

Lunch & Dinner

High-Protein Med-Carb

Volume 4 - 16 recipes



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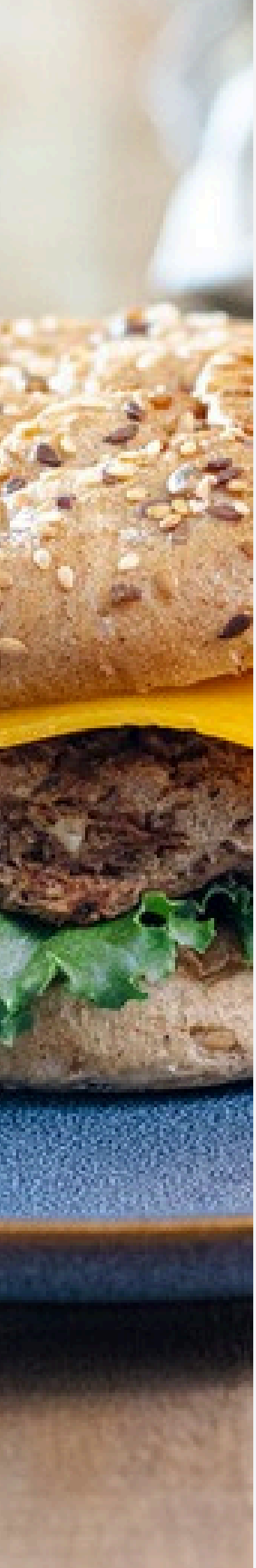
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Chicken Katsu Smashed Tacos

High Protein | Med Carb

Living+

These crispy smashed chicken tacos pack bold Japanese-inspired flavor into every bite. Juicy ground chicken is seasoned, crusted with golden panko, and pan-fried until crispy, then layered onto soft tortillas with a quick pickled slaw, warm katsu sauce, and crunchy toppings. A seriously satisfying high-protein twist on taco night.

Prep: 15 min | Cook: 20 min | Fresh: 2 days | Beginner

Makes 2

Ground Chicken 200g or 7oz

Small Tortilla 4

Egg 1

Panko Breadcrumbs 40g or 1.4oz

Green Cabbage 100g or 3.5oz

Rice Vinegar 1 tbsp

Honey 1 tsp

Soy Sauce 1 tsp

Katsu Sauce 4 tbsp

Green Onions 2

Sesame Seeds 1 tbsp

Olive Oil 1 tsp

Seasoning Black Pepper twist, Salt pinch, Garlic Powder ½ tsp, Onion Powder ½ tsp, Paprika 1 tsp, White Pepper 1 tsp, Curry Powder 1 tsp

Chicken Katsu Smashed Tacos

High Protein | Med Carb

livingplusrx.com

Method

In a bowl, season the ground chicken with half the seasoning. Roll into 4 equal balls (approx. 50g each). Press each ball flat onto the center of a tortilla to form a thin, even layer of chicken.

Brush the exposed chicken layer with beaten egg. Firmly press panko breadcrumbs over the top. Sprinkle with the remaining seasoning mix.

In a small bowl, toss the shredded cabbage with vinegar, honey, and soy sauce. Set aside to lightly pickle while you cook the tacos.

Heat a drizzle of oil in a non-stick pan over medium heat. Place each taco chicken-side down into the pan. Fry for 3–4 minutes until the chicken is golden and crispy. Flip and toast the tortilla side for 30–60 seconds until lightly browned.

Top each crispy taco with a spoonful of the pickled slaw. Drizzle over the warm katsu sauce, then finish with the sliced green onions and sesame seeds. Serve immediately while hot and crunchy.

MFP Barcode

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

Living+

Allergen Information

Contains eggs, wheat, soy, sesame. May contain mustard, sulfites.



Cranberry Glazed Chicken

High Protein | Med Carb

Living+

A vibrant, nourishing dish featuring juicy cranberry-glazed chicken served over warm grains, zingy red cabbage slaw, creamy feta, and crunchy pecans. It's the perfect balance of sweet, savory, and tangy — ideal for a satisfying lunch or dinner.

