



## Zucchini Fries

### Advanced and Core



1 large or 2 small organic zucchini

1 1/2 cup almond flour

1 teaspoon sea salt

1 organic egg

#### DIRECTIONS

Preheat oven to 425 degrees.

Beat egg in a small bowl. Combine almond flour, spices, and salt in another bowl. Cut zucchini into french fry sized rectangles.

Dip a small handful of zucchini fries in the egg and dredge in the almond flour mixture. Be sure they are well coated and place on a baking stone or parchment lined baking sheet.

Cook for 20-30 minutes or until brown and crispy. Serve immediately.



## Pumpkin Bread

### Advanced and Core

Prep time: 10 mins  
Cook time: 40 mins  
Total time: 50 mins

#### Ingredients

- 1 cup **blanched almond flour**
- ¼ teaspoon **sea salt**
- ½ teaspoon baking soda
- 1 tablespoon cinnamon
- 1 teaspoon nutmeg
- ½ teaspoon cloves
- ½ cup roasted pumpkin
- 1½ teaspoon **stevia**
- ¼ teaspoon **xanthan gum**
- 3 eggs

### Instructions

1. In a food processor combine **almond flour**, **salt**, baking soda and spices.
2. Add pumpkin, **xanthan gum**, **stevia** and eggs and pulse for 2 minutes.
3. Scoop batter into a mini loaf pan.
4. Bake at 350° for 40 minutes.
5. Cool for 1 hour and serve.



## Mexican Bean Salad

### Core Plan

Prep time: 1 hour 15 mins (for chilling)

Total time: 1 hour 15 mins

Serves: 8

Ingredients

- 1 (15 ounce) Can Black Beans, rinsed and drained
- 1 (15 ounce) Can Kidney Beans, drained
- 1 (15 ounce) Can Cannellini Beans, rinsed and drained
- 1 Green Bell Pepper, chopped
- 1 Red Bell Pepper, chopped
- 1 (10 ounce) Package Frozen Corn Kernels (NON GMO!!)
- 1 Red Onion, chopped
- ½ Cup Olive Oil
- ½ Cup Red Wine Vinegar
- 2 Tablespoons Fresh Lime Juice
- 1 Tablespoon Lemon Juice
- ½ Tablespoon **Stevia**
- 1 Tablespoon **Sea Salt**
- 1 Clove of Garlic, minced
- ¼ Cup Chopped Fresh Cilantro
- ½ Tablespoon Ground Cumin
- ½ Tablespoon Ground Black Pepper
- 1 Dash Hot Pepper Sauce
- ½ Teaspoon Chili Powder

### Instructions

1. In a large bowl, combine beans, bell peppers, frozen corn and red onion.
2. In a small bowl, whisk together olive oil, red wine vinegar, lime juice, lemon juice, sugar, **salt**, garlic, cilantro, cumin and black pepper. Mix in hot sauce and chili powder.
3. Pour olive oil dressing over vegetables; mix well. Chill thoroughly, and serve cold.



## Roasted Asparagus With Feta Advanced and Core

- 2 Pounds Organic Asparagus, prepped\*
  - ¼ cup olive oil
  - 4 cloves garlic, minced
  - 1 tsp fresh lemon zest
  - ½ tsp dried oregano
  - ¼ tsp red pepper flakes
  - Sea salt, to taste
  - Pepper, to taste
  - 2 tbsp Parsley
  - 4 ounces organic feta cheese, crumbled
  - Juice of 1 lemon
1. Preheat oven to 400 degrees F. In a small saucepan, add olive oil, garlic, lemon zest, oregano and red pepper flakes. Heat over low heat until garlic becomes golden and oil fragrant. Remove from heat
  2. Place asparagus spears on rimmed baking sheet. Coat asparagus with infused olive oil. Season with salt and pepper. Top with feta cheese. Roast for 12-15 minutes.



