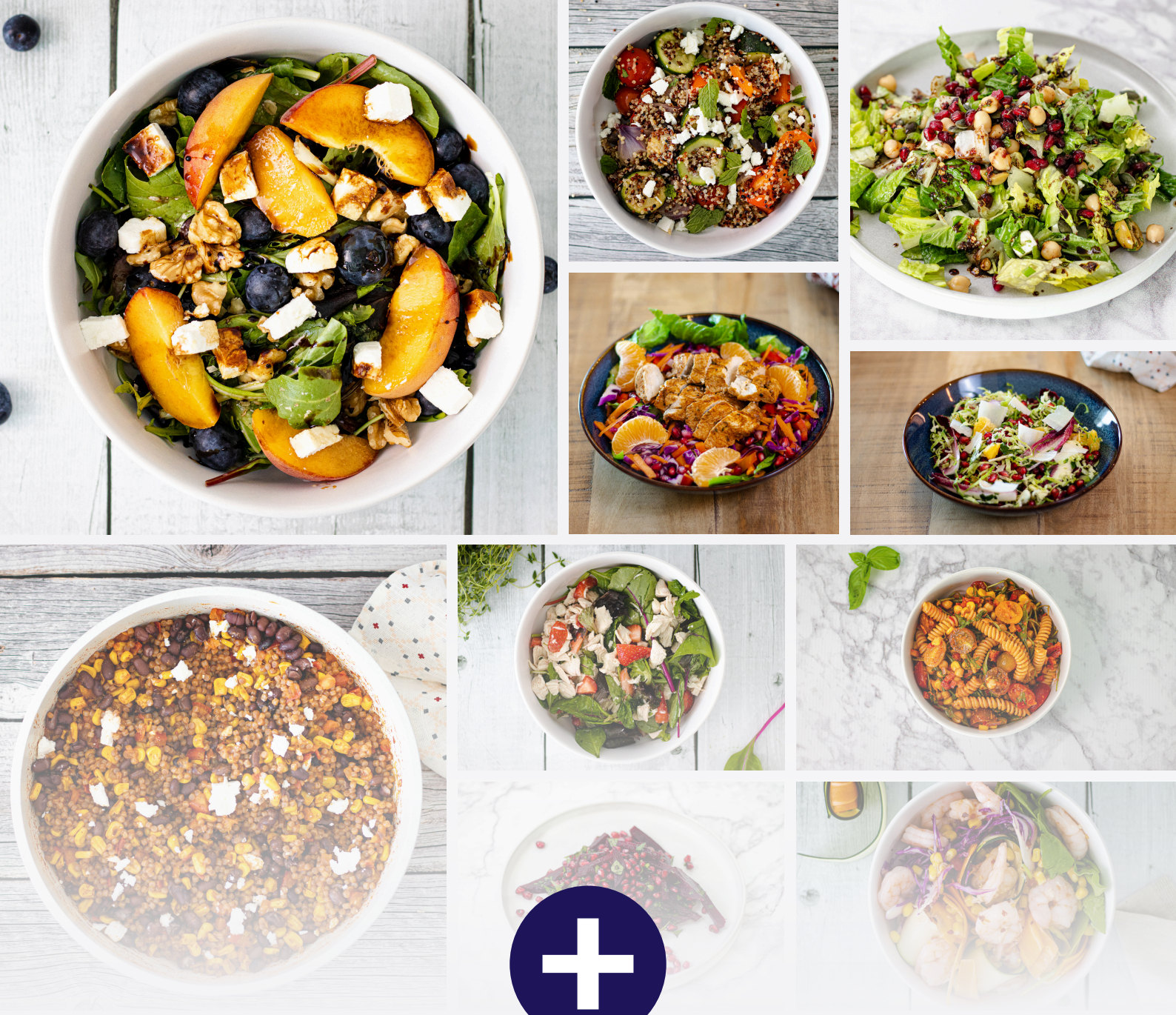


Salad Recipes

Simple - Quick - Tasty

Volume 2 - 24 recipes



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Mexican Pearl Couscous Salad

Med Carb

Living+

A hearty, colorful salad of pearl couscous, black beans, charred corn and sweet bell peppers, warmed up with cumin, paprika and chili powder. It keeps well in the fridge, making it a great choice for meal prep lunches or as a side for grilled chicken or fish.

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

Makes 6

Pearl Couscous 300g or 10.5oz

Tomatoes 2, large

Corn 300g or 10.5oz

Black Beans 1 can, drained

Red Bell Pepper 1, medium

Yellow Bell Pepper 1, medium

Olive Oil 1 tbsp

Salt 1 tsp

Cumin 1 tbsp

Chili Powder 1 tsp

Paprika 1 tbsp

Mexican Pearl Couscous Salad

Med Carb

livingplusrx.com

Method

Start by cooking the pearl couscous. Follow the package instructions, typically involving boiling in water until tender. Once cooked, drain and toss with 1 tsp of olive oil to prevent sticking. Set aside to cool.

