

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 15)

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 Peach Mango Drink Mix</a>	<a href="#">Ideal Protein Chocolate Chip Pancake Mix</a>	<a href="#">Pudding muffin</a>	<a href="#">Pudding Waffle</a>	<a href="#">Ideal Protein Chocolate Chip Pancake Mix</a>	<a href="#">Pudding Waffle</a>	<a href="#">Radish and Turnip Hash with Fried Egg</a>
Lunch	<a href="#">Ideal Protein Vegetable Bolognese</a> + 2 cups of veggies	<a href="#">Ideal Protein Pizza Curls</a> + Mix Greens with 2 cups of veggies	<a href="#">Ideal Protein Vegetable Bolognese</a> + Green Salad	<a href="#">Mediterranean Cauliflower Salad</a> + <a href="#">Ideal Protein Pizza Curls</a>	<a href="#">Ideal Protein Pizza Curls</a> + Mix Greens with 2 cups of veggies	<a href="#">Ideal Protein Vegetable Bolognese</a> + 2 cups spaghetti squash	<a href="#">Ideal Protein Peach and Mango Drink Mix</a> + 1 Cup of blended spinach
Dinner	<a href="#">Spaghetti Squash Egg Nests</a>	<a href="#">Lemongrass Cilantro Chicken</a> with <a href="#">Cauliflower Rice</a> With 6 ounces of chicken and 2 Cups of rice	<a href="#">Turnip Steak Scramble</a> With 6 Ounce steak and 2 Cups Turnip	<a href="#">Blackened Chicken</a> and <a href="#">Lemon and Garlic Broccoli Rice</a> With 6 ounces of Chicken and 2 Cups of broccoli	<a href="#">Cilantro Lime Chicken Burger</a> and <a href="#">Spaghetti Squash Tots</a> With 6 ounces of chicken and 2 Cups of squash	<a href="#">Steak with Broccoli and Radishes</a> With 6 Ounces of steak and 2 Cups of veggies	<a href="#">Breaded Chicken (with pizza curls)</a> With 2 Cups of <a href="#">Mediterranean Cauliflower Salad</a>
Snack	<a href="#">Ideal Protein Pizza Curls</a>	<a href="#">Pudding Muffin</a>	<a href="#">Peach and Mango Popsicle</a>	<a href="#">Ideal Protein Pizza Curls</a>	<a href="#">Peach and Mango Popsicle</a>	<a href="#">Chocolate Chip Cookies</a>	<a href="#">Ideal Protein Vanilla Pudding</a>
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. Ideal Protein Peach Mango Drink Mix						
	2. Ideal Protein Chocolate Chip Pancake Mix						
	3. Ideal Protein Vegetable Bolognese						
	4. Ideal Protein Pizza Curls						
	5. Breaded Chicken (with pizza curls)						
	6. Ideal Protein Vanilla Pudding						

	<a href="#">See Required Products →</a>						
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