










Lunch & Dinner

High-Protein Med-Carb

Volume 2 - 16 recipes



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Baked Harissa Mushrooms with Lentil Salad

High Protein | Med Carb

Living+

This dish features succulent Portobello mushrooms baked with a spicy and sweet harissa and honey marinade, accompanied by a refreshing and hearty lentil salad packed with fresh herbs, tangy olives, and crunchy nuts and seeds. Topped with feta and basil, it's a perfect blend of flavors and textures.

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

Makes 4

Portobello Mushroom 4
Harissa Paste 2 tbsp
Honey 2 tbsp
Olive Oil 2 tbsp
Salt 1 pinch
Black Pepper twist
Red Lentils 250g or 9oz
Cherry Tomato 250g or 9oz
Green Olives 20, pitted
Mint 20g or 0.7oz, chopped
Pumpkin Seeds 4 tsp
Parsley 20g or 0.7oz, chopped
Dill 20g or 0.7oz, chopped
Sliced Almonds 4 tsp
Basil 2 tbsp chopped
Feta 50g or 1/4 cup, crumbled
Lemon 2, zest and juice
Red Onion & Sumac 1 & 1 tsp

Baked Harissa Mushrooms with Lentil Salad

High Protein | Med Carb

livingplusrx.com

Method

Preheat your oven to 400°F (210°C). In a bowl, mix together the harissa paste, honey, olive oil, and a pinch of salt to create the marinade.

Arrange the Portobello mushrooms on a baking sheet, cup side up. Spoon the harissa marinade over the mushrooms, ensuring they are well coated. Season with the black pepper.

Roast the mushrooms in the preheated oven for 8-10 minutes, or until they are tender and slightly charred. Once done, remove from the oven and retain any juices released during roasting.

Combine the cooked lentils, cherry tomatoes, green olives, chopped mint, parsley, dill, sliced almonds, and pumpkin seeds in a large salad bowl. Add lemon zest, the juice of 1 lemon, and 2 tablespoons of olive oil. Toss the salad well.

Add the red onion (sliced), sumac and juice of another lemon in a separate bowl. Mix well.

Use the salad as a base, then top with the quartered mushrooms, crumbled feta and chopped basil. Finally, add some of the red onion garnish.

MFP Barcode



Living+

Allergen Information

Contains lactose, tree nuts.



Cajun Sweet Potato and Salmon

High Protein | Med Carb

Living+

Indulge in a flavor-packed nutritious meal that offers an alluring combination of spice-rubbed succulent salmon and crispy, tangy sweet potato wedges, brimming with heart-healthy Omega-3 fatty acids, vitamin A, and dietary fiber. A wholesome meal that supports immune function and heart health.

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

Makes 1

Salmon 1 fillet

Sweet Potato 250g or 8.8 oz

Cajun Seasoning 1 tbsp & 1 tsp

Olive Oil 1 tbsp

Black Pepper 5 twists

Salt pinch

Cajun Sweet Potato and Salmon

High Protein | Med Carb

livingplusrx.com

Method

Cut the sweet potato into wedges. In a bowl, combine the wedges with 1 tablespoon of olive oil, 1 tablespoon of Cajun seasoning, a pinch of salt, and 2 twists of black pepper. Toss until the wedges are well coated.

Cook the sweet potato in an air fryer for 20 minutes at 400°F (200°C).

While the wedges are baking, season the salmon fillet with a twist of black pepper and 1 teaspoon of Cajun seasoning.

Add the salmon to the air fryer with 12 minutes remaining or, if you do not have space, cook the salmon in the oven at 350°F (180°C).

MFP Barcode



Living+

Allergen Information

Contains fish.



Chicken Satay Salad Bowl

High Protein | Low Carb

Living+

If you struggle to eat enough vegetables, this salad is your new starting point. Get plenty of veggies in with this Asian-inspired satay salad. This meal is low in carbohydrates and packed with fiber, making it an excellent choice on rest days. The satay sauce makes about 6 portions, so save the rest for other meals.