## White Bean Chili

### Advanced and Core

- 2 Tbsp of coconut oil
  - 1 large onion, chopped
  - 1 cup canned mild green chilies
  - 6 cloves of garlic, minced
  - 1 BPA-free can of great northern beans
  - 1 BPA-free can of white (or regular) kidney beans
  - 48 ounces of organic vegetable broth (low sodium if possible)
  - 1 Tbsp ground cumin
  - 1 Tbsp dried oregano
  - 2 tsp black pepper
  - ¼ tsp cayenne
  - 1 pound of ground turkey
  - Sea Salt to taste
  - **OPTIONAL:** Other veggies, as desired (zucchini, celery, bell pepper, kale, etc.)
1. Heat oil in large stock pot and add onion, chilies, and garlic (and other veggies if using). Cook for a few minutes until tender.
  2. Stir in beans, broth, cumin, oregano, and cayenne. Bring to a boil, reduce heat, cover and simmer 10 minutes. As that simmers, cook the ground turkey.
  3. Add cooked ground turkey. Cover and simmer for another 10 minutes. Add sea salt to taste.
  4. Serve and Enjoy or save for later.



## Avocado Hummus Core and Advanced

### Ingredients

- 1 (15 oz) BPA-free can of chick peas, well drained
- 2 medium ripe avocados, cored and peeled
- 3 Tbsp olive oil, plus more for serving if desired
- 1 1/2 Tbsp tahini (watch for bad oils!)
- 3 Tbsp fresh lime juice
- 1 clove garlic, peeled
- Salt and freshly ground black pepper
- 1/8 tsp cumin
- 1 - 2 Tbsp finely chopped cilantro leaves, for topping (optional)
- Red pepper flakes, for topping (optional)
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### Directions

- Pulse chick peas, olive oil, tahini, lime juice, and garlic in a food processor until smooth, about 2 minutes. Season with salt and pepper to taste (I did a scant 1/2 tsp salt and about 1/8 tsp pepper), add cumin and avocados and pulse mixture until smooth and creamy, about 1 - 2 minutes longer.
- Serve topped with more olive oil if desired and sprinkle with cilantro and red pepper flakes.
- Serve with sliced veggies.



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## Chicken Fingers



### Ingredients

- 1 lb organic chicken tenders or chicken breasts, pounded thin.
- 1/2 cup grapeseed oil Vegenaïse. (This brand is readily available and has a purple top. There are other versions that use canola oil, which we do NOT recommend.)
- 1 cup almond flour.
- Sea salt and black pepper to taste.

### Cooking Instructions

1. Season chicken with salt and pepper.
2. Dredge in Vegenaïse and then in almond flour.
3. Place in a glass baking dish and bake at 350 degrees for about 30 – 40 minutes depending on the thickness of the chicken.

#### Ranch Dressing for Dipping (Optional)

½ cup organic plain greek yogurt

- ½ cup organic milk
- 2 tsp lemon juice
- 2 Tbsp Vegenaïse
- 1/8 tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp black pepper
- ¼ tsp marjoram
- ¼ tsp celery salt
- ¼ tsp dried parsley
- 1 Tbsp dill

In a glass measuring cup, add milk and lemon juice and let stand for 5 minutes. Add all ingredients to a blender and blend until thoroughly combined. Let rest covered in the refrigerator for at least one hour before serving to allow flavors to blend.



## Spelt Chocolate Chip Cookies

### Core Plan

- 1 stick organic, grass fed if possible, unsalted butter
- $\frac{3}{4}$  cup Xylitol
- 1 egg (organic, free range)
- 1 teaspoon organic vanilla extract
- $\frac{1}{2}$  teaspoon aluminum free baking powder
- 1  $\frac{3}{4}$  cups spelt flour
- $\frac{1}{2}$  teaspoon sea salt
- $\frac{1}{2}$  cup organic, dark chocolate chips

In a large mixing bowl, beat butter with sugar, egg and vanilla extract. Blend in flour, baking powder, and salt. Stir well. Add in chocolate chips. Grease baking sheet with coconut oil and place cookie dough in small balls on the baking sheet. Cook 10-12 minutes

The logo for Maximized Living features a stylized red 'M' composed of several geometric shapes: two large triangles pointing outwards and two smaller triangles pointing inwards, all in a vibrant red color.

