



KMAX HEALTH  
**GET AFTER IT**  
21-DAY CHALLENGE



Week One -- Get After It

**KMAX**  
HEALTH | CHOOSE  
WELL.





















Kim Maxwell

<http://www.kmaxhealth.com>

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**GET AFTER IT**  
 21 DAY CHALLENGE

WEEK ONE MEAL PLAN

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Turkey Apple Breakfast Hash	 Turkey Apple Breakfast Hash	 Overnight Protein Oats (base recipe)	 Turkey Apple Breakfast Hash	 Overnight Protein Oats (base recipe)	 Bacon, Eggs, Avocado & Sauerkraut	 Bacon, Eggs, Avocado & Sauerkraut
Lunch	 Pork & Cabbage Soup	 Slow Cooker Orange Pulled Pork Lettuce Wraps	 Pork & Cabbage Soup	 Mediterranean Tuna Pasta Salad	 Mediterranean Tuna Pasta Salad	 Creamy Potato & Dill Soup	 Creamy Potato & Dill Soup
Snack	<p>Power Ball or Protein Smoothie (as needed)</p> new recipe	<p>Power Ball or Protein Smoothie (as needed)</p> new recipe	<p>Power Ball or Protein Smoothie (as needed)</p> new recipe	<p>Power Ball or Protein Smoothie (as needed)</p> new recipe	<p>Power Ball or Protein Smoothie (as needed)</p> new recipe	<p>Power Ball or Protein Smoothie (as needed)</p> new recipe	<p>Power Ball or Protein Smoothie (as needed)</p> new recipe
Dinner	 Slow Cooker Orange Pulled Pork Lettuce Wraps	 BLT Spaghetti	 One Pan Beef & Vegetables	 Beef Stroganoff	 One Pan Olive Pesto Pork Chops	<p>Free Meal ENJOY!</p>	 Hummus Chicken



### Fruits

- 4 Apple
- 2 Avocado
- 3 Lemon
- 2 tbsps Lime Juice

### Seeds, Nuts & Spices

- 1/3 tsp Black Pepper
- 2 tsps Cinnamon
- 2 tsps Cumin
- 2 tbsps Dried Rosemary
- 1 tsp Ground Ginger
- 1/4 cup Hemp Seeds
- 1 1/3 tbsps Italian Seasoning
- 1 1/2 tsps Oregano
- 1/4 cup Poultry Seasoning
- 1 tsp Red Pepper Flakes
- 2 tsps Sea Salt
- 1 tsp Smoked Paprika

### Vegetables

- 8 cups Arugula
- 4 cups Baby Spinach
- 4 cups Bok Choy
- 4 cups Brussels Sprouts
- 4 cups Butternut Squash
- 4 Carrot
- 4 stalks Celery
- 2 cups Cherry Tomatoes
- 1 cup Cilantro
- 8 Cremini Mushrooms
- 6 cups Green Beans
- 6 cups Green Cabbage
- 13 stalks Green Onion
- 2 Leeks
- 1/4 cup Mint Leaves
- 2 cups Mushrooms
- 2 Red Bell Pepper
- 2 cups Red Onion
- 10 leaves Romaine
- 4 Sweet Potato
- 5 Yellow Onion
- 1 Yellow Squash
- 5 Zucchini
- 2 heads Garlic (or A Jar Of Minced Garlic)
- 1/4 cup Fresh Dill (or 1 Tbsp Dried Dill)

### Boxed & Canned

- 1 1/2 cups Beef Broth
- 2 cups Canned Coconut Milk
- 1 cups Old Fashioned Rolled Oats
- 2 cans Tuna
- 1 canister Protein Powder (overnight Oats, Smoothies, Power Balls)
- 2 cups Brown Rice Fusilli ( 1 Box)
- 12 cups Chicken Broth (96 Oz)
- 3 cups Crushed Tomatoes (24 Oz)
- 6 cups Vegetable Broth (48 Oz)

