

Chad Howse's
POWERHOWSE
CHALLENGE

Healthy
Meal Plans



3000 calories

Breakfast

2 cup skim milk
2 slices 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
1 cup red beans

Snack

1 orange
18 whole pecans
4 Ryvita Crackers

Dinner

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

Snack

1cup nonfat cottage cheese
12 whole cashews
1 apple
EFA Icon

Breakfast

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

Snack

18 whole cashews
2 hard boiled eggs
¾ cup bean sprouts

Lunch

2/3 cup navy beans
1cup yellow squash
7oz fish
2tsp flax oil

Snack

1 apple
18 whole pecans
2 Ryvita Crackers

Dinner

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

Snack

16oz plain yogurt
½ cup red beans
EFA Icon

Breakfast

2 eggs
2 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
7oz lean beef
1 sweet potato
2/3 cup corn

Snack

18 whole pecans
8oz yogurt
½ cup red beans

Dinner

1 hamburger
8oz ground round
1 bun
1 cup cauliflower
6 brussel sprouts

Snack

8oz plain yogurt
2 Ryvita Crackers
1 orange

Breakfast

2 whole wheat pancake
2 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
1 cup red beans

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

8oz fish
1 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
2 cup skim milk
2 egg whites
½ Tbsp almond butter
Prograde Longevity
VGF25+

Snack

1 hard boiled egg
4 Ryvita Crackers
18 whole cashews

Lunch

1 cup rice
1 c green beans
7oz lean beef
1 cup red beans

Snack

1 peach
18 whole pecans
2 Ryvita Crackers

Dinner

7oz 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.

3000 calories

Breakfast

2 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
1 cup red beans

Lunch

1 cup black beans
1 cup raw peppers
6oz lean beef
1 sweet potato

Snack

1 orange
18 whole cashews

Dinner

7oz chicken breast
1.5 cup rice
1.5 c vegetable medley

Snack

2 cup nonfat cottage cheese
12 whole pecans
EFA Icon

Breakfast

1 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
16oz plain yogurt
1 cup red beans

Lunch

1 cup red beans
2 cups cooked cauliflower
7oz chicken

Snack

1 c blueberries
18 whole cashews
1 hard boiled egg

Dinner

2.5c lasagna
3oz ground beef
1 cup green beans

Snack

2cup nonfat cottage cheese
1 peach
EFA Icon

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