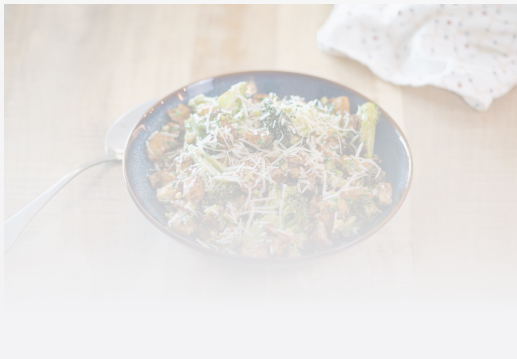








Salad Recipes

Simple - Quick - Tasty

Volume 1 - 23 recipes



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Asian-Inspired Chicken Salad

High Protein | Low Carb

Living+

Dive into the vibrant and refreshing flavors of our Asian-Inspired Chicken Salad. This recipe is perfect for a nutritious meal that doesn't skimp on taste. Featuring a base of crunchy red cabbage and carrots, combined with tender shredded chicken and an aromatic dressing, this salad is both satisfying and healthy.

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

Makes 2

- **Chicken Breast** 2 (125g or 4.4oz per breast)
- **Red Cabbage** 250g or 8.8oz
- **Carrot** 1, large
- **Lime Juice** 1 lime
- **Soy Sauce** 2 tbsp
- **Sriracha Sauce** 1 tbsp
- **Cilantro** 1 bunch
- **Hoisin Sauce** 2 tbsp
- **Honey** 1 tbsp
- **Sesame Oil** 1 tsp
- **Sesame Seeds** 1 tsp
- **Red Chili** 1

Asian-Inspired Chicken Salad

High Protein | Low Carb

livingplusrx.com

Method

Finely shred the cabbage and carrot using a julienne peeler, a handy tool for achieving perfect texture. Finely chop the cilantro and mix it with the shredded cabbage and carrot in a large salad bowl.

Poach the chicken breasts in simmering water for 12 minutes, until cooked through. Shred with two forks and add to the bowl of vegetables.

In a separate bowl, whisk together hoisin sauce, soy sauce, lime juice, honey, sriracha, and a drizzle of sesame oil until well combined.

Pour the dressing over the salad and toss well to ensure all ingredients are evenly coated.

Sprinkle the sesame seeds and sliced red chili over the salad and serve.

MFP Barcode

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

Living+

Allergen Information

Contains soy, wheat, sesame.



Bacon & Herb Smashed Potato Salad

Med Carb

Living+

This salad transforms simple baby potatoes into a viral sensation with its creamy, tangy dressing and crispy textures. The combination of Greek yogurt and light mayo creates a healthier yet flavorful base, while the added bacon provides a smoky richness. Finished with fresh herbs like chives and parsley.

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

Makes 2

Baby Potatoes 325g or 11.4oz
Canadian Bacon 3
Greek Yogurt 3 tbsp, 0% fat
Light Mayonnaise 1 tbsp
Olive Oil 1 tbsp
Dijon Mustard 1 tsp
Fresh Chives 2 tsp, chopped
Lemon Juice 1 lemon
Black Pepper 1 twist
Fresh Parsley 2 tsp, chopped
Salt pinch

Bacon & Herb Smashed Potato Salad

Med Carb

livingplusrx.com

Method

Boil the baby potatoes in water for about 30 minutes, or until they are tender.

Preheat your air fryer to 400°F (200°C). Drain and transfer the potatoes to the air fryer lined with parchment paper. Gently crush each potato with the bottom of a glass. Drizzle with olive oil, and season with salt and pepper. Air fry for 25 minutes until crispy.

While the potatoes are cooking, fry the Canadian bacon until crispy. Chop into small pieces. In a bowl, mix Greek yogurt, light mayo, lemon juice, Dijon mustard, bacon, parsley, and chives. Season with salt and pepper.

Once the potatoes are done and slightly cooled, chop them into quarters and add them to the dressing. Mix well to coat all the pieces.

Garnish with additional chives. Serve warm or at room temperature as a delightful side dish.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, eggs, mustard.



Baked Harissa Mushrooms with Lentil Salad

High Protein | Med Carb

Living+

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

Prep: 15 min | Cook: 25 min | Fresh: 1 day | Beginner

Makes 4

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

Baked Harissa Mushrooms with Lentil Salad

High Protein | Med Carb

livingplusrx.com

Method

Preheat your oven to 400°F (210°C). In a bowl, mix together the harissa paste, honey, 1 tablespoon of olive oil and a pinch of salt to create the marinade.

