

Lunch & Dinner

High-Protein Med-Carb

Volume 3 - 17 recipes



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Air Fryer Burrito Bowl

High Protein | Med Carb

Living+

All the bold, zesty flavors of your favorite burrito, without the wrap! Crispy Cajun-spiced potatoes form the base, paired with juicy lime-marinated chicken, fresh tomato salsa, creamy guacamole, and a dollop of Greek yogurt. High in protein and full of vibrant textures!

Prep: 15 min | Cook: 22 min | Fresh: 1 day | Beginner

Makes 2

Potatoes 250g or 8.8oz
Chicken Breast 2, (125g or 4.4oz per breast)
Cherry Tomato 125g or 4.4oz
Lime Juice 2 limes
Avocado ½, medium
Greek Yogurt 2 tbsp, 0% fat
Red Onion ½, small
Cajun Seasoning 2 tbsp
Jalapeños in Brine 15g or 0.5oz
Cilantro 3 tbsp
Black Pepper 3 twists
Salt 2 pinches
Garlic Powder ¼ tsp

Air Fryer Burrito Bowl

High Protein | Med Carb

livingplusrx.com

Method

In a resealable bag, combine the chicken (cut into bite-size pieces), 1 tbsp Cajun seasoning and the juice of 1 lime. Seal and refrigerate for 1 hour.

Cut the potatoes into cubes and toss with the remaining 1 tbsp Cajun seasoning, salt and pepper in a bowl until evenly coated.

Preheat your air fryer to 400°F (200°C). Place the potatoes in the basket in a single layer and air fry for 22 minutes. At the 14-minute mark, lift the chicken from the bag, shake off the excess marinade and add it to the basket alongside the potatoes. Cook until both are golden and the chicken is cooked through (165°F/75°C inside).

In a small bowl, stir together the cherry tomatoes (quartered), red onion (diced), jalapeños, 2 tbsp cilantro, the juice of the second lime and a pinch of salt. Set aside.

Mash the avocado in a bowl. Mix in the remaining 1 tbsp cilantro, garlic powder, salt and pepper until smooth but slightly chunky.

Divide the potatoes and chicken between two bowls. Top each with salsa and a dollop of guacamole. Finish with the Greek yogurt.

MFP Barcode

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

Living+

Allergen Information

Contains lactose. May contain sulfites.



Air Fryer Chicken Parm Wrap

High Protein | Med Carb

Living+

This Air Fryer Chicken Parm Wrap takes the best parts of a classic chicken parmesan, crispy breaded chicken, rich pizza sauce, and gooey mozzarella, and wraps it all up in a handheld, air-fried format. It's a satisfying, protein-packed meal that's big on comfort and even bigger on flavor. Perfect for lunch, dinner, or a meal prep favorite!

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

Makes 2

Chicken Breast 2, breaded (frozen)

Mozzarella 100g or 3.5oz, reduced fat

Tortilla 2, 8-inch

Pizza Sauce 6 tbsp

Fresh Basil 6 leaves

Dried Oregano 1 tsp

Air Fryer Chicken Parm Wrap

High Protein | Med Carb

livingplusrx.com

Method

Preheat your air fryer to 400°F (200°C). Add the breaded chicken breasts and air fry for 12 minutes, flipping halfway through for even crispiness.

On each wrap: spread 1 tbsp of pizza sauce over the base and sprinkle with 15g (0.5oz) mozzarella. Place the cooked chicken on top, add another 1 tbsp of pizza sauce, then another 15g (0.5oz) mozzarella and 2 basil leaves.

Carefully fold the wrap burrito-style, tucking in the sides to secure the filling. Place the wraps seam-side down in the air fryer basket. Spoon the last 1 tbsp of pizza sauce over the top of each wrap and add the remaining 20g (0.7oz) mozzarella. Sprinkle with the dried oregano and the last basil leaves.

Air fry the assembled wrap at 350°F (180°C) for 8 minutes, or until the wrap is golden and the cheese is melted and bubbling.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, wheat.



