



## 2-DAY MEAL PLAN

### CALORIE SOURCES:

#### Each meal plan provides

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



Also available in Café Mocha, Milk Chocolate with Caffeine, Creamy Strawberry, Creamy Peach, Cherry Cheesecake, Caramel, and Birthday Cake

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. Macronutrient and calorie data from: US Department of Agriculture. FoodData Central website. <https://fdc.nal.usda.gov/index.html>. Accessed September 26, 2025. Speak with your health care provider before starting any diet or exercise program.

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## 1500 CALORIES

### DAY 1

**BREAKFAST:** Oatmeal made with  $\frac{1}{2}$  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,  $\frac{1}{2}$  cup whole grain brown rice, 1 cup steamed green vegetables; 1 bottle fruit-flavored sparkling water

**SNACK:** 1 cup strawberries with  $\frac{1}{2}$  cup low-fat cottage cheese

## 2000 CALORIES

### DAY 1

**BREAKFAST:** 2 eggs scrambled with 1 cup baby spinach,  $\frac{1}{2}$  cup chopped bell pepper, and  $\frac{1}{2}$  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,  $\frac{1}{2}$  cup black beans,  $\frac{1}{2}$  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)

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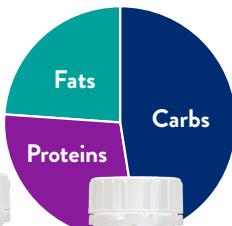


## 2-DAY MEAL PLAN

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- 43-53% of calories from carbohydrates
- 25-31% of calories from protein
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Also available in Café Mocha, Milk Chocolate with Caffeine, Creamy Strawberry, Creamy Peach, Cherry Cheesecake, Caramel and Birthday Cake

## 1500 CALORIES

### 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 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

# Ensure® MAX PROTEIN

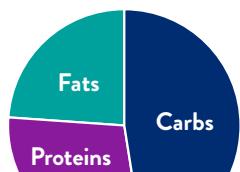


## 2-DAY MEAL PLAN

### CALORIE SOURCES:

#### Each meal plan provides

- 46-48% of calories from carbohydrates
- 30-33% of calories from protein
- 21-23% of calories from fats



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## 1500 CALORIES

### DAY 1

**BREAKFAST:** Ensure Max "Profee" and Toast  
Stir 1 bottle Ensure® Max Protein 42g (any flavor) into 1-2 shots espresso and ½ cup ice; 2 slices whole wheat toast with 2 tbsp fruit preserves

**LUNCH:** Mediterranean Chopped Salad + Cheese  
Combine 3 cups salad greens (mixed greens, arugula, spring greens, and/or kale), ½ cup low-sodium chickpeas, ¼ cup diced red onion, ¼ cup diced cucumber, ¼ cup roasted red peppers, 3 tbsp crumbled feta cheese, and 3 tbsp Greek salad dressing. Serve with ½ cup low-fat cottage cheese

**SNACK:** 2 fresh kiwis (or 1 cup other fruit); 1 cup nonfat Greek yogurt

**DINNER:** Roasted Salmon with Quinoa  
4 oz roasted salmon (roasted using cooking spray or minimal fat) served over ½ cup cooked quinoa with ½ medium baked sweet potato and ½ cup cooked veggies (broccoli, green beans, asparagus, and/or cauliflower)

**SNACK:** 2 cups air-popped popcorn

## 2000 CALORIES

### DAY 1

**BREAKFAST:** Ensure Max "Profee" and Toast  
Stir 1 bottle Ensure Max Protein 42g (any flavor) into 1-2 shots espresso and ½ cup ice; 2 slices whole wheat toast with 2 tbsp fruit preserves

**LUNCH:** Mediterranean Chopped Salad + Cheese  
Combine 3 cups salad greens (mixed greens, arugula, spring greens, and/or kale), ½ cup low-sodium chickpeas, ¼ cup diced red onion, ¼ cup diced cucumber, ¼ cup roasted red peppers, 3 tbsp crumbled feta cheese, 3 oz grilled chicken, and 3 tbsp Greek salad dressing

**SNACK:** 1 cup nonfat Greek yogurt and 1 cup fruit

**DINNER:** Roasted Salmon with Quinoa  
4 oz roasted salmon (roasted using ½ tbsp olive oil) served over 2/3 cup cooked quinoa with 1 medium baked sweet potato and ¾ cup cooked veggies (broccoli, green beans, asparagus, and/or cauliflower)