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

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

Simmer the lentils in water for 15-20 minutes until just tender, then drain and cool. Combine them with the cherry tomatoes, olives, mint, parsley, dill, sliced almonds and pumpkin seeds. Add the zest and juice of 1 lemon and the remaining 1 tablespoon of olive oil, and toss.

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

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

MFP Barcode



Living+

Allergen Information

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



KCAL 324.5

PRO 49.4g

CARB 21.3g

FAT 4.7g

FIBER 4.2g

Per serving

Bang Bang Chicken Salad

High Protein | Low Carb

Living+

Dive into a vibrant and refreshing salad. This salad is perfect for those who love a little spice without overpowering their palate. It features succulent chicken seasoned with paprika and black pepper, tossed with crisp vegetables and dressed in a tangy, sweet, and slightly spicy homemade sauce. Ideal for lunch or a light, satisfying dinner.

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

Makes 3

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

Romaine Lettuce 300g or 10.5oz

Corn 250g or 8.8oz

Red Bell Pepper 2, medium

Greek Yogurt 120g or 4.2oz, 0% fat

Lime Juice 1 lime

Lime Zest 1 lime

Jalapeños in Brine 20g or 0.7oz

Honey 1 tbsp

Sweet Chili Sauce 1 tbsp

Hot Sauce 1 tbsp

Sriracha Hot Sauce 1 tbsp

Cilantro 2 tbsp, chopped

Paprika 1 tsp

Black Pepper 2 twists

Salt Pinch

Bang Bang Chicken Salad

High Protein | Low Carb

livingplusrx.com

Method

In a bowl, mix together the Greek yogurt, sriracha, lime juice and zest, honey, hot sauce, and sweet chili sauce. Season with salt and pepper to taste. Set aside.

Rub the chicken with the paprika and black pepper, making sure it's evenly coated. Pan-fry the chicken for 6-7 minutes per side, until cooked through and slightly charred. Let it cool slightly before slicing.

In a large salad bowl, toss the chopped romaine lettuce, corn, sliced red bell peppers, sliced jalapeños and chopped cilantro.

Place the sliced chicken on top of the salad. Drizzle the prepared dressing over the salad just before serving. Toss everything together to ensure all ingredients are well coated with the dressing.

MFP Barcode



Living+

Allergen Information

Contains lactose. May contain sulfites.



Bean Burgers Salad

Med Carb

Living+

Flavorful homemade veggie burgers, accompanied by a fresh salad and zesty salsa. Made with a mix of sweet potatoes, kidney beans, and aromatic spices, these burgers are not only delicious but also nutritious. Served atop a bed of crisp Romaine lettuce and cherry tomatoes, and topped with a vibrant homemade salsa.

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

Makes 4

Romaine Lettuce 200g or 7oz
Cherry Tomatoes 250g or 8.8oz
Red Kidney Beans 1 can, drained
Sweet Potato 200g or 7oz
Tomato 1, large
Yellow Onion 1 medium
Red Onion 1/4 medium
Breadcrumbs 50g or 1.7oz
Rolled Oats 2 tbsp
Garlic Cloves 2
Olive Oil 2 tsp
Lemon Juice 1 lemon
Cumin 1 tsp
Red Chili 1
Black Pepper & Salt pinch
Cilantro 1 tbsp, chopped
Chili Flakes 1 pinch

Bean Burgers Salad

Med Carb

livingplusrx.com

Method

Start by preparing the sweet potato. Cube the sweet potato and boil it in water until it becomes soft and tender.

In a mixing bowl, combine the softened sweet potato, finely chopped onion, crushed garlic, rinsed and drained red kidney beans, chili flakes, breadcrumbs, ground cumin, and oats. Season the mixture with salt and pepper. Mash and mix everything together until well combined.

Form the mixture into four evenly sized patties.

Heat olive oil in a skillet over medium heat. Fry the patties for about 2 minutes on each side until they start to turn golden brown. Transfer the patties to an air fryer or oven and cook at 350°F (180°C) for approximately 20 minutes, or until they are cooked through and have a crispy exterior.

While the patties are cooking, prepare the salad and salsa. For the salad, combine the Romaine lettuce and halved cherry tomatoes in a bowl. For the salsa, mix together the diced tomato, chopped cilantro, chopped fresh chili, grated garlic, olive oil, chopped red onion, and lemon juice in a separate bowl.

To serve, divide the salad among four bowls or containers. Place a veggie burger on top of each salad. Spoon some of the freshly made salsa over each veggie burger.

