

# 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 18)

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="#">Oatmeal Muffin</a>	<a href="#">Ideal Protein Apple Oatmeal</a>	<a href="#">Potato Pancakes</a>	<a href="#">Pudding Waffle</a>	<a href="#">Ideal Protein Apple Oatmeal</a>	<a href="#">Potato Pancakes</a>	<a href="#">Spaghetti Squash Egg Nests</a>
Lunch	<a href="#">Ideal Protein Mushroom Risotto</a> +2 cups of Spinach	Salad +2 cups of veggies, topped with crushed <a href="#">Ideal Protein Nacho Dorados</a>	<a href="#">Spaghetti Squash Soup</a> and <a href="#">Potato Roll</a>	<a href="#">Ideal Protein Mashed Potato</a> with <a href="#">Lemon Garlic Zucchini</a>	2 Cups of <a href="#">Cucumber Salsa</a> with <a href="#">Ideal Protein Nacho dorados</a>	<a href="#">Ideal Protein Mushroom Risotto</a> + 2 cups Cauliflower rice	<a href="#">Ideal Protein Mashed Potato</a> + 2 Cups of Veggies
Dinner	<a href="#">Grilled Chicken and Zucchini Salad</a> with 6 ounces of chicken and 2 Cups of Zucchini	<a href="#">Crispy Shrimp Burger</a> With 6 ounces of Shrimp and 2 Cups of Zucchini Chips	<a href="#">Ground Turkey Vegetable Skillet</a> With 6 Ounce Turkey and 2 Cups Veggies	<a href="#">Cauliflower Shrimp Bowl</a> With 6 ounces of Shrimp and 2 Cups of Cauliflower	<a href="#">Roasted Spaghetti Squash with Turkey and Veggies</a> With 6 ounces of Turkey and 2 Cups of Veggies	<a href="#">Vegetable Frittata</a> With 6 Ounces of Egg and 2 Cups of Veggies	<a href="#">Green Chicken Zoodle Bowl</a> With 6 ounces of Chicken and 2 Cups of Zucchini
Snack	<a href="#">Ideal Protein Nacho Dorados</a>	<a href="#">Ideal Protein Dark Chocolate Pudding</a>	<a href="#">Apple Spice Cake</a>	<a href="#">Ideal Protein Nacho Dorados</a>	<a href="#">Pudding Muffins</a>	<a href="#">Apple Spice Cake</a>	<a href="#">Ideal Protein Dark Chocolate Pudding</a>
Products required for the week	<a href="#">See Required Products</a> 1. IP Apple Oatmeal 2. IP Mushroom Risotto 3. IP Nacho Dorados 4. IP Mashed Potato 5. IP Dark Chocolate Pudding	<a href="#">Plan Your Grocery ...</a>					
	<a href="#">See Required Products</a> →						





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