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## Grainless Granola- *Advanced and Core Plan*



### Ingredients

- 6-10 servings (depending on size of the serving)
- 2 cups nuts (any combination of walnuts, pecans, and almonds – slivered work best)
- 1/2 cup raw pumpkin seeds
- 1 cup large coconut flakes, unsweetened
- 1/4 cup coconut oil
- 1/4 cup erythritol (like Swerve) or spoonable stevia to taste (about 1-1 1/2 teaspoons)
- 1 teaspoon fresh grated ginger or 1/4 teaspoon ground ginger
- 1 teaspoon sea salt
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 1 organic egg white, whisked until frothy
- *Core Plan Option:* 1 cup dried fruit (unsweetened cranberries, raisins, dates)

### Directions

1. Preheat oven to 300 degrees. Line baking sheet with parchment paper.
2. Melt coconut oil in a small saucepan over low heat. Take off heat and stir in ginger, salt, vanilla, and cinnamon. Set aside.
3. Combine nuts in a food processor and pulse several times to chop the nuts roughly. Transfer nuts to a large bowl. Pull out any large chunks and re-process. Add pumpkin seeds, coconut flakes and dried fruit (if using) to the nuts. Toss to combine then pour the oil mixture into the nut mixture and mix well. Whisk egg white and pour over mixture and combine with a spoon or your hands, making sure everything is coated well.
4. Transfer granola onto baking sheet, spreading it out into one even layer.
5. Bake granola for 20-25 minutes until dry and golden (watch it closely so it doesn't burn). Don't stir, but you may need to rotate the pan if it is growing unevenly.
6. Remove the parchment from the hot pan and let the granola cool completely (it will get even crispier as it cools).
7. When the granola is cool, break it up into chunks. This can be stored for up to two weeks in an airtight container.



## Protein Popping Power Balls

### Ingredients:

1 cup peanut butter

1 tsp. organic vanilla extract

1 scoop Perfect Protein or Whey Cool (note: if using WheyCool, you will need to add some stevia or xylitol to sweeten)

½ cup raw coconut flakes for Advanced. Organic oats for Core Plan. Or use both!

½ cup of ground chia seeds

1 tsp. sea salt

Organic, dark chocolate chips to taste

Stir everything together and form in to balls.

**Servings:** Makes 8 small balls



## Blueberry Muffins

### Advanced or Core

- 2 ½ cups almond flour or almond meal
- ¾ tsp baking soda
- ½ tsp sea salt
- 3 organic and free roaming eggs
- 1/3 cup unsweetened, granny smith applesauce (can be found at trader joes). Regular unsweetened applesauce can be substituted for core plan)
- 2 Tbsp raw honey for Core, Stevia to taste for Advanced.
- 2 Tbsp coconut oil
- 1 tsp vinegar (white or cider)
- 1 tsp vanilla extract
- 1 cup organic blueberries

### Instructions

1. Preheat oven to 350 degrees. Line 10 cups in a standard 12-cup muffin tin with paper or foil liners
2. In a large bowl whisk the almond flour, baking soda and salt
3. In a small bowl, whisk the eggs, applesauce, honey or stevia, coconut oil, vanilla extract and vinegar
4. Add wet ingredients to the dry ingredients, stirring until blended. Fold in the blueberries.
5. Divide batter evenly among prepared cups
6. Bake for 14 to 18 minutes until set at the centers and golden brown at the edges. Move the tin to a cooling rack and let the muffins cool in the tin for 30 minutes.



