










Sides & Snacks

Simple and Flavorful

Volume 2 - 20 recipes



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Air Fryer Cinnamon Apple Bites

Low Carb

Living+

Sweet, warmly spiced, and lightly caramelized with a tender center and golden edges. They're ideal for a lighter dessert, post-workout snack, or even a cozy breakfast topper. High in fiber and naturally sweetened, they pair beautifully with Greek yogurt and a sprinkle of nuts or granola for added protein and crunch.

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

Makes 2

- **Apple** 2
- **Greek Yogurt** 80g or 2.8oz, 0% fat
- **Honey** 1 tsp
- **Olive Oil** 1 tsp
- **Cornstarch** 1 tsp
- **Ground Cinnamon** 1 tsp
- **Salt** pinch

Air Fryer Cinnamon Apple Bites

Low Carb

livingplusrx.com

Method

Set your air fryer to 375°F (190°C).

In a bowl, toss the apple cubes with olive oil, cinnamon, cornstarch, salt, and honey until evenly coated.

Spread the apples in a single layer in the air fryer basket. Cook for 10–12 minutes, shaking halfway through, until the apples are golden, slightly caramelized, and tender.

Enjoy warm, topped with a spoonful of Greek yogurt.

MFP Barcode

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

Living+

Allergen Information

Contains lactose.



KCAL 221.9
PRO 9.2g
CARB 20.2g
FAT 11.6g
FIBER 0.8g
Per serving

Air Fryer Crunchy Chickpeas

Low Carb

Living+

These Air Fryer Crunchy Chickpeas are the ultimate high-protein, high-fiber snack — crispy on the outside, perfectly seasoned, and incredibly satisfying. Tossed with smoky paprika, cumin, and a touch of garlic, they're roasted to crunchy perfection in just 15-20 minutes. Ideal for snacking or topping salads.

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

Makes 2

- **Chickpeas** 1 can, drained
- **Olive Oil** 1 tbsp
- **Cumin** 1 tsp
- **Salt** ½ tsp
- **Paprika** 1 tsp
- **Garlic Powder** ½ tsp
- **Chili Powder** ½ tsp

Air Fryer Crunchy Chickpeas

Low Carb

livingplusrx.com

Method

Ensure the chickpeas are thoroughly drained, rinsed, and patted dry. Removing as much moisture as possible helps them become crunchier when cooked.

In a bowl, toss the chickpeas with olive oil, salt, garlic powder, smoked paprika, cumin, and chili powder until evenly coated.

Preheat your air fryer to 400°F (200°C). Spread the chickpeas in a single layer in the air fryer basket. Air fry for 15-20 minutes, shaking the basket every 5 minutes to ensure they cook evenly and don't stick together.

Let the chickpeas cool slightly; they will continue to crisp up as they cool. Serve warm or at room temperature as a snack or as a crunchy addition to salads.

MFP Barcode

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

Living+

Allergen Information

Contains none.



Balsamic Honey Roasted Carrots

Low Carb

Living+

These roasted carrots are the perfect balance of sweet, savory, and caramelized goodness. Packed with fiber, antioxidants, and natural sweetness, they make a nutrient-dense side dish for any meal. A touch of garlic and balsamic glaze enhances their deep flavor, while crumbled goat cheese adds a creamy contrast.

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

Makes 3

- **Carrots** 4, large
- **Goat Cheese** 60g or 2.1oz
- **Honey** 2 tbsp
- **Balsamic Vinegar** 2 tbsp
- **Olive Oil** 1 tbsp
- **Garlic** 2 cloves
- **Black Pepper** 1 tsp
- **Salt** 1 pinch

Balsamic Honey Roasted Carrots

Low Carb

livingplusrx.com

Method

Preheat your oven to 425°F (220°C). Line a baking sheet with parchment paper. Trim both ends of the carrots and slice diagonally (on the bias) into thirds (about 1½-inch pieces). If the larger pieces are too thick, slice them lengthwise for even roasting.

In a large bowl, whisk together 1 Tbsp balsamic vinegar, 1 Tbsp honey, and olive oil. Add garlic, salt, and black pepper. Toss the carrots in the marinade, coating them evenly. Use a slotted spoon to transfer the carrots to the baking sheet, reserving the remaining liquid. Roast for 20-25 minutes, stirring halfway through.

In the last 5-10 minutes, brush the reserved marinade over the carrots. Whisk the remaining 1 Tbsp balsamic vinegar + 1 Tbsp honey and drizzle over the hot, roasted carrots. Taste and adjust with extra salt and pepper if needed. Sprinkle with crumbled goat cheese. Serve warm as a flavor-packed, nutrient-rich side dish!

MFP Barcode

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

Living+

Allergen Information

Contains lactose.