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

Makes 3 portions

Cabbage 170g or 6 oz, chopped

Red Cabbage 170g or 6 oz, chopped

Green Onions 2, chopped

Bell Pepper 1 large, red

Carrot 1 large

Cucumber 10cm or 4in, chopped

Cilantro handful

Sunflower Seeds pinch, toasted

Sesame Seeds pinch

Chicken 3 breasts

Cooking Spray

Satay Sauce soy sauce (3 tbsp), peanut butter (100g or 3.5oz), sriracha (1 tsp), rice vinegar (2 tbsp), lime juice (1 lime), sesame oil (1 tbsp), maple syrup (1 tbsp), ginger (1 tsp, grated), garlic (1 clove, crushed), water (3 tbsp)

Chicken Satay Salad Bowl

High Protein | Low Carb

livingplusrx.com

Method

Preheat the oven to 350°F (180°C) and get the ingredients ready for easy access. As the oven heats, sear the chicken breasts on medium heat with the cooking spray for 3 minutes on each side before adding them to a baking sheet.

As the chicken cooks, begin making the salad. To a large salad bowl, add the cabbage and red cabbage (chopped), green onions (chopped), carrot (peeled and grated), red bell pepper (seeded and chopped), cucumber (chopped) and cilantro (finely chopped).

Then add the chicken to the oven and continue to cook for another 10 to 12 minutes depending on the size of the breast.

Next, make the satay sauce. In a bowl, mix the soy sauce (3 tablespoons), peanut butter (100g), sriracha (1 teaspoon), rice vinegar (2 tablespoons), lime juice (1 lime), sesame oil (1 tablespoon), maple syrup (1 tablespoon), ginger (1 tsp, grated), garlic (1 clove, crushed) and water (3 tablespoons). This makes about 6 portions, more than enough to use in other meals.

Add half of the sauce to the salad, mix well and divide it between 3 bowls (save the rest of the sauce for other meals). Once the chicken is cooked, slice it, add it to the top of each salad and finish with a pinch of toasted sunflower seeds and sesame seeds.

MFP Barcode

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

Living+

Allergen Information

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



KCAL 548.8

PRO 32.3g

CARB 44.1g

FAT 27g

FIBER 6.4g

Per serving

Crispy Rice Teriyaki Chicken Salad

High Protein | Med Carb

Living+

This salad is packed with textures and bold flavors. High in protein from the shredded chicken and loaded with crunchy vegetables, it's the perfect meal salad for lunch or dinner. The crispy rice adds a delightful crunch, while the creamy sesame ginger dressing ties everything together with its sweet, nutty, and umami notes.

Prep: 20 min | Cook: 45 min | Fresh: 3 days | Beginner

Makes 4

Cucumber 2, medium

Chicken Breast 3, 125g or 4.4oz per breast

Red Bell Peppers 2, large

Red Cabbage 200g or 7oz

Long Grain Rice 130g or 4.6oz, dry

Teriyaki Sauce 40g or 1.4oz

Green Onions 4

Sesame Oil 1 tbsp

Cilantro 1 sprig

Salad Dressing 2 tbsp Olive Oil, 2 tbsp Sesame Oil, 3 tbsp Soy Sauce, 3 tbsp Rice Vinegar, 2 tbsp Maple Syrup, 2 tbsp Peanut Butter, 2 Garlic Cloves, 1 tbsp Ginger

Crispy Rice Teriyaki Chicken Salad

High Protein | Med Carb

livingplusrx.com

Method

Preheat the oven to 400°F (200°C). Cook the rice according to the package instructions, then allow it to cool completely. Line a baking sheet with parchment paper and spread the cooked rice evenly. Toss the rice with 1 tbsp sesame oil and 20g teriyaki sauce until evenly coated. Bake for 30-35 minutes, tossing halfway through, until golden and crispy. Keep an eye on it to prevent burning.

Coat the 3 chicken breasts evenly with 20g teriyaki sauce. Place in the air fryer and cook at 350°F (180°C) for 10-12 minutes, flipping halfway through, until the chicken is cooked through and tender. Remove from the air fryer and allow to cool slightly before slicing into bite-sized pieces.

Combine all the dressing ingredients in a blender or food processor. Blend for about 1 minute until smooth and creamy. Taste and adjust seasoning as needed.

In a large mixing bowl, combine the sliced cucumbers, red cabbage, cilantro, green onions, and red bell peppers. Add the sliced chicken and crispy rice on top of the vegetables. Drizzle the sesame ginger dressing over the salad. Toss well to combine.

Divide the salad into 4 portions and serve immediately. Store leftovers in an airtight container in the refrigerator for up to 3 days.

