










Sides & Snacks

Simple and Flavorful

Volume 1 - 22 recipes



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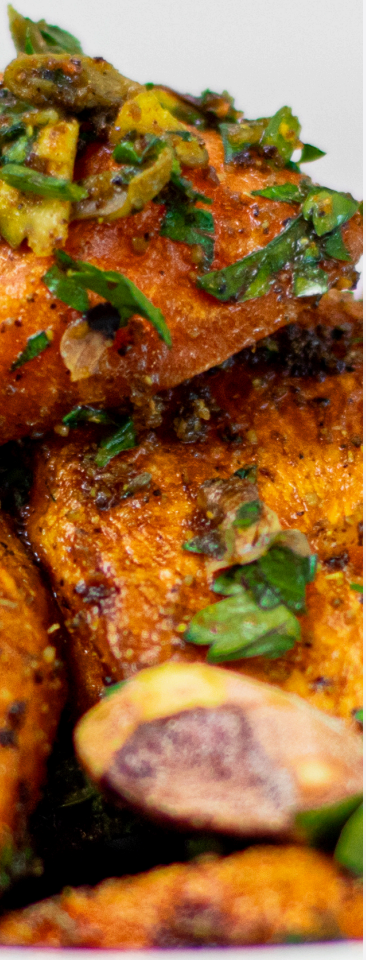
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Açaí Bowl

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

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

Living+

Allergen Information

Contains tree nuts, gluten (granola).



KCAL 174.8

PRO 6.5g

CARB 25.1g

FAT 5.3g

FIBER 2g

Per serving

Air-Fried Banana Split

Med Carb

Living+

This dessert is not only quick to make but also a healthier alternative to traditional banana splits, perfect for a cozy evening treat or a post-workout snack. Enjoy the warmth of cooked banana with the cool freshness of yogurt and the rich taste of honey and walnuts!

Prep: 2 min | Cook: 12 min | Fresh: 1 day | Beginner

Makes 1

Banana 1, medium

Vanilla Greek Yogurt 2 tbsp, 0% fat

Walnuts 2

Honey 1/2 tsp

Air-Fried Banana Split

Med Carb

livingplusrx.com

Method

Set your air fryer to 400°F (200°C) to preheat.

Split the banana lengthwise but ensure it remains in one piece. Place it in the air fryer basket.

Air fry the banana for 8 to 12 minutes, or until it is thoroughly heated and the edges begin to caramelize.

Carefully remove the banana from the air fryer and place it on a serving dish. Top it with Greek yogurt.

Sprinkle crushed walnuts over the yogurt and drizzle honey evenly across the top.

MFP Barcode



Living+

Allergen Information

Contains lactose, tree nuts.



KCAL 64.5

PRO 2.2g

CARB 6.9g

FAT 3.3g

FIBER 3.8g

Per serving

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 yield of 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



Living+

Allergen Information

Contains sesame, peanuts.



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 Potato 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.



Per serving

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.



KCAL 500.6
PRO 21.9g
CARB 48.2g
FAT 24.4g
FIBER 2.5g

Per serving

Burrata Caprese Toast

Med Carb

Living+

This is an elevated take on the classic Caprese salad. The dish combines creamy and rich burrata cheese with juicy slices of ripe tomatoes, fragrant basil leaves and a drizzle of balsamic glaze all nestled on top of crispy sourdough toast. The blend of textures and flavors make it a satisfying and delicious appetizer or light meal.

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

Makes 1

Burrata (1/2 a ball) 75g or 2.6 oz
Sourdough 1 slice
Cherry Tomatoes 1 handful
Garlic 1 clove
Basil 7 leaves
Olive Oil 1 tsp
Chili Flakes 1 pinch
Balsamic Vinegar 1 dash

Burrata Caprese Toast

Med Carb

livingplusrx.com

Method

To a bowl, add the tomatoes (quartered), and 6 basil leaves (chopped). Next, add 1/2 tsp of olive oil and a pinch of chili flakes and mix well.

Toast the sourdough bread on a skillet using a 1/2 tsp of olive oil. Once toasted, rub one side with a garlic clove.

Next, place the burrata on the toast and spread it out evenly. Spoon the tomato mixture on the toast. Finally, drizzle some balsamic vinegar over the toast and serve with a basil leaf.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, wheat, sulfites.



KCAL 186.6
PRO 8.3g
CARB 24.4g
FAT 6.3g
FIBER 0.4g
Per serving

Cinnamon Honey Baked Figs

Low Carb

Living+

These baked figs are a source of essential minerals and vitamins, including potassium and Vitamin K, while the walnuts add omega-3 fatty acids, and the Greek yogurt contributes to your daily protein intake, making this dish both healthy and satisfying.

