

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 16)

Week of:	Enter your starting date here (___/___/___)				Brought to you by BioIntelligent Wellness		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<a href="#">Cappuccino Scone + Ideal Protein Cranberry Oatmeal</a>	<a href="#">Ideal Protein Cappuccino Drink Mix</a>	<a href="#">Cranberry Muffin</a>	<a href="#">Cappuccino Scone</a>	<a href="#">Cappuccino Scone</a>	<a href="#">Cranberry Pancake</a>	<a href="#">Ideal Protein Cranberry Oatmeal</a>
Lunch	<a href="#">Ideal Protein Vegetable Chili Mix</a> + 2 cups of veggies	<a href="#">Ceviche + Ideal Protein Sweet Chili Dorados</a>	<a href="#">Ideal Protein Vegetable Chili Mix</a> +2 Cups <a href="#">Zucchini Ribbons</a>	<a href="#">Mason Jar Trail Mix and Chicken Salad</a>	<a href="#">Ideal Protein Sweet Chili Dorados</a> +2 cups <a href="#">Cucumber Salsa</a>	<a href="#">Ideal Protein Trail Mix</a> on top of 2 Cups of <a href="#">Warm Zucchini Balsamic Salad</a>	<a href="#">Ideal Protein Vegetable Chili Mix</a> +2 cups <a href="#">Cabbage and Jalapeno Slaw</a>
Dinner	<a href="#">Chinese Chicken and Cucumber Salad</a> With 6 ounces of chicken and 2 Cups of cucumber salad	<a href="#">Buffalo Chicken Jalapeno Poppers</a> With 3 ounces of chicken and a side salad	<a href="#">Grilled Mahi Mahi</a> with 6 Ounces of Mahi and 2 Cups of <a href="#">Cucumber Salsa</a>	<a href="#">Air Fryer Chicken</a> and <a href="#">Warm Zucchini Balsamic Saldi</a> With 6 ounces of Chicken and 2 Cups of zucchini salad	<a href="#">Veggie Frittata</a> with 6 ounces of egg and 2 Cups of veggies	<a href="#">Grilled Mahi Mahi</a> and <a href="#">Tangy Cabbage and Jalapeno Slaw</a> With 6 ounces of mahi and 2 Cups of slaw	<a href="#">Olive Oil Fried Eggs with Fresh Herb and Tomato Salad</a> With 4 ounces of egg and 2 Cups of salad
Snack	<a href="#">Ideal Protein Trail Mix</a>	<a href="#">Cranberry Muffin</a>	<a href="#">Ideal Protein Cappuccino Drink Mix</a>	<a href="#">Ideal Protein Sweet Chili Dorados</a>	<a href="#">Ideal Protein Trail Mix</a>	<a href="#">Ideal Protein Cappuccino Drink Mix</a>	<a href="#">Ideal Protein Sweet Chili Dorados</a>
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. Ideal Protein Cranberry Oatmeal						
	2. Ideal Protein Cappuccino Drink Mix						
	3. Ideal Protein Vegetable Chili Mix						
	4. Ideal Protein Sweet Chili Dorados						
	5. Ideal Protein Trail Mix						
	6. <a href="#">Vanilla Crispy Square</a>						

	See Required Products →						
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