MFP Barcode

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

Living+

Allergen Information

Contains peanuts, soy, wheat, sesame.



KCAL 489.4

PRO 42g

CARB 48.6g

FAT 14g

FIBER 8.4g

Per serving

Energizing Burrito Bowl

High Protein | Med Carb

Living+

Dive into the Energizing Burrito Bowl, perfect for refueling after a vigorous workout or as a hearty lunch to power through the day. Loaded with protein-rich chicken and fiber-packed black beans, this bowl combines essential nutrients for muscle recovery and sustained energy.

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

Makes 2

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

Mexican Rice 1 bag, microwavable

Red Bell Pepper 1, medium

Black Beans 100g or 3.5oz

Avocado 1 small

Red Onion 1 small

Sweet Corn 60g or 2.1oz

Green Onion 1

Cumin 1 tsp

Paprika 1 tsp

Cayenne Pepper 1 tsp

Energizing Burrito Bowl

High Protein | Med Carb

livingplusrx.com

Method

Combine the paprika, cayenne, and cumin in a bowl. Rub this spice mix all over the chicken breasts.

Place the seasoned chicken in an air fryer and cook at 350°F (180°C) for about 18 minutes, or until fully cooked and juicy.

While the chicken is cooking, microwave the Mexican-style rice according to package instructions.

To a bowl, add the black beans (drained and rinsed), sweet corn, red onion (diced), red bell pepper (sliced), and green onions (chopped).

Slice the cooked chicken into strips. In serving bowls, layer the cooked rice, mixed vegetables, and chicken. Top with mashed avocado.

MFP Barcode



Living+

Allergen Information

Contains none.



Greek-Style Chicken Meatballs

High Protein | Med Carb

Living+

Juicy and flavorful, these Greek-Style Chicken Meatballs are paired with a refreshing tzatziki sauce and lemony orzo for a protein-packed and vibrant meal. Perfect for sharing with family or friends, this dish delivers Mediterranean-inspired comfort and a healthy balance of lean protein, healthy fats, and vibrant greens.

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

Makes 4

Ground Chicken 500g or 17.5oz

Breadcrumbs 40g or 1.4oz

Sun-Dried Tomatoes 6

Feta Cheese 20g or 0.7oz

Red Onion 1/2, small

Mint 2 tbsp, chopped

Garlic 2 cloves

Egg 1

Milk 2 tbsp

Tzatziki Greek Yogurt 150g or 5.3oz, 1 Garlic Clove, Zest & Juice 1 Lemon, 1/2 tsp Olive Oil, 2 tbsp Dill, Salt & Pepper

Orzo 60g or 2.1oz Orzo per portion, 2 Handfuls Spinach, 1 tbsp Olive Oil, Juice of 1/2 Lemon, 20g or 0.7oz Feta Cheese

Greek-Style Chicken Meatballs

High Protein | Med Carb

livingplusrx.com

Method

Preheat your oven to 350°F (180°C).

In a large bowl, mix the ground chicken, breadcrumbs, chopped sun-dried tomatoes, feta, diced red onion, chopped mint, 2 minced garlic cloves, egg, milk, salt, and pepper until well combined. Roll the mixture into 12 evenly sized meatballs.

Heat a large non-stick pan over medium heat. Pan-sear the meatballs until golden brown on all sides (about 2–3 minutes per side). Transfer the meatballs to a baking sheet and bake in the preheated oven for 12 minutes or until fully cooked through (internal temperature of 165°F/74°C).

In a small bowl, combine the Greek yogurt, 1 minced garlic clove, juice of 1 lemon, lemon zest, 1/2 tsp olive oil, 2 tbsp chopped dill, salt, and pepper. Mix until smooth and refrigerate until ready to serve.

Cook the orzo according to package instructions. Drain and return to the pot. Stir in the spinach while the orzo is still warm, allowing it to wilt. Add olive oil, lemon juice, and crumbled feta, and mix well.

Plate the orzo and top with the cooked meatballs. Spoon the tzatziki sauce over the meatballs and garnish with extra dill or mint if desired. Serve warm.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, eggs, wheat and sulfites.



