










Vegan Recipes

Purely Plant Based

Volume 1 - 36 recipes



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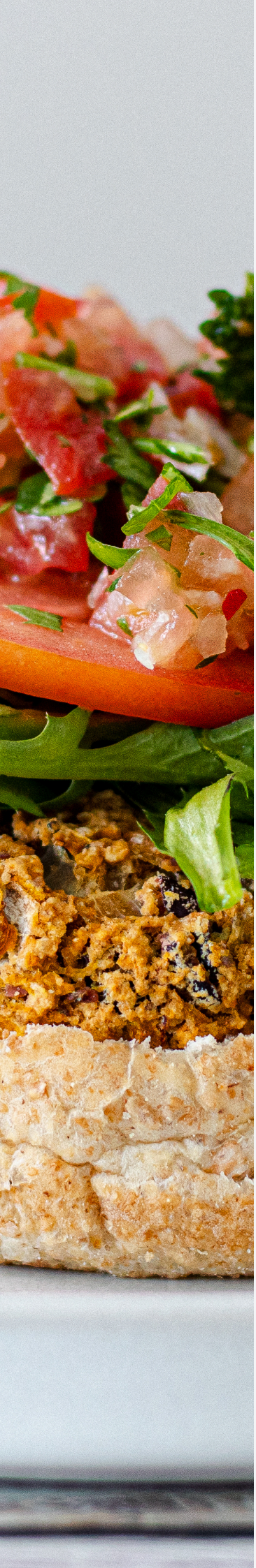
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Apple, Date & Hazelnut Bircher

Med Carb

Living+

Looking for a healthy and satisfying breakfast option to fuel your high-volume training days? Look no further! This easy-to-prepare dish is packed with nutrients and energy-boosting ingredients that will help you tackle even the most intense workout sessions with ease.

Prep: 5 min | Cook: 0 min | Fresh: 3 days | Beginner

Makes 1

Apple Juice 150ml or 5 fl oz

Soy Yogurt 150g or 5.3oz

Apple 1 small Granny Smith

Oats 60g or 2.1oz

Dates 3, pitted and chopped

Hazelnuts 8, shelled

Maple Syrup 1 tsp

Flaxseed 1 tsp

Cinnamon pinch

Apple, Date & Hazelnut Bircher

High Protein

livingplusrx.com

Method

To a bowl, add the hazelnuts (chopped), oats, apple juice, yogurt, 1/2 the apple (grated), dates, flaxseed, and maple syrup, and mix well.

Once mixed, top with a pinch of ground cinnamon, a pinch of the chopped hazelnuts, and 1/2 the apple, sliced. Place in the fridge for a minimum of 2 hours, ideally overnight.

MFP Barcode



Living+

Allergen Information

Contains tree nuts, soy, gluten (oats). May contain sulfites.



Banana & Walnut Overnight Oats

Med Carb

Living+

Indulge in the creamy richness of this overnight oats recipe that marries the comforting warmth of cinnamon with the natural sweetness of bananas and a touch of maple syrup. Topped off with crunchy walnuts, this is a nourishing way to jump-start your morning with sustained energy.

Prep: 10 min | Cook: 0 min | Fresh: 2 days | Beginner

Makes 1

Almond Milk 125ml or 1/2 cup, unsweetened

Banana 1 small

Rolled Oats 50g or 1/2 cup

Walnuts 1 tbsp chopped

Maple Syrup 1 tsp

Cinnamon 1/2 tsp

Banana & Walnut Overnight Oats

Med Carb

livingplusrx.com

Method

In a spacious container or mason jar, combine the rolled oats, almond milk, 1/2 the banana (mashed), ground cinnamon, maple syrup, and chopped walnuts.

Secure the lid onto the container or jar and give it a thorough shake to ensure all ingredients are well-mixed. Alternatively, mix well using a spoon.

Place the container in the refrigerator and allow it to sit overnight, letting the oats absorb the flavors and soften.

The next morning, give the mixture a stir. If you prefer a looser consistency, you can add a bit more almond milk. Before serving, garnish your overnight oats with additional banana slices and a sprinkle of chopped walnuts.

MFP Barcode

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

Living+

Allergen Information

Contains tree nuts, gluten (oats).



Berry Good Smoothie Bowl

High Protein | Med Carb

Living+

A recipe that is packed with antioxidants, fiber, protein, and a moderate serving of carbohydrates. Perfect for a warm summer's day and an excellent option for boosting recovery during the season. If needed, you can boost the carbohydrate content by adding oats. Be sure to add more liquid if you do.

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

Makes 1 portion

Mixed Berries 130g or 4.5oz, frozen

Banana 1, large

Chia Seed 20g or 0.7 oz

Spinach handful

Soy Yogurt 100g or 3.5 oz, 0% fat

Oat Milk 50ml or 1.6 fl oz, unsweetened

Pumpkin Seeds 1 tbsp

Almonds 1/2 tbsp, sliced

Blueberries handful, fresh

Raspberries handful, fresh

Berry Good Smoothie Bowl

High Protein | Med Carb

livingplusrx.com

Method

Grab your blender and add in your oat milk, yogurt, chia seeds, frozen mixed berries, banana, and spinach. Blend until you reach a thick, smooth texture. You may need to add a little more liquid!

Pour the mixture into a bowl and then top with pumpkin seeds, sliced almonds, and a handful each of fresh or frozen blueberries and raspberries.

MFP Barcode

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

Living+

Allergen Information

Contains soy, tree nuts, gluten (oats).



Blueberry & Almond Overnight Oats

High Carb

Living+

A medley of silky oats steeped in almond milk, punctuated with chia seeds for an added nutritional boost. The caramelized blueberries with a hint of maple syrup lend a sweet-tart contrast, while sliced almonds offer a delightful crunch. Rounded off with creamy yogurt, every spoonful is a delightful dance of flavors.

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

Makes 1

Almond Milk 100ml or 3.4 oz, unsweetened

Rolled Oats 50g or 1.7 oz

Blueberries 1 handful

Soy Yogurt 1 tbsp

Chia Seeds 1 tsp

Maple Syrup 1 tsp

Vanilla Extract 1 tsp

Sliced Almonds 2 tsp

Salt 1 pinch

Blueberry & Almond Overnight Oats

High Carb

livingplusrx.com

Method

In a bowl, combine the oats, chia seeds, a pinch of salt, and vanilla extract. Pour in the almond milk, stirring well to ensure all ingredients meld together.

Cover the mixture and place it in the refrigerator to soak overnight, allowing the oats and chia seeds to swell and absorb the flavors.

The next morning, in a pan over medium heat, add the blueberries with a drizzle of maple syrup until they turn slightly soft and the syrup thickens.

Take out your overnight oats from the fridge and give them a good stir. If the mixture is too thick, add a splash more almond milk for your preferred consistency.

Transfer the soaked oats to your serving dish. Spoon over the caramelized blueberries, followed by a dollop of soy yogurt.

Finish with a sprinkle of sliced almonds on top.

MFP Barcode

0 5 7 9 4 1 2 2 1 8 9 6

Living+

Allergen Information

Contains tree nuts, soy, gluten (oats).



Blueberry Bircher

High Protein | High Carb

Living+

Blueberry Bircher is a delicious and nutritious breakfast recipe that is ideal for intense training days. This recipe is high in protein and carbohydrates, which is the perfect combination for fueling up and recovering.

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

Makes 1

Soy Yogurt 150g or 5.3 oz

Blueberries 1 cup

Almond Milk 125ml or 4.2 fl oz, unsweetened

Oats 50g or 1.7 oz

Vegan Protein 1 scoop, vanilla

Maple Syrup 1 tsp

Chia Seeds 1 tsp

Flaxseed 1 tsp

Blueberry Bircher

High Protein | High Carb

livingplusrx.com

Method

First, add 1/2 a cup of blueberries to a bowl. Next add in the remaining ingredients, mixing well before topping off with the remaining blueberries. Place the bowl in the fridge for a minimum of 2 hours before consuming.

