

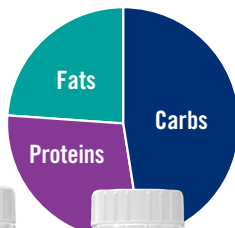
Ensure MAX PROTEIN Nutrition Shake

2-DAY MEAL PLAN

CALORIE SOURCES:

Each meal plan provides approximately

- 43-53% of calories from carbohydrates
- 25-31% of calories from protein
- 18-30% of calories from fats



also available in Mixed Berry and Café Mocha

This plan was created by our team of registered dietitians, who have helped thousands of people just like you make better choices and find their best selves. Source: USDA Food Composition Databases. <https://ndb.nal.usda.gov/ndb/search/list>
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1500 CALORIES

DAY 1

BREAKFAST: Oatmeal made with ½ cup raw oats, 1 cup skim milk, 3 tbsp dried cranberries; 1 cup water, black coffee, or tea

SNACK: 1 Ensure® Max Protein shake (any flavor), 1 medium apple

LUNCH: 3 cups spring mix topped with 2 oz goat cheese, 2 tbsp Italian dressing, 3 oz grilled chicken breast; 1 cup unsweetened iced tea with lemon

SNACK: 3 celery stalks and 1 cup baby carrots dipped in 2 tbsp hummus

DINNER: 3 oz grilled strip steak, ½ cup whole grain brown rice, 1 cup steamed green vegetables; 1 bottle fruit-flavored sparkling water

SNACK: 1 cup strawberries with ½ cup low-fat cottage cheese

DAY 2

BREAKFAST: 1 cup plain Greek yogurt mixed with a medium chopped apple, 3 tbsp rolled oats, 2 tbsp chia seeds, and 3 tbsp dried cherries; 1 cup water or black coffee

SNACK: 1 Ensure Max Protein shake (any flavor), 1 cup berries

LUNCH: 2 cups spinach topped with 2 hard-boiled eggs and 2 tbsp each chopped red onion, shredded cheddar cheese, and Russian dressing; 1 bottle sparkling water or unsweetened iced tea

SNACK: 1 small whole wheat pita filled with chopped vegetables tossed in 1 tbsp Italian dressing

DINNER: 3 oz grilled salmon, 1 cup steamed broccoli, 1 medium sweet potato; 1 cup herbal tea

SNACK: 2 cups air-popped popcorn

2000 CALORIES

DAY 1

BREAKFAST: 2 eggs scrambled with 1 cup baby spinach, ½ cup chopped bell pepper, and ½ cup sliced mushrooms; 1 cup water, black coffee, or tea

SNACK: 1 mini whole grain bagel topped with 2 tbsp nut butter and 1 medium sliced banana

LUNCH: 3 cups chopped romaine lettuce topped with 3 oz grilled chicken and 2 tbsp each grated Parmesan cheese and balsamic vinaigrette, 1 cup minestrone soup; 1 bottle sparkling water or iced tea

SNACK: 1 Ensure Max Protein shake (any flavor), 1 medium apple

DINNER: Tacos: 2 whole wheat tortillas filled with 1 cup iceberg lettuce, ½ cup black beans, ½ cup salsa, 2 tbsp guacamole, and 3 oz lean ground turkey; 1–2 cups herbal tea, black coffee, water, or sparkling water

SNACK: 1 cup grapes, 1 cheese stick (string cheese)

DAY 2

BREAKFAST: Oatmeal made with ½ cup raw oats and 1 cup skim milk, topped with ¼ cup chopped pecans; 1–2 cups water or black coffee

SNACK: 1 Ensure Max Protein shake (any flavor), 3 graham cracker squares topped with 1 medium sliced banana

LUNCH: Whole wheat tortilla filled with 1 cup spinach and ¾ cup tuna mixed with 1 tbsp each mayonnaise and mustard. Serve with 1 fresh plum. 1–2 cups iced tea, water, or sparkling water

SNACK: 2 oz pita chips, 2 cups each baby carrots and sliced cucumber dipped in 3 tbsp hummus

DINNER: 4 oz grilled chicken breast, 1 cup cooked quinoa, 1 cup mixed vegetables; 1–2 cups iced tea, water, sparkling water, or black coffee

SNACK: 3 cups air-popped popcorn

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