



**PROTALITY
ADVANCE**
From the makers of Ensure®



2-DAY MEAL PLAN

When people lose weight, a portion of that weight may be muscle. Drinking two PROTALITY™ Advance shakes each day provides you with protein to help preserve muscle and HMB to help slow muscle breakdown.* Our team of registered dietitians has created 2-day meal plans to help you reach your daily protein goals. The daily amount of protein needed can vary, and during weight loss, you may need even more. Talk to your health care provider about your protein needs.

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



8 B VITAMINS
to help convert
food to energy



4g FIBER BLEND
for digestive
health



NUTRIENTS†
to support
immune health

PROTALITY Advance is specially designed for those losing weight using GLP-1s, diets, or exercise.

YOU'VE GOT THIS. WE'VE GOT YOU!

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



@protality_us



@protalityus

Use as part of a nutritionally balanced diet with exercise.

* 3g of HMB has been shown to support muscle health. Two servings of PROTALITY Advance provide 3g of HMB.

† Protein, zinc, selenium, vitamins A, C, D, and E.

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Daily goal: 90g Protein

DAY 1 (112g Protein)

BREAKFAST

PROTALITY™ Blueberry Cheesecake Overnight Oats
(22g protein/serving)

See recipe pages



DAY 2 (106g Protein)

BREAKFAST

Morning Cheer Toast
(11g protein/serving)

1 slice sourdough bread
¼ cup ricotta or cottage cheese
¼ cup raspberries
Drizzle of honey



PROTALITY Vanilla Latte
(15g protein/serving)

See recipe pages

LUNCH

Chicken Salad Celery Boats
(16g protein/serving)

See recipe pages

½ cup grapes (or fruit of choice)



LUNCH

Bean and Veggie Salad
(14g protein/serving)

See recipe pages



AFTERNOON SNACK

PROTALITY Chocolate Peanut Butter Chia Seed Pudding
(15g protein/serving)

See recipe pages

1 small apple



AFTERNOON SNACK

1 PROTALITY™ Advance Shake, Silky Chocolate
(30g protein/serving)

½ cup fruit of choice



DINNER

Homemade Personal Pizza
(29g protein/serving)

See recipe pages



DINNER

Sautéed Shrimp Lettuce Wraps
(21g protein/serving)

See recipe pages



EVENING SNACK

PROTALITY Creamsicle Treat
(30g protein/serving)

See recipe pages



EVENING SNACK

PROTALITY Chocolate Peanut Butter Chia Seed Pudding
(15g protein/serving)

See recipe pages



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HMB TO HELP SLOW MUSCLE BREAKDOWN*
PROTEIN TO HELP PRESERVE MUSCLE



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Daily goal: 120g Protein

DAY 1 (124g Protein)

BREAKFAST

Egg Bites
(6g protein/serving)

See recipe pages

PROTALITY™ Vanilla Matcha Latte
(30g protein/serving)

See recipe pages



DAY 2 (129g Protein)

BREAKFAST

PROTALITY™ Advance Apple Pie Overnight Oats
(15g protein/serving)

See recipe pages



MORNING SNACK

1 container (5 oz) of low-fat coconut or key lime greek yogurt

(12g protein/serving)

½ cup of pineapple or tropical fruit blend



MORNING SNACK

1 PROTALITY Advance Shake, Viva Vanilla
(30g protein/serving)

½ banana or fruit of choice



LUNCH

Open Face Tuna Melt
(25g protein/serving)

See recipe pages



LUNCH

Eggroll in a Bowl with Cauliflower "Fried" Rice
(24g protein/serving)

See recipe pages



AFTERNOON SNACK

1 PROTALITY Advance Shake, Silky Chocolate
(30g protein/serving)

½ cup fruit of choice



DINNER

Beef and Veggie Kabobs
(33g protein/serving)

See recipe pages



DINNER

Italian Chicken and Veggie Foil Packet
(21g protein/serving)

See recipe pages



EVENING SNACK

PROTALITY PB and Berry Smoothie Bowl
(27g protein/serving)

See recipe pages



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RECIPES

BEAN AND VEGGIE SALAD

Servings: 4 **Serving size:** ¼ cup

- 15-oz can cannellini beans
- 1 medium yellow pepper, chopped
- 1 cucumber, sliced
- 1 small white or red onion, chopped
- 10 oz cherry tomatoes, halved
- ½ cup light Italian dressing
- 1 cup cottage cheese

DIRECTIONS: Combine all ingredients except cottage cheese. Mix until evenly coated with salad dressing. Divide bean salad evenly and place each serving atop ¼ cup cottage cheese.

