

# 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 11)

<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>	<a href="#">Wildberry Muffins</a>	<a href="#">Chocolate Chip Muffins</a>	IP Wildberry Smoothie	<a href="#">Potato Pancakes</a>	<a href="#">Mug Cake Muffins</a>	<a href="#">Potato Pancakes</a>	IP Crispy Cereal	
<b>Lunch</b>	<a href="#">Chocolate Chip Muffins</a>	<a href="#">Rotini Pasta Salad</a>	IP Mashed Potatoes Mix W/2 Cups Sautéed Vegetables	IP Cereal With <a href="#">Summer Cucumber Jicama Salad</a>	Wild Berry Smoothie With <a href="#">Roasted Garlic Lemon Broccoli</a>	Salad With Veggies And <a href="#">Potato Rolls</a>	<a href="#">Zucchini Rotini Salad</a>	
<b>Dinner</b>	<a href="#">Brussels Sprout And Ground Turkey Skillet</a>	<a href="#">Air Fryer Curry Cauliflower with Stuffed Chicken</a>	<a href="#">Buffalo Chicken Stuffed Spaghetti Squash</a>	<a href="#">Overnight Kale Salad With Turkey</a>	<a href="#">Pan Seared Chicken With 2 Cups Veggies</a>	<a href="#">Egg Nests</a>	<a href="#">Big Mac In A Bowl</a>	
<b>Snack</b>	<a href="#">Chocolate Chip Muffins</a>	IP Crispy Cereal	IP Wildberry Smoothie	<a href="#">Mug Cake Muffins</a>	<a href="#">Crispy Cereal Cookies</a>	<a href="#">Wildberry Ice Cream</a>	IP Mug Cake	
<b>Products required for the week</b>	<b>See Required Products</b>	<b>Plan Your Grocery ...</b>						
	1. <a href="#">Ideal Protein Rotini</a>							
	2. <a href="#">Berry smoothie</a>							
	3. <a href="#">Chocolate chip pancake</a>							
	4. <a href="#">Mashed potatoes mix</a>							
5. <a href="#">Chocolate caramel mug Cake</a>								
6. <a href="#">Crispy cereal</a>								



[See Required Products →](#)



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