



META~SWITCH™ 
WEIGHT MANAGEMENT SYSTEM

MAX FLEX

RECIPE BOOK
MONTH 1

**Health is a state of
complete harmony of
the body, mind and
spirit.**





Table Of Contents:

• Welcome.....	4
• Flex Food Guide.....	5
• Example Menus <i>Quick Meals when you don't have time</i>	6
• Max Flex Foods <i>On the go options</i>	34
• Fast Flex Meals.....	35

Recipes:

• Avocados Stuffed with Smoked Salmon & Egg.....	9
• Broccoli, Garlic and Lemon Zest Soup.....	10
• Cheesesteak Stuffed Peppers.....	11
• Chilli Lime Chicken Fajita Salad.....	12
• Coconut Chia Pudding.....	13
• Cream Cheese Pancakes.....	14
• Egg Drop Soup.....	15
• Green Protein Smoothie.....	16
• Ground Turkey and Green Bean Stir Fry.....	17
• Kale Salad with Lemon Vinaigrette.....	18
• Lemon Coconut Microwave Mug Cake.....	19
• Lemon Garlic Chicken.....	20
• Miso Soup.....	21
• Mushroom Omelette.....	22
• Roasted Salmon with Clementines.....	23
• Sausage & Egg Sandwich.....	24
• Shrimp Kebabs.....	25
• Skillet-baked Eggs with Spinach, Yogurt and Chilli Oil.....	26
• Skillet Mexican Beef in Lettuce Fajitas.....	27
• Simple Bacon & Eggs.....	28
• Sriracha Chicken with Zucchini Noodles.....	29
• Steak Salad with Balsamic Vinaigrette.....	30
• Teriyaki Salmon with Quinoa.....	31
• Tuna and White Bean Salad.....	32
• Turkey and Bean Chili.....	33

Welcome to Your Max Flex Recipe Book

The Max Flex Program was designed to emphasise fat burning while keeping hunger pangs under control through an exclusive combination of breakthrough products, flexible fitness, and flexible foods.

The concept of flexible foods is that you choose meals from a variety of low carb, higher fat options in the way you want to eat them.

The recipes contained within this book are meant to provide your body with the fiber and nutrients it needs to be healthy along with the protein you require for energy in combinations that allow you to feel full and satisfied.

Have Breakfast for Dinner. Or Lunch for Breakfast. It's up to you! While some diets break your meals down into breakfast, lunch, and dinner we're taking a more flexible approach. With these recommendations there are no rules for what you have to eat and when. You can choose to have soup for breakfast or steak and eggs for dinner - it's up to you and what YOU want to eat.

That being said, we do have a few helpful suggestions:



Go green. Vegetarians rejoice, you're encouraged to eat as many vegetables as you want with your meals. There are no limits, so get creative with your favorite veggies.

Be. Ready to snack. While we've outlined full meals here, it's also important to snack when you're hungry. We've created the Max Be Bar as the perfect way to satisfy between-meal hunger, but we also have a suggested list of healthy snacks at the end of this recipe book.

Drink to your health. Ensure you drink plenty of healthy fluids every day. Water is a must, especially after a workout, and is a good way to feel fuller. Coffee is a good way to start your day and tea is a good afternoon pickup. Stay away from alcohol though, it provides a host of empty calories and sugars that will give you problems.

This recipe guide is just the start of the many delicious meals **you'll enjoy on the Max Flex Diet.** Be sure to log onto **mymaxoffice.com** **after your first month on Max Flex** to access our next set of satisfying recipes.

Flex Food Guide

Food Type	No Foods	Yes Foods
Fats	Whole Milk • Yogurt • Ice Cream • Cream-Based Dressings • Flavored Yogurt	Low Calorie Sprays (Olive Oil, Vegetable) • Coconut Oil • Avocados • Almonds • Pine Nuts • Butter • Light Mayonnaise • Peanuts • Nonfat, Plain Greek Yogurt • Unsweetened Milk Alternatives (Ie. Soy Milk, Almond Milk)
Meats and Protein	Breaded Meats And Fish • Soft or Processed Cheese • Beans • Lentils	Be Bar • Fish • Turkey • Tofu • Spinach • Wild Game • Shellfish • Poultry • Beef • Lamb • Hard Cheeses • Bacon • Pork • Eggs • Hummus
Fiber	Corn • Berries • Fruits • Tomatoes • Potatoes • Peas	Be Bar • Spinach • Quinoa • Asparagus • Broccoli • Carrots • Brussel Sprouts • Peppers • Celery • Onions • Cucumbers
Beverages	Soda • Fruit Juice • Milk • Beer • Wine	0-5 Calorie Flavored Waters • Sparkling Water • Club Soda • Tea • Coffee
Breads and Cereals	Rice • Breads • Cakes • Cereals • Chips • Flour Products • Grains • Muffins • Pancakes • Pies • Popcorn • Pretzels • Waffles	Single Low Carb Tortilla • Steel Cut Oats • Buckwheat Grits • Groats
Sweets and Spices	Sugar Alcohols • Sugar • Honey • Agave • Juices • Maple Syrup • Ketchup • Peanut Butter • Chocolates	Salt • Pepper • Spices • Artificial Sweeteners • Hard And Sugar-Free Candy • Lemon Juice • Cream • Macadamia Nuts • Liquid Stevia

Example Menus

Every diet is different, so we encourage you to eat the low carb meals that you enjoy the most, when you want to eat them. However, you always need to plan in advance to buy the food you need and to take the time to prepare some meals.

