



KMAX HEALTH

# GET AFTER IT

21-DAY CHALLENGE

Week 3 -- Get After It

**KMAX**  
HEALTH

CHOOSE  
WELL.






















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<http://www.kmaxhealth.com>

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**GET AFTER IT**  
 21 DAY CHALLENGE

WEEK THREE MEAL PLAN

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Almond Honey Yogurt Parfait	 Turkey Sausage Scramble	 Almond Honey Yogurt Parfait	 Turkey Sausage Scramble	 High Protein Peanut Butter Oatmeal	 Sweet Potato Bacon Hash with Egg	 Sweet Potato Bacon Hash with Egg
Lunch	 Turkey Chili	 Mediterranean Buddha Bowl	 Mediterranean Buddha Bowl	 Turkey Chili	 Chicken Fajitas with Cashew Sour Cream	 Mom's Minestrone Soup	 Mom's Minestrone Soup
Dinner	 Shrimp & Green Beans	 Turkey Chili	 Slow Cooker Stuffed Peppers	 Chicken Fajitas with Cashew Sour Cream	 Thai Basil Beef Stir Fry	 Free Meal	 Savory Turkey & Vegetable Bake



### Fruits

- 1 1/2 Lemon
- 1 1/2 Lime
- 1 tsp Lime Juice

### Breakfast

- 1 tbsp All Natural Peanut Butter
- 1 cup Granola

### Seeds, Nuts & Spices

- 1 Bay Leaf
- 1 1/4 tsps Black Pepper
- 3/4 cup Cashews
- 1 1/2 tsps Chia Seeds
- 1/3 cup Chili Powder
- 2 1/4 tsps Cumin
- 1/2 tsp Dried Basil
- 3/4 tsp Garlic Powder
- 1 1/8 tsps Italian Seasoning
- 1 tsp Oregano
- 3/4 tsp Paprika
- 1/2 tsp Red Pepper Flakes
- 1/4 tsp Red Pepper Flakes (optional)
- 1 1/8 tsps Sea Salt
- 2 tsps Sliced Almonds

### Vegetables

- 9 cups Baby Spinach
- 3 cups Broccoli
- 1 1/2 heads Butter Lettuce Leaves
- 2 cups Butternut Squash
- 1 head Cauliflower
- 5 stalks Celery
- 2 Celery Stalks
- 1 Cucumber
- 2 1/2 cups Green Beans
- 6 1/2 Green Bell Pepper
- 2 1/2 Jalapeno Pepper
- 2 cups Kale Leaves
- 1 1/2 cups Kale Leaves (or Spinach)
- 1 Leeks
- 4 1/2 Red Bell Pepper
- 1 1/2 cups Red Onion
- 1 head Romaine Hearts
- 1 1/2 Sweet Onion
- 2 Sweet Potato
- 1/2 cup Thai Basil
- 1 1/2 Yellow Bell Pepper
- 4 Yellow Onion
- 1 Zucchini
- 4 Carrots
- 8 Garlic (cloves)

### Boxed & Canned

- 2 cups Black Beans
- 3/4 cup Canned Coconut Milk
- 1 cup Chickpeas
- 2 cups Crushed Tomatoes
- 6 cups Organic Chicken Broth
- 2 cups Organic Salsa
- 1 cup Quinoa
- 1 3/4 cups Red Kidney Beans
- 1 tbsp Tomato Paste (organic)
- 4 cups Diced Tomatoes (2 Cans)

### Bread, Fish, Meat & Cheese

- 1 cup Any Additional Protein
- 8 slices Bacon
- 1 1/2 lbs Chicken Breast
- 3 lbs Extra Lean Ground Turkey
- 1 lb Flank Steak
- 1/2 cup Hummus
- 4 ozs Prosciutto (diced)
- 2 lbs Shrimp
- 1 1/16 lbs Turkey Sausage

### Condiments & Oils

- 1/4 cup Apple Cider Vinegar
- 3 tsps Avocado Oil
- 3 1/2 tsps Coconut Aminos
- 1 cup Extra Virgin Olive Oil
- 1 tbsp Fish Sauce
- 1/2 cup Pitted Kalamata Olives

### Cold

- 13 Egg
- 1/2 cup Egg Whites
- 1 cup Plain Greek Yogurt
- 1 Rind Of Chunk Of Parmesan Cheese (optional)

### Baking

- 2 tsps Coconut Flour
- 1/2 cup Oats
- 2 tsps Raw Honey



## Almond Honey Yogurt Parfait

1 serving

5 minutes

### Ingredients

- 1/2 cup Plain Greek Yogurt
- 1/2 cup Granola
- 1 tbsp Sliced Almonds
- 1 tbsp Raw Honey

### Directions

- 1 Layer the yogurt, granola, almonds, and honey in a jar. Enjoy!