KCAL 492
PRO 56.7g
CARB 43.6g
FAT 10.1g
FIBER 5.5g
Per serving

Air Fryer BBQ Chicken Flatbread

High Protein | Med Carb

Living+

A high-protein, satisfying meal that's packed with bold flavor and crispy texture — ideal for lunch or a post-workout bite. Succulent shredded chicken and smoky bacon are layered with gooey mozzarella and tangy BBQ sauce, all wrapped in a crisp, golden flatbread brushed with garlic butter. Quick to prep and perfect for the air fryer!

Prep: 10 min | Cook: 25 min | Fresh: 1 day | Beginner

Makes 1

- **Chicken Breast** 1, (125g or 4.4oz per breast)
- **Flatbread** 1
- **BBQ Sauce** 2 tbsp
- **Mozzarella** 30g or 1oz, reduced fat
- **Canadian Bacon** 1
- **Garlic** 1 clove
- **Butter** ½ tsp, light
- **Parsley** ¼ tsp

Air Fryer BBQ Chicken Flatbread

High Protein | Med Carb

livingplusrx.com

Method

Poach the chicken breast in simmering water until cooked through (about 10–12 minutes), or use a ready-cooked breast. Shred once cooked. Chop the Canadian bacon and air fry it at 350°F (180°C) for 5–6 minutes, until crispy.

Toss the shredded chicken with 1 tbsp BBQ sauce in a bowl.

Spread 1 tbsp BBQ sauce on one side of your flatbread or naan. Layer on the grated mozzarella, followed by the BBQ chicken and crispy bacon. Fold the flatbread in half to enclose the filling.

Melt the butter and stir in the crushed garlic and chopped parsley.

Brush the top of the folded flatbread generously with the garlic butter. Air fry at 350°F (180°C) for 7 minutes, or until golden, crisp, and the cheese is melted.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, wheat.



KCAL 537
PRO 47.5g
CARB 38.4g
FAT 19g
FIBER 3.8g
Per serving

Air Fryer Peri-Peri Chicken Burger

High Protein | Med Carb

Living+

These Air Fryer Peri-Peri Chicken Burgers pack serious flavor and satisfying macros. Tender marinated chicken breast pairs with melty mozzarella, salty halloumi, and sweet chili jam, all stacked in a soft brioche bun and crisped to perfection in the air fryer. A great balance of protein, carbs and fats and lighter than takeout.

Prep: 10 min | Cook: 25 min | Fresh: 1 day | Beginner

Makes 2

Chicken Breast 2 (125g or 4.4 oz per breast)
Brioche Burger Bun 2
Halloumi 60g or 2.1oz, reduced fat
Red Bell Pepper 1, small
Mozzarella Slice 2
Yellow Onion ½, small
Peri-Peri Sauce 2 tbsp, lemon & herb
Peri-Peri Mayo 2 tsp
Chili Jam 2 tsp
Olive Oil 1 tsp

Air Fryer Peri-Peri Chicken Burger

High Protein | Med Carb

livingplusrx.com

Method

In a bowl, toss the sliced chicken breast, sliced bell pepper, sliced onion and peri-peri sauce together.

Preheat the air fryer to 350°F (180°C). Add the marinated chicken, peppers and onions to the air fryer basket. Air fry for 15–20 minutes, or until the chicken is cooked through (internal temp of 165°F/75°C).

Meanwhile, slice the halloumi. Heat the olive oil in a non-stick pan over medium heat and fry the halloumi for 2–3 minutes per side, until golden and crisp.

Lightly toast the brioche buns either in a pan, toaster, or air fryer for 1–2 minutes. Spread 1 tsp peri-peri mayo on the base of each toasted bun. Top with the cooked chicken breast, a slice of mozzarella, fried halloumi, and 1 tsp chili jam per burger.

Place the burger tops on and press gently. Return the assembled burgers to the air fryer at 350°F (180°C) for 3–5 minutes, until the cheese melts and the bun crisps slightly.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, wheat, eggs.



KCAL 345.6
PRO 26.2g
CARB 42.5g
FAT 7.9g
FIBER 4.5g
Per serving

Air Fryer Pizza Melt

High Protein | Med Carb

Living+

This Air Fryer Pizza Melt is the ultimate quick comfort snack - crispy golden bread loaded with tomato paste, smoky ham, gooey mozzarella, and cheddar. It delivers all the flavor of a pizza with a fraction of the effort. Perfect for a speedy lunch or indulgent post-gym bite.