MFP Barcode

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

Living+

Allergen Information

Contains wheat, gluten (oats).



Chicken Caesar Salad with Prosciutto

High Protein | Low Carb

Living+

Revamp the classic Caesar Salad with this recipe featuring prosciutto, enhanced with parmesan and lemon zest. The salad combines crisp lettuce, quartered cherry tomatoes, and perfectly soft-boiled eggs, all brought together with a homemade light Caesar dressing. It's a delightful blend of savory, fresh, and zesty flavors

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

Makes 2

Romaine Lettuce 200g or 7oz
Eggs 4
Chicken Breast 2, average
Cherry Tomatoes 10
2% Milk 2 tbsp
Light Mayonnaise 2 tbsp
Prosciutto 2 slices
Dijon Mustard 1 tsp
Garlic Clove 1
Lemon Juice 1 lemon
Parmesan Cheese 1 tbsp, grated
Black Pepper 2 tsp
Worcestershire Sauce 1/2 tsp
Salt 1 pinch

Chicken Caesar Salad with Prosciutto

High Protein | Low Carb

livingplusrx.com

Method

Start by preparing the chicken. Flatten the chicken breasts, then top each with a slice of prosciutto. Sprinkle with Parmesan cheese and lemon zest, pressing them gently into the chicken

Cook the chicken in a skillet over medium heat for 6-7 minutes per side, until cooked through and the prosciutto is slightly crispy.

To cook the soft-boiled eggs, bring a pot of water to a boil. Carefully lower the eggs into the water and cook for about 6-7 minutes for a soft yolk. Once cooked, place them in cold water to stop the cooking process. Peel and set aside.

While the eggs are boiling, assemble the salad base. In a large salad bowl, combine the chopped Romaine lettuce with the quartered cherry tomatoes

Prepare the Caesar dressing. In a bowl, combine the light mayonnaise, minced garlic, lemon juice, Dijon mustard, Worcestershire sauce, salt, and pepper. Gradually whisk in the milk to achieve the desired consistency.

Toss the salad with the dressing, ensuring even coverage. Once the chicken is cooked and rested, slice it into strips or pieces. Add the peeled and halved (or quartered) soft-boiled eggs to the salad. To serve, dish out the dressed salad onto plates and top with the chicken slices.

MFP Barcode



Living+

Allergen Information

Contains lactose, eggs, mustard, fish.



Chicken Satay Salad Bowl

High Protein | Low Carb

Living+

If you struggle to eat enough vegetables, this colorful Asian-inspired satay salad is your new starting point. It is low in carbs and packed with fiber, making it a great choice on rest days. The satay sauce makes about 6 portions, so you will have extra for other meals.

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

Makes 3 portions

Green Cabbage 170g or 6 oz, chopped

Red Cabbage 170g or 6 oz, chopped

Green Onion 2, chopped

Bell Pepper 1 large, red

Carrot 1 large

Cucumber 10cm, chopped

Cilantro handful

Sunflower Seeds pinch, toasted

Sesame Seeds pinch

Chicken Breasts 3

Olive Oil Spray

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

Chicken Satay Salad Bowl

High Protein | Low Carb

livingplusrx.com

Method

Preheat the oven to 350°F (180°C). Sear the chicken breasts in a pan over medium heat with 1 teaspoon of olive oil for 3 minutes on each side, then move them to a baking sheet.

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

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

Next, make the dressing. In a bowl, mix the soy sauce (3 tablespoons), peanut butter (100g), sriracha (1 teaspoon), rice vinegar (2 tablespoons), the juice of 1 lime, sesame oil (1 tablespoon), maple syrup (1 tablespoon), ginger (1 tsp, grated), garlic (1 clove, crushed) and water (3 tablespoons). This makes about 6 portions, so keep the rest for other meals.

Add 1/2 the salad dressing to the salad and mix well before transferring the salad to a bowl. Or you can add the salad to the bowl and then add 1/6 of the dressing on top. Once the chicken is cooked, add it to the top of the salad and finish with a pinch of sunflower seeds and white sesame seeds.

MFP Barcode

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

Living+

Allergen Information

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



Cranberry Glazed Chicken

High Protein | Med Carb

Living+

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

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

Makes 3

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

Cranberry Glazed Chicken

High Protein | Med Carb

livingplusrx.com

Method

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

Spread 2 tbsp of cranberry sauce over the seared chicken and sprinkle over the nigella seeds. Air fry at 400°F (200°C) for 10–12 minutes, until the chicken is cooked through. Let it rest for 5 minutes.

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

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

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

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

MFP Barcode

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

Living+

Allergen Information

Contains lactose, tree nuts.



