



MaxKidsTM

Recipe Book

All produce should be organic. Be sure to purchase organic, free-range chicken, organic, grass-fed beef, and wild-caught fish.
Look for raw, organic dairy.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	 Mini Potato Crusted Quiche		 Mini Banana Muffins		 Lucky Green Smoothie	 Simple Banana Pancakes	
Snack 1	 Apio with Sunflower Seed Butter		 Hummus Dippers			 Yogurt y Berries	
Lunch 1	 Hard Boiled Eggs Or Manzana Slices y Hummus			 Savoury Roasted Chickpeas Or Roasted Sweet Potato Rounds		 Meal Prep Greek Chicken Bowls	
Snack 2	 Mini Potato Crusted Quiche		 Sunflower Banana Boat		 Mini Banana Muffins	 Zanahorias y Guacamole	
Dinner	 Herbed Chicken Tenders with Dijon		 Mac n' 'Cheese'		 Slow Cooker Spaghetti Squash y Meatballs		 One Pan Chicken, Golden Cauliflower y Zanahoria Fries
Snack 3	 Mango Coconut Popsicles			 Warm Manzanas with Canela		 Pera	



Fruits

- ☐ 5 Apple
- ☐ 1 Avocado
- ☐ 4 $\frac{2}{3}$ Banana
- ☐ 2 Lime
- ☐ 2 Pear

Seeds, Nuts & Spice

- ☐ $\frac{1}{4}$ cup Almonds
- ☐ $\frac{3}{4}$ tsp Black Pepper
- ☐ $\frac{1}{4}$ cup Cashews
- ☐ 1 tsp Cinnamon
- ☐ 1 tsp Dried Thyme
- ☐ $\frac{1}{4}$ tsp Garlic Powder
- ☐ 1 tbsp Greek Seasoning
- ☐ 1 tbsp Hemp Seeds
- ☐ 1 $\frac{1}{2}$ tsps italian Seasoning
- ☐ $\frac{1}{4}$ tsp Onion Powder
- ☐ 1 $\frac{1}{2}$ tsp Oregano
- ☐ 1 tbsp Poultry Seasoning
- ☐ 2 $\frac{1}{8}$ tsps Sea Salt
- ☐ Sea Salt & Black Pepper
- ☐ 1 tsp Turmeric

Frozen

- ☐ 2 cups Frozen Berries
- ☐ 2 $\frac{3}{4}$ cups Frozen Mango

Vegetables

- ☐ 1 cup Baby Spinach
- ☐ 1 cup Butternut Squash
- ☐ 9 $\frac{3}{4}$ Carrot
- ☐ $\frac{1}{2}$ head Cauliflower
- ☐ 7 stalks Celery
- ☐ 1 cup Cherry Tomatoes
- ☐ $\frac{1}{2}$ Cucumber
- ☐ $\frac{1}{2}$ Garlic
- ☐ 2 tsps Parsley
- ☐ $\frac{1}{4}$ Red Onion
- ☐ $\frac{2}{3}$ Russet Potato
- ☐ $\frac{1}{2}$ Spaghetti Squash
- ☐ $\frac{1}{8}$ Sweet Onion
- ☐ 1 Sweet Potato
- ☐ $\frac{3}{4}$ Yellow Bell Pepper

Boxed & Canned

- ☐ $\frac{1}{2}$ cup Brown Rice
- ☐ 1 cup Brown Rice Macaroni
- ☐ 3 cups Chickpeas
- ☐ 1 $\frac{1}{2}$ cups Crushed Tomatoes
- ☐ 1 cup Organic Coconut Milk

Baking

- ☐ $\frac{2}{3}$ cup Almond Flour
- ☐ $\frac{2}{3}$ tsp Baking Powder
- ☐ 2 tsps Brown Rice Flour
- ☐ 1 $\frac{1}{2}$ tsps Nutritional Yeast
- ☐ $\frac{1}{4}$ cup Oats
- ☐ 2 tsps Unsweetened Shredded Coconut

Breads, Fish, Meat & Cheese

- ☐ 1 $\frac{1}{2}$ lbs Chicken Breast
- ☐ 8 ozs Extra Lean Ground Turkey
- ☐ 1 $\frac{1}{2}$ cups Hummus