In a skillet over medium heat, cook the frozen corn until it's heated through and begins to char slightly, giving it a smoky flavor. This should take about 5-7 minutes.

Season the corn with cumin, paprika, chili powder, and salt. Stir well to ensure the corn is evenly coated with the spices. Remove from heat and let it cool.

Drain and rinse the black beans. Add them to a large salad bowl. Dice the red and yellow peppers and chop the tomatoes. Add these to the bowl with the black beans.

Once the couscous and corn have cooled, add them to the salad bowl, drizzle with the remaining olive oil and toss well. Serve in individual bowls or as a side dish. It's perfect for a light lunch or as a complement to a main course.

MFP Barcode



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 chicken 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 vegetable mixture for 5 minutes before adding the frozen peas and the spice mixture.

As the vegetable mixture is 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

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

Living+

Allergen Information

Contains wheat. May contain sulfites.



KCAL 442.8

PRO 26.8g

CARB 35.2g

FAT 21.6g

FIBER 4.4g

Per serving

Papas Aliñás

High Protein | Med Carb

Living+

A simple, vibrant Spanish tapa from southern Spain, Papas Aliñás is the perfect summer dish. It features tender potatoes dressed while still warm, paired with red onion, hard-boiled eggs, fresh parsley, and olive oil. Traditionally made with melva (a small tuna-like fish), it also works beautifully with canned tuna.

Prep: 10 min | Cook: 20 min | Fresh: 2 days | Beginner

Makes 2

Potatoes 400g or 14oz

2 Hard-Boiled Eggs

Canned Tuna 1 can, drained

Red Onion 1, small

Olive Oil 2 tbsp

Fresh Parsley 2 tbsp, chopped

White Wine Vinegar 2 tbsp

Salt 1 tsp

Papas Aliñás

High Protein | Med Carb

livingplusrx.com

Method

Peel and boil the potatoes in water for about 15–20 minutes, until fork-tender but not falling apart. Drain and slice or cut into bite-size chunks while still warm.

Place the warm potatoes in a bowl and immediately dress with 2 tbsp white wine vinegar, 2 tbsp extra virgin olive oil, and 1 tsp salt. Gently toss to coat evenly. This helps the flavors soak into the potatoes.

Stir in the finely chopped red onion, chopped hard-boiled eggs, drained tuna, and freshly chopped parsley. Mix gently so the potatoes don't break up too much.

For the most authentic flavor, let the salad rest at room temperature for 30 minutes, or refrigerate for up to an hour before serving.

Spoon onto a serving plate and drizzle with an extra splash of olive oil if desired. Serve chilled or at room temperature.

MFP Barcode



Living+

Allergen Information

Contains egg, fish.



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 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
- **Feta Cheese** 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 feta cheese (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 lactose, tree nuts, sulfites.



Pear, Prosciutto & Goat Cheese Salad

High Protein | Low Carb

Living+

Cycling carbohydrate intakes to match your energy output is a valuable tool to help maintain body weight. When your training demands are low, eating lower-carbohydrate meals is advisable; the reverse is also true.

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

Makes 2

Pear 1

Prosciutto 6 slices

Goat Cheese 80g or 2.8 oz

Arugula 2 cups

Walnuts 30g or 1 oz

Balsamic Glaze 1 tsp

Pear, Prosciutto & Goat Cheese Salad

High Protein | Low Carb

livingplusrx.com

Method

Grab two bowls, and to each bowl add a cup of arugula, 40g of goat cheese (chopped), 1/2 the pear (diced), two slices of prosciutto (chopped), some walnuts and a drizzle of balsamic glaze over each.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, tree nuts. May contain sulfites.



Pomegranate Chickpea Salad

Med Carb

Living+

A refreshing and vibrant Pomegranate Chickpea Salad, packed with sweet, tangy, and savory flavors. Perfect as a light main dish or a side, this salad boasts fiber-rich chickpeas, juicy pomegranate seeds, creamy feta, and a zesty dressing. Loaded with antioxidants, protein, and healthy fats, it's a nutritious option for a crowd or meal prep!