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

Makes 1

Ham 3 slices, honey-roasted

Bread 2 slices, white

Tomato Paste 3 tbsp

Mozzarella 15g or 0.53oz, reduced fat

Cheddar Cheese 15g or 0.53oz, reduced fat

Italian Seasoning 1 tsp

Air Fryer Pizza Melt

High Protein | Med Carb

livingplusrx.com

Method

Lay out the two slices of bread. Spread 1 tbsp of tomato paste on each slice.

Add the cooked ham evenly over one slice of bread. Sprinkle Italian seasoning over the ham for that pizza flavor.

Top the ham with half of both the mozzarella and cheddar. Place the second slice of bread on top to form a sandwich. Spread 1 tbsp of tomato paste on top followed by more Italian seasoning and the remaining cheese.

Place the melt in the air fryer basket. Cook at 350°F (180°C) for 5–6 minutes until golden and the cheese is melted. Let it cool for 1–2 minutes before slicing. Serve as is or with a simple side salad or dipping sauce.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, wheat.



Air Fryer Stuffed Bell Peppers

High Protein | Med Carb

Living+

A simple, wholesome meal packed with lean protein, vibrant veggies, and satisfying grains. Lightly seasoned with oregano and smoked paprika, the savory chicken filling is perfectly balanced by the sweet, tender roasted peppers. Finished with a bubbling cheese topping, this dish delivers big flavor!

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

Makes 2

Red Bell Peppers 2, large

Diced Tomatoes 1 can

Ground Chicken 150g or 5.3oz

Yellow Onion 1, small

Mozzarella Cheese 25g or 0.9oz

Cheddar Cheese 25g or 0.9oz

Paprika 1 tsp

Dried Oregano 1 tsp

Cooked Rice 100g or 3.5oz

Salt & Pepper 1 pinch each

Air Fryer Stuffed Bell Peppers

High Protein | Med Carb

livingplusrx.com

Method

In a skillet over medium heat, cook the ground chicken until browned. Add the chopped onion and cook until softened. Stir in the cooked rice, drained tomatoes, oregano, paprika, salt and pepper. Cook for an additional 5 minutes until everything is well combined.

Cut the tops off the bell peppers and remove the seeds. Spoon the mixture into each pepper until fully stuffed. Preheat your air fryer to 350°F (180°C).

Place the stuffed peppers in the air fryer basket. Cook for 10-15 minutes, or until the peppers are tender.

Top each pepper with the mozzarella and cheddar and cook for an additional 2-3 minutes, or until the cheese is melted and bubbly.

MFP Barcode

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

Living+

Allergen Information

Contains lactose.



Beef Pad Kra Pao

High Protein | Med Carb

Living+

A high-protein, nutrient-dense Thai classic, this Beef Pad Kra Pao is bursting with umami, spice, and aromatic Thai basil. Perfect for muscle recovery and energy replenishment, it's served over steamed rice and topped with a crispy fried egg. A simple, flavorful meal in about 25 minutes!

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

Makes 4

Ground Beef 500g or 17.6oz, extra lean
Eggs 4
Basmati Rice 60g or 2.1oz per portion
Red Onion 1 medium
Garlic 8 cloves
Soy Sauce 2 tbsp
Thai Basil 20g or 0.7oz
Oyster Sauce 1 tbsp
Olive Oil 2 tsp
Fish Sauce 1 tbsp
Red Chilies 2
Sweetener 1 tbsp

Beef Pad Kra Pao

High Protein | Med Carb

livingplusrx.com

Method

Cook the rice according to the package instructions. Rinse and dry the Thai basil. Finely chop the red onion, garlic and chilies. Heat 1 tsp olive oil in a wok over high heat, add the onion, garlic and chilies and stir-fry for 1–2 minutes.

Add the ground beef to the wok, breaking it apart as it cooks. Stir-fry for 3-5 minutes, until 80% cooked through. Pour in the soy sauce, oyster sauce, fish sauce and sweetener. Stir well and cook for another 1-2 minutes, allowing the sauce to coat the beef evenly.

