

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 14)

Week of:	Enter your starting date here (__/__/__)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Ideal Protein Maple Oatmeal	Ideal Protein Berry Smoothie	Oatmeal Muffin	Ideal Protein Maple Oatmeal	Wild Berry Scone	Ideal Protein Wild Berry Smoothie	Potato Pancake
Lunch	Ideal Protein Vegetable Chili Mix + 2 cups of veggies	Ideal Protein Broccoli and cheddar Soup + Konjac Rice	Ideal Protein Vegetable Chili Mix + 2 Cups Cauliflower Rice	Ideal Protein Broccoli and Cheddar Soup + 2 Cups of Broccoli	Potato Rolls with a veggie salad	Ideal Protein Mashed Potato + 2 Cups of Tangy Cabbage and Jalapeno Slaw	Ideal Protein Vegetable Chili Mix +2 cups Squash Ribbon Salad
Dinner	Asian Chicken with Snow Pea Slaw With 6 ounces of chicken and 2 cups of slaw	One Pan Salmon and Cabbage With 6 ounces of salmon and 2 Cups Cabbage	Ground Turkey Cauliflower Rice with 4-6 ounces of turkey and 2 Cups of veggies rice	Air Fryer Chicken and Broccoli With 6 ounce of Chicken and 2 Cups of broccoli	Ground Turkey and Cabbage Stir Fry With 6 ounces of turkey and 2 cups of cabbage	Air Fryer Salmon with 6 ounces of salmon and 2 Cups of vegetables	Air Fryer Salmon With 6 ounces of salmon and 2 Cups of Roasted Garlic Lemon Broccoli
Snack	Ideal Protein Buffalo Ranch Puffs	Oatmeal Muffin	Ideal Protein Vanilla Crispy Square	Wild Berry Scone	Ideal Protein Vanilla Crispy Square	Ideal Protein Buffalo Ranch puffs	Wild Berry Cookies
Products required for the week	See Required Products	Plan Your Grocery ...					
	<ol style="list-style-type: none"> Ideal Protein Maple Oatmeal Ideal Protein Berry Smoothie Ideal Protein Wild Berry Smoothie Ideal Protein 						



- Vegetable Chili Mix
- 5. Ideal Protein Broccoli and cheddar Soup
- 6. Ideal Protein Mashed Potato
- 7. Ideal Protein Buffalo Ranch Puffs
- 8. Ideal Protein Vanilla Crispy Square

[See Required Products →](#)



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