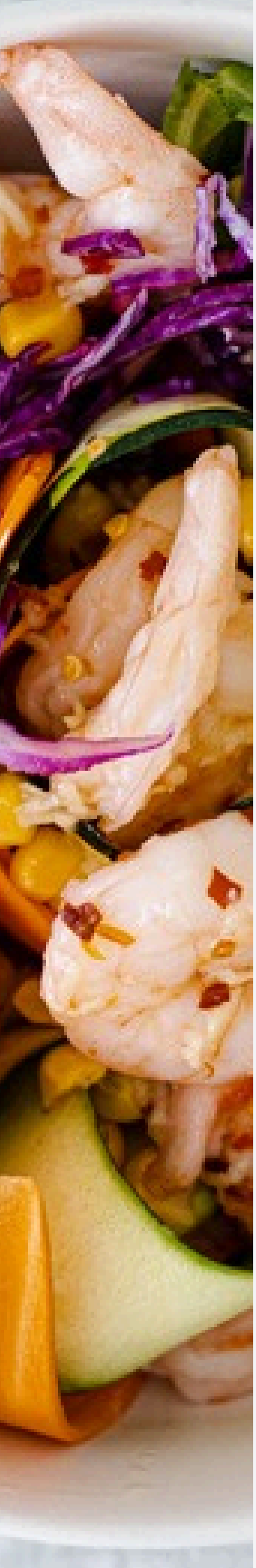
Oven-baked salmon served over a bed of fresh, grated vegetables.

HONEY MUSTARD CHICKEN & WALDORF SALAD 14

Honey mustard-glazed chicken with a crunchy Waldorf salad.

PEAR, PROSCIUTTO & GOAT CHEESE SALAD 16

Pear, prosciutto, and creamy goat cheese on a bed of peppery arugula.



The table of

CONTENTS

ROAST VEGETABLE & HALLOUMI SALAD 18

Oven-roasted vegetables topped with grilled halloumi for a hearty dish.

SESAME MISO COD WITH BOK CHOY 20

Cod fillets marinated in sesame miso, served over tender bok choy.

SPICY GREEK SALAD 22

A zesty Greek salad with spiced chicken and a tangy yogurt dressing.

SWEET AND ZESTY TIGER SHRIMP 24

Tiger shrimp cooked with ginger, honey, and lime for a sweet and zesty finish.

THAI SHRIMP SALAD 26

A refreshing salad with shrimp and a flavorful Thai-inspired dressing.

TROPICAL CHICKEN MANGO SALAD 28

Lean chicken with mango, veggies, and a savory peanut dressing.

ZESTY CHICKEN GARDEN SALAD 30

Baked chicken with a fresh, vibrant garden salad and a tangy dressing.



Asian Fusion Chicken Burgers

High Protein | Low Carb

Living+

Indulge in these mouthwatering, protein-packed Asian Fusion Chicken Burgers, featuring a perfect blend of bold flavors. Paired with a vibrant Rainbow Slaw loaded with carrots, cabbage, and baby spinach, this recipe offers a delicious mix of textures, tastes, and nutrients.

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

Makes 4

Ground Chicken 500g or 17.6 oz
Baby Spinach 250g or 8.8 oz
Cabbage 1/4 head
Carrots 3 small
Red Onion 1 medium
Egg 1
Lime Juice 2 limes
Panko Breadcrumbs 4 tbsp
Garlic 3 cloves
Olive Oil 1 tsp & 1 tbsp
Fish Sauce 2 tsp
Rice Flour 1 tbsp
Cilantro 1/2 cup chopped
Black Pepper & Salt
Chili Flakes 1 tsp
Ginger 1 tsp

Asian Fusion Chicken Burgers

High Protein | Low Carb

livingplusrx.com

Method

Preheat the oven to 350°F (180°C).

Peel and chop the red onion and then fry it in a non-stick pan with 1/2 a tsp of olive oil, cooking for 2 to 3 minutes. Once cooked, set aside.