Creamy Pesto Chicken Pasta Salad

High Protein | Med Carb

Living+

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

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

Makes 2

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

Creamy Pesto Chicken Pasta Salad

High Protein | Med Carb

livingplusrx.com

Method

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

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

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

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

MFP Barcode

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

Living+

Allergen Information

Contains lactose, wheat.
May contain tree nuts.



Crispy Asian-Style Potato Salad

Med Carb

Living+

Crispy smashed baby potatoes tossed in a zesty, creamy dressing with hints of garlic, ginger, tahini and lime. This flavor-packed side dish brings crunchy textures and bold, umami flavors — perfect alongside grilled main dishes or served on its own.

Prep: 20 min | Cook: 40 min | Fresh: 2 days | Beginner

Makes 2

Baby Potatoes 375g or 13.2oz
Salt pinch
Black Pepper twist
Olive Oil 1 tsp
Light Mayo 2 tbsp
Greek Yogurt 2 tbsp, 0% fat
Tahini 1 tbsp
Lime Juice & Zest 1 lime
Soy Sauce ½ tbsp
Rice Vinegar ½ tbsp
Garlic 1 clove
Ginger 1 tsp
Green Onion 1
Fresh Cilantro 1 tbsp
White Sesame Seeds 1 tbsp
Black Sesame Seeds 1 tbsp

Crispy Asian-Style Potato Salad

Med Carb

livingplusrx.com

Method

Bring a pot of water to a boil. Add the baby potatoes and boil for about 15 minutes, or until fork-tender.

Preheat oven to 425°F (220°C). Drain the potatoes and transfer them to a lined baking sheet. Use the back of a spoon or glass to gently smash each one flat. Drizzle with olive oil, season with salt and pepper, and roast for 20–25 minutes until golden and crispy.

While the potatoes roast, combine the mayonnaise, yogurt, tahini, lime zest and juice, soy sauce, vinegar, garlic, ginger, green onion, and cilantro in a bowl. Stir well until smooth and creamy.

Once the potatoes are crispy, remove them from the oven and let cool slightly. Toss gently in the dressing or serve the dressing spooned over the top. Garnish with toasted sesame seeds and extra herbs if desired.

MFP Barcode

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

Living+

Allergen Information

Contains sesame, soy, wheat, lactose, eggs.



Crispy Potato & Charred Broccoli Salad

Med Carb

Living+

A hearty warm salad featuring crispy potatoes and smoky broccoli, tossed in a creamy mustard herb dressing with fresh green onions and grated Parmesan. Perfect as a side or light main dish.

Prep: 15 min | Cook: 45 min | Fresh: 2 days | Beginner

Makes 4

Potatoes 900g or 32oz
Broccoli 1 large head
Light Mayonnaise 4 tbsp
Green Onion 5
Fresh Chives 3 tbsp, chopped
Fresh Parsley 3 tbsp, chopped
Honey & Dijon Mustard 1 tbsp each
Olive Oil 2 tsp
Salt 1 pinch
Parmesan Cheese 1 tbsp, grated
Garlic Powder 1 tsp
Paprika 1 tsp
Black Pepper 1 tsp
Cayenne Pepper 1 tsp

Crispy Potato & Charred Broccoli Salad

Med Carb

livingplusrx.com

Method

Wash the potatoes and cut them into small cubes, about 1 inch each. Keep the cubes similar in size so they cook evenly.

Place the potatoes into a large pot of boiling water. Parboil for 10–15 minutes, until just fork-tender but not falling apart. Drain, then cover the pot with a lid or clean kitchen towel and let the potatoes steam dry for 10 minutes.

While the potatoes are steaming, place a large baking sheet into your oven. Add 1 tsp olive oil to the baking sheet and let it heat up while the oven preheats to 425°F (220°C).

In a bowl, toss the potatoes with: 1 tsp paprika, 1 tsp garlic powder, 1 tsp cayenne pepper, a generous pinch of salt and black pepper. Spread evenly on the hot baking sheet and roast for 40 minutes, flipping halfway through.

Cut the broccoli into large florets, then slice each floret in half or quarters to increase surface area for charring. Toss with 1 tsp olive oil and spread on a separate baking sheet. Add to the oven during the last 15 minutes of the potato cooking.

In a large bowl, mix the 4 tbsp of light mayo, 1 tbsp of Dijon mustard, the honey and the grated Parmesan, and season with salt and pepper. Stir in the sliced green onions, chopped parsley and chives. Roughly chop the roasted broccoli, then add it with the crispy potatoes to the bowl and toss gently until well coated.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, eggs, mustard. May contain sulfites.



