

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 18)

Week of:	Enter your starting date here (__/__/__)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Oatmeal Muffin	Ideal Protein Apple Oatmeal	Potato Pancakes	Pudding Waffle	Ideal Protein Apple Oatmeal	Potato Pancakes	Spaghetti Squash Egg Nests
Lunch	Ideal Protein Mushroom Risotto +2 cups of Spinach	Salad +2 cups of veggies, topped with crushed Ideal Protein Nacho Dorados	Spaghetti Squash Soup and Potato Roll	Ideal Protein Mashed Potato with Lemon GarlicZucchini	2 Cups of Cucumber Salsa with Ideal Protein Nacho dorados	Ideal Protein Mushroom Risotto + 2 cups Cauliflower rice	Ideal Protein Mashed Potato + 2 Cups of Veggies
Dinner	Grilled Chicken and Zucchini Salad with 6 ounces of chicken and 2 Cups of Zucchini	Crispy Shrimp Burger With 6 ounces of Shrimp and 2 Cups of Zucchini Chips	Ground Turkey Vegetable Skillet With 6 Ounce Turkey and 2 Cups Veggies	Cauliflower Shrimp Bowl With 6 ounces of Shrimp and 2 Cups of Cauliflower	Roasted Spaghetti Squash with Turkey and Veggies With 6 ounces of Turkey and 2 Cups of Veggies	Vegetable Frittata With 6 Ounces of Egg and 2 Cups of Veggies	Green Chicken Zoodle Bowl With 6 ounces of Chicken and 2 Cups of Zucchini
Snack	Ideal Protein Nacho Dorados	Ideal Protein Dark Chocolate Pudding	Apple Spice Cake	Ideal Protein Nacho Dorados	Pudding Muffins	Apple Spice Cake	Ideal Protein Dark Chocolate Pudding
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Apple Oatmeal 2. IP Mushroom Risotto 3. IP Nacho Dorados 4. IP Mashed Potato 5. IP Dark Chocolate Pudding						
	See Required Products →						



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