



holiday **SURVIVAL** **GUIDE**

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HOLIDAY RULES

Create a stress free holiday season

It never ceases to amaze me how we can take something so wonderful as the holidays and attach the word “stress” to it. I say “we” because I’m just as guilty of this as the next person.

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It doesn’t really make sense though, right? Here we have events that are supposed to be “the most wonderful time of the year,” and we’ve become stressed about all of it. What gives?

Yes, I know. There is a lot more to do during this time of the year, and I’m not ignoring the potential overload of shopping, decorating, cooking, parties, and out-of-town guests — what I am encouraging you to do instead is to take on a completely different perspective when it comes to this year’s holiday craziness. (And I’ll be right there with you!)

Let’s get right to the hardest part about this entire holiday time ... the FOOD. More specifically, let’s talk about all those foods that are not MaxStrength Fitness (MSF)-friendly that will be served at many of the parties and gatherings you attend this holiday season. As if avoiding temptation wasn’t hard enough all year, the time from Halloween to New Year’s Day can be especially challenging for anyone trying to maintain healthy habits.

The amount of willpower and stamina it takes to endure those months may seem somewhat impossible, but what if you developed a strategy that took absolutely no willpower at all? Willpower is finite and becomes exhausted quickly on a daily basis, so to think that we can completely overcome temptation for 2-3 months straight would just be setting ourselves up for failure. And I would much rather help you prepare for success!

What if we created a simple plan for ourselves instead? A simple set of rules we could follow that required absolutely no willpower at all? I find that this level of structure really helps me – if I have to make fewer decisions throughout the day, I don’t need to tap into as much of my finite willpower. Following a well-thought-out set of rules can make all the difference when it comes to maintaining healthy habits.

Now, before you go running in the other direction at the thought of implementing rules into your life, think



Rule #1: Know when to say no. Be selective on which holiday events you attend.

about how much more smoothly anything goes with a set of rules in place. I mean, would you play any sport or game without a set of rules? Would you let your kids go to a school that didn’t have a firm set of rules? Would you feel safe in a society not governed by rules? In many ways, I do believe rules and structure equal freedom and stress-free living.

So ... how can you create your stress-free holiday season?

On the following pages, I’m sharing my own set of rules for the holidays.

Of course, you can tweak or modify them to suit you and your lifestyle, but these are the rules that help keep my life “stress-free” and allow me to truly enjoy the holidays with my family and friends.

1. KNOW WHEN TO SAY NO

When all the wonderful invitations to parties start rolling in, it’s tempting to say yes to all of them, but as I have learned from past years, that could turn out to be a huge mistake. When you throw a wrench in your schedule several times a week, it’s hard to recover. My rule is to only attend one “out of the ordinary” event each week. That includes any party, lunch meet-up, gift exchange, or invitation to someone’s home for dinner.



Tip #4: While holidays and tight schedules can bring stress, drop the complaining.

I know for some people, one may be a little difficult to stick to, so maybe your rule can include two outings each week. Once you start to creep up to more than two, it becomes extremely difficult to maintain any kind of normalcy for the week and stick to your healthy habits. When you do attend a party or other holiday gathering, use the upcoming strategies to help you before, during, and after the “out of the ordinary” event.

2. DON'T EAT STANDING UP

Many people suffer from random stomachaches that can be directly related to eating while walking around and standing up. For some people this may be due to chasing small children around. However, for some, this has become their normal way of eating. The problem with this is how much food you can consume without even realizing it when you don't see it clearly on your plate. Have you ever gone to a party, picked at appetizers for the whole first hour, and then wondered “how much did I just eat?” Yeah, it happens to the best of us. So this year, hold yourself to the firm rule that all of your meals will be eaten sitting down. This doesn't mean every meal has to be a 30-minute formal experience – even sitting for 5-10 minutes as you have a quick snack will help you to not overeat.

3. NO PICKING

On Thanksgiving morning, we decided we would not start picking at any of the food while we were cooking it. The only exception was testing a food that needed to be tasted during the preparation (a necessary part of cooking at times). What was great about the “no picking” rule was that when we got to the Thanksgiving meal, we were ready to eat! Many times people report that by the time the actual meal is ready they've already consumed

an entire plate full of food from just picking — and then they would eat a full Thanksgiving dinner on top of that! Not only would they feel sick because they ate too much, this one night of overeating would often send them into a downward spiral of overeating until New Year's Day. Again, I know this has happened to the best of us, but this simple rule will help you avoid it this year!

Even Santa follows this rule!

4. NO COMPLAINING – HOW ABOUT IT?

Although the ones above may seem hard to stick to, this last one is the hardest one of all! The workload of the holidays can many times cause us to start complaining about everything... from the tight schedules, to the long lines at the store, to the shopping and wrapping of gifts. So last year, I decided to drop complaining altogether and instead just think through solutions. Here's an example: if you go to the post office at noon and the line is out the door, complaining would be saying, “Ugh, this place is a mad house. I hate the holidays. It makes everything so crazy.” Instead, you could say, “This place is a mad house. Next time, I'm going to come here first thing in the morning instead of lunch time to avoid these crowds.” In both statements, you recognized that the post office was crowded, but in the second statement you quickly went to the solution instead of complaining. I'll tell you that since I started taking that approach to almost every area of my life, it has made many situations that could have been challenging much, much easier to deal with.

Now it's time for you to come up with your list of rules for this holiday season. What strategies can you put in place now to ensure you enjoy the holidays with your family and friends, stress-free? Be sure to take advantage of all the valuable and helpful components of this Holiday Survival Guide — we have you covered!

HAPPY HOLIDAYS!

Tips & tricks to enjoy any holiday party

This time of year can be tough when it comes to living a healthy lifestyle. With all the parties, restaurant meals, and family gatherings, it may seem difficult to stick to your healthy eating regimen, but it is possible! Here are my tips for what to do

before, during, and after a party to ensure you have a great time without derailing your health and weight loss efforts.