Condiments & Oils

- ☐ 1 $\frac{2}{3}$ tsps Avocado Oil
- ☐ 2 $\frac{1}{4}$ tsps Coconut Oil
- ☐ 2 tsps Dijon Mustard
- ☐ $\frac{1}{3}$ cup Extra Virgin Olive Oil
- ☐ 3 tbsp Red Wine Vinegar
- ☐ $\frac{1}{3}$ cup Sunflower Seed Butter

Cold

- ☐ 12 $\frac{1}{8}$ Eggs
- ☐ 2 cups Plain Greek Yogurt
- ☐ $\frac{1}{4}$ cup Unsweetened Almond Milk

Other

- ☐ 4 $\frac{1}{8}$ cups Water





Core Plan

Mini Potato Crusted Quiche

⋮ 2 servings
⋮ 30 minutes

Ingredients

- 2 tsps Avocado Oil (divided)
- 1 cup Water
- 2/3 Russet Potato (peeled, chopped)
- 1 1/3 tbsps Unsweetened Almond Milk
- 1 Egg
- 2 Parsley (chopped)

Directions

- Preheat the oven to 400°F (204°C) and lightly coat a mini muffin tin with half of the avocado oil.
- In a medium saucepan, bring the water to a boil and add the potatoes. Boil the potatoes for 10 to 12 minutes or until soft.
- Drain the water and add the almond milk and remaining avocado oil. Mash together until smooth.
- Add a spoonful of mashed potato to the muffin tray and use a spoon to create a funnel in the middle. Bake for about 10 minutes and remove from the oven.
- Whisk the eggs and pour the egg mixture into the funnel created in each potato crust. Top with parsley. Bake again for another 5 to 7 minutes or until the egg is set. Let it cool and remove with a spoon or small spatula. Enjoy!





Core Plan

Lucky Green Smoothie

⋮ 1 servings
⋮ 10 minutes

Ingredients

- ¾ cup Frozen Mango
- 1 Lime (juiced)
- 1 cup Baby Spinach (packed)
- 1 tbsp Ground Flax Seed
- 2 tbsps Hemp Seeds
- 1 ¾ Water

Directions

- Throw all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!





Core Plan

Simple Banana Pancakes

⋮ 2 servings
⋮ 20 minutes
⋮

Ingredients

- 2 Banana (ripe)
- 4 Eggs
- 1 tbsp Coconut Oil

Directions

- In a bowl, mash the bananas very well until quite smooth. Add the eggs and beat gently with a fork for about 30 seconds.
- Heat coconut oil in a skillet over medium heat. Add ¼ cup of the batter at a time to form pancakes, cooking for about 1-2 minutes per side.
- Serve with a sprinkle of cinnamon or a drizzle of maple syrup if desired.





Advanced Plan

Celery with Sunflower Seed Butter

⋮ 2 serving
⋮ 5 minutes
⋮

Ingredients

- 4 Stalks Celery (sliced into sticks)
- ¼ cup Sunflower Seed Butter

Directions

- Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!





Core Plan

Hummus Dippers

⋮ 3 servings
⋮ 15 minutes
⋮

Ingredients

- $\frac{3}{4}$ Yellow Bell Pepper
- $\frac{3}{4}$ Carrot
- 3 stalks Celery
- $\frac{3}{4}$ cup Hummus

Directions

- Slice your pepper, carrot and celery into sticks.
- Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.





Core Plan

Yogurt & Berries

⋮ 2 servings
⋮ 5 minutes

Ingredients

- 2 cups Plain Greek Yogurt
- 2 cups Frozen Berries (thawed)

Directions

- Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!





Core Plan

Apple Slices & Hummus

⋮ 3 servings
⋮ 5 minutes

Ingredients

- 3 Apples
- $\frac{3}{4}$ cup Hummus

Directions

- Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!





Advanced Plan

Hard Boiled Eggs

⋮ 3 servings
⋮ 15 minutes
⋮

Ingredients

- 6 Eggs

Directions

- Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!





Core Plan

Savoury Roasted Chickpeas

2 servings
30 minutes

Ingredients

- 3 cups Chickpeas (canned, or cooked and drained)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Poultry Seasoning
- ½ tsp Sea Salt
- ¼ tsp Black Pepper

Directions

- Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- Pat chickpeas dry with a paper towel. Place chickpeas in a mixing bowl and add olive oil, poultry seasoning, sea salt, and black pepper. Mix until chickpeas are evenly coated.
- Spread the chickpeas across the baking sheet. Bake for 20 minutes, tossing halfway through.
- Let cool before storing in an airtight container in the fridge.