To a large mixing bowl, add the following: ground chicken, chili flakes, 1 tsp ground black pepper, panko breadcrumbs, rice flour, fresh cilantro (roughly chopped), garlic cloves (grated or crushed), juice of 1 lime, fresh ginger, fish sauce, an egg and finally the red onion.

Mix until well combined and then make 8 to 10 burger patties. For bigger burgers, make fewer patties and cook them a little longer.

Bring a large, non-stick frying pan to medium heat with 1/2 a tsp of olive oil. Cook each burger patty for 1 minute on each side. If your pan is oven safe, toss it into the oven and cook for 12 to 15 minutes. If not, place the burgers on a roasting tray instead.

While the burgers cook, make the slaw. In a separate mixing bowl add the carrots (peeled and grated), the cabbage (use a peeler) and baby spinach.

Now make the dressing for the slaw by combining a tbsp of olive oil, the juice of 1 lime, a pinch of salt, and a few twists of black pepper.

Serve the burgers on a bed of slaw.

MFP Barcode



Living+

Allergen Information

Contains eggs, wheat, fish.



Asian-Inspired Chicken Salad

High Protein | Low Carb

Living+

Dive into the vibrant and refreshing flavors of our Asian-Inspired Chicken Salad. This recipe is perfect for a nutritious meal that doesn't skimp on taste. Featuring a base of crunchy red cabbage and carrots, combined with tender shredded chicken and an aromatic dressing, this salad is both satisfying and healthy.

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

Makes 2

- **Chicken Breast** 2 (125g or 4.4oz per breast)
- **Red Cabbage** 250g or 8.8oz
- **Carrot** 1, large
- **Lime Juice** 1 lime
- **Soy Sauce** 2 tbsp
- **Sriracha Sauce** 1 tbsp
- **Cilantro** 1 bunch
- **Hoisin Sauce** 2 tbsp
- **Honey** 1 tbsp
- **Sesame Oil** 1 tsp
- **Sesame Seeds** 1 tsp
- **Red Chili** 1

Asian-Inspired Chicken Salad

High Protein | Low Carb

livingplusrx.com

Method

Finely shred the cabbage and carrot using a julienne peeler, a handy tool for achieving perfect texture. Finely chop the cilantro and mix it with the shredded cabbage and carrot in a large salad bowl.

Pan-fry the chicken breasts over medium heat for 5 to 6 minutes on each side until cooked through. Shred and add to the bowl of vegetables.

In a separate bowl, whisk together hoisin sauce, soy sauce, lime juice, honey, sriracha, and a drizzle of sesame oil until well combined.

Pour the dressing over the salad and toss well to ensure all ingredients are evenly coated.

Sprinkle sesame seeds and sliced red chili over the salad for a burst of flavor and color. Serve with lime wedges to add an extra zing to each bite.

MFP Barcode

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

Living+

Allergen Information

Contains soy, wheat, sesame, sulfites.



Beef & Cashew Stir Fry

High Protein | Low Carb

Living+

Our Beef & Cashew Stir Fry is a nutrient-rich meal full of protein and veggies. Enjoy tender beef and crunchy cashews mixed with a colorful medley of vegetables. Tossed in a flavorful sauce with sesame oil, sweet chili, and soy, this dish offers a delightful balance of taste and health.

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

Makes 3

Beef Strips 500g or 17.6oz
Red Bell Pepper 1 large
Yellow Bell Pepper 1 large
Red Onion 1 medium
Baby Corn 100g or 3.5oz
Sugar Snap Peas 100g or 3.5oz
Broccolini 80g or 2.8oz
Oyster Sauce 3 tbsp
Garlic Cloves 5
Sweet Chili Sauce 3 tbsp
Cashew Nuts 30g or 1 oz
Soy Sauce 2 tbsp
Sesame Oil 1 tsp & 1 tbsp
Ginger 1 tsp fresh
Cayenne Pepper pinch

Beef & Cashew Stir Fry

High Protein | Low Carb

livingplusrx.com

Method

Heat 1 tsp of sesame oil in a large wok or skillet over medium-high heat.