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

Makes 2

Figs 6

Greek Yogurt 80g or 2.8oz, 0% fat

Honey 1 tsp

Walnuts 2 tbsp, chopped

Pumpkin Seeds 2 tbsp

Cinnamon 0.5 tsp

Black Pepper 1 twist

Cinnamon Honey Baked Figs

Low Carb

livingplusrx.com

Method

Set your oven to 375°F (190°C) and get an ovenproof dish ready.

Cut the figs in half and arrange them in the dish with the cut side up.

Drizzle the honey evenly over the figs, then sprinkle with cinnamon and a touch of black pepper to enhance the flavors.

Place the dish in the center of the oven and bake for about 10 minutes, or until the figs are tender and juicy.

Let the figs cool slightly, then serve topped with Greek yogurt, walnuts, and pumpkin seeds. Don't forget to spoon over some of the honey-cinnamon juices from the baking dish for added flavor.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, tree nuts.



Cottage Cheese & Date Toast

Med Carb

Living+

A luxurious date spread, made from sweet Medjool dates and crunchy walnuts, serves as the foundation of this dish. Topped with creamy cottage cheese and sprinkled with fresh thyme and additional walnuts, each bite offers a perfect balance of sweetness, nuttiness, and a hint of savory freshness.

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

Makes 3 slices

Sourdough Bread 3 slices

Medjool Dates 4, pitted

Cottage Cheese 60g or 2.1 oz, fat free

Honey 4 tsp

Salt pinch

Walnuts 2 tbsp + 1 tsp chopped

Water 2 tsp

Thyme 1/4 tsp

Cottage Cheese & Date Toast

Med Carb

livingplusrx.com

Method

In a food processor, combine the pitted Medjool dates, 2 tbsp walnuts, and a tsp of honey. Pulse to combine the ingredients.

Gradually add water while continuing to pulse, blending until the mixture forms a smooth paste. Adjust the amount of water as needed to achieve the desired consistency. If a food processor is not available, you can use a mortar and pestle to mash the ingredients into a paste.

Begin by lightly toasting the sourdough bread slices until they reach your preferred level of crispiness.

Once toasted, spread a generous layer of the homemade date spread over the toast. Carefully dollop the cottage cheese atop the date spread.

Sprinkle the toast with chopped walnuts, adding both texture and a nutty flavor.

Garnish each slice with a pinch of salt, a sprinkle of fresh thyme and a tsp of honey.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, wheat, tree nuts.



Egg Fried Rice

Med Carb

Living+

A quick and easy way to create a flavorful and satisfying meal in no time. With the combination of wild rice, scrambled eggs, and crunchy vegetables, this dish offers a delicious blend of textures and flavors. The addition of sesame oil and light soy sauce adds depth and complexity to the dish, making it a perfect comfort food.

Prep: 2 min | Cook: 4 min | Fresh: 3 days | Beginner

Makes 2

Microwave Wild Rice 250g or 8.8oz

Egg 2

Carrot 1/2 small

Soy Sauce 2 tbsp

Green Onion 1

Sesame Oil 1/2 tsp

Egg Fried Rice

Med Carb

livingplusrx.com

Method

Microwave the bag of wild rice according to the instructions on the package. Typically 2 minutes.

While the rice is cooking, crack the eggs into a bowl and whisk them together. Thinly slice the green onion and set it aside. Grate half a carrot and set it aside.

Heat a non-stick skillet or wok over medium-high heat and add the sesame oil. Once hot, pour the beaten eggs into the pan and stir them gently until they are cooked through and scrambled.

Remove the egg and then add the sliced green onion and grated carrot to the pan and stir-fry for about 1 minute.

Add the egg and cooked wild rice to the pan and stir-fry everything together for another minute or two until the rice is heated through and lightly browned.

Finally, drizzle the light soy sauce over the rice and stir everything together until the soy sauce is evenly distributed.

MFP Barcode

0 5 7 9 4 1 2 2 1 0 6 3

Living+

Allergen Information

Contains eggs, soy, wheat, sesame.



Garlic Parmesan Baby Potatoes

Med Carb

Living+

Roasted until golden and infused with aromatic garlic and a blend of herbs including oregano and parsley. These potatoes are seasoned with a hint of salt and pepper for balance. The addition of chili flakes lends a subtle heat, while a final sprinkling of Parmesan adds a salty, cheesy finish that's utterly irresistible.