BEFORE THE PARTY

Want to feel your best before you put on your party dress (or pants)? Do these things:

1. Make a list of your health goals. Before leaving the house spend 5 minutes writing down any short- or long-term goals you are working toward this season. Actually, this is something you should do every day, but it's especially important before a night filled with temptations.

2. Exercise. There are studies that show regular exercise may make you crave a diet rich in fruits and vegetables, so why not get in a good workout before heading to an event? It may help you make better choices once you get there.

3. Eat a healthy meal before the party. Stick to your meal plan for the rest of the day. This way you won't feel guilty if you decide to indulge a bit at the party. Just before heading out, have a small protein-packed meal so you won't feel the need to eat quite as much later. This will also help you choose your indulgences wisely, rather than just eating anything you can get your hands on because you're hungry.

4. Bring a MSF-friendly dish. Not only will your host appreciate the thought, but you'll also ensure you have at least one healthy option available.

5. Make a deal with yourself. Before the party, make an agreement with yourself so you don't overindulge. Whether that means you allow yourself 1 cookie, 1-2 drinks, or 1 serving of your friend's famous appetizer, decide what you will allow yourself ahead of time and then hold yourself accountable to that.



M S F

Tip #5: Don't overindulge with the drinks.

DURING THE PARTY

Once you're there, it's easy to get swept up in the festivities. Here's how to stay on track:

1. Focus on the event, not the food. The wonderful thing about holiday parties is they give us a chance to spend time with friends and family, celebrating a fun time of year. So enjoy the music, the company, and the ambiance... and have fun!

2. Survey the buffet. Take a stroll down the food buffet to see what's available before picking up a plate. Figure out which foods you truly want to eat and which you'd do better to avoid.

3. Make smart choices. While there's absolutely nothing wrong with indulging in those foods you planned on enjoying, it's best to stick to the healthier options available: cut-up veggies, fresh fruit, and healthy proteins.

4. Pace yourself. After you make yourself a small plate of food, sit down somewhere to truly enjoy your holiday meal. Take your time eating to allow your stomach to tell your brain when to stop eating. (Grab a friend to sit with while you eat – that can be the best time to catch up!)

5. Don't overindulge with the drinks. The best choice for health and weight loss is to skip the alcoholic beverages altogether, but if you choose to indulge, limit yourself to 1-2 drinks, and opt for a healthier beverage.

- Bring a bottle of Dry Farm Wines to contribute to the party. These wines are organic, low in sugar, low in sulfates, and won't give you a nasty hangover in the morning.
- If you're more of a cocktail person, opt for vodka (potato vodka is the best) and choose mixers that don't contain sugar (like club soda or water).

TIP:

Every time you have an alcoholic beverage, follow it up with a glass of water. This will help with dehydration, which often leads to the dreaded hangover.

AFTER THE PARTY

The morning after a party can be tough if you over-indulged the night before. Here how to get back on track:

1. **Drink lots of water.** It's no secret that water is incredibly important when it comes to health and weight loss. It helps with digestion, is crucial in ridding the body of waste, and acts as a natural diuretic. So drink up and get your body working for you!
- This MSF-friendly "Gatorade" is a great drink to have the day after a party to help replenish electrolytes. Here's how to make it: Combine ¼ cup fresh-squeezed lemon juice, ¼ cup fresh-squeeze lime juice, 2 cups water, ½ teaspoon sea salt, and 2 tablespoons raw honey in a blender.

Blend until honey is dissolved.

2. Take your daily dose of NanoGreens10. This greens drink will supply you with the vitamins and minerals your body needs after a fun night out. Get your NanoGreens10 here: www.biopharmasci.com/?Click=751

3. Move as much as you can. Dance around the house to holiday music, or take a walk around the neighborhood.

Not feeling up to a workout? Turn your holiday shopping trip into a calorie-blasting walk: park far from the entrance, take the stairs instead of the escalator and take an extra lap around the store or the mall to get in some extra steps.

4. Fight inflammation with Omega-3s. Take your daily dose of NanoEPAdha. Many of the foods you'll find at most parties (think sugar, vegetable oils, refined carbohydrates, and alcohol) promote inflammation in the body. Omega-3 is one of the most powerful anti-inflammatory nutrients out there and will help you bounce back after eating less-than-great foods. Get your favorite Omega 3 supplement here: www.biopharmasci.com/?Click=751

5. Don't let a bad party dictate the rest of your month. No one is perfect, and we all make mistakes — it's not the end of the world. Just pick yourself up and get back on track!



B O N U S !

23 more ways to survive the holidays

STRATEGY #1: START WITH A SALAD

If possible leave the cheese, croutons, bacon, egg yolks and nuts/seeds off to the side or add very minimal amounts as these items can load up the calories and fat!

Have your salad dressing on the side, (vinaigrette or olive oil & balsamic vinegar) so you can dip your fork in the dressing rather than pour it on the salad.

TIP:

Dip your fork in the dressing, stab your salad and enjoy far less calories. Remember, you need just enough dressing to taste not drown in.

*Olive oil increases resting energy expenditure, vinegar up regulates genes for fat metabolism. (ref:1,2)

STRATEGY #2: FEAST ON PROTEIN

So you're scoping out the buffet set-up at a holiday party and you're contemplating what to eat. I'm betting there's a turkey there. Or a ham. Or some shrimp cocktail.

Eat it, and only that, until you're full. Protein is, by nature, very filling. And by filling up on lean protein, you'll avoid other, potentially more destructive food items at the buffet.

And best yet, you still leave satisfied.

Another benefit of protein is that it also helps your body process carbohydrates more effectively by stimulating the release of the hormone glucagon—a hormone which helps to control blood sugar and curb the fat-storage properties of insulin.

So if you do indeed add some carbs, they'll become much less of a threat to your waistline.

STRATEGY #3: DO NOT DRINK CALORIES

Calories in beverages are wasted calories. They do nothing to increase satiety or fullness, and can very easily tack on a serious amount of caloric damage to any evening.

If it has calories, don't drink it, plain and simple.



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Strategy #1: Start with a salad.

If you'd like some variety beyond plain water, go with a flavored water or other diet beverage.

Just please, do NOT fall victim to 500 calories of fat-storing high fructose corn syrup. Simple avoidance, great benefit.