Add beef strips and cook until browned and cooked through. Remove beef from the pan and set aside.

In the same pan, toss in the chopped red and yellow bell peppers, red onion, baby corn, sugar snap peas, and broccolini. Stir fry the veggies until they are tender-crisp, about 5-7 minutes.

While the veggies are cooking, mince the garlic cloves and grate the ginger. Add the garlic, ginger, and cashews to the pan, stir to combine and cook for another minute until the garlic is fragrant.

Return the cooked beef to the pan. In a small bowl, mix the oyster sauce, sweet chili sauce, 1 tbsp sesame oil, soy sauce and a pinch of cayenne. Pour it into the pan and stir well so everything is coated.

Cook for another 2-3 minutes until everything is heated through. Serve hot and enjoy your nutrient-packed Beef & Cashew Stir Fry!

MFP Barcode



Living+

Allergen Information

Contains tree nuts, soy, wheat, sesame, shellfish. May contain sulfites.



Cajun Chicken & Root Veg Medley

High Protein | Low Carb

Living+

This dish is a powerhouse of nutrients, combining protein-rich chicken with vitamin-packed root vegetables and heart-healthy fats. The chicken provides essential proteins for muscle health. Roasted parsnips, carrots, and red pepper contribute a mix of vitamins A and C, along with a healthy dose of dietary fiber for digestive wellness.

Prep: 5 min | Cook: 35 min | Fresh: 3 days | Beginner

Makes 2

Chicken Breast 2 average size
Red Bell Pepper 1 large
Parsnip 1 average size
Carrot 1 large
Garlic Cloves 2
Cajun Seasoning 2 tbsp
Olive Oil 2 tsp
Black Pepper 5 twists
Italian Seasoning 2 tsp
Salt 1/4 tsp

Cajun Chicken & Root Veg Medley

High Protein | Low Carb

livingplusrx.com

Method

Preheat the oven to 400°F (200°C).

Begin by rinsing your vegetables and chopping them into wedges or your preferred shape, leaving the skin on for an additional fiber boost. After chopping, transfer the vegetables and 2 crushed garlic cloves into a mixing bowl. Add in the seasoning mix, which includes 1 tbsp of Cajun seasoning, 2 tsp of Italian seasoning, and a sprinkle of salt and pepper, along with 1 tsp of olive oil. Mix well, then transfer to a roasting tray.

Cook for 35 to 40 minutes at 400°F (200°C).

Once in the oven, season the chicken breasts with the tbsp of Cajun seasoning and leave to sit until there are 12 minutes left for the veg to cook.

Add a tsp of olive oil to a pan and then fry the chicken breast for 5 to 6 minutes on each side on medium heat. Alternatively, cook them in an air fryer at 375°F (190°C) for 16 to 18 minutes.

MFP Barcode

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

Living+

Allergen Information

Contains none.



Flaky Salmon Veggie Bowl

High Protein | Low Carb

Living+

Finding low-carb meals that provide enough food volume can be hard. This meal solves that problem. This simple meal oozes with flavor and texture and is packed with protein and essential fatty acids from the salmon.

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

Makes 1

Salmon 1 fillet

Carrot 1 small

Zucchini 1 thumb length piece

Beet 1/2 small beet

Red Onion 1/4 small

Fresh Dill 1 tsp

Balsamic Vinegar 1 tsp

Flaky Salmon Veggie Bowl

High Protein | Low Carb

livingplusrx.com

Method

Preheat the oven to 350°F (180°C).

As the oven heats up, place the salmon fillet on a roasting tray. Next, prepare the veg.

Peel and grate the carrot and grate the zucchini and place them in a bowl.

Next, dice the beet and finely slice the onion, and place them in a separate bowl. Add a tsp of balsamic vinegar and freshly chopped dill and mix well before transferring into the bowl with the carrot and zucchini.

