NUTRITION GUIDE







Before



FITNESS

NUTRITION

MOTIVATION

RESULTS



After

CONCEIVE STAGE WEEKS 1-3

WELCOME TO THE MAX CHALLENGE!

During this initial stage of THE MAX Challenge nutrition plan, our goal is to help you develop healthy and consistent habits. We want you to become disciplined with your nutrition allowing you to increase the speed of your metabolism.

This packet is an amazing resource for you if you use the information wisely. Please take the time to read it from cover to cover and come forward with any questions you have.

MAX COMPLIANT

MY RESOURCES



Our greatest goal is to help you transform your life through fitness and nutrition. Generally, participants have a more difficult time with nutrition than they do with attending class on a regular basis. Feel free to use all of these resources to make life on the nutrition plan even easier. We find that the participants that actively use the resources we provide see the most astonishing results.

1 Your Home Center Information:

Home Center: _____

Manager email: _____

Center phone number: _____

2 Our online nutrition resource

- Access: https://members.THEMAXChallenge.com
- User ID: themaxchallenge
- Password: _____

3 THE MAX Challenge "Secret Group" on Facebook

The Facebook group contains tons of motivation and a lot of great information including recipes and travel workout guides if you are going to be away. To gain access to the secret group, simply add your instructor as a friend on Facebook.

Be sure to get a business card from your instructor or Center Manager so that you have the proper spelling of his or her name.

4 If you need help planning meals

Order THE Official MAX Challenge Cookbook, Volumes 1 and 2 at maxcookbook.com. A portion of all proceeds will be donated to The Beauty Foundation for cancer care.

What to expect from your first class



- First, clear your mind! We will make sure you feel comfortable in class and provide modifications if you need.
- Next, dress comfortably. The last thing you want is to feel uncomfortable during your workout.
- Don't be afraid to say hi! Say hello to your instructor and your classmates. They're all very friendly and will become your biggest resources along your journey.
- Bring a bottle of water and a towel. It is important to stay hydrated while exercising and the towel will keep you dry in between exercises.
- You will never need any equipment! Anything you use for class we will always have on site for you.
- Lastly, approach each class thinking you can have FUN because you WILL!

STEP 1 THE RIGHT FOODS

MAX COMPLIANT

THIS WILL SERVE AS YOUR SHOPPING LIST

FOOD GROUP	RATING CHOICE	CHOICES
PROTEIN 	BEST	Grilled chicken, Rotisserie chicken (no skin), Center cut lean meats, Bison, Turkey off the bone, Egg whites, Sashimi, All seafood
	BETTER	Whey Protein Powder Supplement, Sun Warrior Vegan Protein
	GOOD	Turkey bacon, Ham steak, Lean pork, Poultry sausage, Pork sausage, Tofu
	NON COMPLIANT	Fried chicken, Porterhouse, Rib Eye, Pork bacon, Other fatty cuts of beef, Cold cuts, Protein Bars
CARBS 	BEST	Brown rice, Lentils, Quinoa, All beans, Steel cut oats, Rolled oats, Butternut squash, Spaghetti squash, Sweet potatoes
	BETTER	Brown rice pasta, Quinoa pasta, Ezekiel products (Bread, English muffins, Burger buns, Tortillas, Pita pockets, Cereals), Hemp and Spelt breads, Plaintains
	GOOD	Black rice, Wild rice, Brown rice cakes, Brown rice flour, Brown rice tortillas, Mary's Gone Crackers
	NON COMPLIANT	Processed breads, Cakes, Cookies, White rice, Donuts, French fries, Crackers, Cereal
HEALTHY FATS 	BEST	Extra virgin olive oil, Coconut oil, Avocado, Raw almonds, Macadamia nuts, Pumpkin seeds, Chia seeds, Flax seed
	BETTER	Almond butter, Cashews, Walnuts, Organic peanuts, Tahini
	GOOD	Organic peanut butter, Organic butter, Egg yolks, Safflower mayo (regular and lite), Organic guacamole, Almond flour, Pistachios
	NON COMPLIANT	Name brand Peanut butter, Vegetable oil, Corn oil
FRUITS 	BEST	Apples, Grapefruits, Lemons, Pears, Limes, Raspberries, Blackberries, Blueberries, Strawberries, Kiwis, Pineapples
	BETTER	Apricots, Guava, Mangos, Nectarines, Papayas, Plums, Tangerines, Oranges
	GOOD	Watermelon, Grapes, Tomatoes, Bananas, Cantaloupe, Cherries, Honeydew, Peaches, No sugar added applesauce
VEGETABLES 	DETOXIFYING AND CLEANSING	Celery, Cucumbers, Lettuce, Onions, Spinach, Broccoli, Kale, Arugula, Beets, Bok Choy, Cabbage, Cauliflower, Collard Greens, Brussels Sprouts, Asparagus, Zucchini. Best consumed raw, lightly steamed if cooked.
	**NO DAIRY**	70-80% of people in the world have difficulty digesting dairy. Eliminating this will positively affect your body!