To get you thinking about how you can approach your first month, here are some two week sample plans you can follow. Experiment on the weekends with your favorite dishes or explore local options by eating out. For weeks 3 & 4, repeat the plans but make substitutions where you want.

The Traditional Omnivore's Example Menu - meats and veggies for breakfast, lunch, and dinner

Monday	Tuesday	Wednesday	Thursday	Friday
Oatmeal W/ Chia	Bacon & Eggs	Yogurt W/ Almond Milk	Mushroom Omelette	Coffee W/ Heavy Cream & Be Bar
Tuna & White Bean Salad	Sausage & Egg Sandwich	Low Carb Tortilla W/ Turkey Breast	Avocados Stuffed W/ Salmon	Tuna Sashimi W/ Green Salad
Be Bar	Be Bar	Be Bar	Be Bar	Be Bar
Steak & Eggs W/ Broccoli	Teriyaki Salmon W/ Quinoa	Turkey W/ Bean Chili	Lemon Garlic Chicken	Shrimp Kebab
Monday	Tuesday	Wednesday	Thursday	Friday
Cream Cheese Pancakes	3 Eggs Sunny Side Up W/ Bacon	Coconut Chia Pudding	Scrambled Eggs W/ Turkey Links	Green Protein Smoothie
Miso Soup	Shrimp Taco	Egg Drop Soup	Cobb Salad	Lentil Soup W/ Bacon
Avocado W/ Lime	Be Bar	Cucumber	Be Bar	Sugar Free Jello
Ground Turkey Green Bean Stir Fry	Roasted Salmon W/ Clementines	Skillet Mexican Beef	Steak Salad With Balsamic Vinegar	Honey Sriracha Chicken

The Meatless and Motivated Example Menu - for vegetarians without a strict schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Lentils W/ Cooked Spinach	Miso Soup	All Bran Buds W/ Avocado	Egg Drop Soup	Veggie Chili W/ Artichokes
Kale Salad	Oatmeal W/ Protein Powder	Green Protein Smoothie	Caesar Salad	Coconut Chia Pudding
Be Bar	Be Bar	Be Bar	Be Bar	Be Bar
Cream Cheese Pancakes	Mushroom omlette	Vegan Sausage & Egg Sandwich	Teriyaki Eggplant W/ Quinoa	Skillet Baked Eggs W/ Chili Sauce
Monday	Tuesday	Wednesday	Thursday	Friday
Broccoli Lemon Zest Soup	Oatmeal W/ Chia	Avocados Stuffed W/ Eggs	Lentil Soup W/ Broccoli	Lemon Coconut Mug Cake
Veggie Chili	Salad With Balsamic Vinegar	Green Protein Smoothie	Tofu And White Bean Salad	Tofurky Stuffed Peppers
Celery	Be Bar	Greek Yogurt	Be Bar	Cucumber
Sriracha Vegan Chicken W/ Noodles	Chili Lime Tofu Fajita Salad	Lemon Garlic Vegan Chicken	Tofurky And Green Bean Stir Fry	Vegan Bacon & Eggs



The Completely Custom Example Menu- fill in the meals yourself - your favorites your way

Monday	Tuesday	Wednesday	Thursday	Friday
Monday	Tuesday	Wednesday	Thursday	Friday



Avocados Stuffed with Smoked Salmon & Egg

Serves: 4

Avocados are great as a side part of any meal, but here they take center stage when they're stuffed with healthy fats and protein.

Produce

- 4 avocados

Meats & Protein

- 4 oz. /115g smoked salmon
- 8 eggs

Herbs & Spices

- salt
- black pepper
- chilli flakes
- fresh dill

Directions:

1. Preheat oven to 425°F. / 220 °C.
2. Halve the avocados and remove the seed. Scoop out the center a little bit at a time until it can hold the contents of one egg.
3. Arrange the avocado halves on a cookie sheet, and line the holes with strips of smoked salmon. Crack each of the eggs into a small bowl, then spoon the yolks and however much white the avocado will hold.
4. Add salt and fresh cracked black pepper on top of the eggs to taste.
5. Place the cookie sheet in the oven and bake for about 15-20 minutes.
6. Sprinkle chilli flakes and fresh dill on top.
7. Serve warm and enjoy.

Try this dish without the salmon by adding hot sauce on top for some extra kick. Or, keep the salmon and embellish the flavor with fresh capers.



Broccoli, Garlic and, Lemon Zest Soup

Serves: 4-6

This soup has a great fresh flavor thanks to the combination of broccoli and lemon. Eat fresh or save this as a great meal for later.

Produce

- 1 lb / 500g broccoli florets
- 3-4 cloves of garlic
- 1 lemon

Dairy

- Non-fat Greek yogurt (optional)

Oils, Vinegar & Fats

- 1 oz. butter

Herbs & Spices

- salt

Liquids

- 3 ½ cups of water

Directions:

1. Wash and chop the broccoli into small florets.
2. Mince the garlic and grate zest from lemon.
3. In a large pot, bring water up to boil.
4. Melt the butter over low to medium heat in a saucepan. When the butter has melted, add garlic and heat until garlic begins to turn translucent.
5. Add broccoli, lemon zest and 2 pinches of salt. Stir everything together.
6. Add broccoli mix into boiling water. Lower heat to gently boil until the broccoli stalks are soft and still bright green.
7. Add entire mix into a blender and puree until smooth and creamy.
8. Pour into bowls and garnish to taste, consider a scoop of yogurt, juice from the lemon, or fresh herbs. Enjoy.



