

PROTALITY™

2-DAY MEAL PLAN

When people lose weight, a portion of that weight may be muscle. The muscle-support blend in every PROTALITY™ nutrition shake has protein to help preserve muscle mass and vitamins and minerals to support muscle function. In other words, we're with you for the journey ahead. The following meal plans were created by our team of registered dietitians to help you reach your nutrition goals. We think you're going to love them!

Choose a 2-day plan of **90g** or **120g** of protein.



MUSCLE HEALTH
30g High-Quality Protein



ENERGY METABOLISM
8 Essential B Vitamins



DIGESTIVE HEALTH
4g Comfort Fiber Blend

Nutrition support during weight loss

As you progress on your weight-loss journey, the nutrients in PROTALITY nutrition shakes are there to support you. More than just another protein shake, it's a delicious daily source of protein and other essential vitamins and minerals to support you as your goal gets closer.

YOU'RE ON YOUR WAY. LET'S KEEP IT UP!

* Protein, choline, vitamins B₆ and D, calcium, magnesium, phosphorus.

Tag us to share how YOU incorporate PROTALITY into your daily meal plan.



@ProtalityUS



@Protality_US

Daily Goal: 90g Protein

DAY 1 (94g Protein)

BREAKFAST—Berry Smoothie (30g protein)

In a blender, combine and blend until smooth:

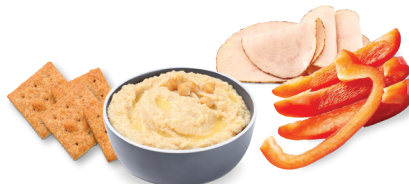
1 PROTALITY™ shake
(Milk Chocolate or Vanilla)

½ cup frozen berries
½ cup cauliflower rice
1 tbsp chia or flaxseeds



LUNCH—Bento Box (26g protein)

3 oz oven-roasted turkey or ham lunch meat
5 whole grain crackers
¼ cup hummus
½ cup cut veggies
1 cup grapes



AFTERNOON SNACK (8g protein)

2-3 celery cut into snack sticks
2 tbsp nut butter



DINNER (30g protein)

3 oz chicken breast
½ cup cooked whole grains (quinoa/wild rice)
1 cup roasted veggies (broccoli/brussels sprouts)



DAY 2 (97g Protein)

BREAKFAST—Apple Cinnamon Shake (30g protein)

1 PROTALITY Vanilla shake

½ Honeycrisp apple
1 tsp peanut butter powder or peanut butter
1 tsp cinnamon
Drizzle sugar-free caramel on top (optional)



LUNCH—Fall Salad (30g protein)

3 cups greens of choice (spinach/baby kale/arugula)
2 oz shredded chicken
½ Honeycrisp apple, thinly sliced
2 tbsp crumbled feta cheese
2 tbsp mixed pecans and pumpkin seeds
2 tbsp dressing of choice (recommended: raspberry vinaigrette)



AFTERNOON SNACK (7g protein)

1 medium pear/apple
¼ cup almonds



DINNER (30g protein)

4 oz baked salmon
1 medium sweet potato
1 cup mixed veggies (zucchini/yellow squash)



Every PROTALITY nutrition shake has nutrients to support



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ENERGY METABOLISM
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DIGESTIVE HEALTH
4g Comfort Fiber Blend

Abbott

Daily Goal: 120g Protein

DAY 1 (122g Protein)

BREAKFAST—Peppermint Mocha Coffee (30g protein)

1 PROTALITY™ Milk Chocolate shake

- ½ cup cold brew coffee
- 1 tsp peppermint extract



MORNING SNACK (10g protein)

- 2 Babybel® soft cheese rounds
- ½ cup fruit (fresh, frozen, or canned in juice and drained)



LUNCH—Grilled Chicken Salad (40g protein)

- 3 cups fresh greens (spinach/kale/mixed greens)
- ½ cup fresh veggies (carrots/cucumbers/peppers)
- 3 oz roasted/grilled chicken
- ½ cup beans (black/kidney/chickpeas)
- ¼ cup shredded cheese
- ¼ cup almonds
- 2 tbsp dressing of choice



AFTERNOON SNACK (12g protein)

- ½ cup high-protein dip: ½ cup plain, unflavored, Greek yogurt plus ½ ranch packet
- ½ cup veggies (carrots/celery, broccoli/snap peas)



DINNER—Spaghetti (30g protein)

- ¾ cup cooked, high-protein pasta
- ½ cup marinara sauce
- 3-4 turkey meatballs
- 1 cup roasted asparagus sprinkled with parmesan cheese



DAY 2 (125g Protein)

BREAKFAST—Breakfast Burrito (26g protein)

- 2 scrambled eggs
- ½ cup veggies (spinach/tomatoes/onions/peppers)
- ¼ cup shredded cheese
- 1 whole wheat tortilla



LUNCH (25g protein)

- 1 cup turkey chili
- Top with:
- ¼ cup shredded cheese
- 3 crackers



AFTERNOON SNACK (11g protein)

- 1 boiled egg
- ½ cup cut veggies
- ¼ cup hummus



DINNER—Taco Night (33g protein)

- 2 corn/whole wheat tortillas (6-inch)
- 3 oz ground beef (>90% lean)
- 2 tbsp shredded cheese
- ¼ cup black beans
- 1 tbsp guacamole or sour cream



EVENING SNACK—Protality Hot Chocolate (30g protein)

1 PROTALITY Milk Chocolate Shake

- 10-15 small marshmallows (optional)
- ¼ tsp cocoa powder (optional)

DIRECTIONS: In a small saucepan placed over medium-low heat, bring PROTALITY Milk Chocolate shake just to a low simmer, stirring occasionally for 3 minutes.* Remove and enjoy!



* Use caution: Heating time may vary; some vitamins may be affected.



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Abbott