**SNACK:** 1 serving whole wheat crackers, ¾ cup low-fat cottage cheese, and ½ cup blueberries or other fruit

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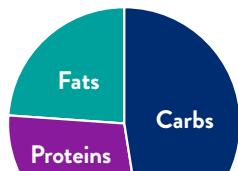


## 2-DAY MEAL PLAN

### CALORIE SOURCES:

#### Each meal plan provides

- 46-48% of calories from carbohydrates
- 30-33% of calories from protein
- 21-23% of calories from fats



## 1500 CALORIES

### DAY 2

#### BREAKFAST: PB&J Yogurt Bowl

½ cup nonfat Greek yogurt, ½ cup blueberries or mixed berries, 1 tbsp nut butter, and ¼ cup oats and honey granola

#### LUNCH: Brown Bag Sandwich + Veggies

2 slices whole wheat bread, 2 oz deli turkey meat, 1 tbsp lite mayonnaise, 2 slices tomato, 2 leaves romaine lettuce, 1 cup raw veggies (carrots, peppers, celery and/or cucumbers)

#### SNACK: 1 bottle of Ensure® Max Protein 42g

(any flavor)

#### DINNER: Burrito Bowl

¼ cup no-salt-added black beans, ½ cup cooked brown rice, and 3 oz grilled chicken breast mixed with 1 tbsp reduced-sodium taco seasoning, ½ cup shredded romaine lettuce, ¼ cup pico de gallo salsa, ¼ sliced fresh avocado, topped with 1 oz shredded cheese

#### SNACK: 1 cup grapes or other fruit

## 2000 CALORIES

### DAY 2

#### BREAKFAST: PB&J Yogurt Bowl

1 cup nonfat vanilla Greek yogurt, 1 cup blueberries or mixed berries, 2 tbsp nut butter, and ¼ cup oats and honey granola

#### LUNCH: Brown Bag Sandwich + Veggies

2 slices whole wheat bread, 3 oz deli turkey meat, 1 tbsp lite mayonnaise, 2 slices tomato, 2 leaves romaine lettuce, 1 cup raw veggies (carrots, peppers, celery and/or cucumbers)

#### SNACK: 1 bottle of Ensure Max Protein 42g

(any flavor)

#### DINNER: Burrito Bowl

¼ cup no-salt-added black beans, 2/3 cup cooked brown rice, and ¼ cup corn (cooked from frozen) mixed with 1 tbsp reduced-sodium taco seasoning, ¼ cup pico de gallo salsa, ½ cup shredded romaine lettuce, 3 oz baked or grilled chicken breast, topped with ¼ sliced fresh avocado, and 3 tbsp plain nonfat Greek yogurt

#### SNACK: 3 cups air-popped popcorn and 1 string cheese stick

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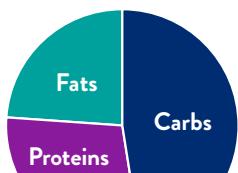


## 2-DAY MEAL PLAN

### CALORIE SOURCES:

Each meal plan provides

- 43-46% of calories from carbohydrates
- 29-37% of calories from protein
- 23-29% of calories from fats



## 1500 CALORIES

### DAY 1

**BREAKFAST:** Ensure Max "Profee" and Toast  
Stir 1 carton of Ensure® Max Protein 2-in-1 Muscle  
Support (any flavor) into 1-2 shots espresso and  
½ cup of ice; 1 whole wheat English muffin with  
2 tbsp fruit preserves

**LUNCH:** Chicken Apple Salad + Crackers  
Combine 3 cups salad greens (mixed greens, arugula,  
spring greens, and/or kale), ½ thinly sliced medium  
apple, 3 oz grilled or baked chicken breast, ½ cup  
chopped walnuts, 5 cherry tomatoes (sliced in half),  
and 2 tbsp lite raspberry vinaigrette

**SNACK:** 1 carton Ensure Max Protein 2-in-1 Muscle  
Support

**DINNER:** Pesto Pasta Dish  
Combine ¾ cup whole wheat penne pasta, ¼ cup roasted  
red peppers, ¼ cup quartered artichoke hearts, 3 oz  
grilled or baked chicken breast, and ½ cup pesto sauce