Crispy Rice Teriyaki Chicken Salad

High Protein | Med Carb

Living+

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

Prep: 20 min | Cook: 30 min | Fresh: 3 days | Beginner

Makes 4

Cucumber 2, medium

Chicken Breast 3, 125g or 4.4oz per breast

Red Bell Pepper 2, large

Red Cabbage 200g or 7oz

Long Grain Rice 130g or 4.6oz, dry

Teriyaki Sauce 40g or 1.4oz

Green Onion 4

Sesame Oil 1 tbsp

Cilantro 1 sprig

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

Crispy Rice Teriyaki Chicken Salad

High Protein | Med Carb

livingplusrx.com

Method

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

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

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

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

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

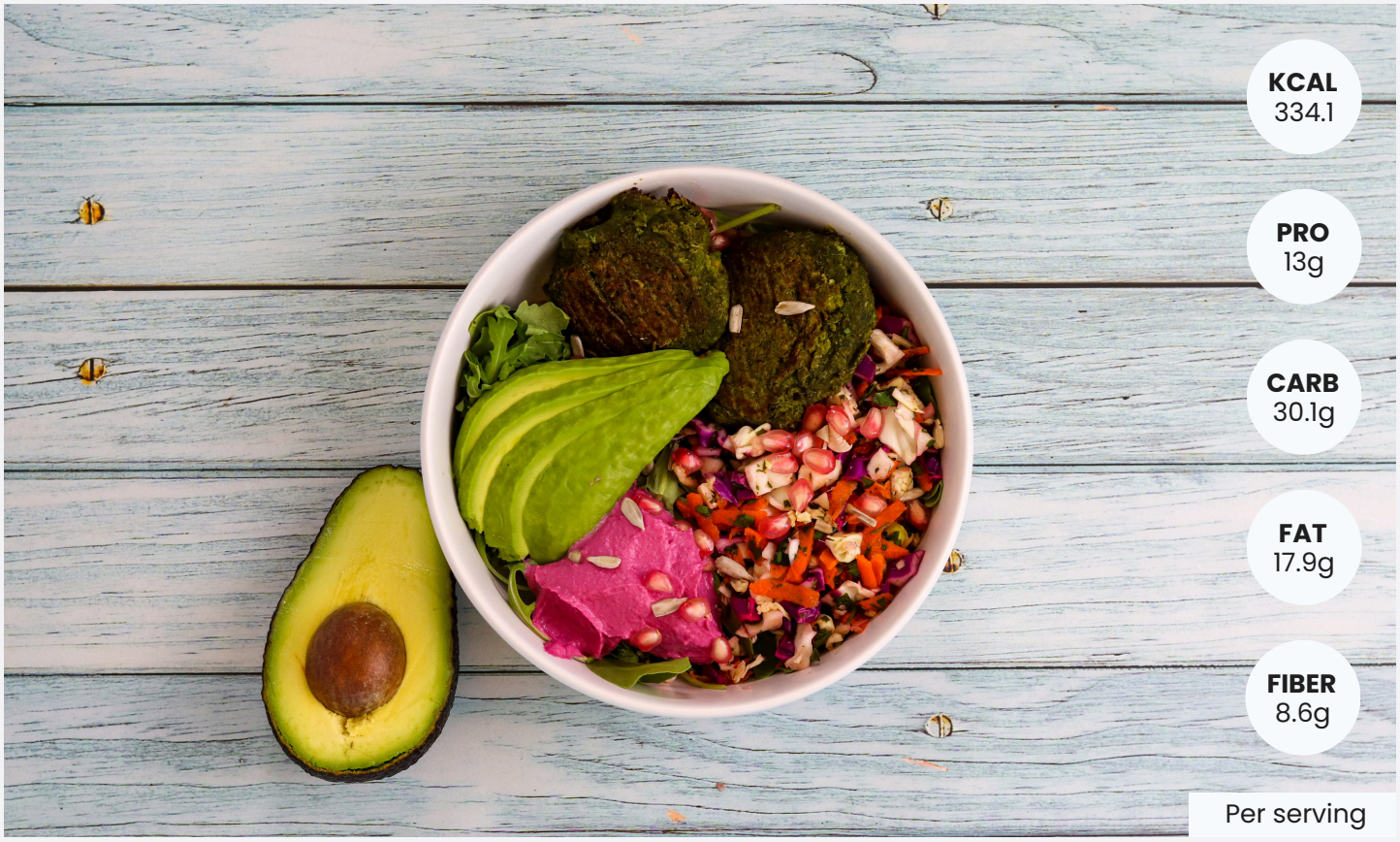
MFP Barcode

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

Living+

Allergen Information

Contains peanuts, soy, wheat, sesame.