### Notes

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

**Dairy-Free:** Use coconut yogurt or oatmeal instead of Greek yogurt.

**Additional Toppings:** Add chopped fruit, nut butter, seed butter, coconut, chia seeds, or hemp seeds.

**No Honey:** Use maple syrup, jam, or your sweetener of choice.



## Turkey Sausage Scramble

2 servings

10 minutes

### Ingredients

- 8 1/8 ozs Turkey Sausage (casing removed)
- 2 cups Baby Spinach (chopped)
- 4 Egg (whisked)
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Heat a pan over medium heat then add the sausage to the pan. Brown for five to six minutes or until cooked through, breaking it up as it cooks. Add the spinach to the pan and move it around until it's wilted.
- 2 Move the sausage and spinach to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the spinach and sausage into the egg once the eggs are cooked through. Season with salt and pepper if needed and enjoy!

### Notes

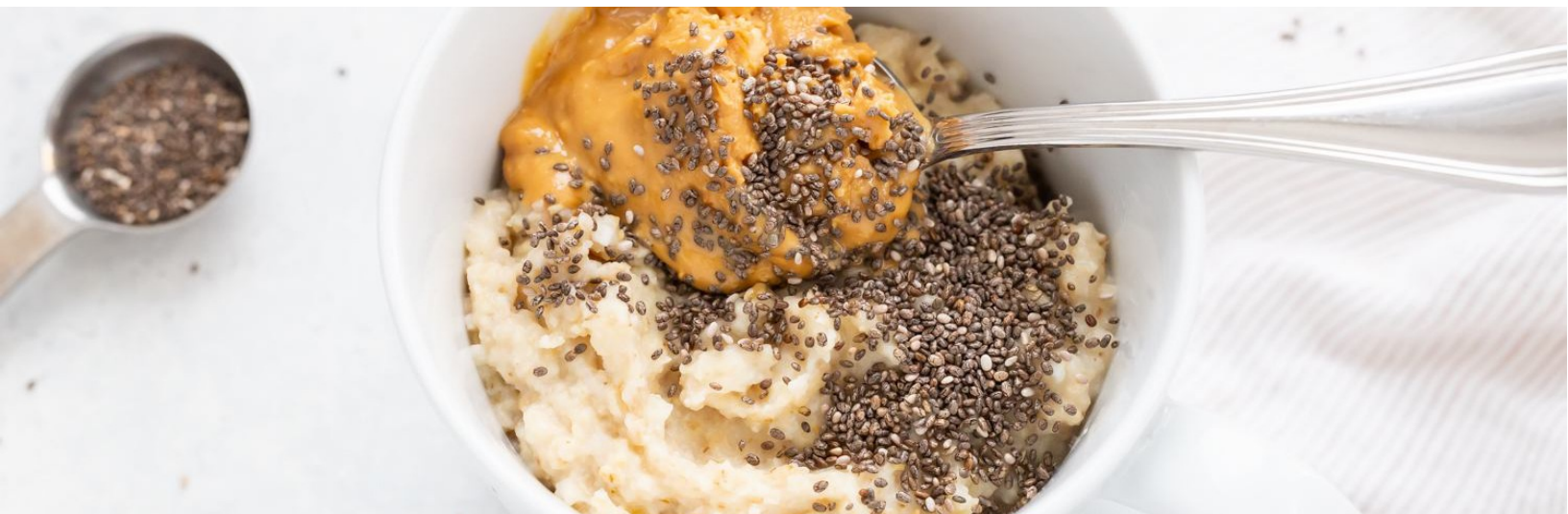
**Leftovers:** Best enjoyed immediately. Sausage can be cooked ahead of time and reheated in the pan to save time.

**More Flavor:** Add onion, mushrooms, or bell pepper.

**Additional Toppings:** Hot sauce, ketchup, avocado, or salsa.

**No Spinach:** Use kale instead.

**No Turkey Sausage:** Use pork, chicken, or beef sausage instead. Use crumbled tofu to make it vegetarian.



## High Protein Peanut Butter Oatmeal

1 serving

5 minutes

### Ingredients

- 1/2 cup Oats (quick or rolled)
- 1/2 cup Water
- 1/2 cup Egg Whites
- 1 tbsp All Natural Peanut Butter
- 1 1/2 tsps Chia Seeds

### Directions

- 1 Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
- 2 Transfer to a bowl and top with peanut butter and chia seeds. Enjoy!