MFP Barcode

Allergen Information

Contains tree nuts, soy, gluten (oats).



Buckwheat Pancakes

High Carb

Living+

The earthy buckwheat base harmonizes wonderfully with the natural sweetness of fresh berries and a touch of maple syrup. Crowned with a sprinkle of seeds, this delightful breakfast provides a medley of textures and a boost of nutrients to kickstart your day.

Prep: 5 min | Cook: 10 min | Fresh: 1 day | Beginner

Makes 1

- **Almond Milk** 120ml or 4 fl oz, unsweetened
- **Buckwheat Flour** 120g or 4.2 oz
- **Banana** 1 medium
- **Blueberries** handful
- **Strawberries** 5 small
- **Maple Syrup** 1 tbsp
- **Olive Oil** 2 tsp
- **Baking Powder** 1 tsp
- **Salt** 1/4 tsp

Buckwheat Pancakes

High Carb

livingplusrx.com

Method

In a mixing bowl, mash the banana until smooth. Add the almond milk and mix until well combined.

In another bowl, sift together the buckwheat flour, baking powder, and salt.

Gradually blend the dry ingredients into the banana and milk mixture until a consistent batter forms.

Heat olive oil in a non-stick pan over medium heat. Pour a ladleful of batter into the pan to form each pancake. Cook until bubbles appear on the surface, then flip and cook the other side until golden brown.

Plate your pancakes, and drizzle with maple syrup and garnish with an array of fresh berries.

MFP Barcode



Living+

Allergen Information

Contains tree nuts.



Caramelized Banana & Walnut Porridge

High Carb

Living+

This porridge is creamy and filling. The caramelized banana and toasted walnuts add a delicious sweetness and crunch. It is a perfect way to start a chilly morning on a high-volume training day.

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

Makes 1

Almond Milk 150 ml or 5 fl oz

Water 150 ml or 5 fl oz

Oats 60g or 2.1 oz

Banana 1/2 medium

Maple Syrup 1 tsp

Brown Sugar 1 tsp

Ground Cinnamon 1 tsp

Walnuts 8 (4 whole, 4 chopped)

Caramelized Banana & Walnut Porridge

High Carb

livingplusrx.com

Method

To a saucepan, add the oats, cinnamon and wet ingredients. Cook on medium heat for 8 to 10 minutes.

Next, break up 4 walnuts and add them to the saucepan. Continue to stir the oats.

To caramelize the banana, spread the sugar on a plate. Slice the banana in half and then place the flat side down on the plate, covering it in the sugar. Next, to a lightly oiled pan (using cooking spray) on low-medium heat, cook the banana for 3 minutes.

When the oats are ready, add them to a bowl and place the banana on top. Serve with the 4 extra walnuts and maple syrup.

MFP Barcode

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

Living+

Allergen Information

Contains tree nuts, gluten (oats).



Chocolate Power Porridge

High Protein | High Carb

Living+

This mixed meal is perfect for rest days or on the morning of an evening training session. The mixed meal nature and high fiber content will help with a slower release of energy while maintaining fullness for a long period of time.

Prep: 5 min | Cook: 10 min | Fresh: 1 day | Beginner

Makes 1

Chocolate Soy Milk 250ml or 8.4 fl oz
Water 120ml or 4 fl oz
Oats 75g or 2.6oz
Almond Butter 1 tsp
Soy Yogurt 1 tbsp
Maple Syrup 1 tsp
Chia Seeds 1 tsp
Cocoa Powder 1 tsp
Sliced Almonds 1 tsp

Chocolate Power Porridge

High Protein | High Carb

livingplusrx.com

Method

Put the oats, 1/2 tsp of chia seeds, water, chocolate milk, and cocoa powder in a saucepan. Cook over low heat for 8 to 10 minutes, stirring as needed.

Once cooked, top with a tbsp of soy yogurt, 1/2 tsp of chia seeds, and a tsp of almond butter. Sprinkle the sliced almonds over the top and add a tsp of maple syrup.

MFP Barcode



Living+

Allergen Information

Contains tree nuts, soy, gluten (oats).



Chocolate Protein Porridge

High Protein | High Carb

Living+

If you have a sweet tooth and a craving for chocolate then this porridge variation is for you. The perfect breakfast on a training day.

Prep: 2 min | Cook: 10 min | Fresh: 1 day | Beginner

Makes 1

Oats 60g or 2.1 oz

Water 150ml or 5 fl oz

Almond Milk 150ml or 5 fl oz, unsweetened

Vegan Protein 1 scoop, chocolate

Cocoa Powder 1 tsp

Banana 1 medium

Almonds 1 tsp, sliced

Chocolate Protein Porridge

High Protein | High Carb

livingplusrx.com

Method

In a pot, add the oats and liquids and cook on low to medium heat for 6 to 8 minutes. At this point, add the cocoa powder. Mix well.

Take the pot off the heat and add the protein, mix well, and transfer the porridge to a bowl. Serve with a chopped banana and sliced almonds.

MFP Barcode

Allergen Information

Contains tree nuts, gluten (oats).



Cinnamon Quinoa with Fruit & Nuts

High Carb

Living+

Warm, fragrant cinnamon quinoa served with a medley of fresh fruits and toasted toppings. This breakfast bowl is a delightful alternative to traditional oatmeal and offers a protein-packed start to your day. The almond milk provides a hint of nuttiness, while the addition of cinnamon infuses a comforting aroma to the quinoa.

Prep: 5 min | Cook: 20 min | Fresh: 1 day | Beginner

Makes 1

Almond Milk 1 cup, unsweetened

Peach 1, small

Quinoa 90g or 1/2 cup, tricolor

Raspberries 1 handful

Salt pinch

Maple Syrup 1 tsp

Almonds 2 tsp, sliced

Cinnamon 1 tsp

Desiccated Coconut 1/2 tbsp

Cinnamon Quinoa with Fruit & Nuts

High Carb

livingplusrx.com

Method

Thoroughly rinse and drain the quinoa to remove any natural coating, which can make it taste bitter.

In a small saucepan, combine the quinoa, almond milk, cinnamon, and a pinch of salt. Bring the mixture to a high simmer. Once it starts simmering, cover the saucepan and reduce the heat, letting it gently simmer for about 15 minutes. Be sure to keep an eye on it to avoid it bubbling over, and stir once during the cooking process if necessary.

Once the quinoa has absorbed most of the almond milk and appears cooked, remove the saucepan from heat. Let it sit covered for another 5 minutes, allowing it to fluff up and absorb any remaining liquid.

Spoon the cinnamon quinoa into a bowl. Top with the toasted almonds, desiccated coconut, slices of peach, a handful of raspberries, and drizzle with a tsp of maple syrup.

MFP Barcode



Living+

Allergen Information

Contains tree nuts.



Cinnamon & Vanilla Protein Porridge

High Protein | High Carb

Living+

Enjoy a nourishing breakfast with this Cinnamon & Vanilla Protein Porridge. A blend of rolled oats, almond milk, and water forms the base, enriched with vanilla protein for a protein boost. Sweetened with banana and maple syrup and spiced with cinnamon, this porridge is a delightful, quick morning meal.

Prep: 1 min | Cook: 8 min | Fresh: 1 day | Beginner

Makes 1

- **Almond Milk** 200ml or 7 fl oz, unsweetened
- **Water** 200ml or 6.7 fl oz
- **Banana** 1 small
- **Rolled Oats** 60g or 2.1 oz
- **Vegan Protein** 1 scoop, vanilla
- **Maple Syrup** 1 tsp
- **Cinnamon** 1/4 tsp

Cinnamon & Vanilla Protein Porridge

High Protein | High Carb

livingplusrx.com

Method

Mix the oats with the almond milk and water in a pot. Heat on low, stirring regularly, for 4-5 minutes until oats are cooked.

Stir in the ground cinnamon until evenly distributed, then remove the pot from heat.

Add vanilla protein powder, stirring until smooth and well-incorporated.

