



KMAX HEALTH
GET AFTER IT
21-DAY CHALLENGE

Week Two -- Get After It

KMAX
HEALTH | CHOOSE
WELL.


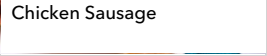

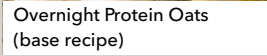

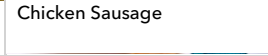

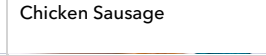

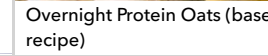

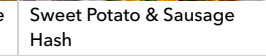

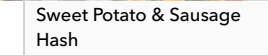

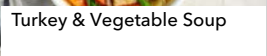

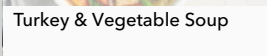

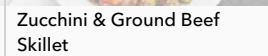

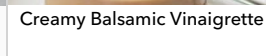

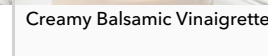



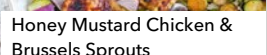



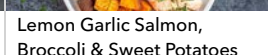

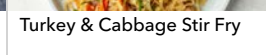



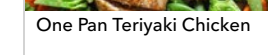
Kim Maxwell

<http://www.kmaxhealth.com>

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 21 DAY CHALLENGE

WEEK TWO MEAL PLAN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Breakfast	 Bell Pepper & Spinach Egg Bake  Chicken Sausage	 Overnight Protein Oats (base recipe)  Overnight Protein Oats (base recipe)	 Bell Pepper & Spinach Egg Bake  Chicken Sausage	 Bell Pepper & Spinach Egg Bake  Chicken Sausage	 Overnight Protein Oats (base recipe)  Overnight Protein Oats (base recipe)	 Sweet Potato & Sausage Hash  Sweet Potato & Sausage Hash	 Sweet Potato & Sausage Hash  Sweet Potato & Sausage Hash	
Lunch	 Turkey & Vegetable Soup  Turkey & Vegetable Soup	 Turkey & Vegetable Soup  Turkey & Vegetable Soup	 Zucchini & Ground Beef Skillet  Zucchini & Ground Beef Skillet	 Kitchen Sink Salad  Creamy Balsamic Vinaigrette	 Kitchen Sink Salad  Creamy Balsamic Vinaigrette	 Slow Cooker Beef Stew  Slow Cooker Beef Stew	<p><i>Enjoy Leftovers, Smoothie, or a Salad</i></p> <p>Leftovers</p>	
Dinner	 Honey Mustard Chicken & Brussels Sprouts  Honey Mustard Chicken & Brussels Sprouts	 Zucchini & Ground Beef Skillet  Zucchini & Ground Beef Skillet	 Lemon Garlic Salmon, Broccoli & Sweet Potatoes  Lemon Garlic Salmon, Broccoli & Sweet Potatoes	 Turkey & Cabbage Stir Fry  Turkey & Cabbage Stir Fry	 Slow Cooker Beef Stew  Slow Cooker Beef Stew	<p><i>Free Meal ENJOY!</i></p> <p>Free Meal</p>		 One Pan Teriyaki Chicken  One Pan Teriyaki Chicken



Fruits

- 2 Apple
- 1/2 Avocado
- 3 tbsps Lemon Juice
- 1 1/3 Lime
- 1 Navel Orange

Breakfast

- 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 1/4 tsp Cinnamon
- 2 tsps Cumin
- 1 1/2 tsps Dried Thyme
- 1/2 tsp Onion Powder
- 2 tbsps Pumpkin Seeds
- 1 1/4 tbsps Sea Salt
- 2 tbsps Sesame Seeds

