

META~SWITCH™
WEIGHT MANAGEMENT SYSTEM

Max Flex Guide Month 2

Building on Your Success



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Welcome Back!


It's the start of the second month and you've come a long way since you started this program – but we're still just getting started!

The first month was your “crash course” in adapting to a new routine for a healthier lifestyle. Your change in diet and commitment to exercise, in coordination with the Max products, have worked to support your metabolism, help manage your cravings, and provide you with more energy for your day.

Remember, for optimal results, be sure to use Switch capsules and the Be Fiber & Protein Bars as part of your new, healthier lifestyle.



Together they will help curb your appetite so you feel satisfied during those between meal cravings that can ruin your best health efforts.



Your body will now start adjusting to your new diet and exercise, which means that while some of these changes may come easier, **you'll also be faced with some new challenges.** To confront these challenges head-on **we'll be making a few adjustments** for this month:

Flex Foods

Challenge:

Your food choices will start to seem familiar, which means that you might start to get tired of eating certain meals. Your body is also adjusting to running on fewer calories, so it's important to be careful with your caloric intake so that you can successfully continue on your path to reach your weight loss goals.

Adjustment:

We're shifting your food recommendations just a bit to keep things fresh and give you more delicious options. This means opening up some more options for you to "treat" yourself, but still adhering to the same eating principles.

Flex Fitness

Challenge:

Your body is beginning to adjust to the increase amount of exercise as you're building on the great physical foundation you've started. You'll need to push some areas a little harder while giving some muscle groups a little break.

Adjustment:

We're presenting new exercises and new routines to challenge different parts of your body. This change-up is designed to increase in intensity to help rev up fat loss and improve tone.

Max Flex Food & Fitness Tracker

We are providing you with a handy Flex Food and Fitness Tracker. You can print this out to plan for success and track your progress.

Also, there are many free apps that you can use to track your progress on the go. You can do this!

Start/End:
Take measurements at beginning and end of each week or month.

Week of:
Add dates.

META~SWITCH™
WEIGHT MANAGEMENT SYSTEM

Week of: _____ thru: _____

Your Max Flex Food Plan

START

Weight

Left Thigh Right Thigh

Left Arm Right Arm

Waist Hips

END

Weight

Left Thigh Right Thigh

Left Arm Right Arm

Waist Hips

Meal Planning column:
Write out your meal plan for the week, including your snacks.

| Meal | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | |
|-----------|--------|--------|---------|--------|-----------|--------|----------|--------|--------|--------|----------|--------|--------|--------|
| | Plan | Actual | Plan | Actual | Plan | Actual | Plan | Actual | Plan | Actual | Plan | Actual | Plan | Actual |
| Breakfast | | | | | | | | | | | | | | |
| Lunch | | | | | | | | | | | | | | |
| Dinner | | | | | | | | | | | | | | |
| Snacks | | | | | | | | | | | | | | |

Meal plan actual column:
Add in what you actually ate for the day.

Burpee Challenge:
Push yourself to do 15-25 or 25-50 Burpees daily and record the # you complete.

Your Max Flex Fitness Plan

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|------------------|---|---|---|---|---|---|---|
| Burpee Challenge | # _____ | # _____ | # _____ | # _____ | # _____ | # _____ | # _____ |
| Flex Fitness | | | | | | | |
| Conditioning | Y <input type="checkbox"/> N <input type="checkbox"/> | Y <input type="checkbox"/> N <input type="checkbox"/> | Y <input type="checkbox"/> N <input type="checkbox"/> | Y <input type="checkbox"/> N <input type="checkbox"/> | Y <input type="checkbox"/> N <input type="checkbox"/> | Y <input type="checkbox"/> N <input type="checkbox"/> | Y <input type="checkbox"/> N <input type="checkbox"/> |
| Take Products | Y <input type="checkbox"/> N <input type="checkbox"/> | Y <input type="checkbox"/> N <input type="checkbox"/> | Y <input type="checkbox"/> N <input type="checkbox"/> | Y <input type="checkbox"/> N <input type="checkbox"/> | Y <input type="checkbox"/> N <input type="checkbox"/> | Y <input type="checkbox"/> N <input type="checkbox"/> | Y <input type="checkbox"/> N <input type="checkbox"/> |

max.com/metastwitch

Flex Fitness:
Enter the workouts you do each day.

Conditioning:
Did you do your Max Flex Fitness Conditioning today?

Take Products:
Did you take your Max products today?

Week of: _____ thru: _____

Your Max Flex Food Plan

START

Weight

Left Thigh Right Thigh

Left Arm Right Arm

Waist Hips

END

Weight

Left Thigh Right Thigh

Left Arm Right Arm

Waist Hips

| Meal | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | |
|-----------|--------|--------|---------|--------|-----------|--------|----------|--------|--------|--------|----------|--------|--------|--------|
| | Plan | Actual | Plan | Actual | Plan | Actual | Plan | Actual | Plan | Actual | Plan | Actual | Plan | Actual |
| Breakfast | | | | | | | | | | | | | | |
| Lunch | | | | | | | | | | | | | | |
| Dinner | | | | | | | | | | | | | | |
| Snacks | | | | | | | | | | | | | | |

