



maxliving®

# ADVANCED PLAN

RECIPE BOOK







**1 SERVING**



**5 MINUTES**

# BLUEBERRY LEMON SHAKE

## Ingredients

- 1 Cup Frozen Blueberries
- 1 Cup Water
- 1 Scoop Vanilla MaxLiving Grass Fed Whey Protein
- 1/8 Tbsp Fresh Lemon Peel

**Optional:** Stevia For Added Sweetness

## Directions

**Blend all ingredients together, and drink up!**







6 SERVING



20 MINUTES

# ZUCCHINI & GOAT CHEESE EGG MUFFINS

## Ingredients

- 1 Zucchini (divided)
- 6 Egg
- ¼ Cup Water
- ¼ Tbsp Sea Salt
- ½ Cup Goat Cheese (crumbled)

## Directions

- Preheat the oven to 350°F (177°C). Line your muffin tin with parchment liners, or use a silicone muffin tin without liners.
- Roughly chop 2/3 of the zucchini, and cut the remaining 1/3 into thin slices.
- In a mixing bowl, whisk together the eggs, water, salt and chopped zucchini. Divide the mixture into the muffin pan.
- Top each muffin slot with the zucchini slices and goat cheese. Bake for 15 to 18 minutes or until cooked through.
- Let cool slightly before serving. **Enjoy!**





1 SERVING



20 MINUTES

# BELL PEPPER EGG CUPS

## Ingredients

- 1 Red Bell Pepper
- 2 Egg
- Sea Salt & Black Pepper (to taste)

## Directions

- Preheat oven to 425°F (218°C).
- Slice pepper in half and carve out the seeds.
- Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. **Enjoy!**

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# LEMON POPPY SEED MUFFINS



9 SERVINGS



45 MINUTES

## Ingredients

- ½ Cup Coconut Flour
- ½ Tsp Stevia Powder
- 6 Egg
- ⅓ Cup Coconut Oil (melted)
- ¼ Tsp Sea Salt
- 1 Lemon (zested and juiced)
- 1 Tsp Poppy Seeds

## Directions

- Preheat oven to 350°F (177°C) and line a muffin tray with liners.
- In a large mixing bowl, combine coconut flour, stevia, eggs, coconut oil and
- salt. Stir well to combine. Add in lemon zest, lemon juice and poppy seeds.
- Mix well.
- Use a ¼ measuring cup to ladle the batter into the muffin tray. Place in oven
- and bake for 35 minutes.
- Remove from oven and let cool. Enjoy!







# LEMON CHICKEN SALAD

WITH CUCUMBER RIBBONS

4 SERVINGS 1 HOUR 30 MINUTES

## Ingredients

- 8 ozs Chicken Breast
- 1 ½ Tbsps Avocado Oil
- ¼ Tbsp Italian Seasoning
- ¼ Tbsp Sea Salt (divided)
- ½ Cucumber (large)
- 2 Tbsps Extra Virgin Olive Oil
- 1 Tbsp Lemon Juice
- 1 Tbsp Fresh Dill
- ½ Garlic (clove, minced)
- ½ Stalk Celery (finely chopped)
- 2 Tbsps Red Onion (finely chopped)

## Directions

- Preheat the oven to 400°F (204°C) and line a baking dish with parchment paper. Place the chicken breasts in the prepared baking dish and drizzle with avocado oil. Season with Italian seasoning and half the salt. Bake for 25 minutes, or until the chicken is cooked through. Remove from the oven and immediately cover with a piece of aluminium foil for at least 10 minutes. Carefully remove the foil and let chicken cool before chopping into cubes.
- Spiralize the cucumber using the ribbon blade. If you do not have a spiralizer, use a vegetable peeler or mandoline to create ribbons instead.
- In a mixing bowl, whisk the olive oil, lemon juice, fresh dill, garlic and the remaining salt together. Add the chopped chicken, celery and onion to the dressing and mix well to combine. Season with additional salt if needed.
- To serve, divide cucumber ribbons between plates and top with chicken salad. **Enjoy!**