STRATEGY #4: KNOW YOUR FIRST MOVE

While we're on the topic of beverages, here's a great tip to go into any holiday party with.

As soon as you arrive, before you do anything else, pour yourself a big glass of water, drink it down, and wait 15 minutes before eating anything. Mingle with the crowd, say hello, etc.

This is a simple, extremely effective way to curb your appetite and give yourself a sense of fullness before heading to the dinner line and is sure to make a difference in the amount of food you end up adding to your plate.



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Strategy #6: Arrive “full” by eating a large, healthy meal before the party.

STRATEGY #5: BE HOSPITABLE

Many times the parties we attend throughout the holidays are “potluck” buffet style where each person is responsible for bringing their own dish to contribute to the menu.

If you’ve ever worked in an office, you know what I’m talking about.

This is a great opportunity for you to contribute something healthy to the table, and in turn make it extremely easy for you to make a healthy choice. Simply eat your own meal.

This way you KNOW exactly what’s in it and how it was prepared, a huge plus (i.e. everything that looks healthy isn’t necessarily so).

And even if the party isn’t potluck, bring something to contribute anyway. I haven’t met a host yet that doesn’t appreciate help from others when it comes to feeding the guests.

STRATEGY #6: ARRIVE “FULL”

I’m sure you’ve heard the recommendation that you never go to the grocery store hungry as you’ll just end up buying everything in sight, spending way too much money, and making a bunch of unhealthy choices because everything looks “so good”.

Well, I’m going to give the same suggestion for holiday parties.

Instead of showing up with your stomach growling and mouth salivating, take action to ensure you arrive in the exact opposite position. How? Easy. Eat a BIG, healthy meal just prior to heading to the party.

In fact, I can remember one time when I actually stopped at Subway on the way to a party and sat down to a huge bowl of leafy greens, grilled chicken, and veggies. When I arrived at the party full, all of a sudden all those desserts didn’t look nearly as appetizing.

Easy, super effective way to avoid falling into temptation.

STRATEGY #7: BE “NORMAL”

This one goes right along with the previous tip. In an effort to avoid the “damage” of a big meal or party, most people don’t eat anything else all day leading up to the big event in order to “save up” the calories.

Big mistake, and for several reasons.

First, when you go into a meal or party incredibly hungry, you will absolutely overeat to a much higher degree than you would otherwise.

Bigger portions of calorie dense, fatty/carb-laden food = WAY more calories than you would have naturally eaten throughout the day.

Secondly, eating nothing only to follow it up with a big, high-fat/high-carb/high-calorie meal leads to a greater percentage of those calories than normal to be stored as fat.

Don’t shoot yourself in the foot by starving yourself all day. Eat as you normally would and then hit up the party.

STRATEGY #8: GO NON-ALCOHOLIC

Don’t get me wrong, I like to have a few beers or a glass of wine from time to time, so I’m not going to tell you to completely give up alcohol throughout the holidays.

But, what I will suggest is that the majority of your beverages at holiday get-togethers be of the non-alcoholic variety. Simply put, alcoholic beverages are perhaps the easiest way to add unnecessary calories to your daily total, and unfortunately, it doesn’t end with just the calorie total.

Excessive alcohol intake also creates a hormonal environment in the body very conducive to fat storage, making those calories much more likely to negatively impact the number that shows next time you step on the scale.

So, what’s “excessive” or “how much is too much”. Well, I think we all know that. If you’re regularly getting “tipsy” or drinking to the point of intoxication, then your physique is going to take a hit for it.

Enjoy a (non-sugary) drink or two when appropriate, but stick with non-calorie beverages otherwise.



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Strategy #11: Fill up your plate, but avoid going back for seconds.

STRATEGY #9: MODIFY YOUR PLATE

Sometimes you just want to enjoy what's there without having to be picky, choosy, or limit your selections.

If that's the case, here's a tip that will absolutely keep you from overdoing it while keeping your calorie intake in check:

Use dessert sized plates.

Yep, just go ahead and grab a plate from the dessert line and then head over to the "dinner" line.

Controlling portion size just happens to be one of the best ways you can regulate calorie intake without necessarily giving up your favorite foods.

Smaller plate = smaller portions, and with smaller portions come fewer calories across the board.

As an added benefit, research has shown that people tend to overeat and eat beyond the point of "fullness" when large portions are in front of them. With the smaller plate option, you'll likely be very content when you finish without "mindlessly" continuing to stuff yourself just because the food is there in front of you.

STRATEGY #10: IF YOU DON'T LOVE IT, DON'T EAT IT

Learning to be selective will prove to be a highly helpful skill when approaching holiday meals, parties, and buffet lines.

Simply put, you don't need to eat everything that's there. If we're being completely honest, we probably don't even really like everything that we toss on our plate and instead just include it because it's available.

So, here's another valuable suggestion: If you don't absolutely love it, don't eat it. As you go through the line or as foods are passed along the table, only dish out your absolute favorites while skipping over the selections that you can probably do without. **Stock Up on the "Good Stuff"**

In addition to choosing your favorites, whatever veggies are available, piling them on your plate. They're filling, will compliment the other items on your plate, and will easily help you adhere to the next rule.

STRATEGY #11: ONE AND DONE

Here's a realistic insight:

Most of the weight we put on during the holiday season comes from the second (and sometimes third) helping, not the first.

And while it's easy to go back in for more, a great way to cut out half the calories you'd normally eat at a holiday function is to limit yourself to only one helping.

So, go ahead and fill up your plate (remember, we're using smaller plates), but once you're done, you're done.

Adhere to this one rule alone and you'll automatic

STRATEGY #12: MAKE THE "ANNOUNCEMENT"

Here's perhaps the easiest way to avoid going back for seconds. As simple as this next one is, it works unbelievably well.

In fact, I actually did this at the dinner table the other night when out with friends, and it was easily the most comfortable social situation I've ever been in while sticking to my diet and moving forward to my goals.

When you arrive at a party or sit down to the table, let people know what you've committed to.