Your Max Flex Fitness Plan

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|------------------|---|---|---|---|---|---|---|
| Burpee Challenge | # _____ | # _____ | # _____ | # _____ | # _____ | # _____ | # _____ |
| Flex Fitness | | | | | | | |
| Conditioning | Y <input type="checkbox"/> N <input type="checkbox"/> | Y <input type="checkbox"/> N <input type="checkbox"/> | Y <input type="checkbox"/> N <input type="checkbox"/> | Y <input type="checkbox"/> N <input type="checkbox"/> | Y <input type="checkbox"/> N <input type="checkbox"/> | Y <input type="checkbox"/> N <input type="checkbox"/> | Y <input type="checkbox"/> N <input type="checkbox"/> |
| Take Products | Y <input type="checkbox"/> N <input type="checkbox"/> | Y <input type="checkbox"/> N <input type="checkbox"/> | Y <input type="checkbox"/> N <input type="checkbox"/> | Y <input type="checkbox"/> N <input type="checkbox"/> | Y <input type="checkbox"/> N <input type="checkbox"/> | Y <input type="checkbox"/> N <input type="checkbox"/> | Y <input type="checkbox"/> N <input type="checkbox"/> |

Flex Tips

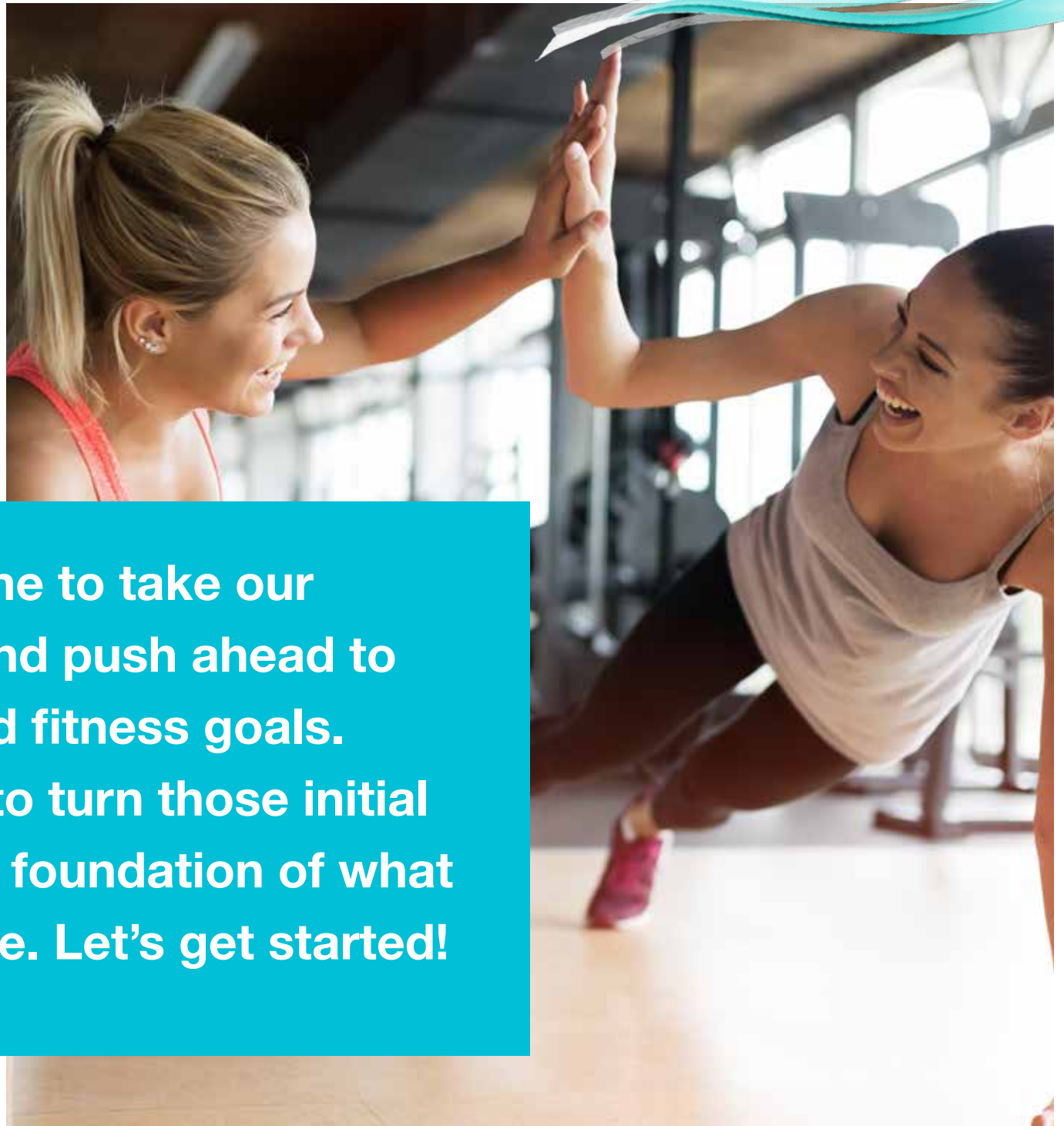
Challenge:

Maintaining the initial pace you started may become more difficult over time, so you may be likely to “cheat” or skip different parts of the program.

Adjustment:

The Max products are helping to give you an edge over cravings and setbacks. To further help you on this part of the 90 Day program we have some additional tips and advice so you keep moving towards your goals.





Now is the time to take our momentum and push ahead to our health and fitness goals. You're going to turn those initial gains into the foundation of what you want to be. Let's get started!

Grocery shopping is one chore that many of us wish we could do without, and it's usually a big reason **why** many of us fall into **poor eating habits**.

Well, that time is over and now we're going to arm you with **the knowledge to be a successful shopper**.





Max Tips: Food Shopping for Success.

Being a successful shopper doesn't mean you need to “shop ‘til you drop” through stress and exhaustion – there are **better ways to get your food shopping done** and we're going to tell you how.

Have a plan – plan your week out in advance, or at least the next **4-5 days**. Go to the store with a list (written or in your mind) and you'll be sure to buy only what you need, which will not only make things faster, it'll save you money.