# GREEK CHICKEN BURGERS

🍽️ 6 SERVINGS

🕒 45 MINUTES

## Ingredients

- 1 ½ Tbsps Extra Virgin Olive Oil
- 1 Red Bell Pepper (diced and divided)
- ½ Cup Red Onion (diced and divided)
- 4 Cups Baby Spinach
- 1 Cup Almond Flour
- 1 lb Extra Lean Ground Chicken
- ½ Cup Black Olives (chopped and divided)
- ½ Cup Feta Cheese (crumbled and divided)
- 1 Cucumber (diced)
- Sea Salt & Black Pepper (to taste)
- 4 Cups Mixed Greens

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## Directions

- Heat olive oil in a large skillet over medium heat.
- Add half of the red pepper and half of the red onion to the skillet. Saute for about 5 minutes or until onion is translucent. Add baby spinach and stir just until wilted. Remove from heat and set aside to cool.
- Add almond flour, ground chicken, half of the black olives and half of the feta cheese to the mixing bowl. Now add in your sauteed vegetables. Mix well. Form the mixture into even patties and place on a baking sheet. Transfer to the fridge until ready to grill.
- Meanwhile, create your greek salsa in a bowl by combining the remaining red pepper, red onion, black olives, feta cheese and cucumber. Drizzle with a splash of extra virgin olive oil and season with sea salt and pepper to taste. Set aside.
- Preheat grill over medium heat. Transfer burgers onto grill and cook for about 7 to 8 minutes per side or until burger is cooked through. Remove from grill.
- Plate burger over a bed of greens and top with your chopped greek salsa.

**Enjoy!**







# TACO SALAD WITH BEEF

 4 SERVINGS

 25 MINUTES

## Ingredients

- 1 Extra Lean Ground Beef
- 2 Tbsps Chili Powder
- 1 Tbsp Cumin
- ½ Tsp Sea Salt
- 1 Cup Cherry Tomatoes (chopped)
- 1 Jalapeno Pepper (chopped)
- 2 Stalks Green Onion (chopped)
- 3 Tbsps Lime Juice (divided)
- 2 Heads Romaine Hearts (chopped)
- 2 Tbsps Extra Virgin Olive Oil
- 2 Avocado (sliced)

## Directions

- In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
- Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
- In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
- To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.





 4 SERVINGS  30 MINUTES

## Ingredients

- 1 lb Grass Fed Ground Beef
- 1 Tbsp Sea Salt
- ½ Tbsp Black Pepper
- 2 Tbsp Liquid Aminos Or Tamari
- 4 Organic Green Bell Peppers, Tops Cut Off And Chopped (throw away stems, and ribs and seeds cleaned out)
- ½ Large Yellow Onion (sliced)
- 1 Container Mushrooms (sliced)
- 8 Thin Slices Organic (raw cheese)

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# PHILLY CHEESESTEAK STUFFED GREEN PEPPER

## Directions

- Heat the oven to 350 degrees.
- Put the hollowed peppers on a parchment lined baking sheet and bake for 10 minutes to soften.
- Brown the ground beef with salt, pepper, chopped green pepper tops, and onions.
- When the beef is browned and the peppers and onions are soft, add the liquid aminos and mushrooms and cook until mushrooms are slightly cooked.
- Put a slice of cheese into the bottom of the peppers, fill with ground beef mixture, and top with another slice of cheese.
- Cook in the oven until cheese is melted and bubbly.
- If you have leftover cheesesteak mixture, you can bake it in an oven-safe dish with cheese over top.



# TURKEY MUSHROOM LETTUCE WRAPS

## Ingredients

- 1 Tbsp Avocado Oil
- 12 White Button Mushrooms (sliced)
- 1 Garlic (clove, minced)
- 1 lb Extra Lean Ground Turkey
- 2 Tbsps Coconut Aminos
- 1 Head Boston Lettuce
- ¼ Cup Cilantro (chopped)

## Directions

- In a skillet over medium heat, add the avocado oil along with the mushrooms and cook for 5 to 6 minutes. Reduce the heat slightly and add the garlic. Cook for one minute more.
- Add the ground turkey and cook for 8 to 10 minutes, stirring occasionally until it is cooked through. Add the coconut aminos, stir and set aside.
- Scoop the turkey mixture on to lettuce leaves and top with cilantro. Serve and enjoy!



