

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

*Healthy*  
**Meal Plans**



**2500 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

**Snack**

1 hard boiled egg  
16oz plain yogurt  
¾ cup bean sprouts

**Lunch**

½ cup rice  
1 cup asparagus  
6oz fish  
1 sweet potato  
1tsp flax oil

***Snack***

1 orange  
18 whole pecans  
4 Ryvita Crackers

***Dinner***

7oz chicken breast  
1 large baked potato  
1 tablespoons sour cream  
1 cup broccoli

**Snack**

1cup nonfat cottage cheese  
1 apple  
EFA Icon

**Breakfast**

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

**Snack**

18 whole cashews  
2 hard boiled eggs  
¾ cup bean sprouts

**Lunch**

1/3 cup navy beans  
1cup yellow squash  
6oz fish  
2tsp flax oil

***Snack***

1 apple  
18 whole pecans

***Dinner***

2.5c spaghetti/meat sauce  
3oz ground beef  
1 cup green beans  
1 cup nonfat cottage cheese

**Snack**

16oz plain yogurt  
EFA Icon

**Breakfast**

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

**Snack**

1 peach  
18 whole cashews  
1cup nonfat cottage cheese

**Lunch**

½ cup kidney beans  
1/2cup salsa  
Celery sticks  
6oz lean beef  
1 sweet potato

***Snack***

18 whole pecans  
8oz yogurt  
½ cup red beans

***Dinner***

1 hamburger  
6oz ground round  
1 bun  
1 cup cauliflower  
6 brussel sprouts

**Snack**

8oz plain yogurt  
2 Ryvita Crackers  
1 orange

**Breakfast**

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

**Snack**

18 whole cashews  
16oz plain yogurt

**Lunch**

2/3 cup pinto beans  
1 c steamed broccoli  
5oz lean beef  
1 sweet potato

***Snack***

2 peaches  
18 whole pecans  
2 Ryvita Crackers

***Dinner***

6oz fish  
1/2 c rice  
1/2 cup carrots  
1 cup green beans

**Snack**

1 cup nonfat cottage cheese  
EFA Icon

**Breakfast**

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

**Snack**

1 hard boiled egg  
18 whole cashews

**Lunch**

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

***Snack***

1 peach  
18 whole pecans

***Dinner***

6oz turkey  
1c stuffing  
1.5 cup broccoli  
1cup nonfat cottage cheese

**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)

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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.

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## 2500 calories

### Breakfast

1 cup skim milk  
1 bagel  
1.5 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 cup raw peppers  
6oz lean beef  
1 sweet potato

### Snack

1 orange  
18 whole cashews

### Dinner

5oz chicken breast  
1 cup rice  
1 c vegetable medley

### Snack

2 cup nonfat cottage cheese  
12 whole pecans  
EFA Icon

### Breakfast

1/2 bagel  
1c 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  
1 cup red beans

### Lunch

1/2 cup red beans  
1 cup cooked cauliflower  
7oz chicken

### Snack

1 c blueberries  
18 whole cashews  
1 hard boiled egg

### Dinner

2c lasagna  
3oz ground beef  
1 cup green beans

### Snack

1cup nonfat cottage cheese  
1 peach  
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