

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 20)

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 Cappuccino Drink Mix	Cappuccino Scone	Crispy Cereal Pancakes	Ideal Protein Vanilla Crispy Square	Ideal Protein Crispy Cereal	Air Fryer Egg Frittata
Lunch	Ideal Protein Broccoli Cheese with 2 cups of red peppers	Veggie Salad and the Ideal Protein Vanilla Crispy Square	Zucchini Soup with Ideal Protein Dill Zippers	Ideal Protein Broccoli Cheese Soup with 2 Cups of Broccoli	2 Cups of Spinach blended into Ideal Protein Cappuccino Drink Mix	Ideal Protein Broccoli Cheese Soup with a Side Salad	Veggie Salad topped with Ideal Protein Dill Zippers
Dinner	Foil Pack Shrimp and Broccoli	Veggie Loaded Meatballs With 6 ounces of beef and 2 Cups of veggies	Tuna Stuffed Zucchini Boats With 6 Ounce Tuna and 2 Cups Zucchini	Ground Beef Lettuce Wraps With 6 ounces of Ground Beef and 2 Cups of Veggies	Stuffed Bell Peppers With 6 ounces of Ground Beef and 2 Cups of Veggies	Crispy Shrimp with Basil Garlic and Tomatoes With 6 Ounces of Shrimp and 2 Cups of Veggies	Shrimp Burger and Pickled Slaw With 6 ounces of Shrimp and 2 Cups of Slaw
Snack	Cappuccino Scone	Ideal Protein Dill Zippers	Ideal Protein Vanilla Crispy	Ideal Protein Vanilla Crispy	Crispy Cereal Cookies	Ideal Protein Dill Zippers	Ideal Protein Cappuccino Drink Mix
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Crispy Cereal 2. IP Cappuccino Drink Mix 3. IP Vanilla Crispy Square 4. IP Dill Zippers 5. IP Broccoli Cheese Soup 6. IP Broccoli Cheese						
	See Required Products →						



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