Place the salmon in the oven and cook for 12 to 15 minutes.

Break the salmon into flaky pieces and then place them on the veg mixture.

MFP Barcode



Living+

Allergen Information

Contains fish, sulfites.



Honey Mustard Chicken & Waldorf Salad

High Protein | Low Carb

Living+

This recipe offers tender chicken, coated with a flavorful honey-mustard glaze, served alongside a refreshing Waldorf salad. The salad brings together crunchy apples, celery and succulent grapes, all lightly dressed in a tangy lemon-yogurt dressing. A delightfully balanced, low-fat meal that doesn't compromise on taste.

Prep: 5 min | Cook: 16 min | Fresh: 3 days | Beginner

Makes 3

Chicken Breast 2 average
Green Apple 1 medium
Red Seedless Grapes 20
Low-Fat Yogurt 2 tbsp
Spinach 1 cup
Celery 1 stick
Lemon Juice 1 lemon
Honey 1 tbsp
Dijon Mustard 1 tbsp
Wholegrain Mustard 2 tsp
Black Pepper 1/2 tsp
Salt pinch

Honey Mustard Chicken & Waldorf Salad

High Protein | Low Carb

livingplusrx.com

Method

In a small bowl, combine the wholegrain mustard, Dijon mustard, and honey. Mix until well combined.

Season the chicken with salt and pepper. Coat the chicken evenly with the honey mustard sauce.

Preheat your air fryer to 375°F (190°C). Place the chicken in the basket and cook for 16 to 18 minutes, turning halfway, until golden brown and cooked through to 165°F (75°C) inside.

While the chicken is cooking, make the Waldorf Salad. Chop the apple and celery into bite-sized pieces. In a large bowl, combine the chopped apple, celery and red grapes. Drizzle with lemon juice to prevent browning and add a bit of tanginess. Mix in the plain low-fat yogurt until all the ingredients are well coated.

Serve the air-fried honey mustard chicken on a bed of fresh baby spinach, with a generous helping of the Waldorf Salad on the side.

MFP Barcode



Living+

Allergen Information

Contains lactose, mustard, sulfites. May contain wheat.



Pear, Prosciutto & Goat Cheese Salad

High Protein | Low Carb

Living+

Cycling carbohydrate intakes to match your energy output is a valuable tool to help maintain body weight. When your training demands are low, eating lower-carbohydrate meals is advisable, the reverse is also true.

Prep: 5 min | Cook: 0 min | Fresh: 2 days | Beginner

Makes 2

Pear 1

Prosciutto 6 slices

Goat Cheese 80g or 2.8 oz

Arugula 2 cups

Walnuts 30g or 1 oz

Balsamic Glaze 1 tsp

Pear, Prosciutto & Goat Cheese Salad

High Protein | Low Carb

livingplusrx.com

Method

Grab two bowls, and to each bowl add a cup of arugula, 40g of goat cheese (chopped), 1/2 the pear (diced), three slices of prosciutto (chopped), some walnuts and a drizzle of balsamic glaze over each.

MFP Barcode



Living+

Allergen Information

Contains lactose, tree nuts. May contain sulfites.



Roast Vegetable & Halloumi Salad

High Protein | Low Carb

Living+

This vibrant meal is as tasty as it looks. A low-carb but high-protein meal makes it an ideal option for low-demand training days. The halloumi is a great protein choice for those who do not eat meat.

Prep: 10 min | Cook: 40 min | Fresh: 3 days | Beginner

Makes 3

Halloumi 250g or 8.8 oz
Cherry Tomatoes 4 handfuls
Zucchini 1 large
Red Onion 1 large
Red Bell Pepper 1 medium
Yellow Bell Pepper 1 medium
Green Bell Pepper 1 medium
Garlic 4 cloves
Olive Oil 1 tbsp
Basil 5 leaves
Salt pinch
Black Pepper 1/2 tsp
Chili Flakes 1/2 tsp
Red Pepper Hummus 1 tbsp (optional)

Roast Vegetable & Halloumi Salad

High Protein | Low Carb

livingplusrx.com

Method

Preheat the oven to 400°F (200°C).