Golden Zest Honey Mustard Salad

High Protein | Med Carb

Living+

Dive into the flavors of this salad, a perfect blend of savory and sweet, with a hint of zest. This dish combines tender chicken breast and al dente pasta, complemented by the freshness of peas, red bell pepper, and a mix of basil and arugula. Topped with a creamy, tangy honey mustard dressing, it's a delightful meal for any day of the week.

Prep: 15 min | Cook: 25 min | Fresh: 3 days | Beginner

Makes 4

Chicken Breast 4
Pasta 240g or 8.5oz, dry
Peas 160g or 5.6oz, frozen
Arugula 100g or 3.5oz
Low-Fat Yogurt 4 tbsp
Green Olives 60g or 2.1oz, pitted
Black Pepper 5 twists
Red Bell Peppers 2, medium
Whole Grain Mustard 3 tsp
Honey 1 tbsp
Lemon Juice 1/2 lemon
Fresh Basil Handful
Chili Flakes pinch
Salt pinch

Golden Zest Honey Mustard Salad

High Protein | Med Carb

livingplusrx.com

Method

Season the chicken breasts with salt and pepper. In a skillet over medium heat, cook the chicken until golden and cooked through. Let it rest before slicing.

Bring a pot of salted water to a boil. Cook the pasta according to package instructions until al dente. In the last 3 minutes of cooking, add the peas to the pasta water.

Dice the red bell peppers and halve the green olives. Roughly chop the basil and arugula.

In a bowl, whisk together yogurt, whole grain mustard, honey, chili flakes, and lemon juice. Season with salt and pepper to taste.

Drain the pasta and peas, and transfer them to a large mixing bowl. Add the sliced chicken, red bell peppers, olives, basil, and arugula. Pour the honey mustard dressing over the pasta mixture and toss well to coat everything evenly.

MFP Barcode

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

Living+

Allergen Information

Contains wheat, mustard, lactose.



Jerk Chicken with Mexican Rice

High Protein | Med Carb

Living+

The days of plain chicken and rice are over. This meal is sure to make your taste buds tingle: lightly spiced but bursting with flavor. It also helps you boost your vegetable intake by sneaking them into the rice mixture, which makes it easier if you are a picky eater.

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

Makes 3 portions

Chopped Tomatoes 1 can
Basmati Rice 1 boil-in-bag
Onion 1, yellow
Black Beans 1/2 can, drained & rinsed
Carrot 1 medium
Lime wedges
Garlic 3 cloves
Cumin 1 tsp
Paprika 1/2 tsp
Chili Powder 1/4 tsp
Jalapeño 1 small (15g)
Cilantro sprig
Chicken 3 breasts
Jerk Seasoning 1 tbsp

Jerk Chicken with Mexican Rice

High Protein | Med Carb

livingplusrx.com

Method

Preheat the oven to 350°F (180°C). Prep and cook the rice as per the packaging. As it cooks, move to the next steps.

Season the chicken with the jerk seasoning and put it in the oven for 20 minutes. Peel and chop the onion and add it to a pot with a splash of water, the crushed garlic cloves and the carrot (peeled and grated).

Cook on low to medium heat for 3 minutes, then add the can of chopped tomatoes, the chopped jalapeño and the spices. Cook on medium heat until the sauce reduces and thickens (about 10-15 minutes).

Once thickened, lower the heat and add the black beans (drained and rinsed) and rice.

Mix well before serving with the cooked chicken, a few cilantro leaves on top, and a wedge of lime (to squeeze the juice over).

MFP Barcode

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

Living+

Allergen Information

Contains sulfites, gluten.
May contain nuts.



Korean Beef Fried Rice

High Protein | Med Carb

Living+

Ignite your taste buds with this spicy and savory dish, perfect for a filling family dinner or as meal prep for the week. Packed with the rich flavors of gochujang and a hint of sweetness, this dish is a delightful twist on traditional fried rice. It combines hearty ground beef with garlic, ginger and green onions, topped with a spicy sriracha drizzle.

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

Makes 3

Lean Ground Beef 500g or 17.5oz
Rice 150g or 5.3oz, dry
Gochujang & Sriracha 5 tsp & 1 tsp
Green Onions 3
Honey 3 tsp
Soy Sauce 2 tbsp
Garlic 3 cloves
Sesame Oil 2 tsp
Brown Sugar 1 tsp
Fresh Ginger 1 tsp

Korean Beef Fried Rice

High Protein | Med Carb

livingplusrx.com

Method

Prepare the rice according to the package instructions. Once cooked, let it cool or rinse with cold water.