Cheesesteak Stuffed Peppers

Serves: 4-8

You don't need bread to enjoy the flavors of a good steak and pepper sandwich. This low-carb version has just as much savory steak flavor and cheesy goodness.

Meat & Protein

- 1 ½ lb. / 750g sirloin steak

Produce

- 4 bell peppers
- 1 onion
- 16 oz. / 500g crimini mushrooms

Oils, Vinegars & Fats

- 1 tablespoon olive oil

Dairy

- 8 slices parmesan cheese

Herbs & Spices

- salt
- black pepper

Directions:

1. Preheat oven to 325°. / 170 °C.
2. Cut peppers in half, hollowing them out and removing seeds. Cover a large baking dish with foil. Place peppers on dish and bake for 20 minutes or until tender.
3. Thinly slice steak and dice onions.
4. Heat oil in a large skillet on medium-high. Add steak and sear on each side, about 1 minute per side. Set aside.
5. Add onions and mushrooms to skillet and toss in oil and steak juices. Cook until onions start to turn translucent.
6. Return steak to skillet and continue to toss, add salt and pepper to taste.
7. Add parmesan to bottom of peppers and top with steak mixture and then top with another piece of parmesan.
8. Broil peppers for 3 minutes, remove and enjoy hot.



Chilli Lime Chicken Fajita Salad

Serves: 4

Spice up your chicken with a chilli lime marinade that works as a dressing. Creamy avocado, grilled peppers, and fresh lettuce serve as great complements to the juicy chicken.

Produce

- 1 cup freshly squeezed lime juice
- 2 tablespoons cilantro
- 2 cloves garlic
- ½ yellow bell pepper
- ½ red bell pepper
- ½ onion
- 5 cups romaine lettuce leaves, washed and dried
- 2 avocados, sliced

Meat & Protein

- 4 boneless, skinless chicken thigh fillets

Oils, Vinegars & Fats

- 3 tablespoons olive oil

Herbs & Spices

- 1 teaspoon sweetener
- ¾ teaspoon red chilli flakes
- ½ teaspoon ground cumin
- 1 teaspoon salt

Directions:

1. Create the marinade by whisking together lime juice, oil, sweetener, red chilli flakes, cumin, salt, garlic, and chopped cilantro.
2. Pour half the marinade into a shallow dish or food storage bag and add chicken fillets. Cover and refrigerate for two hours. Refrigerate the remaining marinade to use as a dressing.
3. Chop cilantro, slice peppers and remove seeds. Dice onion and garlic.
4. Heat one teaspoon of oil in a grill pan or skillet over medium-high heat and grill chicken fillets on each side until browned on outside and cooked through. Once chicken is cooked, set aside and allow to rest for 3-4 minutes.
5. Drizzle pan or skillet with another teaspoon of oil and fry pepper and onion strips until cooked.
6. Slice chicken into strips and combine into salad with lettuce, avocado slices, peppers, onions and chicken. Drizzle with remaining marinade/dressing and enjoy.



Coconut Chia Pudding

Serves: 1

If you're looking for a sweet snack that's high in fiber and healthy fat, then this cool treat is great for grabbing on the go. Just prepare the night before and grab it out of the fridge the next day.

Liquids

- 1 cup coconut milk
- ½ tablespoon liquid stevia

Grains, Nuts and Seed

- ¼ cup chia seeds

Directions:

1. Mix chia seeds, coconut milk, and liquid stevia together in a small bowl or glass mason jar. Let it set in refrigerator overnight.
2. Remove from the fridge, make sure pudding looks thick and the chia seeds have gelled.
3. Top with whipped cream, macadamia or other nuts, and enjoy immediately.

Make a few of these pudding cups ahead of time and you'll have a quick grab-and-go meal that also satisfies those sweet tooth cravings.



Cream Cheese Pancakes

Serves: 2

Pancakes are delicious any time of day, but they're something you need to avoid while on a low-carb diet. We've got good news, this recipe not only works as an incredible substitute, you might even prefer it!

Dairy

- 2 oz / 60g cream cheese

Meat & Protein

- 2 eggs

Meat & Protein

- 1 teaspoon sweetener
- ½ teaspoon cinnamon

Oils, Vinegar & Fats

- 1 tablespoon butter or oil spray

Directions:

1. Put all ingredients in a blender and blend until smooth. Let rest for 2 minutes so the mix settles.
2. Grease a pan or skillet with butter or oil spray. Heat on medium high until pan is hot.
3. Add a quarter of the batter to the cooking and cook for about 2 minutes until bottom is golden. Flip and cook 1 minute on the other side.
4. Repeat with the rest of the batter.
5. Add sugar free syrup and enjoy.

Make this a full breakfast-style meal with a side of eggs and bacon!



Egg Drop Soup

Serves: 1

This home-made version of a classic Chinese dish is a great complement to any meal. Double the ingredients and add a protein to make it a full meal on its own.

Meats & Protein

- 1 large egg

Produce

- 1 scallion (optional)
- cilantro leaves (optional)
- hot chilli peppers (optional)

Liquids

- 1½ cups of bone broth or stock
- 1 tablespoon fish sauce (optional)

Herbs & Spices

- salt

Directions:

1. In a small saucepan, add broth and bring to a rolling boil over medium-high heat. Flavor it with fish sauce and/or salt to taste.
2. Crack the egg in a small bowl. Season with drops of fish sauce and a pinch of salt to taste. Whisk with fork.
3. Remove the broth from the heat and stir the soup as you immediately, but slowly, pour in the whisked egg.
4. The egg will cook in the hot liquid to a soft and wispy texture.
5. Transfer the soup to a bowl and add in extra flavors like sliced spicy peppers, minced scallions, and diced cilantro leaves. Enjoy.



