



maxliving®

CORE PLAN

RECIPE BOOK





1 SERVING



5 MINUTES

BANANA PROTEIN SHAKE

Ingredients

- 1 Cup Plain Unsweetened Almond Milk.
- 1 Scoop Chocolate MaxLiving Grass Fed Whey Protein Or Vanilla Perfect Plant Protein Powder.
- 1 Banana.
- 1/3 tsp Ground Cinnamon.

Optional: Stevia For Added Sweetness

Directions

Blend all ingredients together and enjoy!



1 SERVING



15 MINUTES

MEXICAN BLACK BEAN OMELETTE

Ingredients

- 1 ½ Coconut Oil
- 2 Egg (whisked)
- 2 tbsps Unsweetened Almond Milk
- ¼ Green Bell Pepper (finely diced)
- ½ Cup Black Beans (cooked, drained and rinsed)
- ¼ Cup Mushrooms (diced)
- ¾ tsp Chili Powder
- ½ tsp Nutmeg
- ½ tsp Paprika
- Sea Salt & Black Pepper (to taste)
- ¼ Avocado (diced)

Directions

- Place coconut oil in a frying pan and place on medium-low heat.
- Mix eggs, almond milk, green pepper, mushrooms, half the black beans, chili powder, nutmeg and paprika in a mixing bowl. Beat with a fork.
- Pour egg mixture into frying pan and let cook for about 3 minutes. Fold in half when underside of omelette begins to brown and let cook for another 3 minutes. (Note: If you are making more than 1 serving, you will have to divide the egg mixture and cook it in portions.)
- Top with diced avocado and the remaining black beans. Sprinkle with sea salt and pepper to taste. **Enjoy!**



10 SERVINGS



10 MINUTES

NOT TUNA SALAD

Ingredients

- 1 Can Chickpeas
- 1 Cup Sunflower Seeds (soaked 8–12 hours)
- 1 Cup Almonds (soaked 8–12 hours)
- ½ Cup Lemon Juice
- ¼ Cup Minced Celery
- 2 Tbsps Kelp Powder
- ¼ Cup Minced Red Onion
- 2 Tbsps Minced Parsley
- Minced Fresh Dill
- 1 Tbsp Himalayan Sea Salt
- ¼ Cup Olive Oil

Directions

- Process the almonds, sunflower seeds, sea salt, and lemon juice in a food processor until mixture sticks together in a ball. You may need to stop the machine and scrape down the walls with a spatula.
- Add the remaining ingredients and hand mix.
- **Optional:** Serve in lettuce wraps, endive leaves, or red bell pepper halves

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BLACK BEANS, SWEET POTATO & EGG

Ingredients

- 2 Sweet Potato (medium, cubed)
- 1 Tbsp Avocado Oil
- 1 Tbsp Sea Salt (divided)
- 4 Egg (whisked)
- 1 ½ cups Black Beans (cooked)
- 1 Avocado (sliced)

Directions

- Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Season the sweet potato with avocado oil and half of the sea salt. Bake for 25 to 30 minutes or until cooked through.
- Heat a skillet over medium heat. Add the eggs and scramble until cooked through. Season with the remaining sea salt.
- Divide the sweet potato, scrambled egg and black beans between containers. Place in the fridge until ready to be enjoyed. Add the sliced avocado just before serving. **Enjoy!**



1 SERVING



5 MINUTES





 **4 SERVINGS**

 **30 MINUTES**

LEMON TURKEY

QUINOA SKILLET

Ingredients

- 1 ½ Tbsps Extra Virgin Olive Oil
- 2 Garlic (cloves, minced)
- 1 lb Extra Lean Ground Turkey
- 1 Tbsp Oregano (dried)
- ¼ Tbsp Sea Salt
- ¼ Cup Black Olives (chopped)
- 2 Cups Baby Spinach (chopped)
- ¾ Cup Quinoa (dry, uncooked)
- 1 ½ Cups Vegetable Broth
- 1 Lemon (zested and juiced)

Directions

- Heat oil in a large skillet with a tight-fitting lid over medium-high heat.

- Add the garlic to the skillet and cook for a minute until fragrant. Add the turkey, oregano and salt to the skillet and continue to cook for about 5 to 7 minutes or until the turkey is cooked through, breaking it up as it cooks.
- Add the black olives and spinach to the skillet with the turkey and mix well until spinach is wilted.
- Add the quinoa to the skillet, stir to incorporate then add the broth. Bring to a gentle boil, then cover the skillet with the lid and reduce heat to medium-low. Let the skillet simmer for 10 to 12 minutes or until all the liquid has absorbed and the quinoa is tender.
- Stir in the lemon zest and lemon juice. Season with additional salt if needed. Serve immediately and enjoy!