In a large skillet or wok, heat 1 tsp of sesame oil over medium-high heat. Add the ground beef and cook until browned, breaking it up as it cooks.

Once the beef is browned, add ginger, garlic, gochujang, soy sauce, honey, and the brown sugar to the pan. Stir well to combine and let simmer for 2 minutes to meld the flavors.

Reduce the heat to medium. Add the cooked rice to the skillet, gently folding it in to incorporate fully without breaking the rice grains. Drizzle the remaining sesame oil over the rice and beef mixture.

Continue to cook for an additional 2 minutes, allowing the rice to absorb the flavors and get a slight crisp. Remove from heat.

Top with sliced green onions and a drizzle of the sriracha for added spice.

MFP Barcode

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

Living+

Allergen Information

Contains soy, wheat, sesame.



Lasagna Loaded Fries

High Protein | Med Carb

Living+

Turn your favorite comfort food into a protein-packed twist on a classic with these Lasagna Loaded Fries! Crispy seasoned fries are topped with a hearty Bolognese sauce, creamy white lasagna sauce, and melted cheese. Loaded with protein and carbs, this dish is perfect as a post-workout treat or a cozy indulgence.

Prep: 20 min | Cook: 40 min | Fresh: 1 day | Beginner

Makes 2

Chopped Tomatoes 1 can
Potatoes 350g or 12.5oz
Ground Beef 300g or 10.6oz, extra lean
Yellow Onion 1, medium
Béchamel Sauce 80g or 2.8oz
Carrot 1, medium
Celery 1 stick
Cheddar Cheese 20g or 0.7oz, reduced fat
Mozzarella Cheese 20g or 0.7oz
Tomato Paste 1 tbsp
Garlic 2 cloves
Beef Stock 1 cube
Worcestershire Sauce 2 tsp
Olive Oil 1 tsp
Mixed Herbs 1 tbsp

Lasagna Loaded Fries

High Protein | Med Carb

livingplusrx.com

Method

Heat the olive oil in a large pan over medium heat. Add the chopped onion, carrot and celery, and cook for 5–7 minutes until softened. Add the garlic and ground beef, stirring to break up the meat. Cook for 7–8 minutes, or until browned. Stir in the tomato paste and mixed herbs. Add the Worcestershire sauce, beef stock and canned tomatoes. Bring to a gentle simmer, cover, and let it cook for 15 minutes to deepen the flavors. Stir occasionally.

Preheat the air fryer to 375°F (190°C). Cut the potatoes into fries. Place the fries in the air fryer basket and cook for 15 minutes, shaking halfway through, until crispy and golden.

Place the crispy fries in two heatproof dishes. Spoon the Bolognese sauce over the fries, then add a layer of white sauce. Top with the grated cheese. Place under a hot broiler or back into the air fryer at 375°F (190°C) for 5 minutes, until the cheese is melted and golden.

MFP Barcode

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

Living+

Allergen Information

Contains milk, fish, wheat, celery, sulfites.



Lemon Dill Salmon

High Protein | Med Carb

Living+

Oven-baked salmon topped with a fresh lemon dill sauce, served with a crispy garlic and rosemary hasselback potato and honey-roasted carrots. Everything cooks on one tray for a balanced plate of protein, carbs and healthy fats.

Prep: 5 min | Cook: 60 min | Fresh: 2 days | Beginner

Makes 1 portion

Salmon 1 fillet
Potato 1, large
Garlic 3 cloves, crushed
Olive Oil 2 tsp
Rosemary pinch
Salt 2 pinches
Black Pepper a twist
Greek Yogurt 1 tsp
Low-Fat Mayo 1 tsp
Lemon Juice yield of a wedge
Lemon Zest
Dill 1 tsp, chopped
Carrots 2, medium
Honey 1 tsp
Parsley 3-4 leaves

Lemon Dill Salmon

High Protein | Med Carb

livingplusrx.com

Method

Preheat the oven to 400°F (200°C). Next, wash the potato (peel if you wish) before cutting thin slices down the potato. Be careful not to cut all the way through. Place the potato on a roasting tray.

To a small bowl, add the garlic (crushed), 1 tsp of olive oil, the rosemary and a pinch of salt. Mix well and then spoon over the potato. Put the roasting tray in the oven for 60 minutes.

