

Chad Howse's
POWERHOWSE
CHALLENGE

Healthy
Meal Plans



2000 calories

Breakfast

1 cup skim milk
1 slice whole wheat toast
2 tsp jelly
1 cup apple juice
4egg whites+ 1 egg
½ Tbsp almond butter
VGF25+
Prograde Longevity

Breakfast

1/2 cup oatmeal
1/2 cup orange juice
1 cup skim milk
3 egg whites + 2egg
½ cup applesauce
VGF25+
Prograde Longevity

Breakfast

2 eggs
1 cup skim milk
1/2 cup applesauce
½ cup green peppers
1 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

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

Snack

1 hard boiled egg
16oz plain yogurt

Snack

12 whole cashews
1 hard boiled eggs

Snack

1 peach
18 whole cashews
1cup nonfat cottage cheese

Snack

12 whole cashews
16oz plain yogurt

Snack

1 hard boiled egg
12 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
1 sweet potato

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
18 whole pecans

Snack

18 whole pecans
8oz yogurt

Snack

2 peaches
18 whole pecans
2 Ryvita Crackers

Snack

1 peach
18 whole pecans

Dinner

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

Dinner

2c spaghetti/meat sauce
3oz ground beef
1 cup green beans
1 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

1cup nonfat cottage cheese
EFA Icon

Snack

16oz plain yogurt
EFA Icon

Snack

8oz plain yogurt
1 orange
EFA Icon

Snack

1 cup nonfat cottage cheese
EFA Icon

Snack

16oz plain yogurt
1 apple
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)

© 2007-2010 Created by Ultimate Wellness, Inc and Jayson Hunter RD, CSCS.

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.

2000 calories

Breakfast

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

Snack

12 whole pecans
8oz plain yogurt

Lunch

1 cup black beans
1/2 cup raw peppers
6oz 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 cup nonfat cottage cheese
12 whole pecans
EFA Icon

Breakfast

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

Snack

18 whole pecans
8oz plain yogurt

Lunch

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

Snack

1 c blueberries
18 whole cashews
1 hard boiled egg

Dinner

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

Snack

1cup nonfat cottage cheese
1 peach
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)

© 2007-2010 Created by Ultimate Wellness, Inc and Jayson Hunter RD, CSCS.

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.