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

Makes 3

Chicken Breast 3 (125g or 4.4oz per breast)
Red Cabbage 400g or 14oz
Red Rice & Quinoa 1 pouch (250g or 8.8oz)
Cranberry Sauce 3 tbsp
Feta Cheese 60g or 2.1oz
Pecans 12
Red Wine Vinegar 1 ½ tsp
Olive Oil 2 tsp
Nigella Seeds 1 tsp

Cranberry Glazed Chicken

High Protein | Med Carb

livingplusrx.com

Method

Heat 1 tsp olive oil in a pan over medium-high heat. Sear the chicken breasts for 2 minutes per side, just until golden brown on the outside.

Spread 2 tbsp of cranberry sauce over the seared chicken. Sprinkle over the nigella seeds. Transfer the chicken to the air fryer and cook at 375°F (190°C) for 10–12 minutes, until cooked through (165°F/75°C inside). Let the chicken rest for 5 minutes.

In a large mixing bowl, whisk together 1 tbsp cranberry sauce, 1½ tsp red wine vinegar, 1 tsp olive oil and a small splash of water (about 1 tbsp).

Add the shredded red cabbage. Using clean hands, massage the dressing into the slaw for 1–2 minutes to soften the cabbage.

Add the pouch of grains to the microwave for 2 minutes. Once ready, toss the grains into the slaw mixture and mix well. Next add most of the crumbled feta and pecans, reserving some for garnish.

Slice the rested chicken into thick strips. Divide the warm grain and slaw mixture between three bowls or plates. Top each with the sliced chicken, any remaining pan juices, and the reserved feta and pecans.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, tree nuts. May contain sulfites.



Creamy Chickpea Flatbreads

High Protein | Med Carb

Living+

These loaded flatbreads are bursting with bold flavor and texture. Crisp gochujang-roasted chickpeas are paired with a creamy cucumber, avocado, and tahini salad, seasoned with lemon, garlic, and fresh herbs. Finished with a drizzle of hot honey for that sweet heat kick — they're messy, satisfying, and perfect for a quick, vibrant lunch.

Prep: 20 min | Cook: 20 min | Fresh: 4 days | Beginner

Makes 3

Greek Style Flatbread 3
Chickpeas 1 can, drained
Cherry Tomatoes 15
Avocado 1, small
Cucumber 70g or 2.5oz
Light Mayo 2 tbsp
Tahini 3 tbsp
Green Onions 2
Gochujang 1 tbsp
Honey ½ tsp per serving
Lemon Juice ½ lemon
Fresh Mint 1 tbsp
Fresh Dill 1 tbsp
Olive Oil ½ tsp
Garlic Powder ½ tsp
Chili Flakes 3 pinches

Creamy Chickpea Flatbreads

High Protein | Med Carb

livingplusrx.com

Method

Add the chopped cucumber and halved cherry tomatoes to a large mixing bowl.

Add the chopped green onions, diced avocado, lemon juice, tahini, mayo, garlic powder, dill and mint to the same bowl. Stir gently until everything is well coated and combined.

Preheat the oven or air fryer to 400°F (200°C). Toss the chickpeas with the gochujang and olive oil. Spread on a baking sheet (or in the air fryer basket) and roast for 10 minutes, until crispy and slightly charred.

Warm the flatbreads, then spoon over the herby salad. Top with the hot roasted chickpeas, ½ tsp of honey per serving and a pinch of chili flakes.

Fold and enjoy immediately while warm and messy.

MFP Barcode

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

Living+

Allergen Information

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



Creamy Pesto Chicken Pasta Salad

High Protein | Med Carb

Living+

This protein-packed pasta salad is rich, creamy, and fresh—perfect for lunch prep or a quick dinner. The cottage cheese and pesto sauce add a tangy twist while boosting protein, and the fresh basil, arugula, and lemon keep things light and zesty.

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

Makes 2

Chicken Breast 2, cooked (boiled)
Cottage Cheese 250g or 8.8oz, 0% fat
Cherry Tomatoes 8
Whole Wheat Pasta 120g or 4.2oz
Arugula 2 handfuls
Green Pesto 1 tbsp
Green Onions 2
Parmesan Cheese 20g or 0.7oz
Lemon wedge
Fresh Basil 1 sprig
Salt pinch
Black Pepper twist

Creamy Pesto Chicken Pasta Salad

High Protein | Med Carb

livingplusrx.com

Method

Bring a large pot of water to a boil. Cook the pasta until soft—slightly over al dente. Drain, reserving 1–2 tablespoons of the pasta water.