Add the following to a large roasting dish. Zucchini (chopped into 1-inch slices then quarter each slice), onion (cut in half then each half is quartered), bell peppers (deseeded and chopped), garlic cloves (grated), and cherry tomatoes (whole). Once they are added, add the olive oil, 5 basil leaves, salt, pepper and chili flakes. Mix well.

Place the veg mixture in the oven for 25 to 30 minutes. As the veg roasts, cut the halloumi (if needed) into slices.

After 25 minutes, place the halloumi on top of the veg mixture and return the dish to the oven for 10 minutes. After 10 minutes, turn the broiler on and cook for a further 5 minutes or until the halloumi begins to brown. Serve with the hummus on the side, if using.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, sesame.



Sesame Miso Cod with Bok Choy

High Protein | Low Carb

Living+

Each cod fillet is marinated in a savory blend of miso paste, soy sauce, honey, and sesame oil, creating layers of umami flavor. Paired with the gentle crunch of fresh bok choy and accented with fiery red chili and aromatic green onions, this dish is a testament to the simplicity and elegance of Asian cuisine.

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

Makes 2

- **Cod Fillet** 2, medium
- **Bok Choy** 250g or 8.8oz
- **Green Onion** 3
- **Miso Paste** 1 tsp
- **Sesame Oil** 1 tbsp
- **Sesame Seeds** 2 tsp
- **Honey & Soy Sauce** 1 tsp each
- **Red Chili** 1

Sesame Miso Cod with Bok Choy

High Protein | Low Carb

livingplusrx.com

Method

In a bowl, whisk together the miso paste, soy sauce, honey, and sesame oil until fully combined. Ensure the miso paste is well dissolved.

Coat the cod fillets thoroughly with the prepared marinade, ensuring they are well covered. Let them sit while you prepare the vegetables for a deeper infusion of flavors.

Place the halved bok choy at the bottom of the air fryer basket. Position the marinated cod fillets on top of the bok choy. This allows the fish to steam gently while infusing the bok choy with its flavors.

Drizzle the remaining marinade over the cod and bok choy. Sprinkle evenly with sliced red chili, sesame seeds, and chopped green onions. Add a final drizzle of sesame oil.

Set your air fryer to 400°F (200°C) and cook for approximately 10 minutes. The exact time may vary based on the thickness of the cod fillets and the model of your air fryer. The fish should be flaky and opaque, and the bok choy should be tender yet slightly crisp.

MFP Barcode

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

Living+

Allergen Information

Contains fish, soy, wheat, sesame.



Spicy Greek Salad

High Protein | Low Carb

Living+

Pan-fried chicken seasoned with fiery spices is paired with crisp lettuce, cherry tomatoes, red onion, red pepper, and crumbled feta cheese. Topped with a tangy Greek yogurt dressing infused with hot sauce, garlic, lemon juice, salt, pepper, and dill, this salad delivers a burst of Mediterranean delight.

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

Makes 2

Chicken Breast 2 average
Cherry Tomatoes 14
Red Bell Pepper 1 medium
Low-Fat Greek Yogurt 180g or 6.3oz
Lettuce 150g or 5.3oz
Red Onion 1 small
Light Feta Cheese 50g or 1.7oz
Lemon Juice 1 lemon
Garlic Cloves 3
Sriracha Sauce 2 tbsp
Olive Oil 1 tsp
Fresh Dill 1 tbsp
Black Pepper 5 twists
Paprika 1 tsp
Oregano 1 tsp
Garlic Powder 1/4 tsp
Salt pinch

Spicy Greek Salad

High Protein | Low Carb

livingplusrx.com

Method

Dice the chicken and season it with salt, pepper, paprika, garlic powder, and oregano. Cook the chicken in 1 tsp of olive oil over medium heat until it is golden brown and cooked through, ensuring it is tender and flavorful.

