





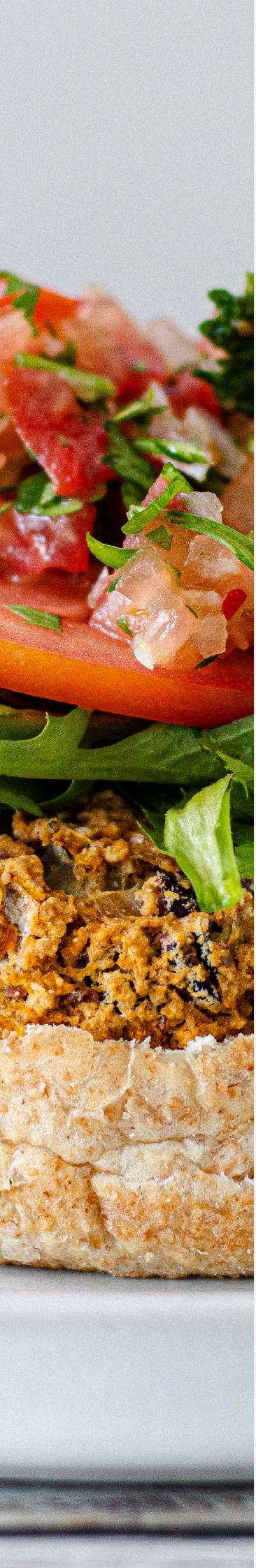





Vegan Recipes

Purely Plant Based

Volume 2 - 28 recipes



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Peach and Blueberry Salad

Low Carb

Living+

Packed with vitamins and antioxidants, this Peach and Blueberry Salad offers a healthy, flavorful blend. Mixed greens provide fiber, while peaches and blueberries offer sweet bursts of vitamins A and C. Crunchy walnuts contribute heart-healthy omega-3s, and the vegan feta adds a dose of protein.

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

Makes 2

Peach 1

Mixed Greens 100g or 3.5 oz

Vegan Feta 50g or 1.7oz

Blueberries 1 handful

Balsamic Vinegar 30ml or 1 fl oz

Walnuts 8

Balsamic Vinegar 1 tbsp

Olive Oil 1 tsp

Salt 1 pinch

Peach and Blueberry Salad

Low Carb

livingplusrx.com

Method

To a large bowl, add the mixed greens, blueberries, peach (pitted & sliced), walnuts (whole or chopped) and vegan feta (cubed). Mix well and then split evenly between two bowls.

Next, make the glaze. Add 30ml of balsamic vinegar to a pot on medium heat for 2 to 3 minutes. This should thicken into a glaze. Alternatively, you can use a store-bought glaze.

Finally, make the dressing. Mix together a tsp of olive oil with a tbsp of balsamic and a pinch of salt.

Serve with the balsamic glaze on top and the dressing, if you like.

MFP Barcode

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

Living+

Allergen Information

Contains tree nuts. May contain sulfites.



Quinoa and Roasted Vegetable Salad

Med Carb

Living+

This Quinoa and Roasted Vegetable Salad is a nutrient-packed dish perfect for lunch or dinner. Featuring a variety of colorful vegetables, aromatic herbs, and tangy vegan feta, it offers a delicious blend of flavors and textures.

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

Makes 2

Sweet Potato 2, medium
Red Quinoa 120g or 4.2oz, dry
Water 300ml or 10fl oz
Cherry Tomatoes 10
Red Onion 1 large
Zucchini 1 medium
Eggplant 1, medium
Vegan Feta 1/2 cup
Lemon Juice 4 tbsp
Olive Oil 3 tsp
Garlic 1 clove
Mint Leaves 1 tbsp
Rosemary 1 tsp

Quinoa and Roasted Vegetable Salad

Med Carb

livingplusrx.com

Method

Preheat your oven to 400°F (200°C).

Place all the vegetables, roughly chopped on a large baking sheet. Add the rosemary sprigs and scatter the crushed garlic over the vegetables.

Drizzle half of the olive oil over the vegetables and toss lightly so they are well coated. Roast for 25-30 minutes, until tender.

Meanwhile, rinse the quinoa under cold water. Place it in a saucepan with the water. Bring to a boil, then lower the heat to a simmer for about 15–20 minutes, or until the water has been absorbed and the quinoa is tender.

While the quinoa and vegetables are cooking, prepare the dressing. Combine the remaining olive oil and lemon juice in a screw-top jar. Shake until well combined.

Once the quinoa is cooked, fluff it with a fork and transfer to a large bowl. Add the roasted vegetables to the quinoa. Drizzle the dressing over the quinoa and vegetables, mixing well to combine.

Crumble the vegan feta over the top of the salad and sprinkle with a handful of chopped mint leaves.

MFP Barcode



Living+

Allergen Information

Contains none.



Roasted Veggie and Black Bean Sheet Pan

Med Carb

Living+

Add a splash of color to your table with this Roasted Veggie and Black Bean Sheet Pan! Topped with a vibrant mint salsa and served alongside rice, it's a hearty, nutritious, and delicious meal that's perfect for family dinners or meal prepping for the week ahead.