Vegetables

- 2 cups Baby Carrots
- 2 cups Baby Spinach
- 8 cups Broccoli
- 3 cups Brussels Sprouts
- 2 stalks Celery
- 1/2 cup Cherry Tomatoes
- 2/3 cup Cilantro
- 21 Garlic
- 3 1/3 tbsps Ginger
- 10 2/3 cups Green Cabbage
- 3 stalks Green Onion
- 6 cups Kale Leaves
- 1 package Mixed Greens
- 2 1/2 cups Mushrooms
- 1 1/8 cups Parsley
- 2 Red Bell Pepper
- 1/2 cup Red Onion
- 4 cups Snap Peas
- 1 cup Sprouts
- 1 Sweet Onion
- 7 Sweet Potato
- 1 Tomato
- 1 Yellow Onion
- 3 Zucchini
- 7 Carrots

Boxed & Canned

- 1 cup Beef Broth
- 3 1/2 cups Diced Tomatoes
- 1 cups Old Fashioned Rolled Oats
- 6 cups Organic Chicken Broth

Baking

- 1 tbsp Honey
- 1/4 cup Raw Honey

Bread, Fish, Meat & Cheese

- 1 3/4 lbs Chicken Breast
- 3 servings Chicken Sausage
- 1 lb Chicken Thighs With Skin
- 1 1/2 lbs Extra Lean Ground Beef
- 1 1/3 lbs Ground Turkey
- 12 ozs Pork Sausage
- 1 1/2 lbs Salmon Fillet
- 2 lbs Stewing Beef
- 12 ozs Turkey Breast, Cooked

Condiments & Oils

- 1/4 cup Balsamic Vinegar
- 2/3 cup Coconut Aminos
- 1 1/3 tbsps Coconut Oil
- 3 tbsps Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 1/4 cup Red Wine Vinegar
- 1/4 cup Rice Vinegar
- 1/4 cup Sesame Oil
- 1/4 cup Tahini

Cold

- 8 Egg
- 1 cup Unsweetened Greek Yogurt
- 1 cup Unsweetened Nut Milk

Other

- 1 serving Protein Powder



Bell Pepper & Spinach Egg Bake

6 servings

30 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil (divided)
- 1 Red Bell Pepper
- 2 cups Baby Spinach (chopped)
- 1/2 cup Cherry Tomatoes (halved)
- 3 stalks Green Onion (chopped)
- 8 Egg
- 1/2 cup Water
- 1/2 tsp Sea Salt

Directions

- 1 Preheat the oven to 400°F (204°C). Grease a baking dish with half of the oil.
- 2 Add the remaining oil to a pan over medium heat. Add the peppers and cook for about five minutes or until just tender and starting to brown. Add the spinach, tomatoes, and green onion. Continue to cook until the spinach wilts. Transfer the vegetables to the prepared baking dish and arrange them in an even layer.
- 3 Add the eggs, water, and salt to a bowl and whisk well. Pour the egg mixture into the baking dish.
- 4 Bake for 23 to 25 minutes or until the eggs have set and are firm to touch. Cut into squares and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: An 8.5- x 11.5-inch baking dish was used to make six servings. You can also make this in a 9 x 9-inch baking dish.

More Flavor: Use milk instead of water. Season the vegetables with your favourite dried herbs and spices.

Veggies: This recipe works well with nearly any vegetable. Use kale, steamed broccoli, cooked sweet potato, red onion, or mushrooms instead.



Overnight Protein Oats (base recipe)

1 serving

5 minutes

Ingredients

- 1/2 cups Old Fashioned Rolled Oats
- 1/2 cup Unsweetened Nut Milk
- 1/2 cup Unsweetened Greek Yogurt (2-5% fat)
- 1/2 serving Protein Powder (see notes)

Directions

- 1 Add the oats and nut milk to a glass jar and stir.
- 2 Stir in the Greek yogurt.
- 3 Stir in the protein powder.
- 4 Cover, give it a good shake, and refrigerate.
- 5 *See Notes for serving suggestions

Notes

Protein Powders: Whey protein powders mix the best in this recipe. Plant based protein powders do not mix as well. There tends to be a powdery residue. Collagen protein powders do mix well so another option to try. The downside is less protein. Another way to make these more interesting is to purchase flavored protein powders. I recommend the brand Legion. They have a variety of flavors that are so good (Mocha Cappuccino, Salted Carmel, Strawberry Banana to name a few)! Collagen protein powders come in a few flavors as well.