STEP 2 THE RIGHT PORTIONS

MAX COMPLIANT

FOOD GROUP	SERVINGS PER DAY	HOW TO MEASURE	EXCEPTIONS TO ONE SERVING
PROTEIN	2 3	 9.5 oz. Container	Egg whites - 9 = 1 serving Turkey bacon -10 slices is a half serving (do not eat more than this) Protein Powder - 3 scoops = 1 full serving (see beverages page) Never consume more than 1½ scoops in 1 shake Sashimi - 6 large or 9 small pieces = 1 serving Brown Rice Sushi - 12 pieces (2 rolls) equivalent to a half protein, half carb and one fat (if prepared with avocado)
CARBS	2 3	 9.5 oz. Container	Ezekiel bread - 2 slices Ezekiel English muffins -1 muffin Ezekiel burger bun - 1 bun Ezekiel pita pockets - 2 pitas Ezekiel cereals - ½ cup Brown rice cakes - 4 Brown rice tortillas - 2 Brown rice flour - 3/8 cup Mary's Gone Crackers - 26 crackers or 30 pretzels Hemp and Spelt bread - 2 slices Plantains - 1 cup, sliced
HEALTHY FATS	3 4	Cashews - 16 Organic Peanuts - 28 Almonds - 23 Walnuts - 16 halves Macadamia nuts - 10 Pistachios - 40 Egg yolks - 3 Safflower mayo - 2 tbsp Lite safflower mayo - 3 tbsp Organic guacamole - 6 tbsp Chia seeds - 4 tbsp	Avocado - Half of an average size avocado Almond butter/organic peanut butter - 2 tbsp Pumpkin seeds - 3 tbsp Sunflower seeds - 2/3 cup Extra virgin olive oil - 1 tbsp Coconut oil - 1 tbsp Organic butter - 1.25 tbsp Almond flour - 1/4 cup Shredded coconut - 5 tbsp Flaxseed - 3 tbsp Tahini - 2 tbsp
FRUITS	2 2	 1 Whole Fruit or 1 Dry Cup	Loose fruits such as grapes and blueberries are measured using a 1-cup dry measuring cup. You would also measure things like honeydew, watermelon or cantaloupe this way. Whole fruits such as bananas, apples or oranges are equal to one serving each.
DETOXIFYING AND CLEANSING VEGETABLES	1+ 1+	 7 Cups	Top your salad with detoxifying and cleansing vegetables. This is essential when starting a new nutritional plan. **Best consumed RAW, lightly steamed if cooked.* Fill a 7-cup (1.65 Liters) container. You can get creative by adding protein, fats or fruit. (*fruits should be consumed before noon*) Try to use this salad as a portable and quick way to eat a protein, fat or possibly even fruit to go along with your vegetable serving. Prepare in advance!

STEP 3 THE RIGHT TIMES

Below are guidelines to maximize digestion and metabolism. Eating the appropriate foods in the right size portions is MORE important than timing! Once you understand steps one and two, follow these guidelines to maximize results:

BREAKFAST

Banana Protein Shake



SNACK

Celery and Apple Dippers



LUNCH

Grilled Chicken and Pear Salad w/ Walnuts



SNACK

Ezekiel English Muffin and Almonds



DINNER

Grilled Steak and Brown Rice



Spread it out:

You should eat five small meals per day.

Failing to plan is planning to fail. Distribute your portions throughout the day and know what you're eating in advance.

What about my workout?

Ideally you are not eating one hour before or after your workout.

Fruits early!