Prep: 20 min | Cook: 60 min | Fresh: 3 days | Beginner

Makes 3

Sweet Potato 1, large
Chopped Tomatoes 1 can
Black Beans 1 can
Butternut Squash 200g or 7oz
Rice 150g or 5.3oz, dry
Yellow Onion 1, large
Lime Juice 2 limes
Green Bell Pepper 1, medium
Corn 75g or 2.6oz
Celery 1 stalk
Carrot 1 large
Green Onion 4
Olive Oil 1 tbsp
Mint Leaves 2 tbsp
Garlic 1 clove
Chipotle Hot Sauce 1 tsp
Red Chili 1
Fresh Cilantro 1 bunch
Dried Oregano 1/2 tsp

Roasted Veggie and Black Bean Sheet Pan

Med Carb

livingplusrx.com

Method

Preheat your oven to 400°F (200°C).

Chop the sweet potato into 1-inch cubes. Peel the butternut squash and carrot, and cut them into wedges. Toss these with the corn on a large baking sheet.

Sprinkle the dried oregano over the vegetables, drizzle with half of the olive oil and toss well. Roast for 35 minutes or until golden and soft, shaking the pan halfway through.

While the veggies are roasting, finely chop the onion, garlic, red chili, green bell pepper, and celery. In a large pan, heat the remaining olive oil over medium-low heat, add the vegetables and cook for 10 minutes or until softened.

Add the black beans (water included) and the chopped tomatoes to the pan. Bring the mixture to a boil, then reduce heat and simmer for 30 minutes or until the sauce has thickened.

In a bowl, combine the chopped mint leaves, chopped green onions, lime juice, chipotle hot sauce and chopped cilantro.

Cook the rice according to package instructions.

Once the veggies are cooked, remove them from the oven. Push them to the sides of the baking sheet, making space in the center. Pour the bean mixture into this space and return the baking sheet to the oven for another 20 minutes or until the beans turn sticky and golden. Mix the roasted veggies and beans together. Serve this hot with rice on the side and the mint salsa on top.

MFP Barcode



Living+

Allergen Information

Contains none.



Spicy Eggplant Arrabbiata Penne

High Protein | Med Carb

Living+

Unleash a burst of flavors with this Spicy Eggplant Arrabbiata Penne. Fresh chilies and succulent eggplant pieces meld with juicy plum tomatoes to deliver a kick that's balanced by the heartiness of tricolor penne. It's a simple yet bold dish that offers an aromatic and spicy journey for your taste buds.

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

Makes 4

Eggplant 500g or 17.5 oz

Plum Tomatoes 1 can

Penne Pasta 300g or 10.5 oz, tricolor

Garlic Cloves 4

Olive Oil 1 tbsp

Red Chilies 3

Spicy Eggplant Arrabbiata Penne

High Protein | Med Carb

livingplusrx.com

Method

Start by setting a pot of water to boil for the pasta. As it heats, split the eggplants in half lengthwise and submerge them in the boiling water. Let them blanch, covered, for about 5 minutes. After, retrieve the eggplants, ensuring the water remains boiling.

Finely chop the fresh chilies, mince the garlic cloves, and add them to a pan with the olive oil. Dice the blanched eggplants into roughly 1-inch pieces and introduce them to the pan. Season with a hint of sea salt and black pepper, and raise the heat to high, ensuring you stir frequently.

As the eggplant cooks, proceed to prepare the pasta based on the guidelines provided on its packaging.

Incorporate the tomatoes into the pan, mashing them gently using a wooden spatula, and add half the amount of water from the tomato can.

Let the sauce simmer until the pasta is appropriately cooked. Once done, adjust seasoning as per your taste.

Once the pasta is cooked, drain it while preserving a cup of the starchy water. Add the pasta to the simmering sauce, adding some of the reserved pasta water if necessary to achieve your desired consistency. Serve and enjoy.

MFP Barcode



Living+

Allergen Information

Contains wheat.



Spicy Beans on Toast

High Protein | High Carb

Living+

Elevate the classic beans on toast with this spicy and tangy version. Sautéed onions, garlic, and mushrooms form a flavorful base while the mix of paprika and chili flakes brings the heat. Served with creamy avocado, every bite is a delightful medley of tastes and textures. Serve it over crunchy sourdough for the ultimate breakfast.

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

Makes 2

Chopped Tomatoes 1 can
Mixed Beans 1 can
Sourdough Bread 4 slices
White Mushrooms 120g or 4.2 oz
Avocado 1 small
Yellow Onion 1/2 medium
Garlic Cloves 2
Brown Sugar 2 tsp
Soy Sauce 1 tbsp
Apple Cider Vinegar 3 tbsp
Paprika 1 tsp
Chili Flakes 1/4 tsp

Spicy Beans on Toast

High Protein | High Carb

livingplusrx.com

Method

Dice 1/2 an onion and chop 2 garlic cloves. Drain and rinse the can of mixed beans. Slice the mushrooms.