Take a snapshot of the YES/NO Flex Food Guide with your cellphone to always have it with you whether shopping or eating out.

Buy your produce - veggies are a big part of the Max Flex Foods, in fact, **you're encouraged to eat an unlimited amount of them**. Get a good start on buying what you need by shopping the perimeters of the store – that's where most of the fresh produce is available.

Remember, there are many ways to cook vegetables in a healthy, delicious manner, so **use our Max Flex Recipe Book** to keep it fresh.



Max Tips: Food Shopping for Success.



Consider the frozen section - while fresh vegetables are great, frozen veggies can offer similar nutrition for a much longer “shelf” life, with only a minimal drop in nutrients. **Pick up some frozen options to ensure that you’ll have good produce options available later in the week.**



Read the label – the nutrition facts and ingredient lists will tell you all you need to know about fiber, sugar, protein, carbs, and more. **Check serving sizes to see if it is in reasonable portions,** if you’ll need to separate things out over a few meals, or if there’s not enough (after all, **does anyone really eat only 5 almonds at a time?**).



Plain doesn’t mean boring - The original or “plain” versions of foods and drinks like water, sauces, and yogurts may seem less enticing than the flavored options, but **they’re often healthier AND less expensive. Flavor things up at home with the spices you want,** rather than relying on artificial flavors and additives.

Where to go for great food options

Chances are you have large markets nearby where you can buy most of your groceries. While it can be convenient to get all of your food from one place, be sure to explore other shopping options to see what else might be available.

Smaller specialty stores – small, neighborhood shops and markets often **feature local or artisanal foods that tend to be more natural, flavorful, and nutritious.** They also offer great options you might not find elsewhere. However, they do tend to be more expensive.



Where to go for great food options



Farmer's markets or food co-ops – Many large towns and cities support gatherings for local farmers and ranchers. This is almost like buying food wholesale – **you generally won't find anything fresher for the price.** These events can be great to explore, but they're usually available only on certain days in specific seasons. Search your town's website to see if these are available by you.

Meal delivery services – The newest and trendiest option is to **have your meals delivered right to your doorstep.** These companies have you select meals online and then ship you the ingredients and the recipes for you to make at home. These are extremely convenient, but can be a bit more expensive.



Month 2 Flex Food Guide

This month, our **Flex Food Guide** includes a few treats that can be added to your diet. You will see them in the **TREAT** section. Remember, enjoy in **moderation by limiting treat portions to 100 calories or less.**

| Food Type | No Foods | Yes Foods | Treats |
|---------------------------|--|---|---|
| Fats | Whole Milk • Yogurt • Ice Cream • Cream-based Dressings • Flavored Yogurt | Low Calorie Sprays (Olive Oil, Vegetable) • Plant Based Oils (Olive, Coconut, Safflower, SunFlower) • Avocados • Butter • Light Mayonnaise • Nonfat Plain Greek Yogurt • Unsweetened Milk Alternatives (i.e. Soy Milk, Almond Milk, Cashew Milk, Flax Milk) | <ul style="list-style-type: none"> • Approximately 1/3 cup of Nuts • Approximately 1 tablespoon of regular Mayonnaise |
| Meats and Protein | Breaded Meats and Fish • Soft or Processed Cheese • Beans | Be Bar • Fish • Turkey • Tofu • Wild Game • Shellfish • Poultry • Beef • Lamb • Hard Cheeses • Bacon • Pork • Eggs • Hummus • Lentils | |
| Fiber | Corn • Fruits • Tomatoes • Potatoes • Peas | Be Bar • Spinach • Quinoa • Asparagus • Broccoli • Carrots • Brussel Sprouts • Peppers • Celery • Onions • Cucumbers | <ul style="list-style-type: none"> • Berries |
| Beverages | Soda • Fruit Juice • Milk • Beer • Cocktails • Dessert Wine | 0-5 Calorie Flavored Waters • Sparkling Water • Club Soda • Tea • Coffee • | <ul style="list-style-type: none"> • Spirits • Sparkling Wine • Dry Wine |
| Breads and Cereals | White Rice • Breads • Cakes • Cereals • Chips • Flour Products • Grains • Muffins • Pancakes • Pies Popcorn • Pretzels • Waffles | Single Low Carb Tortilla • Steel Cut Oats • Buckwheat Grits • Groats | <ul style="list-style-type: none"> • Brown Rice • Crustless Pizza |
| 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 • Liquid Stevia | |

TREAT *Sheets* Cheat... a little.

In our Starting Guide we presented a list of foods you should enjoy and those you should avoid. This was to minimize the effects of empty calories from carbohydrates and sugars while maximizing the energy gain from protein and the health benefits of fiber.

Now that you've seen some initial success with the program it's time to introduce some changes that will keep you on the path towards your goals, while opening up some new options.

As always, be careful with portion sizes. Use recommended amounts in recipes or try to limit yourself to a less than 100 calories for snacks.

Berries - Fruits are an amazing source of healthy fiber, but many are also very high in sugars, which raises your natural glucose levels and provides unwanted empty calories. **It may seem unusual to eat a healthy diet without fruit,** but you've done great so far! Now that we're adjusting your diet a little, **it's a great opportunity to start re-introducing small amounts of fruit back into your meals,** starting with the fruits that are highest in fiber in comparison to sugar - berries. **Berries pack a lot of benefits in exchange for a little amount of natural sugars,** making them great for adding in more flavor or texture to another dish.



Flex Tip:

Use a handful of berries to add new flavor and texture to recipes you've had last month. Try the cream cheese pancakes with strawberries or chia coconut pudding with blueberries. These taste so great, you'll be surprised you're eating healthy!