Serve hot, topped with banana slices and a drizzle of maple syrup. Enjoy this protein-rich, flavorful porridge as a wholesome start to your day.

MFP Barcode

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

Living+

Allergen Information

Contains tree nuts, gluten (oats).



Classic Porridge

Med Carb

Living+

Classic porridge is a nourishing and satisfying breakfast option that is perfect for fueling up on training days. It's made with rolled oats, water and plant-based milk, and can be topped with a variety of sweet or savory ingredients to suit your taste.

Prep: 1 min | Cook: 8-10 min | Fresh: 1 day | Beginner

Makes 1

Oats 60g or 2.1 oz

Water 150ml or 5 fl oz

Oat Milk 150ml or 5 fl oz, unsweetened

Maple Syrup 1 tbsp

Oat Milk splash, to serve

Classic Porridge

Med Carb

livingplusrx.com

Method

To a saucepan add the oats, oat milk and water and cook on low-medium heat for 6 to 10 minutes, stirring regularly. Once cooked, serve with a splash of oat milk and the maple syrup.

MFP Barcode



Living+

Allergen Information

Contains gluten (oats).



Coconut-Lemon Pancakes

High Carb

Living+

Experience the heavenly fusion of zesty lemon and tropical coconut in these light and fluffy pancakes. Topped with a medley of nuts and a hint of peanut butter, every bite delivers a burst of flavor. The strawberries and maple syrup drizzle add the perfect sweet finish, making these pancakes the ideal indulgent breakfast.

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

Makes 3 portions

Almond Milk 360ml or 12 fl oz
All-Purpose Flour 200g or 7 oz
Strawberries 15 medium
Blueberries 100g or 3.5oz
Peanut Butter 3 tsp
Walnuts 20g or 0.7 oz
Desiccated Coconut 2 tbsp
Maple Syrup 3 tsp
Coconut Oil 1 tbsp
Hazelnuts 6
Baking Powder 1 tsp
Lemon Zest 1 lemon

Coconut-Lemon Pancakes

High Carb

livingplusrx.com

Method

In a large mixing bowl, combine the flour, baking powder, lemon zest, and desiccated coconut.

Gradually pour in the almond milk while whisking the mixture, ensuring you achieve a smooth and lump-free batter.

Gently fold the blueberries into the batter.

Heat the coconut oil in a non-stick skillet over medium heat.

Once the oil is hot, ladle portions of the batter onto the skillet to form pancakes. Cook until bubbles appear on the surface and the edges seem set, then flip to cook the other side until golden brown.

Transfer the pancakes to a serving plate.

Drizzle a teaspoon of peanut butter over the pancakes. Garnish with halved strawberries, hazelnuts, walnuts, and a drizzle of maple syrup.

MFP Barcode

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

Living+

Allergen Information

Contains tree nuts, peanuts, wheat.



Fruit and Nut Bircher Muesli

Med Carb

Living+

Unveil a bowl of creamy, fruity delight as you dig into this bircher. Packed with the goodness of soy yogurt, natural sweetness from fruits, and a nutty crunch from walnuts, this breakfast dish ensures a wholesome start to your day.

Prep: 5 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 1

- **Soy Yogurt** 180g or 3/4 cup, vanilla
- **Apple** 1, small
- **Banana** 1/2 small
- **Raspberries** 1 handful
- **Raisins** 1 tbsp
- **Rolled Oats** 20g or 1/4 cup
- **Walnuts** 1 tbsp chopped
- **Maple Syrup** 1 tsp

Fruit and Nut Bircher Muesli

Med Carb

livingplusrx.com

Method

In a small mixing bowl, combine the soy yogurt, oats, and raisins.

Once mixed well, cover the bowl with a lid or plastic wrap. Place the bowl in the refrigerator and allow it to sit overnight. This resting period lets the oats soak up the yogurt, making them creamy and soft by morning.

The next day, when you're ready to eat, remove the bowl from the fridge. Stir the mixture to check the consistency. Now, add the grated apple, raspberries, and banana slices to the bowl.

Drizzle the top with maple syrup for a touch of added sweetness. Finally, scatter the chopped walnuts over the top for that added crunch.

MFP Barcode

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

Living+

Allergen Information

Contains tree nuts, soy, gluten (oats). May contain sulfites.



Golden Glow Porridge

High Carb

Living+

A symphony of warmth and rich flavors. This porridge combines the natural sweetness of bananas and maple syrup with the earthy aromas of turmeric, ginger, and cinnamon. Enriched with chia seeds, raisins, and sliced almonds, it offers a nutrient-packed meal that's as delicious as it is beneficial.

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

Makes 1

Oat Milk 185ml or 6.3 fl oz, unsweetened
Banana 1 medium
Oats 60g or 2.1 oz
Raisins 1 tbsp
Chia Seeds 1 tsp
Maple Syrup 1 tsp
Vanilla Extract 1 tsp
Sliced Almonds 1 tsp
Ground Ginger 1/8 tsp
Ground Cinnamon 1/4 tsp
Ground Turmeric 1/4 tsp

Golden Glow Porridge

High Carb

livingplusrx.com

Method

Begin by slicing the banana into thin rounds.

In a saucepan, combine oat milk, turmeric, ginger, cinnamon, vanilla extract, and maple syrup. Heat the mixture on a low flame, whisking occasionally to ensure even distribution of spices.

As the milk warms, stir in the oats and sliced bananas. Continuously stir to prevent the oats from sticking to the bottom and ensure the banana slices infuse their flavor into the porridge.

Allow the mixture to cook on a gentle simmer until the oats soften and swell, absorbing the spiced milk and forming a creamy consistency—typically around 10-12 minutes.

Once your porridge achieves the desired thickness, remove from heat.

Pour the creamy porridge into a bowl, and elegantly garnish with raisins, chia seeds, and sliced almonds.

MFP Barcode

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

Living+

Allergen Information

Contains tree nuts, gluten (oats). May contain sulfites.



Mocha Bircher

High Protein | High Carb

Living+

Indulge in a chocolatey and energizing breakfast with our Mocha Bircher recipe. Made with a rich blend of cocoa and coffee, this creamy breakfast dish is packed with flavor and caffeine to give you the boost you need to tackle your day.

Prep: 5 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 1

Soy Yogurt 150g or 5.3 oz
Chocolate Soy Milk 100ml or 3.4 fl oz
Oats 60g or 2.1 oz
Espresso Shot 1
Chia Seeds 1 tsp
Hazelnuts 4
Walnuts 2
Almonds 4
Sliced Almonds 1 tsp
Cocoa Powder 1 tsp

Mocha Bircher

High Protein | High Carb

livingplusrx.com

Method

Measure out dry ingredients (oats, sliced almonds, chia seeds) into a breakfast bowl.

Stir in the wet ingredients (espresso and soy milk) and allow the mixture to sit for 10 minutes at room temperature or refrigerate overnight.

Once ready to eat, top with the hazelnuts (chopped), walnuts (chopped), and almonds (whole). A tsp of maple syrup is an option to make it a little sweeter.

MFP Barcode

Allergen Information

Contains tree nuts, soy, gluten (oats).



Pina Colada Bircher

High Carb

Living+

A tropical breakfast delight combining oats, chia seeds, and desiccated coconut with soy yogurt, coconut milk, and pineapple juice. Topped with fresh banana, pineapple, and mango, it's a refreshing, healthy start to your day.

Prep: 5 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 1

Soy Yogurt 100g or 3.5 oz

Banana 1 small

Pineapple 75g or 2.6 oz

Mango 75g or 2.6 oz

Rolled Oats 50g or 1/2 cup

Pineapple Juice 4 tbsp

Coconut Milk 4 tbsp

Chia Seeds 1 tbsp

Desiccated Coconut 1 tbsp

Pina Colada Bircher

High Carb

livingplusrx.com

Method

To a bowl add the oats, chia, banana (sliced) and desiccated coconut. Stir in the wet ingredients and mix well.

