

# 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, vitamins, and minerals to help preserve muscle mass and 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 **60g**, **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!**

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



@ProtalityUS



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# Daily Goal: 60g Protein

## DAY 1 (77g Protein\*)

### BREAKFAST—Breakfast Burrito

- 1 scrambled egg (6g protein)
- ¼ cup shredded cheese (7g protein)
- ½ cup veggies (spinach/tomatoes/onions/peppers)
- 1 whole wheat tortilla



### LUNCH—Bento Box

- 2 oz oven-roasted turkey or ham lunch meat (14g protein)
- 1 cheese stick (6g protein)
- 8-10 whole grain crackers
- ½ cup cut veggies
- ¼ cup hummus



### AFTERNOON SNACK—Berry Shake

- 1 PROTALITY shake (30g protein)
- ½ cup frozen berries
- ½ cup cauliflower rice



### DINNER

- 3-4 oz chicken breast (21-28g protein)
- ¾ cup whole grain (quinoa/wild rice)
- ½-1 cup roasted veggies (broccoli/brussels sprouts)



## DAY 2 (65g Protein\*)

### BREAKFAST

- 1 PROTALITY™ shake (30g protein)
- 1 medium piece of fruit (banana/apple/pear)



### LUNCH—Fall Salad

- 1 cup greens of choice (spinach/baby kale/arugula)
- 2 oz shredded chicken (14g protein)
- ½ Honeycrisp apple, thinly sliced
- ¼ cup feta cheese
- ¼ cup mixed pecans and pumpkin seeds (7g protein)
- 1-2 tsp dressing of choice (recommended: raspberry vinaigrette)



### AFTERNOON SNACK

- 1 medium pear/apple
- ¼ cup almonds (7g protein)



### DINNER

- 3-4 oz baked salmon (21-28g protein)
- ½ sweet potato
- ½-1 cup mixed veggies (zucchini/yellow squash)



\* Protein amounts have been assessed based on protein-rich food options, including meats, dairy, and nuts/seeds. All foods contain small amounts of protein that add up through the course of the day.



Every PROTALITY nutrition shake has nutrients to support



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# Daily Goal: 90g Protein

## DAY 1 (90g Protein\*)

### BREAKFAST

1 slice whole grain bread or bagel thin

#### TOP WITH:

1 tsp nut butter

½ cup sliced fruit (apple/banana)

½ tsp flax or chia seeds (optional)



### LUNCH

3 oz turkey or chicken lunch meat (21g protein)

1 oz Swiss cheese (6g protein)

1 bell pepper

¼ cup guacamole



### AFTERNOON SNACK

¾ cup Greek yogurt (12g protein)

¼ cup frozen mixed berries

¼ cup almonds or cashews (7g protein)



### DINNER

3-4 oz pork chop (21-28g protein)

½ cup roasted potatoes

¾ cup green beans



### EVENING SNACK— PROTALITY Hot Chocolate

1 PROTALITY Milk Chocolate shake (30g protein)

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!



## DAY 2 (96g Protein\*)

### BREAKFAST—Apple Cinnamon Shake

1 PROTALITY™ Vanilla shake (30g protein)

½ Honeycrisp apple

2 tsp peanut butter powder or peanut butter

1 tsp cinnamon

Drizzle sugar-free caramel on top (optional)



### LUNCH

1 cup turkey chili (21g protein)

#### TOP WITH:

¼ cup shredded cheese (7g protein)

3-6 crackers



### AFTERNOON SNACK

2 boiled eggs (12g protein)

½ cup cut veggies

¼ cup low-fat ranch dressing or hummus



### DINNER—Taco Night

2 corn shells/whole wheat tortillas (6-inch) with lean ground beef (>90%), shredded cheese, lettuce, tomato, and salsa (28g protein)

½ cup black beans (5g protein)

1-2 tsp guacamole or light sour cream



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† Use caution: heating time may vary; some vitamins may be affected.



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**Abbott**

# Daily Goal: 120g Protein

## DAY 1 (123g Protein\*)

### BREAKFAST—Peppermint Mocha Coffee

**1 PROTALITY™ Milk Chocolate shake (30g protein)**

½ cup cold brew coffee

1 tsp peppermint extract

Add a small piece of fruit on the side



### MORNING SNACK

2 Babybel® soft cheese rounds (**8g protein**)

½ cup fruit, fresh, frozen, or canned in juice and drained



### LUNCH—Grilled Chicken Salad

1 cup fresh greens (spinach/kale/mixed greens)

½ cup fresh veggies (carrots/cucumbers/peppers)

3 oz roasted/grilled chicken (**21g protein**)

½ cup beans (black/kidney/chickpeas) (**5g protein**)

¼ cup shredded cheese (**7g protein**)

¼ cup almonds (**7g protein**)

1-2 tsp dressing of choice



### AFTERNOON SNACK

½ cup high-protein dip: ½ cup plain, unflavored yogurt plus ½ ranch packet (**12g protein**)

½ cup veggies (carrots/celery/broccoli/snap peas)



### DINNER—Spaghetti

¾ cup high-protein pasta (**10g protein**)

½ cup marinara sauce

3-4 turkey meatballs (**21g protein**)

½-1 cup roasted asparagus with parmesan cheese



### EVENING SNACK

½ cup ricotta cheese (**12g protein**)

¼ cup mixed berries

Drizzle of honey



## DAY 2 (127g Protein\*)

### BREAKFAST

2 scrambled eggs (**12g protein**)

¼ cup cheese (**6g protein**)

2 slices turkey bacon (**8g protein**)



### MORNING SNACK

½ cup cottage cheese (**12g protein**)

¼ cup peaches or pineapple, fresh, frozen, or canned in juice and drained



### LUNCH—Charcuterie Board

2 oz lean lunch meat of choice (**14g protein**)

2 oz cheese of choice (**12g protein**)

¼ cup almonds or walnuts (**7g protein**)

¼ cup strawberries

¼ cup peanut butter dip:  
1 cup Greek yogurt plus 2 tsp peanut butter powder (**6g protein**)



### AFTERNOON SNACK

Tuna packet (**12-15g protein**)

8-10 whole grain crackers



### DINNER—Asian Bowl

3 oz grilled/roasted chicken (**21g protein**)

½ cup brown rice or quinoa or cauliflower rice

¼ cup Mandarin oranges

½ cup coleslaw mix with cabbage and carrots



### EVENING SNACK

**1 PROTALITY Vanilla shake (30g protein)**



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