

Chad Howse's
POWERHOWSE
CHALLENGE

Healthy
Meal Plans



5000 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
VGF25+
Prograde Longevity

Snack

1 hard boiled egg
16oz plain yogurt
1 apple
20gm of protein powder

Lunch

1 cup rice
3 cup asparagus
9oz fish
8oz plain yogurt
1tsp flax oil
1 cup red beans

Snack

2 orange
1 cup pecans
2 Ryvita Crackers

Dinner

8oz chicken breast
1 large baked potato
1 tablespoons sour cream
2.5 cup broccoli
2 slices mozzarella cheese

Snack

1.5cups 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 + 3egg
½ cup applesauce
VGF25+
Prograde Longevity

Snack

1 cup cashews
2 hard boiled eggs
¾ cup bean sprouts
12 oz plain yogurt

Lunch

1 cup navy beans
2 cups yellow squash
8oz fish
2tsp flax oil

Snack

2 apples
1 cup pecans
2 Ryvita Crackers

Dinner

2.5c spaghetti/meat sauce
6oz ground beef
2.5 cup green beans
1.5 cup nonfat cottage cheese
½ cup red beans

Snack

16oz plain yogurt
1 orange
EFA Icon

Breakfast

3 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

2 peaches
1 cup cashews
1.5c nonfat cottage cheese

Lunch

½ cup kidney beans
1/2cup salsa
Celery sticks
10oz lean beef
1 sweet potato
2/3 cup corn

Snack

1 cup pecans
12oz yogurt
1 1/3c red beans

Dinner

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

Snack

8oz plain yogurt
2 Ryvita Crackers
2 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
VGF25+
Prograde Longevity

Snack

1 cup cashews
16oz plain yogurt
1 cup red beans

Lunch

1 cup pinto beans
3 c steamed broccoli
9oz lean beef
1 sweet potato
2 (2oz) slices of cheese

Snack

2 peaches
1 cup pecans
2 Ryvita Crackers

Dinner

10oz fish
1.5 c rice
1 cup carrots
2 cups green beans

Snack

1.5 cup nonfat cottage cheese
2 apples
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
2.5 c green beans
10oz lean beef
1 cup red beans

Snack

2 peaches
1 cup pecans
2 Ryvita Crackers

Dinner

10oz turkey
1.5c stuffing
3 cups broccoli
2cups nonfat cottage cheese

Snack

16oz plain yogurt
2 apples
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.

5000 calories

Breakfast

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

Snack

1/2 cup almonds
16oz plain yogurt
1 cup red beans

Lunch

1.5 cup black beans
2 cups raw peppers
9oz lean beef
1 sweet potato

Snack

2 orange
½ cup cashews

Dinner

11oz chicken breast
2 cup rice
3 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 + 3 egg
1 Tbsp cashew butter
½ cup green/red peppers
VGF25+
Prograde Longevity

Snack

1 cup almonds
18oz plain yogurt
1 cup red beans

Lunch

1 cup red beans
3 cups cooked cauliflower
10oz chicken

Snack

1.5 c blueberries
½ cup cashews
1 hard boiled egg

Dinner

3.5c lasagna
7oz ground beef
3 cups green beans

Snack

2cup nonfat cottage cheese
2 peach
EFA Icon

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