In a pan over medium heat, add a little oil and sauté the onion until translucent. Add the chopped garlic, 1/4 tsp chili flakes, and 1 tsp paprika. Stir and cook for another 2 minutes until aromatic.

In a blender, combine the can of chopped tomatoes, 1 tbsp soy sauce, and 3 tbsp apple cider vinegar. Blend until smooth.

Add the sliced mushrooms to the pan and sauté until they release their moisture and become golden brown. Reduce the heat to low, pour in the blended tomato mixture, and add 2 tsp brown sugar. Stir well. Add the drained mixed beans to the pan. Let the mixture simmer, stirring occasionally until it thickens to your liking.

While the beans are cooking, halve and pit the avocado. Scoop out the flesh and slice it using a knife. Season with salt and pepper to taste.

Toast the 4 slices of sourdough bread. Top with the spicy bean mixture and serve with the avocado.

MFP Barcode

5 7 9 4 1 2 2 2 1 0 2

Living+

Allergen Information

Contains wheat, soy.



Spicy Oregano and Basil Rigatoni

High Carb

Living+

A flavorful and hearty pasta dish that is perfect for a weeknight dinner. The dish is perfect for those who love a bit of heat in their food, and the fresh herbs give it a lovely aroma and taste. It is a perfect comfort food.

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

Makes 3

Rigatoni 300g or 10.6 oz
Plant-Based Cream 270ml or 9 fl oz
Garlic Cloves 6
Tomato Paste 2.5 tbsp
Fresh Oregano 1/4 cup
Vegan Parmesan 1 tsp
Chili Flakes 1 tsp
Fresh Basil 10 leaves
Olive Oil 1 tsp
Black Pepper 1 tsp
Salt 1 pinch

Spicy Oregano and Basil Rigatoni

High Carb

livingplusrx.com

Method

Begin by bringing a large pot of water to a boil and cook the rigatoni pasta according to the package instructions. Once cooked, drain the pasta and reserve one cup of pasta water.

While the pasta cooks, finely chop the fresh basil and oregano.

In a pan, heat olive oil over medium heat and add the minced garlic. Sauté for a minute, then add the chopped oregano and basil. Cook for an additional minute or two.

Stir in the tomato paste and chili flakes, and cook for 30 seconds.

Pour in the plant-based cream and continue cooking for another 2-3 minutes.

Add the cooked rigatoni to the pan, along with some of the reserved pasta water (if needed), a pinch of salt, black pepper, and vegan Parmesan. Mix everything together over medium heat for about 3 minutes or until you get a smooth and creamy texture.

Serve with additional vegan Parmesan and fresh basil if desired.

MFP Barcode



Living+

Allergen Information

Contains wheat.



Sweet Potato and Black Bean Burritos

High Carb

Living+

Discover the vibrant flavors of these sweet potato and black bean burritos. Packed with a delightful mix of spices, vegetables, and protein, these burritos are both nutritious and tantalizing. The tang of lime and the creaminess of oat yogurt perfectly balance the heat from the jalapeños, making this dish a true treat.

Prep: 10 min | Cook: 40 min | Fresh: 3 days | Beginner

Makes 2

Sweet Potato 1 large
Black Beans 1 can
Cooked Rice 100g or 3.5oz
Flour Tortillas 2, 8-inch
Lime Juice 1 lime
Olive Oil 2 tbsp
Green Onions 3
Jalapeños 2 tbsp, pickled & sliced
Oat Yogurt 2 tsp
Garlic Cloves 2
Cumin 1 tsp
Spinach 100g or 3.5oz
Paprika 1/2 tsp

Sweet Potato and Black Bean Burritos

High Carb

livingplusrx.com

Method

Preheat your oven to 400°F (200°C). Toss the chopped sweet potato with a drizzle of olive oil, paprika and cumin. Lay them out on a baking sheet and roast until they are tender and slightly caramelized.

In a pan, heat some olive oil over medium heat. Add minced garlic and sauté until fragrant. Add in the same seasonings you used for the sweet potatoes and stir. Add the black beans and cook until they're warmed through.

After cooking the rice, place the spinach in a colander right above the pot of hot rice. The steam from the rice will wilt the spinach. After a few minutes, squeeze out any excess water.

In a mixing bowl, combine the sliced green onions, lime juice, sliced jalapeños, and a splash of the jalapeño pickling juice.

Lay out the tortillas and evenly distribute the roasted sweet potatoes, black beans, salsa, oat yogurt, rice, and wilted spinach. Roll up the tortillas to form the burritos and then fry them on low heat for 1 minute on each side.

MFP Barcode



Living+

Allergen Information

Contains wheat, gluten (oats).



Sweet Potato & Mixed Bean Chili

High Carb

Living+

This hearty and aromatic sweet potato and mixed bean stew is a delightful concoction of spices, vegetables, and legumes. With the sweetness of the roasted sweet potatoes balancing the tang of tomatoes and the spicy kick from the chili, it's a crowd-pleaser that promises both warmth and nutrition.