Green Protein Smoothie

Serves: 1

This mix of greens and protein is refreshing and filling. Great for prepping for your commute to work or for filling up after a workout.

Produce

- 1 oz / 30g spinach
- ¼ cup cucumber
- ¼ cup celery
- ¼ cup avocado

Meats and Protein

- 1 scoop protein powder

Liquids

- 1.5 / 1 1/2 cups almond milk

Oils, Vinegar & Fats

- 1 tablespoon coconut oil

Herbs & Spices

- 10 drops liquid stevia
- 1 teaspoon matcha or green tea powder (optional)

Directions:

1. Add almond milk and spinach into a blender. Blend for a few seconds to make room for the rest of the ingredients.
2. Add in the cucumber, celery, avocado, protein powder, coconut oil, stevia and blend for about a minute until creamy.
3. Mix in matcha or green tea powder for added flavor and boost of caffeine. Pour into a glass or travel mug and enjoy.



Ground Turkey and Green Bean Stir Fry

Serves: 4

Lean turkey and fresh green beans are a great match in this spicy Asian dish. Its short on prep and only takes about 20 minutes to cook, making it a great option for a weeknight meal.

Meats & Protein

- 1.5 lbs. / 750g lean ground turkey

Produce

- 1 lb. / 500g green beans
- 2 garlic cloves
- 2 tablespoon ginger

Oils, Vinegar & Fats

- 4 teaspoon coconut oil, or substitute vegetable oil
- 1 tablespoon sesame oil
- 2 tablespoon rice vinegar

Herbs and Spices

- 2 teaspoon Asian chilli garlic paste

Liquids

- 4 tablespoon soy sauce

Directions:

1. Preheat the oven to broil.
2. Mince the garlic and ginger. Wash and dry the green beans.
3. Toss the green beans with half of the coconut (or vegetable) oil then lay flat on a baking sheet covered in foil.
4. Broil for 6-8 minutes until tender and beginning to char. Shake the pan once about halfway through cooking. After char is achieved, remove green beans and turn off oven.
5. Heat the remaining coconut and sesame oil in a large pan or skillet over medium high heat. Add the ground turkey, garlic, and ginger. Brown until turkey is fully cooked.
6. Add the green beans to the pan and stir. Then add the soy sauce, rice vinegar, and chilli garlic paste. Cook for 1 minute. Taste and season with additional soy sauce and chilli if desired.
7. Remove from heat and enjoy immediately.



Kale Salad with Lemon Vinaigrette

Serves: 4

Kale is one of the most nutrient rich foods you can find, but by itself it's a little boring. This salad makes things pop with a great combination of tart, sweet, and sour flavors.

Produce

- 1 avocado
- 4 cups chopped kale
- 1 - 2 lemons
- ½ cup pomegranate arils

Grains, Nuts & Seeds

- ½ cup quinoa, cooked
- ½ cup chopped pecans

Oils, Vinegars & Fats

- ¼ cup apple cider vinegar
- ¼ cup olive oil

Dairy

- ¼ cup crumbled goat cheese

Herbs & Spices

- 1 tablespoon sweetener

Directions:

1. Juice and zest lemon(s).
2. Make the vinaigrette by whisking together olive oil, apple cider vinegar, lemon juice, lemon zest and, sweetener in a small bowl. Set aside.
3. To make quinoa, place ½ cup of quinoa in a cup of water. Leave uncovered and bring to a boil. When water is absorbed, turn to low, cover and let sit for 5 minutes. Remove from heat and set aside.
4. To assemble the salad, place kale in a large bowl; top with avocado, quinoa, pomegranate arils, pecans, and goat cheese.
5. When ready to eat, pour the dressing on top of the salad and gently toss, enjoy immediately.



Lemon Coconut Microwave Mug Cake

Serves: 1

Cakes don't need carbs or have to be cooked in the oven, you can make a perfectly delicious treat with alternatives in the microwave. This quick meal is great as a dessert or early morning treat.

Oils, Vinegar & Fats

- 1 tablespoon butter, or substitute coconut oil
- ¼ teaspoon apple cider vinegar

Produce

- 3 tablespoon unsweetened coconut flakes
- ½ tablespoon coconut flour

Meats and Proteins

- 1 egg

Herbs and Spices

- 4-8 drops liquid stevia
- 1/8 teaspoon lemon flavor
- 1/4 teaspoon pure vanilla extract
- 1/4 teaspoon baking powder
- salt

Directions:

1. In a large, microwave-safe mug mix together butter, vinegar, egg, stevia, lemon flavor, vanilla, and a pinch of salt. Mix with a fork.
2. Add in coconut flakes, coconut flour, and baking powder and mix until lumps are gone.
3. Place in microwave on high for 1 minute and 30 seconds.
4. Remove, cool, and eat right out of mug!

Alternate Directions: Serves 4

1. Looking to make more for your family? Quadruple the ingredients.
2. Preheat oven to 350 degrees. / 175 °C.
3. Mix ingredients together in a bowl and add to greased muffin pans.
4. Bake for 20 minutes, remove and cool.



Lemon Garlic Chicken

Serves: 2-3

Lemon and garlic work great together as flavors, especially when enhanced with salt and pepper or other herbs. Try customizing this chicken dish with your favorite herbs like rosemary, oregano, or basil.