In a blender or food processor, blend the cottage cheese, pesto, parmesan, green onion, most of the basil, salt and pepper until smooth. Taste and adjust seasoning if needed.

Toss the warm pasta with the creamy pesto sauce until fully coated. Stir through the shredded chicken, arugula, and cherry tomatoes. If needed, add a splash of the reserved pasta water to loosen the sauce.

Finish with a squeeze of fresh lemon and the remaining basil. Enjoy warm or refrigerate for up to 3 days. If the pasta thickens after chilling, simply stir through a little cold water before serving.

MFP Barcode



Living+

Allergen Information

Contains lactose, wheat, tree nuts.



Crispy Chicken & Black Bean Stir-Fry

High Protein | Med Carb

Living+

Crispy golden chicken strips meet a rich, savory black bean sauce packed with colorful veggies and bold umami flavors. Quick to prep and satisfying to eat — this dish delivers big takeout-style flavor in a healthier way. Perfect for a midweek dinner.

Prep: 20 min | Cook: 20 min | Fresh: 2 days | Beginner

Makes 4

Cornstarch 2 tbsp

Egg 1

Breadcrumbs 70g or 2.5oz

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

Mushrooms 75g or 2.6oz

Green Bell Pepper 1, large

Onion 1, large

Black Beans 1 can, drained

Soy Sauce 4 tbsp

Oyster Sauce 1 tsp

Hoisin Sauce 1 tbsp

Garlic Cloves 4

Chicken Stock 300ml or 10.1fl oz

Ginger 1 tbsp, grated

Cornstarch 1 tbsp (mix with 1 tbsp water)

Crispy Chicken & Black Bean Stir-Fry

High Protein | Med Carb

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Method

Slice the chicken into strips. Set up three shallow bowls: one with cornstarch, one with the beaten egg, and one with breadcrumbs. Dip each chicken strip into the cornstarch, then the egg (shaking off excess), and finally coat in the breadcrumbs.

Place the coated chicken in the air fryer basket. Cook at 400°F (200°C) for 10–12 minutes, flipping halfway. Check earlier if the strips are thin — they should be golden and cooked through.

While the chicken cooks, heat a large non-stick pan over medium heat. Add the mushrooms, bell pepper and onion. Sauté for 5–7 minutes until softened.

Add the drained black beans, soy sauce, oyster sauce, hoisin sauce, garlic, ginger, and chicken stock. Stir and bring to a gentle simmer. Mix the cornstarch slurry (1 tbsp cornstarch + 1 tbsp cold water), then pour it in. Simmer for 2–3 minutes until slightly thickened.

Add the crispy chicken strips to the pan and gently toss to coat in the sauce. Let everything heat through for another 2 minutes. Serve hot over rice or noodles if desired.

MFP Barcode

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

Living+

Allergen Information

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



Crispy Chicken Crunch Wrap

High Protein | Med Carb

Living+

Crispy, juicy chicken breast wrapped in a soft tortilla with crunchy lettuce and a cooling sweet chili yogurt — this easy wrap is perfect for a satisfying lunch or dinner.

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

Makes 1

Chicken Breast 1, 125g or 4.4oz
Tortilla 1, large
Corn Flakes 20g or 0.7oz
Sweet Chili Sauce 1 tbsp
Low-Fat Yogurt 1 tbsp
Lettuce 2 leaves
Paprika 1 tsp + salt & pepper

Egg 1

Crispy Chicken Crunch Wrap

High Protein | Med Carb

livingplusrx.com

Method

Slice the chicken into strips. Preheat your air fryer to 400°F (200°C), or your oven to 450°F (230°C).

Crush the corn flakes into fine crumbs. In a bowl, combine with paprika, salt, and pepper. In a separate bowl, add 1 beaten egg. Dip each chicken strip into the egg mixture, followed by the cornflake mixture.

Place the coated strips in the air fryer or oven and cook for 12–15 minutes, flipping halfway, until golden and cooked through.