Leave the bowl in the fridge for a minimum of 20 minutes or overnight.

When you are ready to eat, add the freshly chopped pineapple and mango.

MFP Barcode

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

Living+

Allergen Information

Contains soy, gluten (oats).



Raspberry & Vanilla Protein Porridge

High Protein | Med Carb

Living+

Oats are an amazing food, a staple of an athlete. Why? They are a quick, portable, and versatile carbohydrate source. The key to making good porridge is the liquid-to-oat ratio. For every 20 grams of oats, use 100ml of liquid. This variation is fortified with protein making it a perfect peri-workout meal.

Prep: 2 min | Cook: 10 min | Fresh: 1 day | Beginner

Makes 1 portion

Oats 60g or 2.1 oz

Water 150ml or 5 fl oz

Oat Milk 150ml or 5 fl oz

Raspberries 50g or 1.8oz, frozen

Raspberries handful, fresh

Vegan Protein 1 scoop, vanilla

Vanilla Extract 1/4 tsp

Almonds 1 tsp, sliced

Raspberry & Vanilla Protein Porridge

High Protein | Med Carb

livingplusrx.com

Method

In a pot, add the oats, vanilla extract, and liquids and begin to cook on low to medium heat for 3 minutes before adding the frozen raspberries.

Cook until the oats have thickened and absorbed the liquid (about 5 to 8 more minutes). Stir often to mix the raspberries. Once cooked, turn the heat off and add the protein powder. Mix well and then transfer the porridge to a bowl.

Serve with fresh raspberries and sliced almonds on top.

MFP Barcode



Living+

Allergen Information

Contains tree nuts, gluten (oats).



Red Berry Bircher

High Carb

Living+

Packed with juicy raspberries, crisp apple pieces, and hearty rolled oats, this bircher is soaked in apple juice and mixed with protein-rich soy yogurt. Chia seeds and almonds add texture, fiber, and healthy fats, creating a delicious, nutrient-rich breakfast that's easy to prep the night before and grab-and-go the next morning.

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

Makes 1

Apple Juice 150ml or 5 fl oz

Raspberries 125g or 4.4oz

Strawberry Soy Yogurt 120g or 4.2 oz

Apple 1 small

Rolled Oats 30g or 1 oz

Chia Seeds 2 tsp

Sliced Almonds 1 tsp

Red Berry Bircher

High Carb

livingplusrx.com

Method

Begin by washing the raspberries and apple. Grate the apple, leaving the skin on for added fiber.

In a bowl, combine the grated apple, raspberries, and rolled oats. Pour in the apple juice, ensuring the fruits and oats are well covered.

Stir in the strawberry soy yogurt until everything is well mixed. Then, sprinkle in the chia seeds and mix again.

Add the sliced almonds to the mixture, stirring well to combine.

Cover the bowl and refrigerate overnight. The next morning, give your bircher a good stir before serving. Enjoy this tasty and nutritious breakfast to kickstart your day.

MFP Barcode



Living+

Allergen Information

Contains tree nuts, soy, gluten (oats).



Sunrise Bircher Muesli

High Carb

Living+

An invigorating blend of chewy oats luxuriously soaked in creamy soy yogurt, perfectly paired with the zesty vibrancy of fresh oranges. The delicate sweetness of vanilla and apple gracefully intertwines with the crunchy goodness of almonds and hazelnuts, crowned with sun-kissed orange slices and a whisper of desiccated coconut.

Prep: 5 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 1

Soy Yogurt 85g or 3 oz

Rolled Oats 50g or 1.7 oz

Orange 1 medium

Apple 1 small

Orange Zest 1 orange

Hazelnuts 5

Vanilla Extract 1 tsp

Sliced Almonds 2 tsp

Desiccated Coconut 1 tsp

Sunrise Bircher Muesli

High Carb

livingplusrx.com

Method

Begin by grating the apple into a mixing bowl, ensuring no seeds are included. Add the oats, sliced almonds (reserving a few for garnishing), and chopped hazelnuts to the bowl.

Pour in the vegan yogurt, ensuring all dry ingredients are well-coated. Zest the orange, then juice it, adding both zest and juice to the mixture. Stir well.

Infuse the mixture with vanilla extract, giving it a final mix to ensure all ingredients are well-combined.

Cover the bowl with plastic wrap or a lid and place in the refrigerator to soak for a minimum of 30 minutes or overnight. This allows the oats to absorb all the flavors and soften.

The following morning, give the bircher a good stir. Add more soy yogurt if needed for your preferred consistency.

Dish out your bircher into a serving bowl. Top with fresh orange segments, a drizzle of extra soy yogurt, a sprinkle of the reserved sliced almonds, and a dusting of desiccated coconut.

MFP Barcode

0 5 7 9 4 1 2 2 1 8 6 5

Living+

Allergen Information

Contains tree nuts, soy, gluten (oats).



Tofu Breakfast Bowl

High Protein | High Carb

Living+

This colorful and nutrient-packed breakfast bowl is a combination of tofu scramble, sweet potato fritters, and red quinoa, seasoned with a medley of spices. It's vegan-friendly, gluten-free (if using GF flour), and offers a hearty start to your day.

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

Makes 2

Tofu 280g or 10oz

Sweet Potato 1, medium

Quinoa 180g or 6.5 oz

Avocado 1, small

Olive Oil 1 tbsp

Baby Spinach 1/2 cup

All-Purpose Flour 1 tbsp

Garlic Clove 1

Paprika 1 tsp

Ground Turmeric 1/2 tsp

Tofu Breakfast Bowl

High Protein | High Carb

livingplusrx.com

Method

In a saucepan, bring 1 cup of water to a boil. Add the rinsed quinoa and reduce heat to low, cover, and simmer until the quinoa is tender and the water is absorbed, about 15 minutes.

Grate the sweet potato and squeeze out excess moisture using a hand towel. Combine with flour and paprika. Form small patties with the mixture.

Heat a small amount of oil in a skillet over medium heat. Fry the sweet potato patties until golden on both sides, around 3-4 minutes per side.

In the same pan, add a bit more oil if needed and sauté the minced garlic for 1 minute. Add the crumbled tofu, turmeric, and baby spinach. Cook for about 5-7 minutes, stirring occasionally.

Divide the quinoa between two bowls. Top with tofu scramble and sweet potato fritters. Add slices of avocado for extra creaminess.

MFP Barcode



Living+

Allergen Information

Contains wheat, soy.



Tropical Bliss Porridge Bowl

High Carb

Living+

Start your day with a taste of the tropics. Overflowing with fresh fruits and nutrient-packed grains, this porridge provides a high-fiber, moderate-protein start to your day. The heart-healthy flax seeds and chia seeds, coupled with the natural sweetness from pineapple and apple juice, offer an exotic burst of flavors while promoting gut health.

Prep: 5 min | Cook: 10 min | Fresh: 1 day | Beginner

Makes 1

Rolled Oats 65g or 2.3 oz

Apple Juice 150ml or 5 fl oz

Pineapple Juice 150ml or 5 fl oz

Mango 50g or 1.7 oz

Pineapple 50g or 1.7 oz

Passion Fruit 1

Soy Yogurt 1 tbsp

Chia Seeds 1 tsp

Flaxseeds 1 tsp

Desiccated Coconut 1 tsp

Tropical Bliss Porridge Bowl

High Carb

livingplusrx.com

Method

Start by combining oats, flax seeds, chia seeds, and pineapple and apple juices in a cooking pot. Let this mixture simmer for about 12 to 15 minutes, making sure to stir it every so often. The aim is to ensure the grains are well cooked and the juices have been fully absorbed.

Once cooked, remove the pot from the heat and let it cool for about 5 minutes. Following this, add the soy yogurt.

Pour the cooked mixture into a serving bowl to finish. The last step is to garnish the dish with fresh chopped pineapple, mango, the seeds and flesh of a large passion fruit, and a sprinkle of desiccated coconut. Your dish is now ready to be enjoyed!