Add the Thai basil leaves. Stir for 1 minute until wilted.

In a separate pan, heat the remaining 1 tsp olive oil over medium-high heat. Crack in one egg per portion and fry until the edges are crispy, leaving the yolk slightly runny. Serve the Beef Pad Kra Pao over the basmati rice. Top with the crispy fried egg and enjoy!

MFP Barcode

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

Living+

Allergen Information

Contains eggs, soy, wheat, fish, shellfish.



KCAL 407.5

PRO 33.3g

CARB 36.4g

FAT 14.4g

FIBER 7.3g

Per serving

Cheeseburger Wraps

High Protein | Med Carb

Living+

These Cheeseburger Wraps bring all the flavors of a classic cheeseburger in a high-protein, lower-calorie, handheld meal. Packed with lean beef, fresh veggies, and a creamy burger sauce, this dish is perfect for a quick and satisfying lunch or dinner.

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

Makes 1

Ground Beef 100g or 3.5oz
Tortilla Wrap 1, large
Cherry Tomatoes 2
Light Cheese Slices 2
Red Onion 1/4 small
Pickle 1
Ketchup 2 tbsp
Light Mayonnaise 1 tbsp
Mustard 1 tsp
Lettuce 1 leaf
Cumin 1 tsp
Paprika 1 tsp

Cheeseburger Wraps

High Protein | Med Carb

livingplusrx.com

Method

Heat a non-stick pan over medium heat. Add the ground beef and break it down with a spatula, cooking until browned. In a small bowl, mix together the paprika and cumin. Add the spice mix to the browned beef along with a dash of water. Stir to combine and cook for another 5 minutes.

In a small bowl, mix together the ketchup, mayonnaise and mustard until smooth.

Spread half of the burger sauce over the center of the wrap. Place the 2 slices of light cheese on top of the sauce, followed by the cooked beef. Add shredded lettuce, diced red onion, quartered cherry tomatoes and the chopped pickle on top.

Fold the ends of the wrap inward, then roll tightly from one side to the other. Heat the non-stick pan over medium heat. Place the wrap seam-side down in the pan and cook for 2-3 minutes per side, or until golden and crisp.

Remove the wrap from the pan, slice it in half, and drizzle with the remaining burger sauce. Serve immediately and enjoy!

MFP Barcode

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

Living+

Allergen Information

Contains wheat, eggs, lactose, mustard, sulfites.



Chicken Stroganoff

High Protein | Med Carb

Living+

A lighter, high-protein twist on a classic comfort dish. Swapping sour cream for Greek yogurt reduces the fat content while boosting protein. The addition of whole grain mustard adds a sharp depth of flavor.

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

Makes 4

Chicken Breasts 4 (125g or 4.4oz per breast)
Chicken Stock 500g or 17.6oz
White Mushrooms 300g or 10.6oz
Pasta 70g or 2.5oz per portion
Yellow Onion 1, large
Greek Yogurt 120g or 4.2oz
Garlic 3 cloves
Flour 2 tbsp
Dijon Mustard 1 tbsp
Whole Grain Mustard 1 tbsp
Olive Oil 1 tbsp
Black Pepper 5 twists
Paprika 1 tsp
Fresh Parsley 1 tsp
Salt pinch

Chicken Stroganoff

High Protein | Med Carb

livingplusrx.com

Method

Slice the chicken and season with the salt, pepper and paprika. Set aside. Chop the onion and garlic, and slice the mushrooms.

In a large skillet, heat the olive oil over medium heat. Add the chicken in batches to avoid overcrowding. Cook until golden and nearly cooked through, about 3-4 minutes per side. Remove the chicken from the skillet and set aside.

In the same skillet, sauté the onion and garlic until they begin to soften, about 2-3 minutes. Add the mushrooms and cook until they are browned and their moisture has evaporated, about 5-7 minutes.

Sprinkle the flour over the vegetables and stir to coat. Gradually add the chicken stock, stirring constantly to avoid lumps. Bring to a simmer. Stir in the Dijon and whole grain mustards. Let the sauce simmer gently for a few minutes to thicken.

