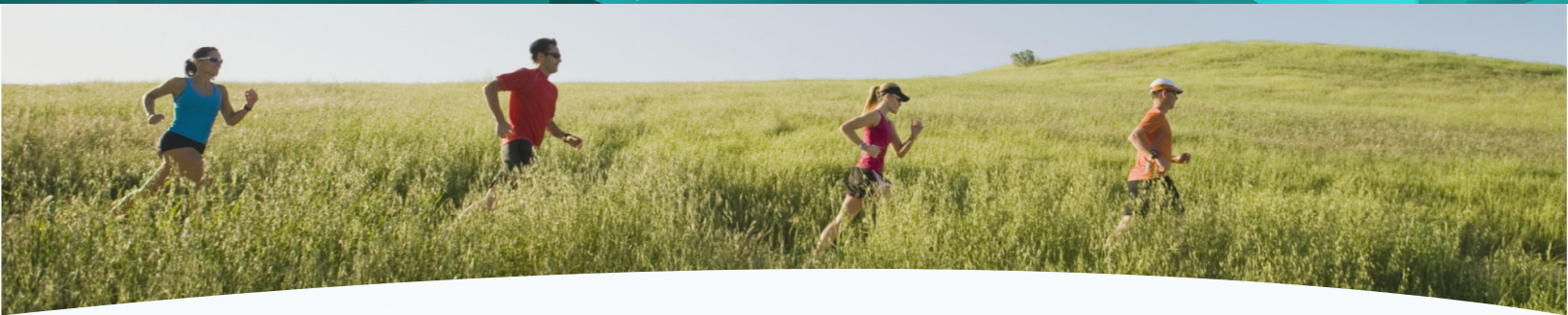


# 21-Day Spring Reset



The goal of this meal plan is to give you a number of options that are grain-free, low-carb, fat burning and detoxifying.

This plan leaves out the most notorious nutrition villains. These include breads, grains, sugars, peanuts, processed vegetable oils, corn, GMOs and white potatoes.

Additionally, we minimize our exposure to fruit and starchy vegetables and stick with small amounts of berries, granny smith apples and lemons/limes.

## FOUNDATIONAL PRINCIPLES .....

1. No grains, sugars and starches.
2. Get organic meat (ideally pasture-raised or grass-fed).
3. Drink a minimum of half your body weight in water. Do this away from meals (stop 30 mins before and begin 30+ mins after).

## SUCCESSFUL STRATEGIES .....

1. **Most Committed:** Follow the plan exactly how it is laid out.
2. **Busy Schedule:** Make an extra-large portion of dinner and put leftovers in a glass container. Have it for lunch or dinner the next day.
3. **Healthy Recipe Guru:** Make up your own recipes following the same principles – no grains, no sugar, no GMO's.

## FORMAT OF CLEANSE .....

1. **Phase I:** First Week: 3 healthy meals per day with a smoothie or shake in the AM. This will help to get your blood sugar stable and prepare you for the second half.
2. **Phase II:** 2nd Week: Intermittent Fasting – drinking water with greens in the morning and a smoothie or shake in the late morning or early afternoon.
  - a. **8-10 hour Eating Window:** Breakfast at 11am and finish dinner by 7pm
  - b. **Drink Water:** Do your best to drink 32-48oz of water by 10am to flush your system. You can take herbal tea or add lemon, essential oils or apple cider vinegar to your water.

# 21-Day Spring Reset

3. **Phase III:** 3rd Week: Intermittent Fasting and Drinking 48oz of clean water before first meal.
- a. 6-8 hour Eating Window:** First meal at 12 and last meal ending at 7pm
  - b. Super Hydration:** Drinking 8oz of water with 2 scoops of **Max Greens** and also consuming as much clean water with lemon, essential oils, herbal tea and/or apple cider vinegar as you can. Goal 48-60oz.
  - c. Only One Solid Food Meal:** Have only one solid food meal per day at your least busy time. In general, most of us work during the day and are at a more relaxed state at night. Therefore have your solid food meal in the evening. If you work nights, than the best time may be in the morning. If you work a standard 8am – 5pm job, than the best time will be in the evening.

If you are very busy and don't have time to make your own lunch in the liquid nutrition form we have listed then I would highly recommend making a larger meal in the evening and having leftovers in a glass container for lunch the next day.

Feel free to add more veggies, salads, etc. to the meal plan to incorporate even more micronutrients and high quality fibers. As with the other plans, you will find out what foods you enjoy the most and what foods you feel the best with. Stick with those recipes as your staples going forward.

## KEY POINT .....

The greatest doctor in the world is **WITHIN YOU!** Take time to listen to the messages your body is giving you and it will steer you in the direction of what foods/meals your body digests and absorbs best and what foods and meals are more inflammatory.