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

Makes 4

- **Chopped Tomatoes** 1 can
- **Mixed Beans** 1 can
- **Sweet Potato** 2, large
- **Red Bell Pepper** 2, medium
- **Yellow Bell Pepper** 1, medium
- **Yellow Onion** 1 medium
- **Olive Oil** 2 tbsp
- **Cinnamon** 2 tsp
- **Cumin** 1 tsp
- **Red Chili** 1
- **Paprika** 1 tsp
- **Cilantro** 1 bunch
- **Rice** 200g or 7oz, uncooked

Sweet Potato & Mixed Bean Chili

High Carb

livingplusrx.com

Method

Preheat the oven to 350°F (180°C). Peel and chop the sweet potatoes. On a baking sheet, toss them with 1 tablespoon of olive oil and a pinch each of cinnamon, cumin, and paprika. Spread out evenly and roast for 35 to 40 minutes until they're tender and slightly caramelized.

Meanwhile, peel and roughly chop the onion. Pick the leaves from the cilantro and finely chop them. Roughly chop the chili. Seed the red and yellow peppers and chop them into chunks.

Heat 1 tablespoon of olive oil in a large pan. Add the onion, cilantro, chili, and peppers. Sprinkle in the remaining spices and cook over low heat for about 10 minutes, stirring occasionally.

Add the mixed beans (with their liquid) and the canned tomatoes to the pan. Mix well, adding a bit of water if it's too thick. Let the mixture simmer gently for about 30 minutes. Stir occasionally.

Stir in the roasted sweet potatoes. Taste and adjust the seasoning as necessary.

Cook the rice according to the package instructions. Serve the chili over the rice and garnish with fresh cilantro.

MFP Barcode



Living+

Allergen Information

Contains none.



Vegan Pad Thai

High Protein | Med Carb

Living+

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

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

Makes 2

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

Vegan Pad Thai

High Protein | Med Carb

livingplusrx.com

Method

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

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

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

Slice the green onion and cut the lime into wedges.

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

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

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

Serve with additional lime wedges and chili flakes if desired.

MFP Barcode



Living+

Allergen Information

Contains soy, peanuts, wheat.



Vietnamese Tofu Rice Bowl

High Protein | High Carb

Living+

A fresh, crunchy rice bowl with soy-glazed tofu, crisp vegetables and a creamy peanut-hoisin sauce. Ginger, lime and chili keep every bite bright.

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

Makes 2

Tofu 350g or 12.3 oz
Basmati Rice 140g or 5 oz, uncooked
Cucumber 5-inch piece
Snow Peas 80g or 2.8 oz
Bean Sprouts 50g or 1.7 oz
Lime Juice 1 lime
Peanut Butter 1 tbsp
Soy Sauce 2 tbsp
Hoisin Sauce 2 tbsp
Garlic 1 clove
Olive Oil 1 tsp
Ginger 2 tsp, fresh
Red Chili 1
Carrot 1 small

Vietnamese Tofu Rice Bowl

High Protein | High Carb

livingplusrx.com

Method

First, prepare the sauces. To a bowl, add the peanut butter, hoisin sauce, a tsp of fresh minced ginger and half a red chili (finely chopped). Mix well and set aside. To a second bowl, add a tsp of ginger, the juice of 1 lime, soy sauce, and half a red chili. Mix well and set aside.

Next, prepare the carrots and cucumber. Peel and grate the carrot and finely slice the cucumber. Set them aside.

Next, bring a large pot of water to a boil and cook the rice according to the instructions.

Dice the tofu and then mix it with the soy sauce mixture. Fry over medium heat with a tsp of olive oil until the tofu is browned.

Remove the tofu from the pan and then add the carrot, cucumber, snow peas and bean sprouts. Cook for 3 to 5 minutes.

Add the rice to two bowls and then add the vegetables and tofu, and top each bowl with half of the peanut sauce.

MFP Barcode

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

Living+

Allergen Information

Contains peanuts, soy, wheat.



Zesty Mushroom and Black Bean Tacos

Med Carb

Living+

A satisfying blend of umami-rich mushrooms, tangy citrus, and a hint of chili heat. These tacos are balanced by creamy avocado and the mild crunch of fresh red onion. A splash of orange juice brightens the sauce. Packed with plant-based protein and fiber, these tacos offer a nutritious and flavorful twist on a classic.

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

Makes 4

King Oyster Mushrooms 400g or 14.1 oz

Soft Taco Shells 12

Onion 1 medium

Red Onion 1 small

Oregano 2 tsp

Salt 1 pinch

Soy Sauce 2 tbsp

Chili & Garlic Sauce 4 tsp

Orange Juice 1 orange, juiced

Water 150ml or 5 fl oz

Avocado 1

Black Beans 1 can

Zesty Mushroom and Black Bean Tacos

Med Carb

livingplusrx.com

Method

Begin by shredding the king oyster mushrooms into thin strips using 2 forks. One to stabilize and one to strip.

Heat 2 tbsp of water in a pan and cook the onion until it becomes translucent. Add a pinch of salt to the onions.

