

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 17)

Week of:	Enter your starting date here (__/__/__)				Brought to you by BioIntelligent Wellness		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Ideal Protein Crispy Cereal	Ideal Protein Chocolate Chip Pancake Mix	Pudding muffin	Pudding Waffle	Ideal Protein Chocolate Chip Pancake Mix	Ideal Protein Crispy Cereal	Zucchini Egg Cups
Lunch	Ideal Protein Mac and Cheese + 2 cups of veggies	Ideal Protein Trail Mix + Veggie Salad with 2 cups of veggies	Ideal Protein Vegetable Bolognese + Green Salad	Artisan Flatbread with 2 Cups roasted veggies and Spinach	Ideal Protein Trail Mix + Veggie Salad with 2 cups of veggies	Ideal Protein Mac and Cheese with 2 cups Spinach	Ideal Protein Vegetable Bolognese and Artisan Flatbread
Dinner	Summer Shrimp Salad with 6 ounces of shrimp and 2 Cups of veggies	Turkey burger with Zucchini Bun With 4 ounces of turkey and 2 Cups of Zucchini	Ground Turkey Vegetable Skillet With 6 Ounce Turkey and 2 Cups veggies	Garlic Shrimp and Veggie Foil Packet With 6 ounces of Shrimp and 2 Cups of veggies	Eggs Baked in Bell Peppers With 6 ounces of Eggs and 2 Cups of Veggies	Grilled Shrimp and Lemon Garlic Grilled Zucchini With 6 Ounces of Shrimp and 2 Cups of Zucchini	6 ounces of Ground Turkey With 2 Cups of Bell Pepper Salad
Snack	Ideal Protein Trail Mix	Mint Chocolate ice cream	Crispy cookies	Ideal Protein Trail Mix	Mint Chocolate ice cream	Chocolate Chip Cookies	Ideal Protein Vanilla Pudding
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Chocolate Chip Pancake Mix 2. IP Crispy Cereal 3. IP Mac and Cheese 4. IP Trail Mix 5. IP Vegetable Bolognese 6. IP Vanilla Pudding						
	See Required Products →						



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