Prep: 10 min | Cook: 5 min | Fresh: 3 days | Beginner

Makes 4

Cucumber 1, large
Romaine Lettuce 300g or 10.5oz
Pomegranate Seeds 250g or 8.8oz
Chickpeas 1 can, drained
Feta Cheese 100g or 3.5oz
Green Olives 20
Green Onion 3
Pumpkin Seeds 2 tbsp
Dried Oregano 1/2 tsp
Balsamic Vinegar 3 tbsp
Olive Oil 3 tsp
Fresh Mint 2 tbsp, chopped
Lemon Juice 1 lemon
Black Pepper 5 twists
Mint 1 tsp, dried
Chili Flakes 1/2 tsp
Salt Pinch

Pomegranate Chickpea Salad

Med Carb

livingplusrx.com

Method

In a large bowl, combine the chopped Romaine lettuce, chickpeas, pomegranate seeds, chopped cucumber, crumbled feta cheese, olives, chopped green onions, mint, and pumpkin seeds. Toss gently to mix.

In a small bowl, whisk together balsamic vinegar, olive oil, lemon juice, dried mint, dried oregano, chili flakes, salt, and pepper until emulsified. Pour the dressing over the salad and mix well to coat evenly.

Serve immediately or chill in the refrigerator for up to 1 hour before serving for a more intense flavor blend.

MFP Barcode



Living+

Allergen Information

Contains lactose.



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 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 Cheese 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 in a large roasting pan. 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 feta over the top of the salad and sprinkle with a handful of chopped mint leaves.

MFP Barcode



Living+

Allergen Information

Contains none.



Roast Vegetable & Halloumi Salad

High Protein | Low Carb

Living+

This vibrant meal is as tasty as it looks. A low-carb but high-protein meal makes it an ideal option for low-demand training days. The halloumi is a great protein choice for those who do not eat meat.

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

Makes 3

Halloumi 250g or 8.8 oz
Cherry Tomatoes 4 handfuls
Zucchini 1 large
Red Onion 1 large
Red Bell Pepper 1 medium
Yellow Bell Pepper 1 medium
Green Bell Pepper 1 medium
Garlic 4 cloves
Olive Oil 1 tbsp
Basil 5 leaves
Salt pinch
Black Pepper 1/2 tsp
Chili Flakes 1/2 tsp
Roasted Pepper Hummus 1 tbsp (optional)

Roast Vegetable & Halloumi Salad

High Protein | Low Carb

livingplusrx.com

Method

Preheat the oven to 400°F (200°C)

Add the following to a large roasting dish. Zucchini, (chopped into 1-inch slices then quarter each slice), onion (cut in half then each half is quartered), bell peppers (seeded and chopped), garlic cloves (grated), and cherry tomatoes (whole). Once they are added, add the olive oil, 5 basil leaves, salt, pepper and chili flakes. Mix well.

Place the vegetable mixture in the oven for 25 to 30 minutes. As the vegetables roast, cut the halloumi (if needed) into slices.

After 25 minutes, place the halloumi on top of the vegetable mixture and return the dish to the oven for 10 minutes. After 10 minutes, turn on the broiler for 5 minutes, until the halloumi browns. Serve with the hummus, if using.

MFP Barcode

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

Living+

Allergen Information

Contains lactose. May contain sesame.



Salmon & Wok Fried Greens

High Protein | Low Carb

Living+

Eating vegetables is important for maintaining good health. These vegetables are packed with essential nutrients such as vitamins, minerals, and antioxidants, which are important for maintaining a healthy immune system and preventing chronic diseases.

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

Makes 1

Salmon 1 fillet

Kale 50g or 1.7oz

Edamame Beans 1 handful

Sugar Snap Peas 50g or 1.7oz

Broccolini 5 spears

Green Onions 2

Soy Sauce 2 tbsp

Sesame Oil 1 tsp

Chili Flakes 1/4 tsp

Salmon & Wok Fried Greens

High Protein | Low Carb

livingplusrx.com

Method

Preheat the oven to 350°F (180°C).

Season the salmon with a pinch of chili flakes and cook in the oven for 12 to 15 minutes.

With 8 minutes remaining, to a pot of boiling water, add the broccolini, edamame and sugar snap peas and cook for 3 minutes. Once cooked, drain and set aside.

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

Serve the salmon on a bed of greens.

MFP Barcode



Living+

Allergen Information

Contains fish, soy, wheat, sesame.



KCAL 405.1

PRO 35.8g

CARB 28.8g

FAT 16.4g

FIBER 7.0g

Per serving

Smoky Citrus Chicken Salad

High Protein | Low Carb

Living+

A vibrant and nourishing salad that combines smoky marinated chicken with crisp vegetables and sweet clementines. Tossed in a zesty orange vinaigrette, this lunch salad is bursting with color, texture, and flavor — perfect for meal prep or a refreshing midday meal.