### Notes

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

**Nut-Free:** Use sunflower seed butter, tahini, or pumpkin seed butter instead of peanut butter.

**More Flavor:** Add cinnamon, nutmeg, vanilla extract and/or a pinch of sea salt..

**Additional Toppings:** Maple syrup, honey, bee pollen, crushed nuts, jam, chopped fruit, shredded coconut or hemp seeds.

**Make it Vegan:** Omit the egg whites.



## Sweet Potato Bacon Hash with Egg

2 servings

30 minutes

### Ingredients

- 4 slices Bacon
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Sweet Potato (medium, peeled and cut into small cubes)
- 1/2 cup Red Onion (chopped)
- 2 cups Baby Spinach
- Sea Salt & Black Pepper (to taste)
- 2 Egg

### Directions

- 1 Heat a pan over medium heat and add the bacon. Cook until browned and crispy, about four to five minutes per side. Transfer the bacon to a paper towel-lined plate and set aside. Remove the grease from the pan and carefully wipe the pan out with a paper towel. Chop the bacon into small pieces when cool enough to handle.
- 2 Add 3/4 of the oil to the pan. Add the sweet potato and cook, stirring occasionally, for about five to six minutes. Add the onion and continue to cook until the potatoes are tender, seven to nine minutes more.
- 3 Add the chopped bacon and baby spinach to the pan and continue to cook until the spinach has wilted. Season the hash with salt and pepper to taste.
- 4 Heat the remaining oil in a second pan over medium heat. Cook the eggs to your liking. Season with salt and pepper to taste. Divide the sweet potato hash and eggs between plates. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Cook eggs just before serving.

**Serving Size:** One serving is approximately equal to one cup of the sweet potato hash and one egg.

**More Flavor:** Add dried herbs and spices like garlic powder, chili powder, or smoked paprika to the sweet potato hash.

**Sweet Potato:** One medium sweet potato yields approximately two cups of sweet potato cubes.

**No Spinach:** Use kale instead.

**No Red Onion:** Use yellow onion instead.



## Turkey Chili

8 servings  
40 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 1 Yellow Onion (chopped)
- 2 cups Diced Tomatoes
- 2 cups Crushed Tomatoes
- 2 cups Black Beans (cooked, rinsed)
- 1 3/4 cups Red Kidney Beans (cooked, rinsed)
- 2 Carrot (chopped)
- 5 stalks Celery (chopped)
- 1 Red Bell Pepper (chopped)
- 1 Jalapeno Pepper (chopped)
- 3 tbsps Chili Powder
- 1 tsp Cumin
- 1 tsp Sea Salt

### Directions

- 1 Heat oil in a large dutch oven over medium heat. Add the ground turkey and onion and saute for about five to seven minutes, or until the turkey is cooked through.
- 2 Add all of the remaining ingredients and stir to combine. Bring to a boil, then reduce the heat and simmer for 30 minutes.
- 3 Divide into bowls, serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days or freeze for up to two months.

**Serving Size:** One serving is equal to approximately two cups of chili.

**More Flavor:** Add a pinch of cayenne.

**Additional Toppings:** Top with shredded cheese, extra jalapeño slices, cilantro, sour cream, or avocado.

**More Veggies:** Add sliced mushrooms, sliced kale, or baby spinach.





## Mediterranean Buddha Bowl

4 servings

10 minutes

### Ingredients

- 1 cup Quinoa (dry, uncooked)
- 1 head Romaine Hearts (chopped)
- 1 cup Chickpeas (cooked, from the can)
- 1 Cucumber (chopped)
- 1 Red Bell Pepper (chopped)
- 1/2 cup Red Onion (finely chopped)
- 1/2 cup Hummus
- 1/2 cup Pitted Kalamata Olives
- 1/4 cup Extra Virgin Olive Oil
- 3 tbsps Apple Cider Vinegar
- 1/2 tsp Italian Seasoning
- 1/8 tsp Sea Salt

### Directions

- 1 Cook the quinoa according to the directions on the package, and set aside.
- 2 Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
- 3 Add the olive oil, apple cider vinegar, Italian seasoning and sea salt to a jar. Seal and shake well to combine.
- 4 Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

