










Lunch & Dinner

High-Protein Med-Carb

Volume 1 - 18 recipes



The table of

CONTENTS

APPLE & GINGER SALMON WRAPS 04

Fresh salmon wraps with a sweet, spicy, and zesty apple-ginger twist.

ASIAN TURKEY BURGERS & NOODLE SLAW 06

Juicy, flavorful turkey burgers with a fresh, crunchy noodle slaw.

CAJUN SALMON & QUINOA SALAD 08

Cajun-spiced, oven-baked salmon paired with a light, protein-packed quinoa base.

CHICKEN CHOW MEIN 10

Quick and savory stir-fried chicken, noodles, and crisp, colorful vegetables.

CHIPOTLE CHICKEN PASTA 12

Smoky, creamy chipotle chicken tossed with penne pasta and fresh herbs.

CHORIZO & SHRIMP LINGUINE 14

Spicy chorizo and tender shrimp cooked in a rich, tomato-based linguine sauce.

COCONUT LIME CHICKEN 16

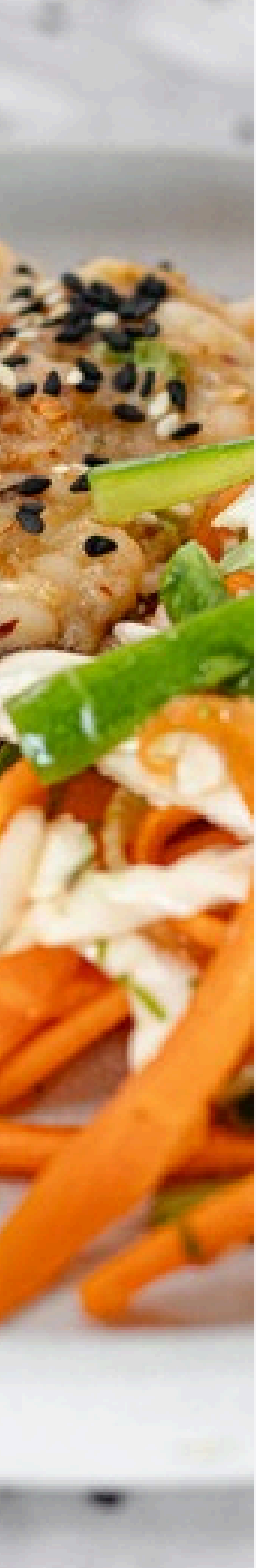
Zesty lime and creamy coconut flavors combined in a simple, vibrant chicken dish.

CREAMY ROASTED RED PEPPER PASTA 18

Roasted red peppers blended into a rich, velvety, and creamy pasta sauce.

HARISSA CHICKEN & COUSCOUS 20

Spicy, flavorful harissa chicken served over light, fluffy, and herby couscous.



The table of

CONTENTS

LEAN LAYERED LASAGNA 22

A lighter, protein-rich lasagna made with lean beef and nutrient-packed veggies.

LEMON HAKE WITH MASH & GREENS 24

Tender, juicy hake served with creamy mashed potatoes and vibrant greens.

ORANGE CHICKEN 26

Tender chicken pieces coated in a sweet, tangy, and flavorful orange sauce.

SALMON LINGUINE 28

Creamy linguine mixed with salmon, a hint of lemon, and fresh, colorful vegetables.

SESAME SHRIMP TOAST WITH ZESTY SLAW 30

Crispy sesame shrimp toast paired with a refreshing, tangy, and zesty slaw.

TIKKA MASALA & RICE 32

Rich, aromatic tikka masala chicken served with fragrant basmati rice.

TIKKA SKEWERS WITH SPICED RICE 34

Grilled tikka-marinated chicken skewers paired with flavorful, aromatic rice.

VEGAN PAD THAI 36

Plant-based Pad Thai made with crispy tofu, fresh vegetables, and crunchy peanuts.

ZINGY PEANUT CHICKEN 38

Pan-seared chicken in a zesty peanut, lime and chili sauce over herb-roasted veggies.



Apple & Ginger Salmon Wraps

High Protein | Med Carb

Living+

These apple and ginger salmon wraps are a fresh and flavorful meal that's perfect for a quick lunch or dinner. The combination of sweet and spicy flavors creates a unique and satisfying meal that is both healthy and delicious, packed with essential fatty acids and an abundance of protein.

Prep: 5 min | Cook: 15 min | Fresh: 3 days | Beginner

Makes 2

Salmon 2 fillets
Wrap 2 whole wheat wraps
Apple 1/2 Granny Smith
Carrot 1 small
Spinach 1 cup
Lettuce 1 cup
Fresh Ginger 1 tsp fresh
Black Pepper 2 twists
Chili Flakes 1/4 tsp
Salt 1 pinch

Apple & Ginger Salmon Wraps

High Protein | Med Carb

livingplusrx.com

Method

Preheat the oven to 350°F (180°C).