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

Makes 4

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

Marinade 1 tbsp olive oil, 2 tbsp soy sauce, 2 tbsp honey, zest and juice of 1 lemon, 1.5 tsp smoked paprika, 1 tsp cumin, 1 tsp dried oregano, ½ tsp salt, ½ tsp black pepper

Romaine Lettuce 250g or 8.8oz

Red Cabbage 200g or 7oz

Red Bell Pepper 2, large

Clementine 2

Carrot 2, medium

Pumpkin Seeds 2 tbsp

Dressing Juice of 3 oranges, 2 tbsp olive oil, 2 tbsp apple cider vinegar, 1 tbsp Dijon mustard, 2 tsp honey, pinch of salt and black pepper

Smoky Citrus Chicken Salad

High Protein | Low Carb

livingplusrx.com

Method

In a mixing bowl or zip-top bag, combine 1 tbsp olive oil, 2 tbsp soy sauce, 2 tbsp honey, the zest and juice of 1 lemon, 1½ tsp smoked paprika, 1 tsp ground cumin, 1 tsp dried oregano, ½ tsp salt, and ½ tsp black pepper. Add 500g chicken breast and coat thoroughly. Cover and marinate for at least 15 minutes, or refrigerate overnight for a richer flavor.

Heat a grill pan or skillet over medium-high heat. Cook the marinated chicken for about 6–8 minutes per side (depending on thickness) until cooked through and nicely charred. Rest for 5 minutes, then slice.

In a large bowl, combine romaine lettuce, shredded red cabbage, grated carrots, sliced red bell pepper and clementine segments. Sprinkle pumpkin seeds over the top.

In a small jar or bowl, whisk together the orange juice, olive oil, apple cider vinegar, Dijon mustard, honey, salt, and pepper until well emulsified.

Toss the salad with the dressing just before serving. Top with sliced chicken and an extra sprinkle of pumpkin seeds.

MFP Barcode

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

Living+

Allergen Information

Contains soy, wheat, mustard.



Smoky Chicken Salad

High Protein | Low Carb

Living+

Tender slices of cooked chicken breast, fresh greens, cherry tomatoes and red bell pepper come together in a medley of smoky, zesty, and tangy tastes. Topped with crumbled feta cheese and dressed with a creamy and zesty dressing, this salad offers a delightful explosion of flavors.

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

Makes 2

- **Chicken Breast** 2 average
- **Cherry Tomatoes** 10
- **Red Bell Pepper** 1 medium
- **Lime Juice** 1
- **Light Feta Cheese** 30g or 1oz
- **Arugula** 1 cup
- **Spinach** 1 cup
- **Low-Fat Yogurt** 1 tbsp
- **Dijon Mustard** 2 tsp
- **Olive Oil** 1 tbsp
- **Paprika** 1 tsp
- **Mixed Greens** 1 cup

Smoky Chicken Salad

High Protein | Low Carb

livingplusrx.com

Method

Start by boiling the chicken breast until it is cooked through and tender (about 10 minutes). Once cooked, allow it to cool before slicing it into tender strips.

In a large mixing bowl, combine the sliced cooked chicken, fresh greens (chopped), cherry tomatoes (quartered) and red bell pepper (chopped). Toss them together gently to distribute the ingredients evenly.

In a separate small bowl, whisk together Greek yogurt, Dijon mustard, olive oil, lime juice, and a hint of paprika. Mix until the dressing is smooth and well combined.

Drizzle the zesty dressing over the salad ingredients in the bowl. Use a spoon or tongs to toss the salad, ensuring all the components are coated with the creamy dressing.

Sprinkle the crumbled feta cheese over the salad to add a tangy and creamy element.

MFP Barcode

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

Living+

Allergen Information

Contains mustard, lactose.



Spicy Greek Salad

High Protein | Low Carb

Living+

Pan-fried chicken seasoned with fiery spices is paired with crisp lettuce, cherry tomatoes, red onion, red bell pepper, and crumbled feta cheese. Topped with a tangy Greek yogurt dressing infused with sriracha, garlic, lemon juice, salt, pepper, and dill, this salad delivers a burst of Mediterranean delight.

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

Makes 2

Chicken Breast 2 average
Cherry Tomatoes 14
Red Bell Pepper 1 medium
Low-Fat Yogurt 180g or 6.3oz
Lettuce 150g or 5.3oz
Red Onion 1 small
Light Feta Cheese 50g or 1.7oz
Lemon Juice 1 lemon
Garlic Cloves 3
Sriracha Sauce 2 tbsp
Olive Oil 1 tsp
Fresh Dill 1 tbsp
Black Pepper 5 twists
Paprika 1 tsp
Oregano 1 tsp
Garlic Powder 1/4 tsp
Salt pinch

Spicy Greek Salad

High Protein | Low Carb

livingplusrx.com

Method

Dice the chicken and season it with salt, pepper, paprika, garlic powder, and oregano. Cook the chicken on medium heat until it is golden brown and cooked through, ensuring it is tender and flavorful.