Warm the wrap if desired. Spread yogurt and sweet chili sauce over the base. Add the chopped lettuce, followed by the crispy chicken.

Roll the wrap tightly, slice in half, and enjoy!

MFP Barcode

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

Living+

Allergen Information

Contains wheat, eggs, lactose. May contain barley.



Crispy Shrimp Rice Paper Gyozas

High Protein | Med Carb

Living+

These crispy air-fried gyozas are a lighter, high-protein twist on traditional dumplings. Juicy shrimp are blended with garlic and green onion for a savory filling, then wrapped in rice paper and air-fried to golden perfection. Served with a punchy soy-chili dipping sauce, they're irresistible and surprisingly easy to make.

Prep: 10 min | Cook: 16 min | Fresh: 1 day | Beginner

Makes 1

- **Shrimp** 200g or 7oz, cooked
- **Rice Paper Sheets** 4
- **Soy Sauce** 2 tbsp
- **Oyster Sauce** 1 tbsp
- **Green Onion** 1
- **Garlic** 1 clove
- **Chili Crunch Oil** 1 tsp
- **Cornstarch** 2 tsp
- **Sesame Oil** ½ tsp
- **Sesame Seeds** ½ tsp
- **White Pepper** ½ tsp
- **Salt** pinch

Crispy Shrimp Rice Paper Gyozas

High Protein | Med Carb

livingplusrx.com

Method

Finely chop the shrimp and green onion. Add them to a bowl with the oyster sauce, crushed garlic, salt, white pepper and cornstarch. Mix until well combined (you can also pulse everything in a food processor for a finer texture).

Cut each rice paper sheet in half. Submerge one half-sheet in warm water for a few seconds until just softened, then lay flat on a clean plate.

Spoon a heaped tablespoon of the filling onto the center of the rice paper. Fold in half to form a crescent shape, then press around the edges to seal. Repeat with remaining sheets and filling.

Place the gyozas on parchment paper in your air fryer basket. Air fry at 400°F (200°C) for 16 minutes, flipping halfway, until golden and crispy.

While the gyozas cook, stir together the soy sauce, sesame oil, chili crunch oil, and sesame seeds in a small bowl. Let the gyozas cool slightly before serving. Dip generously into the sauce and enjoy while crisp!

MFP Barcode



Living+

Allergen Information

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



Crispy Shrimp Toast Rice Paper Rolls

High Protein | Med Carb

Living+

These shrimp toast-inspired rice paper rolls are a lighter, high-protein twist on the takeout favorite. Packed with fragrant shrimp, green onions, and sesame, then crisped up in the air fryer—no deep frying needed. Serve with crisp cucumber, carrot and fresh mint for the ultimate crunch and flavor combo.

Prep: 15 min | Cook: 12 min | Fresh: 1 day | Beginner

Makes 1

Shrimp 200g or 7oz, cooked
Cucumber ½, small
Egg 1
Carrot 1, small
Rice Paper Sheets 4
Breadcrumbs 20g or 0.7oz
Green Onions 1 tbsp
Sesame Seeds 2 tsp
Garlic 1 clove
Sesame Oil 1 tsp
Fresh Ginger 1 tsp
Fresh Mint 1 tbsp, chopped
Black Pepper 1 twist

Crispy Shrimp Toast Rice Paper Rolls

High Protein | Med Carb

livingplusrx.com

Method

Blend the shrimp, garlic, ginger, sesame oil, egg white, breadcrumbs and black pepper in a food processor until smooth (or finely dice the shrimp by hand). Fold through the chopped green onions.

Dip one rice paper sheet in warm water until pliable. Lay it flat on a board. Spoon ¼ of the shrimp mixture along the lower third of the sheet in a cylindrical log shape. Roll tightly, tucking in the sides as you go, so it forms a neat cylinder. Repeat with remaining sheets/filling (4 rolls total).

Press the sesame seeds onto each roll so they stick to the damp rice paper.

Place the rolls seam-side down in the air fryer basket (don't overcrowd). Air fry at 400°F (200°C) for 10–12 minutes, turning once, until crisp, golden and cooked through. Serve with the cucumber and carrot, cut into thin sticks, and the chopped mint.