### DAY 1

**Breakfast:** Very Berry Smoothie  
Add in 1-2 scoops of **Max Greens** or have **Max Greens** in water

**Lunch:** Wilted Spinach Salad with Warm Bacon Dressing

**Snack:** Handful of Almonds

**Dinner:** Cauliflower Crust Veggie Pizza

### DAY 2

**Breakfast:** Cancer Fighting Smoothie  
Add in 1-2 scoops of **Max Greens** or have **Max Greens** in water

**Lunch:** Healthified Waldorf Salad

**Snack:** Handful of Brazil Nuts

**Dinner:** Salmon with Basil Cream Sauce

# 21-Day Spring Reset

## DAY 3

**Breakfast:** Chocolate Cappuccino Smoothie  
Add in 1-2 scoops of **Max Greens** in water

**Lunch:** Marinated Kale Salad

**Snack:** Handful of Macadamia Nuts  
**Max Greens** in Water

**Dinner:** Organic Thai Red Curry Chicken

## DAY 4

**Breakfast:** Chocolate Cappuccino Smoothie  
Add in 1-2 scoops of **Max Greens** in water

**Lunch:** Refreshing Sweet & Savory Salad

**Snack:** Cucumber Slices with vinegar and herbs  
**Max Greens** in Water

**Dinner:** Super Easy Chicken Stir-Fry (w/out rice)

## DAY 5

**Breakfast:** Chai Spiced Smoothie  
Add in 1-2 scoops of **Max Greens** in water

**Lunch:** Caprese Salad

**Snack:** Handful of Macadamia Nuts  
**Max Greens** in Water

**Dinner:** Coconut Crusted Fish with Mashed  
Faux-Tatoes

## DAY 6

**Breakfast:** Granny Smith Green Smoothie

**Lunch:** Beautiful Berry Chia Smoothie

**Snack:** Handful of Coconut Flakes

**Dinner:** Family Taco Night

## DAY 7

**Breakfast:** Fat Burning Berry Shake

**Lunch:** Chocolate Chia Super Smoothie

**Snack:** Small salad with cucumbers and  
black olives

**Dinner:** Crispy Roasted Garlic Chicken With  
Steamed broccoli and cauliflower, olive  
oil & herbs

## DAY 8

**Breakfast:** **Max Greens** in Water or 8oz  
juiced greens

**Lunch:** Very Berry Smoothie

**Snack:** Handful of Walnuts

**Dinner:** Vegetable Beef Soup

# 21-Day Spring Reset

## DAY 9

**Breakfast:** Max Greens in Water/Coconut Milk or 8oz juiced greens

**Lunch:** Cancer Fighting Smoothie

**Snack:** Cucumber Slices with vinegar & herbs

**Dinner:** Basil Walnut Egg Scramble Wilted Spinach Salad with Warm Bacon Dressing

## DAY 10

**Breakfast:** Max Greens in Water/Coconut Milk or 8oz juiced greens

**Lunch:** Supercharged Blueberry Shake

**Snack:** Handful of Almonds

**Dinner:** Buffalo Chicken Wraps With Kicked Up Kale

## DAY 11

**Breakfast:** Max Greens in Water/Coconut Milk or 8oz juiced greens

**Lunch:** Chocolate Cappuccino Smoothie

**Snack:** Handful of Coconut Flakes

**Dinner:** Coconut Crusted Fish with Mashed Faux-Tatoes

## DAY 12

**Breakfast:** Max Greens in Water/Coconut Milk or 8oz juiced greens

**Lunch:** Chocolate Chia Super Smoothie

**Snack:** Handful of Brazil Nuts

**Dinner:** Chicken Wings with side salad of spinach, romaine lettuce, cucumbers and olives

## DAY 13

**Breakfast:** Max Greens in Water/Coconut Milk or 8oz juiced greens

**Lunch:** Beautiful Berry Chia Smoothie

**Snack:** Handful of Pecans

**Dinner:** Chicken Salad

## DAY 14

**Breakfast:** Max Greens in Water/Coconut Milk or 8oz juiced greens

**Lunch:** Supercharged Blueberry Shake

**Snack:** Handful of Macadamia Nuts

**Dinner:** Oven Baked Pesto Chicken

# 21-Day Spring Reset

## DAY 15

**Breakfast:** Max Greens in Water/Coconut Milk or 8oz juiced greens

**Lunch:** Supercharged Blueberry Shake

**Snack:** Handful of Macadamia Nuts

**Dinner:** Oven Baked Pesto Chicken

## DAY 16

**Breakfast:** Max Greens in Water/Coconut Milk or 8oz juiced greens

**Lunch:** Very Berry Smoothie

**Snack:** Handful of Walnuts

**Dinner:** Salmon with Basil Cream Sauce

## DAY 17

**Breakfast:** Max Greens in Water/Coconut Milk or 8oz juiced greens

**Lunch:** Cancer Fighting Smoothie

**Snack:** Cucumber Slices with vinegar & herbs

**Dinner:** Super Easy Chicken Stir-Fry (w/out rice)

## DAY 18

**Breakfast:** Max Greens in Water/Coconut Milk or 8oz juiced greens

**Lunch:** Beautiful Berry Chia Smoothie

**Snack:** Handful of Coconut Flakes

**Dinner:** Family Taco Night

## DAY 19

**Breakfast:** Max Greens in Water/Coconut Milk or 8oz juiced greens

**Lunch:** Chocolate Cappuccino Smoothie

**Snack:** Handful of Coconut Flakes

**Dinner:** Coconut Crusted Fish with Mashed Faux-Tatoes

## DAY 20

**Breakfast:** Max Greens in Water/Coconut Milk or 8oz juiced greens

**Lunch:** Chocolate Chia Super Smoothie

**Snack:** Handful of Sprouted Pumpkin Seeds

**Dinner:** Coconut Curry Chicken



# 21-Day Spring Reset

## DAY 21

**Breakfast:** Max Greens in Water/Coconut Milk or 8oz juiced greens

**Lunch:** Fat Burning Berry Shake

**Snack:** Small salad with cucumbers and black olives

**Dinner:** Crispy Roasted Garlic Chicken With Steamed broccoli and cauliflower, olive oil & herbs



## OTHER THINGS YOU CAN WORK IN .....

The goal of this 21-day plan was to get you consuming liquids for a majority of the day and help you find how you can survive and thrive on 1 solid food meal a day and perhaps a small solid food snack. Going forward, you can decide what works best for you but do your best to stick with many of the same meal planning ideas on this plan as possible.

This meal plan only uses about half of the recipes in our recipe book but we recommend you work in some of the following recipes which are fantastic snacks or may even be used on occasion as a nutrient dense meal replacement.

**Warning:** Many of these seem like desserts and they can be used for desserts, but since they are low in carbohydrates and rich in good fats and anti-oxidants they are fantastic snacks!

**Strawberry Gelato**

**Delicious Guacamole**

**Mint Chocolate Chip Ice Cream**

**Cranberry Chocolate Biscotti**

**Breadless Swedish Meatballs**

**Stuffed Mushrooms**

**Almond Meal Pancakes**

**Scrambled Eggs and Smoked Salmon**

**Oven Baked Teriyaki Wings**

**Boneless Buffalo Tenders**

**Almond Joy Cookies**

**Hot & Sour Sesame Soup**

**No Bake - No Sugar Almond Fudge**

**Blueberry Muffins**

**Spinach Omelet**

**Southern Style Biscuits**

**Brownie Cereal**

**Smoked Salmon Hash**

**Brussel Sprout Sauté**

**Pesto 3-Ways**

# 21-Day Spring Reset

## WHAT TO DO GOING FORWARD .....

So now you have gone through the 21 day Spring Reset program. Where do you go from here? We would recommend doing the following:

**1. Create a Meal Plan:** Most patients find that they enjoy this meal plan and stay on something very similar. If you dislike one or more of the recipes then we would recommend replacing it with another recipe on the schedule.

**2. Hydration and Anti-Oxidants in the Morning:** The best cleansing and detoxifying nutrition strategies include beginning your day with lots of hydration and anti-oxidants in the form of herbal teas, organic coffee, anti-inflammatory drinks and green juices.

Continue with this sort of a strategy as often as possible. You may want to have a solid food breakfast on occasion for social reasons but don't make this the norm.

**3. Use Organic Foods:** Due to the rampant amount of chemical residue that is on much of the conventionally grown produce and bioaccumulated in the tissue of conventionally raised animal products, it is strongly recommended to stick with as much organic meat and produce as possible.

Due to the law of bioaccumulation, where it takes 5-8 pounds of chemically sprayed grains to produce 1 pound of meat or dairy, it is **ABSOLUTELY CRITICAL** to only consume organic animal products. With produce, we recommend sticking to the Dirty Dozen/Clean 15 list.