TREAT Sheets



Brown Rice

Make no mistake, white rice is high in carbs and you'll need to keep it out of your diet for this 90 day challenge, but **there is an opportunity to bring some brown rice into some of your meals.**

Brown rice is less processed than white rice and is much higher in nutrients and fiber.

When eaten in moderation it can provide great benefits for just a little extra carbs.

Flex Tip:

Have a small side bowl of brown rice (no more than ½ cup 4 oz) with the egg drop or miso soup recipes for a more filling lunch. You can also use brown rice instead of quinoa with the teriyaki salmon recipe.



Pizza

Looking to enjoy another old favorite without the extra carbs? **Consider trying a crustless pizza!** Ask your favorite pizza joint if they offer crustless options - which is the sauce, cheese, and toppings in a bowl instead of on a crust. **Also, thin crust pizza, with light cheese and loads of vegetables instead of meats, offer a lower carb alternative. Just bear in mind to eat in moderation and ask if they have light cheese!**

We even have a recipe for you on page 35.

Enjoy in Moderation

Limited Alcohol

Alcohol is one of the biggest offenders of providing empty calories, you'll find more concentrated calories per gram of alcohol than in most any other foods. A twelve ounce beer can have over 150 calories! Alcohol's sugar content also creates an insulin response in your body, making it store more fat. Still, some lower calorie alcohols taken in moderation can be enjoyable and satisfying.

| Type of Alcohol | Serving Size | Calories | How often can I use this cheat? |
|------------------------|---|---|---------------------------------|
| Spirits | Spirits 1.5 - 2 oz/ 44.3 ml – 59.1 ml | 60-70 calories per 1oz. | Once a day |
| Champagne | Champagne 5 - 6 oz/ 147.8 ml - 177.44 ml | 95 calories (roughly 4 ounces) | |
| Dry Red and White Wine | One 5 - 6 oz glass/ Una 147.8 ml - 177.4 ml copa | 125 - 5 oz. 120 - 5 oz. | Every other day |
| Low carb beer | One 12 oz bottle/ Una 354.8 ml botella | 100 calories – 12 oz. | Twice a week |
| Sweet mixed drinks | One 12 oz glass/ Una 354.8 ml copa | *Mojito- 215 calories 12 oz. *Pina colada – 245 calories per cocktail (4.5 oz.) *Bloody Mary – 125 calories (10oz.) | Once a week |
| Wine coolers | One 12 oz bottle/ Una 354.8 ml botella | 170-180 | Never |

Keep in mind that **alcohol can increase cravings as well**, so **enjoy in moderation**, keep a healthy snack at hand and **drink responsibly if you plan to drink at all**. Be careful, while on a low-carb diet you're more likely to feel the effects of alcohol faster!

Flex Tip:

Drinking alcohol when you're thirsty can cause you to drink more than you should, so **always drink water before and with your choice of alcohol**. This will quench your thirst much earlier, allowing you enjoy your alcohol without having to satisfy your thirst. **Plus, water is great for helping your body to recover from drinking alcohol.**



**DO NOT DRINK
WHEN YOU DRIVE**

GET IN THE **Tone** ZONE!

Flex Fitness Guide - Month 2

Your first month of fitness went over a lot of the basics, working multiple muscle groups to give you a full-body workout to better build muscle and burn calories. **Now, we're changing things up to really target certain areas with High-Intensity Interval Training (HIIT).**

Part of the concept of the the Max Flex program is that you should be able to fit in exercises when it's convenient for you, after all, not everyone can commit to be at a gym for hours every other day. **With HIIT you can get a good cardio workout and build muscle in shorter bursts of time.** It's trading in quantity of time for intensity.



Flex Fitness Guide - Month 2

Weeks 5 & 7

| Day 1 Chest & Triceps | Day 2 Back & Biceps | Day 3 Legs | Day 4 Shoulders & Calves |
|--|---|--|--|
| <ul style="list-style-type: none"> -Push-Ups -Stand-Up Planks -Dumbbell Chest Press -Dumbbell Tricep Kickback -Planks -Burpees -Conditioning -Burpee Challenge | <ul style="list-style-type: none"> -Single Arm Dumbbell Row -Single Arm Pull Down -Dumbbell Renegade Row -Bicep Curls -Hammer Curl -Conditioning -Burpee Challenge | <ul style="list-style-type: none"> -Single Leg Squats -Split Squats with Hold -Single Leg Hip Bridges -Single Leg Dead Lifts -Side Lunges -Conditioning -Burpee Challenge | <ul style="list-style-type: none"> -Shoulder Press -Plank & Reach -Side Planks -Front Shoulder Raises -Lateral Shoulder Raises -Reverse Flys -Calf Raises -Conditioning -Burpee Challenge |

Weeks 6 & 8

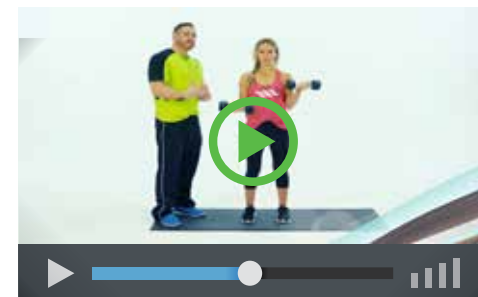
| Day 1 Lower Body & Abs | Day 2 Upper Body | Day 3 Lower Body & Abs | Day 4 Upper Body |
|--|--|--|--|
| <ul style="list-style-type: none"> -Jump Squats -Jump Lunges -Judo Jumps -Squat Side Kicks -Bicycle Kicks -Supermans -Conditioning -Burpee Challenge | <ul style="list-style-type: none"> -Bear Crawls -Push Ups -Diamond Push Ups -Burpees -Bicep Curls -Tricep Dips -Conditioning -Burpee Challenge | <ul style="list-style-type: none"> -Jump Squats -Jump Lunges -Judo Jumps -Squat Side Kicks -Bicycle Kicks -Supermans -Conditioning -Burpee Challenge | <ul style="list-style-type: none"> -Bear Crawls -Push Ups -Diamond Push Ups -Burpees -Bicep Curls -Tricep Dips -Conditioning -Burpee Challenge |

See videos for how to do each of these exercises!