MFP Barcode

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

Living+

Allergen Information

Contains soy, gluten (oats).



Vegan Blueberry Pancakes

Med Carb

Living+

These vegan pancakes are made with wholesome ingredients like whole wheat flour and flaxseed, and they are perfect for a hearty and nutritious breakfast. The blueberries add a burst of flavor, while the soy yogurt and maple syrup provide additional richness and sweetness.

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

Makes 3 portions

Whole Wheat Flour 200g or 7oz
Almond Milk 200ml or 6.7fl oz
Blueberries 125g or 4.5 oz
Soy Yogurt 3 tbsp, vanilla
Maple Syrup 3 tsp
Milled Flaxseed 1 tbsp
Salt 1 pinch
Apple Cider Vinegar 1 tsp
Coconut Oil 1 tsp
Olive Oil 1 tsp
Baking Powder 1 tsp
Baking Soda 1/4 tsp

Vegan Blueberry Pancakes

Med Carb

livingplusrx.com

Method

In a small bowl, mix ground flaxseed with 2.5 tablespoons of water. Let it sit for 5 minutes to thicken. In another bowl, mix unsweetened almond milk with cider vinegar. Set aside for 5 minutes to curdle.

In a large mixing bowl, combine whole wheat flour, baking powder, baking soda, and salt.

Add the thickened flax mixture and melted coconut oil to the almond milk mixture. Stir well.

Pour the wet ingredients into the dry ingredients and mix until just combined. Gently fold in the blueberries.

Place a non-stick skillet over medium heat and lightly grease it with olive oil.

Ladle some batter onto a hot pan. Cook until bubbles form on the surface, then flip and cook the other side until golden brown.

Stack the pancakes on serving plates. Top with extra blueberries, a dollop of soy yogurt, and a drizzle of maple syrup.

MFP Barcode

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

Living+

Allergen Information

Contains wheat, soy, tree nuts.



Vegetable Fritters

Low Carb

Living+

Experience the delightful crunch of these vegetable fritters, brimming with the wholesome goodness of asparagus, carrots, and potatoes. Infused with aromatic herbs and a hint of chili, these fritters make for a fantastic appetizer or a light meal. Goes well paired with creamy hummus and soy yogurt.

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

Makes 10 Fritters

Asparagus 5 spears

Carrot 2, medium

Potato 3, ~600g or 21 oz

Red Onion 1 small

Red Chili 1

Fresh Dill 3 tbsp chopped

Fresh Parsley 3 tbsp, chopped

Salt 1 pinch

Flour 60g or 2 oz

Water 100ml or 3.4 fl oz

Olive Oil 1 tbsp

Vegetable Fritters

Low Carb

livingplusrx.com

Method

Begin by grating the asparagus, carrots, and potatoes. Once grated, transfer them to a clean kitchen towel.

Gather the edges of the towel to form a pouch and squeeze out as much liquid as you can from the grated vegetables. This step is crucial as it ensures your fritters won't be soggy.

Transfer the squeezed vegetables to a large mixing bowl. Add in the diced onion, chopped chili, dill, parsley, salt, and flour. Mix well. Gradually add water, stirring continuously to form a thick but moist batter.

In a skillet, heat olive oil over medium heat. Once hot, scoop spoonfuls of the batter into the skillet, flattening them into disc shapes. Fry each fritter for about 3 to 5 minutes on each side or until they are golden brown.

Transfer the fried fritters to an air fryer. Set the temperature to 400°F (200°C) and air-fry the fritters until they turn extra crispy, about 7-10 minutes.

Once done, place the fritters on a serving plate. Serve each fritter with a teaspoon of hummus and a dollop of soy yogurt on the side. Garnish with a sprinkle of dill or parsley if desired.

MFP Barcode

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

Living+

Allergen Information

Contains wheat, sesame, soy.



BBQ Tofu Sandwich with Tangy Slaw

Med Carb

Living+

Indulge in a delightful fusion of crisp, seared tofu with a smoky BBQ and sriracha kick, paired with creamy, tangy slaw nestled in a toasted brioche bun. This hearty vegan burger is both wholesome and delicious, offering a burst of flavors and textures in each bite.

Prep: 10 min | Cook: 15 min | Fresh: 2 days | Beginner

Makes 2

Firm Tofu 160g or 5.6 oz
Vegan Brioche Buns 2
BBQ Sauce 60g or 1/3 cup
Red Onion 1/4 small
Mayonnaise 3 tbsp, light vegan
Cabbage 2 cups, shredded
Sriracha Sauce 1 tsp
Apple Cider Vinegar 1 tbsp
Olive Oil 1 tsp
Black Pepper 1/2 tsp
Cilantro 1/4 cup, chopped
Salt pinch

BBQ Tofu Sandwich with Tangy Slaw

Med Carb

livingplusrx.com

Method

After draining the tofu, pat it dry. Cut it into one-inch-thick slabs, ensuring a trim if needed for the buns. Pat dry once again.

Warm up a skillet or pan over medium-high heat, and pour in the oil. Sprinkle the oil with salt and pepper. Place the tofu in the skillet and sear until it turns crispy and deeply golden, about 6 minutes on each side.

Mix together the BBQ sauce and sriracha. Set aside.

Combine the cabbage, onions, cilantro, vegan mayo, vinegar, and salt. Adjust according to your palate.

Toast the buns. Lower the skillet's heat, coat the tofu in the BBQ sauce blend, and let it caramelize slightly.

Place the tofu in the toasted buns and top with the tangy slaw.

MFP Barcode

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

Living+

Allergen Information

Contains wheat, soy.



Black Bean Quesadilla

Med Carb

Living+

Savor these nutritious and flavorful quesadillas, filled with black beans, corn, and a kick of red chili. Enhanced by spices like cumin, paprika, and oregano, and freshened with lime and cilantro, these quesadillas are sandwiched between soft tortillas and melted vegan cheddar.

Prep: 10 min | Cook: 8 min | Fresh: 1 day | Beginner

Makes 2

Black Beans 1 can, drained

Red Bell Pepper 1 medium

Corn 100g or 3.5oz

Tortilla Wraps 2, whole wheat

Lime Juice 1 lime

Vegan Cheddar Cheese 20g or 0.7oz

Red Chili 1

Cumin 1 tsp

Paprika 1 tsp

Cilantro 1 sprig

Oregano 1 tsp, dried

Black Bean Quesadilla

Med Carb

livingplusrx.com

Method

Drain the canned black beans and defrost the corn. Dice the red bell pepper, seed and finely chop the red chili, and chop the fresh cilantro leaves.

In a large pot, combine the drained black beans, corn, red bell pepper, and chopped red chili. Stir in the ground cumin, paprika, lime juice and oregano, ensuring everything is well mixed. Cook this mixture over medium heat for about 3-5 minutes until the flavors meld together and the vegetables soften slightly.

While the mixture is cooking, heat your tortillas in a separate pan over medium heat until they are warm and slightly toasty. This should only take a few minutes. Be sure to flip them halfway through for even warming.

Once the tortillas are heated, spoon the black bean and vegetable mixture onto one half of each tortilla. Sprinkle the vegan cheddar on top of the mixture, then fold the other half of the tortilla over to create a half-moon shape.

Continue to heat each filled quesadilla in the pan, flipping once, until the tortilla is golden brown and the cheese is melted.

Transfer the cooked quesadillas to a cutting board and cut into wedges.

MFP Barcode



Living+

Allergen Information

Contains wheat.



Butternut Bean Burgers

High Carb

Living+

These savory Butternut Bean Burgers offer a hearty vegetarian alternative to traditional meat burgers. Paired with a zesty tomato salsa and crisp lettuce, this dish promises a delightful mix of flavors and textures.