### Notes

**No Hummus:** Use tzatziki instead.

**Substitution for Protein:** Chicken is a great sub, and if want more protein and ok with dairy, add feta cheese.

**Prep Ahead:** All ingredients can be chopped and prepared in advance. Assemble bowls when ready to eat.

**More Flavour:** Serve with a lemon wedge and black pepper.



## Shrimp & Green Beans

4 servings

20 minutes

### Ingredients

- 1 tbsp Avocado Oil (divided)
- 2 1/2 cups Green Beans (trimmed)
- 2 lbs Shrimp (raw, peeled and deveined)
- 1/8 tsp Sea Salt
- 1 tbsp Coconut Aminos
- 1/2 tsp Red Pepper Flakes

### Directions

- 1 Heat half of the oil in a large skillet over medium-high heat. Add the green beans and stir for 5 to 7 minutes, or until tender and crisp. Transfer the beans to a dish and set aside.
- 2 Reduce the heat to medium and add the remaining oil to the skillet. Add the shrimp, season with salt and cook for about 2 to 3 minutes per side. Return the green beans to the skillet, and add the tamari and red pepper flakes. Stir until the shrimp is cooked through and evenly coated. Divide onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container up to 2 to 3 days.

**More Carbs:** Add rice, quinoa, polenta, spaghetti squash, couscous, sweet potatoes or zucchini noodles.

**No Coconut Aminos:** Use tamari instead.



## Mom's Minestrone Soup

6 servings

45 minutes

### Ingredients

4 ozs Prosciutto (diced)  
1 cup Any Additional Protein (see Notes for ideas (this added protein will create more satiety))  
1/4 cup Extra Virgin Olive Oil  
1 Yellow Onion (diced)  
1 Leeks (thin slices)  
2 Celery Stalks (thin slices)  
2 Carrots (cut into 1/2 in diced pieces)  
4 Cloves Of Garlic, Minced  
1 tsp Oregano  
1/4 tsp Red Pepper Flakes (optional)  
1 Zucchini (trimmed, cut into 1/2 in diced pieces)  
1 can Diced Tomatoes (14.5 oz can)  
1 tbsp Tomato Paste (organic)  
6 cups Organic Chicken Broth  
1 Bay Leaf  
1 1/2 cups Kale Leaves (or Spinach)  
Sea Salt & Black Pepper (to taste)  
1 Rind Of Chunk Of Parmesan Cheese (optional)

### Directions

- 1 Cook the prosciutto (and additional animal protein) and oil together in a soup pot over medium heat until it is lightly browned, about 3 minutes.
- 2 Then add the onion and leeks. Cook, stirring often, until they are softened, about 3 minutes. Add the celery, carrots, garlic, and oregano. Cook until the veggies are beginning to soften, about 3 minutes more.
- 3 Add the zucchini and cook until it begins to soften, about 3 minutes. Add the tomatoes and their liquid and the paste, bring to a boil and cook 3 minutes. If using beans, this is a good time to add them.
- 4 Add the broth, bay leaf, and optional parmesan rind. Bring to a boil. Reduce the heat to medium low. Simmer until the flavors are blended, about 1 hour.
- 5 Stir in the kale or spinach and cook until tender, about 5 minutes. Remove the bay leaf. Remove from stove and let sit 5-10 minutes and sprinkle with sea salt & pepper to taste. Enjoy!

### Notes

**More Protein:** Add cooked quinoa, shredded chicken, or beans of choice



## Slow Cooker Stuffed Peppers

4 servings

4 hours

### Ingredients

- 4 Green Bell Pepper (large)
- 1 lb Extra Lean Ground Turkey
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tbsp Chili Powder
- 1/2 tsp Cumin
- 1/2 tsp Dried Basil
- 1 Egg
- 2 Garlic (cloves, minced)
- 1/2 Yellow Onion (diced)
- 1 cup Baby Spinach (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Coconut Flour
- 2 cups Organic Salsa
- 1 head Cauliflower (large)

### Directions

- 1 Slice the tops off the peppers and carve out the seeds. Set aside.
- 2 In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
- 3 Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
- 4 Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
- 5 Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

### Notes

**Vegans and Vegetarians:** Use cooked lentils or beans instead of ground meat.

**No Ground Turkey:** Use ground chicken or beef instead.

**No Slow Cooker:** Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

**No Cauliflower:** Serve over rice, quinoa, greens or sweet potato mash.



## Chicken Fajitas with Cashew Sour Cream

6 servings

40 minutes

### Ingredients

- 1 1/2 tbsps Chili Powder
- 3/4 tsp Black Pepper
- 3/4 tsp Cumin
- 3/4 tsp Paprika
- 3/4 tsp Garlic Powder
- 1 1/2 Red Bell Pepper (sliced)
- 1 1/2 Yellow Bell Pepper (sliced)
- 1 1/2 Green Bell Pepper (sliced)
- 1 1/2 Jalapeno Pepper (de-seeded and sliced)
- 1 1/2 Sweet Onion (sliced)
- 1 1/2 lbs Chicken Breast (cut into strips)
- 1 1/2 tbsps Avocado Oil
- 3/4 cup Cashews (soaked for 1 hour and liquid drained)
- 3/4 tsp Sea Salt
- 1 1/2 tbsps Apple Cider Vinegar
- 1 1/2 Lemon (juiced)
- 1 1/2 Lime (cut into wedges)
- 1 1/2 heads Butter Lettuce Leaves