As the chicken cooks, prepare the salad. In a large mixing bowl, combine the crisp lettuce (chopped), cherry tomatoes (quartered), sliced red onion, red bell pepper (chopped), and crumbled feta cheese. Toss them gently to distribute the ingredients evenly.

In a separate bowl, mix together Greek yogurt, sriracha, minced garlic cloves, freshly squeezed lemon juice, salt, pepper, and chopped dill. Whisk until the dressing is well blended and creamy.

Once the chicken is cooked, add it to the salad mixture in the bowl. Toss everything together, ensuring the chicken is evenly distributed throughout the salad.

Pour the tangy Greek yogurt dressing over the salad. Use a spoon or tongs to toss the salad, ensuring that all the ingredients are coated with the creamy dressing.

MFP Barcode

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

Living+

Allergen Information

Contains sulfites, lactose.



Sprout & Pomegranate Winter Salad

Low Carb

Living+

This vibrant, nutrient-packed salad combines finely shaved Brussels sprouts with juicy oranges, sweet-tart pomegranate seeds, and peppery radicchio for a refreshing crunch. Finished with a bright orange dressing and shavings of Parmesan. Packed with fiber, antioxidants, and healthy fats.

Prep: 15 min | Cook: 0 min | Fresh: 3 days | Beginner

Makes 4

Orange Juice 1 large orange

Orange 1, large

Brussels Sprouts 300g or 10.6oz

Pomegranate Seeds 250g or 8.8oz

Radicchio 140g or 5oz

Olive Oil 2 tbsp

Fresh Parsley 25g or 0.9oz

Parmesan 20g or 0.7oz

White Wine Vinegar 1 tbsp

Sugar 2 tsp

Salt ½ tsp

Sprout & Pomegranate Winter Salad

Low Carb

livingplusrx.com

Method

Thinly slice the Brussels sprouts using a sharp knife or mandoline and place them in a bowl. Add the salt and ¼ of the orange juice. Toss and let sit for 5–10 minutes to allow the sprouts to soften slightly.

In a large mixing bowl, combine the remaining orange juice, orange segments, ⅔ of the pomegranate seeds, white wine vinegar, sugar, and olive oil. Stir well to create the dressing.

Add the softened sprouts, radicchio leaves, and parsley to the bowl with the dressing. Toss everything together gently but thoroughly.

Transfer the salad to a serving platter. Scatter the remaining pomegranate seeds over the top, drizzle with a little extra olive oil, and finish with Parmesan shavings.

MFP Barcode



Living+

Allergen Information

Contains lactose.



Strawberry Chicken Salad

High Protein | Low Carb

Living+

Tender shredded chicken, crisp lettuce, and sweet sliced strawberries come together in this refreshing dish. Toss the chicken in a homemade dressing made with lemon juice, honey, vinegar, and light olive oil. Combine the lettuce and strawberries, then place the marinated chicken on top and drizzle with the remaining dressing.

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

Makes 2

- **Chicken Breast** 2, cooked
- **Strawberries** 12
- **Lettuce** 100g or 3.5oz
- **Lemon Juice** 1 lemon
- **Honey** 2 tsp
- **Apple Cider Vinegar** 1 tsp
- **Olive Oil** 1 tsp
- **Fresh Thyme** a sprig

Strawberry Chicken Salad

High Protein | Low Carb

livingplusrx.com

Method

In a bowl, whisk together lemon juice, honey, vinegar, and light olive oil. Add a touch of fresh thyme for an aromatic finish. Place the shredded chicken in the dressing and let it marinate for about 5 minutes while you assemble the salad.

Combine the lettuce and sliced strawberries in a medium-sized serving bowl or on individual plates. Toss them gently to distribute the ingredients evenly.

Place the marinated shredded chicken on top of the salad, ensuring it is evenly spread. Drizzle the remaining dressing over the chicken and salad.

MFP Barcode



Living+

Allergen Information

Contains none.



Sun-Kissed Mediterranean Salad

High Carb

Living+

Bursting with vibrant colors and packed with plant-based protein, this salad is the perfect make-ahead meal for lunch. The combination of charred corn, juicy cherry tomatoes, and a zesty red pesto dressing creates a harmonious balance of flavors, ideal for a nutritious and delicious experience.

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

Makes 4

- **Cherry Tomatoes** 250g or 8.8oz
- **Pasta** 250g or 8.8oz
- **Red Bell Pepper** 2, medium
- **Corn** 1 can
- **Chickpeas** 1 can
- **Red Onion** 1 small
- **Red Pesto** 40g or 1.4oz
- **Sun-Dried Tomatoes** 6
- **Arugula** 1 cup

Sun-Kissed Mediterranean Salad

High Carb

livingplusrx.com

Method

Bring a large pot of water to a boil. Add the pasta and cook according to the package instructions until al dente. Drain and rinse with cold water to stop the cooking process, then set aside.