Next, add the salmon to a baking tray and season with the salt, black pepper and chili flakes.

As the oven preheats, prepare the wrap fillings. Finely slice the apple, peel and grate the carrot and add them to a mixing bowl. To the bowl add a tsp of freshly grated ginger along with a cup of shredded lettuce and baby spinach. Mix well.

Add the salmon to the oven for 12 to 15 minutes.

With a few minutes remaining, begin to assemble the wraps. Place some of the fruit and veg mixtures on each wrap along with an additional side to each plate. Once the salmon is cooked, place a fillet on each wrap and serve.

MFP Barcode



Living+

Allergen Information

Contains fish, gluten.



Asian Turkey Burgers & Noodle Slaw

High Protein | Med Carb

Living+

A beautiful recipe that is packed with protein, veggies and bursting with a mild spicy sweetness.

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

Makes 4 portions (8 burgers)

Ground Turkey 500g or 17.6 oz

Ginger 1 tsp, jarred

Garlic 3 cloves

Rice Flour 1 tbsp

Egg 1

Black Sesame Seeds 1 tbsp

Cilantro 1 tsp chopped

Olive Oil 1 tsp

Rice Noodles 240g or 8.4 oz

Zucchini 1 medium

Bell Peppers 2 medium

Red Onion 1

Carrots 2 medium

Bok Choy 100g or 3.5 oz

Dressing soy sauce 2 tbsp, juice of 1 lime, 2 tbsp fish sauce, 2.5 tbsp sweet chili sauce, 5 twists black pepper, 1 red chili, 1 tbsp sesame oil

Asian Turkey Burgers & Noodle Slaw

High Protein | Med Carb

livingplusrx.com

Method

Preheat the oven to 350°F (180°C).

First, make the turkey burgers. In a large bowl, combine the ground turkey with 3 cloves of garlic (crushed), a tsp of jarred ginger, rice flour, egg, and sesame seeds. Mix the ingredients well before adding the finely chopped cilantro. Mix well again.

Once mixed, make 8 burger patties. To a pan, on medium heat, add a tsp of olive oil. Cook each burger for 2 minutes on either side before placing them on a roasting tray and cooking them in the oven for 10 to 12 minutes.

Next, make the slaw. To a large mixing bowl add 2 carrots (peeled and grated), the zucchini (trimmed and grated), the red onion (peeled and finely sliced), bell peppers (seeded and sliced) and bok choy (sliced).

Next, cook the rice noodles according to the package instructions (typically leave them to soak in hot water for 8 minutes) and then rinse them in cold water until cooled before adding them to the veggie slaw.

Finally, make the dressing. In a bowl, add the soy sauce, fish sauce, sesame oil, sweet chili sauce, red chili (finely chopped), black pepper and lime juice. Mix well before tossing it into the rice noodle slaw. Mix the slaw well before serving.

MFP Barcode

0 57941 22045 5

Living+

Allergen Information

Contains eggs, soy, sesame, fish, wheat.



Cajun Salmon & Quinoa Salad

High Protein | Med Carb

Living+

Not only is salmon a rich source of omega-3 fatty acids, essential for a healthy heart, but quinoa provides a hearty base loaded with protein, fiber, and various vitamins and minerals.

Prep: 5 min | Cook: 14 min | Fresh: 5 days | Beginner

Makes 1

Water 150ml or 5 fl oz

Salmon Fillet 1

Cherry Tomatoes 6

Red Bell Pepper 1 whole small

Cucumber 40g, thumb length piece

Sweet Corn 35g or 1.2 oz

Green Onion 1

Quinoa 50g or 1.7 oz

Cajun Seasoning 1 tsp

Cajun Salmon & Quinoa Salad

High Protein | Med Carb

livingplusrx.com

Method

First, season the salmon with the Cajun seasoning and then cook it in an air fryer or oven at 350°F (180°C) for about 14 minutes.

Next, bring a pot with the 150ml of water to boil, then add the quinoa. Cook on a low-medium heat until the quinoa absorbs all of the water.

As the quinoa cooks, seed and dice the red bell pepper, quarter the tomatoes and chop the green onion.

Once the quinoa is cooked, add the chopped veg and mix well. Around this time, the salmon will be cooked.

Serve the salmon with the salad, adding a few fresh cilantro leaves if desired.

MFP Barcode

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

Living+

Allergen Information

Contains fish



Chicken Chow Mein

High Protein | Med Carb

Living+

Delight in the rich flavors of this classic Chicken Chow Mein, a perfect blend of tender chicken, vibrant vegetables, and silky noodles tossed in a savory sauce. This easy-to-make dish is ideal for a busy weeknight or a relaxing weekend meal.