Return the cooked chicken to the skillet. Reduce the heat and simmer until the chicken is fully cooked and the sauce is creamy, about 5 minutes. Meanwhile, cook the pasta according to the package instructions. Remove the skillet from the heat and stir in the Greek yogurt until well incorporated. Garnish with the chopped parsley and serve hot over the pasta.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, wheat, mustard, sulfites.



Crispy Chicken & Tomato Basil Sauce

High Protein | Med Carb

Living+

This Crispy Chicken with Tomato Basil Sauce brings together juicy, tender chicken coated in a Parmesan breadcrumb crust with a rich, herby tomato sauce. High in protein and packed with vibrant Mediterranean flavors, it's a lighter take on a comfort classic. Perfect for a balanced dinner that's both satisfying and nutrient-dense.

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

Makes 2

Chicken Breast 2 (125g or 4.4oz per breast)
Egg 1
Breadcrumbs 30g or 1oz
Red Onion 1 small
Parmesan Cheese 30g or 1oz
Garlic Clove 2
Paprika 1 tsp
Balsamic Vinegar 1 tbsp
Garlic Powder ½ tsp
Cherry Tomato 150g or 5.3oz
Red Bell Pepper 1, medium
Arugula 2 handfuls
Tomato Paste 1 tbsp
Flour 1 tbsp
Sun-Dried Tomato Paste 1 tsp
Basil 8 leaves
Salt & Pepper 1 twist of each

Crispy Chicken & Tomato Basil Sauce

High Protein | Med Carb

livingplusrx.com

Method

In a non-stick pan over medium heat, cook the diced onion, red bell pepper, halved cherry tomatoes, crushed garlic and basil stems with a splash of water and a pinch of salt and pepper for 5–7 minutes.

Add the sun-dried tomato paste, tomato paste, and balsamic vinegar. Cook for another few minutes, pressing down on the tomatoes to release their juices.

Simmer gently until thickened, adding a splash of water if needed. Stir in fresh basil leaves. Season to taste and set aside.

Mix the breadcrumbs with the paprika, garlic powder and two-thirds of the grated Parmesan. Place each chicken breast between sheets of parchment paper or plastic wrap and gently pound to an even thickness. Season with salt and pepper. Dredge the chicken in the flour, dip into the beaten egg, and coat thoroughly with the breadcrumb mixture, pressing firmly to adhere.

Preheat the air fryer to 380°F (195°C). Air fry the chicken for 15–18 minutes, flipping halfway through, until golden, crispy and cooked through (165°F/75°C inside). Spoon the tomato basil sauce onto plates, place the crispy chicken on top, and garnish with the arugula and the remaining Parmesan.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, eggs, wheat, sulfites.



KCAL 477.5

PRO 34.8g

CARB 37.2g

FAT 17.6g

FIBER 2.4g

Per serving

Fiery Beef & Broccoli Noodle Bowls

High Protein | Med Carb

Living+

A bold and satisfying meal perfect for busy nights or post-training recovery. These Fiery Beef & Broccoli Noodle Bowls combine lean ground beef with a gochujang-kissed sauce, crispy garlic-infused oil, and tender noodles for a high-protein, high-flavor dish that's ready in around 30 minutes.

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

Makes 4

Medium Egg Noodles 4 nests

Lean Ground Beef 500g or 17.6oz

Broccoli 1 head

Olive Oil 3 tbsp

Green Onions 4

Gochujang 4 tsp

Garlic 4 cloves

White Wine Vinegar 2 tbsp

Soy Sauce 2 tbsp

Fiery Beef & Broccoli Noodle Bowls

High Protein | Med Carb

livingplusrx.com

Method

Place the crushed garlic and the chopped white parts of the green onions into a small, heatproof bowl. Heat the olive oil in a large frying pan until hot and shimmering, then carefully pour the hot oil over the garlic and green onions so it sizzles. Set aside.

Return the frying pan to medium-high heat and add 1 tablespoon of the infused oil. Add the ground beef and cook for 8 minutes, breaking it up with a wooden spoon, until golden, crispy, and fully cooked with no pink remaining.

Meanwhile, bring a large pan of water to a boil. Add the egg noodles and broccoli together. Stir once, then turn off the heat, cover, and let stand for 6 minutes. Drain, reserving a cup of the cooking water, and return the noodles and broccoli to the pan.