Meat & Protein

- 2 lbs. / 1kg boneless chicken thighs

Produce

- 4 garlic cloves
- 2-3 lemons

Herbs & Spices

- 2 teaspoons Worcestershire sauce
- 3 parsley sprigs
- salt
- black pepper

Directions:

1. Mince garlic. Juice lemons to create $\frac{1}{4}$ cup of lemon juice. Slice remaining lemons into wedges.
2. Combine lemon juice, Worcestershire sauce, and garlic in a large bowl. Add chicken, turning to coat all sides. Cover and marinate in refrigerator.
3. Preheat oven to 425° F. / 220 °C.
4. Coat a roasting pan with cooking spray or cover with tinfoil. Remove chicken from dish and pour half of marinade over chicken. Salt and pepper to taste.
5. Bake for 40 minutes until chicken is done, basting occasionally with marinade.
6. Remove and let rest for 2 minutes. Garnish with lemon wedges and parsley and enjoy.



Miso Soup

Serves: 2-4

This simple soup packs in a lot of great flavor. Enjoy alone as a quick meal or pair with another Asian style dish, like the teriyaki salmon on page 31.

Produce

- ¼ cup firm tofu
- ½ cup shallots
- 3 tablespoons miso paste
- 3 tablespoons sliced scallions

Liquids

- 1 quart / 1 litre vegetable stock

Oils, Vinegar & Fats

- ½ teaspoon sesame oil

Directions:

1. Dice shallots, tofu, and scallions separately.
2. Heat sesame oil in a medium pot over medium heat. Add shallots and cook until translucent.
3. Add stock and miso to pot and mix well. Bring soup to a low boil, then reduce heat to low and simmer for 15 minutes.
4. Ladle soup into bowls and add diced tofu.
5. Garnish with diced scallions and enjoy.



Mushroom Omelette

Serves: 2

Mushrooms have a lot of great earthy flavor, so they're perfect for enhancing any omelette. Add a side of bacon if you're looking for a little more healthy fat and protein.

Meat & Protein

- 6 egg whites

Produce

- ¼ cup mushrooms
- 2 tablespoon green onion

Dairy

- 1½ oz. / 50g shredded cheddar cheese

Herbs & Spices

- salt
- pepper

Directions:

1. Slice mushrooms and dice green onions.
2. Lightly beat egg whites in a small bowl. Add salt and pepper to taste.
3. Lightly coat a small pan or skillet with cooking spray and place over medium heat. Add mushrooms and green onion and cook until tender.
4. Add egg whites and cook until set on bottom.
5. Sprinkle cheese over top, fold omelette in half. Continue cooking until cheese is melted and eggs are set.
6. Divide omelette into servings and enjoy.



Roasted Salmon with Clementines

Serves: 4

Roasted salmon is always a great option for a meal high in protein and healthy fats. This recipe adds clementines for a unique zest.

Meats & Protein

- 1½ lb / 750g skinless salmon

Produce

- 3 clementines
- 1 garlic clove
- 1 shallot
- ½ bunch cilantro

Herbs & Spices

- 1 teaspoon ground cumin
- 1 teaspoon cayenne pepper
- salt
- black pepper

Directions:

1. Preheat oven to 400°. / 200 °C. Cover a baking sheet with tinfoil.
2. Place salmon on baking sheet and sprinkle with cumin and cayenne. Add salt and black pepper to taste over top of salmon.
3. Mince or dice garlic and shallot.
4. Juice two of the clementines into a small bowl, add minced garlic and shallot. Mix and then drizzle juice over salmon.
5. Slice third clementine into thin pieces and place them evenly over salmon.
6. Let fish sit for 10 minutes and then place in oven on top rack for 15 minutes.
7. Remove, let rest for 2 minutes, garnish with chopped cilantro and then enjoy.

Can't find clementines? Though we love their sweetness, any citrus fruit will provide some great flavors. Try with mandarin oranges or lemons and limes.



Sausage & Egg Sandwich

Serves: 1

If you don't feel like heading to the nearest drive-thru, try this home-made version of a hearty egg and sausage sandwich. It will take a little longer to make, but the taste will be worth it.

Meat & Protein

- ¼ pound / 115g raw pork breakfast sausage
- 2 large eggs

Produce

- 1 avocado (optional)

Liquids

- ¼ cup water

Oils, Vinegar & Fats

- 2 tablespoons clarified butter or coconut oil

Herbs & Spices

- salt
- pepper

Directions:

1. Grease the insides of 2 stainless biscuit cutters with ½ of one tablespoon of the melted butter. Place one cutter on a plate and fill it with the sausage meat.
2. Heat a skillet over medium heat and add a full tablespoon of butter. When the fat is shimmering, add the patty to the pan. Fry the sausage about 2 to 3 minutes on each side or until fully cooked, then remove the sausage patty from the cutter and transfer it to a plate.
3. Grab two small bowls and crack one egg into each. Pierce the yolks with a fork. Heat a skillet over medium-high heat with the remaining butter.
4. When the butter is shimmering, place the two greased biscuit cutters in the pan and pour an egg into each mold. Season the eggs with salt and pepper to taste and then add ¼ cup water to the skillet outside of the egg molds. Turn the heat to low and cover the pan.
5. Cook the eggs, covered, for about 3 minutes or until cooked through.
6. Transfer the eggs to a paper-towel lined plate. Assemble the sandwich by placing the sausage patty in-between the two egg rounds.
7. Add a mashed avocado as a filling or heat it up with your favorite spicy topping like sriracha.



Shrimp Kebabs

Serves: 1-2

Shrimp is a versatile shellfish that can be enjoyed in a variety of ways, but grilling it will usually bring out the best flavor. Try this kabab recipe for a fun dish.