Stir in the 4 tsp of chili & garlic sauce, 2 tsp of oregano, 2 tbsp of soy sauce, juice from one orange, and 150ml of water. Mix well until everything is combined.

Add the shredded mushrooms to the pan, stirring to coat them thoroughly with the flavorful sauce.

Let the mixture simmer until it reduces down and the mushrooms are fully cooked.

Stir in the drained black beans and cook until they are heated through.

To assemble the tacos, spoon some of the mushroom and bean mixture onto each soft taco shell. Top with slices of red onion and avocado.

Serve the tacos right away, while the filling is warm.

MFP Barcode

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

Living+

Allergen Information

Contains soy, wheat.



Açaí Bowl

Med Carb

Living+

Not only is an Açaí Bowl packed with antioxidants, but it is also incredibly tasty. The combination of sweet and tart flavors and the crunchy texture of the toppings make for a satisfying and delicious breakfast or snack.

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

Makes 1

Frozen Mixed Berries 150g or 5.3 oz

Almond Milk 100ml or 3.4 fl oz

Frozen Açaí Puree 100g or 3.5 oz

Banana 1 small

Blueberries 1 handful, fresh

Raspberries 11

Kiwi 1/2 whole

Chia Seeds 1/2 tsp

Granola 1 tsp

Açaí Bowl

Med Carb

livingplusrx.com

Method

To a blender add the frozen berries, açaí, banana and almond milk. Blend until smooth.

Next, add the berry mixture to a bowl and add the toppings.

To decorate the kiwi, insert a knife at the midline of the kiwi, making alternate 45-degree angle insertions until you complete the insertions in a full circle around the kiwi. Pull the kiwi apart and then peel the skin off.

MFP Barcode



Living+

Allergen Information

Contains tree nuts, gluten (granola).



Asian Slaw

Low Carb

Living+

If you're looking for a delicious and nutritious side dish, look no further than our Asian Slaw! This vibrant blend of fresh vegetables is the perfect choice for anyone looking to eat a high-volume, low-carb meal.

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

Makes 2

White Cabbage 1/2, small / 150g or 5.3 oz

Carrot 1 medium

Lime Juice 1 lime

Radish 1

Green Onion 2

Sesame Oil 1 tsp

Peanuts 6

Cilantro 10 leaves

Sesame Seeds 1 pinch

Asian Slaw

Low Carb

livingplusrx.com

Method

To a large mixing bowl, add the cabbage (tip - use a peeler to cut it), carrot (peeled and grated), green onions (chopped), radish (finely sliced), and cilantro leaves (chopped).

Next, add a tsp of sesame oil, the juice of 1 lime, and 6 peanuts (chopped). Mix well before serving with a pinch of sesame seeds.

MFP Barcode

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

Living+

Allergen Information

Contains sesame, peanuts.



Bruschetta

Med Carb

Living+

A classic Italian appetizer with the rich tang of sourdough. Freshly quartered tomatoes, infused with aromatic garlic and the sweetness of basil, top off perfectly toasted sourdough slices in this refreshing dish. Swapping garlic for garlic oil ensures this recipe remains FODMAP-friendly.

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

Makes 2

- **Cherry Tomatoes** 150g or 5oz
- **Sourdough** 2 slices
- **Olive Oil** 1 tbsp
- **Garlic** 2 cloves
- **Basil Leaves** 8
- **Salt** 2 pinches

Bruschetta

Med Carb

livingplusrx.com

Method

Begin by quartering the tomatoes. Gently rinse them under cold water to remove the seeds. Lightly sprinkle the tomatoes with salt and set aside for about 10 minutes. This process helps to enhance their natural flavors.

In a mixing bowl, combine the olive oil, a minced garlic clove (or garlic oil for a FODMAP-friendly version), tomatoes, and basil. Stir well to ensure the ingredients meld together.

While the tomato mixture rests, toast your sourdough slices to your desired level of crispness.

Once toasted, rub each slice with a garlic clove for a touch of aromatic flavor. If opting for the FODMAP-friendly version, skip this step.

Generously top each toasted slice with the tomato-basil mixture. Garnish with additional fresh basil leaves before serving for a vibrant finish.

MFP Barcode

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

Living+

Allergen Information

Contains wheat.



Carrot Cake Bites

Low Carb

Living+

These bite-sized delights are packed with wholesome oats, crunchy cashews, and fiber-rich chia seeds. They contain grated carrot which adds a natural sweetness and is rich in antioxidants. Dates and a touch of maple syrup offer additional sweetness without the need for refined sugars.

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

Makes 8

Oats 80g or 1 cup
Almond Milk 4 tbsp
Dates 50g or 1.7 oz
Cashews 20g
Maple Syrup 1 tbsp
Carrots 15g
Chia Seeds 1 tsp
Cinnamon 2 tsp

Carrot Cake Bites

Low Carb

livingplusrx.com

Method

Start by finely chopping the dates and cashews, creating small, bite-sized pieces that will blend seamlessly into the mixture.