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 mains or served on its own.

Prep: 20 min | Cook: 20 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, eggs, lactose.



Crispy Potato & Charred Broccoli Salad

Med Carb

Living+

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

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 1 tbsp
Olive Oil 2 tsp
Salt 1 pinch
Parmesan 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. Try to 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 400°F (200°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 together: 4 tbsp light mayo, 1 tbsp honey, 1 tbsp grated Parmesan, salt and pepper to taste. Stir in the sliced green onions, chopped parsley, and chives. Once cooked, roughly chop the roasted broccoli into bite-sized pieces. Add the crispy potatoes and chopped broccoli to the bowl with the dressing. Toss everything together gently until well coated.

MFP Barcode

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

Living+

Allergen Information

Contains lactose, eggs.



Gut Health Jelly

Med Carb

Living+

A simple, refreshing, and gut-friendly snack made with just three ingredients. Powered by psyllium husk, a fantastic source of soluble fiber, this jelly supports digestive health, promotes regularity, and helps nourish your gut microbiome. With a bright citrus flavor from lime and orange juice, it's a delicious way to boost fiber intake.

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

Makes 1

Orange Juice 250ml or 8.5fl oz

Lime Juice 1 lime

Psyllium Husk Powder 15g or 0.5oz

Gut Health Jelly

Med Carb

livingplusrx.com

Method

Add the lime juice, orange juice, and psyllium husk to a protein shaker or use a hand blender to combine until smooth.

Pour the mixture into a container of your choice (small glass jars or a shallow dish work great). Place the container in the fridge for a minimum of 10 minutes, or until the mixture sets to a jelly-like consistency. Enjoy straight from the fridge as a gut-healthy snack.

MFP Barcode

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

Living+

Allergen Information

Contains none.



High-Protein Pizza Dip

Low Carb

Living+

Elevate your appetizer game with this crispy pepperoni and whipped cottage cheese dip. Packed with protein from cottage cheese, zesty lemon, and a fiery honey-chili drizzle, this dish is a flavor explosion. Ideal as a quick snack or as a sharing plate for gatherings.

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

Makes 2

Cottage Cheese 200g or 7oz, fat free
Pepperoni Slices 40g or 1.4oz
Honey 1 tbsp
Garlic 2 cloves
Lemon Juice 1/2 lemon
Lemon Zest 1 lemon
Red Chili 1
Olive Oil 1/2 tsp
Chili Flakes 1/2 tsp
Oregano 1 tsp
Salt pinch

High-Protein Pizza Dip

Low Carb

livingplusrx.com

Method

Heat a non-stick skillet over medium heat. Add olive oil and oregano, then toss in the pepperoni slices. Fry until crispy, around 2-3 minutes per side. Remove from the pan and set aside on paper towels to absorb any excess oil.

Using the same pan, add the sliced red chili, honey, and a sprinkle of chili flakes. Heat gently for 1-2 minutes, stirring, until the honey is infused and slightly caramelized. Remove from heat.

In a blender or food processor, combine the cottage cheese, lemon zest, lemon juice, garlic and salt. Blend until smooth and creamy. Taste and adjust seasoning if necessary.

Spread the whipped cottage cheese onto a serving plate or shallow bowl. Top with crispy pepperoni slices and drizzle over the chili honey mixture.

MFP Barcode

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

Living+

Allergen Information

Contains lactose.



KCAL 200.4

PRO 13.3g

CARB 33.6g

FAT 1.7g

FIBER 9.5g

Per serving

Iced Berries with Warm Lemon Yogurt

Med Carb

Living+

A refreshing twist on dessert, this dish pairs vibrant frozen mixed berries with a warm, tangy-sweet lemon yogurt sauce. The chilled berries slowly soften under the gently heated blend of Greek yogurt, lemon juice, maple syrup, and vanilla, creating a contrast of temperatures and textures. Finished with fresh lemon zest.

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

Makes 1

Mixed Frozen Berries 250g or 8.8oz

Greek Yogurt 100g or 3.5oz, 0% fat

Lemon Juice 3 tbsp

Maple Syrup 1 tsp

Vanilla Extract 1 tsp

Lemon Zest 1 lemon

Iced Berries with Warm Lemon Yogurt

Med Carb

livingplusrx.com

Method

Arrange the frozen berries in a large bowl. Let them thaw slightly for 5–10 minutes before serving.

In a small saucepan, gently warm the yogurt with the lemon juice, maple syrup and vanilla over low heat — do not boil. Stir continuously until just warmed through (about 3 minutes). You want it pourable, not hot.

Pour the warmed lemon yogurt sauce over the slightly softened berries. Top with lemon zest.

MFP Barcode

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

Living+

Allergen Information

Contains lactose.



