

Ensure MAX PROTEIN

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

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

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)

Abbott
life. to the fullest.®

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..

©2025 Abbott 202523859/October 2025 LITHO IN USA

Ensure MAX PROTEIN

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

1500 CALORIES

DAY 2

BREAKFAST: 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

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.

Abbott
life. to the fullest.®

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



1500 CALORIES

DAY 1

BREAKFAST: Ensure Max “Proffee” 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 “Proffee” 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

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 from Food Processor 11.6.522 database structure version 11.6.0. Accessed September 26, 2025. Speak with your health care provider before starting any diet or exercise program.

©2025 Abbott 202523861/October 2025 LITHO IN USA

Abbott
life. to the fullest.®

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



1500 CALORIES

DAY 2

BREAKFAST: PB&J Yogurt Bowl

⅔ 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

Abbott
life. to the fullest.®

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 from Food Processor 11.6.522 database structure version 11.6.0. Accessed September 26, 2025. Speak with your health care provider before starting any diet or exercise program.

Ensure MAX PROTEIN



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 “Proffee” 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, ⅓ 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 ⅓ cup pesto sauce

SNACK: 1 whole fruit

2000 CALORIES

DAY 1

BREAKFAST: Ensure Max “Proffee” 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, ⅓ 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

Abbott
life. to the fullest.®

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 from Food Processor 11.6.522 database structure version 11.6.0. Accessed September 26, 2025. Speak with your health care provider before starting any diet or exercise program.

©2025 Abbott 202523860/October 2025 LITHO IN USA

Ensure MAX PROTEIN



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 2

BREAKFAST: Overnight Protein Oats
Combine ½ cup dry rolled oats, 1 tbsp chia seeds, and 1 carton Ensure® Max Protein 2-in-1 Muscle Support (any flavor); top with ½ cup fruit. Refrigerate overnight for at least 4 hours in an airtight container before eating

LUNCH: Chicken Fajita Bowl
Sauté 1/2 cup sliced portobello mushrooms, ½ sliced large bell pepper, and ½ medium red onion using 1 tbsp olive oil. Combine ½ cup cooked quinoa with ½ 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 ¾ cup cooked quinoa with ½ medium baked sweet potato and ½ cup cooked veggies (broccoli, green beans, asparagus, and/or cauliflower)

SNACK: 1 whole fruit

2000 CALORIES

DAY 2

BREAKFAST: Overnight Protein Oats + Berries
Combine ½ 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 ¾ cup sliced portobello mushrooms, ½ sliced large bell pepper, and ½ medium red onion using 1 tbsp olive oil. Combine ½ cup cooked quinoa with ½ 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 ½ tbsp olive oil) served over ¾ cup cooked quinoa with 1 medium baked sweet potato and ¾ cup cooked veggies (broccoli, green beans, asparagus, and/or cauliflower)

SNACK: 1 pear (or any whole fruit) and 1 ½ servings whole wheat crackers

Abbott
life. to the fullest.®

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 from Food Processor 11.6.522 database structure version 11.6.0. Accessed September 26, 2025. Speak with your health care provider before starting any diet or exercise program.