Prep: 15 min | Cook: 40 min | Fresh: 1 day | Beginner

Makes 4 burgers

- **Whole Wheat Buns** 4
- **Tomatoes** 2 medium
- **Red Kidney Beans** 1 can, drained
- **Butternut Squash** 200g or 7 oz
- **Yellow Onion** 1 medium
- **Breadcrumbs** 50g or 1.7 oz
- **Lime Juice** 1 lime
- **Rolled Oats** 40g or 1.5 oz
- **Red Onion** 1/4, small
- **Olive Oil** 1 tbsp & 1 tsp
- **Lettuce** 4 leaves
- **Garlic Cloves** 2
- **Red Chili** 1
- **Paprika** 1 tsp
- **Cumin** 1/2 tsp
- **Cilantro** 1 tbsp
- **Chili Flakes** 1/2 tsp
- **Salt & Pepper** 1 pinch & 3 twists

Butternut Bean Burgers

High Carb

livingplusrx.com

Method

Preheat the oven to 375°F (190°C). Dice the butternut squash into small cubes. In a pot of boiling water, cook the squash until it becomes tender, then drain.

In a non-stick skillet, heat 1 tablespoon of olive oil over medium heat. Sauté the onions until they become translucent, about 3 minutes. Stir in the crushed garlic and cook for another minute.

In a large mixing bowl, combine the cooked butternut squash, oats, red kidney beans, chili flakes, paprika, bread crumbs, ground cumin, salt, and black pepper. Mash the mixture together using a potato masher or fork until well combined. Divide and shape the mixture into four large burgers.

Arrange the burgers on an oiled baking sheet. Lightly brush the tops with some olive oil. Bake for 25-30 minutes, or until the burgers are browned and crisp on the outside.

In a separate bowl, combine the diced tomato, chopped cilantro, fresh chili, crushed garlic, olive oil, chopped red onion, and lime juice. Mix well and set aside.

Toast the whole wheat buns. Place a burger on each bottom half, followed by a layer of lettuce. Generously spoon the tomato salsa on top. Cap off with the top half of the bun. Serve immediately.

MFP Barcode

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

Living+

Allergen Information

Contains wheat, gluten (oats).



Chickpea and Sweet Potato Curry

High Carb

Living+

A hearty and flavorful vegetarian curry featuring chickpeas, sweet potatoes, and a touch of coconut milk. This dish is perfect for meal-prep or a quick weeknight dinner.

Prep: 15 min | Cook: 40 min | Fresh: 3 days | Beginner

Makes 4

- **Sweet Potato** 2, large
- **Chickpeas** 1 can, drained
- **Rice** 200g or 7oz, dry
- **Chopped Tomatoes** 1/2 can
- **Light Coconut Milk** 1 can
- **Red Onion** 1, large
- **Spinach** 125g or 4.5 oz
- **Rogan Josh Paste** 1-2 tsp
- **Olive Oil** 1 tbsp
- **Fresh Ginger** 2 tbsp grated
- **Red Chili** 1
- **Fresh Cilantro** 1 handful
- **Water** 200ml or 6.7fl oz

Chickpea and Sweet Potato Curry

High Carb

livingplusrx.com

Method

In a large pot, warm 1 tablespoon of olive oil over medium heat. Add finely sliced red onion and rogan josh paste. Sauté until the onions turn translucent, stirring every now and then. This will take about 10 minutes.

While the onions are cooking, chop the red chili and grate the ginger. Also, separate the leaves from the stalks of the cilantro. Cut the sweet potatoes into small chunks.

Introduce the chopped chili, grated ginger, chopped cilantro leaves, and sweet potato chunks to the onion mixture in the pot. Fold in the drained chickpeas. Let everything cook together for 5 minutes, stirring occasionally.

Add half a can of chopped tomatoes. Pour in 200ml of water and raise the heat until the mixture reaches a boil.

Lower the heat, cover the pot and let it simmer for about 10 to 15 minutes. Uncover the pot and continue cooking for an additional 15 to 20 minutes. Stir occasionally. The sweet potatoes should be tender and the liquid reduced.

Pour in the light coconut milk and mix well, allowing the curry to heat through. Fold in the spinach leaves and cook until they wilt, which should take a minute or two.

Cook the rice according to the package instructions and serve it with the curry.

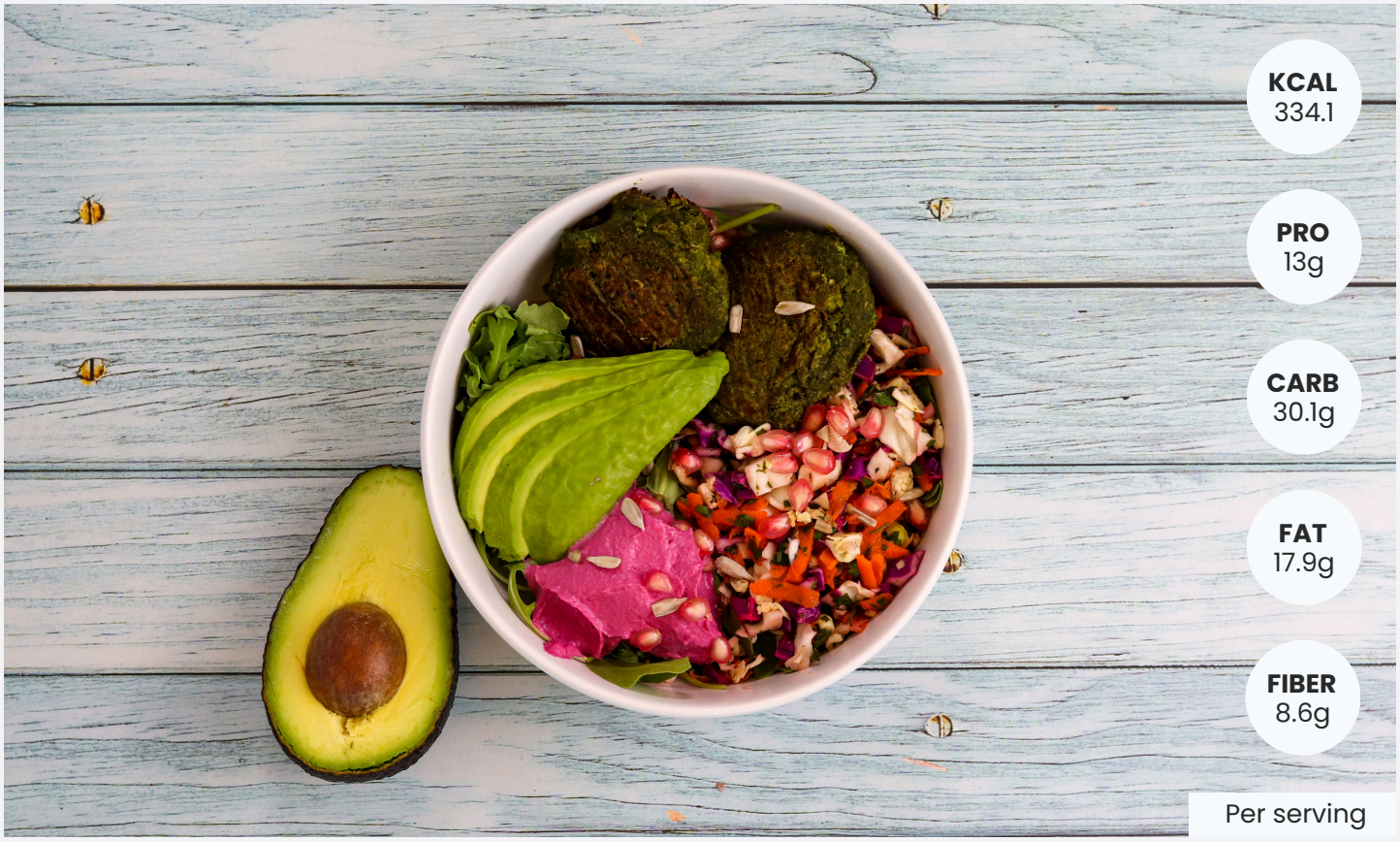
MFP Barcode

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

Living+

Allergen Information

Contains none.