Next, prepare the honey roast carrots. In a bowl, toss the carrots (trimmed, and peeled if you wish) with the remaining 1 tsp of olive oil and a pinch of salt. After the potato has cooked for 20 minutes, add the carrots to the tray. Cook for 20 minutes before drizzling the honey over the carrots.

With 15 minutes remaining, add the salmon fillet (with the black pepper and a slice of lemon) to the roasting tray.

As the salmon cooks, make the lemon dill sauce. In a bowl, add the low-fat mayo, Greek yogurt, lemon juice, lemon zest and the dill (finely chopped).

Once the 60 minutes is up, plate up the food and spoon the lemon dill sauce over the salmon and add some fresh parsley leaves to the carrots.

MyFitnessPal



Living+

Allergen Information

Contains fish, lactose, eggs, mustard, sulfites.



Loaded Sweet Potato

High Protein | Med Carb

Living+

A hearty and nutritious dish that combines the natural sweetness of roasted sweet potato with the bold zest of a spicy tuna mix. Topped with a creamy avocado dip, this dish is a satisfying meal that packs protein, healthy fats, and a punch of flavor, making it a perfect lunch or light dinner option.

Prep: 10 min | Cook: 50 min | Fresh: 1 day | Beginner

Makes 1

Sweet Potato 250g or 8.8oz
Tuna 1 can, drained
Avocado 1/2, medium
Lime Juice 1 lime
Greek Yogurt 2 tbsp, 0% fat
Sriracha Sauce 1 tbsp
Jalapeños 1 tbsp, chopped
Jalapeño Brine 2 tbsp
Fresh Dill 1 tbsp, chopped
Chili Flakes pinch
Jalapeños to garnish

Loaded Sweet Potato

High Protein | Med Carb

livingplusrx.com

Method

Preheat your oven to 400°F (200°C). Pierce the sweet potato several times with a fork and wrap in foil. Roast in the oven until tender, about 45 minutes to 1 hour.

While the sweet potato is roasting, mix the drained tuna with Greek yogurt, sriracha, chopped dill, jalapeño brine, and chopped jalapeños in a bowl.

In a small bowl, mash the avocado with the lime juice until smooth.

Once the sweet potato is cooked and slightly cooled, cut it open and spoon out the sweet potato onto a plate. Spoon the spicy tuna mixture onto the sweet potato.

Add a dollop of the avocado dip on top of the tuna. Sprinkle with extra dill, the chili flakes and the remaining jalapeños. Drizzle with extra yogurt if desired.

MFP Barcode

Allergen Information

Contains fish, lactose.



Loaded Tuna Chorizo Bagels

High Protein | Med Carb

Living+

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

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

Makes 4

Plain Bagel 2

Tuna 1 can

Cheddar Cheese 80g or 2.8oz, reduced fat

Chorizo 80g or 2.8oz

Light Mayonnaise 2 tbsp

Sriracha 2 tbsp

Loaded Tuna Chorizo Bagels

High Protein | Med Carb

livingplusrx.com

Method

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

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

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

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

MFP Barcode



Living+

Allergen Information

Contains milk, eggs, fish, wheat, mustard.



Steak, Asparagus & Lime Rice

High Protein | Med Carb

Living+

Simplicity at its finest! A tender filet mignon seared in minutes, served with crisp asparagus and fluffy basmati rice tossed with lime, garlic, cilantro and green onion. A high-protein plate that is on the table in about 20 minutes.

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

Makes 1 portion

Filet Mignon 7 oz or 200g
Salt pinch
Black Pepper 1 tsp
Asparagus 6 spears
Olive Oil 1 tsp
Basmati Rice 1/2 boil-in-bag
Garlic 1 clove
Lime Juice 2 limes
Lime Zest 1 lime
Cilantro tsp, chopped
Green Onion 1, small

Steak, Asparagus & Lime Rice

High Protein | Med Carb

livingplusrx.com

Method

To a small mixing bowl, add the garlic clove (crushed), lime juice, lime zest, cilantro (chopped), and green onion (chopped). Once done, season the steak with the salt and black pepper.

Next, cook the rice according to the package instructions, typically 10 minutes.

With 5 minutes remaining until the rice is cooked, heat the olive oil in a frying pan. Cook the steak for 3 to 4 minutes on each side for medium.