MFP Barcode

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

Living+

Allergen Information

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



Gnocchi with Ricotta & Butternut Sauce

High Protein | Med Carb

Living+

This comforting gnocchi dish brings fall flavors together in every bite. Soft roasted butternut squash is blended with garlic and ricotta into a silky sauce, coating crispy golden gnocchi. Kale and herby sausage add savory depth, while crispy sage and parmesan bring a fragrant finish. It's creamy, golden, and full of flavor.

Prep: 20 min | Cook: 45 min | Fresh: 4 days | Beginner

Makes 4

Butternut Squash 1

Garlic Cloves 2

Olive Oil 2 tbsp

Kale 200g or 7oz, ribs removed

Ricotta 250g or 8.8oz

Parmesan Cheese 40g or 1.4oz

Gnocchi 500g or 17.6oz

Sage 16 leaves

Sausage 400g or 14oz, reduced fat

Gnocchi with Ricotta & Butternut Sauce

High Protein | Med Carb

livingplusrx.com

Method

Preheat the oven to 350°F (180°C). Peel and dice the butternut squash. Place on a baking sheet with the garlic cloves (skin on), drizzle with the olive oil and roast for 20 minutes. Remove the garlic, then roast the squash for another 20 minutes.

With 20 mins left, fry the sausage (skin removed) in a non-stick pan for 5–6 mins until cooked, breaking it up as it cooks. Transfer to a bowl. In the same pan, sauté kale for 3–4 mins and add to the bowl.

Blend 140g (5oz) roasted squash with the peeled garlic, ricotta, and 100ml (3.4fl oz) water until smooth. Stir in most of the parmesan.

Cook gnocchi in boiling water for 2 mins until they float. Drain and rinse under cold water.

Fry 8 sage leaves in the same pan for 3–4 mins until crisp. Set aside. Finely chop the rest.

Add gnocchi and chopped sage to the pan and fry for 3–4 mins until golden. Stir in the squash sauce, sausage, kale, and remaining squash. Heat through. Serve topped with crispy sage and extra parmesan.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, wheat.
May contain sulfites.



Golden Curry Noodle Bowls

High Protein | Med Carb

Living+

A rich and aromatic curry noodle soup layered with flavor — featuring fragrant yellow curry, silky coconut broth, chewy egg noodles, and spiced crispy beef. Topped with tender bok choy, green onions, and optional chili crunch for a delicious, warming dish perfect for two.

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

Makes 2

Olive Oil 1 tsp
Ginger 1 tbsp, grated
Garlic 3 cloves
Yellow Curry Paste 1 tbsp
Tomato Paste 1 tbsp
Coconut Milk 200ml or 6.7fl oz, light
Chicken Stock 200ml or 6.7fl oz
Medium Egg Noodles 2 nests
Lean Ground Beef 200g or 7oz
Cumin Seeds 1 tsp
Salt pinch
Black Pepper twist
Bok Choy 50g or 1.7oz
Green Onions 2
Chili Crunch 1 tsp (optional)
Sesame Seeds 1 tsp (optional)

Golden Curry Noodle Bowls

High Protein | Med Carb

livingplusrx.com

Method

Heat 1 tsp olive oil in a large pot over medium heat. Add the ginger, garlic, and curry paste. Fry for 30 seconds until aromatic. Stir in the tomato paste and cook for another 30 seconds.

Pour in the coconut milk and chicken stock. Stir well, bring to a boil, then reduce to a simmer. Let it bubble gently for 10 minutes.

Meanwhile, place a frying pan over medium-high heat. Add the beef and break it up with a spoon. Add cumin seeds and let the beef cook undisturbed at times to encourage crisping. Cook for 10–15 minutes until browned and crispy. Season with salt and pepper.

Add the egg noodles directly into the simmering curry broth. Cover and cook according to package instructions (usually 3–4 minutes), stirring occasionally to loosen.

Microwave the sliced bok choy with a splash of water for 2 minutes, then drain.

Divide the noodles and curry broth between two bowls. Top with the crispy beef, bok choy, sliced green onions, and the chili crunch and sesame seeds if using.

MFP Barcode

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

Living+

Allergen Information

Contains wheat, eggs, coconut, soy, sesame. May contain peanuts, shellfish.