NUTRITION INFORMATION (PER SERVING)

218 calories, 14g protein, 26g carbs, 4g fat, 7g fiber

BEEF AND VEGGIE KABOBS

Servings: 4 **Serving size:** 2 kabobs

- 1 lb sirloin, cubed
- 1 summer squash, sliced
- 1 zucchini, sliced
- ½ yellow onion, sliced

MARINADE:

- ½ cup balsamic vinegar
- ½ cup lemon juice
- ¼ cup Worcestershire sauce
- 1 tbsp minced garlic
- 2 tbsp Italian seasoning
- Salt/pepper to taste
- Dash of red pepper (optional)

DIRECTIONS: Cut beef into medium-sized cubes. Mix marinade in a bowl. Add beef and marinate in the refrigerator for 1 to 24 hours (20 minutes minimum). Season veggies with salt and pepper. Loosely thread beef and vegetables on each skewer with 2 veggies between each piece of beef for even cooking. Brush prepared kabobs lightly with reserved marinade and drizzle with olive oil. Heat grill to medium/high heat. Cook kabobs in batches for 2 minutes on each side until slightly charred (4 sides = 8 minutes total). Transfer to plate, cover loosely with foil, and wait 3 minutes before serving.

NUTRITION INFORMATION (PER SERVING)

357 calories, 33g protein, 13g carbs, 18g fat, 3g fiber

CHICKEN SALAD CELERY BOATS

Servings: 4 **Serving size:** ½ cup plus 2-3 cut celery stalks

- 6-12 stalks of celery cut into 3-4 inch pieces
- 2 cups shredded chicken (rotisserie or canned, drained)
- ½ cup light mayonnaise
- ½ cup additional chopped celery
- ½ cup chopped onion (suggest red onion)
- 1-2 tbsp mustard (suggest brown mustard for a little extra heat)
- ½ tsp garlic powder
- Salt and pepper, to taste

DIRECTIONS: Combine all ingredients except stalks of celery into a medium mixing bowl and stir. Spread chicken salad mixture on celery stalks and cut into pieces.

NUTRITION INFORMATION (PER SERVING)

222 calories, 16g protein, 10g carbs, 11g fat, 2g fiber

EGG BITES

Servings: 12 **Serving size:** 1 egg bite

- Cooking spray
- 8 large eggs
- 1 cup shredded cheddar or mozzarella cheese
- ½ cup low-fat milk
- ¼ tsp salt
- 1 dash freshly ground black pepper
- ⅔ cup diced tomatoes
- ½ cup coarsely chopped packed baby spinach

DIRECTIONS: Preheat oven to 350° and spray 12-muffin tin with cooking spray. In a large mixing bowl, whisk eggs, milk, shredded cheese, salt, and pepper until fully combined. Fold in tomatoes and spinach. Divide mixture evenly into the muffin cups. Bake for 15 to 18 minutes, until slightly puffed.

NUTRITION INFORMATION (PER SERVING)

122 calories, 6g protein, 2.5g carbs, 9g fat, 0.5g fiber



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RECIPES

EGG ROLL IN A BOWL WITH CAULIFLOWER "FRIED" RICE

Servings: 4 **Serving size:** 5 oz egg roll plus ½ cup fried rice

1 lb ground turkey/chicken
1 bag slaw mix
¼ medium red onion, sliced
1-2 tbsp olive oil

SAUCE:

2 tbsp low sodium soy sauce
2 tsp minced garlic
2 tsp honey
2 tsp rice or white wine vinegar

"FRIED" RICE:

1 package frozen cauliflower rice (about 2 cups)
2 eggs
¼ cup low sodium soy sauce
1 cup frozen carrot/pea blend
1 tsp scallions