After you place the steak in the pan, add the asparagus to the pot of boiling water with the rice (or use a separate one) and cook for 3 minutes.

Once the rice is cooked, add the lime and cilantro mixture and mix well before serving.

MyFitnessPal

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

Living+

Allergen Information

Contains none.



Sweet and Sour Chicken

High Protein | Med Carb

Living+

Low in fiber and low in fat, this recipe is a suitable fuel-up recipe or recovery recipe. It also is a super way to improve your ability to cook restaurant-style dishes that you typically get for takeout.

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

Makes 6 portions

Chicken 6, average breasts

Olive Oil 1 tsp

Red Bell Peppers 2, medium

Yellow Bell Pepper 1 medium

Snow Peas 3.5 oz or 100g package

Baby Corn 3.5 oz or 100g package

Green Onions 3

Garlic 4 cloves

Basmati Rice 12.7 oz or 360g

Ginger 1 inch piece, grated

Pineapple 150g or 5.3oz, in chunks

Sauce cornstarch (1 tsp), honey (3 tsp), soy sauce (3 tbsp), rice vinegar (3 tbsp), ketchup (4 to 5 tbsp), water (6 tbsp), ginger (1/2 inch piece chopped)

Sweet and Sour Chicken

High Protein | Med Carb

livingplusrx.com

Method

First, make the sauce. To a small bowl, add the 3 tsp honey, 3 tbsp soy sauce, 3 tbsp rice vinegar, 4 to 5 tbsp ketchup, 6 tbsp of water and the 1/2-inch piece of ginger (grated). Mix the cornstarch with a splash of water before adding it to the sauce mixture.

Next, seed and slice the bell peppers and chop the pineapple into chunks. Set the vegetables to the side. To a pot, add 2 green onions (chopped), the garlic cloves (crushed), the olive oil and 1 tsp of grated ginger. Don't place it on the heat just yet.

Dice the chicken and leave it to the side.

Bring the pot to low-medium heat for 3 minutes and then add the chicken and cook until white before adding the peppers, snow peas, and baby corn. Cook for 3 minutes and then add the sauce. Mix well and mix often to avoid burning.

Cook the rice according to the package instructions as the chicken cooks. Lastly, add the pineapple and cook for 2 more minutes.

Serve hot on a bed of rice and garnish with the remaining green onion.

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Allergen Information

Contains soy, wheat. May contain sulfites.



Teriyaki Salmon Bowl

High Protein | Med Carb

Living+

Salmon is a fatty fish packed with essential omega-3 fatty acids that support brain, heart and joint health. Salmon is also an excellent source of protein. The composition of this meal makes it the perfect "mixed meal" of protein, fat, and carbohydrate.

Prep: 5 min | Cook: 15 min | Fresh: 2-3 days | Beginner

Makes 2 portions

Salmon 2 fillets

Basmati Rice 1 boil-in-bag

Green Onion 1

Edamame 3.5oz or 100g, shelled

Sesame Seeds 1 pinch

Teriyaki Glaze 1 tbsp

Cilantro fresh, sprig

Broccoli 2.5 oz or 70g (4 small spears)

Carrot 1/2 a carrot, grated

Bok Choy handful, chopped

Cucumber 1 2-inch piece, sliced

Teriyaki Salmon Bowl

High Protein | Med Carb

livingplusrx.com

Method

Preheat the oven to 350°F (180°C). Dab the salmon fillets dry using a paper towel before adding the teriyaki glaze to the salmon. You can use store-bought teriyaki sauce.

Bring a kettle of water to a boil and set out two pots, one for cooking the rice and one for cooking the broccoli, edamame and bok choy. Begin by cooking the rice according to the instructions on the package (usually takes 11 to 13 minutes). After starting the rice, add the salmon to the oven for 13 minutes.

As the salmon and rice cook, peel and grate the carrot and leave it to the side. Slice the cucumber and leave to the side and clean and chop the green onion and leave to the side.

With 5 minutes left on the salmon, add the shelled edamame, broccoli and bok choy to the other pot of boiling water and cook for 5 minutes.

Once cooked, serve the rice in bowls and top with the grated carrot, cucumber, broccoli, bok choy, edamame, green onion and salmon. Garnish with sesame seeds and cilantro.

MFP Barcode

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Allergen Information

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