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

Makes 2

Medium Egg Noodles 2 nests

Chicken Breast 2 (125g or 4.4oz each)

Ginger & Five-Spice 2 tsp each

Garlic 1 clove

Soy Sauce 2 tsp

Sesame Oil 1 tbsp & 1/2 tsp

Baby Corn 4

Red Bell Pepper 2, medium

Bok Choy 100g or 3.5oz

Cornstarch 1 tbsp

Stir-Fry Sauce 1 tbsp soy sauce, 1 tsp fish sauce, 1 tsp honey, 1/2 tsp sesame oil, 1/2 tsp chili flakes

Chicken Chow Mein

High Protein | Med Carb

livingplusrx.com

Method

Cook the egg noodles according to the package instructions. Once cooked, drain and rinse under cold water to stop the cooking process. Set aside.

Slice the chicken breasts into strips. In a mixing bowl, combine the chicken with 2 tsp ginger, 1 clove garlic, 2 tsp light soy sauce, 1 tbsp of sesame oil, and 2 tsp Chinese five-spice.

Slice the red bell peppers, halve the baby corn, and chop the bok choy. Keep ready.

Lightly coat the marinated chicken strips in cornstarch, shaking off any excess.

Heat 1/2 teaspoon of sesame oil in a wok or large skillet over medium-high heat. Add the chicken strips and stir-fry for 2-3 minutes until they start to brown.

Introduce the prepared vegetables to the wok. Cover with a lid to allow the vegetables to steam slightly, cooking for an additional 2-3 minutes.

Mix the ingredients for the stir-fry sauce in a small bowl (1 tbsp light soy sauce; 1 tsp fish sauce; 1 tsp honey; 1/2 tsp sesame oil; 1/2 tsp chili flakes). Pour the sauce over the cooking vegetables and chicken, then add the precooked noodles. Toss everything together and cook until the noodles are heated through and have absorbed some of the sauce flavors.

MFP Barcode

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

Living+

Allergen Information

Contains soy, sesame, eggs, wheat, fish.



Chipotle Chicken Pasta

High Protein | Med Carb

Living+

This tantalizing masterpiece will leave you smacking your lips with every bite. Get ready to indulge in a culinary adventure that will take your taste buds to new heights!

Prep: 10 min | Cook: 20 min | Fresh: 5 days | Beginner

Makes 2

Chopped Tomatoes 1 can
Chicken Breast 3
Penne Pasta 160g or 5.6 oz uncooked
Light Cream 150ml or 5fl oz
Red Bell Pepper & Red Onion 1 each
Frozen Peas 60g or 1/2 cup
Asparagus 4 small spears
Lime Juice 1 lime
Cumin 1/2 tsp
Garlic 4 cloves
Chipotle Paste 1 tsp
Chipotle Flakes 1 tsp
Honey 1 tsp
Olive Oil 1 tsp
Black Pepper 5 twists
Paprika 2 tsp

Chipotle Chicken Pasta

High Protein | Med Carb

livingplusrx.com

Method

First, in a mixing bowl season the chicken breasts with salt, pepper, paprika, cumin and chipotle flakes.

Place the chicken to the side and prepare the veg. Chop the asparagus into inch-length pieces and dice the red bell pepper. Peel & chop the red onion.

Cook the chicken in the air fryer or oven at 350°F (180°C) for 18 to 20 minutes.

As the chicken cooks, place the red onion in a pot with a tsp of olive oil and the crushed garlic cloves. Cook for 2 minutes on medium heat before adding the red bell pepper, asparagus & chipotle paste. Cook for 2 more minutes, stirring regularly to mix the paste.

Next, add the chopped tomatoes, honey, lime juice, and paprika. Mix well and leave to simmer for 10 minutes. With 12 minutes remaining until the chicken is cooked, prepare and cook your pasta.

After leaving the tomato sauce to reduce for 10 minutes, lower the heat and add the light cream and peas. Mix well and leave to sit until the pasta is cooked.

Once the pasta is cooked, drain and toss the pasta into the pot. Once this is done, mix well.

Finally, dice the cooked chicken breasts and add them to the pot. Mix well before serving.

MFP Barcode



Living+

Allergen Information

Contains milk, wheat. May contain sulfites.



Chorizo & Shrimp Linguine

High Protein | Med Carb

Living+

The crispy chorizo sausage, juicy shrimp and al dente linguine perfectly combine to create a spicy and aromatic experience. This dish is sure to become a favorite and leave you feeling satisfied.

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

Makes 2

Jumbo Shrimp 12

Linguine 140g or 5oz

Passata 100g or 3.5oz

Chorizo 40g or 1.4oz

Paprika 1 tsp

Chili Powder 1/4 tsp

Chorizo & Shrimp Linguine

High Protein | Med Carb

livingplusrx.com

Method

First, season the peeled shrimp with paprika and chili powder.

Next, chop the chorizo into thin slices and then halve or quarter each slice. Place the chorizo onto a non-stick pan and cook on low heat for 1 to 2 minutes before adding the shrimp. At this time, cook the linguine according to the instructions on the package.