The general rule is that if you are going to be eating the outer layer of the produce (cucumbers, berries, celery), it is best to get it organic. But if you won't be eating the outer layer (such as with avocados, onions, garlic, etc.) then you can get it conventional.

**4. Plan Ahead:** It is really important to plan out your meals and your shopping schedule each week. It is too easy to get caught up with other activities and end up procrastinating with food preparation. This can often lead to poor food cravings, indulgences and bad habits. Take an hour on a weekend or another convenient time and plan out what meals you and your family will be consuming that week and make a specific shopping list for those meals. Then follow through with the plan you have outlined.

**5. Prepare Your Food in Advance:** If you have a busy schedule, it is very important to prepare food in advance. Many of the recipes do not take long to prepare, but making food in bulk and freezing or refrigerating it can be very helpful. It can be helpful to prepare food 2 days a week (Sunday and Wednesday for example) and make enough to last all week.

Find out what will work best for you in your planning time based around the unique needs you will have that week. Try to form a regular schedule as this will create less stress than if you have to work a totally new preparation schedule each week.

**6. Protect Your Home:** The moment you walk out your door you are going to be subject to a multitude of different temptations. You cannot control the food that is around you at your employer's office, your friends and families homes or at restaurants you may be at for social endeavors. The only environment you can control is your home. So be sure to **ONLY** have clean, pure foods in your house and get rid

# 21-Day Spring Reset

of anything that is not part of this plan so you know that you will stay on target when you are at your house.

**7. Get Friends and Family Involved:** It is so much easier to follow a healthy lifestyle program when you have accountability with friends and family. You may have a lot of people that are unwilling to support your lifestyle choices, but it is VITAL to have at least ONE PERSON who you are close to that will be supporting and ideally, doing this program with you! This is someone you want to be around and be talking with at least once per week if not every day.

## RECIPES .....

### ALMOND JOY COOKIES

#### Ingredients

- 3 cups almond flour
- 1/2 cup coconut oil, melted
- 2 large organic eggs
- 1/4 cup cocoa powder
- 1 tsp baking soda
- 1/2 cup erythritol (like Swerve), xylitol, or stevia to taste
- 1/4 tsp sea salt
- 1/4 cup unsweetened shredded coconut
- 1 tsp vanilla

**Directions:** Preheat oven to 350-degrees F. Combine dry ingredients and set aside. In a separate bowl combine eggs, sweetener and vanilla using an electric mixer. Pour wet ingredients slowly into dry ingredients and beat with mixer on low until combined and then blend in melted coconut oil. Roll a tbsp of batter in your hand and place on a parchment-lined baking sheet. Press down slightly, dip the tops into more shredded coconut if desired. Bake for 8-10 minutes.

### ALMOND MEAL PANCAKES

#### Ingredients

- 1/2 cup ground almonds (or store bought almond meal)
- 1/2 tsp baking powder
- 1/2 tsp cinnamon
- butter
- 2 tbsps xylitol (or use stevia to taste)
- 1 organic egg
- 4 additional organic egg whites

**Directions:** Mix almonds, baking powder, cinnamon, butter, xylitol, and egg. In a separate bowl, whisk egg whites to soft peaks. Fold egg whites into the almond mixture. Heat a non-toxic skillet (no Teflon!), add a pat or two of butter. Drop batter into hot pan to size you prefer – silver dollar size to CD size. When browning occurs around the edges flip and cook the other side.



# 21-Day Spring Reset

## BASIL-WALNUT EGG SCRAMBLE

### Ingredients

- 2-3 organic eggs
- Handful fresh basil
- Handful walnuts
- Sea salt/black pepper to taste
- Optional: dash of nutmeg

**Directions:** Heat a non-toxic skillet to medium heat. Add a pat or two of organic butter and drop all ingredients into the pan and scramble right in the pan.

## BEAUTIFUL BERRY CHIA SMOOTHIE

### Ingredients

- 1 can of full-fat organic coconut milk
- 6 tbsps of chia seeds
- 1 scoop of Vanilla Maximized Living **Perfect Protein**
- 1 cup of organic raspberries or blueberries (fresh or frozen)
- Liquid stevia to taste

Servings: 2

**Directions:** Blend the coconut milk, Vanilla Maximized Living **Perfect Protein**, and berries (blueberries or raspberries, whichever you choose) together. Pour the coconut berry mixture into a mason jar or other container and add the chia seeds. May need multiple jars. Slightly stir the chia seeds in the coconut milk until the chia seeds are evenly distributed in the mixture. Place mixture in fridge for 2 hours or overnight. Layer chia pudding in another glass with more berries or simply top with fruit and nuts, enjoy!

## BLUEBERRY MUFFINS

### Ingredients

- 3 organic eggs
- 1/2 cup whole milk greek yogurt
- 1/3 cup grapeseed oil
- 1/2 cup xylitol
- 1 tbsp vanilla extract
- 1/2 cup coconut flour
- 1/4 tsp sea salt
- 1/4 tsp baking soda
- 1 cup blueberries, fresh or frozen

**Directions:** Preheat oven to 350-degrees F and line muffin tin. In a food processor, combine eggs, yogurt, oil, xylitol and vanilla. Pulse until mixed. Pulse in coconut flour, salt and baking soda. Add blueberries and pulse two or three times to break up slightly. Pour mixture into the lined muffin tins. Bake for 20-25 minutes until tops are slightly browned.

# 21-Day Spring Reset

## BONELESS BUFFALO TENDERS

### Ingredients

- 2 packages organic chicken tenderloins
- 2 organic eggs
- 1/2 cup finely ground almond meal
- 1/4 cup coconut flour
- Sea salt
- Pepper
- Granulated garlic
- Hot sauce (check ingredients- no MSG, no sugar, no additives)
- Coconut oil (about 1/2 jar)

**Directions:** Sprinkle chicken tenderloins with salt and pepper. Dip into egg and then almond / coconut flour mixture. For best results, refrigerate for about 15 minutes.

Meanwhile, heat coconut oil to medium/high heat in a non-Teflon pan (stainless steel, cast iron or thermalon). Gently place chicken tenders in the pan in batches, doing only 4-5 at a time. Do not crowd the pan. When brown around the edges, flip and brown the other side. Breading will be very fragile, be careful. Transfer to a baking dish and bake at 350-degrees F until no longer pink in the middle.

## BREADLESS SWEDISH MEATBALLS

### Ingredients

- 2 lb grass-fed ground beef
- 1 organic egg
- 1 organic egg yolk
- 1/4 cup almond meal
- 1 tsp dried parsley
- 1/4 large onion, grated
- 1/2 tsp salt
- 1/8 tsp black pepper
- 1/8 tsp fresh ground nutmeg (hint: keep them in the freezer and grate them with a microplane)

**Directions:** Mix all ingredients well and shape into 1" balls. Fry in batches (don't crowd the pan) in a non-toxic skillet until almost cooked through. After all batches are browned, transfer them all back into the skillet. Add 1 cup (or more if desired) of organic chicken broth. Finish cooking and serve warm.

