

BioIntelligent Wellness Ideal Protein Meal Plan

Phone: 858 228 3644 | Fax: 858 228 3641 | Email: info@biointelligentwellness.com
Important: Redistribution of this meal plan without consent is prohibited.

Ideal Protein Meal Plan (Week 19)

Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Ideal Protein Golden Pancake	Ideal Protein Chocolate Drink Mix	Cranberry Pancake	Cranberry Muffins	Ideal Protein Golden Pancake	Ideal Protein Cranberry Oatmeal	Egg and Salmon Scramble
Lunch	Ideal Protein Chicken Chowder Soup with 2 cups of sauteed celery and red peppers	Veggie Salad and the Ideal Protein Chocolate Drink Mix	Celery Soup topped with Ideal Protein Buffalo Puffs	Golden Pancake Fritters with a Side Salad	2 Cups of SPinach blended into Ideal Protein Chocolate Drink Mix	Celery Soup and Chowder Rolls	Buffalo Eggplant Fries with a Side Salad
Dinner	Instant Pot Salmon Foil Packet	Spinach Stuffed Pork Chops With 6 ounces of Pork and 2 Cups of Spinach	Ground Turkey Vegetable Skillet With 6 Ounce Turkey and 2 Cups Veggies	Pork Chops with Mushrooms and Shallots With 6 ounces of Pork and 2 Cups of Veggies	One Pan Salmon and Roasted Cabbage With 6 ounces of Salmon and 2 Cups of Cabbage	Vegetable Frittata With 6 Ounces of Egg and 2 Cups of Veggies	Salmon Burger and Pickled Slaw With 6 ounces of Salmon and 2 Cups of Slaw
Snack	Cranberry Oatmeal Biscuits	Ideal Protein Buffalo Puffs	Golden Pancake Fritters	Ideal Protein Chocolate Drink Mix	Ideal Protein Buffalo Puffs	Chocolate Zucchini Square	Ideal Protein Chocolate Drink Mix
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Golden Pancake						
	2. IP Chocolate Drink Mix						
	3. IP Cranberry Oatmeal						
	4. IP Chicken Chowder Soup						
	5. IP Chocolate Drink Mix						
	6. IP Buffalo Puffs						
	See Required Products →						



Give us your worst health problems and we will give you real solutions