### Baking

- 1 tbsp Arrowroot Powder
- 1/3 cup Nutritional Yeast

### Breat, Fish, Meat & Cheese

- 16 slices Bacon
- 1 lb Beef Tenderloin
- 4 pieces Chicken Breast
- 1 1/2 lbs Extra Lean Ground Beef
- 2 lbs Extra Lean Ground Turkey
- 1/2 cup Hummus
- 2 lbs Lean Ground Pork
- 1/4 cup Parmigiano Reggiano
- 1 lb Pork Chop
- 4 lbs Pork Shoulder, Boneless

### Condiments & Oils

- 2 tbsps Apple Cider Vinegar
- 2 tbsps Avocado Oil
- 3 tbsps Balsamic Vinegar
- 2 cups Black Olives
- 1/2 cup Coconut Aminos
- 2 tbsps Coconut Oil
- 2 1/4 tsps Dijon Mustard
- 1 1/2 cups Extra Virgin Olive Oil
- 1/2 cup Green Olives
- 1/2 cup Sun Dried Tomatoes
- 1 cup Sauerkraut (always Optional But An Easy Way To Get Naturally Occuring Probiotics)

### Cold

- 8 Egg
- 3/4 cup Orange Juice
- 1 cup Unsweetened Nut Milk
- 1 1/4 cup Unsweetened (plain) Greek Yogurt

### Other

- 0 Add Power Ball Ingredients To List
- 0 Add Protein Smoothie Ingredients To List
- 0 Don't Forget To Read The Notes Section For Each Recipe And Add Additional Ingredients Or Sub Out Ingredients



## Turkey Apple Breakfast Hash

8 servings

35 minutes

### Ingredients

- 2 lbs Extra Lean Ground Turkey
- 2 tsps Cinnamon
- 1/4 cup Poultry Seasoning
- 2 tbsps Avocado Oil
- 2 cups Red Onion (diced)
- 4 Garlic (cloves, minced)
- 4 cups Brussels Sprouts (trimmed and halved)
- 4 cups Butternut Squash (peeled and cubed)
- 4 Apple (cored and diced)
- 1/2 tsp Sea Salt (to taste)

### Directions

- 1 Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
- 2 In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
- 3 Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

### Notes

**Vegan & Vegetarians:** Use lentils instead of ground turkey.

**Leftovers:** Store covered in the fridge up to 3 days.

**Additional Carbohydrates:** Add more butternut squash to the recipe or serve with a piece of Ezekial toast



## 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



## Bacon, Eggs, Avocado & Sauerkraut

2 servings  
15 minutes

### Ingredients

4 slices Bacon  
4 Egg  
1 Avocado  
1/2 cup Sauerkraut

### Directions

- 1 In a pan, slowly cook the bacon over medium-low heat until done. Transfer to a plate and reserve fat for cooking eggs.
- 2 Crack eggs into the pan and cook to desired doneness. While eggs are cooking, slice avocado and arrange on plate with bacon.
- 3 Transfer cooked eggs to plate and add sauerkraut. Enjoy!

### Notes

**Additional Carbohydrates:** Serve with roasted sweet potatoes or a piece of Ezekiel toast.



## Pork & Cabbage Soup

4 servings

45 minutes

### Ingredients

- 1 lb Lean Ground Pork
- 1 tbsp Coconut Oil
- 1 Yellow Onion (chopped)
- 2 Garlic (clove, minced)
- 1/2 tsp Ground Ginger
- 1 Carrot (large, cut into matchsticks)
- 3 cups Green Cabbage (sliced thin)
- 6 cups Chicken Broth
- 1 tbsp Coconut Aminos
- 2 stalks Green Onion (chopped, plus more for garnish)

### Directions

- 1 Heat a large pot over medium heat. Add the pork to the pan, breaking it up as it cooks. Once it is cooked through transfer it to a plate and set aside. Drain any excess drippings from the pan.
- 2 Add the coconut oil to the same pot. Add the onions and cook for about five minutes or until the onions begin to soften. Add the garlic and ginger. Continue to cook for another minute.
- 3 Add the browned pork back to the pot and then add the carrots and cabbage and stir to combine. Add the chicken broth and bring the soup to a gentle boil. Continue to cook for 15 to 20 minutes or until the carrots and cabbage are tender.
- 4 Stir in the coconut aminos and green onion. Season the soup with additional salt if needed. Divide between bowls and garnish with additional green onion (if desired). Enjoy!