**SNACK:** 1 whole fruit

## 2000 CALORIES

### DAY 1

**BREAKFAST:** Ensure Max "Profee" and Toast  
Stir 1 carton Ensure Max Protein 2-in-1 Muscle  
Support (any flavor) into 1-2 shots espresso and  
½ cup ice; 2 slices whole wheat toast with 2 tbsp  
fruit preserves

**LUNCH:** Chicken Apple Salad + Crackers  
Combine 3 cups salad greens (mixed greens, arugula,  
spring greens, and/or kale), ½ thinly sliced medium  
apple, 2 tbsp crumbled feta cheese, ½ cup chopped  
walnuts, 5 cherry tomatoes (sliced in half), 3 oz baked  
or grilled chicken breast, and 2 tbsp lite raspberry  
vinaigrette. Serve with 1 ½ servings whole wheat crackers

**SNACK:** 1 carton Ensure Max Protein 2-in-1 Muscle  
Support

**DINNER:** Pesto Pasta Dish + Fruit  
Combine 1 ½ cups whole wheat penne pasta, ¼ cup  
roasted red peppers, ¼ cup quartered artichoke hearts,  
3 oz grilled or baked chicken breast, and 3 tbsp pesto  
sauce; 1 cup fresh, diced cantaloupe (or other fruit)

**SNACK:** 1 whole fruit and 2 cups air-popped popcorn

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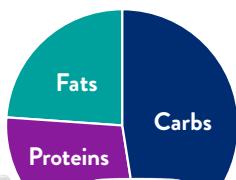


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### DAY 2

**BREAKFAST:** Overnight Protein Oats  
Combine  $\frac{1}{2}$  cup dry rolled oats, 1 tbsp chia seeds, and 1 carton Ensure® Max Protein 2-in-1 Muscle Support (any flavor); top with  $\frac{1}{2}$  cup fruit. Refrigerate overnight for at least 4 hours in an airtight container before eating

**LUNCH:** Chicken Fajita Bowl  
Sauté  $\frac{1}{2}$  cup sliced portobello mushrooms,  $\frac{1}{2}$  sliced large bell pepper, and  $\frac{1}{2}$  medium red onion using 1 tbsp olive oil. Combine  $\frac{1}{2}$  cup cooked quinoa with  $\frac{1}{2}$  cup no-salt-added black beans, 3 oz grilled chicken, and 1 tsp low-sodium fajita seasoning. Top the quinoa and beans with the veggies and enjoy!

**SNACK:** 1 bottle of Ensure Max Protein Muscle Support (any flavor)

**DINNER:** Roasted Salmon With Quinoa  
3 oz roasted salmon (roasted using pan spray) served over  $\frac{3}{4}$  cup cooked quinoa with  $\frac{1}{2}$  medium baked sweet potato and  $\frac{1}{2}$  cup cooked veggies (broccoli, green beans, asparagus, and/or cauliflower)

**SNACK:** 1 whole fruit

## 2000 CALORIES

### DAY 2

**BREAKFAST:** Overnight Protein Oats + Berries  
Combine  $\frac{1}{2}$  cup dry rolled oats, 1 tbsp chia seeds, 1 carton Ensure Max Protein 2-in-1 Muscle Support (any flavor), 1 tbsp nut butter, and 1 cup fruit. Refrigerate overnight for at least 4 hours in an airtight container before eating

**LUNCH:** Chicken Fajita Bowl  
Sauté  $\frac{2}{3}$  cup sliced portobello mushrooms,  $\frac{1}{2}$  sliced large bell pepper, and  $\frac{1}{2}$  medium red onion using 1 tbsp olive oil. Combine  $\frac{1}{2}$  cup cooked quinoa with  $\frac{1}{2}$  cup no-salt-added black beans, 3 oz grilled chicken, and 1 tsp low-sodium fajita seasoning. Top the quinoa and beans with the veggies and enjoy!

**SNACK:** 1 carton Ensure Max Protein 2-in-1 Muscle Support (any flavor)

**DINNER:** Roasted Salmon With Quinoa  
4 oz roasted salmon (roasted using  $\frac{1}{2}$  tbsp olive oil) served over  $\frac{3}{4}$  cup cooked quinoa with 1 medium baked sweet potato and  $\frac{3}{4}$  cup cooked veggies (broccoli, green beans, asparagus, and/or cauliflower)

**SNACK:** 1 pear (or any whole fruit) and  $1\frac{1}{2}$  servings whole wheat crackers

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