DIRECTIONS: Whisk ingredients for the sauce together in a small bowl and set aside. Add olive oil to a large skillet and place over medium/high heat. Add ground turkey and cook fully. Add slaw mix, red onion, and sauce. Cook for 3 to 5 minutes, occasionally stirring. Remove from the skillet. Put frozen cauliflower rice and carrot/pea blend in skillet. Cook for 8 minutes. Push to the side of the skillet. Crack eggs into the empty side. Using a spatula, scramble eggs. When fully cooked, fold eggs into the blend along with soy sauce. Divide into 4 servings and top with sliced scallions.

NUTRITION INFORMATION (PER SERVING)

317 calories, 24g protein, 10g carbs, 20g fat, 9.5g fiber

HOMEMADE PERSONAL PIZZA

Serving: 1

1 flour tortilla
¼ cup pizza sauce
¼ cup low-fat shredded mozzarella cheese
½ cup peppers (or veggies of choice)
2 oz rotisserie chicken

DIRECTIONS: Preheat oven/toaster oven to 375°. Place tortilla on baking sheet. Spread sauce evenly on the tortilla topping with shredded mozzarella cheese, peppers, and rotisserie chicken. Place in oven for 5 to 8 minutes or until cheese is fully melted.

Air fryer option: Place tortilla in the air fryer for 5 minutes at 350°.

NUTRITION INFORMATION (PER SERVING)

311 calories, 29g protein, 27g carbs, 9g fat, 3.8g fiber

ITALIAN CHICKEN AND VEGGIE FOIL PACKET

Servings: 2 **Serving size:** 3 oz chicken and ½ cup veggie

6 oz boneless skinless chicken breast
¼ cup Italian dressing
½ cup sliced red potato
1 cup asparagus
1-2 tbsp olive oil
Salt/pepper to taste
1 tsp garlic powder
1 tbsp lemon juice

DIRECTIONS: Marinate chicken in Italian dressing from 2 hours to overnight in a resealable bag in the refrigerator. Preheat grill to medium-high heat. Combine sliced potatoes and asparagus in a bowl and season with olive oil, garlic powder, salt/pepper, and lemon juice. Divide vegetable mix evenly between 2 sheets of foil and fold up until fully sealed. Grill for 15 minutes until vegetables are tender. Grill chicken until fully cooked (approximately 4 minutes per side until it reaches an internal temperature of 165°).

NUTRITION INFORMATION (PER SERVING)

331 calories, 20g protein, 29g carbs, 14g fat, 3g fiber



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RECIPES

OPEN FACE TUNA MELT

Serving: 1

- 1 tuna packet (water-packed, suggest ranch or BBQ flavor)
- 1 slice low-fat cheddar cheese
- 1 slice whole grain bread

DIRECTIONS: Preheat oven/toaster oven to 350°. Add tuna on top of whole grain bread and top with cheddar cheese slice. Place on a baking sheet and in the oven for 5 to 8 minutes or until cheese is fully melted.

Air fryer option: Place in the air fryer for 5 minutes at 350° or until cheese is fully melted.

NUTRITION INFORMATION (PER SERVING)

209 calories, 25g protein, 16g carbs, 5g fat, 2g fiber

PROTALITY™ APPLE PIE OVERNIGHT OATS

Servings: 2

- 1 PROTALITY™ Advance Shake, Viva Vanilla
- ½ cup quick oats
- ½ shredded apple
- ½ tsp cinnamon
- 1 tbsp sliced almonds

DIRECTIONS: Mix all ingredients in medium-sized mixing bowl. Place in a container and refrigerate overnight to enjoy the next morning.

NUTRITION INFORMATION (PER SERVING)

320 calories, 22g protein, 36g carb, 8g fat, 9g fiber

PROTALITY BLUEBERRY CHEESECAKE OVERNIGHT OATS

Servings: 2 Serving size: ~¾ cup

- 1 PROTALITY Advance Shake, Viva Vanilla
- 1 cup quick oats
- 2 tbsp cream cheese
- 1 tsp vanilla extract
- ½ cup fresh or frozen blueberries

DIRECTIONS: Mix all ingredients in a medium-sized mixing bowl. Split into 2 smaller containers and place in the refrigerator overnight.

