

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 13)							
Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<a href="#">Ideal Protein Cranberry Oatmeal</a>	<a href="#">Pudding Muffin</a>	<a href="#">Cranberry Pancake</a>	<a href="#">Pudding muffin</a>	<a href="#">Ideal Protein Crispy Cereal</a>	<a href="#">Cranberry Pancake</a>	<a href="#">Cranberry Muffin</a>
Lunch	<a href="#">Ideal Protein Vegetable Chili Mix</a> + 2 cups of veggies	<a href="#">Ideal Protein Broccoli and cheddar Soup</a> + <a href="#">Konjac Rice</a>	<a href="#">Ideal Protein Vegetable Chili Mix</a> + 2 Cups <a href="#">Cauliflower Rice</a>	<a href="#">Ideal Protein Broccoli and Cheddar Soup</a> + 2 Cups of Broccoli	<a href="#">Ideal Protein Nacho Dorados</a> + Mix Greens with 2 cups of veggies	<a href="#">Ideal Protein Nacho Dorados</a> + 2 Cups of <a href="#">Tangy Cabbage and Jalapeno Slaw</a>	<a href="#">Ideal Protein Vegetable Chili Mix</a> +2 cups <a href="#">Squash Ribbon Salad</a>
Dinner	<a href="#">Asian Chicken with Snow Pea Slaw</a> With 6 ounces of chicken and 2 cups of slaw	<a href="#">One Pan Salmon and Cabbage</a> With 6 ounces of shrimp and 2 Cups of Cabbage	<a href="#">Ground Turkey Caulflower Rice</a> with 4-6 ounces of turkey and 2 Cups of veggies rice	<a href="#">Air Fryer Chicken and Broccoli</a> With 6 ounces of Chicken and 2 Cups of broccoli	<a href="#">Ground Turkey and Cabbage Stir Fry</a> With 6 ounces of turkey and 2 cups of cabbage	<a href="#">Ground Turkey Vegetable Skillet</a> With 6 ounces of turkey and 2 Cups of vegetables	<a href="#">Air Fryer Salmon</a> With 6 ounces of salmon and 2 Cups of <a href="#">Roasted Garlic Lemon Broccoli</a>
Snack	<a href="#">Crispy Cereal Cookies</a>	<a href="#">Ideal Protein Nacho Dorados</a>	<a href="#">Dark Chocolate Pudding</a>	<a href="#">Ideal Protein Nacho Dorados</a>	<a href="#">Crispy Cereal Cookies</a>	<a href="#">Dark Chocolate Pudding</a>	<a href="#">Cranberry Muffin</a>
Products required for the week	See Required Products	Plan Your Grocery ...					
	<div>1. Ideal Protein Cranberry Oatmeal</div> <div>2. Ideal Protein Crispy Cereal</div> <div>3. Ideal Protein Vegetable Chili Mix</div> <div>4. Ideal Protein</div>						

<div>Broccoli and Cheddar Soup</div> <div>5. Konjac Rice</div> <div>6. Ideal Protein Nacho Dorados</div> <div>7. Dark Chocolate Pudding</div> <div>See Required Products →</div>						



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