Something as simple as "Hey, just want to let everyone know, I'm on a mission to drop some pounds. This food looks amazing, and I plan to enjoy a full plate, but if you see me back in the buffet line, kick my butt into gear."

People respect that and they'll back you up.

From then on out, you never have to worry about people who "don't know" your goals constantly offering you food, and beyond that, it's a huge source of accountability for you.

I can guarantee that when you put this simple strategy into practice, you won't even think of going in for seconds. It's extremely easy to resist once you give people "expectations" for you to live up to.

STRATEGY #13: CHEW, CHEW, CHEW

Now, I'm sure you've heard this one before, but let me ask you this.

Do you ever really make a conscious effort to take your time between mouthfuls? Probably not.

A good rule of thumb is to chew your food at least 20 times before swallowing while giving yourself a bit of a breather between bites.

Trust me, the food will still be there.

Eating slowly and with a high chew-count gives your body time to realize it's getting full—in the end you'll be just as content while consuming far fewer calories.

Consciously give it a try, and I guarantee it will make a difference.

STRATEGY #14: WRITE IT DOWN

In addition to the "announcement" tip above, another great way to establish accountability is to keep a food journal and daily exercise log.

While you may or may not be used to doing this, during times where it's easy to go off track, keeping a journal of some sort is exceptionally helpful to keep you in check.

There's just something about having something in writing and tracking your progress simply throughout the day that makes you that much more apt to "stick to it".

STRATEGY #15: SERVE YOURSELF "HALF" FIRST

Here's an idea that can make the small plate method even more effective:

Serve yourself only "half" first, filling up the plate halfway and then taking time to sit, eat slowly, chew, and enjoy what's there.

Then, you have the added bonus of being able to go back for the other half!

It's funny how simple psychology works, but even though it's the same amount, you just feel like you're eating more when you're able to "go back" for more.

STRATEGY #16: CHOOSE DESSERT WISELY

Try to make 'wise' dessert choices rather than deny yourself, have a smaller portion and savor every mouthful when you have choices, opt for desserts that are lower in fat and sugar.

For example, if faced with a plate of cookies, you may decide to choose the sugar cookies or gingerbread cookies over shortbread cookies as they tend to be lower in fat.



M S F Strategy #17: Take a walk 15 minutes after a meal if possible.

STRATEGY #18: WALK IT OFF

15 minutes after a meal (if possible), go for a walk with your family to see holiday displays in your neighborhood. Walk for 45 minutes at a leisurely pace (~1 ½-2 miles).

During that 45 minute walk, consume 16oz of ice cold water.

STRATEGY #18: "GUM" YOUR WAY TO EATING LESS

Right before you walk into your holiday event, pop a piece of your favorite sugar free gum in your mouth. With all the great flavors out there, you'll have a steady delicious flavor in your mouth to keep you from snacking on a chip here or a cookie there.

When it's time to eat your main meal that you planned for THEN go and dispose of your gum. If you think dessert will be tempting, don't be afraid to take a new piece after dinner!

STRATEGY #19: SURROUND YOURSELF WITH LIKE-MINDED INDIVIDUALS

If you surround yourself with like minded and supportive people, to keep you motivated and help hold you be accountable, your fat loss goals this holiday season will be a foregone conclusion.

Feel free to use the staff at MaxStrength Fitness if you need the extra push!

If you are able to come up with a list of supportive friends or family members – You are very fortunate so take advantage of it.



STRATEGY #20: DON'T LET YOUR FOODS TOUCH ON YOUR PLATE

Weird, I know — but most of the time the plate is piled so high, it's like a giant mess of foods. This year leave "white space" between each food. Why? You'll pile less foods on one another meaning you eat your favorites, just not as much of each.

STRATEGY #21: SKIP THE MINDLESS EATING

Avoid the snack bowls, mixed nuts, and extras that are lying around the house. These are just extra calories that fill you up.

STRATEGY #22: FILL YOUR PLATE (without letting foods touch) AND WALK AWAY FROM THE BUFFET TABLE

Then wait 20 minutes before deciding to go up again.

Again, seems obvious. But it's not too common — walking away from the buffet table means you'll be less likely to keep filling up on the extras just because. And waiting the 20 minutes will allow you to truly determine if you're physiologically hungry (not likely) or psychologically hungry (more likely).

STRATEGY #23: INTENSITY TRUMPS TIME

If there is one thing you do not have enough of this time of the year it is time. But you can use this to your advantage by simply making your workouts intense.

By exercising for just 20 minutes with short burst of high intensity you stimulate your metabolism for the entire day.

If you skimp on anything this holiday season, don't let it be your health! Stay consistent with your workouts and you will feel amazing.

Just by following a few of these tips will help you to keep off the extra holiday pounds and achieve your fat loss goals and then some!

Remember our Team is here for you this Holiday Season and always. Happy Holidays,



P.S. If you are not a current client and would like us to help you ensure you survive the holidays and beyond, simply request a *FREE* Initial Consultation and demo workout at www.maxstrengthfitness.com! You have nothing to lose (except maybe some excess weight and poor health) and everything to gain (optimal health and fitness!)