## BROWNIE CEREAL

### Ingredients

- 1 1/2 cups unsweetened shredded coconut
- 1/3 cup unsweetened coconut milk
- 1/4 cup unsweetened cocoa powder
- 1/2 tsp liquid or powder stevia to taste
- 1/2 tsp vanilla extract

**Directions:** Preheat oven to 350-degrees F. Line a baking sheet with parchment paper. Put a stainless steel pot over medium heat. Blend coconut milk and cocoa powder in the pot. Add in the stevia and shredded coconut until everything is blended in. Remove from heat. Spread mixture into a thin layer onto the parchment. Bake 25-30 minutes, depending how crunchy you want the cereal to be. Stir at about 15 minutes, and make sure the mixture doesn't burn. Store in an airtight container.

# 21-Day Spring Reset

## BRUSSELS SPROUTS SAUTÉ

### Ingredients

- 1 lb Brussels sprouts, shredded or finely chopped
- 1/2 Vidalia onion, shredded or finely chopped
- 1/2 tsp dried oregano, thyme or sage or any mixture of the same
- 2 tbsps coconut oil or butter (or 1 tbsp of each)
- Sea salt and pepper to taste

**Directions:** Heat the oil/butter in a non-toxic pan. Add onions and cook 1-2 minutes. Add Brussels sprouts and spices and cook until crisp-tender.

## BUFFALO CHICKEN WRAPS

### Ingredients

- 2-3 organic chicken breasts, poached and shredded (for a shortcut, you can use canned organic chicken)
- 1/4 head green cabbage, sliced very thin or shredded
- Hot sauce (buffalo wing sauce) to taste (check ingredients)
- 1-2 tsp coconut oil
- 4 Coconut Wraps (Pure Wraps) OR small bibb lettuce leaves

**Directions:** Heat coconut oil in a non-toxic skillet. Add cabbage and sauté until soft. Add chicken and enough hot sauce to fully coat the mixture. Take coconut wraps and cut them in fourths or small lettuce leaves and fill them with a tablespoon or two of the chicken mixture. If using the coconut wraps, wrap and put seam side down in a baking dish and bake for about 5 minutes in a 350-degree F oven (watch them because the wraps can burn easily). If using lettuce, just place them in a dish with the open side up (like a taco).

## CANCER FIGHTING SMOOTHIE

### Ingredients

- 1/2 can coconut milk (Native Forest brand preferred to ensure no BPA cans)
- 1-2 handfuls organic frozen berries (strawberries, blueberries, raspberries, blackberries, or a mixture of any)
- Enough filtered water to cover the berry/coconut mixture. (add more if needed for it to blend)
- 1 – 1 1/2 scoops Maximized Living **Perfect Protein**
- 1 handful of spinach or kale

**Directions:** Put all ingredients except protein into a high-powered blender (like a Vita-mix). When the mixture is smooth, add the protein powder, mix for a few seconds and serve

# 21-Day Spring Reset

## CAPRESE SALAD

### Ingredients

- Fresh garden Roma tomatoes
- 1 bunch fresh basil
- Fresh, raw mozzarella
- Balsamic Vinegar
- Olive Oil
- Sea Salt
- Pepper

**Directions:** Slice the tomatoes and mozzarella. Stack a tomato slice, a basil leaf, and a mozzarella slice. Drizzle with balsamic vinegar and olive oil and sprinkle with salt and pepper.

## CAULIFLOWER CRUST VEGGIE PIZZA

### Ingredients

- 2 cups cauliflower florets
- 1/2 cup shredded mozzarella cheese
- 1 egg
- 1 tbsp olive oil
- 1/2 cup tomato sauce mixed with 1/2 tsp Italian seasoning, 1/2 tsp minced garlic
- 1 tsp sea salt
- 1/2 cup mushrooms
- 1/2 cup sliced olives

**Directions:** Preheat oven to 425-degrees F. Grease cookie sheet with butter or coconut oil. Grate the cauliflower with a cheese grater. Place in water in a stainless steel pan and cook for 12 minutes. Mix together the grated cauliflower, egg, and half of the cheese. Transfer to the cookie sheet, and using your hands, pat out into a round about 1/4" thick. Brush olive oil over top of crust. Bake for 15 minutes. Remove from oven. Add tomato sauce, remaining cheese, mushrooms, and olives. Return to oven for 5-10 minutes, just until cheese is melted.

## CHAI SPICED SMOOTHIE

### Ingredients

- 1/2 can coconut milk (be sure to get BPA free cans like Native Forest)
- 1/2 cup ice
- 1 scoop Vanilla Maximized Living **Perfect Protein**
- Pinch cinnamon
- Pinch ground cardamom
- 2-3 whole cloves (or 1/4-1/2 teaspoon ground cloves)
- Pinch ginger

**Directions:** Put everything in a heavy-duty blender like a Vita-Mix and blend. You can adjust the spices to your liking.

# 21-Day Spring Reset

## CHICKEN SALAD

### Ingredients

- 3-4 cups chopped cooked chicken
- 1 cup diced celery
- 2 tsps chopped green onions
- 1 tbsp lemon juice
- 2/3 cup Vegenaise with grape seed oil
- 1/4 cup walnuts or pecans, chopped
- Salt and Pepper

**Directions:** Mix all ingredients until combined and chill. Serve on lettuce or spinach leaves. To serve as a casserole, put in a lightly greased casserole, top with organic or raw Parmesan cheese and bake for 20 minutes at 350-degrees F. (Serves 4)

## CHICKEN WINGS

### Ingredients

- 1/4 cup unsalted butter (ideally: raw, grass-fed)
- 1 tsp granulated stevia
- 1/4 cup red wine (optional)
- 2 tsps fresh lemon juice
- 1 tsp Dijon mustard
- 1/8 cup hot sauce (adjust to your taste)
- 2 pounds organic chicken wings
- 1 tsp sea salt
- 1/8 tsp black pepper
- 1 tsp garlic powder

**Directions:** Preheat oven to 350-degrees F. Melt butter in a small-medium saucepan over medium heat. Add the stevia, wine, lemon juice, Dijon, hot sauce, salt, pepper and garlic powder to the sauce pan and mix. In a large bowl, mix the chicken wings with the sauce. Arrange chicken wings on a large baking sheet lined with parchment paper. Bake wings at 350-degrees F for 35-40 minutes, or until chicken is cooked through. For even more tender wings with a further reduced sauce, reduce heat to 250-degrees F and continue cooking for 3-4 hours, flipping every 30 minutes.