Cook the shrimp on medium heat, turning them often for 3 to 4 minutes until pink.

Next, add the passata, mixing regularly until the linguine is cooked.

Drain the linguine and add it to the pan, mixing well before serving.

MFP Barcode



Living+

Allergen Information

Contains shellfish, wheat.
May contain sulfites.



Coconut Lime Chicken

High Protein | Med Carb

Living+

Experience the exotic flavors of the Coconut Lime Chicken, a delightful dish that infuses tender chicken strips with a zesty lime and creamy coconut sauce, enhanced with a hint of curry and a sprinkle of fresh cilantro. This meal is a perfect combo of tangy and sweet.

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

Makes 4

Chicken Breast 4 (125g or 4.4oz per breast)
Basmati Rice 240g or 8.5oz
Water 200ml or 7fl oz
Lime Juice 3 limes
Coconut Cream 160ml or 5.4fl oz
Red Onion 1 small
Greek Yogurt 4 tsp, 0% fat
Peanut Butter 1 tbsp
Ginger 1 tbsp, chopped
Garlic 2 cloves
Curry Powder 1/2 tbsp
Chicken Stock 1/2 cube
Olive Oil 1 tsp
Cilantro 1 tbsp, chopped

Coconut Lime Chicken

High Protein | Med Carb

livingplusrx.com

Method

In a bowl, combine the chicken, sliced into strips, with the juice of 2 limes and curry powder. Mix well to coat and set aside to marinate.

Heat olive oil in a pan over medium heat. Add the marinated chicken and cook until golden and cooked through. Remove from the pan and set aside.

In the same pan, add the diced red onion, garlic, and ginger. Sauté until aromatic and slightly golden.

Pour in the coconut cream and the chicken stock. Stir in the peanut butter, zest of 1 lime, juice of 1 lime, and chopped cilantro. Bring to a simmer.

Return the cooked chicken to the pan. Let the sauce simmer until it thickens and reduces slightly, enhancing the flavors.

Spoon the chicken and sauce over a bed of cooked basmati rice. Garnish with additional cilantro and a tsp of plain Greek yogurt if desired.

MFP Barcode

Allergen Information

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



Creamy Roasted Red Pepper Pasta

High Protein | Med Carb

Living+

A delicious and easy-to-make dish that combines the flavors of roasted red peppers and cream to create a rich and satisfying pasta sauce.

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

Makes 2

Conchiglie 180g or 6.3 oz
Red Bell Peppers 3 large
Chicken Breast 2
Yellow Onion 1 medium
Light Cream 50ml or 1.7 fl oz
Parmesan Cheese 50g or 1.7 oz
Garlic 4 cloves
Paprika 1 tsp
Olive Oil 1 tsp
Parsley 1 tbsp, fresh
Cayenne Pepper 0.5 tsp
White Mushrooms 4

Creamy Roasted Red Pepper Pasta

High Protein | Med Carb

livingplusrx.com

Method

Preheat the oven to 350°F (180°C). To a baking tray, add the red bell peppers (quartered), onion (quartered), and garlic cloves. Drizzle with a tsp of olive oil and then roast in the oven for 25 minutes.

As the veg are roasting, flatten your chicken breasts and season with the paprika and cayenne pepper. Cook them in an air fryer if you have one. If not, fry them for 1 minute on each side and then add to the oven for 10 to 12 minutes.

As veg is roasting, cook the pasta according to the instructions.

When the veg is cooked, place the roasted veg in a blender with 50ml of cream. Blend until smooth.

To a deep pan, add the mushrooms (quartered). Fry for 1 to 2 minutes and then add the pasta sauce, the parsley (chopped) and grated parmesan. Mix well before adding the cooked pasta.

Mix well and leave to simmer on a low heat. As it simmers, dice the cooked chicken and add it to the pan. Mix well before serving.

Serve with a few fresh parsley leaves and if desired, some extra cheese.

MFP Barcode

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

Living+

Allergen Information

Contains milk and gluten.



Harissa Chicken & Couscous

High Protein | Med Carb

Living+

This mouth-watering dish combines tender, juicy chicken with fluffy couscous and a spicy and tangy harissa sauce that's sure to please your taste buds. Whether you're looking for a quick and easy weeknight dinner, or a tasty and healthy lunch option, this dish has everything you need to satisfy your cravings.

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

Makes 2

Chicken Breast 2

Black Pepper 5 twists

Water 130ml or 4.4 fl oz

Couscous 100g dry or 3.5 oz

Pomegranate Seeds 1/4 cup

Feta Cheese 30g or 1 oz

Harissa Paste 1 tsp

Paprika 1 tsp

Harissa Chicken & Couscous

High Protein | Med Carb

livingplusrx.com

Method

First, coat the chicken breasts in the harissa paste. Then cook them in the air fryer or oven at 375°F (190°C) for 18 minutes.