All fruits should be consumed before 12 noon.

Bedtime:

Ideally you are not eating at least three hours before you go to sleep.

When eating out

- Don't be afraid to ask for healthy alternatives like turkey bacon instead of regular bacon. It may be available but not on the menu.
- Tell your waiter exactly how you'd like your meal prepared.
- Ask for foods grilled seasoned and dry.
- Make sure the dish is prepared without butter or other dairy foods.
- Substitute traditional side dishes for grilled or steamed vegetables.
- Start with a salad. Ask if the restaurant has a balsamic vinaigrette dressing.
- Shrimp cocktail is a tasty appetizer that counts solely as protein. Just skip the cocktail sauce!
- Ask for fruit when your friends are ordering dessert.

TREAT MEALS



After completing the first week of your 10-Week Challenge, and every week thereafter, you are rewarded with the opportunity to have a treat meal. You have a lot to be proud of and you certainly owe yourself a reward for your commitment to a healthier you. Read this page to get a full understanding of how to incorporate treat meals into your lifestyle.

HERE ARE THE MOST COMMONLY ASKED QUESTIONS:

1 I'm just getting used to this new way of eating, "should" I have a treat meal?

Yes! For one thing, you've earned it. Second, it is a part of our approach to spiking your metabolism. It is built into the plan for a reason, please enjoy it.

2 What can I have for my treat meal?

There really is no answer to this question because you can have whatever you'd like. We require that you limit it to one meal, not an entire day, but for that one meal you can have whatever you like. If you're going to eat out, feel free to order an appetizer, an entrée and dessert. The only thing we ask is don't plan to eat yourself sick. Eat foods that you enjoy and when you're truly not hungry anymore, stop. For one, you're already adjusted to the new food choices so you will feel the "tired and dragging" effects of the unhealthy stuff. Two, why waste the calories if you're already full? Enjoy your meal, but don't over indulge.

3 What else do I eat on my treat meal day besides my treat meal?

This is very simple during our first stretch of nutrition, "Conceive". You will simply deduct one portion from every category. Have one less protein, one less carb, one less fat and one less fruit.

Refer to Step 2: The Right Portions and make sure to subtract one portion from each group.

4 Can I eat my treat meal before any other food for the day?

Sure! If restaurant pancakes are what you crave, go get 'em! After you're done with breakfast, follow the instructions in question three for the rest of your meals for the day. If you want to have your treat meal as dinner, eat the above portion sizes prior.

5 Do I have to eat my treat meal on a weekend?

Definitely not, but we usually introduce the treat meal late in week one so that people have a solid week of getting grounded in the nutrition. Going forward, if you want to have it on a Tuesday, more power to you! Just don't allow yourself more than one treat meal in any particular week.

6 Should I feel guilty eating a treat meal?

Heck no! Here is the deal folks… if you're a new member you have just almost completely transformed your way of life in under one week. You earned this meal! In future weeks the only reason to feel guilty is if you were unsuccessful remaining compliant during the week or you didn't give it your all during our workouts. Other than those two reasons, you have no reason to feel guilty at all. You have earned this thing, now enjoy it!

PERMITTED BEVERAGES

WATER

Water really is the best choice you can make to hydrate your body. Men should do their best to drink approximately 100 oz. of water each day. Women should do their best to drink approximately 70 oz. of water each day. Very often your body will confuse hunger and thirst. If you feel 'hungry', before reaching for something you know you shouldn't, drink a full bottle of water and wait fifteen minutes. The craving will likely disappear! Water can be infused with flavor by adding fruits or vegetables and leaving in the refrigerator overnight. This is a great way to add natural flavoring to your water without chemicals or other unhealthy additives.

SELTZER

Seltzer water is a quick fix for carbonation if you are still craving soda. Seltzer is simply carbonated water so there is no harm here and it would count into your daily water intake. Flavored seltzer IS ACCEPTABLE but be careful, the ingredients list should only read "Carbonated water, Natural flavors."

COFFEE AND TEA

Both coffee and tea are completely acceptable to drink both hot and iced when unsweetened. What you may need to tweak is how you 'dress' your coffee or tea. Milk and sugar are no longer the norm! Many members have success lightening their coffee and tea with unsweetened almond or coconut milk and sweetening with Stevia. All teas are acceptable; green tea is said to have a significant impact on your metabolism!