Falafel Power Bowl

Med Carb

Living+

Texture, color, flavor. This Middle Eastern-inspired dish has it all. If you struggle with fiber intake this meal is a perfect go-to. This plant-based meal is rich in fiber, nitrates, mono-unsaturated fats, vitamin C, and vitamin K.

Prep: 10 min | Cook: 25 min | Fresh: 2 days | Intermediate

Makes 3 portions

Arugula 3 handfuls

Spinach 3 handfuls

Beet Hummus 3 tbsp

Avocado 1, sliced in thirds

Sunflower Seeds pinch

Slaw purple cabbage (60g, chopped), cabbage (60g, chopped), carrot (35g, grated), parsley (1/2 handful), lemon (juice 1), garlic (1 clove), cumin (1/2 tsp), salt (twist)

Pomegranate Seeds 3 tbsp

Falafel chickpeas (1 can drained), red onion (1), cumin (1 tbsp), cayenne pepper (1 tsp), baking powder (1/2 tsp), fresh parsley (15g), fresh cilantro (15g), fresh dill (15g), black pepper (1/2 tsp), green onion (1), garlic (2 cloves)

Falafel Power Bowl

Med Carb

livingplusrx.com

Method

Preheat the oven to 400°F (200°C) and gather all of the ingredients for easy access.

Next prepare the falafel mix by adding the following to a blender: a can of drained chickpeas, 1 red onion (quartered), 2 garlic cloves, 1 green onion, a bunch of parsley (15g), a bunch of cilantro (15g), a bunch of dill (15g), 1 tablespoon of cumin, 1 teaspoon of cayenne pepper, 1/2 a teaspoon of baking powder and 1/2 a teaspoon of ground black pepper.

Blend until a thick smooth texture develops. Next transfer the mixture to a baking sheet by making 6 falafel patties. Add them to the oven for 24 to 30 minutes, turning halfway.

As the falafel cooks, begin making the slaw. To make the slaw, chop both cabbages, peel and grate the carrot and chop the parsley. Add these to a large salad bowl along with a crushed garlic clove, the juice of 1 lemon, 1/2 a teaspoon of cumin, and a pinch of salt. Mix well.

To each bowl, add a handful of arugula and spinach as a base. Then add a third of the slaw mixture, a third of an avocado (sliced), and a tablespoon of beet hummus. Once the falafels are ready serve on top of the vegetable mixture and finish off by topping with a pinch of sunflower seeds and a tablespoon of pomegranate seeds.

MFP Barcode



Living+

Allergen Information

Contains sesame. May contain sulfites.



Hearty Vegan Burrito

High Carb

Living+

Take your taste buds on a Latin American-inspired adventure with these sweet potato and quinoa burritos. Full of bold flavors, hearty ingredients, and a touch of spice, these burritos are the perfect comfort food with a twist.

Prep: 10 min | Cook: 30 min | Fresh: 3 days | Beginner

Makes 4

- **Sweet Potato** 2, medium
- **Red Quinoa** 100g or 3.5oz, dry
- **Water** 1.5 cups
- **Black Beans** 1 can, drained
- **Large Tortillas** 4
- **Red Bell Pepper** 1 medium
- **Yellow Onion** 1, medium
- **Corn** 100g or 3.5oz
- **Lime Juice** 1 lime
- **Garlic** 3 cloves
- **Jalapeño Pepper** 2
- **Olive Oil** 2 tsp
- **Cumin** 1 tbsp
- **Red Chili** 1
- **Salt & Pepper** 1/2 tsp of each
- **Dried Oregano** 1/2 tsp
- **Cilantro** 1 tsp

Hearty Vegan Burrito

High Carb

livingplusrx.com

Method

Preheat the oven to 400°F (200°C).

Dice the sweet potatoes into cubes. Place in a baking dish and toss with olive oil, salt, and pepper. Bake for 20-25 minutes until tender.

Bring quinoa, water, and a pinch of salt to a boil in a medium pot. Cover, reduce heat to low, and cook for 15 minutes.

Heat oil in a large skillet over medium-high heat. Sauté onions for 2-3 minutes. Add the garlic, corn, bell pepper, jalapeños and red chili, and sauté for another 10 minutes on medium heat. Season with salt, cumin, cilantro, and oregano.

Once the sweet potatoes are done, add them to the skillet along with the black beans. Once the quinoa is cooked, add it to the skillet with the lime juice and mix well.

Warm up the tortillas until they are soft and pliable. Spread a layer of the vegetable mixture, roll up the burritos, tucking in the ends. Fry for 1 minute on each side.

MFP Barcode



Living+

Allergen Information

Contains wheat.



Katsu Tofu with Charred Pineapple

High Protein | High Carb

Living+

Crunchy, golden tofu with a fragrant blend of miso and turmeric, balanced by tangy mango chutney and a hint of chili heat. The fresh, crunchy veggies and charred pineapple add vibrant colors and textures, with a sweet tropical note. This dish provides a balanced meal, rich in protein, fiber, and vitamins.

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

Makes 4

Firm Tofu 500g or 17.6 oz
Turmeric 1/2 tsp
White Miso Paste 2 tbsp
Rice Vinegar 2 tbsp
Basmati Rice 200g or 7 oz, dry
Breadcrumbs 40g or 1.4 oz
White Sesame Seeds 40g or 1.4 oz
Curry Powder 1 tsp
Pineapple 1/2
Mango Chutney 2 tbsp
Green Onion 4
Carrot 1 large
Cucumber 1
White Cabbage 100g or 3.5 oz
Cilantro 1 cup

Katsu Tofu with Charred Pineapple

High Protein | High Carb

livingplusrx.com

Method

Slice the firm tofu into 4 even steaks.

Create a marinade by combining ½ teaspoon of ground turmeric, 2 tablespoons of miso, and 2 tablespoons of rice vinegar in a wide, shallow bowl.

Coat the tofu steaks in the marinade and leave for at least 1 hour (10 minutes if short on time). Then press each steak into the breadcrumbs mixed with the sesame seeds.

Spray the breaded tofu steaks with a little cooking spray and bake for 30 minutes in an air fryer until they turn golden and crispy.

For the katsu dressing, combine ½ teaspoon of curry powder and 2 tablespoons of mango chutney with the reserved marinade. Stir in 50ml of water to thin it out slightly.

Core half a pineapple and cut it into 4 wedges. Pan-sear each wedge in a hot skillet for about 3 minutes on each side until they're nicely charred.

Thinly slice 4 green onions, grate a carrot and cucumber and slice some white cabbage. Pluck the leaves from ½ a bunch of fresh cilantro (15g).

To assemble the bowls, divide the cooked basmati rice, sliced vegetables, and cilantro leaves among 4 bowls. Add the crispy tofu steaks, sliced into strips, and a wedge of charred pineapple to each bowl. Serve with the katsu dressing drizzled over.

MFP Barcode

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

Living+

Allergen Information

Contains wheat, soy, sesame. May contain mustard.



Lentil and Walnut Ragu

High Protein | High Carb

Living+

Elevate your pasta game with this nutritious and flavor-packed Lentil and Walnut Ragu. This hearty ragu blends the earthy flavors of lentils, walnuts, and fresh vegetables, giving you a satisfying yet healthy dish that you can enjoy on any weeknight or special occasion.

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

Makes 4

- **Tomatoes** 3, large
- **Penne Pasta** 240g or 8.5oz, dry
- **Red Lentils** 225g or 8oz
- **Onion** 1, large
- **Celery** 3 stalks
- **Carrot** 1 large
- **Red Wine** 1/4 cup
- **Walnuts** 60g or 2oz
- **Tomato Paste** 3 tbsp
- **Garlic** 3 cloves
- **Vegetable Bouillon Cubes** 2
- **Olive Oil** 1 tbsp
- **Balsamic Vinegar** 2 tsp
- **Salt & Pepper** to season
- **Dried Thyme** 2 tsp
- **Dried Oregano** 2 tsp
- **Chili Flakes** 1/2 tsp

Lentil and Walnut Ragu

High Protein | High Carb

livingplusrx.com

Method

Heat olive oil in a large pot over medium-high heat. Add the diced onion and sauté for 2-3 minutes. Reduce heat to medium and add the diced carrots, celery, and garlic, along with the salt, pepper, chili flakes, and herbs. Continue to sauté for another 7-8 minutes, stirring occasionally.

