

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 5)

Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<u>Cinnamon maple oatmeal muffins</u>	IP Golden pancake	IP Maple oatmeal	<u>mug cake muffins</u>	IP Golden pancake	IP Golden pancake	<u>Pudding waffles</u>
Lunch	IP Creamy parmesan pasta with collard green	<u>IP ranch dorados w/ summer cucumber jicama salad</u>	<u>IP parmesan mushroom Pasta w/2 cups spaghetti squash</u>	Veggie salad with ranch dorados	<u>cinnamon maple oatmeal muffin with 2 cups veggies</u>	IP parmesan mushroom pasta with side salad	<u>IP Ranch dorados with summer cucumber jicama salad</u>
Dinner	<u>Garlic shrimp and veggie foil pack</u>	<u>buffalo chicken stuffed spaghetti squash</u>	<u>Mediterranean chicken salad</u>	<u>Baked chicken fajita roll ups</u>	Bell pepper egg rings	<u>Buffalo shrimp lettuce wraps</u>	<u>olive oil fried eggs with tomato and herb salad</u>
Snack	<u>Chocolate chip cookie dough bites</u>	<u>mug cake muffins</u>	IP Ranch dorados	Dark chocolate pudding	<u>cinnamon maple oatmeal muffins</u>	IP Ranch dorados	<u>IP mug cake</u>
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. <u>Chocolate caramel flavoured mug cake</u>						
	2. <u>Golden pancake mix</u>						
	3. <u>Maple oatmeal</u>						
	4. <u>Dark chocolate pudding</u>						
	5. <u>IP ranch dorados</u>						
	6. <u>IP ranch dorados</u>						
	See Required Products →						



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