Heat a non-stick pan over medium-high heat and add the rinsed and drained corn. Cook for 5-7 minutes, stirring occasionally, until the corn becomes golden and slightly charred. Remove from the heat and set aside.

In a large mixing bowl, combine the cooked and cooled pasta, chickpeas, arugula, halved cherry tomatoes, charred corn, diced red onion, diced red bell peppers, and chopped sun-dried tomatoes.

Spoon in the red pesto and toss everything together until all the ingredients are evenly coated. Enjoy immediately as a cold salad, or store in an airtight container in the fridge for up to 3 days. You can also lightly heat it if preferred.

MFP Barcode

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

Living+

Allergen Information

Contains wheat, lactose.
May contain tree nuts.



Tahini Winter Slaw

Low Carb

Living+

A hearty, zesty slaw that brings together toasted sesame, creamy tahini, and crisp cabbage for a winter side dish that's as comforting as it is refreshing. Perfect alongside grilled meats, roasted vegetables, or as part of a sharing spread.

Prep: 10 min | Cook: 5 min | Fresh: 3 days | Beginner

Makes 6

Olive Oil 1 tbsp
Garlic 1 clove
Sesame Seeds 2 tbsp, white
Sesame Seeds 1 tbsp, black
Green Onions 3
Tahini 50g or 1.7oz
Sea Salt 1 tsp
Lime Zest 1 lime
Lime Juice 2 limes
Savoy Cabbage 350g or 12.3oz
Black Pepper 1 tsp
Water 4 tbsp, cold

Tahini Winter Slaw

Low Carb

livingplusrx.com

Method

Heat the olive oil in a skillet over medium heat. Add the crushed garlic and cook gently until the oil starts to bubble and the garlic is lightly golden.

Stir in the white and black sesame seeds and toast for 1–2 minutes, or until the white seeds are golden. Add the sliced green onions, stir through, then remove the pan from the heat.

Transfer half of this sesame mixture to a large mixing bowl, reserving the rest for garnish.

To the bowl with the sesame mixture, add the tahini, sea salt, lime zest and juice, a pinch of black pepper, and 4 tablespoons of water. Whisk until you have a smooth, creamy dressing. Add more water if needed to loosen the consistency.

Tip in the shredded savoy cabbage and use your hands to massage the dressing into the cabbage for about 1 minute, softening the texture and evenly coating the leaves.

Transfer to a serving dish and sprinkle over the reserved sesame-green onion mixture for added crunch and flavor.

MFP Barcode



Living+

Allergen Information

Contains sesame.



KCAL 452.1

PRO 41.9g

CARB 29.4g

FAT 18.3g

FIBER 1.9g

Per serving

Thai Chicken Cakes & Herby Salad

High Protein | Low Carb

Living+

These Thai-inspired chicken cakes are packed with bold flavors from red curry paste, fish sauce, fresh herbs, and a surprising twist—soft gnocchi to create a tender, juicy texture. Served with a refreshing cucumber salad, it's a vibrant, satisfying meal perfect for a quick dinner or casual gathering.

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

Makes 2

Ground Chicken 400g or 14oz

Cucumber 1, large

Gnocchi 75g or 2.6oz

Zest & Juice of 1 Lime

Sweet Chili Sauce 2 tbsp

Green Onion 4

Thai Red Curry Paste 1 tbsp

Olive Oil 1 tbsp

Fresh Mint 2 tbsp

Fresh Basil 2 tbsp

Fish Sauce 1 tbsp & 1 tsp

Sugar 1 tsp & 1/2 tsp

Cilantro 2 tbsp

Thai Chicken Cakes & Herby Salad

High Protein | Low Carb

livingplusrx.com

Method

In a food processor, combine the ground chicken, red curry paste, fish sauce, lime zest, 1 tsp sugar, 2 green onions, basil, and gnocchi. Pulse until just combined — the mix should hold together but still have some texture.

With slightly wet or oiled hands, shape the mixture into 8–10 small patties. If the mix feels too soft, chill in the fridge for 10 minutes to firm up.

While the cakes chill, toss the cucumber, 2 green onions, mint, cilantro, lime juice, 1 tsp fish sauce, and 1/2 tsp sugar in a bowl. Set aside to allow the flavors to develop.

Heat a drizzle of olive oil in a non-stick pan over medium heat. Fry the patties for 3–4 minutes on each side until golden and fully cooked. Serve with the salad and sweet chili sauce.

MFP Barcode

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

Living+

Allergen Information

Contains fish, wheat. May contain shellfish.