In the bowl with the remaining garlic and onion oil, mix the gochujang, white wine vinegar and soy sauce. Stir 1 tablespoon of the sauce into the crispy beef, adding a splash of reserved noodle water to loosen if needed. Pour the remaining sauce over the noodles and broccoli, tossing everything together. Add more reserved water if necessary to create a glossy coating.

Divide the noodles and broccoli between bowls, top with the crispy beef, and scatter with the green parts of the green onions. Serve hot and enjoy!

MFP Barcode

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

Living+

Allergen Information

Contains eggs, soy, wheat.
May contain sulfites.



KCAL 638.9
PRO 43.2g
CARB 56.7g
FAT 26.8g
FIBER 2.8g
Per serving

Gochujang Beef & Black Rice Bowls

High Protein | Med Carb

Living+

These Korean-inspired rice bowls are packed with flavor from tender gochujang-marinated beef, nutty black rice, crisp red bell peppers, and crunchy cashews. Finished with a golden fried egg and a drizzle of chili crunch oil, it's a high-protein, high-satiety meal that's both vibrant and comforting.

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

Makes 4

Beef Strips 500g or 17.6oz
Eggs 4
Black Rice 60g or 2.1oz per portion, dry
Red Bell Peppers 2, medium
Cashew Nuts 50g or 1.7oz
Gochujang 4 tsp
Sesame Oil 2 tbsp
Soy Sauce 2 tbsp
Garlic 2 cloves
Sesame Seeds 2 tsp
Chili Crunch Oil 1 tsp

Gochujang Beef & Black Rice Bowls

High Protein | Med Carb

livingplusrx.com

Method

In a large bowl, mix the beef strips with 2 tsp gochujang, 1 tbsp soy sauce, and the crushed garlic. Cover and place in the fridge while you prepare the rice. (Can be marinated up to 24 hours in advance.)

Cook the black rice according to package instructions. This usually takes 25–30 minutes. Drain and keep warm.

After the rice has been cooking for 15 minutes, heat 1 tbsp sesame oil in a large wok or frying pan over high heat. Add the marinated beef and stir-fry for 4–5 minutes until golden brown and cooked through. Transfer the beef to a plate. In the same pan, add the sliced red bell peppers and cashew nuts and cook for 6 minutes, stirring frequently, until soft and slightly charred. Stir in the remaining 2 tsp gochujang and 1 tbsp soy sauce, then remove from the heat.

In a separate frying pan, heat the remaining 1 tbsp sesame oil over medium-high heat. Crack in the eggs and fry for 1–2 minutes, or until the whites are crispy and the yolks set to your preference.

Divide the black rice between 4 bowls. Top each with the stir-fried beef and peppers. Add a fried egg, sprinkle with the sesame seeds, and drizzle with the chili crunch oil.

MFP Barcode

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

Living+

Allergen Information

Contains eggs, tree nuts, soy, wheat, sesame.



Mediterranean Power Salad

High Protein | Med Carb

Living+

This high-protein Mediterranean salad is packed with lean shredded chicken, fiber-rich quinoa, and nutrient-dense greens. The sweetness of pomegranate and dates balances the crunch of walnuts and fresh mint, all tossed in a tangy lemon-balsamic dressing. Perfect for muscle recovery, meal prep, or a light but satisfying lunch!

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

Makes 3

- **Chicken Breast** 3 (125g or 4.4oz per breast)
- **Baby Spinach** 100g or 3.5oz
- **Pomegranate** 100g or 3.5oz
- **Quinoa** 90g or 3.2oz
- **Dates** 50g or 1.7oz, pitted
- **Walnuts** 40g or 1.4oz, chopped
- **Fresh Mint** 25g or 0.9oz
- **Balsamic Vinegar** 1 tbsp
- **Olive Oil** 1 tbsp
- **Lemon Juice** 1/2 lemon
- **Dijon Mustard** 1 tsp

Mediterranean Power Salad

High Protein | Med Carb

livingplusrx.com

Method

Rinse quinoa under cold water and cook according to package instructions (simmer for about 12-15 minutes). Fluff with a fork and allow to cool.

