

# 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 17)

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 Chocolate Chip Pancake Mix</a>	<a href="#">Pudding muffin</a>	<a href="#">Pudding Waffle</a>	<a href="#">Ideal Protein Chocolate Chip Pancake Mix</a>	<a href="#">Ideal Protein Crispy Cereal</a>	<a href="#">Zucchini Egg Cups</a>
Lunch	<a href="#">Ideal Protein Mac and Cheese</a> + 2 cups of veggies	<a href="#">Ideal Protein Trail Mix</a> + Veggie Salad with 2 cups of veggies	<a href="#">Ideal Protein Vegetable Bolognese</a> + Green Salad	<a href="#">Artisan Flatbread</a> with 2 Cups roasted veggies and Spinach	<a href="#">Ideal Protein Trail Mix</a> + Veggie Salad with 2 cups of veggies	<a href="#">Ideal Protein Mac and Cheese</a> with 2 cups Spinach	<a href="#">Ideal Protein Vegetable Bolognese</a> and <a href="#">Artisan Flatbread</a>
Dinner	<a href="#">Summer Shrimp Salad</a> with 6 ounces of shrimp and 2 Cups of veggies	<a href="#">Turkey burger with Zucchini Bun</a> With 4 ounces of turkey and 2 Cups of Zucchini	<a href="#">Ground Turkey Vegetable Skillet</a> With 6 Ounce Turkey and 2 Cups veggies	<a href="#">Garlic Shrimp and Veggie Foil Packet</a> With 6 ounces of Shrimp and 2 Cups of veggies	<a href="#">Eggs Baked in Bell Peppers</a> With 6 ounces of Eggs and 2 Cups of Veggies	<a href="#">Grilled Shrimp</a> and <a href="#">Lemon Garlic Grilled Zucchini</a> With 6 Ounces of Shrimp and 2 Cups of Zucchini	6 ounces of Ground Turkey With 2 Cups of <a href="#">Bell Pepper Salad</a>
Snack	<a href="#">Ideal Protein Trail Mix</a>	<a href="#">Mint Chocolate ice cream</a>	<a href="#">Crispy cookies</a>	<a href="#">Ideal Protein Trail Mix</a>	<a href="#">Mint Chocolate ice cream</a>	<a href="#">Chocolate Chip Cookies</a>	<a href="#">Ideal Protein Vanilla Pudding</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 Chocolate Chip Pancake Mix</li> <li>IP Crispy Cereal</li> <li>IP Mac and Cheese</li> <li>IP Trail Mix</li> <li>IP Vegetable Bolognese</li> <li>IP Vanilla Pudding</li> </ol>						
	<a href="#">See Required Products</a> →						





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