As the chicken cooks, prepare the salad. In a large mixing bowl, combine the crisp lettuce (chopped), cherry tomatoes (quartered), sliced red onion, red pepper (chopped), and crumbled feta cheese. Toss them gently to distribute the ingredients evenly.

In a separate bowl, mix together Greek yogurt, sriracha, minced garlic cloves, freshly squeezed lemon juice, salt, pepper, and chopped dill. Whisk until the dressing is well blended and creamy.

Once the chicken is cooked, add it to the salad mixture in the bowl. Toss everything together, ensuring the chicken is evenly distributed throughout the salad.

Pour the tangy Greek yogurt dressing over the salad. Use a spoon or tongs to toss the salad, ensuring that all the ingredients are coated with the creamy dressing.

MFP Barcode



Living+

Allergen Information

Contains lactose, sulfites.



Sweet and Zesty Tiger Shrimp

High Protein | Low Carb

Living+

Indulge in these Sweet and Zesty Tiger Shrimp, a delightful seafood treat that combines the rich, savory flavors of ginger and garlic with the sweet tang of honey and lime. This dish provides a great source of high-quality protein and essential nutrients, making it a perfect choice for a healthy, satisfying meal.

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

Makes 2

- **Tiger Shrimp** 500g or 17.6oz
- **Lime Juice** 1 lime
- **Garlic** 3 cloves
- **Honey** 1 tbsp
- **Soy Sauce** 1 tbsp
- **Butter** 1 tsp, light
- **Fresh Ginger** 1 tsp
- **Fresh Parsley** 1 tsp

Sweet and Zesty Tiger Shrimp

High Protein | Low Carb

livingplusrx.com

Method

Heat a large frying pan or wok over medium heat. Add the butter and allow it to melt.

Add the minced ginger and garlic to the pan. Sauté for 1-2 minutes until fragrant, ensuring they do not burn.

Increase the heat to medium-high and add the shrimp to the pan. Cook for 2-3 minutes, or until they start to turn pink and are slightly browned.

Stir in the honey, lime juice, and soy sauce. Cook for an additional 3-5 minutes, allowing the shrimp to fully cook and the flavors to meld together.

If the sauce is too thick, add a splash of water to adjust the consistency. Mix thoroughly to ensure all the shrimp are well coated with the sauce.

Remove from heat and garnish with freshly chopped parsley and a lime wedge. Serve immediately.

MFP Barcode

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

Living+

Allergen Information

Contains shellfish, soy, wheat, lactose.



KCAL 202.7

PRO 24.4g

CARB 20g

FAT 2.9g

FIBER 2g

Per serving

Thai Shrimp Salad

High Protein | Low Carb

Living+

Grated carrots, red cabbage, zucchini, spinach, and sweet corn come together to create a refreshing vegetable base. Succulent shrimp are tossed in a zesty dressing made with fish sauce, lime juice, garlic, and a touch of chili flakes. Add the dressed shrimp to the salad and serve, relishing the delightful blend of textures and flavors.

Prep: 10 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 2

Cooked Shrimp 250g or 8.8oz

Sweet Corn 120g or 4.2oz

Zucchini 1 small

Red Cabbage 70g or 2.5oz

Carrot 1 medium

Spinach handful

Sweet Chili Sauce 2 tbsp

Fish Sauce & Lime Juice 1 tbsp each

Garlic Clove 1

Sugar 1 tsp

Chili Flakes pinch

Thai Shrimp Salad

High Protein | Low Carb

livingplusrx.com

Method

Grate the carrots, red cabbage, and zucchini, and set them aside.

In a large bowl, combine the grated vegetables, spinach, and sweet corn. Toss them gently to mix well and ensure even distribution.

In a separate small bowl, whisk together the sweet chili sauce, fish sauce, lime juice, sugar, minced garlic, and chili flakes until the ingredients are well incorporated.

