

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 14)							
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 Maple Oatmeal</a>	<a href="#">Ideal Protein Berry Smoothie</a>	<a href="#">Oatmeal Muffin</a>	<a href="#">Ideal Protein Maple Oatmeal</a>	<a href="#">Wild Berry Scone</a>	<a href="#">Ideal Protein Wild Berry Smoothie</a>	<a href="#">Potato Pancake</a>
Lunch	<a href="#">Ideal Protein Vegetable Chili Mix</a> + 2 cups of veggies	<a href="#">Ideal Protein Broccoli and cheddar Soup</a> + Konjac Rice	<a href="#">Ideal Protein Vegetable Chili Mix</a> + 2 Cups Cauliflower Rice	<a href="#">Ideal Protein Broccoli and Cheddar Soup</a> + 2 Cups of Broccoli	<a href="#">Potato Rolls</a> with a veggie salad	<a href="#">Ideal Protein Mashed Potato</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 salmon and 2 Cups Cabbage	<a href="#">Ground Turkey Cauliflower Rice</a> with 4-6 ounces of turkey and 2 Cups of veggies rice	<a href="#">Air Fryer Chicken and Broccoli</a> With 6 ounce 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="#">Air Fryer Salmon</a> with 6 ounces of salmon and 2 Cups of vegetables	Air Fryer Salmon With 6 ounces of salmon and 2 Cups of <a href="#">Roasted Garlic Lemon Broccoli</a>
Snack	<a href="#">Ideal Protein Buffalo Ranch Puffs</a>	<a href="#">Oatmeal Muffin</a>	<a href="#">Ideal Protein Vanilla Crispy Square</a>	<a href="#">Wild Berry Scone</a>	<a href="#">Ideal Protein Vanilla Crispy Square</a>	<a href="#">Ideal Protein Buffalo Ranch puffs</a>	<a href="#">Wild Berry Cookies</a>
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. Ideal Protein Maple Oatmeal						
	2. Ideal Protein Berry Smoothie						
	3. Ideal Protein Wild Berry Smoothie						
	4. Ideal Protein						

	Vegetable Chili Mix					
	5. Ideal Protein Broccoli and cheddar Soup					
	6. Ideal Protein Mashed Potato					
	7. Ideal Protein Buffalo Ranch Puffs					
	8. Ideal Protein Vanilla Crispy Square					
	<a href="#">See Required Products →</a>					



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