Serving Suggestions: Top with fruit and nuts, add 1 Tbsp almond butter and 1/4 of a banana, top with 1 Tbsp peanut butter and 1 Tbsp coconut flakes, add 1/8 tsp cinnamon and 1/4 banana



Sweet Potato & Sausage Hash

4 servings

30 minutes

Ingredients

- 12 ozs Pork Sausage (casings removed)
- 2 Sweet Potato (medium, diced into cubes)
- 6 cups Kale Leaves (chopped)
- 2 Apple (medium, diced)
- 1/4 tsp Cinnamon
- 1/2 tsp Sea Salt

Directions

- 1 Cook the sausage over medium heat, breaking it up into crumbles with the back of a spoon as it cooks. Once it is cooked, remove and set aside on a plate.
- 2 In the same skillet, add the diced sweet potato and cook over medium-high for 1 to 2 minutes or until brown on one side. Lower the heat to medium, stir and cook for 7 to 8 more minutes or until tender and cooked through.
- 3 Add the kale and the apple to the sweet potato with the cinnamon and cover with a lid. Cook over medium for 1 to 2 minutes, or until the kale is wilted. Then add the sausage back to the skillet and mix until warmed through. Add sea salt to taste. Divide into bowls and enjoy!
- 4 Optional topping: cook up an egg to serve over the top.

Notes

Prep Ahead: Cook the sweet potato in advance to save time.

No Kale: Use another hearty green such as dandelion or shaved brussels sprouts.

No Pork: Use turkey sausage, chicken sausage or ground meat instead.

Vegans & Vegetarians: Use lentils instead of sausage.



Turkey & Vegetable Soup

6 servings

50 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (chopped)
- 3 Garlic (clove, minced)
- 1 tsp Dried Thyme
- 1 tsp Sea Salt
- 1 Sweet Potato (peeled, cut into 1/2-inch cubes)
- 1 Carrot (peeled, chopped)
- 2 stalks Celery (chopped)
- 12 ozs Turkey Breast, Cooked (roughly chopped)
- 6 cups Organic Chicken Broth
- 1 cup Parsley (chopped)

Directions

- 1 Heat the oil in a large pot over medium heat.
- 2 Add the onion and cook until it begins to soften, about 5 minutes. Add in the garlic, thyme and salt and continue cooking for one minute more.
- 3 Add the sweet potato, carrots, celery and turkey. Stir to combine then add the chicken broth to the pot along with the parsley.
- 4 Bring soup to a gentle boil then reduce the heat to low and cover with a lid. Simmer for 40 to 45 minutes or until the vegetables are very tender. Season with additional salt if needed. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups of soup.

More Flavor: Add a bay leaf or some red pepper flakes.

No Turkey: Use chicken breast instead.

Additional Toppings: Serve the soup over top of cooked rice or cooked pasta.



Kitchen Sink Salad

1 serving
10 minutes

Ingredients

- 1/2 package Mixed Greens (anything but iceberg lettuce, the darker color the better)
- 1/2 Tomato
- 1 tbsp Pumpkin Seeds
- 1/2 Long Stem Carrot (shredded)
- 1/2 Zucchini (sliced)
- 1/2 Red Bell Pepper (diced)
- 1/2 cup Sprouts (any type you prefer (i.e. bean sprouts, alfalfa sprouts))
- 1/4 Avocado (sliced)
- 1 tbsp Balsamic Dressing (Homemade! See Recipe)
- 4 ozs Chicken Breast (diced or shredded)

Directions

- 1 Cook chicken (or any other protein you prefer) how you like it.
- 2 In a bowl, toss everything together any way that you please and enjoy! Feel free to add other veggies. You can't go wrong with veggies!