Log-in to mymaxoffice.com

Click **Meta-Switch** in left navigation

Watch **“Month 2”** videos



—“—
In 2 Weeks
you'll feel it...

—”—

“—
In 8 weeks
you'll hear it!

—”

““
In 4 Weeks
you'll see it...

””

““
Keep
It Up!

””

Finding Support with Friends and Family

We know that you entered this challenge with a lot of passion, but we also know that, over time, you can face set-backs. As we start the second month we have a great opportunity to look at the people around us and understand that this isn't a journey that we have to take alone.

All of us have lines of support through friends, family and coworkers that's right at our fingertips. The real challenge is how do we get support from these loved ones in a way that really works to our benefit?

Here are some ways you can reach out for support from others:

Clearly communicate about what you want

Having a long-term goal is great, such as “I want to lose 20 pounds” or “I want to reach a certain size,” but these long-term goals should be supported by shorter gains – and you have to understand and then communicate how those things are going to happen. **First, think about what you need from friends and family for support.** What are the best ways that different people in your life can help you?

It helps to think about asking for support from someone who is also looking to lose weight and could use a partner to help keep on track. Help each other to achieve success.

- Do you need your partner to take care of preparing a low-carb dinner a few times a week?
- Do you want a friend to join you on a weekly run?
- Should the family only have desserts on weekends?

Write your wishes down and then share your hopes with the important people in your life. Talk to them about how these small requests will provide a big help, and compromise where necessary to make these wishes into reality.

Ask for active support

As a follow up to communicating about the kind of support you're looking for, **you'll need to ask friends and family to take an active hand.** Unfortunately, often when others say that you have their support, they take more of a "hands-off" approach and you never really see or hear from them again.

As you present your list of wishes, **talk to your support network about the things they can do to help you along.** It could be as simple as a weekly check-in to follow your progress. Maybe you could offer things in exchange for their help. For example, find a friend in the workplace that you can take turns with in bringing in low-carb meals for lunch.



Share your knowledge and resources

You've picked up some great information about the benefits of healthy food choices and exercise since starting this program, there's no need to keep this information all to yourself! **If you have children, talk to them about the benefits of healthy eating** - how it develops muscle growth and promotes more energy. Talk to your partner about how this change in diet helps build stamina and slows the ageing process.

Try not to lecture, but do share your knowledge when it's appropriate and **discuss the changes you can make together for mutual benefit.**

Find someone to buddy up with

The ultimate step a friend or family member can take is to join you on this fitness journey. **Find someone who's willing to join you for sessions at the gym, or is going to share and cook different low-carb meals with you.** Maybe there's someone at work who's also interested in doing the 90 day Program and is interested in trying the Meta-Switch products.

Holding each other accountable for success is a sure-fire way to build a bond of trust and responsibility.

So, those are the steps that you can take to build support, but what should your supporters be doing if they're interested in providing help?

They can help you set goals – As you communicate about your goals, they can plan ways to keep you on track and throw celebrations when you hit your marks. If they participate in thinking up healthy activities or new meal options, that's a great way to spend more time together and promote support.

They can encourage without shaming – Positive reinforcement will always provide better returns than negative reinforcement. Rather than disparage you for things you've done wrong, they can offer new ways that you can correct a behavior. Instead of offering insults for missed goals, they can cheer on the progress that you have made and the new goals you've decided to set.

They can listen without judgement – Everyone's fitness journey is different, just as their body chemistry is different, their past experiences are different, and their challenges are different. Sometimes the best support someone can provide is a set of ears and an open mind to listen to your frustrations and concerns. While they may not be able to avoid making snap judgements, ask them to turn those initial reactions into helpful suggestions.



If those are some of the ways supporters can help, here are some of the things they should avoid doing:

They shouldn't tease or tempt - Seems like it should be obvious, but some people can't resist poking fun, or even worse, offering sarcastic comments in ways that are actually harmful. Ask friends and family for more positive feedback, and try to ask others to intervene on your behalf if one individual is more interested in cutting you down than building you up.

They shouldn't take over – Your fitness journey is your responsibility and there's no one who's going to be able to take full responsibility for you. While it's great to have multiple areas of support, no one person is going to be able to do everything for you. Ultimately you need to set the goals and then follow through – otherwise you risk not doing what you need to do when they're not around.

They should work with you, not for you – Just as you set the terms of what you're looking for with support, you should also set some boundaries. While it's great when your support sends you new recipes and fitness routines, too much investment on their part can feel overwhelming and suffocating. Always communicate how you're feeling and don't feel bad if you need to ask an overly-enthusiastic supporter to give you a little space.

They should reach out and provide encouragement, whether that be a phone call, text or email, a supportive word, suggestion or simply just checking in will go a long way to helping you to continue on your successful journey.

Tips and advice inspired by research from experts on WebMD – for more helpful support suggestions, see the following link:

<http://www.webmd.com/diet/obesity/features/weight-loss-7-ways-to-get-your-familys-support#1>



Looking to monitor your health progress in other ways?