NUTRITION INFORMATION (PER SERVING)

309 calories, 22g protein, 34g carb, 9g fat, 7g fiber

PROTALITY™ CHOCOLATE PEANUT BUTTER CHIA SEED PUDDING

Servings: 2 Serving size: ½ cup

- 1 PROTALITY Advance Shake, Silky Chocolate
- 4 tbsp chia seeds
- 1 tbsp peanut butter

DIRECTIONS: Mix all ingredients in a small mixing bowl or blender. Split into 2 small resealable containers. Place in the refrigerator for 4 hours minimum to fully set.

NUTRITION INFORMATION (PER SERVING)

318 calories, 22g protein, 17g carbs, 15g fat, 11g fiber

PROTALITY CREAMSICLE TREAT

Serving: 1

- 1 PROTALITY Advance Shake, Viva Vanilla
- 1 sugar-free orange flavor packet
- Ice

DIRECTIONS: Mix flavor packet and PROTALITY nutrition shake, and serve over ice.

NUTRITION INFORMATION (PER SERVING)

160 calories, 30g protein, 8g carbs, 2g fat, 4g fiber

PROTALITY MATCHA LATTE

Serving: 1

- 1 PROTALITY Advance Shake, Viva Vanilla
- 1 tsp Matcha powder
- 1 ½ tsp hot water

DIRECTIONS: Mix Matcha powder with hot water. Pour 1 Viva Vanilla shake into a glass of ice, then blend in Matcha.

NUTRITION INFORMATION (PER SERVING)

160 calories, 30g protein, 8g carb, 2g fat, 4g fiber



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RECIPES

PROTALITY™ PB AND BERRY SMOOTHIE BOWL

Serving: 1

- ½ bottle of PROTALITY™ Advance Shake, Viva Vanilla
- 2 tbsp peanut butter powder (or 1 tbsp peanut butter)
- ½ banana
- ¼ cup low-fat greek yogurt
- ¼ cup mixed berries

DIRECTIONS: Place all items, except berries, into a blender and blend until smooth. Serve in a bowl and top with mixed berries.

NUTRITION INFORMATION (PER SERVING)

195 calories, 27g protein, 13g carbs, 3g fat, 5g fiber

PROTALITY VANILLA LATTE

Serving: 1

- ½ bottle of PROTALITY Advance Shake, Viva Vanilla
- 1 cup hot or cold brew coffee
- 1 tsp sugar-free white chocolate syrup or sugar-free syrup of choice

DIRECTIONS: Combine all ingredients in a large glass.
Optional: Put in a mason jar and shake.

NUTRITION INFORMATION (PER SERVING)

80 calories, 15g protein, 4g carbs, 1g fat, 2g fiber

SAUTÉED SHRIMP LETTUCE WRAPS

Serving size: 4 oz shrimp mixture and ¼ cup brown rice in 2 lettuce leaves

- 8 oz raw shrimp, fully peeled and deveined
- 1 tbsp olive oil
- 2 tbsp lemon or lime juice
- ¼ cup low sodium soy sauce
- 1 tbsp Worcestershire sauce
- ½ tbsp honey
- 1 tsp brown mustard
- 3 cloves minced garlic
- Salt/pepper to taste
- 4 Bibb or romaine lettuce leaves
- 1/2 cup uncooked, brown rice

DIRECTIONS: Whisk ingredients except shrimp, lettuce, and brown rice. Coat shrimp in marinade and put in the refrigerator for 30 to 60 minutes. Spray a medium saucepan with nonstick cooking spray and cook shrimp for approximately 3 minutes on each side or until fully cooked. Prepare ½ cup uncooked, brown rice per package instructions (replace water with low-sodium vegetable broth for additional flavor). Add rice and shrimp evenly to each lettuce leaf.

Optional: Top with Sriracha sauce and lemon juice.

NUTRITION INFORMATION (PER SERVING)

283 calories, 21g protein, 23g carbs, 11g fat, 1g fiber



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