### Directions

- 1 Preheat oven to 425. Line a large baking sheet with parchment paper.
- 2 In a bowl, combine chili powder, black pepper, cumin, paprika and garlic powder. Mix well and set aside.
- 3 In a large mixing bowl, add your sliced peppers, onion and chicken strips. Drizzle with olive oil and then sprinkle with seasoning. Use tongs to gently toss until everything is well coated. Transfer to your baking sheet and bake for 30 minutes or until chicken is cooked through.
- 4 Meanwhile, create your cashew sour cream by combining cashews, sea salt, apple cider vinegar, lemon juice and water in a blender or food processor. Pulse very well until completely smooth. Add an extra splash of water if too thick. Transfer to a jar and set aside.
- 5 Remove fajitas from oven. Serve in butter lettuce leaves drizzled with cashew sour cream and a lime wedge. Enjoy!

### Notes

**Vegan and Vegetarian:** Skip the chicken and use roasted chickpeas instead.

**Fajita Bowl:** Serve over a bed of greens to turn it into a bowl.

**No Collard Greens:** Use swiss chard or ice berg lettuce instead.



## Thai Basil Beef Stir Fry

4 servings

30 minutes

### Ingredients

- 1 1/2 tps Avocado Oil
- 1 lb Flank Steak
- 2 1/2 tbsps Coconut Aminos
- 1 tbsp Fish Sauce
- 1 tsp Lime Juice
- 1/2 Yellow Onion (chopped)
- 3 cups Broccoli (florets, chopped)
- 1 Red Bell Pepper (sliced)
- 1 Green Bell Pepper (sliced)
- 1/2 cup Thai Basil (chopped)

### Directions

- 1 Heat a cast-iron skillet over medium-high heat. Add the oil. Place the steak in the pan and cook for about 18 to 20 minutes, flipping once. The timing will depend on how thick your steak is. Remove, let rest for 10 minutes and then slice against the grain and set aside.
- 2 While the beef cooks, in a small bowl, add the coconut aminos, fish sauce, lime juice, and stir to combine.
- 3 In the same skillet, add the onion, broccoli, and peppers. Cook until slightly softened, about four to five minutes.
- 4 Add the sauce to the skillet and toss to combine. Add the steak back into the skillet and cook for an additional minute or two to heat through. Remove from the heat and add the Thai basil. Divide onto plates and enjoy!

### Notes

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

**Serving Size:** One serving is about 1 1/3 cup of stir fry.

**More Flavor:** Add oyster sauce, garlic and/or ginger to the sauce.

**Additional Toppings:** Serve with rice or cauliflower rice.

**No Monk Fruit Sweetener:** Use coconut sugar instead.



## Savory Turkey & Vegetable Bake

4 servings

40 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 1 Yellow Onion (finely chopped)
- 2 Garlic (clove, minced)
- 1 tbsp Italian Seasoning
- 1 tsp Sea Salt
- 2 cups Kale Leaves (chopped)
- 2 cups Butternut Squash (chopped into 1 cm cubes)
- 3/4 cup Canned Coconut Milk (full fat)

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Heat the oil in a large pan over medium-high heat. Add the turkey to the pan, 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.
- 3 Add the onions and garlic to the turkey and cook for 3 to 5 minutes until the onions soften. Add the Italian seasonings and sea salt and stir to combine. Add the kale and butternut squash to the pan and cook until the kale wilts down then stir in the coconut milk. Season with additional salt if needed.
- 4 Transfer the turkey and vegetable mixture to a baking dish. Cover with a lid or foil and bake for 20 to 25 minutes or until the squash is tender.
- 5 Divide between plates and enjoy!

### Notes

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

**More Flavor:** Add red pepper flakes or other dried herbs like sage or thyme.

**No Butternut Squash:** Use a different variety of squash or sweet potato instead.

**More Protein:** Top with an egg.

**No Turkey:** Use ground chicken or pork instead.