Thai Shrimp Salad

High Protein | Low Carb

Living+

Grated carrots, red cabbage, zucchini, spinach, and corn come together to create a refreshing vegetable base. Succulent shrimp are tossed in a zesty dressing made with sweet chili sauce, fish sauce, garlic, and a touch of chili flakes. Add the dressed shrimp to the salad and serve, relishing the delightful blend of textures and flavors.

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

Makes 2

Cooked Shrimp 250g or 8.8oz
Corn 120g or 4.2oz
Zucchini 1 small
Red Cabbage 70g or 2.5oz
Carrot 1 medium
Spinach handful
Sweet Chili Sauce 2 tbsp
Fish Sauce 1 tbsp
Garlic Cloves 1
White Sugar 1 tsp
Chili Flakes pinch

Thai Shrimp Salad

High Protein | Low Carb

livingplusrx.com

Method

Grate the carrots, red cabbage, and zucchini, and set them aside.

In a large bowl, combine the grated vegetables, spinach, and corn. Toss them gently to mix well and ensure even distribution.

In a separate small bowl, whisk together the sweet chili sauce, fish sauce, sugar, minced garlic, and chili flakes until the ingredients are well incorporated.

Add the cooked shrimp to the dressing and toss them gently to coat them evenly with the flavorful dressing.

Add the dressed shrimp to the vegetable salad and gently toss everything together to combine. Ensure that the shrimp are evenly distributed throughout the salad.

MFP Barcode



Living+

Allergen Information

Contains shellfish, fish.
May contain sulfites.



Tropical Chicken Mango Salad

High Protein | Low Carb

Living+

Chicken offers lean protein for muscle repair, while mangoes, rich in vitamins A and C, boost immunity. Fiber-rich vegetables promote digestion, and the sauce's healthy fats support brain and heart health. With ingredients like garlic and ginger, it's a tasty meal that's also a powerful ally for your overall well-being.

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

Makes 3

- **Chicken Breasts** 3
- **Mango** 1
- **Red Bell Pepper** 1 large
- **Cabbage** 125g or 4.4oz
- **Mixed Greens** 125g or 4.4oz
- **Carrot** 1 large
- **Peanut Butter** 1 tbsp
- **Soy Sauce** 2 tbsp
- **Honey** 1 tsp
- **Olive Oil** 1 tbsp
- **Garlic Cloves** 2
- **Rice Vinegar** 1 tbsp
- **Sesame Oil** 1 tsp
- **Ginger** 1 tsp fresh

Tropical Chicken Mango Salad

High Protein | Low Carb

livingplusrx.com

Method

Prepare the Salad: Poach the chicken in simmering water for 12 minutes until cooked through, then shred. In a large bowl, toss it with the mango, red bell pepper, carrot, cabbage and mixed greens.

Prepare the Sauce: In a separate bowl, add the rice vinegar, soy sauce, minced garlic, honey, minced fresh ginger, natural peanut butter, sesame oil, and olive oil. Stir the ingredients together until they form a well-blended sauce.

Combine and Serve: Pour the sauce over the salad, then toss to ensure all ingredients are coated evenly. Your Tropical Chicken Mango Salad is now ready to be served. Enjoy this flavorful, nourishing meal!

MFP Barcode



Living+

Allergen Information

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



Vibrant Beet & Pomegranate Salad

Low Carb

Living+

Packed with antioxidants, fiber, and vitamin C, this Vibrant Beet & Pomegranate Salad is a refreshing and nutrient-dense dish, perfect for boosting recovery and immune health. The earthy sweetness of beets pairs beautifully with the tangy citrus dressing and juicy pomegranate seeds for a salad that's as delicious as it is colorful!

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

Makes 3

Beets 300g or 10.6oz, cooked

Pomegranate Seeds 250g or 8.8oz

Fresh Parsley 15g or 0.5oz

Lemon Juice 1 lemon

Salt 1 pinch

Vibrant Beet & Pomegranate Salad

Low Carb

livingplusrx.com

Method

If using fresh beets, cook them by boiling or roasting until fork-tender (about 40 minutes), then peel and dice. If using pre-cooked beets, simply dice them into small cubes. In a large mixing bowl, combine the diced beets, chopped parsley, and pomegranate seeds.

In a small bowl, whisk together the lemon juice and salt. Pour the dressing over the salad and gently toss to combine. Let sit for 5-10 minutes to allow the flavors to meld.

MFP Barcode



Living+

Allergen Information

Contains none.



Watermelon & Feta Salad

Low Carb

Living+

A sweet, salty, and spicy summer salad that's bursting with flavor. Juicy watermelon meets crunchy cucumber, tangy lime, creamy feta, and a kick of chili-lime seasoning for a refreshing dish that takes just minutes to prepare. Perfect as a light lunch, BBQ side, or hydrating post-workout bite.