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.



Maple Roasted Butternut Squash

Med Carb

Living+

A deeply caramelized, sweet, and savory roasted butternut squash, infused with butter, pure maple syrup, cinnamon, and fresh thyme. This simple yet flavorful dish is rich in fiber, vitamin A, and antioxidants, making it a perfect side for cozy meals or holiday spreads.

Prep: 5 min | Cook: 60 min | Fresh: 1 day | Beginner

Makes 1

- **Butternut Squash** 1, large
- **Maple Syrup** 2 tsp
- **Light Butter** 1 tsp
- **Olive Oil** 1 tsp
- **Cinnamon** 1 tsp
- **Fresh Thyme** 2 tsp
- **Salt** 2 pinches

Maple Roasted Butternut Squash

Med Carb

livingplusrx.com

Method

Preheat oven to 400°F (200°C). Cut the butternut squash in half lengthwise and scoop out the seeds. Drizzle ½ tsp olive oil over each half and sprinkle with flaky salt.

Place ½ tsp butter in the center of each squash half. Drizzle 1 tsp maple syrup in the center of each squash half. Sprinkle cinnamon and fresh thyme generously over the squash.

Place the squash halves cut-side up in a baking dish. Roast at 400°F (200°C) for 60 minutes. Once tender and caramelized, remove from the oven. Sprinkle with extra flaky salt for balance. Serve warm as a side dish or mash it up for a delicious spread!

MFP Barcode



Living+

Allergen Information

Contains lactose.



Pan Con Tomate

Med Carb

Living+

A classic Catalan breakfast or tapa, Pan con Tomate is a celebration of simple ingredients done right. Crunchy toasted bread is topped with juicy grated tomatoes, and finished with a drizzle of olive oil and flaky sea salt. Perfect as a starter, side, or light bite.

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

Makes 4

Tomatoes 3, medium

Baguette 1, regular

Olive Oil 2 tsp

Salt 4 pinches

Pan Con Tomate

Med Carb

livingplusrx.com

Method

Slice the baguette in half lengthwise or into thick diagonal slices. Heat 1 tsp olive oil in a skillet over medium heat and toast the bread slices for about 2–3 minutes per side, until golden and crisp.

Grate the tomatoes into a bowl using the large holes of a box grater. Discard the skins. Stir in 1 tsp olive oil and a pinch of sea salt.

Spoon over the grated tomato mixture, letting the juices soak in. Finish with an extra sprinkle of flaky sea salt and a drizzle of olive oil if desired.

Enjoy warm as a snack, side dish, or part of a sharing platter.

MFP Barcode

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

Living+

Allergen Information

Contains wheat.



Smoky Chickpeas with Whipped Feta Dip

Low Carb

Living+

Seasoned with bold spices and roasted to perfection, these chickpeas offer a satisfying crunch, while the light feta and Greek yogurt blend into a smooth, tangy backdrop, with a hint of garlic. A perfect appetizer, snack, or light meal for any occasion!

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

Makes 4

Chickpeas 1 can, drained
Light Feta Cheese 220g or 7.7oz
Greek Yogurt 100g or 3.5oz, 0% fat
Olive Oil 2 tbsp
Garlic 1 clove
Garlic Powder 2 tsp
Smoked Paprika 1 tsp
Dried Oregano 2 tsp
Chili Flakes 1 tsp
Salt 1 tsp

Smoky Chickpeas with Whipped Feta Dip

Low Carb

livingplusrx.com

Method

Preheat your oven to 400°F (200°C). In a large bowl, combine the chickpeas with 2 tablespoons of olive oil, smoked paprika, garlic powder, dried oregano, chili flakes, and a generous pinch of salt. Mix well until the chickpeas are evenly coated with the spices and oil.

Spread the seasoned chickpeas on a baking sheet in a single layer. Place in the preheated oven and roast for 20-25 minutes, or until they are crispy on the outside and still soft on the inside. Shake the baking sheet halfway through for even cooking.

While the chickpeas are roasting, add the feta cheese, Greek yogurt and minced garlic to a food processor. Blend until the mixture is very smooth and creamy. Taste and adjust the seasoning, adding more salt if needed.

Spread the whipped feta dip smoothly onto a serving plate. Once the chickpeas are done, spoon them over the dip. Garnish with an optional drizzle of olive oil.

Serve immediately while the chickpeas are warm and crispy, paired with pita bread, vegetable sticks, or enjoy as is for a delightful Mediterranean-inspired treat.

MFP Barcode

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

Living+

Allergen Information

Contains lactose.



Sweet Potato Wedges

Med Carb

Living+

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

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

Makes 2

Sweet Potato 1 large

Garlic 2 cloves

Olive Oil 1 tsp

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

Sweet Potato Wedges

Med Carb

livingplusrx.com

Method

Preheat the oven to 425°F (220°C).

