

Chad Howse's
POWERHOWSE
CHALLENGE

Healthy
Meal Plans



3500 calories

Breakfast

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

Snack

1 hard boiled egg
6oz plain yogurt
1 apple
20gm of protein powder

Lunch

1 cup rice
1.5 cup asparagus
5oz fish
8oz plain yogurt
1tsp flax oil
1 cup red beans

Snack

1 orange
1 cup pecans
1 Ryvita Crackers

Dinner

6oz chicken breast
1 large baked potato
1 tablespoons sour cream
2.5 cup broccoli
2 slices mozzarella cheese

Snack

1cup nonfat cottage cheese
1 cup 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

1 cup cashews
2 hard boiled eggs
¾ cup bean sprouts

Lunch

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

Snack

1 apple
1 cup pecans
2 Ryvita Crackers

Dinner

2.5c spaghetti/meat sauce
3oz ground beef
1.5 cup green beans
1.5 cup nonfat cottage cheese
½ cup red beans

Snack

12oz plain yogurt
1 orange
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
VGF25+
Prograde Longevity

Snack

1 peaches
1 cup 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

1 cup pecans
8oz yogurt
2/3 cup red beans

Dinner

1 hamburger
8oz ground round
1 bun
2 cups cauliflower
6 brussel sprouts

Snack

6oz 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
VGF25+
Prograde Longevity

Snack

1 cup cashews
16oz plain yogurt
2/3 cup red beans

Lunch

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

Snack

1 peach
1 cup pecans
2 Ryvita Crackers

Dinner

7oz fish
1 c rice
1/2 cup carrots
1 cup green beans

Snack

1 cup nonfat cottage cheese
1 apple
EFA Icon

Breakfast

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

Snack

1 hard boiled egg
4 Ryvita Crackers
1 cup almonds

Lunch

1 cup rice
1.5 c green beans
7oz lean beef
2/3 cup red beans

Snack

1 peach
1 cup pecans
2 Ryvita Crackers

Dinner

7oz turkey
1c stuffing
1.5 cups 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)

© 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.

3500 calories

Breakfast

2 cup skim milk
1 bagel
1.5 c fruit cocktail
2 eggs
2 tsp preserves
½ Tbsp almond butter
VGF25+
Prograde Longevity

Snack

1/2 cup almonds
12oz plain yogurt
1 cup red beans

Lunch

1.5 cup black beans
1 cup raw peppers
7oz lean beef
1 sweet potato

Snack

1 orange
½ cup cashews

Dinner

7oz chicken breast
1.5 cup rice
1.5 c vegetable medley

Snack

2 cup nonfat cottage cheese
½ cup pecans
EFA Icon

Breakfast

1 bagel
1c orange juice
2 cup skim milk
4 egg whites + 2 eggs
1 Tbsp cashew butter
½ cup green/red peppers
VGF25+
Prograde Longevity

Snack

1 cup almonds
16oz plain yogurt
1 cup red beans

Lunch

1 cup red beans
1.5 cups cooked cauliflower
7oz chicken

Snack

1 c blueberries
½ cup cashews
1 hard boiled egg

Dinner

2.5c lasagna
3oz ground beef
1.5 cups green beans

Snack

1 cup 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.