## CHOCOLATE CAPPUCCINO SMOOTHIE

### Ingredients

- 1/2 can organic coconut milk
- 1/2 tsp vanilla
- 1-2 tsps organic cocoa powder
- 2 packets stevia (or adjust to your taste)
- 1/2 cup ice
- 3-5 organic coffee beans (if you have a powerful blender like a Vita-mix, you can just throw them in...otherwise grind with a coffee grinder or small spice grinder)

**Directions:** Blend everything up until frothy and the coffee beans and ice are incorporated.

**Optional:** For an extra healthy boost, you can add greens powder, fresh greens, or cabbage.



# 21-Day Spring Reset

## CHOCOLATE CHIA SUPER SMOOTHIE

### Ingredients

- 1-2 cups of organic almond or coconut milk
- 1 tbsp of raw cacao powder
- 1 tsp of chia seed
- 1 tsp of flax seed
- 1 tbsp of coconut butter
- 1/2 cup of blueberries
- 1 scoop of Maximized Living **Perfect Protein**

### Optional Ingredients

- 1/2 avocado
- 1/2 tsp of vanilla

**Directions:** Combine all ingredients and blend in a high speed blender. Add more/less liquid and ice depending on how thick you like it.

## COCONUT CRUSTED FISH

### Ingredients

- 1/4 cup homemade mayonnaise or veganaise
- 1/4 cup brown mustard
- 1/2 cup almond flour
- 1/4 cup shredded coconut
- 1 tsp sea salt
- Dash cayenne pepper
- 1 pound wild caught cod or halibut fillets

**Directions:** Preheat oven to 375-degrees F. Lightly rub a medium baking dish with butter. In a small bowl, blend mayonnaise and brown mustard. In another shallow dish mix almond flour, shredded coconut, salt, and cayenne pepper. Dip fish in the mayonnaise mixture, then in the coconut flake mixture. Arrange coated fish fillets in the prepared baking dish. Bake 20 minutes in the preheated oven or until fish is easily flaked with a fork.

## CRANBERRY CHOCOLATE BISCOTTI

### Ingredients

- 1/4 cup melted coconut oil
- 2 large organic eggs
- 1 tbsp vanilla extract
- 3 cups almond flour
- 1/2 cup erythritol (like Swerve)
- 1/4 tsp sea salt
- 1 tsp baking soda
- 1/2 cup dried cranberries or cherries, unsweetened
- 1 bar stevia sweetened chocolate bar
- 1/2 cup sliced almonds or chopped pecans, optional

**Directions:** Preheat the oven to 350-degrees F. Line a large baking sheet with parchment paper. In a large bowl, combine the oil, eggs and vanilla with a hand mixer for 2-3 minutes. In a separate bowl, mix the almond flour, sweetener, salt, and baking soda. Stir the wet mixture into the dry until well combined. Fold in the cranberries, chocolate, and nuts if desired. Split the dough in two and form into two logs (about 9 inches by 2 inches). Bake for about 18 minutes or until lightly browned around the edges. Let the logs cool for at least 1 hour then cut into slices (about 1/2 inch thick – too thin and they will fall apart) with a sharp serrated knife. Return the sliced biscotti to the baking sheets lying on their sides and bake for an additional 15 minutes, turning halfway through. Let cool and serve.

# 21-Day Spring Reset

## CRISPY ROASTED GARLIC CHICKEN

### Ingredients

- 3 large garlic cloves, pressed or finely chopped
- 1 tsp dried oregano
- 1/4 – 1/2 tsp dried hot red-pepper flakes
- 2 tbsps extra-virgin olive oil
- 4 chicken breast halves (bone-in with skin)

**Directions:** Preheat oven to 500-degrees F with oven rack in upper third. Mash garlic into a paste with 1/2 tsp salt. Stir in oregano, red-pepper flakes, oil, 1/2 tsp salt, and 1/2 tsp pepper. Cut a 2-inch-long slit, about 1 1/2 inches deep, in side of each breast half and spread 1/2 tsp garlic mixture into each pocket. Coat chicken with remaining garlic mixture. Roast chicken, skin sides up, in a shallow baking pan until just cooked through, 20 to 25 minutes.

## DELICIOUS GUACAMOLE

### Ingredients

- 1-2 organic avocados
- 1 organic tomato
- 1/4 organic onion
- 1 clove garlic
- Fresh cilantro

**Directions:** Mash up the avocados and run the rest of the ingredients through a juicer using the non-filtering attachment, if you have one. Add the ingredients the avocados for fresh, delicious guacamole.

## FAMILY TACO NIGHT

### Ingredients

- |   |                     |
|---|---------------------|
| • 1 lb grass fed ground beef or ground turkey | • 1/4 tsp sea salt  |
| • 2 tbsps chili powder                        | • 1/2 onion, grated |
| • 1/4 tsp salt                                | • 2 tsps oregano    |
| • 2 tsp cumin                                 | • Greens + 'fixins' |

**Directions:** Brown the ground beef and add the onion when almost done. Add the rest of the ingredients. You may need to add a small amount of water for consistency. Serve as taco salad over greens with tomatoes, avocado, black beans, raw cheese, etc. Option (core plan only, not advanced plan approved): Serve in sprouted grain tortillas.

# 21-Day Spring Reset

## FAT BURNING BERRY SMOOTHIE

### Ingredients

- 1/3 can or organic full-fat coconut milk
- 1 Scoop of Vanilla Maximized Living **Perfect Protein**
- 1 cup of frozen raspberries or strawberries
- 1 tsp of cinnamon
- Pinch of cayenne pepper
- Stevia to taste

**Directions:** Put all the ingredients in together, mix and enjoy! If you want to use the carton coconut milk, we would suggest adding in 1 tbsp of coconut oil or coconut butter for more coconut fats.

## GRANNY SMITH GREEN SMOOTHIE

### Ingredients

- 1 granny smith apple
- Baby spinach or kale
- Juice of 1 lemon plus one sliver of lemon (including peel)
- Stevia to taste
- Fresh cilantro
- Optional: coconut milk or almond milk, fresh ginger, mint leaves

**Directions:** Put everything in a Vita-mix or high-powered blender and mix until completely pulverized. Put in a mason jar with a lid. Because you are keeping the whole apple and including greens, it will have a fairly heavy consistency to it. If it begins to settle, continue to shake.

## HEALTHIFIED WALDORF SALAD

### Ingredients

- 1/2 cup chopped, slightly toasted walnuts
- 1/2 cup celery, thinly sliced
- 1/2 cup red seedless grapes, sliced  
(or a 1/4 cup of raisins) CORE PLAN ONLY\*\*
- 1 granny smith apple, cored and chopped
- 3 tbsps organic, full fat yogurt or homemade mayonnaise (recipe in the **Maximized Living Nutrition Plans** book)
- 1 tbsp fresh lemon juice
- 1/4 tsp sea salt
- 1/4 tsp pepper to taste
- Organic lettuce leaves

**Directions:** In a medium-sized bowl, whisk together the yogurt and the lemon juice. Add 1/2 tsp of salt, 1/4 tsp of fresh ground pepper. Mix in the apple, celery, grapes (if using), and walnuts. Serve on a lettuce leaves.