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 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)

Falafel Power Bowl

Med Carb

livingplusrx.com

Method

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

Next, make the falafel mix. Add to a blender: the drained chickpeas, 1 red onion (quartered), 2 garlic cloves, 1 green onion, the parsley (15g), cilantro (15g) and dill (15g), 1 tablespoon of cumin, 1 teaspoon of cayenne pepper, 1/2 a teaspoon of baking powder and 1/2 a teaspoon of 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

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

Living+

Allergen Information

Contains sesame. May contain sulfites.



Fennel & Orange Crunch Salad

Med Carb

Living+

This vibrant, zesty salad brings together crisp fennel, juicy orange slices, toasted walnuts, and peppery watercress. Light, refreshing, and full of texture, it's a simple yet elegant dish that works beautifully as a side or a standalone light lunch.

Prep: 20 min | Cook: 5 min | Fresh: 4 days | Beginner

Makes 2

- **Oranges** 3, large
- **Fennel** 1 bulb
- **Watercress** 2 cups
- **Walnuts** 25g or 0.9oz
- **Olive Oil** 1 tbsp

Fennel & Orange Crunch Salad

Med Carb

livingplusrx.com

Method

Preheat the oven to 400°F (200°C). Place the walnut halves on a small baking sheet and toast for 5 minutes, or until lightly browned and fragrant. Remove, cool, then roughly chop or crush.

Slice the fennel as thinly as possible using a sharp knife or mandolin. Add to a large salad bowl. Peel the oranges by cutting away the skin and white pith, then slice the flesh into thin rounds or diced. Collect any juice from the cutting board and add to the bowl with the fennel.

Add the watercress and toasted walnuts to the bowl. Drizzle over the extra virgin olive oil. Toss everything gently to coat.

Plate immediately or chill briefly before serving for a crisp, refreshing bite.

MFP Barcode

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

Living+

Allergen Information

Contains tree nuts.



Flaky Salmon Veggie Bowl

High Protein | Low Carb

Living+

Finding low-carb meals that provide enough food volume can be hard. This meal solves that problem. This simple meal oozes with flavor and texture and is packed with protein and essential fatty acids from the salmon.

Prep: 5 min | Cook: 15 min | Fresh: 1 day | Beginner

Makes 1

- **Salmon** 1 fillet
- **Carrot** 1 small
- **Zucchini** 1, 3-inch piece
- **Beet** 1/2 small
- **Red Onion** 1/4 small
- **Fresh Dill** 1 tsp
- **Balsamic Vinegar** 1 tsp

Flaky Salmon Veggie Bowl

High Protein | Low Carb

livingplusrx.com

Method

Preheat the oven to 350°F (180°C).

As the oven heats up, place the salmon fillet on a baking sheet. Next, prepare the vegetables.

Peel and grate the carrot and grate the zucchini and place them in a bowl.

Next, dice the beet and finely slice the onion, and place them in a separate bowl. Add the balsamic vinegar and freshly chopped dill and mix well before transferring to the bowl with the carrot and zucchini.

Place the salmon in the oven and cook for 12 to 15 minutes.

Break the salmon into flaky pieces and place them on the vegetable mixture.

MFP Barcode



Living+

Allergen Information

Contains fish, sulfites.



Goat Cheese Beet Salad

Low Carb

Living+

This vibrant, high-fiber salad delivers a bold blend of earthy beet, creamy goat cheese, and zesty herbs. Beluga lentils add protein and texture, while the sweet balsamic dressing brings everything together. Ideal as a nutrient-packed lunch or light dinner that feels both refreshing and indulgent.

Prep: 10 min | Cook: 0 min | Fresh: 3 days | Beginner

Makes 4

Beets 500g or 17.6oz, cooked
Beluga Lentils 1 can, drained
Goat Cheese 150g or 5.3oz
Radicchio 140g or 5oz
Balsamic Vinegar 2 tbsp
Olive Oil 2 tbsp
Fresh Chives 20g or 0.7oz
Fresh Mint 10g or 0.35oz
Honey 1 tsp

Goat Cheese Beet Salad

Low Carb

livingplusrx.com

Method

In a large bowl, whisk together 2 tablespoons of olive oil, the balsamic vinegar and honey.

Add the diced cooked beet and drained beluga lentils to the bowl. Toss to coat in the dressing.