Holiday Baking

RECIPES

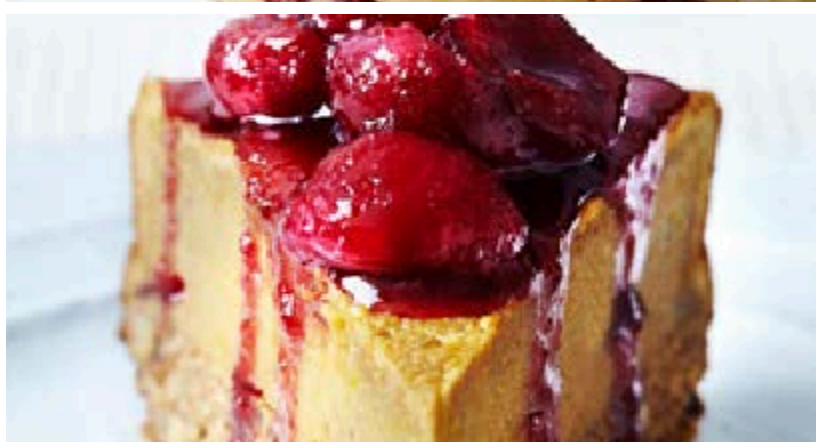
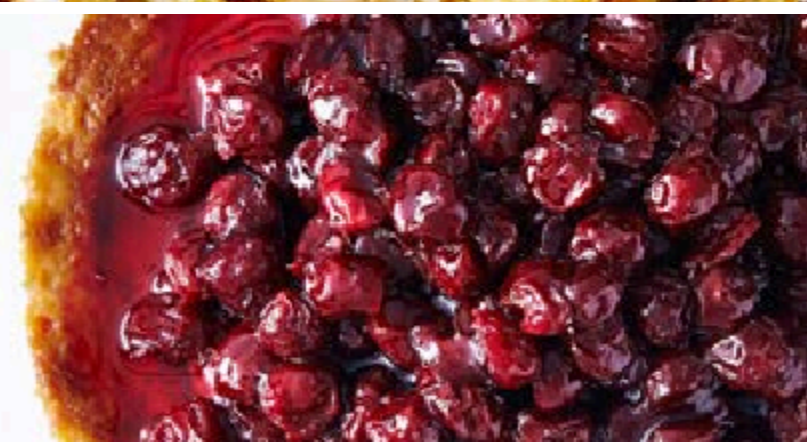




Classic
Recipes



Alternative
Recipes



The holidays wouldn't be the holidays without some delicious desserts to share and savor with friends and family. Some people prefer the classics, baked with rich premium ingredients. While others prefer alternatives, delicious treats made with whole-food substitutes.

TARTS? *yes.*

CAKES? *you got it.*

CHOCOLATE? *of course!*

Whichever you prefer, there are 10 amazing desserts in the following pages that fit the bill — and they will absolutely blow your mind.

Happy baking and happy holidays!

Classic

Banana Chocolate **BREAD PUDDING** *with* **CASHEW CUSTARD**



DIRECTIONS

Preheat oven to 325°F.
Set aside a 12" x 12" baking dish.

BREAD PUDDING

In a stand mixer or a food processor, blend whipping cream, bananas, vanilla extract, and cinnamon into a loose liquid.

Arrange the panettone in the baking dish. Pour the banana cream mixture on top, pressing with your hands to help the bread soak up all the liquid. Place the baking dish in refrigerator.

CUSTARD

Combine egg yolks, sugar, and cornstarch in a saucepan and whisk slowly. Add the milk and stir until well combined. Place over medium-low heat and whisk slowly and continuously for at least 5 minutes, until the mixture begins to thicken.

Once the custard thickens slightly, mix in the cashew butter. Whisk for about 30 seconds more and remove from heat.

ASSEMBLY

Remove the baking dish from the refrigerator. Pour about half of the cashew custard over the panettone, letting it settle between the bread pieces. Place the remaining custard in the refrigerator and allow it to cool completely.

Sprinkle the chocolate chunks evenly over the bread pudding and bake in the preheated oven for about 45 minutes. Allow the dish to cool slightly, until warm to the touch.

To serve: Using a large spoon, scoop out a portion of the pudding and place it on a plate. Serve alongside a big scoop of cooled custard.

Note: If you're making the pudding in advance, simply reheat the whole baking dish in the oven at 175°F until warm to the touch.

INGREDIENTS

BREAD PUDDING

- 2 cups whipping cream
- 5 large extremely ripe bananas (almost brown)
- splash of vanilla extract
- 1 tsp cinnamon
- 1½ loaves panettone (Italian sweet bread), ripped into chunks and dried for a few days

CUSTARD

- 6 egg yolks
- 1 cup white sugar
- 1 heaping tbsp cornstarch
- 3 heaping tbsp cashew butter
- 3 cups whole milk

GARNISH

- 1 handful of chocolate chunks or chips
- dark chocolate bar, broken up into pieces (optional but delicious)



Alternative

BANANA CHOCOLATE

— BREAD PUDDING —



DIRECTIONS

BANANA BREAD

Preheat the oven to 350°F. Lightly grease a 9"x5" rectangular loaf pan with coconut oil.

Put the bananas, rice flour, maple syrup, cinnamon, and applesauce into a food processor or high-power blender. Blend until very smooth. Add the eggs. Blend until the batter expands or fluffs (1-2 minutes).

Pour the batter in the prepared pan. Bake in the preheated oven for 1 hour 25 minutes or until the top is lightly browned and toothpick comes out clean. Let cool in refrigerator for 3-4 hours. Once cool, remove the bread from the pan, slice, and cut into 1-2" squares. Place back in refrigerator until ready to assemble.

PUDDING

Put the bananas, cashew butter, eggs, maple syrup, cashew milk, cornstarch, and cocoa powder in a food processor or blender. Blend until very smooth and fluffy.

ASSEMBLY

Preheat oven to 350°F. Grease a 9"x14" rectangular baking dish with coconut oil. Transfer the bread cubes to the baking dish, spreading them out evenly. Pour the pudding over the bread cubes, distributing evenly. Sprinkle dark chocolate pieces over the batter. Bake in preheated oven for 40 minutes. Let cool slightly before serving. Store leftovers in refrigerator.

INGREDIENTS

BANANA BREAD

- 7 ripe bananas
- 2 cups rice flour
- ½ cup maple syrup
- ½ tbsp cinnamon
- 1 cup unsweetened applesauce
- 4 eggs

PUDDING

- 5 bananas
- 1 cup cashew butter
- 4 eggs
- 1 cup maple syrup
- 1 cup cashew milk
- 2 tbsp cornstarch
- ¼ cup cocoa powder

GARNISH

- ½ cup high-quality 70% dark chocolate, broken into pieces (optional but delicious)



Classic



PEAR WALNUT MAPLE
Custard Tart



DIRECTIONS

CRUST

Put flour, salt, semolina, icing sugar, and butter in a food processor and pulse quickly until the mixture resembles medium-sized breadcrumbs. Add egg and milk or water. Pulse until a dough forms.