### Notes

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

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

**More Flavor:** Use fresh ginger instead or use sesame oil instead of coconut oil.

**Additional Toppings:** Bean sprouts, cilantro, and/or sriracha.

**More Veggies:** Add mushrooms, celery, and/or kale.

**No Pork:** Use ground chicken or turkey instead.



## Mediterranean Tuna Pasta Salad

4 servings

15 minutes

### Ingredients

- 2 cups Brown Rice Fusilli, Cooked
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 tbsp Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Green Olives (sliced)
- 1/2 cup Sun Dried Tomatoes (sliced)
- 2 cans Tuna (drained and flaked)
- 8 cups Arugula
- 1/4 cup Hemp Seeds

### Directions

- 1 Cook the brown rice pasta according to directions on the package.
- 2 While the pasta is cooking, combine the olive oil, lemon juice, Italian seasoning, salt and pepper in a small bowl and whisk to combine.
- 3 When the pasta is done cooking, drain it and rinse with cold water until cooled.
- 4 In a large bowl, toss the pasta, olives, sun dried tomatoes, tuna, arugula, hemp seeds and dressing until will combined. Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate for up to three days.

**Canned Tuna:** One can of tuna is equal to 165 grams (5.8 ounces).

**Vegan:** Use chickpeas or lentils instead of tuna.

**Sub for Arugula:** Spinach would work great.

**How to prevent soggy greens:** If packing for a lunch and making ahead of time, leave the arugula out until ready to serve OR layer the noodles on the bottom of the container and then add the arugula on top, do not mix. Transport this way and mix it up when ready to eat.





## Creamy Potato & Dill Soup

8 servings

30 minutes

### Ingredients

- 6 cups Vegetable Broth
- 4 Sweet Potato (small, peeled and diced)
- 4 stalks Celery (diced)
- 1 tsp Sea Salt
- 1/4 cup Fresh Dill (stems removed, chopped)
- 2 cups Canned Coconut Milk
- 2 tbsps Apple Cider Vinegar
- 2 tbsps Nutritional Yeast

### Directions

- 1 Heat the vegetable broth in a pot and bring to a simmer while you prepare the remaining ingredients.
- 2 Add the sweet potato, celery and salt. Cook until the sweet potato is fork tender, about 15 minutes.
- 3 Stir in the dill, coconut milk, apple cider vinegar, and nutritional yeast. Adjust the salt as needed and cook for another 10 minutes. Divide evenly between bowls and enjoy!

### Notes

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

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

**More Flavor:** Use bone broth instead of vegetable broth. Add sautéed garlic and onions.

**Additional Toppings:** Kale chips, nutritional yeast or crusty bread.

**No Coconut Milk:** Use almond milk, cashew milk, oat milk or cream instead.

**More Protein:** Add chicken, sausage, lentils, tofu or quinoa.



## Slow Cooker Orange Pulled Pork Lettuce Wraps

10 servings

6 hours

### Ingredients

- 1/2 cup Extra Virgin Olive Oil
- 3/4 cup Orange Juice
- 2 tbsps Lime Juice
- 1 cup Cilantro
- 1/4 cup Mint Leaves
- 6 Garlic (cloves)
- 2 tsps Cumin (ground)
- Sea Salt & Black Pepper (to taste)
- 4 lbs Pork Shoulder, Boneless
- 10 leaves Romaine
- 3 stalks Green Onion (sliced)

### Directions

- 1 Add the olive oil, orange juice, lime juice, cilantro, mint, garlic, cumin, salt, and pepper to a food processor and blend until well combined.
- 2 Place the pork into the slow cooker and cover in the marinade. Cook on low for six to eight hours, or on high for four hours, or until the pork is tender and falls apart easily.
- 3 Use two forks to pull apart the pork. Stuff the lettuce wraps with the pulled pork and garnish with green onions. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately six ounces of pulled pork in lettuce.

**More Flavor:** Add fresh oregano and orange zest to the marinade. Sear the pork on all sides before adding to the slow cooker.

**Additional Carbohydrates:** Serve with white or brown rice or with more roasted veggies, focusing on starchy vegetables like carrots and potatoes.