Monitoring your blood pressure is a good way to get more information about your weight loss and fitness journey. **The American Heart Association has a great guide on what equipment you need and the proper technique for measuring your blood pressure.** If you do start monitoring, keep a journal of your readings and record your stats on a regular basis - this will give you more helpful personal information when talking with your doctor or physician.

http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/KnowYourNumbers/Monitoring-Your-Blood-Pressure-at-Home_UCM_301874_Article.jsp#.WMg3JH_cDwA

You can also visit your local pharmacy to see if they have a blood pressure monitoring station to measure your blood pressure. **Of course, your physician is the best resource for accurate measurement.**

Stay Strong and Keep Building!

If the first month of the **Max Flex Weight Loss Program** was **about laying the foundation for your success**, this month you now have the **tools to continue constructing the new you**. You're making this lifestyle your new normal and it is going to pay off big-time next month when you look in the mirror!

So, keep working your fitness routine, continue eating low-carb, **use Meta-Switch's Switch capsules** and **Be Fiber & Protein Bars**, and come the end of next month, you'll be ready to raise the roof!

META~SWITCH™
WEIGHT MANAGEMENT SYSTEM

MAX FLEX

RECIPE BOOK
MONTH 2





Recipes

1. Asian-Style Cabbage Wraps
2. Chicken Feta and Spinach Meatballs with Noodles
3. Chicken Veggie Soup
4. Fried Eggs and Veggie Mix
5. Home-style Crustless Pizza
6. Roasted Cauliflower
7. Savory Egg & Cheese Muffin
8. Sesame Ginger Miso Cucumber Salad
9. Slow Cooked Cocoa Steel Cut Oats
10. Spicy Ginger Lemon Soup with Mushrooms
11. Spinach, Goat Cheese & Chorizo Omelet



Asian-Style Cabbage Wraps

Serves: 2-3

As a twist on Asian flavors, this meal is like a stir-fry served in edible containers. Spice things up with Sriracha or chili powder if you're looking for more of a kick.

Produce

- 12-14 savoy cabbage leaves
- 1/2 cup green onion
- 1 cup carrots
- 1/3 cup cilantro
- 1 garlic clove
- 1 medium piece of ginger

Grains, Nuts & Seeds

- 1 cup water chestnuts

Meats & Protein

- 14 oz/400 grams tofu

Liquids

- 2 tablespoons soy sauce

Oils, Vinegars & Fats

- 1 tablespoon olive oil
- 3 tablespoons coconut aminos
- 2 tablespoons sesame oil

Directions:

1. Chop water chestnuts and cilantro. Thinly slice green onion and carrots. Mince garlic. Peel and grate ginger.
2. Drain tofu and cut into small squares.
3. In a medium pan, heat 1 tablespoon of sesame oil over medium high heat. Begin to cook tofu.
4. While tofu cooks, bring a large pot of water to boil and place cabbage leaves in for about 5 minutes. When leaves are tender, remove from pot and set aside on paper towel.
5. As tofu starts to shrink, add in soy sauce and chinese 5 spice and toss. Continue to cook until tofu is browned.
6. Once tofu is browned, pour into a mixing bowl and add carrots, onion, and water chestnuts.
7. In a separate small bowl, whisk together coconut aminos, sesame oil, cilantro, garlic, and ginger. Pour over mixture over tofu and vegetables. Stir to coat.
8. Preheat oven to 350°F/177°C. Line a 9×13 baking pan with 6 cabbage leaves.
9. Place a serving spoon-sized filling into the center of cabbage leaves. Fold in the sides and roll up from the bottom.
10. Place cabbage wraps onto the pan seam side-down. Brush cabbage with olive oil. Bake 35-40 minutes until wraps are lightly browned on top.
11. Remove from oven, and enjoy warm.

Interested in something a little meatier? Substitute in a half pound of ground turkey or beef for the tofu.



Chicken Feta and Spinach Meatballs with Noodles

Serves: 3-4

This meal is a savory and tangy counterpart to the spicy Sriracha cold noodle dish that we introduced in month one. Just as before, if you don't have a spiralizer for the squash, consider using store-bought black bean or shirataki (yam) noodles. Also, if you're looking to stay as low carb as possible with this meal, substitute out the panko for either almond flour or crushed pork rinds.

Produce

- 2 1/2 cups fresh baby spinach
- 5 garlic cloves
- 2 medium zucchini squash
- 1 lemon

Dairy

- 4 oz/110 grams feta cheese, crumbled, plus extra for topping

Meats & Protein

- 1 pound lean ground chicken
- 1 large egg

Oils, Vinegars & Fats

- 3 tablespoons olive oil
- 1 tablespoon unsalted butter

Herbs & Spices

- 1 tablespoon worcestershire sauce
- 1/3 cup panko breadcrumbs
- salt
- pepper
- 3 tablespoons fresh oregano
- pinch red pepper flakes

Directions:

1. Cut 1-inch 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. Preheat the oven to 400°F/204°C.
3. Line a baking sheet with parchment paper.
4. In your food processor or blender, combine the spinach and 3 cloves of garlic. Pulse a couple times to chop, add in 1 tablespoon of olive oil and 2 ounces of the feta. Pulsing again a few times.
5. In a bowl, mix together the spinach mixture with the ground chicken, egg, worcestershire, oregano and panko (or almond flour / pork rinds). Salt and pepper to taste and then mix with your hands. If mix is too wet a little more panko.
6. Add in the remaining feta cheese and continue to mix.
7. Form into 30 or so mini meatballs, about 1/2 inch in diameter.
8. Place on the parchment and bake for 20 to 25 minutes.
9. While the meatballs are cooking, heat a large skillet over medium-low heat and add olive oil and butter.
10. Add the garlic and pepper flakes and then squeeze in the juice of one lemon.
11. Add the noodles and toss well to coat, cooking for about 5 minutes.
12. To serve, plate noodles and then place meatballs on top.
13. Garnish with fresh oregano and enjoy.