Add the cooked shrimp to the dressing and toss them gently to coat them evenly with the flavorful dressing.

Add the dressed shrimp to the vegetable salad and gently toss everything together to combine. Ensure that the shrimp are evenly distributed throughout the salad.

MFP Barcode



Living+

Allergen Information

Contains shellfish, fish, sulfites.



Tropical Chicken Mango Salad

High Protein | Low Carb

Living+

Chicken offers lean protein for muscle repair, while mangoes, rich in vitamins A and C, boost immunity. Fiber-rich vegetables promote digestion, and the sauce's healthy fats support brain and heart health. With ingredients like garlic and ginger, it's a tasty meal that's also a powerful ally for your overall well-being.

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

Makes 3

- **Chicken Breasts** 3
- **Mango** 1
- **Red Bell Pepper** 1 large
- **Cabbage** 125g or 4.4oz
- **Mixed Leaf Salad** 125g or 4.4oz
- **Carrot** 1 large
- **Peanut Butter** 1 tbsp
- **Soy Sauce** 2 tbsp
- **Honey** 1 tsp
- **Olive Oil** 1 tbsp
- **Garlic Cloves** 2
- **Rice Vinegar** 1 tbsp
- **Sesame Oil** 1 tsp
- **Ginger** 1 tsp fresh

Tropical Chicken Mango Salad

High Protein | Low Carb

livingplusrx.com

Method

Prepare the Salad: Pan-fry the chicken over medium heat for 5 to 6 minutes per side until cooked, then shred. In a large bowl, combine it with the cubed mango, red bell pepper, grated carrot, cabbage and salad leaves.

Prepare the Sauce: In a separate bowl, add the rice vinegar, soy sauce, minced garlic, honey, minced fresh ginger, natural peanut butter, sesame oil, and olive oil. Stir the ingredients together until they form a well-blended sauce.

Combine and Serve: Pour the sauce over the salad, then toss to ensure all ingredients are coated evenly. Your Tropical Chicken Mango Salad is now ready to be served. Enjoy this flavorful, nourishing meal!

MFP Barcode



Living+

Allergen Information

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



Zesty Chicken Garden Salad

High Protein | Low Carb

Living+

A low-carb meal that is full of flavor. It features baked chicken breasts seasoned with herbs, served with a fresh salad of lettuce, cucumber, and tomatoes. The tangy homemade dressing ties everything together for a tasty, healthy meal.

Prep: 5 min | Cook: 20 min | Fresh: 3 days | Beginner

Makes 4

Chicken Breast 4 average size
Cucumber 1 whole
Cherry Tomatoes 250g or 1 & 1/3 cups
Mixed Lettuce 250g or 5 cups
Olive Oil 3 tbsp, for dressing
Dijon Mustard 2 tsp
Shallot 1
Lemon Juice 1 tbsp
Honey 1 tsp
Garlic Clove 1
Olive Oil 1 tsp, for chicken
Salt 1/4 tsp
Basil 1/4 tsp, dried
Thyme 1/4 tsp, dried
Oregano 1/4 tsp, dried

Zesty Chicken Garden Salad

High Protein | Low Carb

livingplusrx.com

Method

Preheat the oven to 400°F (200°C).

To an oven-proof dish, add the chicken breasts along with a tsp of olive oil and season with a pinch of the salt. Cook for 20 minutes.

As the chicken cooks, prepare the salad. To a large bowl add the lettuce (roughly chopped), cherry tomatoes (quartered), cucumber (sliced) and shallot (peeled and chopped). Mix well.

Finally, make the dressing. To a bowl add the 3 tbsp olive oil, lemon juice, herbs, salt, garlic (crushed), honey, and mustard. Mix until well combined.

Once the chicken is cooked, serve it on a bed of salad and add a tbsp of the dressing on top.

MFP Barcode



Living+

Allergen Information

Contains mustard, sulfites.