

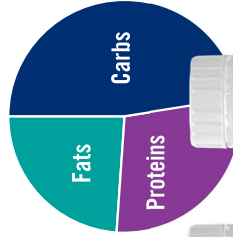
Ensure[®] MAX PROTEIN Nutrition Shake

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 Cafe Mocha

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

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>

