


# BioIntelligent Wellness Ideal Protein Meal Plan

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**Important:** Redistribution of this meal plan without consent is prohibited.

## Ideal Protein Meal Plan (Week 20)

Week of:	Enter your starting date here ( __/__/__ )						Brought to you by <b>BioIntelligent Wellness</b>
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<a href="#">Ideal Protein Crispy Cereal</a>	<a href="#">Ideal Protein Cappuccino Drink Mix</a>	<a href="#">Cappuccino Scone</a>	<a href="#">Crispy Cereal Pancakes</a>	<a href="#">Ideal Protein Vanilla Crispy Square</a>	<a href="#">Ideal Protein Crispy Cereal</a>	<a href="#">Air Fryer Egg Frittata</a>
Lunch	<a href="#">Ideal Protein Broccoli Cheese</a> with 2 cups of red peppers	Veggie Salad and the <a href="#">Ideal Protein Vanilla Crispy Square</a>	<a href="#">Zucchini Soup</a> with <a href="#">Ideal Protein Dill Zippers</a>	<a href="#">Ideal Protein Broccoli Cheese Soup</a> with 2 Cups of Broccoli	2 Cups of Spinach blended into <a href="#">Ideal Protein Cappuccino Drink Mix</a>	<a href="#">Ideal Protein Broccoli Cheese Soup</a> with a Side Salad	Veggie Salad topped with <a href="#">Ideal Protein Dill Zippers</a>
Dinner	<a href="#">Foil Pack Shrimp and Broccoli</a>	<a href="#">Veggie Loaded Meatballs</a> With 6 ounces of beef and 2 Cups of veggies	<a href="#">Tuna Stuffed Zucchini Boats</a> With 6 Ounce Tuna and 2 Cups Zucchini	<a href="#">Ground Beef Lettuce Wraps</a> With 6 ounces of Ground Beef and 2 Cups of Veggies	<a href="#">Stuffed Bell Peppers</a> With 6 ounces of Ground Beef and 2 Cups of Veggies	<a href="#">Crispy Shrimp with Basil Garlic and Tomatoes</a> With 6 Ounces of Shrimp and 2 Cups of Veggies	<a href="#">Shrimp Burger</a> and <a href="#">Pickled Slaw</a> With 6 ounces of Shrimp and 2 Cups of Slaw
Snack	<a href="#">Cappuccino Scone</a>	<a href="#">Ideal Protein Dill Zippers</a>	<a href="#">Ideal Protein Vanilla Crispy</a>	<a href="#">Ideal Protein Vanilla Crispy</a>	<a href="#">Crispy Cereal Cookies</a>	<a href="#">Ideal Protein Dill Zippers</a>	<a href="#">Ideal Protein Cappuccino Drink Mix</a>
Products required for the week	<a href="#">See Required Products</a>		<a href="#">Plan Your Grocery ...</a>				
	<ol style="list-style-type: none"> <li>IP Crispy Cereal</li> <li>IP Cappuccino Drink Mix</li> <li>IP Vanilla Crispy Square</li> <li>IP Dill Zippers</li> <li>IP Broccoli Cheese Soup</li> <li>IP Broccoli Cheese</li> </ol>						
	<a href="#">See Required Products →</a>						



*Give us your worst health problems and we will give you real solutions*

