

BioIntelligent Wellness Ideal Protein Meal Plan

Phone: 858 228 3644 | Fax: +1 858 228 3644 | Email: info@biointelligentwellness.com

Important: Redistribution of this meal plan without consent is prohibited.

Ideal Protein Meal Plan (Week 24)

| Week of: | Enter your starting date here (___/___/___) | | | Brought to you by BioIntelligent Wellness | | | |
|--------------------------------|--|---|---|--|---|--|--|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Breakfast | IP Maple Oatmeal | IP Cappuccino Drink Mix | Maple Oatmeal Pancakes | Cappuccino Scone | Cappuccino Scone | IP Vanilla Crissy Square | IP Maple Oatmeal |
| Lunch | IP Mashed Potato Mix + 2 cups of sauteed veggies | IP Sweet Chili Dorados and 2 Cups of Cucumber Salsa | IP Vanilla Crispy Square and a Mixed green salad with 2 cups of veggies | Chicken Salad Stuffed Cucumbers | IP Sweet Chili Dorados and a Mixed green salad with 2 cups of veggies | Potato Rolls with 2 Cups of Warm Zucchini Balsamic Salad | Potato Rolls +2 cups Cabbage and Jalapeno Slaw |
| Dinner | Herb Crusted Pork Tenderloin With 6 ounces of pork and 2 Cups of Apple Cider Braised Cabbage | Blackened Chicken and Smashed Radishes and a small side salad with 6 ounces of chicken and 2 cups of radishes | Shakshuka Dinner with 6 ounces of eggs and 2 Cups of veggies. | Air Fryer Chicken and Warm Zucchini Balsamic Salad With 4 ounces of chicken and 2 Cups of Zucchini Salad | Jalapeno Steak with 4 ounces of steak and 2 Cups Roasted Radishes and Turnips | Crock Pot Pork Tenderloin and Tangy Cabbage and Jalapeno SLaw With 4 ounces of pork and 2 Cups of slaw | Olive Oil Fried Eggs with Fresh Herb and Tomato Salad With 4 ounces of egg and 2 Cups of salad |
| Snack | IP Vanilla Crispy Square | IP Vanilla Crispy Square | IP Cappuccino Drink Mix | IP Sweet Chili Dorados | IP Vanilla Crispy Square | Cappuccino Zucchini Cookies | IP Sweet Chili Dorados |
| Products required for the week | See Required Products | Plan Your Grocery ... | | | | | |
| | 1. IP Maple Oatmeal | | | | | | |
| | 2. IP Cappuccino Drink Mix | | | | | | |
| | 3. IP Vanilla Crissy Square | | | | | | |
| | 4. IP Mashed Potato Mix | | | | | | |
| | 5. IP Sweet Chili Dorados | | | | | | |
| | PRODUCTS → | | | | | | |



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