Chicken Veggie Soup

Serves: 6-10

Whether you're feeling under the weather or it's just a little cold outside, nothing works as well as chicken soup as a delicious pick-me-up. Try this hearty, vegetable-filled version to serve as a great meal either fresh or as a left-over.

Meats & Protein

- 1 1/2 pounds/680 grams pounds boneless skinless chicken breast

Liquids

- 2 quarts/1.8 liters chicken broth

Herbs & Spices

- 1/4 - 1/2 teaspoon crushed red pepper
- 1/4 teaspoon ground turmeric
- salt
- pepper

Oils, Vinegar & Fats

- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar

Produce

- 1 large onion, peeled and chopped
- 3 cups broccoli florets
- 2 1/2 cups sliced carrots
- 2 cups chopped celery
- 1 1/2 cups frozen peas
- 1/4 cup chopped parsley
- 3-4 garlic cloves, minced
- 3 tablespoons fresh shredded or grated ginger

Directions:

1. Peel and chop onion. Chop carrots, celery, and parsley. Mince garlic. Peel and grate ginger.
2. Set a large sauce pot over medium heat. Add the olive oil, onions, celery, ginger, and garlic. Saute for 5-6 minutes to soften.
3. Add the chicken breast, broth, carrots, apple cider vinegar, crushed red pepper, and turmeric. Salt to taste.
4. Bring to a boil, lower the heat, and simmer for 20 minutes. Remove the chicken and set it on a cutting board to cool.
5. Add the broccoli, peas, and parsley to the pot. Continue to simmer to soften the broccoli.
6. Shred the chicken breasts with two forks, then stir it back into the soup.
7. Salt and pepper as needed, enjoy warm.



Fried Eggs and Veggie Mix

Serves: 2

Fry up a packet of frozen vegetable mix with some eggs for a quick, filling meal. Any combination of vegetables works, so choose your favorites!

Produce

- frozen vegetable mix (peas, carrots, cauliflower, broccoli, etc.)
- fresh spinach (optional)

Meats & Protein

- 3-4 eggs

Oils, Vinegars & Fats

- 1 tablespoon coconut oil

Herbs & Spices

- salt
- pepper

Directions:

1. Choose your vegetables. If using a frozen mix, allow it to thaw for about 30 minutes ahead of time. If using fresh vegetables, chop to desired size.
2. Add coconut oil to frying pan and heat on medium high heat.
3. Add vegetables and toss in oil.
4. Crack open eggs over pan and scramble with vegetables.
5. Salt to pepper to taste, add other spices as desired.
6. If adding in spinach, do so near the end and stir fry until mostly wilted.
7. Serve warm and enjoy!



Home-style Crustless Pizza

Serves: 2

No need for take-out of a crustless pizza when you can bake your own at home. Making the sauce from scratch eliminates the added sugar found in store-bought sauces. Be sure to add in plenty of your favorite vegetable toppings.

Meats & Protein

- 8 oz/220 grams ground beef (optional)
- 4-5 slices of bacon (optional)

Dairy

- 5 oz/140 grams shredded parmesan cheese

Herbs & Spices

- 1 teaspoon garlic powder
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried parsley
- Salt
- pepper

Oils, Vinegar & Fats

- 2 tablespoon red wine vinegar
- ¼ cup extra virgin olive oil

Produce

- 28 oz can peeled or crushed tomatoes (no sugar added)
- ½ - 1 cup of the vegetables of your choice (mushrooms, peppers, broccoli, onion, etc.)

Directions:

1. Add the tomatoes in a small blender with the garlic powder, basil, oregano, parsley, olive oil, and red wine vinegar. Puree on high. Salt and pepper to taste.
2. If using meat, cook separately. Brown beef over skillet. Cook bacon until it starts to crisp.
3. Finely chop or slice vegetables (your preference).
4. Preheat oven to 350°F/177°C.
5. Mix meat, vegetables, and sauce at the bottom of a medium baking dish.
6. Add shredded cheese on top.
7. Insert into oven for 30-40 minutes, or until cheese looks crunchy.



Roasted Cauliflower

Serves: 2

Cauliflower has a bad reputation for being bland, but this spice and herb infused dish provides a “can’t miss” combination of nutrition, flavor, and convenience.

Produce

- 1 head cauliflower

Oils, Vinegars & Fats

- 2 tablespoons coconut oil

Herbs & Spices

- 1 teaspoon turmeric
- ½ teaspoon cumin
- ½ teaspoon crushed red pepper
- ½ teaspoon garlic
- 2 tablespoons fresh basil (chopped)

Directions:

1. Preheat oven to 400°F/204°C.
2. Chop the head of cauliflower into florets.
3. Chop basil and smash or press garlic.
4. Whisk together coconut oil, turmeric, cumin, crushed red pepper, garlic, and 2 tablespoons of water.
5. Place the cauliflower florets on a roasting or oven pan, pour the mixture over them, and toss well.
6. Roast the cauliflower for 30 minutes.
7. Remove from oven and top with fresh basil. Enjoy.



Savory Egg & Cheese Muffin

Serves: 6

Savory muffins are a great side dish for a soup or salad to turn it into a full meal. Leftovers are good the next day as well, for either breakfast or enjoying as a snack.

