BioIntelligent Wellness Ideal Protein Meal Plan

Phone: 858 228 3644 | Fax: 760 994 1248 | Email: info@biointelligentwellness.com Important: Redistribution of this meal plan without consent is prohibited.

Week of:Enter your starting date here (// MondayTuesdayBreakfastIP OatmealCrispy Cereal Particle Crispy Cereal ParticleLunchIP Ranch Dorados w/2 cups Cucumber SalsaRotini Pasta S Curean ParticleDinnerAir-fryer Pepper Stuffed ChickenGarden Beef S Vanilla Crispy SSnackIP Chocolate Drink MixVanilla Crispy S	ncake Oatmeal Zucchini Muffi	ffins IP Crispy Cereal ggies IP Ranch Dorados w/2	Brought to you by Bioled Friday IP Chocolate Drink Mix Zucchini Rotini Salad	Automatical Staturday Saturday Maple Oatmeal Pancakes 2 cups Roasted Veggies on a Bed of Greens and a Vanilla Crispy Square	Sunday Egg Muffins Salad with Veggies, Sauteed Peppers, IP Salsa and Crushed Ranch
BreakfastIP OatmealCrispy Cereal PartLunchIP Ranch Dorados w/2 cups Cucumber SalsaRotini Pasta SalsaDinnerAir-fryer Pepper Stuffed ChickenGarden Beef Salsa	alad Salad w/2 Cups of Veggi and a Vanilla Crispy	ffins IP Crispy Cereal ggies IP Ranch Dorados w/2	IP Chocolate Drink Mix	Maple Oatmeal Pancakes 2 cups Roasted Veggies on a Bed of Greens and a	Egg Muffins Salad with Veggies, Sauteed Peppers, <u>IP Salsa</u> and Crushed Ranch
Lunch IP Ranch Dorados w/2 cups <u>Cucumber Salsa</u> Rotini Pasta S Dinner Air-fryer Pepper Stuffed Chicken Garden Beef S	<u>alad</u> Salad w/2 Cups of Veggi and a Vanilla Crispy	ggies IP Ranch Dorados w/2		2 cups Roasted Veggies on a Bed of Greens and a	Salad with Veggies, Sauteed Peppers, <u>IP Salsa</u> and Crushed Ranch
Lunch cups Cucumber Salsa Dinner Air-fryer Pepper Stuffed Chicken Garden Beef S Image: Cucumber Salsa Image: Cucumber Salsa Image: Cucumber Salsa	and a Vanilla Crispy	,	<u>Zucchini Rotini Salad</u>	a Bed of Greens and a	Sauteed Peppers, <u>IP Salsa</u> and Crushed Ranch
<u>Chicken</u>					Dorados
Snack IP Chocolate Drink Mix Vanilla Crispy S	<u>xillet Zucchini Noodle with</u> <u>Chicken</u>	ith <u>Buffalo Chicken Stuffed</u> <u>Spaghetti Squash</u>	<u>Egg Nests</u>	Zucchini Burger	Veggie Stir Fry with Konjac Noodles
	quare IP Ranch Dorados	s <u>Chocolate Zucchini</u> <u>Cookies</u>	Vanilla Crispy Square	IP Ranch Dorados	<u>Chocolate Zucchini</u> <u>Cookies</u>
Products See Required Products	Plan Your Grocery				
required for the week 1. Ideal Protein Rotini 2. IP Crispy Cereal 3. Chocolate Drink Mix 4. Maple Oatmeal 5. Ranch Dorados 6. Vanilla Crispy Square See Required Products →	Bi	ioIntellig Vellness	ent		



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