Avoid these beverages while following THE MAX nutrition plan:

- Alcohol of all types - please incorporate into your treat meal which you've already read about
- Milk, cream, dairy and non dairy creamers
- Fruit juice
- Gatorade
- Flavored waters
- Lemonade
- Sweetened iced teas

Making a tasty protein shake

STEP 1 Choose your liquid to start. Water will give you the thinnest consistency, unsweetened coconut milk will be slightly thicker and unsweetened almond milk will be the thickest. We recommend you use between 8 and 12 oz. of your liquid of choice.

STEP 2 How much protein do you want? 1 scoop equals 1/3 of a serving. 1½ scoops equals ½ of a serving and 3 scoops equal one full serving. **We do not recommend more than 1.5 scoops per shake.**

STEP 3 Add a fruit (optional). Banana adds a nice thick consistency to your shake. You can add absolutely any fruit you'd like to flavor and sweeten your shake. Frozen fruit typically works best.

STEP 4 Add a fat (optional). Peanut butter, almond butter, chia seeds, flaxseed, etc. Any of these things can either add nutritional value to your shake or make it taste great!

STEP 5 Add ice (the more, the thicker the shake)

STEP 6 BLEND!

STEP 7 Enjoy your well-rounded and highly portable meal.



CONCEIVE STAGE

VEGGIE AND SALAD

Guide for 1 Vegetable Serving

Plan Ahead

Cook once eat twice! Prepping your meals ahead of time is key when it comes to staying on track. Pick a day (weekends are always a great option) to prepare and cook all your meals for the work week.

Spice it up

Use low sodium seasonings, vinegars, and hot sauce as a part of your meal prep.

Drink more water

Sometimes that feeling of hunger is really your body telling you to get hydrated!

Flavored seltzer or club sodas

This is a fantastic alternative to soda! Be sure to check the nutrition facts – some have a percentage of sodium while others do not, just something to be aware of.

Plan what time you will eat

Just like how you know you need to get your fruit in by a certain hour, you should know when you plan on eating your lunch, dinner and snack.

Stay Active!

Outside of your 45-minute THE MAX Challenge class – we want you to keep moving. Go for a walk on your lunch break, ride your bike on a nice afternoon, take a family outing to the park and enjoy the trails.

What foods do I not have to count and why?

Unsweetened almond/coconut milk

The fat value in these products is so minimal for the average person's intake that it would not amount to enough fat to justify a full serving. Enjoy it!

Dry seasonings

They often provide great nutritional value to your body and have few or no calories. Avoid prepackaged seasonings such as taco seasonings. Some of the best choices are cumin, paprika, garlic powder, onion powder, curry, cinnamon, chili powder and turmeric.

Mustard

A good quality mustard ingredients list should only have a few things inclusive of mustard seed and vinegar. This is a good choice.

Vinegar

All types of vinegar are acceptable and do not count into any one particular category. Feel free to use vinegars in marinades and on salad.

Vegetables

You are allowed to consume more than just your daily 7-cup container worth of vegetables.

Compliant salad dressing suggestions

Lemon-Based Vinaigrette

1 Fat Serving

1 tbsp olive oil
Juice from ½ lemon
Pinch of garlic powder and black pepper

Garlic-Infused Olive Oil

1 Fat Serving

1 tbsp. olive oil
1 garlic clove

Mince the garlic clove, and on medium heat, sauté until golden brown.

Remove the garlic or leave it (your preference) and let the oil cool prior to using.

Balsamic Vinaigrette

1 Fat Serving

1 tbsp olive oil
1 tbsp balsamic vinegar
Pinch of garlic powder and black pepper

Creamy Garlic Dressing

1 Fat Serving

4 tbsps. unsweetened almond milk (use more or less depending on the thickness you prefer)
3 tbsps. of light safflower mayo or 2 tbsps. of regular safflower mayo
½ tbsp lemon juice
¼ tbsp soy sauce
½ garlic clove, minced
Black pepper to taste

Roasted Tomato Vinaigrette

½ Fruit Serving, 1 Fat Serving

1 cup cherry tomatoes
1 tbsp olive oil
1 garlic clove
1 tbsp dried parsley or oregano
1 tbsp garlic powder
2 tbsps of white or rice vinegar

Preheat the oven to 350 degrees.
Toss the tomatoes, garlic, oil and seasonings together and place on the top rack of the oven for 45 minute-1hour (until the tomatoes appear broken down).