Stir in the chopped radicchio, chives, and most of the mint. Mix gently to combine.

Fold in most of the goat cheese crumbles, being careful not to break them up too much. Transfer to a serving dish or individual plates. Scatter over the remaining goat cheese and mint.

MFP Barcode



Living+

Allergen Information

Contains lactose.



Golden Zest Honey Mustard Salad

High Protein | Med Carb

Living+

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

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

Makes 4

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

Golden Zest Honey Mustard Salad

High Protein | Med Carb

livingplusrx.com

Method

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

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

Dice the bell peppers and halve the olives. Chop the basil and arugula.

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

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

MFP Barcode



Living+

Allergen Information

Contains wheat, lactose, mustard.



Honey Mustard Chicken & Waldorf Salad

High Protein | Low Carb

Living+

This recipe offers tender chicken, coated with a flavorful honey-mustard glaze, served alongside a refreshing Waldorf salad. The salad brings together crunchy apples, celery, walnuts, and succulent grapes, all lightly dressed in a tangy lemon-yogurt dressing. A delightfully balanced, low-fat meal that doesn't compromise on taste.

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

Makes 2

Chicken Breast 2 average
Green Apple 1 medium
Red Seedless Grapes 20
Low-Fat Yogurt 2 tbsp
Spinach 1 cup
Celery & Walnuts 1 stalk & 15g
Lemon Juice 1 lemon
Honey 1 tbsp
Dijon Mustard 1 tbsp
Whole-Grain Mustard 2 tsp
Black Pepper 1/2 tsp
Salt pinch

Honey Mustard Chicken & Waldorf Salad

High Protein | Low Carb

livingplusrx.com

Method

In a small bowl, combine the whole-grain mustard, Dijon mustard, and honey. Mix until well combined.

Season the chicken with salt and pepper. Coat the chicken evenly with the honey mustard sauce.

Air fry the chicken at 400°F (200°C) for 15-16 minutes, until golden and cooked through (165°F/75°C inside).

While the chicken is cooking, make the Waldorf Salad. Chop the apples and celery into bite-sized pieces. In a large bowl, combine the chopped apples, celery, walnuts, and red grapes. Drizzle with lemon juice to prevent browning and add a bit of tanginess. Mix in the plain low-fat yogurt until all the ingredients are well coated.

Serve the air-fried honey mustard chicken on a bed of fresh baby spinach, with a generous helping of the Waldorf Salad on the side.

MFP Barcode

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

Living+

Allergen Information

Contains mustard, lactose, tree nuts.



Lemon Radish Bulgur Wheat Salad

High Protein | Med Carb

Living+

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

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

Makes 4

Fennel 2 bulbs

Radish 300g or 10.6oz

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

Bulgur Wheat 120g or 4.2oz

Green Onion 4

Olive Oil 2 tbsp + 1 tsp

Lemon 1, zested & juiced

Fresh Parsley 25g or 0.8oz

Garlic 3 cloves

Salt 2 tsp

Lemon Radish Bulgur Wheat Salad

High Protein | Med Carb

livingplusrx.com

Method

Rinse the bulgur wheat, then simmer it in 400ml (14fl oz) of water with the parsley stalks, 1 tsp salt and 1 tsp olive oil for 15-20 minutes until tender. Meanwhile, poach the chicken in simmering water for 12-15 minutes until cooked through, then shred.

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

Fold the cooled bulgur wheat into the dressed vegetables. Add in the shredded poached chicken, radish leaves (if using), and most of the chopped parsley and fennel fronds. Allow the salad to sit for 10 minutes to absorb the flavors.

Sprinkle with remaining parsley and fennel fronds.

MFP Barcode

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

Living+

Allergen Information

Contains wheat.



Lentil Herb Crunch Salad

Low Carb

Living+

A refreshing, fiber-rich salad that's perfect for warm days or as a hearty side dish. Packed with plant-based protein, healthy fats, and vibrant veggies — this one's a winner for lunchboxes, BBQs, or batch prepping for the week.

Prep: 10 min | Cook: 0 min | Fresh: 3 days | Beginner

Makes 3

- **Cucumber** 1, large
- **Green Lentils** 1 can, cooked
- **Red Bell Pepper** 2, medium
- **Red Onion** 1, small
- **Olive Oil** 3 tbsp
- **Lemon Juice** 1 lemon
- **Black Pepper** 5 twists
- **Cilantro** 2 tbsp
- **Parsley** 2 tbsp
- **Salt** 1 pinch

Lentil Herb Crunch Salad

Low Carb

livingplusrx.com

Method

In a large bowl, combine the diced cucumber, chopped red bell pepper, finely chopped red onion, and fresh herbs.