Meanwhile, poach the chicken breasts in simmering water for 12–15 minutes, until cooked through (165°F/75°C inside). Shred with two forks.

Whisk together olive oil, balsamic vinegar, lemon juice, and Dijon mustard until emulsified.

In a large bowl, combine baby spinach, quinoa, shredded chicken, pomegranate seeds, walnuts, mint, and chopped dates. Pour the lemony balsamic dressing over the salad and toss gently to combine. Serve immediately or store in an airtight container for up to 3 days.

MFP Barcode

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

Living+

Allergen Information

Contains tree nuts, mustard. May contain sulfites.



Pulled Chicken Burrito

High Protein | Med Carb

Living+

Tender chicken breasts are slow-simmered in a spiced broth until perfectly shreddable, then wrapped up with rice, black beans, sweet corn, and melted cheese. Topped with creamy Greek yogurt, fresh homemade salsa, and creamy avocado, it's a lighter twist on the classic burrito - with all the bold flavors you love!

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

Makes 2

Chicken Breasts 2 (125g or 4.4oz per breast)
Chicken Stock 150g or 5.3oz
Avocado ½ medium
Tomato 1, medium
Tortilla 2, large
Red Onion 1 small
Yellow Onion 1 small
Mozzarella 50g or 1.7oz, grated
Salt pinch
Basmati Rice 50g or 1.7oz (dry)
Lime Juice 1 lime
Black Beans 40g or 1.4oz
Sweet Corn 40g or 1.4oz
Greek Yogurt 2 tbsp
Jalapeño 1
Garlic 2 cloves
Cumin & Paprika 1 tsp each

Pulled Chicken Burrito

High Protein | Med Carb

livingplusrx.com

Method

Heat a non-stick skillet over medium heat with a splash of water. Add the sliced yellow onion and minced garlic, and cook until softened. Mix the cumin, paprika and a pinch of salt, and rub onto the chicken breasts. Add to the skillet and sear each side briefly. Add the chicken stock, cover, and simmer on low heat for about 20-25 minutes, until the chicken is tender. Remove the chicken, shred with two forks, then return it to the skillet to mix with the cooking juices.

Cook the rice according to the package instructions. In a bowl, mix the chopped tomato, red onion, jalapeño, lime juice and salt.

Warm the tortillas briefly in a skillet to make them pliable. On each tortilla, layer rice, black beans, corn, pulled chicken, and shredded cheese. Top with a generous spoonful of salsa and a dollop of Greek yogurt. Add sliced avocado. Fold the bottom up, then fold in the sides, and roll tightly to close.

Optionally, toast the burrito in a hot skillet for a crispy exterior. Cut in half and serve with the remaining salsa.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, wheat, sulfites.



KCAL 452.7
PRO 22.8g
CARB 31.8g
FAT 26.2g
FIBER 7.2g
Per serving

Smoked Mackerel & Fennel Bowl

High Protein | Med Carb

Living+

A vibrant, Mediterranean-inspired bowl packed with color, texture, and flavor. The peppery crunch of fennel, sweetness of cherry tomatoes, and smoky richness of mackerel come together over a base of tender bulgur wheat, dressed in a light honey-vinegar vinaigrette. Perfect as a protein-packed lunch.

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

Makes 3

Smoked Mackerel 250g or 8.8oz
Cherry Tomato 250g or 8.8oz
Fennel 1 bulb
Bulgur Wheat 75g or 2.6oz, dry
Red Onion 1 small
Fresh Parsley 15g or 0.5oz
Red Wine Vinegar 1 tbsp
Olive Oil 1 tbsp
Honey 1 tsp

Smoked Mackerel & Fennel Bowl

High Protein | Med Carb

livingplusrx.com

Method

Bring a large pan of water to a boil. Add the bulgur wheat and simmer briskly for 12–15 minutes until just tender. Drain, rinse under cold water to cool, then drain again thoroughly.

While the bulgur cooks, whisk the olive oil, vinegar and honey in a large mixing bowl. Stir in the cherry tomatoes (halved), fennel (thinly sliced) and red onion (finely sliced). Let sit to lightly marinate and soften the flavors while the bulgur cools.