Meats & Protein

- 6 -12 /30g shrimp (1 ounce each)

Oils, Vinegars & Fats

- 1 tablespoon olive oil

Herbs & Spices

- 1 teaspoon oregano
- salt

Produce

- ½ red onion
- ½ zucchini
- ½ yellow pepper
- 8 white mushrooms
- 1 lemon

Directions:

1. Make sure shrimp has been properly peeled and deveined.
2. Slice onion, zucchini, and yellow pepper.
3. In a small bowl, blend lemon juice, olive oil, and oregano to make a marinade. Add salt to taste.
4. Using metal or wooden skewers, assemble kebabs by alternating shrimp and vegetables.
5. Brush marinade over kebabs; place kebabs on grill for 7 to 10 minutes.
6. Turn and brush with remaining marinade while grilling until vegetables are cooked and shrimp turn opaque.

No skewers? No problem! Lay a sheet of tinfoil over your grill and then cook the ingredients over it.



Skillet-Baked Eggs with Spinach, Yogurt, and Chili Oil.

Serves: 2-4

This dish offers a unique and tasty Mediterranean twist to your eggs and greens. This is perfect as a stand-alone dish but also works well when complemented by a lean protein.

Produce

- 1 garlic clove, halved
- 1-2 leeks (white and pale-green parts only)
- 2-3 scallions (white and pale-green parts only)
- 10 cups fresh spinach
- 1 teaspoon fresh lemon juice

Dairy

- 2/3 cup plain Greek-style yogurt

Meats & Protein

- 4 large eggs

Oils, Vinegar & Fats

- 2 tablespoons unsalted butter, divided
- 2 tablespoons olive oil

Herbs & Spices

- salt
- 1/4 teaspoon kirmizi biber (Turkish chilli powder), or substitute with 1/4 teaspoon crushed red pepper flakes and a pinch of paprika
- 1 teaspoon chopped fresh oregano

Directions:

1. Preheat oven to 300°. / 150 °C.
2. Mix yogurt, garlic, and a pinch of salt in a small bowl. Set aside. Chop leeks and scallions.
3. Melt 1 tablespoon butter with oil in a large heavy skillet over medium heat. Add leek and scallion; reduce heat to low. Cook until soft, about 10 minutes.
4. Add spinach and lemon juice; season with pinch of salt. Increase heat to medium-high and cook until wilted, turning frequently, 4–5 minutes.
5. Transfer spinach mixture to 10" skillet, leaving any excess liquid behind. Make 4 deep indentations in center of spinach. Carefully break 1 egg into each hollow, taking care to keep yolks intact. Place in oven and bake until egg whites are set, 10–15 minutes.
6. Melt remaining 1 tablespoon butter in a small saucepan over medium-low heat. Add kirmizi biber and a pinch of salt and cook until butter starts to foam and browned bits form at bottom of pan, 1–2 minutes. Add oregano and cook for 30 seconds longer then remove from heat.
7. Remove garlic halves from yogurt and discard them. Spoon yogurt over spinach and eggs and then drizzle with spiced butter. Enjoy immediately.



Skillet Mexican Beef in Lettuce Fajitas

Serves: 6

This savory meal will take a while to prep, but it is so bursting with hearty flavors that the entire family will love it. Use lettuce cups as your fajitas to enjoy a crisp pocket without the carbs.

Meats & Protein

- 1½ lb / 750g flank steak

Herbs & Spices

- ½ teaspoon chili powder
- ¼ teaspoon of ground cayenne red pepper
- 1/8 teaspoon cumin
- 1/8 teaspoon paprika
- 1/8 teaspoon ground black pepper
- ½ teaspoon dried oregano
- ½ teaspoon salt

Produce

- 6 large lettuce leaves
- 1 lime
- 1 yellow bell pepper
- 1 red bell pepper
- 1 yellow onion
- 1 garlic clove
- 5 oz. / 150g shiitake mushrooms
- 2 green onions
- 1 jalapeno, seeded and sliced thinly
- ¼ cup cilantro
- 1 avocado

Oil, Vinegar & Fats

- 2 tablespoon organic coconut oil

Liquids

- 1 cup vegetable broth

Directions:

1. Slice steak into thin ribbons, cutting against the grain.
2. Juice the lime into a large bowl and then add steak, chili powder, cayenne, cumin, paprika, black pepper, oregano, salt and pepper and toss together until steak is evenly coated. Set aside.
3. Trim, de-seed, and thinly slice jalapeno, avocado, red and yellow peppers. Peel and slice onion. Mince garlic. Chop cilantro. Wash and dry lettuce leaves.
4. Place a large heavy skillet over medium-high heat. Add coconut oil to the pan and heat until oil starts to shimmer.
5. Lay steak on the pan in a single layer. Sear steak 3-4 minutes, flip and cook the other side of steak for an additional 3-4 minutes. Remove steak from pan and set aside on a plate.
6. Add peppers, onions, garlic, and mushrooms to pan tossing to coat in remaining oil and steak juice. If pan is dry then add about ¼ cup of vegetable broth. Continue tossing veggies until they start to soften, about 5 minutes. Scrape excess steak sear off bottom of the pan.
7. Add green onion, jalapeño, remaining vegetable broth, and steak back into the pan. Continue to toss and cook for an additional 5-8 minutes.
8. Remove from heat, toss cilantro, sliced avocado, and additional jalapeño slices on top as desired.
9. Serve plates with lettuce leaves. Bring skillet to table with large spoon so others can fill their lettuce fajitas family style. Enjoy!