Notes

Protein Options:: Beans, lentils

Added Fat Options:: Seeds, nuts, olives

Dressing Options:: See the page in your E book dedicated to homemade salad dressings, choose and enjoy. Very simple idea, olive oil and fresh lemon squeezed over your salad.



Creamy Balsamic Vinaigrette

4 servings

1 hour 5 minutes

Ingredients

- 1/4 cup Water (warm)
- 1/4 cup Balsamic Vinegar
- 1/4 cup Tahini
- 1 tbsp Maple Syrup
- 1 tbsp Dijon Mustard
- 1 Garlic (clove, small, minced)
- 1/4 tsp Sea Salt

Directions

1

Add all ingredients to a jar and shake well. Refrigerate the dressing for at least 1 hour before serving. The dressing will thicken when chilled.

Notes

Leftovers: Refrigerate in an airtight container for up to seven days. Shake well before using.

Serving Size: One serving is approximately 2 tablespoons.

More Flavor: Add dried herbs like thyme or oregano. Adjust sweetness to taste.

No Maple Syrup: Use honey instead.



Honey Mustard Chicken & Brussels Sprouts

4 servings

50 minutes

Ingredients

- 1 lb Chicken Thighs With Skin
- Sea Salt & Black Pepper (to taste)
- 1/3 cup Extra Virgin Olive Oil (divided)
- 2 tbsps Dijon Mustard
- 1 tbsp Honey
- 1 tbsp Lemon Juice
- 3 cups Brussels Sprouts (trimmed and halved)
- 1/2 cup Red Onion (large, cut into wedges)

Directions

- 1 Preheat the oven to 425°F (220°C). Season the chicken thighs with salt and pepper.
- 2 In a large bowl, whisk together 3/4 of the oil, mustard, honey, and lemon juice. Use tongs to dip the chicken in the mixture, coating all sides. Place on a baking sheet and bake for 30 minutes.
- 3 Meanwhile, in a medium sized bowl, toss the Brussels sprouts and onion with the remaining oil and season with salt and pepper.
- 4 Remove the baking sheet and scatter the Brussels sprouts and onion around the chicken. Place back in the oven for 15 minutes, until the sprouts are charred and the chicken is cooked through. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about two chicken thighs and one cup of Brussels sprouts and onion.

Skinless Chicken Cooking Time: Plan on 5-10 minutes less time if skinless.



Zucchini & Ground Beef Skillet

6 servings

25 minutes

Ingredients

- 1 1/2 lbs Extra Lean Ground Beef
- 3 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 3 1/2 cups Diced Tomatoes (with juices)
- 2 Zucchini (medium, chopped)
- 2 tsps Cumin
- 1/2 tsp Onion Powder

Directions

- 1 Heat a nonstick pan over medium heat. Add the beef, garlic, salt, and pepper and cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed.
- 2 Add the diced tomatoes, zucchini, cumin, and onion powder. Cover and let simmer for 15 minutes. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately 1 1/2 cups.

More Flavor: Add chili powder and/or green chilis.

Additional Toppings: Add red pepper flakes.

Make it Vegan: Use extra firm tofu instead of ground beef.



Lemon Garlic Salmon, Broccoli & Sweet Potatoes

4 servings

30 minutes

Ingredients

- 4 Sweet Potato (small, cut into cubes)
- 4 cups Broccoli (cut into florets)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1/2 tsp Sea Salt
- 2 tbsps Lemon Juice
- 2 Garlic (clove, minced)
- 2 tbsps Parsley (finely chopped)
- 1 1/2 lbs Salmon Fillet

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato and broccoli to the pan and drizzle with 2/3 of the oil and season with half of the salt. Stir to evenly coat the vegetables and bake for 10 minutes.
- 3 Meanwhile, in a small bowl combine the remaining oil, lemon juice, garlic, and parsley.
- 4 Remove the pan from the oven. Stir the vegetables and make room for the salmon in the centre of the pan.
- 5 Place the salmon on the pan and season with the remaining salt. Spoon the lemon garlic sauce over top of the fillets. Continue to bake for 15 minutes or until the salmon is cooked through and the vegetables are tender. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Use other fresh herbs like chives or basil.

