

Post Weigh – In Performance Smoothie

Base Shake:

- 1 tablespoon coconut oil
- 8 - 12 oz. coconut water (depends on consistency you want)
- half banana
- handful frozen blueberries
- frozen strawberries (handful)
- 2 handful of spinach
- 1 scoop *Maximized living protein (grass-fed, low temp., no antibiotics/hormones)
- 1 avocado
- ½ lemon (or drink lemon water throughout the day)
- 2 tablespoons almond butter

***maximizedliving.com**

Performance Pancakes:

Mix First:

- 2 – cage free whole eggs
- 3 – Tbls unsweetened Almond Milk
- 3 – Tbls Organic Butter (melted) / Coconut Oil

Then Add:

- ½ Tsp – Vanilla
- ½ tsp – Baking powder (aluminum free)
- 3 Tbls – Almond Flour (grind almonds in blender)
- 3 Tbls – whole ground oat flour (bob mills)
- 1 maximized living perfect protein
- 2 Tbls – xylitol (if needed)

Almond Power Bars

Almond Power Bars

Recipe Type: Breakfast, Snacks

Author: admin

Prep time: 8 mins

Cook time: 12 mins

Total time: 20 mins

Serves: 8-10

Whether you're looking for a healthy breakfast, snack or after-workout power bar these high-protein, high-fiber bars are the perfect food! Easy to make, you can also substitute other combinations of raw nuts and raw nut butters, as well as choosing to skip the chocolate coating if desired.

Ingredients

- 2 Cups Raw Almonds
- 1/2 Cup Flaxseed Meal
- 1/2 Cup Unsweetened Shredded Coconut
- 2 Scoops Flavored Whey Protein Powder
- 1/2 Cup Raw Almond Butter
- 1/2 Teaspoon Kosher Salt
- 1/2 Cup Coconut Oil
- 8 Drops Liquid Stevia or 3/4 Teaspoon Stevia Powder, To Taste
- 1 Tablespoon pure Vanilla Extract (No sugar – Check the label)
- 8 Squares unsweetened chocolate, melted and sweetened to taste with Stevia and Cinnamon (optional)

Instructions

1. Place almonds, flax meal, shredded coconut, whey powder, almond butter and salt in a food processor. Pulse briefly, about 10 seconds.
2. In a small sauce pan, melt coconut oil over very low heat. Remove coconut oil from stove; stir stevia and vanilla into oil.
3. Add coconut oil mixture to food processor and pulse until ingredients form a coarse paste. Press mixture into an 8×8 glass baking dish. (A parchment paper liner helps when you want to remove the bars from the dish)
4. Chill in refrigerator for 1 hour, until mixture hardens.
5. In a double boiler, melt chocolate, stirring in stevia and cinnamon. Spread melted chocolate over bars; return to refrigerator for 30 minutes, until chocolate hardens. Remove from refrigerator, cut into bars, and serve.