## Roasted Veggies

4 servings

40 minutes

### Ingredients

- 2 Carrot (medium, chopped)
- 2 Zucchini (medium, chopped)
- 2 cups Mushrooms (chopped)
- 2 cups Green Beans (trimmed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Balsamic Vinegar
- 1 tsp Oregano (dried)
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper

### Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Arrange the chopped veggies on the baking sheet. Drizzle with oil, vinegar, oregano, salt and pepper. Toss until everything is well coated.
- 3 Roast in the oven for 25 to 30 minutes, or until very tender, stirring once about halfway through.
- 4 Remove from oven and transfer to a bowl. Enjoy!

### Notes

**Leftovers:** Keeps well in the fridge up to 3 days. Reheat in a skillet or the oven.

**No Mushrooms:** Swap in bell peppers or broccoli instead.

**Even Cooking:** Chop your vegetables to be approximately the same size to ensure even cooking.



## BLT Spaghetti

4 servings

45 minutes

### Ingredients

- 8 slices Bacon
- 2 Zucchini
- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 2 Garlic (clove, minced)
- 3 cups Crushed Tomatoes
- 1/2 tsp Oregano
- 4 cups Baby Spinach
- 1 tsp Red Pepper Flakes (to taste)
- 1/8 tsp Black Pepper (to taste)
- 1/4 cup Parmigiano Reggiano (grated, optional)

### Directions

- 1 Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper. Spread the bacon in a single layer across the sheet. Bake in the oven for 15 to 18 minutes, flipping once at the halfway point. Remove from oven and wrap in paper towel to soak up the grease. Let cool and then chop into fine pieces. Set aside.
- 2 Use a spiralizer to spiralize your zucchini into noodles. If you don't have a spiralizer, you can use a box grater (use the side with bigger holes) or a peeling knife to create long strips. (Tip: For best results, glide the zucchini across the entire length of the box grater with long strokes).
- 3 Heat the olive oil in a large skillet over medium heat. Add the onion and saute until translucent. Add in the minced garlic and saute for another minute. Then add in the crushed tomatoes and oregano. Let simmer for about 20 to 30 minutes or until thickened.
- 4 Add in the bacon, baby spinach and zucchini noodles and stir for three minutes or until noodles are tender and spinach is wilted. Remove from heat.
- 5 Spoon into bowls and top with red pepper flakes, fresh ground pepper and parmigiano reggiano cheese. Enjoy!

### Notes

**No Zucchini:** Use regular brown rice pasta.

**Vegetarian and Vegan:** Skip the bacon and add red kidney beans.

**Dairy-Free:** Leave out the parmigiano reggiano cheese.

**Additional Carbohydrates:** Use regular brown rice pasta instead of the zucchini, serve with a side salad, or add a starchy carbohydrate like a sweet potato



## One Pan Beef & Vegetables

4 servings

20 minutes

### Ingredients

- 1 1/2 lbs Extra Lean Ground Beef
- 1 Red Bell Pepper (diced)
- 6 stalks Green Onion (chopped)
- 2 cups Green Beans (chopped)
- 4 cups Bok Choy (chopped)
- 1/3 cup Coconut Aminos

### Directions

- 1 Heat a large, non-stick pan over medium heat. Add the beef to the pan, breaking it up as it browns. Once it is cooked through and no longer pink, drain excess drippings from the pan if necessary.
- 2 Add the peppers, green onion, and green beans to the pan with the beef and continue to cook for five to six minutes stirring often until the peppers and beans are just tender.
- 3 Add the bok choy and aminos to the pan and cook for two to three minutes more until the bok choy is wilted and tender. Season with additional aminos if needed then divide between plates. Enjoy!

