

# 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 7)

<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="#">Pudding Waffle</a>	IP S'mores Cocoa	<a href="#">Pudding Waffle</a>	<a href="#">Potato Pancake</a>	<a href="#">Potato Pancake</a>	IP S'mores Cocoa	<a href="#">Pudding Waffle</a>
<b>Lunch</b>	<a href="#">Eggplant Spread on Artisan Flatbread</a>	Veggie salad with IP Ranch Dorados	<a href="#">Eggplant Spread on Artisan Flatbread</a>	Veggie salad with Potato Rolls	<a href="#">Walking Taco</a>	Veggie salad with IP Buffalo Puffs	<a href="#">Walking Taco</a>
<b>Dinner</b>	<a href="#">Air Fryer Buffalo Tofu</a>	<a href="#">Mushroom Beef Burger with TurnIP Fries</a>	<a href="#">Stir Fried Tofu with Bean Sprouts</a>	<a href="#">Chili Eggplant with Ground Beef</a>	<a href="#">Beef Skillet</a>	<a href="#">Air Fryer Tofu with Mushroom and Leek Saute</a>	<a href="#">TurnIP Shepherd's Pie</a>
<b>Snack</b>	IP Ranch Nacho	IP Dark Chocolate Pudding	IP Ranch Nachos	IP Buffalo Puffs	<a href="#">S'mores Brownie</a>	IP Ranch Nacho	<a href="#">S'mores Brownie</a>
<b>Products required for the week</b>	<b>See Required Products</b>	<b>Plan Your Grocery ...</b>					
	1. <a href="#">Dark Chocolate Pudding</a>						
	2. <a href="#">S'mores Cocoa</a>						
	3. <a href="#">Mashed Potato</a>						
	4. <a href="#">Buffalo Ranch Puffs</a>						
	<b>See Required Products →</b>						





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