Next, chop the feta cheese and leave it to the side. If you can't find ready-to-eat pomegranate seeds, take the seeds out of a fresh pomegranate.

Finally, prepare the couscous. First, add the couscous to a bowl or pot. Then add the paprika and black pepper. With 5 minutes remaining until the chicken is cooked, add 130ml of boiling water to the pot. Cover for 5 minutes.

Once ready, fluff the couscous using a fork. Serve the chicken on a bed of couscous with the pomegranate and feta on top.

MFP Barcode

0 5 7 9 4 1 2 2 0 9 3 6

Living+

Allergen Information

Contains lactose, wheat.
May contain sulfites



Lean Layered Lasagna

High Protein | Med Carb

Living+

The ultimate comfort food, blending the rich flavors of lean beef and lentils with a medley of vegetables. High in protein and packed with fiber, this dish supports muscle recovery and energy needs. With a lighter béchamel sauce, this lasagna is ideal for those looking for a delicious yet nutrient-dense meal.

Prep: 10 min | Cook: 60 min | Fresh: 3 days | Beginner

Makes 6

Low-Fat Milk 800ml or 27fl oz
Lean Ground Beef 500g or 17.6oz
Passata 1 can
Cooked Lentils 1 can
Lasagna Sheets 200g or 7oz
Red Bell Pepper 1, large
Mushrooms 150g or 5.3oz
Zucchini 1 medium
Cheddar Cheese 80g or 2.8oz, reduced fat
Fresh Rosemary 1 tsp
Carrot 1 large
Red Onion 1 small
Parmesan Cheese 50g or 1.7oz
Celery 1 stick
Olive Oil 2 tbsp
All-Purpose Flour 2 tbsp
Balsamic Vinegar 2 tbsp
Garlic 2 cloves
Stock Cubes 1 beef, 1 vegetable

Lean Layered Lasagna

High Protein | Med Carb

livingplusrx.com

Method

Finely dice all the vegetables and set aside. Preheat your oven to 425°F (220°C).

Heat olive oil in a large pan over medium heat. Sauté the diced vegetables with a pinch of salt for 10 minutes until softened and slightly caramelized. Add the ground beef, breaking it up with a spoon. Cook on high heat for 10 minutes, adding the balsamic vinegar and chopped rosemary. Cook until the beef is browned. Pour in the passata and fill the passata can with water, adding that to the pan. Stir in the beef stock cube, lentils, and seasoning. Simmer for 15-20 minutes, reducing the mixture until thickened.

In a separate pan, heat olive oil over medium heat. Stir in the flour and cook for 3 minutes, continuously stirring to avoid lumps. Gradually whisk in the milk, 200ml at a time, allowing the sauce to thicken before adding more. Stir in the cheddar cheese, vegetable stock cube, salt, and pepper. Let the sauce simmer for 5 minutes until it thickens slightly.

In a large baking dish, spread a layer of the ragu sauce, followed by spoonfuls of béchamel and a fine grating of Parmesan. Add a layer of lasagna sheets. Repeat this process for two more layers. Finish with a generous layer of béchamel sauce on top, a crack of black pepper, and the remaining Parmesan.

Cover the dish with foil and bake for 20 minutes. Uncover and bake for another 15 minutes until the top is golden and bubbling. Let the lasagna rest for 10 minutes before serving.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, eggs, gluten, celery. May contain sulfites.



Lemon Hake With Mash & Greens

High Protein | Med Carb

Living+

Succulent hake fillets are oven-baked with slices of lemon, creating a delightful citrusy note that complements the fish's delicate flavor. Served alongside a comforting sweet potato mash, offering a sweet contrast to the tangy hake. Fresh, steamed broccoli and asparagus add a crisp, green freshness to the plate. A sprinkle of mixed herbs and a twist of black pepper round out this irresistible, nutritious meal.

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

Makes 2

- **Sweet Potato** 300g or 10.6 oz
- **Hake Fillets** 2
- **Broccoli** 1 head, small
- **Lemon** 1
- **Asparagus** 8 spears
- **Olive Oil** 1 tsp
- **Salted Butter** 1 tsp
- **Mixed Herbs** 1 tbsp
- **Black Pepper** 5 twists

Lemon Hake With Mash & Greens

High Protein | Med Carb

livingplusrx.com

Method

Start by preheating your oven to 350°F (180°C). Prepare a baking tray with a sheet of foil large enough to envelop a hake fillet, forming a packet. Add olive oil, along with slices of lemon, the mixed herbs and black pepper.

Fold the foil around the hake to create a sealed parcel, then bake it in the oven for 15 to 20 minutes, or until the fish is thoroughly cooked.