4 SERVINGS



20 MINUTES



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**2 SERVINGS**



**35 MINUTES**

# SUN DRIED TOMATO & OLIVE CHICKEN WITH SPINACH

## Ingredients

- 1 Garlic (clove, peeled)
- ¾ Pitted Kalamata Olives
- ½ Cup Sun Dried Tomatoes (oil packed or rehydrated)
- ¼ Cup Extra Virgin Olive Oil
- 8 ozs Chicken Breast
- 4 Cups Baby Spinach

## Directions

- Preheat your oven to 350°F (177°C) and line a baking dish with parchment. Place the chicken in the center of the dish.
- Place the garlic, kalamata olives, sun dried tomatoes, and olive oil into a small blender or food processor. Process until mostly smooth.
- Spoon the sun-dried tomato mixture over the chicken breasts and bake for 30 minutes, or until the chicken is cooked through.
- In the last 10 minutes of cooking, place spinach in a large skillet with 1 to 2 tablespoons of water. Steam over medium heat until wilted.
- To serve, divide the chicken and spinach between plates. **Enjoy!**



# PRESSURE COOKER STEAK FAJITA BOWLS



 3 SERVINGS  25 MINUTES

## Ingredients

- 15 ozs Top Sirloin Steak (cut into thick strips)
- 2 Cups Red Onion (sliced, divided)
- 2 Tbsps Chili Powder
- 1 Tbsp Cumin
- ½ Tbsp Garlic Powder
- ½ Tbsp Sea Salt
- 1 Red Bell Pepper (sliced)
- 1 Green Bell Pepper (sliced)
- ½ Cup Beef Broth
- 1 ½ Cups Cauliflower Rice

## Directions

- Add the steak and half of the onion to a mixing bowl. In a second mixing bowl add the peppers and the remaining onion.
- In a small bowl combine the chili powder, cumin, garlic powder, and salt. Add ¼ of the spice blend to the peppers and onions and toss to combine. Then add the remaining spice blend to the steak and onions and toss to combine.
- Add the broth to the pressure cooker and then add the seasoned steak and onion. Close the lid. Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully and add the seasoned peppers and onions. Close the lid, set to "sealing", then press manual/pressure cooker and cook for 1 minute on high pressure. Release pressure manually.
- Transfer the steak and peppers to a bowl and season with additional salt if needed.
- Carefully drain all but a splash of the cooking liquid from the pressure cooker insert. Turn the pressure cooker to sauté mode and add the cauliflower rice. Cook for 1 to 2 minutes or until the cauliflower meets your desired texture. Divide the cauliflower rice between bowls and top with the steak and peppers. **Enjoy!**









**4 SERVINGS**



**10 MINUTES**

# ZUCCHINI NOODLES

**With Creamy Avocado Sauce**

## Ingredients

- 1 Cup Basil Leaves (plus additional for garnish)
- 1 Avocado
- ¼ Cup Extra Virgin Olive Oil
- 2 Tbsps Lemon Juice
- ¼ Cup Pumpkin Seeds (plus additional for garnish)
- 1 Tbsp Nutritional Yeast
- ¼ Tbsp Sea Salt
- 3 Tbsps Water
- 4 Zucchini (large)
- 1 Cup Cherry Tomatoes (halved)

## Directions

- In a blender or food processor, add the basil, avocado, extra virgin olive oil, lemon juice, pumpkin seeds, nutritional yeast and sea salt. Blend while slowly adding the water to thin.
- Spiralize the zucchinis and add to a bowl. Toss with the avocado sauce and add the tomatoes, extra pumpkin seeds and basil. Divide between bowls and enjoy!



# WALNUT CRUSTED SALMON WITH ASPARAGUS

## Ingredients

- ½ Cup Coconut Flour
- ½ Tsp Stevia Powder
- 6 Egg
- ⅓ Cup Coconut Oil (melted)
- ¼ Tsp Sea Salt
- 1 Lemon (zested and juiced)
- 1 Tsp Poppy Seeds



2 SERVINGS



20 MINUTES

## Directions

- Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- Combine the walnuts, green onion, salt and Italian seasoning. Add the lemon juice and 1/3 of the oil and stir to mix.
- Rub another 1/3 of the oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
- Toss the asparagus in the remaining oil and season with sea salt to taste. Place the seasoned asparagus in an even layer on the baking sheet with the salmon.
- Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily and asparagus is tender. Divide between plates and enjoy!