Simple Bacon & Eggs

Serves: 2

Sometimes the simplest dishes are the best, and there's nothing simpler than a dish of bacon and eggs. This meal is both quick and hearty, making it great for either a morning breakfast or an evening dinner.

Meat and Protein

- 4-6 bacon slices
- 3-4 eggs

Herbs & Spices

- salt
- pepper
- oregano, chili powder, or other spices of your choosing

Directions:

1. Heat a skillet over medium high heat and then add bacon to pan. Fry until desired level of crispiness.
2. Remove bacon from the pan. Crack open eggs and add them to the skillet, frying them in the bacon fat.
3. Cook eggs how you want (scrambled, sunny side up, etc.). Feel free to season with salt and pepper or other flavors like garlic powder and hot sauce.
4. Add eggs to plate with bacon and enjoy.

Vegetarian bacon has come a long way since it was first introduced and today there's many different brands and varieties to enjoy. So unless you're committing to going full vegan, there's no need to miss out on this breakfast staple.



Sriracha Chicken with Zucchini Noodles

Serves: 2

This Asian-inspired dish is a delightful mix of cool noodles, succulent chicken and hot spice. You'll need a spiralizer to make noodles out of the zucchinis, but if you don't have one you can substitute store-bought low carb alternatives like black bean or shirataki (yam) noodles.

Produce

- 10 oz. / 300g of zucchinis
- 1 tablespoon chopped scallion
- 2 cloves garlic

Liquids

- 1 ½ tablespoons soy sauce
- ½ tablespoon cornstarch
- 2 tablespoons water

Meats & Proteins

- 12 oz. / 350g boneless, skinless chicken breast

Herbs & Spices

- White sesame, for garnishing

- 1 tablespoon Sriracha

Oils, Vinegar & Fats

- 1 tablespoon olive oil
- 1 teaspoon sesame oil

Directions:

1. Cut 1-inch / 2.5cm off both ends of the zucchinis and use a spiralizer to make the zucchini noodles. When substituting store bought noodles, boil noodles as directed by package instructions and then run under cold water to chill. Set noodles aside.
2. Add the sesame oil, cornstarch, water, soy sauce, and sriracha together in a bowl to create a sauce. Whisk to mix well.
3. Add olive oil to a skilled and heat up on medium high. Saute the garlic until aromatic and it starts to brown. Add the chicken and stir fry until the surface turns white.
4. Add the sauce and stir continuously until the chicken is completely cooked through and the sauce thickens. Add the scallion, stir to mix well.
5. Place noodles on plates and top with the chicken stir-fry, toss to mix well. Garnish with the white sesame seeds and enjoy immediately.



Steak Salad with Balsamic Vinaigrette

Serves: 1-2

This is a perfect fresh and savory dish to enjoy grilled in the summer, but you can also prepare it indoors during the colder months.

Meat and Protein

- 6 oz. /200g top sirloin

Produce

- 1 lemon
- 2 teaspoon shallots
- 2 cups arugula
- ½ cup canned artichoke hearts

Oils, Vinegars & Fats

- ¼ cup balsamic vinegar
- 3 tablespoons dijon mustard
- 1 teaspoon olive oil

Herbs & Spices

- black pepper
- 2 teaspoon fresh basil

Directions:

1. Chop shallots and basil.
2. Squeeze juice from lemon into a bowl and whisk with balsamic vinegar, mustard, shallots, basil, and olive oil. Add black pepper to taste and then cover and store in refrigerator.
3. Grill or broil steak 7 to 10 minutes on both sides for a good sear on the outside and a warm, pink middle. Remove and allow steak to rest 5 minutes and then cut into 1-inch / 2.5 cm slices.
4. Remove artichoke hearts from can and drain liquid.
5. Remove balsamic from refrigerator.
6. Toss artichoke hearts together with arugula on plates. Top with steak slices, drizzle with balsamic vinaigrette and enjoy.



Teriyaki Salmon with Quinoa

Serves: 2-4

Teriyaki salmon is a staple dish with rice, but try pairing it with quinoa and you'll find that it's just as satisfying and even more full of flavor.

Meats & Protein

- 8 - 16 oz / 250 - 500g salmon

Produce

- 1 cup quinoa
- 1 garlic clove
- 1 lemon
- 1 tablespoon ginger

Oils, Vinegars & Fats

- 1 tablespoon sesame oil

Meats & Proteins

- 2 tablespoons brown sugar, or substitute raw agave nectar
- 1 tablespoon sesame seeds

Liquids

- 2 cups water, or substitute with vegetable stock
- 1 cup soy sauce

Directions:

1. Mince garlic, juice lemon, and finely chop or grind ginger.
2. Pour quinoa and stock (or water) into a medium sized pot and bring to a boil over high heat. When water is absorbed, remove from heat and cover for 5 minutes.
3. Mix sesame oil, lemon juice, soy sauce, brown sugar (or agave), sesame seeds, ginger, and garlic in a small saucepan over low heat. Stir until sugar has dissolved, allow to cool and then pour in a resealable plastic bag or glass bowl.
4. Place salmon into the marinade, seal or cover, and allow to marinate for at least 1 hour. Drain and discard used marinade.
5. Place salmon on tinfoil and then grill on high or broil in oven 4 inches / 10cm from the heat source. Occasionally brush salmon with leftover marinade, turn, and broil until fish flakes easily.
6. Remove salmon from heat, allow to rest for 1 minute and then plate with quinoa. Enjoy.