Next, combine all of the dry ingredients - the oats, grated carrot, chopped dates and cashews, chia seeds, and cinnamon - in a large mixing bowl. Stir them together until they're well-integrated.

Stir in the maple syrup, then slowly pour in the almond milk, stirring as you go. You're aiming for a consistency that's moist enough to hold together but not overly wet. If you find the mixture is still too dry, don't hesitate to add a bit more milk, pouring slowly until you reach the desired consistency.

Now comes the fun part. Using your hands, roll the mixture into small, bite-sized balls. This should be a relatively easy task if the mixture has the right balance of moisture.

Once you've rolled out all of your carrot cake bites, place them in the fridge to chill. This step will help them hold their shape and will also enhance their flavor. A little bit of waiting here will ensure you have a delicious, nutrient-dense snack ready to enjoy!

MFP Barcode

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

Living+

Allergen Information

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



Chocolate Protein Mug Cake

High Protein | Med Carb

Living+

Need a quick protein boost that also satisfies your sweet tooth? Try this Chocolate Protein Mug Cake. It's easy to make, delicious, and packed with nutrients. Perfect for a post-workout snack or a healthy dessert.

Prep: 5 min | Cook: 2 min | Fresh: 1 day | Beginner

Makes 1 large or 3 small

Almond Milk 60ml or 2fl oz

Banana 1/2, medium

Vegan Protein 1 scoop, chocolate

Flour 1 tbsp

Cocoa Powder 1 tbsp

Chocolate Chips 1 tsp

Baking Powder 1/4 tsp

Salt 1 pinch

Chocolate Protein Mug Cake

High Protein | Med Carb

livingplusrx.com

Method

Choose a microwave-safe mug large enough to contain the rising cake. Alternatively, use smaller silicone cupcake molds.

In the mug, mash the half banana until it forms a puree. Add protein powder, flour, cocoa powder, baking powder, and salt. Mix well until all the dry ingredients are well incorporated with the mashed banana.

Pour the almond milk into the mug. Stir until the batter is smooth and free from lumps. Make sure to mix well to combine the milk with the dry ingredients.

Sprinkle the chocolate chips on top of the batter.

Place the mug in the microwave. Cook on high for approximately 1-2 minutes. The cooking time may vary depending on the microwave's power. The cake is done when it has risen and is set in the middle.

Carefully remove the mug from the microwave (it will be hot). Allow the cake to cool for a minute or two before serving.

MFP Barcode



Living+

Allergen Information

Contains wheat, tree nuts.



Green Booster Smoothie

Med Carb

Living+

Whether you are looking to fuel up for a tough training session, replenish glycogen stores quickly or support your immune system then this smoothie is the one for you.

Prep: 3 min | Cook: 0 min | Fresh: 2 days | Beginner

Makes 1

Kiwi 3, peeled

Green Apple 1

Banana 1, frozen

Spinach 2 handfuls

Almond Milk 250ml or 8.4 fl oz

Mango 100g or 3.5 oz frozen

Green Booster Smoothie

Med Carb

livingplusrx.com

Method

To a blender add all of the ingredients and blend until smooth.

MFP Barcode

Allergen Information

Contains tree nuts.



Harissa Roasted Baby Potatoes

Med Carb

Living+

Experience the aromatic allure of baby potatoes seasoned with spicy harissa paste and fragrant herbs. These potatoes promise a perfect balance of heat, smokiness, and flavor, all crisped to perfection in an air fryer.

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

Makes 2

Baby Potatoes 500g or 17.6 oz

Harissa Paste 50g or 1.7 oz

Paprika 1 tsp

Dried Oregano 1 tsp

Cayenne Pepper 1/2 tsp

Harissa Roasted Baby Potatoes

Med Carb

livingplusrx.com

Method

In a pot of boiling water, add the baby potatoes. Cook for about 8-10 minutes or just until they begin to soften but still retain some firmness. Drain and set aside.

In a large mixing bowl, combine the harissa paste, oregano, paprika, and cayenne pepper. Mix well.

Add the parboiled baby potatoes to the bowl. Toss them until they're well-coated with the harissa seasoning mix.

Preheat your air fryer to 400°F (200°C). Transfer the seasoned baby potatoes to the air fryer basket in a single layer, ensuring they're not overcrowded. Roast for 15-20 minutes or until they're golden brown and crispy, giving them a shake halfway through for even cooking.

MFP Barcode

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

Living+

Allergen Information

Contains none.



Kale Kiwi Zest Smoothie

Med Carb

Living+

Unveil the perfect fusion of refreshing and nutritious in this Kale Kiwi Zest Smoothie. The hearty greens meet the zesty flavors of kiwi and apple, further enhanced by the tropical touch of pineapple juice. Whether you're looking for an energy-packed start to your day or a revitalizing afternoon treat, this smoothie ticks all the boxes.