While the hake is baking, rinse, peel, and dice the sweet potato into ¾-inch (2 cm) pieces. Place these in a saucepan full of water and bring to a boil, cooking for 7 to 10 minutes until they're soft enough to easily pierce with a knife. Drain the water, then mash the sweet potatoes with the butter.

For the vegetables, steaming the asparagus and broccoli yields the best results. If steaming isn't possible, boil them until a fork can pierce them with slight resistance, ensuring they retain some crunch.

MFP Barcode

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

Living+

Allergen Information

Contains fish, lactose.



Orange Chicken

High Protein | Med Carb

Living+

Juicy chicken breast pieces with a sweet and tangy orange sauce. The sauce's blend of fresh orange juice, honey, and spices creates a delightful coating for the lightly fried chicken, resulting in a balance of flavors. Served over a bed of steamed basmati rice and garnished with sesame seeds and green onions, this dish is delightful.

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

Makes 3

Chicken Breast 3, average
Orange Juice 200ml or 6.7fl oz
Basmati Rice 150g or 5.3oz, dry
Soy Sauce 2 tbsp
Water 20ml or 0.7fl oz
Honey 1 tbsp
Green Onion 1
Cornstarch 1 tsp & 1 tbsp
Ginger 1 tbsp
Garlic Cloves 1
Orange Zest 1 orange
Paprika 2 tsp
Black Pepper 1 tsp
Salt pinch
Sesame Seeds & Chili Flakes 1 tsp each

Orange Chicken

High Protein | Med Carb

livingplusrx.com

Method

Start by cutting the chicken breast into bite-sized pieces. Season these pieces with salt, pepper, and paprika. Toss them in a tbsp of cornstarch to ensure they are evenly coated. In a skillet, heat some oil over a medium flame and cook the chicken until it turns golden and is thoroughly cooked. Once done, remove the chicken and set it aside.

In the same skillet, add the minced ginger and garlic, and give them a quick sauté. Pour in the orange juice, then add the orange zest, soy sauce, honey and chili flakes. Stir this mixture well and bring it to a gentle simmer. To thicken the sauce, mix 1 tsp of cornstarch with 20ml of water to create a slurry, then stir this into the sauce until it thickens.

Add the cooked chicken back into the skillet, ensuring it's well coated with the orange sauce. In the meantime, cook the basmati rice as per the package instructions until it's fluffy and tender. Serve the orange chicken over the rice, garnished with a sprinkle of sesame seeds and some freshly chopped green onions.

MFP Barcode



Living+

Allergen Information

Contains soy, wheat, sesame.



Salmon Linguine

High Protein | Med Carb

Living+

This recipe features salmon fillets and linguine with a medley of veggies (red bell peppers, onions, peas, mushrooms) along with sun-dried tomatoes, garlic, and lemon juice. Seasoned with oregano, salt, and black pepper, it has a creamy finish from light cream and cheddar cheese.

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

Makes 4

Salmon Fillets 3
Light Cream 270ml or 9.1 fl oz
Linguine 240g or 8.4 oz
Frozen Peas 150g or 5.3oz
White Mushrooms 150g or 5.3oz
Red Bell Pepper 1 medium
Yellow Onion 1 medium
Cheddar Cheese 50g or 1.7oz, reduced fat
Sun-Dried Tomatoes 8
Tomato Paste 2 tbsp
Garlic 2 cloves
Lemon Juice 1 lemon
Olive Oil 1 tsp
Oregano 3 tsp
Black Pepper 2 twists
Salt pinch

Salmon Linguine

High Protein | Med Carb

livingplusrx.com

Method

Preheat your oven to 400°F (200°C). Place the salmon fillets on a baking tray and cook in the oven for 12-15 minutes, or until they're no longer pink in the middle.

While the salmon is cooking, prepare your vegetables: slice the red bell peppers and onion, and chop the sun-dried tomatoes.

In a large pan, heat the olive oil over medium heat. Add the oregano to the pan and stir it in the oil for about 30 seconds to release its flavor.

Add the sliced red bell peppers, onion, frozen peas, and mushrooms to the pan, sautéing them until the vegetables are tender.

Stir in the garlic and sun-dried tomatoes, followed by the tomato paste and lemon juice. Mix well to combine all the flavors.

Reduce the heat to low and add the light cream and cheddar cheese. Stir continuously until the cheese melts and the sauce is smooth.

In a separate pot, cook the linguine according to the package instructions until al dente. Drain the linguine and add it to the pan with the vegetable and cream mixture. Mix well to coat the pasta evenly with the sauce.

Flake the cooked salmon into the pan, gently incorporating it into the pasta and sauce. Season the dish with salt and black pepper to taste, then serve immediately while hot. Enjoy this flavorful and satisfying meal!

MFP Barcode

0 57941 22166 7

Living+

Allergen Information

Contains lactose, fish, wheat. May contain sulfites.