Lemon Radish Bulgur Wheat Salad

High Protein | Med Carb

Living+

A light, zesty, and protein-packed salad that brings together tender bulgur wheat, crisp radishes, fresh fennel, and juicy poached chicken. Finished with a vibrant lemon-garlic dressing, this dish is nutrient-dense and full of fresh flavors — ideal for meal prep, lunch or a light dinner.

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

Makes 4

Fennel 2 bulbs

Radish 300g or 10.6oz

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

Bulgur Wheat 120g or 4.2oz

Green Onions 4

Olive Oil 2 tbsp + 1 tsp

Lemon 1, zested & juiced

Fresh Parsley 25g or 0.8oz

Garlic 3 cloves

Salt 2 tsp

Lemon Radish Bulgur Wheat Salad

High Protein | Med Carb

livingplusrx.com

Method

Rinse the bulgur under cold water. Place in a pot with 400ml (13.5fl oz) of boiling water, the parsley stems, 1 tsp salt and 1 tsp olive oil. Cook for 15-20 minutes until tender, then drain and let cool.

In a large bowl, combine the crushed garlic, lemon zest, lemon juice, remaining 1 tsp salt and 2 tbsp olive oil. Stir in the halved radishes, sliced fennel and sliced green onions. Mix well to coat.

Meanwhile, poach the chicken breasts in simmering water for 12–15 minutes until cooked through (165°F/75°C inside), then shred. Fold the cooled bulgur, chicken and most of the chopped parsley and fennel fronds into the dressed vegetables.

Let the salad sit for 10 minutes to absorb the flavors, then sprinkle with the remaining parsley and fennel fronds.

MFP Barcode



Living+

Allergen Information

Contains wheat.



Middle Eastern Beef & Feta Pita Wraps

High Protein | Med Carb

Living+

These loaded pita wraps are packed with rich spiced beef, roasted eggplant, salty feta, and fresh herbs — finished with a zesty parsley salad and creamy hummus. A vibrant, flavor-packed meal that's perfect for lunch, dinner, or entertaining guests.

Prep: 15 min | Cook: 35 min | Fresh: 1 day | Beginner

Makes 2

Ground Beef 400g or 14oz
Eggplant 1 whole
Lebanese Flatbread 2, large
Feta Cheese 100g or 3.5oz
Hummus 2 tbsp
Fresh Mint 15g or 0.5oz
Fresh Parsley 30g or 1oz
Olive Oil 1 tbsp
White Wine Vinegar 1 tbsp
Walnuts 10g or 0.35oz
Garlic 1 clove
Red Chili 1
Salt 2 pinches

Middle Eastern Beef & Feta Pita Wraps

High Protein | Med Carb

livingplusrx.com

Method

Preheat the oven to 350°F (180°C). Cut the eggplant into cubes and place on a baking sheet lined with parchment paper. Roast for 25 minutes, until golden and soft. Remove from the oven and allow to cool slightly.

In a large mixing bowl, combine the roasted eggplant, ground beef, feta, 15g (0.5oz) parsley, mint, garlic, and salt. Mix thoroughly until everything is well combined.

Heat a large skillet over medium heat with a small drizzle of oil. Add the beef mixture and cook for 7–10 minutes, breaking it up with a spoon, until the beef is browned and cooked through.

In a small bowl, toss together the chopped parsley (15g or 0.5oz), walnuts, red chili (if using), olive oil, white wine vinegar, and salt to taste. Set aside.

Lay out each pita round. Spread 1 tbsp hummus over the base of each. Pile on the warm beef filling, then top with a generous handful of parsley salad. Roll each pita tightly into a burrito-style wrap. Serve warm — or wrap in foil to enjoy later.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, wheat, tree nuts, sesame. May contain sulfites.



Mixed Bean Burger

High Protein | Med Carb

Living+

A flavor-packed, high-fiber meat-free option, perfect for a satisfying lunch or dinner. Made with a hearty blend of black beans, black-eyed peas, mushrooms, walnuts, and warming spices, they deliver both texture and taste. They're finished in the air fryer for a crisp exterior while staying tender inside.