Core Plan

Roasted Sweet Potato Rounds

⋮ 2 servings
⋮ 35 minutes
⋮

Ingredients

- 1 Sweet Potato (medium, washed and scrubbed)
- ¾ tsp Coconut Oil

Directions

- Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- Slice the sweet potatoes into 1/2 inch rounds and place them on the baking sheet.
- Brush the slices with melted coconut oil, then flip them over and repeat.
- Place in the oven and bake for 30 to 35 minutes, flipping them at the halfway point. The rounds should be starting to brown on each side.
- Remove from oven. Season them with your favourite spices (we like sea salt and cinnamon) and enjoy!





Meal Prep Greek Chicken Bowls

⋮ 2 servings
⋮ 50 minutes
⋮

Ingredients

- 1 cup Water
- ½ cup Brown Rice (dry)
- 8 ozs Chicken Breast (skinless, boneless)
- 1 tbsp Greek Seasoning
- ½ Cucumber (medium, diced)
- ¼ cup Red Onion (medium, diced)
- 1 cup Cherry Tomatoes
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Red Wine Vinegar
- Sea Salt & Black Pepper (to taste)

Directions

- Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- While the oven is heating, bring the water to a boil in a small saucepan. Add the brown rice, reduce to a simmer, cover and let cook for 30 minutes.
- Once the rice is on, lay the chicken breast on the baking sheet and sprinkle with Greek seasoning. Place in the oven for about 30 minutes, or until cooked through.
- While the chicken and rice are cooking, dice your cucumber and red onion. Add them to a large bowl along with the cherry tomatoes, olive oil, red wine vinegar, salt and pepper. Mix well.
- Divide the rice between containers along with the chicken and veggies. Enjoy!





Core Plan

Mini Banana Muffins

⋮ 5 serving
⋮ 30 minutes
⋮

Ingredients

- $\frac{2}{3}$ Banana
- $2\frac{2}{3}$ tbsps Unsweetened Almond Milk
- $\frac{2}{3}$ cup Almond Flour
- 1 Egg
- $\frac{2}{3}$ tsp Baking Powder

Directions

- Preheat oven to 350°F (177°C). Prepare silicone mini muffin cups on a tray, or use a mini silicone muffin tray.
- In a mixing bowl, mash the bananas with a fork and combine with the remaining ingredients. Pour the batter into the cups and bake for 20 to 25 minutes or until a toothpick comes out clean.
- Remove from oven and let cool. Enjoy!





Core Plan

Sunflower Banana Boat

⋮ 1 serving
⋮ 5 minutes
⋮

Ingredients

- 1 tbsp Sunflower Seed Butter
- 1 ½ Water (warm)
- 1 Banana (peeled)
- 1 tbsp Unsweetened Shredded Coconut

Directions

- In a small bowl, whisk the sunflower seed butter and water together until all lumps disappear and a thin consistency is reached.
- Slice the banana lengthwise or into coins. Drizzle with sunflower seed butter and sprinkle the shredded coconut overtop. Enjoy!





Core Plan

Carrots & Guacamole

⋮ 2 servings
⋮ 5 minutes

Ingredients

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- ¼ tsp Sea Salt (or more to taste)

Directions

- Peel and slice carrots into sticks.
- Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- Dip the carrots into the guac & enjoy!





Core Plan

Herbed Chicken Tenders with Dijon

⋮ 2 servings
⋮ 40 minutes
⋮

Ingredients

- 8 ozs Chicken Breast (skinless, boneless, sliced into strips)
- 1 tbsp Avocado Oil (divided)
- ¼ cup Oats (quick)
- 1 ½ tsps Italian Seasoning
- ¼ Sea Salt
- 3 Carrot (medium, peeled and sliced into fries)
- 2 tsps Dijon Mustard

Directions

- Preheat oven to 400°F (204°C) and line two baking sheets with parchment paper. Brush chicken strips with half of the avocado oil.
- Combine the oats, Italian seasoning, and sea salt and spread over a small plate. Press both sides of the chicken strips into the oat/spice mixture to coat, then lay on baking sheet.
- Toss the carrot sticks in remaining avocado oil. Spread across the other baking sheet.
- Place both pans in the oven and bake for 30 minutes, flipping the chicken and tossing the carrot fries halfway through.
- To serve, divide the chicken tenders and carrot fries between plates and serve with Dijon dipping sauce. Enjoy!



