

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 3)

Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<u>Chocolate chIP muffins</u>	IP apple cereal	IP chocolate chIP pancake	<u>Chocolate chIP zucchini bread</u>	<u>Oatmeal muffins</u>	Bell pepper egg rings	<u>Oatmeal muffins</u>
Lunch	<u>Cauliflower soup with IP Buffalo ranch puffs</u>	<u>IP vegetable bolognese w/2 cups cauliflower rice</u>	IP Buffalo ranch puffs on top of a vegetable salad	2 cups of vegetables with IP salted caramel clusters	<u>IP vegetable bolognese with side salad</u>	<u>Cauliflower soup with IP buffalo ranch puffs</u>	<u>2 slices chocolate chIP zucchini bread</u>
Dinner	<u>mushroom bun sliders with turkey burger patties</u>	<u>Air fryer chicken fajitas</u>	<u>Garlic grilled mushrooms with pan seared chicken</u>	<u>Turkey and zucchini skillet</u>	<u>Turkey taco lettuce wraps with cauliflower rice</u>	<u>vegetable bolognese with tofu and zucchini noodles</u>	<u>Mushroom leek saute with pan seared chicken</u>
Snack	IP salted caramel clusters	IP buffalo ranch puffs	IP salted caramel clusters	IP buffalo ranch bites	IP salted caramel clusters	IP salted caramel clusters	<u>Chocolate chIP muffins</u>
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. <u>Chocolate chIP pancake</u>						
	2. <u>Apple cinnamon oatmeal</u>						
	3. <u>Buffalo ranch puffs</u>						
	4. <u>Vegetable bolognese spaghetti mix</u>						
5. <u>Salted caramel clusters</u>							



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