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

Makes 1

Watermelon 300g or 10.6oz

Cucumber 40g or 1.4oz

Lime Juice ½ lime

Feta Cheese 15g

Chili-Lime Seasoning ½ tsp

Mint 1 tsp, dried

Watermelon & Feta Salad

High Protein | Low Carb

livingplusrx.com

Method

Dice the watermelon into bite-sized cubes. Remove the seeds from the cucumber and dice it to match. In a bowl, combine the watermelon, cucumber, and crumbled feta. Squeeze over the lime juice, sprinkle with the chili-lime seasoning, and finish with the dried (or fresh) mint. Gently mix to coat everything evenly. Serve immediately for maximum freshness and crunch.

MFP Barcode



Living+

Allergen Information

Contains lactose.



Zesty Chicken Garden Salad

High Protein | Low Carb

Living+

A low-carb meal that is full of flavor. It features baked chicken breasts seasoned with herbs, served with a fresh salad of lettuce, cucumber, and tomatoes. The tangy homemade dressing ties everything together for a tasty, healthy meal.

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

Makes 4

Chicken Breast 4 average size
Cucumber 1 whole
Cherry Tomatoes 250g or 1 & 1/3 cups
Mixed Lettuce 250g or 5 cups
Olive Oil 3 tbsp
Dijon Mustard 2 tsp
Shallot 1
Lemon Juice 1 tbsp
Honey 1 tsp
Garlic Cloves 1
Olive Oil 1 tsp
Salt 1/4 tsp
Basil 1/4 tsp, dried
Thyme 1/4 tsp, dried
Oregano 1/4 tsp, dried

Zesty Chicken Garden Salad

High Protein | Low Carb

livingplusrx.com

Method

Preheat the oven to 400°F (200°C).

To an oven-proof dish, add the chicken breasts along with a tsp of olive oil and season with a pinch of the salt. Cook for 20 minutes.

As the chicken cooks, prepare the salad. To a large bowl add the lettuce (roughly chopped), cherry tomatoes (quartered), cucumber (sliced) and shallot (peeled and chopped). Mix well.

Finally, make the dressing. To a bowl add the olive oil, lemon juice, herbs, salt, garlic (crushed), honey, and mustard. Mix until well combined.

Once the chicken is cooked, serve it on a bed of salad and add a tbsp of the dressing on top.

MFP Barcode

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

Living+

Allergen Information

Contains mustard.



Zesty Pomegranate Crunch Salad

Low Carb

Living+

A fresh, vibrant and nutrient-packed salad that's bursting with color and flavor. It's full of fiber, antioxidants, and healthy fats — perfect as a standalone dish or served alongside grilled proteins.

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

Makes 4

- **Cucumber** 1, large
- **Red Cabbage** 200g or 7oz
- **Pomegranate Seeds** 200g or 7oz
- **Red Bell Pepper** 1, large
- **Orange Zest** 1 orange
- **Orange Juice** 1 orange
- **Cilantro** 50g or 1.7oz
- **Olive Oil** 3 tbsp
- **Green Onion** 2
- **Honey** 2 tsp
- **White Wine Vinegar** 1 tbsp
- **Salt** ½ tsp
- **Mint** 2 tsp, dried

Zesty Pomegranate Crunch Salad

Low Carb

livingplusrx.com

Method

Add all the chopped vegetables, pomegranate seeds, and cilantro into a large salad bowl.

In a small bowl or jar, whisk together the olive oil, orange juice and zest, vinegar, dried mint, honey, and sea salt until well combined.

Pour the dressing over the salad and toss well to coat everything evenly. Taste and adjust seasoning if needed. Serve immediately or refrigerate for 30 minutes to let the flavors develop.

MFP Barcode

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

Living+

Allergen Information

Contains none.



KCAL 542.7

PRO 30g

CARB 46.8g

FAT 26.2g

FIBER 4.2g

Per serving

Zesty Rice & Salmon Salad

High Protein | Med Carb

Living+

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

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

Makes 3

Cucumber 1 large
Salmon 2 fillets
Edamame Beans 150g or 5.3oz
Basmati Rice 120g or 4.2oz, dry
Radish 50g or 1.7oz
Lime Juice 1 lime
Soy Sauce 3 tbsp
Green Onion 3
Peanut Butter 1 tbsp
Honey 2 tsp
Chili Crisp 1 tsp
Soy Sauce 1 tsp
Sesame Oil 2 tsp
Sesame Seeds 1 tsp
Red Chili 1

Zesty Rice & Salmon Salad

High Protein | Med Carb

livingplusrx.com

Method

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

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

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

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

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

MFP Barcode

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

Living+

Allergen Information

Contains fish, peanuts, soy, wheat, sesame.