Additional Toppings: Fresh herbs or lemon wedges.

No Broccoli: Use cauliflower, Brussels sprouts, cabbage, zucchini, or bell pepper instead.



Turkey & Cabbage Stir Fry

4 servings

20 minutes

Ingredients

- 1 1/3 lbs Ground Turkey
- 1 1/3 tbsps Coconut Oil
- 10 2/3 cups Green Cabbage (thinly sliced)
- 1 1/3 Carrot (large, julienned)
- 1/3 cup Water
- 1/3 cup Coconut Aminos
- 1 1/3 Lime (juiced, plus more for garnish)
- 4 Garlic (clove, minced)
- 1 1/3 tbsps Ginger (fresh, minced or grated)
- 2/3 cup Cilantro (chopped)

Directions

- 1 Heat a large skillet with a tight-fitting lid over medium-high heat. Leave the lid off and add the turkey, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan and set the turkey aside.
- 2 To the same skillet, add the oil. Once warm, add the cabbage and carrot. Stir to coat in the oil and sauté for a minute. Add the water then cover with the lid. Cook for 4 to 5 minutes or until the cabbage wilts down and carrot is just tender.
- 3 Meanwhile, in a small mixing bowl combine the coconut aminos, lime juice, garlic and ginger. Set aside.
- 4 Add the cooked turkey back to the skillet and stir to mix. Add the coconut aminos mixture and stir to combine everything. Cook for another 2 to 3 minutes to allow the flavors to develop. Stir in the cilantro.
- 5 Divide evenly between plates and serve with lime wedges, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add maple syrup or honey, hot sauce, sesame oil or green onion to the coconut aminos mixture. Season with additional salt as needed.

Additional Toppings: Top with additional cilantro.

No Turkey: Use ground chicken or pork instead.



Slow Cooker Beef Stew

6 servings

4 hours

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 2 lbs Stewing Beef (sliced into bite-size pieces)
- 1/4 cup Red Wine Vinegar
- 2 cups Baby Carrots
- 1 Sweet Onion (diced)
- 2 1/2 cups Mushrooms (sliced)
- 1 cup Beef Broth
- 1/2 tsp Dried Thyme
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper

Directions

- 1 Add all ingredients to the slow cooker and mix well. Cover and cook on low for 4 to 6 hours, or until beef is tender.
- 2 Ladle into bowls and enjoy!

Notes

Leftovers: Store in the fridge up to 3 days or freeze.

More Carbs: Serve it with roasted potatoes, rice or quinoa.

Add Greens: Stir in chopped kale or baby spinach just before serving.



One Pan Teriyaki Chicken

4 servings

40 minutes

Ingredients

- 1 1/4 lbs Chicken Breast
- 4 cups Broccoli (chopped into florets)
- 4 Carrot (medium, sliced on the diagonal)
- 4 cups Snap Peas
- 1/4 cup Coconut Aminos
- 1/4 cup Sesame Oil
- 1 Navel Orange (juiced)
- 1/4 cup Raw Honey
- 1/4 cup Rice Vinegar
- 8 Garlic (cloves, minced)
- 2 tbsps Ginger (peeled and grated)
- 2 tbsps Sesame Seeds

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 3 In a small bowl, whisk together the coconut aminos, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
- 4 Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Divide between plates and enjoy!

Notes

Serve it With: Our Crispy Smashed Potatoes, Mushroom Garlic Quinoa or plain rice.

Likes it Spicy: Whisk hot sauce or chili flakes into the teriyaki sauce.

Leftovers: Store in an airtight container in the fridge up to 3 days.

No Coconut Aminos: Use tamari instead.