On a large sheet of parchment paper, form the dough into a ball. Flatten slightly and wrap in plastic. Refrigerate for at least 30 minutes.

Preheat the oven to 350°F. Butter and flour two 8" tart pans with removable bottoms, tapping out excess flour.

Lay out a large piece of parchment paper and dust it with flour. Remove dough from the refrigerator, cut half, and roll one piece to about 9 inches in diameter.

Carefully flip the dough into the first prepared tart pan, pressing it tightly around the pan's bottom and sides and removing any excess dough. Repeat for the second tart.

Cover the dough in the bottom of the tart pans with dried beans. Bake for 15 minutes.

Remove the crusts from the oven and allow to cool. Remove beans.

FILLING

Place pears in a mixing bowl and toss with lemon juice. Set aside.

In a bowl, whisk ½ cup of the maple syrup, the whole egg, and the egg yolks. Set maple syrup mixture aside.

Combine whipping cream and milk in a saucepan and bring to a boil.

Immediately remove from heat. Allow the cream mixture to cool for a minute.

Add a large splash of the cream mixture to the maple syrup mixture and whisk quickly to temper. Repeat until the two mixtures are completely combined.

Place the mixture in a saucepan over medium-low heat. Whisk until it begins to thicken into a custard. Immediately remove and strain the custard through a mesh sieve into a large mixing bowl.

In a clean saucepan, combine the remaining ¾ cup of maple syrup, pear slices (lemon juice discarded), and walnuts over medium heat, bringing it to a boil.

Reduce heat and simmer for 5 minutes, flipping the pears once.

ASSEMBLY

Preheat the oven to 350°F.

Coat the bottom of each tart crust with custard, then assemble pear slices in a single layer. Sprinkle the maple syrup and walnuts on top.

Place the tarts on a cookie sheet and bake for 15-20 minutes, or until the walnuts begin to brown. Remove and let cool. Once cooled, place in the refrigerator overnight.

Serve chilled.

INGREDIENTS

CRUST

- 1½ cups all-purpose flour, plus more for dusting
- pinch of salt
- ¼ cup semolina
- ½ cup icing sugar
- ½ cup butter (cold)
- 1 egg
- splash of cold water or milk

FILLING

- 2 ripe pears, sliced into 1" pieces
- juice from ½ lemon
- 1¼ cups pure maple syrup, divided
- 1 whole egg
- 3 egg yolks
- 1½ cups whipping cream
- ½ cup whole milk
- 1¼ cups walnut pieces

Alternative

Pear **WALNUT** **PIE**



DIRECTIONS

CRUST

Preheat the oven to 350°F. Grease a 9" pie dish with coconut oil.

Put walnuts, egg, oat flour, maple syrup, and cinnamon in a food processor or high-power blender and blend until smooth. The product should resemble cookie dough (softer than your average pie dough).

Transfer the dough to the pie dish and use your fingers or the back of the spoon to spread it evenly along the bottom and up the sides of the dish.

Bake in the preheated oven for 15-20 minutes, until lightly browned.

Set aside.

FILLING

Put the pear pieces in a large microwave-safe bowl and microwave on high for 10-12 minutes or until pears are soft when poked with fork.

Meanwhile, put the walnuts, maple syrup, and cinnamon in a food processor or high-power blender and blend until smooth. Set the walnut mixture aside.

Put the cornstarch in a mug and slowly drizzle cold water on top until the cornstarch is just covered. Stir until the cornstarch is completely dissolved.

Put the walnut mixture, pears, coconut sugar, and cornstarch mixture in a large pot over medium-high heat, stirring continuously for about 10 minutes until the mixture begins to boil. Keep boiling and stirring for another 1-2 minutes until the mixture darkens and thickens. Pour the mixture over the pie crust, smoothing it out evenly with the back of a spoon.

Garnish the top of the pie with walnut halves if desired.

Refrigerate overnight to allow the pie to set and the flavors to intensify.

Store leftovers in the refrigerator.

INGREDIENTS

CRUST

- 1 cup walnuts
- 1 egg
- 2 cups oat flour
- ½ cup maple syrup
- ½ tsp cinnamon

FILLING

- 7 Bosc pears, cored and diced into 2-3" pieces (including skin)
- 1 cup walnuts
- ½ cup maple syrup
- 2 tsp cinnamon
- 5 tbsp cornstarch
- ½ cup coconut sugar

GARNISH

- ½ cup walnut halves (optional)



Classic



—
PANETTONE

Coconut Raspberry
TRIFLE
—

DIRECTIONS

CUSTARD

In a saucepan, mix the egg yolks, sugar, and flour until well combined. The texture should be thick and clumpy. Add the vanilla bean seeds and pod and the coconut milk, and whisk the mixture to combine. Place saucepan over medium heat and continue whisking until a thick custard forms. Continuous whisking is very important to prevent the mixture from burning. Add the coconut extract and whisk again until completely combined.

Discard the vanilla bean pod and pour the custard into a large bowl.

Allow it to cool to just warm, then cover with plastic wrap and put the bowl in the refrigerator.

JAM

Put the frozen raspberries and honey in a large pot over medium heat and bring them to a boil. Reduce to a simmer and skim off any foam from the top. Continue to cook, stirring occasionally, until the jam thickens (45- 60 minutes). Mix in the orange zest and remove from heat. Using a rubber spatula, transfer the jam to a bowl and allow it to cool to room temperature. Place it in the refrigerator to allow the jam to set.

ASSEMBLY

Preheat the oven to 325°F. Arrange about a quarter of the panettone chunks and the coconut flakes on a baking sheet and toast in the oven until just slightly brown. Don't burn them! Set them aside to cool.

Arrange a portion of the remaining panettone in a layer on the bottom of the trifle dish. Add a layer of custard, followed by a layer of jam. Repeat the layers until dish is filled to the top, reserving a small amount of custard.

Cover the top layer of the trifle with toasted Panettone and coconut.

Fill any spaces with more custard.

Cool in the refrigerator. Before serving, let the trifle sit at room temperature for about 20 minutes.

