

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

*Healthy*  
**Meal Plans**



# 4000 calories

## Breakfast

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

## Snack

1 hard boiled egg  
16oz plain yogurt  
1 apple

## Lunch

1 cup rice  
2 cup asparagus  
6oz fish  
8oz plain yogurt  
1tsp flax oil  
1 cup red beans

## Snack

1 orange  
18 whole pecans  
1 Ryvita Crackers

## Dinner

7oz chicken breast  
1 large baked potato  
1 tablespoons sour cream  
1.5 cup broccoli  
2 slices mozzarella cheese

## Snack

2 cups 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  
VGF25+

## Snack

1 cup cashews  
2 hard boiled eggs  
¾ cup bean sprouts  
1 cup cottage cheese

## Lunch

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

## Snack

1 apple  
1 cup pecans  
2 Ryvita Crackers

## Dinner

2.5c spaghetti/meat sauce  
4oz ground beef  
2 cup green beans  
1 cup nonfat cottage cheese  
½ cup red beans

## Snack

16oz 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  
Prograde Longevity  
VGF25+

## Snack

1 peach  
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  
16oz yogurt  
½ cup red beans

## Dinner

1 hamburger  
8oz ground round  
1 bun  
1 cup cauliflower  
6 brussel sprouts  
1 slice 2oz cheese

## Snack

8oz plain yogurt  
2 Ryvita Crackers  
1 orange  
EFA Icon

## 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

1 cup cashews  
16oz plain yogurt  
1 cup red beans

## Lunch

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

## Snack

2 peaches  
1 cup pecans  
2 Ryvita Crackers

## Dinner

8oz fish  
1 c rice  
1 cup carrots  
1 cup green beans

## Snack

2 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  
1 cup almonds

## Lunch

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

## Snack

1 peach  
1 cup pecans  
2 Ryvita Crackers

## Dinner

7oz turkey  
1c stuffing  
1.5 cup broccoli  
2 cup 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.

## 4000 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  
16oz plain yogurt  
1 cup red beans

### Lunch

1 cup black beans  
2 cup raw peppers  
6oz 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  
1 cup skim milk  
4 egg whites + 2 egg  
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  
2 cups cooked cauliflower  
7oz chicken

### Snack

1 c blueberries  
½ cup cashews  
1 hard boiled egg

### Dinner

2.5c lasagna with 4oz mozzarella cheese  
3oz ground beef  
2 cup green beans

### Snack

2cup nonfat cottage cheese  
1 peach  
EFA Icon

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