# MaximizedLiving

## *Starters:*

Zucchini Fries

Avocado Hummus with Chopped Veggies

Pumpkin Bread

## *Main Dishes:*

White Bean Chili

Asian Turkey Lettuce Wraps

Zucchini Boats

Chicken Asparagus Marsala

Philly Cheese Steak Stuffed Peppers

Roasted Vegetable Lasagna

Chicken Fingers

Healthy Pizza

## *Sides and Salads*

Broccoli Cranberry Salad

Mashed No-tatoes

Mexican Bean Salad

Roasted Asparagus with Feta

## *Desserts*

Brownies

Grainless Granola

Blueberry Muffins

Spelt Chocolate Cookies

Protein Power Balls



# MaximizedLiving

## Philly Cheese Steak Stuffed Peppers



### Core and Advanced

### Ingredients

- 1 pound grass-fed ground beef
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- 2 teaspoons liquid aminos or tamari
- 4-6 organic green bell peppers, tops cut off and chopped (throw away stems), and ribs and seeds cleaned out
- 1/2 large yellow onion, sliced
- 1 container mushrooms, sliced
- 8-12 thin slices organic, raw cheese

### Directions

1. Heat the oven to 350 degrees.
2. Put the hollowed peppers on a parchment lined baking sheet and bake for 10 minus, just to soften a bit.
3. Meanwhile, brown the ground beef with salt, pepper, chopped green pepper tops and onions.
4. 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.
5. Put a slice of cheese into the bottom of the peppers, fill with ground beef mixture, and top with another slice of cheese.
6. Cook in the 350 degree oven until cheese is melted and bubbly.
7. If you have leftover cheese steak mixture, you can bake it in an oven-safe dish with cheese over top.



## Asian Turkey Lettuce Wraps

### Core and Advanced

- 1 ½ cup water
- 1 pound ground turkey
- 1 tablespoon Sesame Oil
- 1 cup shiitake mushroom caps, chopped
- 1 tablespoon rice vinegar
- 1 (8 ounce) can water chestnuts, drained and chopped
- 3 cloves garlic
- 2 tablespoons ginger, minced
- 1/3 cup tamari or liquid aminos
- ½ cup green onions, chopped
- 1 head of lettuce, separated into leaves

Cook turkey in skillet about 5 minutes, stirring until turkey crumbles and is no longer pink. Add mushrooms and next 5 ingredients. Increase heat to medium-high and cook, stirring constantly, 4 minutes. Add green onions and cook, stirring constantly, 1 minute. Spoon mixture evenly onto lettuce leaves and roll up.



## Zucchini Boats

### Advanced and Core Approved

- 2 medium zucchini
- 1 pound ground turkey
- 1 small onion, chopped
- 1 cup raw and organic cheese, shredded
- 2 tablespoons fruit sweetened ketchup or tomato paste
- ½ cup sliced fresh mushrooms
- ½ cu sweet red peppers
- ½ cup chopped green pepper
- Salt and pepper to taste

Trim the ends of the zucchini. Cut in half lengthwise. Scoop out pulp, leaving a ½ inch shell. Finely chop pulp. In a skillet, cook ground turkey, zucchini pulp, onion, mushrooms, and pepper. Mix well. Spoon into the zucchini shells. Place in a buttered baking dish. Sprinkle with remaining cheese if desired. Bake uncovered at 350 for 30 minutes.



## Chicken Asparagus Marsala

### Advanced and Core

- 4 chicken breast halves. Boned and skinned
- ½ pound mushrooms
- 10 ounces asparagus spears, cut
- ¼ cup marsala wine
- 2 tablespoons butter
- 1 tablespoon coconut or grapeseed oil
- ¼ cup water
- 1 tablespoon parsley, chopped diagonally in 2 pieces
- Salt and pepper to taste

Pound the chicken pieces to ¼ inch thickness. Melt the butter in a frying pan over medium-high temperature. Add chicken and cook, turning for about 5 minutes or until the chicken is brown. Remove chicken and set aside. To the drippings remaining in the fry pan, add the asparagus and mushrooms and cook, stirring, for about 3 minutes. Return the chicken to the pan, add the marsala wine, water and salt and pepper.

Bring the mixture to boil for 2 minutes to reduce the liquid. Reduce heat, cover and simmer for about 3 minutes or until the chicken and vegetables are tender. Arrange the chicken on a serving platter. Spoon the vegetable sauce over the chicken. Sprinkle with chopped parsley and serve.