Sesame Shrimp Toast with Zesty Slaw

High Protein | Med Carb

Living+

Crispy sesame shrimp toast made in the air fryer, served with a crunchy, zesty slaw of cabbage, carrot and cucumber in a sweet chili and lime dressing. A lighter, high-protein take on a takeout favorite, ready in about 20 minutes.

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

Makes 2

Raw Shrimp 280g or 10oz
Sourdough Bread 4 slices
Cucumber 1 small
Cabbage 2 handfuls
Carrot 1, large
Lime Juice 1 lime
Lime Zest 1 lime
Egg Whites 2 eggs
Green Onions 4
Sweet Chili Sauce 2 tbsp
Soy Sauce 2 tsp
Fish Sauce 2 tsp
Sesame Oil & Seeds 2 tsp each
Cilantro 1 tbsp, chopped
Ginger 1 tsp
Chili Flakes 1/2 tsp

Sesame Shrimp Toast with Zesty Slaw

High Protein | Med Carb

livingplusrx.com

Method

Mince the raw shrimp roughly with a knife to create a chunky texture. Transfer to a mixing bowl and combine with the chili flakes, 2 green onions, sesame oil, ginger, soy sauce, egg whites, and lime zest. Mix well. Set aside.

In a separate bowl, mix the shredded cabbage, cucumber, grated carrot, remaining green onions and cilantro. For the dressing, combine the sweet chili sauce, fish sauce, and lime juice. Pour over the vegetables and massage gently to coat evenly. Let the slaw marinate while you prepare the shrimp toast.

Spread the shrimp mixture evenly over each slice of bread, pressing down to help it adhere. Sprinkle with the sesame seeds for extra texture and flavor.

Preheat the air fryer to 400°F (200°C) and cook the shrimp toast for 10 to 12 minutes.

Plate the shrimp toast and serve with the zesty slaw on the side, or spoon the slaw directly on top of the toast for extra crunch. Enjoy immediately!

MFP Barcode

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

Living+

Allergen Information

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



Tikka Masala & Rice

High Protein | Med Carb

Living+

Enjoy the rich and vibrant flavors of Tikka Masala, a beloved Indian dish. This recipe features tender chicken marinated in a blend of spices and yogurt, creating a succulent and aromatic main course. Paired with fluffy rice, this meal is both comforting and satisfying, perfect for a family dinner or a special occasion.

Prep: 10 min | Cook: 60 min | Fresh: 3 days | Beginner

Makes 4

Chicken Breast 4 (125g or 4.4oz per breast)

Chopped Tomatoes 1 can

Basmati Rice 240g or 8.4oz dry

Yellow Onion 1, medium

Low-Fat Plain Yogurt 140g or 4.9oz

Curry Powder 2 tbsp

Salt 0.5 tsp

Ginger 1 tbsp

Green Chili 1

Tikka Masala & Rice

High Protein | Med Carb

livingplusrx.com

Method

In a bowl, combine chicken breasts, chopped tomatoes, plain yogurt, curry or tikka masala powder, sliced onion, salt, minced ginger, and chopped green chili. Mix well to ensure the chicken is thoroughly coated with the marinade. Refrigerate and let marinate for at least 1 hour.

Preheat your oven to 375°F (190°C). Transfer the marinated chicken and all the marinade into a deep oven-proof dish. Cover the dish with aluminum foil to keep the moisture in.

Bake in the preheated oven for about 1 hour, or until the chicken is thoroughly cooked and tender.

While the chicken cooks, prepare the rice according to package instructions. Serve the hot tikka masala over a bed of fluffy rice. Optionally, garnish with fresh cilantro or a squeeze of lime for an extra burst of flavor.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, mustard.



Tikka Skewers with Spiced Rice

High Protein | Med Carb

Living+

Packed with flavor and protein, this dish is an ideal post-workout meal or a light weeknight dinner. Juicy chicken marinated in tikka masala paste is paired with spiced rice and a refreshing mint yogurt sauce, making it a balanced dish rich in protein, carbs, and healthy fats. A great option for those looking for a simple, nutritious meal!

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

Makes 4

- **Chicken Breast** 4 (125g or 4.4oz per breast)
- **Microwave Spiced Rice** 2 bags
- **Tomatoes** 2, medium
- **Red Onion** 1, medium
- **Tikka Paste** 4 tbsp
- **Greek Yogurt** 4 tbsp, 0% fat
- **Lemon Juice** 1 lemon
- **Fresh Mint** 1 tbsp, chopped

Tikka Skewers with Spiced Rice

High Protein | Med Carb

livingplusrx.com

Method

Dice the chicken breasts and marinate them with the tikka masala paste in a bowl. Let it sit for at least 10 minutes (or longer if you have time).

Thinly slice the red onion and season it with salt and the juice of 1 lemon. Toss well and set aside.

Preheat your air fryer to 400°F (200°C). Thread the chicken onto skewers, place them in the air fryer basket and cook for 12-15 minutes, turning halfway through for even cooking.