BASIC CHILI

🍲 5 SERVINGS

🕒 1 HOUR 10 MINUTES

Ingredients

- 1 Tbsp Coconut Oil
- ½ Cup Onion (chopped or grated)
- ½ Cup Celery (chopped)
- 2 cloves Garlic (minced)
- 1 Cup Green Pepper (chopped)
- 1 Can Kidney Beans Or Black Beans
- 2 Tbsps Oregano
- 2 Tbsps Chili Powder
- 2 Tbsps Ground Cumin Sea Salt
- 8 ozs Can Organic Crushed Tomatoes
- 1 lb Ground Bison, Grass Fed Beef (or ground turkey)

Directions

- In a large skillet melt oil and sauté onions, celery, garlic, and peppers until onion is translucent, 3-4 minutes.
- Add ground meat, oregano, chili powder, and cumin, continue cooking, stirring frequently, for 5-6 minutes.
- Pour salt, tomatoes, and salsa, if desired, into pot.
- Cover, reduce heat and simmer for a minimum of 1 hour for best flavor.

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4 SERVINGS



15 MINUTES

CHICKPEA, AVOCADO & FETA SALAD

Ingredients


- 2 Cups Chickpeas (cooked, drained and rinsed)
- ½ Cucumber (diced)
- 4 stalks Green Onion (chopped)
- ¼ Cup Parsley (chopped)
- 1 Lime (juiced)
- ¼ Cup Feta Cheese (crumbled)
- 1 ½ Tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 Avocado (diced)

Directions

- Combine all ingredients except avocado together in a large mixing bowl. Mix well with a spatula. Top with avocado when ready to serve. **Enjoy!**



GRILLED PINEAPPLE & CHICKEN SALAD

 4 SERVINGS

 20 MINUTES

Ingredients

- ¼ Cup Extra Virgin Olive Oil (divided)
- 1 Tbsp Apple Cider Vinegar
- Sea Salt & Black Pepper (to taste)
- 1 lb Chicken Breast
- 3 Cups Pineapple (sliced into rings)
- 6 Cups Baby Spinach
- 1 Cup Blueberries
- 1 Avocado (diced)
- ½ Cup Feta Cheese (crumbled)
- ¼ Tbsp Stevia Powder
- ½ Cup Red Onion (thinly sliced)

Directions

- Add ¾ of the olive oil, apple cider vinegar, stevia, salt and pepper (to taste) to a small mason jar. Shake and set aside.
- Preheat grill on medium heat. Brush both sides of each chicken breast with the remaining olive oil and season with salt, pepper and any other spices you like.
- Place pineapple slices and chicken breasts on the grill. Grill the chicken about 15 to 20 minutes or until cooked through, flipping halfway. Cook pineapple slices until grill marks appear, about 6 minutes each side.
- Meanwhile, toss together spinach, blueberries, avocado, feta and red onion in a large bowl. Chop pineapple into chunks and chicken into strips. Add to salad. Divide onto plates and coat with desired amount of salad dressing.



RAW PECAN PIE MINI TART

 4 SERVINGS  1 HOUR 30 MINUTES

Ingredients

- 1 $\frac{3}{4}$ Cups Walnuts
- 3 Medjool Dates (soaked for at least 30 minutes)
- Coconut Oil (for greasing the pan)
- 1 $\frac{1}{2}$ Cups Large Medjool Dates (soaked for at least 30 minutes)
- $\frac{1}{2}$ Cup Pecans Plus More For Garnish

Directions

- In a food processor combine the ingredients for the crust (walnuts, and 3 dates that were soaked). Pulse until the mixture is broken down and sticks together when pressed.
- Spoon evenly into oiled (use coconut oil) mini muffin pan and press down gently to create a thin, even crust on the bottom and sides. Place in freezer while making the filling.
- Place the 1 $\frac{1}{2}$ cup large soaked dates in a food processor. Add the pecans and about 1-2 tbsp fresh water and blend until smooth and gooey, scraping down the sides often.
- Spoon filling into chilled crusts and top with pecans.
- Place back in the freezer and allow to set up for at least 1 hour. Remove from the pan by running a knife around the edges and popping them out. Place them in mini muffin cup liners or on a dish and store in the refrigerator.

BROWNIE BATTER PROTEIN BALLS



1 SERVING



5 MINUTES

Ingredients

- 1/3 Cup Pitted Dates (packed)
- 2 Cups Black Beans (cooked)
- 1 Serving Grass Fed Whey Protein (Chocolate)
- 1/3 Cup Pumpkin Seed Butter
- 1/2 Tsp Sea Salt
- 1 Tbsp Cacao Powder

Directions

- Line a baking sheet with parchment paper.
- Combine dates, black beans, chocolate Grass-Fed Whey Protein, pumpkin seed butter, sea salt, and cacao powder in the bowl of your food processor. Process until smooth, scraping down the sides as necessary.
- Roll the dough into 1-inch balls and place on the covered baking sheet. You should have about 3 balls per serving.
- Refrigerate at least 1 hour to set. **Enjoy!**

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