Add the cooled bulgur to the marinated vegetables. Toss everything together to coat. Stir through most of the chopped parsley.

Divide between plates or bowls. Top with chunks of flaked smoked mackerel and scatter over the remaining parsley.

MFP Barcode

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

Living+

Allergen Information

Contains fish, wheat. May contain sulfites.



Sweet Chili Salmon With Black Rice

High Protein | Med Carb

Living+

This vibrant dish balances sweet, spicy, salty and citrus flavors. Juicy orange and nutty black rice soak up a sesame-soy dressing, while flaky salmon coated in sweet chili sauce and paprika adds high-quality protein. A light yet satisfying meal, high in omega-3s and protein.

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

Makes 2

- **Salmon Fillet** 2
- **Orange** 1, large
- **Black Jasmine Rice** 100g or 3.5oz
- **Green Onions** 3
- **Sesame Oil** 1.5 tbsp
- **Soy Sauce** 1.5 tbsp
- **Sweet Chili Sauce** 1 tbsp
- **Paprika** 1 tsp

Sweet Chili Salmon With Black Rice

High Protein | Med Carb

livingplusrx.com

Method

Bring a pan of water to a boil, add the rice, then reduce to a simmer and cook for 18-20 minutes, depending on how much bite you like. Drain well and set aside.

Brush the salmon with the sweet chili sauce and sprinkle with the paprika. Air fry at 375°F (190°C) for 12–14 minutes, until cooked through.

Meanwhile, using a sharp knife, cut the top and base from the orange so it sits steadily on a board. Carefully slice down the sides to remove the skin and pith. Cut into ½-inch (1cm) slices, then into cubes, and set aside.

Put the sesame oil, soy sauce and the white parts of the green onions into a large mixing bowl and whisk with a fork to combine.

Tip the warm rice into the bowl and stir well to coat in the dressing. Fold in the orange pieces. Divide between plates and top with the salmon fillets. Scatter with the remaining green onions to serve.

MFP Barcode

Allergen Information

Contains fish, soy, wheat, sesame.



KCAL 542.7

PRO 30g

CARB 46.8g

FAT 26.2g

FIBER 4.2g

Per serving

Zesty Rice & Salmon Salad

High Protein | Med Carb

Living+

Packed with high-quality protein, omega-3 fats, and vibrant veggies, this Rice & Salmon Salad is a nutrient-rich meal that's perfect for recovery or fueling a busy day. The flavorful dressing with hints of lime, honey, and peanut butter adds a tangy twist, making it an irresistible choice for meal prep or a light lunch.

Prep: 15 min | Cook: 18 min | Fresh: 3 days | Beginner

Makes 3

Cucumber 1 large

Salmon 2 fillets

Edamame Beans 150g or 5.3oz

Basmati Rice 120g or 4.2oz, dry

Radish 50g or 1.7oz

Lime Juice 1 lime

Soy Sauce 3 tbsp

Green Onions 3

Peanut Butter 1 tbsp

Honey 2 tsp

Chili Crunch 1 tsp

Soy Sauce 1 tsp, for the rice

Sesame Oil 2 tsp

Sesame Seeds 1 tsp

Red Chili 1

Zesty Rice & Salmon Salad

High Protein | Med Carb

livingplusrx.com

Method

Preheat your oven to 400°F (200°C). Place the salmon fillets on a lined baking sheet and roast for 8-12 minutes until cooked through. Remove the salmon from the oven and flake it with a fork. Set aside to cool completely.

Cook the rice according to package instructions. Once cooked, allow it to cool completely. Mix the cooled rice with 1 tsp sesame oil, 1 tsp chili crunch, and 1 tsp soy sauce for a fragrant base.

Thinly slice the cucumber, radishes, green onions and finely chop the red chili.

Combine the lime juice, 3 tbsp soy sauce, 2 tsp honey, peanut butter, and 1 tsp sesame oil in a blender. Blend until smooth and creamy.

In a large bowl, combine the rice, flaked salmon, cucumber, green onion, radish, edamame, and red chili. Pour the dressing over the salad and toss gently to coat. Garnish with toasted sesame seeds.

MFP Barcode



Living+

Allergen Information

Contains fish, peanuts, soy, wheat, sesame.