

**Chad Howse's**  
**POWERHOWSE**  
**CHALLENGE**

*Healthy*  
**Meal Plans**



## 1500 calories

### Breakfast

1 cup skim milk  
1 slice whole wheat toast  
2 tsp jelly  
½ Tbsp almond butter  
2egg whites+ 1 egg  
Prograde Longevity  
VGF25+

### Breakfast

1/2 cup oatmeal  
1/2 cup orange juice  
1 cup skim milk  
3 egg whites + 2egg  
Prograde Longevity  
VGF25+

### Breakfast

2 eggs  
1 cup skim milk  
1/2 cup applesauce  
½ cup green peppers  
1/2 whole wheat English muffin  
1 Tbsp cashew butter  
Prograde Longevity  
VGF25+

### Breakfast

1 whole wheat pancake  
1 cup skim milk  
4 egg whites  
1/2 cup orange juice  
¼ c syrup  
1 Tbsp almond butter  
Prograde Longevity  
VGF25+

### Breakfast

1 French Toast  
1 orange  
1 pat of butter  
1 cup skim milk  
2 egg whites  
½ Tbsp almond butter  
Prograde Longevity  
VGF25+

### Snack

8oz plain yogurt

### Snack

6 whole cashews  
1 hard boiled eggs

### Snack

½ cup nonfat cottage cheese  
12 whole cashews

### Snack

12 whole cashews  
8oz plain yogurt

### Snack

1 hard boiled egg  
6 whole cashews

### Lunch

½ cup rice  
1 cup asparagus  
4oz fish  
1 sweet potato  
1tsp flax oil

### Lunch

1/3 cup navy beans  
1cup yellow squash  
4oz fish  
2tsp flax oil

### Lunch

½ cup kidney beans  
1/2cup salsa  
Celery sticks  
5oz lean beef  
1 sweet potato

### Lunch

1/3 cup pinto beans  
1 c steamed broccoli  
5oz lean beef

### Lunch

1 cup rice  
1/2 c green beans  
5oz lean beef  
1/2 cup red beans

### Snack

1 orange  
18 whole pecans

### Snack

1 apple  
12 whole pecans

### Snack

12 whole pecans  
8oz yogurt

### Snack

1 peach  
12 whole pecans  
2 Ryvita Crackers

### Snack

1 peach  
12 whole pecans

### Dinner

5oz chicken breast  
1 med baked potato  
1 tablespoons sour cream  
1 cup broccoli

### Dinner

1.5c spaghetti/meat sauce  
3oz ground beef  
1 cup green beans  
1/2 cup nonfat cottage cheese

### Dinner

1 hamburger  
4oz ground round  
1 bun  
1 cup cauliflower

### Dinner

4oz fish  
1/2 c rice  
1/2 cup carrots

### Dinner

4oz turkey  
1/2c stuffing  
1 cup broccoli  
1cup nonfat cottage cheese

### Snack

1/2cup nonfat cottage cheese  
EFA Icon

### Snack

8oz plain yogurt  
EFA Icon

### Snack

1 orange  
EFA Icon

### Snack

1/2 cup nonfat cottage cheese  
EFA Icon

### Snack

8oz plain yogurt  
EFA Icon

\*meat or fish is defined as any lean protein source, including meat substitutes, according to the list (e.g., turkey or chicken breast, lean red meat, all fish, turkey deli meats, egg whites, tofu, beans, soy, etc)

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Meal Plans are for educational purposes only and are not meant to diagnose, treat, or override information from a personal registered dietitian or other health care practitioner.

## 1500 calories

### Breakfast

1 cup skim milk  
1/2 bagel  
1/2 c fruit cocktail  
2 eggs  
2 tsp preserves  
½ Tbsp almond butter  
VG25+  
Prograde Longevity

### Snack

12 whole pecans  
8oz plain yogurt

### Lunch

1/2 cup black beans  
1/2 cup raw peppers  
5oz lean beef  
1 sweet potato

### Snack

1 orange  
12 whole cashews

### Dinner

4oz chicken breast  
1/2 cup rice  
1 c vegetable medley

### Snack

1/2 cup nonfat cottage cheese  
6 whole pecans  
EFA Icon

### Breakfast

1/2 bagel  
1/2c orange juice  
1 cup skim milk  
2 egg whites + 1 egg  
1 Tbsp cashew butter  
½ cup green/red peppers  
VG25+  
Prograde Longevity

### Snack

12 whole pecans  
8oz plain yogurt

### Lunch

1/2 cup red beans  
1 cup cooked cauliflower  
5oz chicken

### Snack

1 hard boiled egg  
12 whole cashews

### Dinner

2c lasagna  
3oz ground beef  
1/2 cup green beans

### Snack

½ cup nonfat cottage cheese  
1 peach  
EFA Icon

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