INGREDIENTS

CUSTARD

- 8 egg yolks
- 1½ cups sugar
- ¼ cup white all purpose flour
- 1 vanilla bean, seeds scraped
- 3 13.5 oz cans of coconut milk
- 1 cap full of coconut extract

JAM

- 6 cups frozen raspberries
- 2 cups of honey
- zest from 1 orange

CAKE

- 1 loaf panettone bread, ripped into chunks and divided
- 1 large handful, unsweetened coconut flake



Alternative



Coconut
CUSTARD
RASPBERRY TRIFLE

DIRECTIONS

CAKE

Preheat the oven to 350°F. Lightly grease a 9"x5" loaf pan with coconut oil.

Put the butter beans, almond meal, oat flour, vanilla extract, maple syrup, banana, water, and desiccated coconut in a food processor or high-power blender and blend until smooth. Add the eggs and blend until smooth and fluffy. Transfer the batter to the loaf pan, using the back of a spoon to distribute it evenly.

Bake for 1 hour 15 minutes, or until a toothpick comes out clean.

Place cake in the refrigerator and let cool for about an hour, then gently pass a knife between the cake and the pan to unstick. Turn the cake onto a cutting board in one piece.

Cut the cake into 1" squares. Put the squares in a large bowl and place in the refrigerator overnight.

CUSTARD

Put the mango, bananas, coconut milk, coconut sugar, desiccated coconut, and nut butter in a food processor or high-power blender and blend until very smooth.

Put the cornstarch in a mug and slowly drizzle cold water on top until the cornstarch is just covered. Stir until the cornstarch is completely dissolved.

Put the contents of food processor and mug in a large saucepan, stirring continuously until the mixture starts to boil, darken, and thicken, about 1 minute. Set the pot aside.

JAM

Put the cornstarch in a mug and slowly drizzle cold water on top until the cornstarch is just covered. Stir until the cornstarch is completely dissolved.

Put the raspberries, coconut sugar, applesauce, orange juice, and cornstarch mixture in a large saucepan over medium-high heat, stirring continuously for about 10 minutes until the mixture begins to boil. Keep boiling and stirring for another 1-2 minutes until the mixture darkens and thickens. Set the pot aside.



ASSEMBLY

Take out 4-5 glass bowls, 6-8 clear glasses, or 1 large clear bowl.

Place a layer of bread squares in the bottom of each bowl. Ladle a layer of custard over the bread squares, evenly distributing it with the back of spoon. Ladle a layer of jam over the custard, evenly distributing it with the back of spoon. Repeat the layers until all the ingredients are used up.

Cool in the refrigerator for at least 4 hours, then serve.

INGREDIENTS

CAKE

- 1 14 oz can butter beans, rinsed well
- 2 cups almond meal
- 1 cup oat flour
- ½ tsp vanilla extract
- 1 cup maple syrup
- 1 banana
- ½ cup water
- 2/3 cup unsweetened desiccated coconut
- 4 eggs

CUSTARD

- 1 mango, peeled and pitted
- 2 bananas
- 1 13.5 oz can full-fat coconut milk
- 1 cup coconut sugar
- 1 cup unsweetened desiccated coconut
- 1 cup Nuts to You
- Rainforest Nut Butter with Coconut or cashew butter
- 5 tbsp cornstarch

JAM

- 4 tbsp cornstarch
- 6 cups fresh raspberries (or frozen, thawed)
- 1 cup coconut sugar
- 1½ cups unsweetened applesauce
- Juice of 1 orange

Classic

ALMOND
RICOTTA
Cheesecake

with

ORANGE
SOUR
CHERRY
TOPPING



DIRECTIONS

CRUST

Preheat oven to 325°F. Position the rack in the middle of the oven.

Lightly grease a 9" springform pan with butter. Lightly dust with flour.

Put the almonds, flour, sugar and salt in a food processor and pulse until the mixture becomes gritty.

Melt the butter and vanilla in the microwave; let cool.

In a small bowl, whisk the butter mixture and egg yolk. Add it to the food processor and pulse until a moist dough forms.

Press the dough into the bottom and sides of the prepared springform pan.

Refrigerate for 15 minutes.

Bake for about 15 minutes, until golden brown. Cool completely

FILLING

Preheat oven to 350°F.

Using a hand mixer or stand mixer fitted with a paddle attachment, mix the cream cheese, sugar, and salt for 1 minute. Add the honey and mix for 30 seconds. Add the ricotta and mix until well combined. Add the cornstarch and mix.

Beat in the eggs one at a time, followed by the vanilla seeds. Transfer the mixture to a large bowl and refrigerate.

Using a hand mixer or stand mixer fitted with a paddle attachment, whip the whipping cream until fluffy. Using a rubber spatula, fold the whipped cream into the ricotta mixture to create the filling.

Pour the filling into the cooled crust and spread evenly.

Bake for 1 hour 15 minutes (the cake will not look completely set -- that's ok).

Cool to room temperature on a wire rack, then refrigerate overnight.

TOPPING

Put the cherry juice and 1 cup of honey in a saucepan over high heat and bring to a boil. Reduce heat and simmer until the mixture thickens slightly, about 30 minutes, skimming and discarding any foam that forms.

Add the cherries, ¼ cup of honey, and orange zest, and simmer for about 10 minutes. Transfer to a bowl and cool, then refrigerate until ready to serve.

ASSEMBLY

Gently run a thin knife between the cake and the side of the springform pan, then remove the pan's siding. Move the cake to a cake stand and top with the cherry topping.

Store leftovers in the refrigerator.

INGREDIENTS

CRUST

- ¾ cup whole almonds, roasted at 325°F for 15 minutes
- ¼ cup all-purpose flour
- 2 tbsp white sugar
- pinch of salt
- 3 tbsp butter, plus more for greasing
- splash of vanilla extract
- 1 egg yolk

CHEESECAKE

- 1 block regular cream cheese
- ½ cup white sugar
- pinch of salt
- ½ cup honey
- 4 cups full-fat ricotta cheese
- 1 heaping tbsp cornstarch
- 3 eggs
- seeds from 1 vanilla bean (pod discarded)
- 1 cup whipping cream

TOPPING

- 2 cups juice from jars of sour cherries in light syrup
- 4 cups jarred pitted sour cherries in light syrup, (strained)
- 1¼ cup honey, divided
- zest of ½ an orange

Orange Cake

with

ALMOND CRUST

and CHERRY TOPPING



DIRECTIONS

CRUST

Preheat the oven to 350°F. Grease a 9" springform pan with coconut oil.