Prep: 5 min | Cook: 25 min | Fresh: 3 days | Beginner

Makes 2

Baby Potatoes 400g or 14.1 oz

Garlic Cloves 8

Parmesan 20g or 0.7oz

Olive Oil 1 tbsp

Salted Butter 1 tsp

Parsley 1/2 tsp

Black Pepper a few twists

Oregano 1 tsp, dried

Chili flakes 1/2 tsp (optional)

Salt 1 pinch

Garlic Parmesan Baby Potatoes

Med Carb

livingplusrx.com

Method

Begin by washing your baby potatoes thoroughly. Once cleaned, pat them dry.

Toss the baby potatoes in a large bowl with olive oil, melted butter, minced garlic, Parmesan, salt, pepper, oregano, parsley, and chili flakes. Ensure each potato is well-coated with the mixture.

Transfer the seasoned potatoes to the air fryer basket. Spread them out in a single layer to ensure even cooking.

Set the air fryer to 400°F (200°C) and cook for about 25 minutes. It's a good idea to shake the basket halfway through the cooking time to promote even browning.

After 25 minutes, check the potatoes. They should be crispy on the outside and tender on the inside. If they're not quite done, you can cook them a bit longer.

Once the potatoes are cooked to your liking, remove them from the air fryer and enjoy!

MFP Barcode



Living+

Allergen Information

Contains lactose.



KCAL 216.1
PRO 5g
CARB 42.5g
FAT 1.9g
FIBER 3g
Per serving

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



Living+

Allergen Information

Contains none.



Homemade Cinnamon Roll

High Carb

Living+

Indulge in the warmth and sweetness of these homemade cinnamon rolls, made with ripe bananas for a moist and tender dough. Brushed with melted butter, sprinkled with cinnamon and brown sugar, and finished with a simple sugar glaze, these cinnamon rolls are a delightful sweet treat.

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

Makes 2

Banana 2 medium

Self-Rising Flour 160g or 5.6 oz

Spreadable Butter 30g or 1 oz, 60% fat

Sugar 2 level tsp

Brown Sugar 1 tsp

Ground Cinnamon 1 tsp

Homemade Cinnamon Roll

High Carb

livingplusrx.com

Method

Begin by preheating your oven to 350°F (180°C). Prepare a baking sheet by lining it with parchment paper.

In a medium-sized bowl, mash the bananas thoroughly using a fork. Add in the self-rising flour and mix until a dough forms. If the dough feels too sticky, gradually add a bit more flour until it becomes manageable, but be cautious not to add too much.

Dust a clean surface lightly with flour and roll out the dough into a rectangle about 1/2 inch (1cm) thick. Using a pastry brush, spread the melted butter evenly over the surface of the dough. Sprinkle the cinnamon and brown sugar uniformly over the buttered dough.

Cut the dough rectangle into 7-8 equal strips. Carefully roll each strip into a roll and place them on the prepared baking sheet. If you prefer the rolls to be touching and stick together, arrange them accordingly.

Bake in the preheated oven for 20-25 minutes, or until the edges of the rolls begin to turn a golden brown. Once baked, remove the cinnamon rolls from the oven and allow them to cool on a wire rack.

While the rolls are cooling, prepare the glaze. In a small bowl, mix the sugar with 1-2 tablespoons of water, adjusting the amount of water as needed to achieve your desired consistency for the glaze. Drizzle the glaze over the slightly cooled cinnamon rolls.

MFP Barcode



Living+

Allergen Information

Contains lactose, wheat.



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. Serve the Mexican Pearl Couscous Salad 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.



KCAL 513.9

PRO 22.4g

CARB 81.9g

FAT 10.6g

FIBER 3.9g

Per serving

Monkey Bread

High Carb

Living+

Indulge in a delightful post-workout treat with Monkey Bread, perfectly tailored for recovery with its high carbohydrate content. This quick and easy recipe combines the energy-replenishing power of carbohydrates from self-rising flour and the luxurious taste of cookie butter.

Prep: 10 min | Cook: 12 min | Fresh: 1 day | Beginner

Makes 1

Greek Yogurt 130g or 4.6oz, 0% fat

Self-Rising Flour 85g or 3oz

Cookie Butter 25g or 0.9oz

Cinnamon 1 tsp

Monkey Bread

High Carb

livingplusrx.com

Method

In a mixing bowl, combine the self-rising flour and Greek yogurt. Mix until a smooth dough forms. Adjust the consistency as needed—add a little more flour if the dough is too sticky or a bit more yogurt if it's too dry.

Divide the dough into 8 equal pieces. Roll each piece into a ball.

Roll each dough ball in the cinnamon until lightly coated.

Place the coated balls in a small ovenproof dish.