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

Makes 3

- **Seeded Sourdough Buns** 3
- **Black-Eyed Peas** ½ can, drained
- **Black Beans** ½ can, drained
- **Red Onion** 1 small
- **Egg** 1
- **Cheddar Cheese** 3 slices
- **Breadcrumbs** 20g or 0.7oz
- **Balsamic Vinegar** 1 tbsp
- **Lettuce** 3 leaves
- **Walnuts** 15g or 0.5oz
- **Cremini Mushrooms** 2
- **Olive Oil** 2 tsp
- **Garlic** 1 clove
- **Red Chili** 1
- **Cumin** ½ tsp
- **Paprika** ½ tsp

Mixed Bean Burger

High Protein | Med Carb

livingplusrx.com

Method

Heat a large frying pan over medium heat and add 1 tsp olive oil. Sauté the chopped red onion for 4–5 minutes until just soft. Add the grated garlic, paprika, and cumin. Cook for 1 more minute, stirring.

Pulse the mushrooms in a food processor until finely chopped or chop with a knife. Add to the frying pan and cook for 4–5 minutes, allowing the moisture to evaporate.

Rinse and drain the beans thoroughly in a colander. Place the beans into the food processor and pulse to a chunky purée.

Stir the cooked onion, mushroom mixture, balsamic vinegar, chopped red chili, walnuts, breadcrumbs, and beaten egg into the beans.

With wet hands, shape the mixture into 3 equal-sized patties. Heat 1 tsp olive oil in a frying pan over medium heat. Fry the patties in two batches for about 4 minutes per side until crisp and golden. Transfer to an air fryer and finish cooking at 375°F (190°C) for 5–6 minutes until piping hot throughout.

Serve each burger in a seeded sourdough bun with a slice of cheese and a lettuce leaf. Add your favorite condiments or extra toppings as desired.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, wheat, tree nuts, eggs. May contain sesame, sulfites.



KCAL 391.6
PRO 25.8g
CARB 41.5g
FAT 13.4g
FIBER 1.0g
Per serving

Rice Paper Scallion Pancake

High Protein | Med Carb

Living+

A clever twist on a traditional scallion pancake, these crispy spirals are made with rice paper and packed with juicy shrimp, garlic, and sesame flavor. Cooked in a pan or air fryer until golden, they're crunchy on the outside with a savory bite inside—perfect for dipping into the punchy soy-chili sauce.

Prep: 15 min | Cook: 16 min | Fresh: 1 day | Beginner

Makes 1

Shrimp 150g or 5.3oz, cooked
Rice Paper Sheets 5
Soy Sauce 2 tbsp
Green Onions 2
Garlic 1 clove
Chili Crunch Oil 1 tsp
Sesame Oil 1 tsp
Cornstarch 1 tsp
Sesame Oil ½ tsp, for the dip
White Pepper ½ tsp
Salt pinch

Rice Paper Scallion Pancake

High Protein | Med Carb

livingplusrx.com

Method

Finely dice the shrimp, green onions, and garlic. In a mixing bowl, combine them with 1 tsp sesame oil, cornstarch, salt, and white pepper. Mix until evenly coated.

Lightly wet a rice paper sheet by dipping or brushing with water until just soft. Avoid over-soaking, which can cause tearing or stickiness later.

Place 1/5 of the filling in a line across the center. Roll the rice paper over the filling to form a log, fold in the sides, and then gently spiral it into a coiled pancake shape. Press slightly to hold the shape—don't worry if they loosen slightly while cooking.

Pan method: heat a non-stick pan over medium-low heat. Cook each pancake for about 4–5 minutes per side, until golden and crisp. Air fryer method: cook at 400°F (200°C) for 16 minutes, flipping halfway.

In a small bowl, mix together the soy sauce, chili crunch oil and ½ tsp sesame oil. Dip your warm, crispy pancakes into the sauce and enjoy!

MFP Barcode

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

Living+

Allergen Information

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



KCAL 330

PRO 24g

CARB 29.1g

FAT 13.1g

FIBER 0.9g

Per 4 balls

Sticky Korean BBQ Meatballs

High Protein | Med Carb

Living+

Sweet, savory, spicy — these tender meatballs are packed with Korean-inspired flavors thanks to gochujang, garlic, soy, and a sticky BBQ glaze. Paired with a creamy spicy sesame mayo, they're perfect for rice bowls, wraps, or as a flavor-packed appetizer.