Transfer the tomatoes into a blender and add your vinegar until a smooth consistency is formed. Cool before using.

ADDITIONAL RESOURCES

MAX COMPLIANT

THE MAX CHALLENGE MEALS

- Made Fresh
- Fully Compliant
- Delivered right to your door



Order today at:

MAXChallengeMeals.com

(Where available)

Order Your Copies Of These

MAX Challenge Books

Available at

Amazon.com





The Official MAX Challenge

Protein Powder

Chocolate and Vanilla Flavors, see your location for details.

The Official

MAX Challenge Cookbooks

Available at

MAXCookbook.com



Order THE Official MAX Challenge Cookbook, Volumes 1 and 2 at maxcookbook.com. A portion of all proceeds will be donated to The Beauty Foundation for cancer care.

Kickboxing

GLOVES



NUTRITION FAQS

Why no dairy?
As you go food shopping for the compliant foods on our list you will find very few foods that come in a box, can, etc. We ask you to eliminate processed foods altogether. The dairy choices people most commonly want to eat are yogurt, cheese and milk. Those items go through significant amounts of processing like pasteurization, homogenization, etc. before they make the grocery store shelf. Avoid dairy for the duration of this plan.

Can I use condiments?
Treat all condiments as compliant IF used in light moderation. You should always attempt to use a dry spice before a condiment like ketchup, mustard, etc.

What do I put in my coffee?
We recommend you sweeten your coffee with Stevia and lighten it using unsweetened almond/coconut/soy milk. None of these products count into any category; they are to be considered condiments and used in moderation.

Why Ezekiel products?
Ezekiel products are made with soaked and sprouted grains which is significantly easier to digest than whole wheat products. They are located in the freezer section.

How do I measure food choices that require boiling? I.E. Rolled oats, brown rice, brown rice pasta, quinoa, lentils, etc.
Cook them first and then measure using a 9.5 oz. container.

How do I measure liquid egg whites?
Most brands convert ¾ cup of liquid egg whites to 4 egg whites.

Is sushi compliant?
Yes. If made with brown rice, measure two rolls (12 pieces) as a half protein, half carb and a full fat (if prepared with avocado).

Can I use chicken broth?
Yes. It is not counted in any category but it is recommended you use a low-sodium broth.

Is tomato sauce compliant?
Yes. Treat this as a condiment and use it in moderation. There is no reason to count it into any category.

Why so much food?
Each stage of our nutrition plan has a focus on a different aspect. This initial stage is all about your metabolism and overall eating habits. We encourage you to break down your meals into five small meals per day and to increase the amount of digestion your body is doing in order to speed up your metabolism.

Can I use Crystal Light?
Crystal Light is primarily a chemical sweetener, much like Sweet and Low or Splenda. It should not be added to your water.

Can I use non-stick spray?
Yes, you can use a product like PAM to cook with.

Why should I eat my fruit by 12:00 p.m.?
Fruit has a lot of natural sugar and carbohydrates. Your body will metabolize these best in the morning/within a few hours of you waking up to start your day.

How should I handle a late-night craving?
First, try to drink a tall glass of water and wait a few minutes for your appetite to catch up. If the hunger craving persists and you've finished your food for the day the best category to overeat is protein. While it is not recommended to overeat any category, protein will be the least harmful. A hardboiled egg (minus the yolk) or a single-scoop protein shake would be good choices to cut the craving.

Is it bad to eat late at night?
It is worse to skip food than to eat it late. Ideally, you want to avoid eating carbs within the last three hours of being awake; all other foods are fine. Never skip a meal/serving based on the time. Timing is secondary to getting it all in.

How can I prepare rolled/steel cut oats?
Since spices are unlimited, feel free to generously season with cinnamon. Also, incorporate fruit into your oatmeal. Bananas and blueberries are a great choice.

What if myself or someone in my household has an allergy to nuts?
If you or a family member has a tree nut allergy you could try Sunbutter. Sunbutter is made from sunflower seeds and will solve your need to keep nuts out of your home. It should always be considered a secondary choice as it is not as good of a choice as organic peanut butter or almond butter.