Drain and rinse the lentils, then add to the bowl with the veggies. Sprinkle in the salt and pepper, drizzle over the olive oil, and squeeze in the lemon juice. Mix thoroughly to ensure everything is evenly coated and vibrant.

MFP Barcode

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

Living+

Allergen Information

Contains none.



Mango, Avocado & Shrimp Salad

High Protein | Low Carb

Living+

Delight in the vibrant and refreshing flavors of this tropical shrimp, mango and avocado salad. Each bite is a celebration of fresh ingredients, featuring juicy mango, creamy avocado, succulent shrimp, and a touch of spicy jalapeño.

Prep: 10 min | Cook: 2 min | Fresh: 4 days | Beginner

Makes 2

Cooked Shrimp 300g or 10.5 oz
Mango 1 large
Mixed Leaf Salad 125g or 4.4 oz
Avocado 1 small
Lime Juice 2 limes
Red Onion 1 small
Jalapeño in Brine 1
Cilantro 1/2 cup
Paprika 1 tsp
Chili Powder 1/4 tsp (optional)
Olive Oil 1 tsp

Mango, Avocado & Shrimp Salad

High Protein | Low Carb

livingplusrx.com

Method

To a large salad bowl, add the mango (cubed), avocado (cubed), mixed salad leaves, red onion (thinly sliced into rings), the jalapeño (sliced) and the cilantro.

Next in a separate mixing bowl add the cooked shrimp along with the seasoning (olive oil, lime juice, paprika and chili powder). Mix well until the shrimp are fully coated. If you wish, you can add the shrimp to a pan to heat them up or you can simply toss them into the salad.

Once placed in the salad, give it a good mix before serving.

MFP Barcode

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

Living+

Allergen Information

Contains shellfish, sulfites.



KCAL 528.4

PRO 21.1g

CARB 11.6g

FAT 44.3g

FIBER 2.4g

Per serving

Maple Walnut & Blue Cheese Salad

High Protein | Low Carb

Living+

A perfect harmony of sweet, salty, and savory, this Maple Walnut & Blue Cheese Salad is a textural delight. Packed with protein from bacon, healthy fats from walnuts, and tangy blue cheese, it's a bold and flavorful salad that's perfect for a light lunch or a standout side dish.

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

Makes 3

Baby Romaine 300g or 10.6oz
Diced Bacon 200g or 7oz
Walnuts 70g or 2.5oz
Blue Cheese 45g or 1.6oz
Olive Oil 2 tbsp
Chives 3 tbsp, chopped
White Wine Vinegar 1 tbsp
Maple Syrup 2 tbsp
Chili Flakes 1 pinch
Fresh Thyme 1 tsp
Salt pinch
Apple 1, medium
MSG 1/2 tsp

Maple Walnut & Blue Cheese Salad

High Protein | Low Carb

livingplusrx.com

Method

Heat a dry skillet over medium heat and add the bacon and fresh thyme. Cook for 4-5 minutes until the bacon is golden and crispy. Add the walnuts to the pan and toss them with the bacon. Drizzle in 1 tbsp maple syrup, sprinkle chili flakes, and add a pinch of salt. Cook for 2 minutes, stirring frequently to coat the walnuts in the maple glaze. Remove from heat and set aside.

In a small bowl, mix the vinegar and MSG. Add the sliced apple (use a mandolin blade for best results) to the mixture, ensuring they are coated evenly. Let them sit for 5 minutes to pickle slightly.

Take 1 tbsp of the apple pickle vinegar and combine it with 2 tbsp extra virgin olive oil and 1 tbsp maple syrup. Whisk until emulsified.

Arrange the romaine leaves in a large bowl or serving plate. Scatter the pickled apple slices over the lettuce. Add the bacon and walnut mixture, ensuring an even distribution. Drizzle the dressing over the top.

Crumble 15g blue cheese per portion over the salad. Sprinkle with finely chopped chives. Serve immediately and enjoy this vibrant and hearty salad.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, tree nuts.



Mediterranean Power Salad

High Protein | Med Carb

Living+

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

Prep: 10 min | Cook: 13 min | Fresh: 3 days | Beginner

Makes 3

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

Mediterranean Power Salad

High Protein | Med Carb

livingplusrx.com

Method

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

Air fry the chicken at 400°F (200°C) for 13 minutes, until cooked through (165°F/75°C inside), then shred it with two forks.

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

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

MFP Barcode

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

Living+

Allergen Information

Contains tree nuts, mustard.