Prep: 15 min | Cook: 20 min | Fresh: 2 days | Beginner

Makes 3

Lean Ground Beef 250g or 8.8oz

Breadcrumbs 15g or 0.5oz

Egg 1

Garlic 3 cloves

Ginger 1 tbsp, grated

Gochujang 2 tbsp

Soy Sauce 2 tbsp

Sesame Oil 1 tsp

Brown Sugar 1 tbsp

Green Onions 3

Sticky Sauce 4 tbsp Soy Sauce, 1 tbsp Honey, 1 tbsp Brown Sugar, 1 tbsp Gochujang, 1 tbsp Rice Vinegar, 1 tsp Sesame Oil, 1 tbsp cornstarch + 2 tbsp water (slurry)

Spicy Mayo 4 tbsp Light Mayo, 1 tsp Gochujang, 1 tsp Sesame Oil, Juice of 1 Lime

Sticky Korean BBQ Meatballs

High Protein | Med Carb

livingplusrx.com

Method

Mince the garlic and ginger. Slice the green onions thinly and set some aside for garnish.

In a bowl, combine the ground beef with breadcrumbs, egg, garlic, ginger, 2 tbsp gochujang, 2 tbsp soy sauce, 1 tsp sesame oil, 1 tbsp brown sugar, and green onions. Mix gently until just combined — avoid overmixing. Roll into 1-inch meatballs (makes about 12–14).

Heat a non-stick pan over medium heat. Fry the meatballs for 12–15 minutes, turning regularly, until browned on all sides and cooked through. Remove from the pan and set aside.

In the same pan, add 4 tbsp soy sauce, 1 tbsp honey, 1 tbsp brown sugar, 1 tbsp gochujang, 1 tbsp rice vinegar, and 1 tsp sesame oil. Stir and bring to a gentle simmer. Mix the cornstarch and water to make a slurry, then add to the sauce. Stir until thickened and glossy.

Turn off the heat and return the cooked meatballs to the pan. Toss to coat them evenly in the sticky sauce. Mix together the 4 tbsp light mayo, 1 tsp gochujang, 1 tsp sesame oil, and lime juice in a small bowl. Plate the meatballs with your favorite sides (e.g. rice, noodles, or lettuce wraps). Drizzle over the spicy sesame mayo and garnish with the reserved green onions.

MFP Barcode

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

Living+

Allergen Information

Contains eggs, wheat, soy, sesame.



Thai Style Ginger Beef

High Protein | Med Carb

Living+

This spicy, fragrant Thai-inspired dish combines tender beef, bok choy, and noodles in a punchy sauce packed with ginger, garlic, and Thai basil. Perfect for a quick and satisfying weeknight dinner.

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

Makes 2

Beef Stock 75ml or 2.5 fl oz
Oyster Sauce 1 tbsp
Fish Sauce 1 tbsp
Soy Sauce 1 tbsp
Sugar 1 tsp
Flat Rice Noodles 2 nests
Olive Oil 1 tbsp
Beef Strips 200g or 7oz
Red Onion 1, medium
Garlic 2 cloves
Ginger 1 tbsp, grated
Red Chilies 2
Bok Choy 250g or 8.8oz
Thai Basil Leaves 10g or 0.35oz

Thai Style Ginger Beef

High Protein | Med Carb

livingplusrx.com

Method

In a small bowl, mix the beef stock, oyster sauce, fish sauce, soy sauce, and sugar. Set aside.

Prepare the rice noodles according to package instructions. Drain, rinse under cold water, and set aside.

Heat the oil in a large frying pan or wok over high heat. When the oil is hot and shimmering, add the beef strips and red onion. Stir-fry for 2 minutes.

Add the garlic, ginger, and chilies to the pan. Fry for 1 minute, stirring constantly to prevent burning. Toss in the bok choy and stir-fry for 1–2 minutes until just wilted and the beef is cooked through.

Pour in the sauce mixture. Stir and let simmer for 1–2 minutes until slightly reduced. Remove from the heat and stir in half of the Thai basil leaves.

Divide the rice noodles between two bowls, spoon the beef stir-fry over the top, and garnish with the remaining Thai basil leaves.

MFP Barcode

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

Living+

Allergen Information

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