# 21-Day Spring Reset

## KICKED UP KALE

### Ingredients

- 1/2 bunch raw kale (washed, de-stemmed and patted dried)
- 1 tbsp tahini
- 1 tbsp water
- 1 tbsp fresh lemon juice
- 1 tbsp liquid aminos or tamari
- 1 tsp minced garlic (1 -2 cloves of garlic)

**Directions:** Break kale into bite size pieces and place in a large bowl. Puree all ingredients except kale in a blender or food processor. Pour dressing over kale and massage into the kale with your hands really working the dressing into the kale. Refrigerate for an hour or more for best results. The kale will wilt a bit and the flavors will penetrate the kale better.

## MARINATED KALE SALAD

### Ingredients

- 1 bunch raw kale, chopped and de-stemmed
- 1/4 cup flax seed oil
- 1/3 cup lemon juice
- 1-2 tbsps liquid aminos or tamari
- Sea salt and pepper to taste

**Directions:** Massage the liquid ingredients into the kale.

## MASHED FAUX-TATOES

### Ingredients

- 1 head cauliflower or several celery roots
- 1/4 cup butter
- 1/4 cup organic or raw half and half
- Salt and pepper

**Directions:** Steam cauliflower or celery roots in steamer or small amount of water until tender. Drain. In food processor, blend cauliflower or celery roots with remaining ingredients until smooth. You can't get this smooth enough without a blender or food processor. You'll be amazed how good this is! (Serves 4)

# 21-Day Spring Reset

## MINT CHOCOLATE CHIP ICE CREAM

### Ingredients

- 4 cups full fat coconut milk
- 1 cup xylitol
- 1 tsp peppermint flavored liquid stevia
- 1 ½ tbsps pure vanilla extract
- 2 handfuls cocoa nibs

**Directions:** Mix the first 4 ingredients with a hand mixer until xylitol is dissolved. Add cocoa nibs and put into the ice cream maker (follow your machines instructions). Mine took about 25 minutes and came out with a soft-serve type texture. Transfer to a glass container, cover, and freeze for a firmer ice cream.

## NO BAKE – NO SUGAR ALMOND FUDGE

Preparation Time: 10 minutes + 1 hour chill | Fills an 8"x8" pan

### Ingredients

- 2 cups raw creamy almond butter (unsalted)
- 1/2 cup coconut oil, softened
- 1/8 tsp of Kal Brand or Now Brand stevia concentrated powder – (sweetness To YOUR TASTE!)
- 1 tsp kosher or sea salt

**Directions:** Simply mix all the ingredients together in a medium bowl, until smooth and creamy. I use a stand mixer with a paddle attachment. (Tip: It helps if all the ingredients are at room temperature, to keep the coconut oil soft.) Transfer the mixture to a square baking dish, or container, lined with parchment or wax paper, then smooth with a spatula, and freeze until solid (about an hour). Remove the fudge by lifting the paper out of the pan, then cut into squares and serve immediately. Due to the nature of coconut oil, this fudge will melt if left at room temperature for long. Store in the freezer for best results. If you want to add a chocolate flavor try adding a scoop or two of Perfect Protein to the mix.

## ORGANIC RED THAI CURRY CHICKEN

### Ingredients

- 2 tsps coconut oil
- 1 lb organic, free range chicken breasts, sliced very thin with a sharp knife
- 1 tbsp Thai red curry paste (you can make your own or purchase store-bought but check ingredients! You don't want any sugar hidden in there.)
- 1 cup organic zucchini, sliced (remember, this is one of the Dirty Dozen- you need to go organic)
- 1 red bell pepper, sliced into strips (another dirty dozen veggie)
- 1/2 onion, chunked
- 1 can full fat coconut milk
- 1 avocado, cut into chunks
- 2 tsps fresh cilantro (optional)

**Optional Ingredients:** broccoli, mushrooms, small chunk of lemongrass, 1-2 kaffir leaves (I keep sliced lemongrass and kaffir leaves in my freezer to use in soups, Thai dishes, etc).

**Directions:** Heat the oil in a non-toxic skillet like cast iron or thermalon (GreenPan) and brown the chicken. Add in the rest of the vegetables and cook until chicken is done and vegetables are slightly cooked but still firm. Add the coconut milk and red curry paste and mix. Simmer for a few minutes and discard kaffir leaves and lemongrass. Top with avocado and add fresh cilantro if desired. Serve and enjoy. **Optional:** Adding more or less curry paste. Exclude chicken to make a veggie dish.



# 21-Day Spring Reset

## OVEN BAKED PESTO CHICKEN

### Ingredients

- 1 pound organic chicken breasts
- 1-2 tbsps of pesto sauce per breast (homemade or store-bought. Make sure that they use olive oil and not any damaged oils that are outlined in the **Maximized Living Nutrition Plans** book)
- 4 roma tomatoes, sliced
- Sea salt and ground black pepper
- Shaved parmesan cheese, optional
- Sliced black olives, optional

**Directions:** Preheat oven to 350-degrees F. Trim any excess fat from the chicken and place between pieces of parchment paper. Pound chicken to even thickness (approximately 1/2 inch) with a meat mallet. Sprinkle both sides with salt and pepper and transfer to a baking dish. (General cooking hint: you want the chicken to fit snugly for best cooking – you do not want a lot of extra space in the pan) Spread pesto sauce over the top of the chicken breasts and cook for about 20 minutes then add the sliced tomatoes and Parmesan cheese if desired. Continue cooking until chicken is cooked through (about 15-20 additional minutes). Add slices olives as garnish if desired, and serve.

## OVEN BAKED TERIYAKI WINGS

### Ingredients

- 1/2 cup unsalted butter
- 2 tsps spoonable stevia
- 1/2 cup red wine (optional)
- 1/2 cup liquid aminos or organic tamari
- 1/4 cup fresh lemon juice
- 2 tsps Dijon mustard
- 1/8 – 1/4 cup hot sauce (adjust to your taste)
- 4-5 pounds organic chicken wings (tips cut then separated into “drumstick” and “wing”)
- 2 tsps sea salt
- 1/4 tsp black pepper
- 2 tsps garlic powder

**Directions:** Preheat oven to 350-degrees F. Melt butter in a small-medium saucepan over medium heat. Add the stevia, wine, tamari, lemon juice, Dijon mustard, hot sauce, salt, pepper, and garlic powder and mix. In a large bowl, mix the chicken wings with the sauce. Arrange chicken wings on a large baking sheet lined with parchment paper. Bake wings at 350-degrees F for 35-40 minutes or until chicken is done. For even more tender wings with a further reduced sauce, reduce heat to 250-degrees F and continue cooking for 3-4 hours, flipping about every 30 minutes.