Core Plan

Mac n' 'Cheese'

⋮ 2 servings
⋮ 1 hour
⋮

Ingredients

- 1 cup Butternut Squash (peeled, seeded and sliced into 1 inch cubes)
- 1/8 Sweet Onion (diced)
- 1/2 Garlic (cloves, whole)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/4 cup Almonds
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/4 cup Cashews
- 1 1/2 tsps Nutritional Yeast
- 1/2 tsp Sea Salt
- 1/4 cup Water
- 1 cup Brown Rice Macaroni (uncooked)

Directions

- Preheat oven to 420°F (216°C).
- Place butternut squash, sweet onion and garlic cloves in a large mixing bowl. Add olive oil, season with a bit of sea salt and pepper and mix well. Transfer onto a large foil-lined baking sheet. Roast in the oven for 30 minutes.
- Now let's make the "breadcrumbs". In a food processor, combine the almonds, garlic powder and onion powder. Pulse until almonds are coarsely chopped. Set aside.
- In a blender, add cashews, nutritional yeast, sea salt and water. Blend until a creamy consistency forms. Now add in the roasted butternut squash and onion mix and blend until smooth.
- Reduce oven to 350°F (177°C).
- Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
- In a large bowl, mix together cooked macaroni and "cheese" sauce. Toss until well coated then transfer into a casserole dish. Top with almond breadcrumbs and bake for 20 minutes.
- Remove from oven. Let cool for 10 minutes. Spoon into bowls. Devour.





Core Plan

Slow Cooker Spaghetti Squash & Meatballs

⋮ 2 servings
⋮ 4 hours

Ingredients

- 8 ozs Extra Lean Ground Turkey
- 2 tbsps Brown Rice Flour
- ½ Egg (whisked)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 ½ tsps Oregano (divided)
- 1 ½ cups Crushed Tomatoes
- ½ tsp Sea Salt (divided)
- ½ tsp Black Pepper (divided)
- ½ Spaghetti Squash (medium)

Directions

- In a large mixing bowl, combine the extra lean ground turkey, brown rice flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.
- In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, sea salt and black pepper. Mix well and then submerge your turkey meatballs into the sauce.
- Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Place it flesh-side up in the tomato sauce. No need to submerge it in the sauce. (Note: If the spaghetti squash is too big to fit into the slow cooker, cut it into quarters.) Set your slow cooker on low for 6 hours or on high for 4 hours.
- Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.
- Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!





- 2 servings
- 40 minutes

- 2 Carrot (medium)
- ½ head Cauliflower
- 3 tbsps Extra Virgin Olive Oil (divided three ways)
- 8 ozs Chicken Breast
- 1 tsp Dried Thyme
- 1 tsp Turmeric (powder)
- ⅛ tsp Sea Salt

- Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
- Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
- Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
- Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
- Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
- Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
- Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!



Core Plan

Mango Coconut Popsicles

⋮ 4 servings
⋮ 40 minutes
⋮

Ingredients

- 2 cups Frozen Mango
- 1 cup Organic Coconut Milk (divided)

Directions

- Blend mango and $\frac{3}{4}$ of the coconut milk in a food processor or blender until smooth.
- Roughly scoop mango puree into 3oz. paper cups.
- Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
- Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.



Core Plan

Warm Apples with Cinnamon

⋮ 1 servings
⋮ 10 minutes

Ingredients

- 1 ½ Coconut Oil
- 1 Apple (cored and sliced)
- ½ Cinnamon

Directions

- In a pan, melt coconut oil over medium heat.
- Add apple slices and sauté until soft, about 5 to 8 minutes.
- Sprinkle cinnamon over top and stir to coat evenly.
- Divide into bowls and enjoy!





Core Plan

Pear

⋮ 1 serving
⋮ 5 minutes
⋮

Ingredients

- 1 Pear

Directions

- Cut pear in half lengthwise. Cut each half in half again and use a knife to remove the core. Place all pieces in a bowl and enjoy!