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

Makes 1

Water 150ml or 5fl oz

Apple 1 medium

Kiwi 1

Pineapple Juice 100ml or 3.5fl oz

Kale 1 handful

Kale Kiwi Zest Smoothie

Med Carb

livingplusrx.com

Method

Begin by thoroughly washing the kale, kiwi, and apple.

Roughly chop the kale, kiwi, and apple into smaller pieces to make blending easier. Remember to retain the skin on both the kiwi and apple for added nutrients and texture.

In a blender, combine the chopped kale, kiwi, apple, pineapple juice, and water.

Blend on high speed until you achieve a smooth and consistent texture.

MFP Barcode

Allergen Information

Contains none.



Mango Tango Perform Smoothie

High Carb

Living+

Carbohydrates are king when it comes to fueling for performance and recovering from carbohydrate-depleting exercise. This smoothie is packed with 70g of carbs, making it an easy-on-the-stomach alternative to solid carbohydrate sources.

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

Makes 1

Maple Syrup 1 tbsp

Orange 1 large

Banana 1 medium

Mango 1/2 cup

Orange Juice 120ml or 4 fl oz

Mango Tango Perform Smoothie

High Carb

livingplusrx.com

Method

To a blender add the orange juice, mango (peeled & diced), banana (peeled), orange (peeled), and maple syrup. Blend until smooth!

MFP Barcode

Allergen Information

Contains none.



Mustard & Herb Roast Potatoes

Med Carb

Living+

The potatoes are tossed in a mixture of Dijon mustard, olive oil, and herbs such as thyme and rosemary. The result is a crispy exterior and a tender interior, with a tangy, herb-infused flavor that pairs well with a variety of plant-based mains.

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

Makes 2

- **Baby Potatoes** 250g or 8.8 oz
- **Garlic** 3 cloves
- **Dijon Mustard** 2 tsp
- **Olive Oil** 1 tsp
- **Rosemary** 1 tsp, fresh
- **Thyme** 1 tsp, fresh

Mustard & Herb Roast Potatoes

Med Carb

livingplusrx.com

Method

Preheat the oven to 400°F (200°C).

Next, scrub the potatoes and cut them in half. Place them in a mixing bowl and add the following: 1 tsp of olive oil, 2 tsp Dijon mustard, 3 crushed garlic cloves, a tsp of fresh rosemary (chopped) and thyme (chopped). Mix well before transferring the potatoes to a baking sheet.

Place the baking sheet in the oven and cook for 30 to 35 minutes.

MFP Barcode

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

Living+

Allergen Information

Contains mustard.



Pre-Workout Nitrate Booster

Med Carb

Living+

This smoothie is a delicious and nutritious way to fuel your body before a workout. It's packed with high-nitrate foods like cherries and spinach, which have been shown to enhance blood flow and oxygen delivery to the muscles.

Prep: 2 min | Cook: 0 min | Fresh: 1 day | Beginner

Makes 1

Almond Milk 150ml or 5 fl oz, unsweetened

Frozen Mixed Berries 100g or 3.5 oz

Frozen Cherries 100g or 3.5 oz

Dates 8 (40g or 1.4 oz)

Spinach 1 handful

Pre-Workout Nitrate Booster

Med Carb

livingplusrx.com

Method

To a blender add all of the ingredients and blend until smooth.

MFP Barcode



Living+

Allergen Information

Contains tree nuts. May contain sulfites.



Roasted Mediterranean Vegetables

Med Carb

Living+

Cooking and eating vegetables can be a pain. Cooking them in bulk will take away some of this pain. These will remain fresh for a minimum of 3 days.

Prep: 10 min | Cook: 50 min | Fresh: 3 days | Beginner

Makes 4

Bell Pepper 3 (red, yellow, green)
Cherry Tomatoes 150g or 5.2 oz
Zucchini 1, large
Eggplant 1 medium
Red Onion 1 large
Garlic 4 cloves

New Potatoes 8 medium
Salt pinch
Black Pepper 5 twists
Oregano 1 tsp, dried
Thyme 1 tsp, dried
Olive Oil 2 tbsp

Roasted Mediterranean Vegetables

Med Carb

livingplusrx.com

Method

Preheat the oven to 350°F (180°C).

As the oven heats, prepare the vegetables. To a baking sheet, add the peppers (seeded & chopped), tomatoes (whole), zucchini (cubed), eggplant (cubed), red onion (peeled & roughly chopped), garlic cloves (crushed), potatoes (cubed), salt, pepper, oregano, thyme, and olive oil. Mix well.

Cook for 50 minutes. Mix well after 25 minutes.

MFP Barcode



Living+

Allergen Information

Contains none.



Roasted Root Vegetables

Med Carb

Living+

Did you know that beets contain nitrates, which can help lower blood pressure and improve athletic performance? Nitrates have been shown to improve athletic performance by increasing the efficiency of oxygen use in the body.

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

Makes 2

Parsnip 1 medium

Carrots 2 medium

Beets 2 small

Sweet Potato 1 medium

Red Onion 1 small

Olive Oil 1 tsp

Black Pepper 5 twists

Salt pinch

Rosemary 1 tsp, fresh

Roasted Root Vegetables

Med Carb

livingplusrx.com

Method

Preheat the oven to 400°F (200°C).

