

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 12)							
Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Ideal Protein Chocolate Drink Mix	Ideal Protein Chocolate Chip Pancake Mix	Oatmeal Muffins	Ideal Protein Chocolatey Chip Pancake Mix	Chocolate Scone	Ideal Protein Apple Flavored Oatmeal	Oatmeal Muffins
Lunch	Ideal Protein Vegetable Chili Mix + 2 cups of veggies	Ideal Protein BBQ Crisps + Mix Greens with 2 cups of veggies	Ideal Protein Mushroom and Parmesan Couscous Risotto + Green Salad	Ideal Protein Mushroom and Parmesan Couscous Risotto and 2 cups of Zucchini Noddles	Ideal Protein BBQ Crisps + Mix Greens with 2 cups of veggies	Ideal Protein Vegetable Chili Mix + 2 cups Cauliflower Rice	Ideal Protein Vegetable Chili Mix + 2 cups Squash Ribbon Salad
Dinner	Green Chicken Zoodle Bowl With 6 ounces of chicken and 2 cups of zoodle bowl	Garlic Shrimp and Veggie Foil Pack With 6 ounces of shrimp and 2 Cups of Veggies	Zucchini and Steak Stir Fry With 4 Ounce steak and 2 Cups Zucchini	Chicken Lemon and Asparagus Foil Pack With 6 ounces of Chicken and 2 Cups of asparagus	Cauliflower Shrimp Bowl With 6 Ounces of shrimp and 2 Cups of cauliflower rice	Beef and Asparagus Roll Ups With 6 Ounces of steak and 2 Cups of veggies	One Pan Greek Chicken and Cauliflower With 6 ounces of 4 Cups of cauliflower and spinach
Snack	Ideal Protein BBQ Crisps	Ideal Protein Chocolate Drink Mix	Chocolate Scone	Ideal Protein BBQ Crisps	Chocolate zucchini Cookies	Ideal Protein BBQ Crisps	Ideal Protein Mushroom and Parmesan Couscous Risotto
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. Ideal Protein Chocolate Drink Mix						
	2. Ideal Protein Chocolate Chip						

	Pancake Mix					
	3. Ideal Protein Apple Flavored Oatmeal					
	4. Ideal Protein Vegetable Chili Mix					
	5. Ideal Protein BBQ Crisps					
	6. Ideal Protein Mushroom and Parmesan Couscous Risotto					
	See Required Products →					



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