Put the almonds, dates, oat flour, water, and egg in a food processor or high-power blender and blend until almost smooth. Transfer the dough to the prepared pan and distribute it on the bottom evenly. Set aside.

CAKE

Fill a large saucepan with water and place over high heat. Put the orange in the water and bring to a boil. Reduce the heat slightly and boil for 20 minutes. Remove the orange and allow to cool for 10 minutes.

Cut the orange in quarters, disposing the hard stem. Put the orange quarters in a food processor or highpower blender (peel and all).

Add the cashew butter, maple syrup, and lemon juice, and blend for 2-3 minutes until smooth. Add the eggs and blend for another 1-2 minutes. Pour the mixture over the crust and smooth it out evenly.

Bake for 50-55 minutes or until toothpick comes out clean. While the cake is baking, prepare the topping.

TOPPING

Put the cornstarch in a mug and slowly drizzle cold water on top until the cornstarch is just covered. Stir until the cornstarch is completely dissolved.

Put the cherries, applesauce, maple syrup, and cornstarch mixture in a large saucepan over mediumhigh heat, stirring continuously for 5-8 minutes until the mixture begins to boil. Keep boiling and stirring for another 2-3 minutes until the mixture darkens and thickens. Remove from heat and set aside.

ASSEMBLY

Once the cake is done baking, pour the cherry topping on it and spread it evenly. Place the cake in the refrigerator overnight.

Remove the sides of the springform pan and serve. Store leftovers in refrigerator.

INGREDIENTS

CRUST

- 2 cups almonds
- 20 medjool dates, pitted
- ½ cup oat flour
- ½ cup water
- 1 egg

CAKE

- 1 orange
- 12/3 cups cashew butter
- 2/3 cup maple syrup
- juice of 1 lemon
- 4 eggs

TOPPING

- 2 tbsp cornstarch
- 2¾ cups fresh pitted cherry halves (or frozen, thawed)
- ½ cup applesauce
- ½ cup maple syrup



Classic

Flourless **CHOCOLATE** **TORTE**





DIRECTIONS

CAKE:

Put all ingredients except the eggs into your high power blender or food processor. Blend until very smooth. Add the eggs. Blend until the batter expands or fluffs (1-2 minutes).

Using coconut oil, lightly grease a 9"x5" rectangular loaf pan. Bake in preheated 350°F oven for 1h 25 minutes or until top is lightly browned and toothpick comes out clean.

Let cool in fridge for 3-4 hours. Once cool, remove from dish, slice, and cut into 1-2" squares. Place back in fridge until ready to assemble.

PUDDING:

Put all ingredients into your food processor or blender. Blend until very smooth and fluffy.

ASSEMBLY:

Grease a 9"x14" rectangular baking dish with coconut oil. Transfer the bread cubes to the baking dish spreading them out evenly.

Pour the pudding over top of the bread cubes, distributing it evenly.

Sprinkle broken up dark chocolate over batter.

Bake in preheated 350°F oven for 40 minutes. Let cool slightly before serving. Store leftovers in fridge.

INGREDIENTS

CAKE

- ¾ cup butter
- 4 oz unsweetened dark chocolate
- 4 oz bittersweet chocolate
- 6 eggs, separated
- 1 cup old fashioned brown sugar
- 1 oz amaretto
- 3 egg whites at room temperature
- pinch of salt
- 6 cups whipping cream
- 2 tbsp white sugar

TOPPING

(optional but delicious)

- 1 cup jarred pitted sour cherries

Alternative



FLOURLESS
Chocolate
CAKE

DIRECTIONS

CAKE

Preheat the oven to 350°F. Lightly grease two round 8" cake pans with coconut oil.

Put the chickpeas, tea, dates, almond meal, cocoa powder, maple syrup, almond butter, and cashew butter in a large food processor or high-power blender and blend until very smooth. Add eggs. Blend again until smooth and fluffy.

Divide the batter between the two prepared pans, smoothing it evenly with the back of spoon. Bake for 45 minutes or until toothpick comes out clean.

ICING

Put the tea, dates, almond butter, cashew butter, and cocoa powder in a food processor or high-power blender and blend until very smooth. Transfer to a bowl and let it sit until cake is ready to ice.

ASSEMBLY

Once the cake is baked, let it cool for 10-15 minutes. Gently remove one cake from its pan and place it on a large plate or cake platter.

Spread a thin layer of icing evenly on top. Gently remove the second cake from its pan and place on top of the first cake.

Spread the remaining icing on the top and sides of the layer cake.

Cool the cake in the refrigerator for 2-3 hours before serving.

Store leftovers in the refrigerator.

INGREDIENTS

CAKE

- 1 19 oz can chickpeas, rinsed well
- 1 cup herbal chocolate mint tea, brewed with 3 tea bags for 10 minutes
- 20 medjool dates, pitted
- 2 cups almond meal
- ½ cup cocoa powder
- ½ cup maple syrup
- ¼ cup almond butter
- ¼ cup cashew butter
- 4 eggs

ICING

- 1 cup chocolate mint tea brewed with 3 tea bags for 10 minutes
- 24 medjool dates, pitted
- ½ cup almond butter
- ½ cup cashew butter
- ½ cup cocoa powder





The logo for MAX STRENGTH FITNESS. The word "MAX" is positioned at the top, with each letter inside a colored square: "M" in a blue square, "A" in an orange square, and "X" in a grey square. Below this, the word "STRENGTH" is written in a large, bold, grey sans-serif font. Underneath "STRENGTH", the word "FITNESS" is written in a smaller, blue, spaced-out sans-serif font.

MAX STRENGTH FITNESS

twenty minutes + twice a week = transformation