While the chicken is cooking, prepare the microwave spiced rice according to the package instructions.

In a small bowl, mix the Greek yogurt, chopped mint, and a pinch of salt. Set aside.

When the chicken is nearly done, add the lemony onions on top of the skewers and cook for an additional 3 minutes to soften the onions and combine the flavors.

In a bowl, add a portion of the cooked rice. Top it with the chicken and onions, a spoonful of the mint yogurt sauce, and the quartered tomatoes. Garnish with additional mint or a drizzle of lemon juice, if desired. Serve immediately.

MFP Barcode

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

Living+

Allergen Information

Contains lactose. May contain mustard.



Vegan Pad Thai

High Protein | Med Carb

Living+

This Pad Thai offers an explosion of flavors and textures that honor the dish's Thai roots while accommodating plant-based diets. Crispy tofu melds seamlessly with tender rice noodles, all drenched in a rich and tangy sauce that perfectly balances sweet, sour, and salty notes.

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

Makes 2

Tofu 300g or 10.5oz
Pad Thai Noodles 150g or 5.3oz, dry
Egg 2 (leave out if vegan)
Lime Juice 2 limes
Yellow Onion 1, medium
Bean Sprouts 1 handful
Vegan Fish Sauce 3 tbsp
Rice Vinegar 3 tbsp
Soy Sauce 2 tbsp
Garlic Cloves 3
Cornstarch 1 tbsp
Brown Sugar 3 tbsp
Peanuts 2 tbsp, chopped
Green Onion 1
Salt & Black Pepper 1 pinch & 2 twists
Chili Flakes 1/2 tsp

Vegan Pad Thai

High Protein | Med Carb

livingplusrx.com

Method

Cut tofu into small cubes. Toss with the cornstarch, salt and pepper. Heat some oil in a pan over medium heat, then fry the tofu until crispy and golden on all sides. Remove from heat and set aside.

Follow the instructions on the package to cook the rice noodles. Once cooked, drain, rinse in cold water and set aside.

In the same pan you used for the tofu, add a bit more oil if needed. Sauté the onion and grated garlic until the onion becomes translucent.

In a separate pan, scramble the egg. Set aside. For vegans, leave this step out.

In a bowl, whisk together lime juice, vegan fish sauce, brown sugar, rice vinegar, and soy sauce. Add the cooked tofu and scrambled eggs (if using) back into the pan with the onion and garlic. Add in the rice noodles and the sauce. Stir well to combine.

Toss in the bean sprouts and chili flakes. Stir until the bean sprouts are slightly softened.

Divide the Pad Thai between two plates. Garnish with chopped green onions, a sprinkle of roasted peanuts, and a wedge of lime.

Serve with additional lime wedges and chili flakes if desired.

MFP Barcode



Living+

Allergen Information

Contains soy, peanuts, wheat. May contain eggs.



Zingy Peanut Chicken

High Protein | Med Carb

Living+

This zingy peanut chicken will set your taste buds racing. A hot yet zesty combination of chili and lime brings a heat that is different.

Prep: 5 min | Cook: 40 min | Fresh: 3 days | Beginner

Makes 2

Chicken Breast 2 average sized
Carrots 4 medium rainbow carrots
Sweet Potato 1 small
New Potato 1
Bell Pepper 2 medium sized
Water 100ml or 3.3 fl oz
Peanut Butter 2 tbsp
Lime 1, for juice and zest
Garlic 2 cloves
Olive Oil 2 tsp
Red Chili 1
Salt 2 pinches
Black Pepper 2 twists
Fresh Thyme 1 tsp
Fresh Rosemary 1 tsp

Zingy Peanut Chicken

High Protein | Med Carb

livingplusrx.com

Method

Preheat the oven to 350°F (180°C).

Chop the veg lengthwise (thinly) like in the photo. Add them to a mixing bowl with a tsp of olive oil, thyme, rosemary, salt, and pepper. Mix well and transfer them to a tray. Roast at 350°F (180°C) for 30 to 40 minutes.

As the veg is roasting, in a bowl add the smooth peanut butter, water, chopped chili, the juice of 1 lime, and two crushed garlic cloves. Mix well until you have a spoonable, smooth sauce.

Using a mallet or rolling pin, flatten the chicken breasts. Then season with salt and pepper and the zest of a lime. With 15 minutes remaining before the veg is cooked, add the chicken to a hot pan with a tsp of olive oil. Cook evenly on each side, turning every few minutes. With 5 minutes remaining, spoon the peanut sauce over the chicken and cook for 3 minutes.

With 2 minutes remaining, place the pan (oven-safe) under the broiler and cook for 2 to 3 minutes more. Serve the chicken on a bed of the roast veg.

MFP Barcode

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

Living+

Allergen Information

Contains peanuts.