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

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

Cook for 35 minutes.

MFP Barcode

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

Living+

Allergen Information

Contains none.



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
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.

Discard the garlic clove. 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

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

Living+

Allergen Information

Contains sesame.



Training Toast

Med Carb

Living+

Packed with quick-digesting carbs and healthy fats, Training Toast is your go-to pre-workout snack. Perfectly balanced for sustained energy, this simple yet delicious recipe fuels your body for intense sessions. Ideal for athletes or anyone needing a quick performance boost!

Prep: 3 min | Cook: 2 min | Fresh: 1 day | Beginner

Makes 1

Peanut Butter 2 tbsp

Sourdough Bread 1 slice

Strawberry Jam 2 tbsp

Training Toast

Med Carb

livingplusrx.com

Method

Toast your bread to your desired level of crispiness. Spread the peanut butter evenly across the toast, followed by the strawberry jam. Create alternating patterns for an extra visual appeal!

MFP Barcode



Living+

Allergen Information

Contains peanuts, wheat.



Tzatziki Dip with Crunchy Veggies

Low Carb

Living+

This dip combines the creaminess of Greek yogurt and cottage cheese with the coolness of cucumber and a burst of flavor from dill and mint. It's perfect for a quick snack, a side to your main meal, or as a healthful addition to your party spread. Not only is this dip tangy and refreshing, but it's also packed with nutrients!

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

Makes 2

Cucumber 1, small

Green Bell Pepper 1, medium

Red Bell Pepper 1, medium

Carrot 1, large

Cottage Cheese 100g or 3.5oz, fat free

Greek Yogurt 100g or 3.5oz, fat free

Lemon Juice 1 lemon

Fresh Mint 1 tbsp, chopped

Olive Oil 1 tsp

Fresh Dill 1 tbsp, chopped

Tzatziki Dip with Crunchy Veggies

Low Carb

livingplusrx.com

Method

Wash and slice the red and green peppers into thin strips. Peel and cut the carrot into sticks. Set aside for serving.

In a medium bowl, combine the cottage cheese and Greek yogurt. Stir until well blended. If you wish, use a hand blender to smooth the cottage cheese.

Mix in the grated cucumber, lemon juice, olive oil, chopped dill, and mint. Stir until all ingredients are fully incorporated.

For the best flavor, cover the bowl and refrigerate for at least 30 minutes before serving. This allows the flavors to meld together beautifully.

Serve the chilled tzatziki dip with the prepared red and green pepper strips and carrot sticks. Dip, crunch, and enjoy the refreshing taste!

MFP Barcode

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

Living+

Allergen Information

Contains lactose.



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 or 0.5oz

Chili-Lime Seasoning ½ tsp

Mint 1 tsp, dried

Watermelon & Feta Salad

Low Calorie | 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

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

Living+

Allergen Information

Contains lactose.



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.



KCAL 327.1
PRO 18.1g
CARB 51.7g
FAT 5.3g
FIBER 5.7g
Per serving

Zesty Chili Honey Lime Potatoes

Med Carb

Living+

These potatoes are coated in a spicy, tangy marinade enhanced with the sweetness of honey and freshness of lime, making them a perfect complement to any main course. Ideal for those who love a bit of heat and zest in their meals!

Prep: 10 min | Cook: 30 min | Fresh: 1 day | Beginner

Makes 2

Potatoes 500g or 17.6oz
Greek Yogurt 240g or 8.5oz, 0% fat
Lime Juice & Zest 2 limes
Honey 2 tsp
Garlic 2 cloves
Cilantro 1 tbsp, chopped
Olive Oil 2 tsp
Chili Powder 1 tsp
Paprika 1 tsp
Black Pepper 1 tsp
Chili Flakes 1/2 tsp
Salt pinch

Zesty Chili Honey Lime Potatoes

Med Carb

livingplusrx.com

Method

Set your oven to 425°F (220°C) and line a baking sheet with parchment paper. Wash, peel (if desired), and cube the potatoes. Place them in a large mixing bowl.

In the same bowl, combine the olive oil, lime zest, lime juice, chili powder, garlic, chili flakes, paprika, salt, and black pepper. Toss well to coat all the potato pieces evenly.

Spread the potatoes out on the prepared baking sheet in a single layer. Roast in the preheated oven for about 25-30 minutes or until golden and crisp, turning halfway through cooking.

Spread the Greek yogurt on a serving plate, top with the hot roasted potatoes, drizzle with honey, lime zest and sprinkle with fresh cilantro and a pinch of chili flakes.

MFP Barcode



Living+

Allergen Information

Contains lactose.



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.