

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 15)

Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Ideal Protein Peach Mango Drink Mix	Ideal Protein Chocolate Chip Pancake Mix	Pudding muffin	Pudding Waffle	Ideal Protein Chocolate Chip Pancake Mix	Pudding Waffle	Radish and Turnip Hash with Fried Egg
Lunch	Ideal Protein Vegetable Bolognese + 2 cups of veggies	Ideal Protein Pizza Curls + Mix Greens with 2 cups of veggies	Ideal Protein Vegetable Bolognese + Green Salad	Mediterranean Cauliflower Salad + Ideal Protein Pizza Curls	Ideal Protein Pizza Curls + Mix Greens with 2 cups of veggies	Ideal Protein Vegetable Bolognese + 2 cups spaghetti squash	Ideal Protein Peach and Mango Drink Mix + 1 Cup of blended spinach
Dinner	Spaghetti Squash Egg Nests	Lemongrass Cilantro Chicken with Cauliflower Rice With 6 ounces of chicken and 2 Cups of rice	Turnip Steak Scramble With 6 Ounce steak and 2 Cups Turnip	Blackened Chicken and Lemon and Garlic Broccoli Rice With 6 ounces of Chicken and 2 Cups of broccoli	Cilantro Lime Chicken Burger and Spaghetti Squash Tots With 6 ounces of chicken and 2 Cups of squash	Steak with Broccoli and Radishes With 6 Ounces of steak and 2 Cups of veggies	Breaded Chicken (with pizza curls) With 2 Cups of Mediterranean Cauliflower Salad
Snack	Ideal Protein Pizza Curls	Pudding Muffin	Peach and Mango Popsicle	Ideal Protein Pizza Curls	Peach and Mango Popsicle	Chocolate Chip Cookies	Ideal Protein Vanilla Pudding
Products required for the week	See Required Products	Plan Your Grocery ...					
	<ol style="list-style-type: none"> Ideal Protein Peach Mango Drink Mix Ideal Protein Chocolate Chip Pancake Mix Ideal Protein Vegetable Bolognese Ideal Protein Pizza Curls Breaded Chicken (with pizza curls) Ideal Protein Vanilla Pudding 						



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