# 21-Day Spring Reset

## PESTO 3 WAYS

### 1. BASIL PESTO

#### Ingredients

- 4 cups packed fresh basil leaves, washed well
- 1/2 cup pine nuts, toasted until golden and cooled (watch closely and stir a few times) or walnuts
- 1/2 cup freshly grated Parmesan cheese
- 2 large garlic cloves, minced or pressed
- 1/4 cup plus 3 tablespoons extra virgin olive oil
- Sea salt and black pepper to taste
- Optional, 1/2 tsp chili powder

**Note:** For spicy basil pesto add 1/2 tsp crushed red pepper

**Directions:** Place the basil in a food processor. Pour in about 1 tbsp of the oil, and blend basil into a paste. Gradually add pine nuts, parmesan cheese, garlic, chili powder (if using), and remaining oil. Continue to blend until smooth

### 2. ARUGULA PESTO

#### Ingredients

- 1 cups arugula (packed)
- 1/2 cup raw almonds or walnuts
- 1 tbsp lemon juice
- 1 tbsp lemon zest
- 2-3 tbsps olive oil
- Sea salt and black pepper to taste

**Directions:** Place arugula, almonds, lemon juice, lemon zest and 1 tablespoon of the oil in a food processor. Pulse until blended into a paste. Add in the remaining oil, along with the salt and pepper.

### 3. ROASTED RED PEPPER PESTO OR SUN-DRIED TOMATO PESTO

#### Ingredients

- 3 tbsps pine nuts, roasted
- 2 cups sliced roasted red peppers or 12 sun dried tomatoes, chopped.
- 1/2 cup packed fresh basil leaves
- 2 cloves garlic
- 2 tbsps grated Parmesan cheese
- 2-3 tbsps olive oil
- Salt and freshly ground black pepper to taste
- Spicy Option: 1/4 – 1/2 tsp crushed red pepper

**Directions:** Place the pine nuts, red peppers, basil, garlic, parmesan cheese and 2 tablespoons of the oil in a food processor. Process until smooth and thick, adding more oil as necessary to create a thick paste. Season to taste with salt and pepper.

# 21-Day Spring Reset

## REFRESHING SWEET & SAVORY SALAD WITH BLACKBERRY VINAIGRETTE

**Ingredients:** Makes 4 servings

### For the salad:

- 6 cups Organic mixed greens
- 2 cups Organic spinach
- 1 cup walnuts, whole or coarsely chopped
- 4 Handfuls Blackberries (for garnish)
- 1-2 Granny Smith Apples
- Organic Roasted Turkey or Wild Caught Smoked Salmon
- 1/2 cup organic gorgonzola cheese, optional
- 1 avocado, sliced, optional

### Blackberry Vinaigrette:

- 1 tbsp grapeseed or coconut oil
- 1 tbsp grated onion or shallots
- 1 small clove garlic, minced or pressed
- 1 pint blackberries
- 1/2 cup apple cider vinegar
- 2 tbsps balsamic vinegar
- 1/2 tsp spoonable stevia
- 1/2 tsp sea salt
- 1/4 tsp ground black pepper
- 1/2 cup olive oil

**Directions:** In a non-toxic (non-teflon) skillet, heat the coconut oil over med-high heat. Add the onions and garlic and cook for about a minute. Add the blackberries and let break down (about 1-2 min). Pour in the vinegars and stir to combine. Transfer mixture to a blender or food processor and add the stevia, salt, and pepper. Blend until smooth and add the olive oil slowly with blender or food processor. If you want to remove all seeds, strain through a mesh strainer. Place the greens on a plate. Put remaining ingredients as desired and drizzle with dressing. For a nice presentation, put apples, blackberries, walnuts, and turkey in sections around the edges of the greens.

## SALMON WITH BASIL CREAM SAUCE

### Ingredients

#### Salmon:

- 4 salmon steaks (6 oz each)
- 1/4 cup olive oil
- 1 tbsp lemon juice
- Sea salt and fresh ground black pepper to taste
- 1/4 cup fresh lemon juice
- 2 tsps Dijon mustard

#### Sauce:

- 20 fresh basil leaves
- 1/3 cup dry white wine
- 2 cloves garlic
- 1 cup heavy cream
- 1 tbsp fresh lemon juice
- 2 tbsp unsalted raw grass-fed butter
- Sea salt and fresh ground black pepper to taste

**Directions:** Preheat grill to high. Rinse salmon under cold water, drain, and blot dry. Brush salmon on both sides with olive oil. Season with lemon juice, salt and pepper. Combine basil, wine, and garlic in a blender and process until a smooth puree forms. Transfer to a small heavy saucepan. Stir in cream. Bring to a simmer over medium heat, taking care not to let cream boil over. Stir frequently for 10-15 minutes, until sauce is reduced by half. Add butter and lemon juice, continuing to stir. Once the butter is incorporated into the cream mixture, remove from heat and season with salt and pepper. Cover and keep warm. Grill salmon until it just starts to fully flake. Remove from heat. Spoon sauce over salmon and serve.

# 21-Day Spring Reset

## SCRAMBLED EGGS & SMOKED SALMON

### Ingredients

- 2 tbsps organic sour cream, organic full fat plain yogurt, or organic heavy cream
- 1/4 tsp grated lemon peel (use a microplane)
- 1/4 tsp fresh thyme or 1/8 teaspoon dried thyme
- Sea salt/pepper to taste
- 4-6 organic, free range eggs
- 1 tbsp butter
- 2-3 slices wild caught Alaskan smoked salmon
- 1 scallion, chopped (optional)

**Directions:** Mix sour cream, yogurt, or cream, lemon juice, lemon peel, and thyme and salt/pepper in bowl. Whisk eggs and sprinkle with more salt and pepper. Melt butter in a non-toxic pan (no Teflon). Add green onion, if desired, and sauté for 1 minute. Add eggs and cook until almost set, stirring often to scramble. Top eggs with thinly sliced smoked salmon and drizzle with lemon cream sauce.

## SMOKED SALMON HASH

### Ingredients

- 2 organic, free-range eggs, scrambled
- 1/2 – 3/4 cup smoked salmon, chopped into small bits
- 1-2 tbsps organic cream cheese
- Fresh or dried dill, to taste
- Sea salt and black pepper to taste
- 1 tbsp coconut oil or butter
- **Optional:** Additional herbs and spices, spinach, kale, diced onions

**Directions:** Heat a non-toxic skillet on the stove. Add butter or coconut oil and heat until melted. Add eggs and cook until stiffened but not completely done. Add the rest of the ingredients and mix well. Serve immediately.