Grains, Nuts & Seeds

- 1/2 cup almond meal or almond flour
- 1/2 cup raw hemp seed

Dairy

- 1/2 cup shredded parmesan cheese
- 1/2 cup reduced-fat cottage cheese

Herbs & Spices

- 1/4 cup flaxseed meal
- 1/4 cup nutritional yeast flakes
- 1/2 tsp. baking powder
- 1/4 tsp. salt

Meats & Protein

- 6 eggs

Produce

- 1/3 cup green onion

Directions:

1. Preheat oven to 375°F/190°C.
2. Spray baking cups or muffin pan with non-stick spray or olive oil.
3. In a medium-sized bowl, mix together the almond meal, raw hemp seed, parmesan cheese, flax seed meal, nutritional yeast flakes, baking powder, and salt.
4. Thinly slice green onions.
5. In a smaller bowl, beat the eggs and then mix in the reduced-fat cottage cheese and thinly sliced green onions. Continue to stir the eggs mixtures as you slowly add in the dry ingredients.
6. Scoop out the mixture with a small measuring cup and fill the muffin cups until they are nearly full, dividing the mixture evenly between the muffin cups. Bake for 25-30 minutes, or until the muffins are firm and nicely browned.



Sesame Ginger Miso Cucumber Salad

Serves: 4

This dish is another great use for a spiralizer and is amazing for a meal during the hot summer months. For a real treat, enjoy together with the Ginger Lemon Soup on page 40.

Produce

- 2 large english cucumbers
- 1½ cups frozen shelled edamame
- 2 carrots
- 2½ tablespoons white miso
- 1 medium piece of ginger
- 1 lemon

Liquids

- 1 teaspoon soy sauce
- ### Oils, Vinegars & Fats
- 2 tablespoons rice vinegar
 - 2 teaspoons sesame oil

Grains, Nuts & Seeds

- 1 tablespoon toasted white or black sesame seeds

Directions:

1. Defrost edamame overnight or in the microwave.
2. Slice off the ends of the cucumber and then slice it in half crosswise. Spiralize the cucumber halves. If you don't have a spiralizer, cut the cucumber in half lengthwise, scrape out the seeds and then thinly slice.
3. Peel and grate ginger. Thinly slice carrots. Juice lemon.
4. In a medium bowl, toss the cucumber with the edamame and carrots.
5. In a small bowl, whisk the miso and 1 ½ tablespoons of water together until completely smooth.
6. Add in the rice vinegar, ginger, sesame oil, lemon juice, and soy sauce to the miso and continue to whisk. Add salt or sweetener to flavor.
7. Toss the dressing with the vegetables.
8. Sprinkle sesame seeds on top and enjoy.

Flex Tip: Store bought salad dressings are high in sugars, so its best to avoid them. Make your own dressing like this recipe for healthier flavor.



Slow Cooked Cocoa Steel Cut Oats

Serves: 1

Oatmeal is a very satisfying meal with lots of fiber, but many store-bought brands are high in both carbs and sugar. Steel-cut oats are a good alternative because they offer fewer carbs for very high fiber. Prepare them at home with this slow-cooked chocolate recipe that's great as a breakfast or dessert.

Grains, Nuts & Seeds

- 1 cup steel cut oats

Liquids

- 3 1/2 cups water

Herbs & Spices

- 4 tablespoons cocoa powder, unsweetened
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract

Directions:

1. Spray the inside of the crock pot with nonstick cooking spray.
2. Add oats, cocoa powder, salt, vanilla, and water to crock pot.
3. Cook on low for 8 hours.
4. Add sweetener of choice, stir, and enjoy.



Spicy Ginger Lemon Soup with Mushrooms

Serves: 4

Earthy mushrooms, tart lemons, and flavorful vegetables give this soup an entirely unique flavor profile.

Produce

- 2 heads baby bok choy
- 8 oz/220 grams mushrooms, sliced
- 1 bunch scallions (about 5 pieces), thinly sliced; separate white from green parts
- 3 cloves garlic, thinly sliced
- 1 medium piece of ginger
- 1 lemon

Liquids

- 1 quart/1 liter vegetable broth
- 2 tablespoons soy sauce (grain & gluten free)

Herbs & Spices

- ¼ teaspoon red pepper flakes

Directions:

1. Separate bok choy leaves from stalks; cut leaves into half and slice stalks.
2. Slice mushrooms. Thinly slice scallions, garlic, and lemon. Peel and grate ginger.
3. Place broth into a medium size pot, bring to a boil.
4. Add mushrooms, scallion whites, garlic, ginger and simmer for 7-8 minutes.
5. Add bok choy stalks and simmer for an additional 2-3 minutes or until bok choy stalks are tender.
6. Turn heat down to low and add bok choy leaves, soy sauce and red pepper flakes.
7. Simmer for another 1-2 minutes, place into bowls, garnish with scallion greens and a lemon slices.



Spinach, Goat Cheese & Chorizo Omelet

Serves: 2

Goat cheese is one of the lower carb cheeses you can enjoy, but the tangy flavor can be a little much for some people. Try this version of an omelet which tempers the flavor of the cheese with spicy chorizo and fresh spinach.

Dairy

- 2 oz/55 grams crumbled fresh goat cheese

Meats & Protein

- 4 oz/110 grams chorizo sausage
- 4 eggs

Produce

- 2 cups baby spinach leaves

Directions:

1. Remove chorizo from the casing and fry in a medium saute pan until fully cooked.
2. Add 1 tablespoon of water to a bowl and add eggs. Beat the eggs until well mixed.
3. Remove chorizo from the pan and set aside. Remove excess grease from pan.
4. Melt the butter in the same pan over low heat.
5. Add the beaten eggs into the pan. Place chorizo, spinach, and crumbled goat cheese on half the egg mixture.
6. Cook on low heat for 3 minutes until slightly firm, then fold the empty side over the chorizo, spinach, and cheese.
7. Cover the pan with foil or a pot cover and leave on low heat for another few minutes until the eggs are cooked through.

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