Stir in the tomato paste and then deglaze the pot with red wine. Once most of the wine has evaporated, add the diced tomatoes along with their juices. Cook for a few more minutes to let the tomatoes soften.

Add the red lentils, along with the bouillon cubes and 3 cups of water. Bring the mixture to a boil, then cover tightly and reduce heat to low. Let it simmer for 20-25 minutes.

Continue cooking uncovered until most of the liquid has evaporated. Stir in the chopped walnuts and balsamic vinegar. Taste and adjust the seasoning as needed. Meanwhile, cook the penne according to the package instructions, drain and serve with the ragu.

MFP Barcode



Living+

Allergen Information

Contains wheat, tree nuts, celery, sulfites.



Mediterranean Eggplant Stew

High Carb

Living+

Savor the flavors of the Mediterranean with this hearty eggplant and couscous stew. Loaded with vegetables, herbs, and a touch of tanginess from red wine vinegar, this stew is perfect for a comforting weeknight dinner.

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

Makes 2

Eggplant 1, large
Tomatoes 2 large
Couscous 150g or 5.3oz, dry
Red Onion 1 small
Fresh Parsley 2 tbsp, chopped
Green Olives 8, pitted
Olive Oil 1 tbsp
Garlic Clove 1
Red Wine Vinegar 1 tbsp
Dried Oregano 1/2 tsp

Mediterranean Eggplant Stew

High Carb

livingplusrx.com

Method

In a large pan, heat a tsp of olive oil over medium heat. Add the eggplant (chopped into chunks) and dried oregano. Toss to coat the eggplant.

Increase the heat to high and cook for 4 to 5 minutes, shaking the pan occasionally.

While the eggplant is cooking, peel and finely chop the red onion and garlic. Chop the parsley leaves and stalks, and roughly chop the tomatoes.

When the eggplant is golden, add the chopped onion, garlic, and parsley stalks. Cook for another 2 minutes. Add more olive oil if the mixture seems too dry.

Add the chopped olives and red wine vinegar to the pan. Cook until the vinegar has evaporated. Then add the chopped tomatoes and simmer for about 15 minutes, or until the eggplant is tender.

Place the couscous in a bowl and just cover with boiling water. Place a plate on top of the bowl and set aside for 5 minutes.

Fluff the couscous with a fork and stir in the chopped parsley.

Serve the stew on a bed of couscous.

MFP Barcode

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

Living+

Allergen Information

Contains wheat. May contain sulfites.



Mexican Rice

High Carb

Living+

If you're fed up with eating bland, boring white rice, this is sure to make your taste buds tingle. Packed with flavor and a healthy serving of fiber, this meal not only helps you reach your carbohydrate needs but also disguises the vegetables to help you hit your daily vegetable goal.

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

Makes 3 portions

Chopped Tomatoes 1 can
Basmati Rice 1 boil-in-bag pouch
Onion 1 yellow
Black Beans 1/2 can, drained & rinsed
Carrot 1 medium
Lime 1, cut into wedges
Garlic 3 cloves
Cumin 1 tsp
Paprika 1 tsp
Chili Powder 1/4 tsp
Jalapeño 1 small
Cilantro 1 sprig

Mexican Rice

High Carb

livingplusrx.com

Method

Prep and cook the rice as per the packaging. As it cooks, move to the next steps.

Peel and chop the onion and add it to a pot with 2 tbsp of water, the crushed garlic cloves, and the carrot (peeled and grated).

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

Once thickened, lower the heat and add the black beans (drained and rinsed) and cooked rice. Mix well before serving with a few cilantro leaves on top and a wedge of lime to squeeze over.

MFP Barcode

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

Living+

Allergen Information

Contains none.



Mixed Bean Quesadilla

High Protein | Med Carb

Living+

A quick-fire Mexican dish that is bursting with flavors. If you need a quick meal then this is perfect. Packed with fiber and a moderate serving of protein, this meal is sure to keep you fuller for longer.

Prep: 5 min | Cook: 10 min | Fresh: 2 days | Beginner

Makes 2 portions

Mixed Beans 1 can, drained and rinsed

Garlic 3 cloves, crushed

Olive Oil 1 tsp

Red Bell Pepper 1, seeded & chopped

Red Onion 1/2, peeled & chopped

Cilantro sprig, fresh

Whole Wheat Wraps 2, large

Spice Mixture paprika (1/2 tsp), cumin (1/2 tsp), oregano (1/2 tsp), cayenne (1/4 tsp)

Guacamole avocado (1), red chili (1), red onion (1/2), cilantro (1 tsp, chopped), juice of 1 lime, plum tomato (1 large)

Mixed Bean Quesadilla

High Protein | Med Carb

livingplusrx.com

Method

First, make the guac. To a bowl add 1/2 a red onion (chopped), 1 red chili (seeded & chopped), 1 avocado (cored and mashed), 1 tsp of cilantro (chopped), the juice of 1 lime, 1 plum tomato (chopped). Mix the ingredients well.

Next to a pan on low-medium heat add 1 tsp of olive oil, the other 1/2 of the red onion (chopped), 3 garlic cloves (crushed), and red bell pepper (seeded and chopped). Cook for 3 minutes.

Add the spice mixture and then add the beans (drained and rinsed). Cook for another 3 to 5 minutes. Remove the bean mixture and add them to a bowl. Set the bowl to the side and clean the pan to be used immediately again.

Place a wrap on the pan (without oil), on low-medium heat. To one half of the wrap, layer in half of the bean mixture and a tablespoon of guac. Cook for 2-4 minutes before closing over the wrap.

Remove the wrap and cut it in half. Repeat the process from step 4 to make the second portion.

Alternatively, you can add a wrap to the pan and cook it for 3 minutes. Then remove it and add another wrap. Cover it with the entire bean mixture and 2 tablespoons of guac. Add the precooked wrap on top and then simply cut into quarters when you remove it (this can be a little messy).

MFP Barcode

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

Living+

Allergen Information

Contains wheat.



Moroccan Couscous

Med Carb

Living+

This North African-inspired dish is bursting with flavors and different textures. This salad can be served as a stand-alone meal/snack or combined with a protein source such as tofu to ensure you hit your protein targets.

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

Makes 3 portions

Red Bell Pepper 1 large
Couscous 100g or 3.5oz, dry
Water 120ml or 4fl oz
Carrot 1 large
Red Onion 1 small
Frozen Peas 75g or 2.6oz
Garlic Cloves 3
Fresh Cilantro handful, chopped
Raisins 40g or 1.4oz
Chickpeas 1/2 can, drained & rinsed
Olive Oil 1 tsp
Paprika 1 tsp
Turmeric 1/4 tsp
Cumin 1 tsp
Cinnamon 1/4 tsp
Cayenne Pepper 1/4 tsp

Moroccan Couscous

Med Carb

livingplusrx.com

Method

Peel and chop the onion, chop the pepper, grate the garlic, and peel and grate the carrot before adding them to a pot on low to medium heat with the olive oil. Cook the vegetables for 5 minutes before adding the frozen peas.

As the vegetables are cooking, measure out the couscous, and the spice mixture and boil the water in the kettle. Add the spice mixture and cook for another 3 to 5 minutes.

After 5 minutes, toss in the water and stir well before adding the couscous. Give the pot a stir before taking it off the heat and covering the pot with a lid.

Leave it for 5 minutes to allow for the couscous to absorb all of the liquid. After the 5 minutes, fluff the couscous with a fork and toss in the chickpeas, raisins and cilantro before serving.

MFP Barcode



Living+

Allergen Information

Contains wheat. May contain sulfites.