Next, wash, peel and roughly chop all of the vegetables and place them on a baking sheet. To the baking sheet, add a tsp of olive oil and a tsp of coarsely chopped fresh rosemary and mix well.

Place the baking sheet in the oven and cook for 30 to 40 minutes.

MFP Barcode



Living+

Allergen Information

Contains none.



Rosemary Smashed Baby Potatoes

Med Carb

Living+

Savor the rustic charm of baby potatoes smashed to perfection, seasoned with the aromatic brilliance of rosemary and the rich depth of roasted garlic. Crisped to a golden hue in the oven, these potatoes exude earthy flavors that make them an irresistible side dish, especially with roasted asparagus.

Prep: 5 min | Cook: 50 min | Fresh: 3 days | Beginner

Makes 2

Baby Potatoes 500g or 17.6 oz

Olive Oil 1 tbsp

Garlic Cloves 2

Salt 1/4 tsp

Black Pepper 1/2 tsp

Fresh Rosemary 1 tsp

Rosemary Smashed Baby Potatoes

Med Carb

livingplusrx.com

Method

Add the baby potatoes to a medium pan filled with boiling water. Reduce the heat to medium and let them simmer for 10-15 minutes, or until they are completely cooked through. Once done, drain the potatoes and allow them to steam dry for a few minutes.

Preheat your oven to 375°F (190°C). Take a medium baking sheet and transfer the drained potatoes to it. Using a potato masher, gently mash the potatoes, ensuring they retain some of their texture.

In a small mixing bowl, combine the finely chopped fresh rosemary with the salt, freshly ground black pepper, and enough olive oil to create a seasoned brushable mixture.

Brush the seasoned olive oil mixture over the mashed potatoes, ensuring they are well-coated. Nestle the unpeeled garlic cloves amongst the potatoes.

Place the baking sheet in the preheated oven. Let the potatoes roast for approximately 40 minutes or until they achieve a crispy, golden-brown exterior.

MFP Barcode

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

Living+

Allergen Information

Contains none.



Sesame Fried Greens

Low Carb

Living+

Eating vegetables is boring and bland, right? Wrong! They are only boring and bland when they are cooked like that. Add some flavor, texture and the right cooking method and you are onto mastering your daily vegetable goal.

Prep: 1 min | Cook: 6 min | Fresh: 3 days | Beginner

Makes 2

Broccolini 10 spears

Edamame Beans 2 handfuls (shelled)

Green Beans 10 pods

Kale 200g or 7oz

Soy Sauce 2 tbsp, light

Sesame Oil 1 tsp

Sesame Fried Greens

Low Carb

livingplusrx.com

Method

To a pot of boiling water, add the broccolini, edamame and green beans and cook for 3 minutes. Once cooked, drain and set aside.

Next, to a very hot pan or wok, add a teaspoon of sesame oil, and then add all of the greens and the soy sauce. Cook for 3 to 5 minutes before serving.

MFP Barcode

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

Living+

Allergen Information

Contains soy, wheat, sesame.



Sweet Potato Wedges

Med Carb

Living+

Sweet potatoes are packed with an abundance of nutrients. Sweet potatoes are high in antioxidants, such as vitamin C and beta carotene. A serving provides a huge 65% of your vitamin C daily value.

Prep: 5 min | Cook: 35 min | Fresh: 2 days | Beginner

Makes 2

Sweet Potato 1 large

Garlic 2 cloves

Olive Oil 1 tsp

Seasoning pinch of salt, 2 twists of black pepper, 1/4 tsp of oregano, 1/4 tsp basil, 1/4 tsp rosemary, 1/4 tsp thyme

Sweet Potato Wedges

Med Carb

livingplusrx.com

Method

Preheat the oven to 425°F (220°C).

As the oven preheats, peel (optional) the sweet potato and then cut it into wedges. Cut it in half lengthwise, then cut each half into 4 long wedges.

Add the sweet potato to a mixing bowl along with all of the herbs and seasoning, the crushed garlic cloves, and the olive oil. Mix well before transferring the sweet potato to a baking sheet.

Cook for 35 minutes.

MFP Barcode

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

Living+

Allergen Information

Contains none.



KCAL 361

PRO 7.4g

CARB 68.8g

FAT 6g

FIBER 5.5g

Per serving

Vanilla Date Perform Smoothie

High Carb

Living+

Fueling and recovering are very individualized components of nutrition. Some people prefer liquids in the pre and post-training meals. This liquid-based smoothie is a great option to help you reach your carbohydrate needs in these windows.

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

Makes 1

Almond Milk 250ml or 8.4fl oz, unsweetened

Dates 6 (50g), pitted

Oats 40g or 1.4oz

Banana 1 large, frozen

Vanilla Extract 1/2 tsp

Vanilla Date Perform Smoothie

High Carb

livingplusrx.com

Method

To a blender add all of the ingredients and blend until smooth.

MFP Barcode

Allergen Information

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