NUTRITION FAQS

Corn?
Absolutely not. Not corn on the cob, not canned corn, not popcorn, not candy corn. It is of zero nutritional value.

Can I fry anything?
You may "sauté" using Extra virgin olive oil. You cannot deep-fry anything. 1 tbsp. of EVOO is one serving of fat.

What do I do if I find myself extremely hungry?
If you find yourself hungry, especially at night, you should first try hydrating yourself with water. The next option to choose from would be veggies. If you still find yourself hungry, it is not recommended, but it would be best to have a half of a protein serving.

READING A NUTRITION LABEL

When asking yourself if a particular food is compliant, here are some things to consider. Our compliant foods list is fairly inclusive but it is always feasible that you've found something that could work within the guidelines of the program. Here are some simple things to look for when reviewing a label:

- Look for words that you can't pronounce
- Look for artificial sweeteners (aspartame, sucralose, saccharine)
- Look for non-compliant ingredients (white flour, whole wheat flour, corn, sugar, syrups, etc.)
- Look for sodium to be less than 250 mg. per serving. If it's more than 250 mg., avoid it

Any of these would make the choice non-compliant.

Below is an example of a NON-COMPLIANT nutrition label (Boca Burger)

INGREDIENTS: Water, Soy Protein Concentrate, Red Bell Peppers, Corn, Zucchini, Green Bell Peppers, Onions, Wheat Gluten, Contains less than 2% of Asiago Cheese (Pasteurized Part-Skim Milk, Cheese Cultured Pasteurized Part-Skim Milk, Salt, Enzymes), Dried Garlic, Methylcellulose, Salt, Caramel Color, Natural Flavors (non-meat), Spice, Dextrose. Contains: Soy, Milk, Wheat

Nutrition Facts
Serving Size 71g
Servings per Container about 4

Amount Per Serving	
Calories 80	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2 %**
Saturated Fat 0g	**0 %**
Trans Fat 0g	**0 %**

Below is an example of a COMPLIANT nutrition label (Ezekiel English Muffin)

INGREDIENTS: Organic Sprouted Wheat, Organic Sprouted Barley, Organic Sprouted Millet, Organic Malted Barley, Organic Sprouted Lentils, Organic Sprouted Soybeans, Organic Sprouted Spelt, Filtered Water, Fresh Yeast, Organic Wheat Gluten, Sea Salt.

Nutrition Facts
Serving Size 1 Half Muffin (38g)
Servings Per Container About 12

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Calories 80			
Calories from Fat 0			
Calories from Saturated Fat 0			
Total Fat 0.5g	1%	**Total Carb.** 15g	5%
Saturated Fat 0g	1%	Dietary fiber 3g	10%
Trans Fat 0g		Sugars 0g	
Cholesterol 0mg	0%	**Protein** 4g	7%
Sodium 75mg	3%	**Potassium** 80mg	

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

**This is a Condensed Nutritional Facts Panel: For More Nutritional Information Please Contact Us*

MEMBER TESTIMONIALS

MAX COMPLIANT



Before



After



Before



After

"I was overweight and unhappy with how I looked. I struggled to catch my breath walking up stairs. Uncomfortable in my own skin, I found myself standing on the sidelines rather than enjoying all the fun things everyone was doing. I reached a point where I needed to do something — something for me. I joined THE MAX Challenge. I committed myself 100% to the program and was determined not to miss a single class. It was now or never for me. Since that day I never looked back."

– Sham, Montclair, NJ

"As a mom of two toddlers, I always put myself last. Over the years, my weight steadily crept up until I no longer felt comfortable in my own skin. I was excited to start THE MAX Challenge and to finally begin to make time to better myself. Although I strived for a physical transformation, I did not realize that the transformation would be mental as well. In 10-weeks, I have lost 20 pounds, several inches and feel better than I have felt in years."

– Nicole, Staten Island, NY

Before and After:

The great thing about changing yourself and reaching personal accomplishments is that people in your spheres of influence begin to take note. Above are some of our thousands of before and after pictures. These are real people, with real goals that all achieved real life-changing results.

THEMAXChallenge.com

Franchise Territories Available: THEMAXFranchising.com

THE MAX CHALLENGE®