

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 22)

Week of:	Enter your starting date here (__/__/__)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	IP Cappuccino Drink Mix	IP Apple Oatmeal	Apple Oatmeal Muffins	IP Cappuccino Drink Mix	IP Chocolate Crispy Square	IP Apple Oatmeal	Egg and Salmon Scramble
Lunch	IP Nacho Dorados with 2 Cups Cucumber Salsa	Veggie Salad and the IP Buffalo Ranch Puffs	Rotini Pasta Salad	Broccoli Soup topped with IP Buffalo Ranch Puffs	Cauliflower Potato Salad and IP Nacho Dorados	Veggie Salad and the IP Cappuccino Drink Mix	Broccoli Soup topped with IP Buffalo Ranch Puffs
Dinner	Steak and Zucchini Stir Fry with 6 ounces of Steak and 2 Cups of Zucchini	Tuna Lettuce Wraps and Cauliflower Potato Salad with 4 ounces of Tuna and 2 Cups of Cauliflower	Sheet Pan Steak with Broccoli and Radishes with 6 ounces of Steak and 2 Cups of Veggies	Steak and Veggie Burrito Wrap with 4 ounces of Steak and 2 Cups of Veggies	Tuna Stuffed Zucchini Boats With 4 ounces of Tuna and 2 Cups Zucchini	Salmon Burger Patty With 6 ounces of Salmon and 2 Cups of Cauliflower Potato Salad	Zucchini Rotini Salad
Snack	IP Cappuccino Drink Mix	IP Chocolate Crispy Square	IP Buffalo Ranch Puffs	Apple Oatmeal Muffins	Cappuccino Cookies	IP Buffalo Ranch Puffs	IP Chocolate Crispy Square
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Cappuccino Drink Mix						
	2. IP Apple Oatmeal						
	3. IP Thai Pork Soup						
	4. Ideal Salted Caramel Clusters						
	5. IP Ranch Dorados						
	PRODUCTS →						



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