## **Roasted Vegetable Lasagna Advanced and Core**

- 1 Large eggplant sliced into ¼ inch rounds
- ½ pound mediem mushrooms, cut into ¼ inch slices
- 2 small zucchini sliced lengthwise into ¼ inch slices
- 3 tablespoons olive oil
- 1 clove garlic, minced
- 1 (15 ounce) container ricotta cheese (drained)
- ½ teaspoon pepper
- ¼ cup parmesan cheese, grated
- 1 egg
- 1 teaspoon sea salt
- 1 (26 ounce) far pasta sauce (check ingredients) or homemade sauce
- 2 cups mozzarella cheese, grated
- 3 tablespoons basil, minced

Spread eggplant and mushrooms onto a baking pan. Place zucchini and red pepper on a second pan. Combine the oil and garlic; brush over both sides of vegetables. Sprinkle with salt and pepper. Bake uncovered at 400 F for 15 minutes. Turn vegetables over and cook 15 minutes more. Remove eggplant and mushrooms. Bake zucchini and red pepper 5-10 minutes until edges are browned. IN a bowl, combine the ricotta cheese, parmesan cheese, and egg. Spread about ½ cup of pasta sauce in a 9" x 13" x 2" glass baking dish. Layer wkth half the ricotta cheese mixture, half of the vegetables, a third of the pasta sauce, and 2/3 cup of the mozzarella cheese. Sprinkle with basil. Repeat layers.

Top with remaining pasta sauce. Cover and bake at 350 for 40 minutes. Uncover, sprinkle with remaining cheese. Bake 5-10 minutes longer or until the edges are bubbly and cheese is melted. Let stand for 10 minutes before cutting.



## Broccoli Cranberry Salad

### Advanced and Core

#### Ingredients

##### Salad:

- 5 Cups Raw Broccoli Florets, chopped
- ½ Cup Red Onion, chopped
- ½ Cup Organic Shredded Cheese (optional)
- 1 Cup Turkey Bacon, cooked and crumbled
- 1 Cup Raw Sunflower Seeds
- 1 Cup Dried Cranberries

##### Dressing

- ¾ Cup Veganaise (with grapeseed oil, not canola! Found in the refrigerator section)
- [Stevia](#) or [Xylitol](#) to taste
- 2 Tablespoons Red Wine Vinegar
- ¼ Teaspoon Pepper

##### Instructions

1. Combine all salad ingredients in a large mixing bowl; mix well. Combine dressing ingredients in a small mixing bowl.
2. Mix until thoroughly combined using a fork or wire whisk. Add dressing to salad and mix well. Refrigerate 1 hour.



**Mashed NO-tatoes  
Core and Advanced**

- **1 head cauliflower**
- **Seas salt and black pepper to taste**
- **2 table spoons organic butter**
- **1-2 cloves of garlic, optional**

**Steam cauliflower until very soft. Chop up cauliflower and put in a food processor or blender with butter, salt, pepper and garlic if desired. Blend to desired consistency.**



## Brownies

### Advanced and Core

- 4 tablespoons butter
- 4 tablespoons unsweetened cocoa powder
- 1  $\frac{1}{2}$  cup Perfect Protein (chocolate or vanilla)
- 2 teaspoons stevia or to taste
- 1 teaspoon pure vanilla extract
- $\frac{1}{3}$  cup milled flaxseed +  $\frac{2}{3}$  cup boiling water to gel
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon aluminum free baking powder
- $\frac{1}{2}$  cup chopped walnuts, optional
- $\frac{3}{4}$  teaspoon salt
- 1 egg

Preheat oven to 275. Melt butter and cocoa powder in a small saucepan on low heat. Stir until smooth. Add protein powder, stevia, salt, vanilla and egg and beat well. Combine milled flaxseed gel, walnuts, baking soda and baking powder. Add to the chocolate mixture. Mix all ingredients well. Pour mixture into a square baking dish and bake for 20 minutes or until a knife or toothpick comes out clean. When done, remove and cool brownies on a wire rack. Serve when cool.