Not a fan of fish? Try substituting in sliced eggplant instead. Slice and salt the eggplant ahead of time and then pat dry with a paper towel. Marinade it instead of the salmon and you'll find it can be just as meaty and flavorful.



Tuna and White Bean Salad

Serves: 1-2

This is a refreshing and cool dish that requires just a little bit of preparation to get ready. For a little more flavor, choose tuna canned in oil instead of water.

Meat and Protein

- 6 oz. /185 canned tuna
- 1 cup canned white beans

Herbs & Spices

- White pepper

Oils, Vinegar & Fats

- 1 teaspoon olive oil

Produce

- ½ cup green pepper
- ½ cup yellow pepper
- 2 tablespoons green onion
- 2 tablespoons fresh parsley
- 1 lemon

Directions:

1. Chop green pepper, yellow pepper, green onion, and parsley.
2. Zest and juice lemon.
3. Drain tuna can and white beans.
4. Place tuna, beans, peppers, and onion in a bowl and mix thoroughly.
5. In a separate bowl, mix lemon juice, oil, zest, parsley, and white pepper to taste.
6. Plate tuna salad on plate and drizzle with dressing, enjoy.



Turkey and Bean Chili

Serves: 2-4

Chili is one of the heartiest meals that you can savor, making it perfect for cold or rainy day. This recipe packs enough flavor that you can enjoy it with a leaner meat, like turkey or game.

Meats & Protein

- 8 oz. / 250g ground turkey
- 16 oz. / 500g canned black beans
- 16 oz. / 115g canned navy beans

Produce

- 1 cup onion
- 4 oz. / 113g green chilies

Oils, Vinegar & Fats

- 1 teaspoon canola oil

Liquids

- 2 cups chicken broth, or substitute vegetable broth
- 6 oz. / 170g canned tomato paste

Herbs & Spices

- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- black pepper
- salt

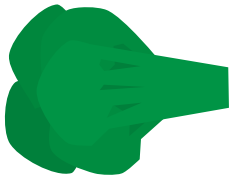
Directions:

1. Chop onions and dice green chilies. Open both beans and drain cans, rinse beans with water.
2. In a large skillet, heat oil over medium-high heat. Add onions and cook for 5 minutes.
3. Add ground turkey and cook until browned. Drain fat into a disposable container, then transfer onions and turkey into a large pot.
4. Add broth, tomato paste, chilies, cumin, chili powder and beans. Bring to a boil.
5. Reduce heat to low and simmer for at least 15 minutes, stirring occasionally. The longer chili cooks, the better it tastes. Enjoy whenever you're ready.

Customize to your heart's content. If you're going meatless than this recipe is just as good without the turkey. However, if you're a hardcore carnivore consider adding in beef and cooked bacon to really make this dish savory.

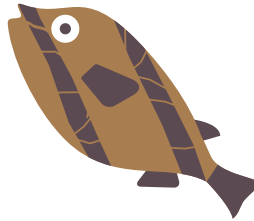
Max Flex Foods

You can think of Flex Foods as **your secret weapons in warding off hunger**. These foods are versatile, healthy, and are high in either fiber, protein, or healthy fat. They can either be eaten on the go solo, or quickly added to something else to enhance it.



Great Quick Bites

Broccoli
Celery
Cucumber



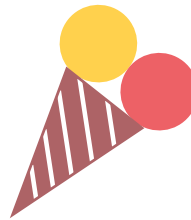
Satisfying Stand-alones

Lentil soup
Be Bars
Tuna in oil



Perfect add-ins

Avocado
Non-fat greek plain yogurt
Eggs



Sweet Cheat Treats

Coconut flakes
Sugar-free jello
Sugar-free popsicles

Try to **keep 2-3 of your favorites** on hand for a quick bite when you need them, your stomach will thank you for it!

Fast Flex Meals

No time to prepare a meal but need to eat now? Then try some of these approved Fast Flex Meals.

These tasty options don't take long to prepare and will satisfy during any part of your day. When you're hungry for more then be sure to try any of the full range of low-carb recipes in the [Meta-Switch Flex Recipe Book](#).

- Plain Oatmeal with 1 Teaspoon of Ground Flaxseed or Chia Seeds
- Greek Yogurt Mixed with 1 Cup of Almond Milk and Flavored Protein Powder with No Sugar
- Mcdonald's Egg White Delight McMuffin
- Wendy's Large Chili (No Crackers)
- Can of Tuna Fish Mixed with 1-2 Teaspoons of Mayo and Herbs
- 3 Sunny-Side Up Eggs (No Bread)
- Scrambled Eggs with Turkey Links
- Steak and Eggs with Steamed Broccoli
- Cup of Coffee with Cream
- Cobb Salad with Lemon Juice or Dressing on Side
- Salmon with Side of Steamed Broccoli
- Cup Of Lentils Soup And Side Of Steamed Broccoli And Brown Rice
- Cup of Lentils with Cooked Spinach
- 1/3 Cup Of All-Bran Buds And Half An Avocado
- Low Carb Tortilla and 3 Slices of Turkey Breast
- 8 Pieces of Tuna Sashimi and Salad with Dressing on Side
- Vegetable Chilli With 1 Artichoke
- 1 Shrimp, Fish, or Lamb Taco on Corn Tortilla



Remember, this recipe book is just one part of **Max Flex**.

Log onto mymaxoffice.com to access the rest of the program materials, including bi-weekly guides, fitness videos, and even more recipes.

Be a part of Max online by going to the MetaSwitch Facebook and Pinterest pages to share your own recipes and meal recommendations. Thank you for being a part of this great support network as we work our way towards living healthier and fitter lives.



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