Preheat your oven to 350°F (180°C). Drizzle the melted cookie butter evenly over the dough balls and bake for 12 minutes or until the dough has puffed up and the top is slightly golden.

MFP Barcode



Living+

Allergen Information

Contains lactose, wheat, soy.



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 meats and vegetables.

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.



KCAL 84.4

PRO 1.3g

CARB 6.6g

FAT 5.9g

FIBER 3g

Per serving

Roasted Carrot Delight

Low Carb

Living+

This Roasted Carrot Delight is a savory and aromatic side dish that transforms simple carrots into a culinary masterpiece. Seasoned with a hint of garlic and garnished with a medley of parsley, capers, pistachios, and sesame seeds, these roasted carrots offer a delightful blend of flavors and textures.

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

Makes 4

Carrots 4, large

Olive Oil 1 tbsp

Capers 1 tbsp

Sesame Seeds 2 tsp

Garlic 1 clove

Pistachios 3 tbsp, chopped

Parsley 3 tbsp chopped

Salt 1 pinch

Black Pepper twist

Roasted Carrot Delight

Low Carb

livingplusrx.com

Method

Preheat your oven to 400°F (200°C). Prepare a baking sheet by lining it with parchment paper.

In a large mixing bowl, combine the peeled and sliced carrots with olive oil, salt, black pepper, and minced garlic. Toss everything together until the carrots are evenly coated with the seasoning and garlic.

Arrange the seasoned carrots in a single layer on the prepared baking sheet. Roast in the preheated oven for about 20-30 minutes. The carrots should be tender and start to caramelize around the edges.

While the carrots are roasting, prepare the garnish. In a separate bowl, mix together the chopped parsley, capers, pistachios, and sesame seeds.

Once the carrots are roasted, remove them from the oven and allow them to cool slightly on the baking sheet.

Transfer the roasted carrots to a serving dish. Sprinkle the parsley, capers, pistachios, and sesame seed mixture over the warm carrots, distributing evenly.

MFP Barcode



Living+

Allergen Information

Contains tree nuts, sesame.



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 portions

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.



KCAL 232.4

PRO 4.3g

CARB 45.2g

FAT 4g

FIBER 10.6g

Per serving

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 average size

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

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

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 when paired with spring lamb and 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 a generous pinch of sea 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



Living+

Allergen Information

Contains none.



KCAL 192
PRO 9.4g
CARB 33.4g
FAT 1.8g
FIBER 1.6g
Per serving

Rustic Fig & Cottage Cheese Toast

High Protein | High Carb

Living+

Savor the delightful Rustic Fig & Cottage Cheese Sourdough Toast, enhanced with honey and crunchy granola. Enjoy the tangy sourdough base, succulent figs, and creamy cottage cheese, perfectly balanced by the honey's sweetness and the granola's crunch.

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

Makes 1

Fig 1

Sourdough 1 slice, whole wheat

Low-Fat Cottage Cheese 2 tsp

Honey 1/2 tsp

Granola 1 tsp

Rustic Fig & Cottage Cheese Toast

High Protein | High Carb

livingplusrx.com

Method

Using a blender or food processor, whip the cottage cheese until smooth.

Toast a slice of sourdough to your desired level of toastiness.

As the sourdough toasts, quarter the fig.

Spread the cottage cheese on the toast, followed by the fig. Finish with a drizzle of honey and a sprinkle of granola.

MFP Barcode



Living+

Allergen Information

Contains lactose, wheat.



Serrano Ham Wrapped Asparagus

Low Carb

Living+

If you don't like eating vegetables, it is important to be able to find a way to make them attractive. Taste is a key variable here. Wrapping the asparagus in serrano ham is a brilliant way to make asparagus more attractive. The cured, salty ham becomes crispy after roasting in the oven adding an extra bite.

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

Makes 1 portion

Asparagus 6 spears

Serrano Ham 3 slices (50g)

Serrano Ham Wrapped Asparagus

Low Carb

livingplusrx.com

Method

Preheat the oven to 425°F (220°C). Next, boil a pot of water. Boil the asparagus for 3 minutes. Add a pinch of salt to the water to help maintain the bright green color.

Take the asparagus out, let it cool, and wrap two spears with one slice of serrano ham. Place them on a baking sheet and cook for 12 minutes.

MFP Barcode



Living+

Allergen Information

Contains none.



Per serving

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 portions

Broccolini 10 spears

Edamame Beans 2 handfuls (shelled)

Green Beans 10 pods

Kale 200g or 7oz

Sesame Oil 1 tsp

Soy Sauce 2 tbsp, light

Sesame Fried Greens

Low Carb | Low-Fat

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.