### Notes

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

**More Flavor:** Add red pepper flakes, garlic, or ginger.

**No Tamari:** Use soy sauce or coconut aminos instead.

**No Ground Beef:** Use ground chicken, turkey, or pork instead.

**No Bok Choy:** Use spinach or kale instead.

**Added Carbohydrates:** Serve with white or brown rice



## Beef Stroganoff

4 servings

25 minutes

### Ingredients

- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 lb Beef Tenderloin (thinly sliced)
- Sea Salt & Black Pepper (to taste)
- 1 Yellow Onion (medium, finely diced)
- 8 Cremini Mushrooms (sliced)
- 1 1/2 cups Beef Broth
- 2 1/4 tpsps Dijon Mustard
- 1 tbsp Arrowroot Powder
- 1/4 cup Plain Greek Yogurt

### Directions

- 1 Heat half the oil in a large skillet over medium-heat. Cook the beef and season with salt and pepper, for about five minutes or until cooked through. Drain any excess liquid and transfer to a plate.
- 2 Heat the remaining oil in the same skillet over medium-high heat. Cook the onions and mushrooms until soft, about five to eight minutes. Stir in the beef broth and dijon mustard.
- 3 In a small bowl, whisk the arrowroot powder with a bit of water until dissolved. Add the mixture to the skillet and lower the heat to a gentle simmer for five minutes.
- 4 Add the yogurt and cooked beef slices. Add more salt and pepper as needed. Divide into bowls and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately one cup.

**Dairy-Free:** Use coconut cream instead of yogurt.

**More Flavor:** Add garlic, thyme, Worcestershire sauce, and white wine.

**Additional Toppings (carbohydrates):** Garnish with fresh parsley. Serve with noodles, brown rice, cauliflower rice, or quinoa.



## One Pan Olive Pesto Pork Chops

4 servings  
30 minutes

### Ingredients

2 cups Black Olives (pitted, rinsed and patted dry)  
2 Garlic (clove)  
1/2 cup Extra Virgin Olive Oil  
1/4 cup Nutritional Yeast  
1 lb Pork Chop (1 inch thick)  
2 cups Green Beans (stems removed, chopped)  
2 cups Cherry Tomatoes  
2 Leeks (chopped into 1/2 inch medallions)

### Directions

- 1 Preheat oven to 400 degrees F and line a baking sheet with foil.
- 2 In a food processor, combine black olives, garlic, olive oil and nutritional yeast until a paste forms. Set aside.
- 3 Add remaining ingredients to a large mixing bowl. Using your hands, generously coat the pork chops and veggies with your desired amount of olive pesto.
- 4 Transfer the pork chops and veggies onto the baking sheet in an even layer and bake for 25 minutes, or until pork is cooked through. Divide onto plates and enjoy!

### Notes

**Leftover Pesto:** If you don't use all the pesto, you can add it to pasta, omelettes, sandwiches, or use as a dip for veggie sticks and crackers.

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

**Additional Carbohydrates:** Serve with white or brown rice.



## Hummus Chicken

4 servings

45 minutes

### Ingredients

- 4 pieces Chicken Breast (boneless, skinless)
- 1 Yellow Squash (sliced)
- 1 Zucchini (sliced)
- 1 Red Bell Pepper (2" chopped)
- 1 Yellow Onion (medium, chopped)
- 2 Lemon
- 1/2 cup Hummus (homemade or store bought)
- 2 tbsps Dried Rosemary
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Smoked Paprika
- 1 tbsp Balsamic Vinegar (1 T or more if you like)
- 1 tsp Italian Seasoning (add more for taste if like)

### Directions

- 1 Pre heat oven to 450 degrees. Prepare one large baking dish and lightly coat with olive oil. Season chicken breasts with salt, pepper, and Italian seasoning.
- 2 In a large bowl, toss the sliced zucchini, squash, and onion with olive oil until evenly coated. Season with salt, pepper, and Italian seasoning.
- 3 Place all veggies on the bottom of a 9x13 dish in an even layer. Lay the chicken evenly on top. Cover each chicken breast with 1 T of hummus. Squeeze the juice of 1 lemon over the chicken and veggies.
- 4 Lightly season the entire dish with chopped rosemary and paprika. Thinly slice the remaining lemon and place a few thin slices in the dish.
- 5 Drizzle balsamic vinegar over the top then bake for 25-30 minutes, until the chicken is cooked through and the veggies are tender.

### Notes

**Serving Suggestions:** Over cauliflower rice or by itself

**Additional Carbohydrates:** Serve with white or brown rice, add more vegetables.