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# Ingredients

- 3 Cups Of Fresh Berries
- ½ Cup Almond Flour
- ½ Cup Erythritol (like Swerve)
- ¼ Tbsp Sea Salt
- Organic Butter



4 SERVINGS



1 HOUR

# Directions

- Preheat oven to 350 degrees.
- Put the berries into four half-pint canning jars.
- Combine the almond flour, sweetener, and salt.
- Whisk it together with a fork and pour it on the fruit, and then top with a generous pat of organic butter.
- Put the jars in a square baking dish. Bake it at 350 for one hour.
- Let the jars cool completely then put the lid on and store in the fridge for up to a week. You can also top with cocoa nibs, stevia sweetened whipped cream, or chopped nuts.

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# MASON JAR BERRY COBBLERS







# LEMON CHEESECAKE

 12 SERVINGS  1 HOUR 30 MINUTES

## Ingredients

- $\frac{3}{4}$  Cup Pecans
- 2 Tbsps Xylitol
- $\frac{3}{4}$  Cup Almonds
- $\frac{1}{4}$  Cup Melted Butter
- 1  $\frac{1}{2}$  lbs Cream Cheese At Room Temp
- 3 Large Organic Eggs At Room Temp
- 1 Cup Sour Cream
- 2 Tbsps Lemon Zest
- 2 Cups Xylitol
- 2 Tbsps Fresh Lemon Juice

## Directions

- Directions for Crust: Preheat oven to 350°F.
- Mix the dry ingredients in a bowl. Add melted butter & stir until well mixed.
- Pour mixture into spring form pan, shake, spread around, and pat down firmly.
- Bake for 10 minutes or until starting to brown.
- Cool crust, then wrap pan in foil to prepare for baking the filling.
- Directions for Filling: Lower oven to 325°F.
- In large bowl beat cream cheese until smooth then add sour cream and beat until fluffy.
- Gradually add xylitol.
- Beat in eggs one at a time until fully incorporated.
- Mix in lemon zest and lemon juice.
- Pour mixture over cooled crust, place in pan, and fill pan half-way with boiling water.
- Bake for 60–75 min. until center is almost set but still slightly jiggly.
- Allow to cool.





**4 SERVINGS**



**10 MINUTES**

# STRAWBERRY GELATO

## Ingredients

- **1** 10 Oz Bag Of Frozen Strawberries (about 2 cups)
- **1** Ripe Avocado (pit and peel removed)
- Stevia (to taste)

## Directions

- Put the strawberries and avocado in a heavy duty blender (preferably with a plunger). Make sure you blend it well then add stevia to taste. It won't take much because the strawberries are sweet on their own.
- Freeze until firm.





6 SERVING



20 MINUTES

# NO BAKE - SUGAR FREE ALMOND FUDGE

## Ingredients

- 2 Cups Raw Creamy Almond Butter (unsalted)
- ½ Cup Coconut Oil (softened)
- ⅛ Tbsp Kal Brand Or Now Brand Stevia Concentrated Powder – (sweetness to taste)
- 1 Tbsp Kosher Or Sea Salt

NOTE: Due to the nature of coconut oil, this fudge will melt if left at room temperature for long. Store in the freezer for best results. If you want to add a chocolate flavor try adding a scoop or two of Grass-Fed Whey Protein to the mix.

## Directions

- Mix all the ingredients together in a medium bowl, until smooth and creamy. We recommend using a stand mixer with a paddle attachment. (Tip: It helps if all the ingredients are at room temperature, to keep the coconut oil soft.)
- Transfer the mixture to a square baking dish, or container, lined with parchment or wax paper, then smooth with a spatula, and freeze until solid (about an hour). Remove the fudge by lifting the paper out of the pan, then cut into squares and serve immediately.

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