

# 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 1)

<b>Week of:</b>	Enter your starting date here (___/___/___)			Brought to you by <b>BioIntelligent Wellness</b>			
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	IP Oatmeal	<u>Crispy Cereal Pancake</u>	<u>Oatmeal Zucchini Muffins</u>	IP Crispy Cereal	IP Chocolate Drink Mix	<u>Maple Oatmeal Pancakes</u>	<u>Egg Muffins</u>
<b>Lunch</b>	IP Ranch Dorados w/2 cups <u>Cucumber Salsa</u>	<u>Rotini Pasta Salad</u>	Salad w/2 Cups of Veggies and a Vanilla Crispy Square	IP Ranch Dorados w/2 cups <u>Cucumber Salsa</u>	<u>Zucchini Rotini Salad</u>	2 cups Roasted Veggies on a Bed of Greens and a Vanilla Crispy Square	Salad with Veggies, Sauteed Peppers, <u>IP Salsa</u> and Crushed Ranch Dorados
<b>Dinner</b>	<u>Air-fryer Pepper Stuffed Chicken</u>	<u>Garden Beef Skillet</u>	<u>Zucchini Noodle with Chicken</u>	<u>Buffalo Chicken Stuffed Spaghetti Squash</u>	<u>Egg Nests</u>	<u>Zucchini Burger</u>	Veggie Stir Fry with Konjac Noodles
<b>Snack</b>	IP Chocolate Drink Mix	Vanilla Crispy Square	IP Ranch Dorados	<u>Chocolate Zucchini Cookies</u>	Vanilla Crispy Square	IP Ranch Dorados	<u>Chocolate Zucchini Cookies</u>
<b>Products required for the week</b>	<b>See Required Products</b>	<b>Plan Your Grocery ...</b>					
	<ol style="list-style-type: none"> <li><u>Ideal Protein Rotini</u></li> <li><u>IP Crispy Cereal</u></li> <li><u>Chocolate Drink Mix</u></li> <li><u>Maple Oatmeal</u></li> <li><u>Ranch Dorados</u></li> <li><u>Vanilla Crispy Square</u></li> </ol>						
	<b>See Required Products →</b>						



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