## SOUTHERN STYLE BISCUITS

### Ingredients

- 2 1/2 cups almond flour
- 1/2 tsp sea salt
- 1/2 tsp baking soda
- 1/4 cup melted coconut oil, organic butter, or ghee
- Scant 1/4 cup erythritol (like Swerve) or xylitol
- 2 organic eggs
- Juice of 1/2 small lemon

**Directions:** Preheat oven to 350-degrees F. Line a large baking sheet with parchment paper or use a baking stone. In a large bowl, combine the almond flour, salt, baking soda, and sweetener. In a separate bowl mix the eggs coconut oil, and lemon juice. Stir the wet ingredients into the dry ingredients and mix until combined. Drop by 1/4 cups 2 inches apart on to the baking sheet and form into biscuit shapes with your fingers. Bake for 15-20 minutes until just golden brown on top or a toothpick inserted into the center of a biscuit comes out clean. Serve warm.

# 21-Day Spring Reset

## SPINACH OMELET

### Ingredients

- 3-4 Eggs, Slightly Beaten
- 1 Cup Fresh Spinach
- 1/2 Cup Fresh Mushrooms
- 1/4 Cup Fresh Red Pepper
- 1/4 Cup Onion, Chopped
- 1/8 tsp Sea Salt
- 1 tbsp Coconut Oil

**Directions:** In a skillet, sauté the mushrooms, onions, red pepper and spinach leaves until tender, remove from the skillet. In a small bowl, stir together the remaining omelet ingredients except coconut oil. In the same skillet, heat coconut oil. Pour egg mixture into skillet. Cook over medium heat lifting slightly with spatula to allow uncooked portion to flow underneath until eggs are set (3-4 minutes). Place sautéed mushrooms, onion, and spinach on half of omelet., and gently fold over the other half and slide onto a plate.

## STRAWBERRY GELATO

### Ingredients

- 1 – 10 oz bag of frozen strawberries (about 2 cups)
- 1 ripe avocado, pit and peel removed
- Stevia to taste

**Directions:** Put the strawberries and avocado in a heavy-duty blender (preferably with a plunger). Make sure you blend it well then add stevia to taste. It won't take much because the strawberries are sweet on their own.

## STUFFED MUSHROOMS

### Ingredients

- 1 pint container of button or baby bella mushrooms – stems removed and cleaned with a damp towel
- 1/2 brick organic cream cheese, softened
- 6 slices uncured turkey bacon, cooked and cut into small pieces

**Directions:** Preheat the oven to 350-degrees F. Mix the cream cheese with the chopped bacon and fill each mushroom cap. You will want a small mound on top. Bake for 15-20 minutes on a parchment lined baking sheet. Serve warm or at room temperature.



# 21-Day Spring Reset

## SUPERCARGED BLUEBERRY SHAKE

### Ingredients

- 1/2 cup of frozen organic blueberries
- Unsweetened coconut and/or almond milk
- 1-2 scoops of Maximized Living **Perfect Protein**
- 1 tbsp of turmeric powder
- Big handful of spinach
- Big handful of spinach
- Pinch of Pink Salt and Pinch of Black Pepper

**Directions:** Take all the ingredients and put them in the blender and blend until smooth and creamy. I prefer to put the frozen berries in first and then the coconut milk, powders, stevia, turmeric and finally the spinach.

## VEGETABLE BEEF SOUP

### Ingredients

- 1 lb grass fed ground beef
- 2- 32 oz containers of organic vegetable broth
- 2 tbsp butter
- 5 stalks celery, chopped
- 1/2 large onion, chopped
- 1/2 - 1 tsp Italian seasoning (to taste)
- 1/4 - 1/2 tsp black pepper (to taste)
- Sea salt to taste (about 2 tsp)
- 2 tomatoes (preferably blanched and peeled )
- 1 bunch spinach, coarsely chopped

### Optional for core plan

- Carrots, peas

**Directions:** Melt butter in a stockpot and add celery, onions, and ground beef. When beef is browned through, add the vegetable broth, Italian seasoning, black pepper, sea salt and tomatoes. Let cook for about 10-15 minutes. Add spinach. Serve.

## VERY BERRY SMOOTHIE

### Ingredients

- 1 large handful of berries (any mixture of strawberries, blueberries, blackberries, or raspberries)
- 1/2 cup coconut milk, almond milk, organic milk, or organic plain yogurt
- 1/4 - 1/2 cup filtered water
- 1 scoop Vanilla Maximized Living **Perfect Protein**

**Optional nutritional boosters:** Hemp Seeds, Flax Oil, Coconut Oil

**Directions:** Put all ingredients in a heavy-duty blender and blend to desired consistency. You may add additional water if necessary.

# 21-Day Spring Reset

## WILTED SPINACH SALAD WITH WARM BACON DRESSING

This is a classic restaurant salad that is easy to make with ingredients that you may already have on hand. It has the crunch of the turkey bacon and the sweet and sour tang of the dressing, which makes it a perfect adaptation of the original.

### Ingredients

- 1 package baby spinach (about 9-10 oz) or that much washed spinach leaves
- 2 tbsps grapeseed oil
- 4-5 pieces of organic turkey bacon, chopped
- 1/4 cup onion, grated or minced.
- 1 clove garlic
- 2 tbsps apple cider vinegar
- Sea salt and pepper to taste
- 2 tsps xylitol

**OPTIONAL:** Chopped hard boiled egg, mushrooms, red bell peppers

**Directions:** Put the spinach (and optional vegetables if desired) in a large bowl. Fry the bacon in the grapeseed oil until crisp. Remove, drain on paper towels and chop. Keep the leftover oil in the pan and cook the onion in the fat for 2-3 minutes, and then add the garlic – cook for 15-30 seconds but DO NOT let the garlic brown. Add the vinegar, and scrape up the brown bits in the pan. Add the salt, pepper, and xylitol. Stir to dissolve, and pour the dressing over the spinach. Top with the chopped bacon.

## The Spring Reset Supplement Protocol

### CORE PACK

#### Morning:

**Upon Arising: Cell Detox:** Take 2 capsules with water

**Breakfast: Max Greens** in Water or Coconut Milk or Shake

**Mid-Morning:** Another scoop of **Max Greens** in water

#### Breakfast or Lunch:

Maximized Living **Perfect Protein** in Shake

#### Dinner:

Healthy meat, vegetables and good fats

#### Before Bed:

**Body Detox:** 2 capsules with water

### COMPLETE PACK

#### Morning:

**Upon Arising: Cell Detox:** Take 2 capsules with water

**Breakfast: Max Greens** in Water or Coconut Milk or Shake

#### Breakfast or Lunch:

Maximized Living **Perfect Protein** in Shake

1 capsules of **Max GI** and 1 capsules of **Daily Defense**

#### Dinner:

Healthy meat, vegetables and good fats

1 capsules of **Max GI** and 1 capsules of **Daily Defense**

#### Before Bed:

**Body Detox:** 2 capsules with water