

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 1)							
Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	IP Oatmeal	<u>Crispy Cereal Pancake</u>	<u>Oatmeal Zucchini Muffins</u>	IP Crispy Cereal	IP Chocolate Drink Mix	<u>Maple Oatmeal Pancakes</u>	<u>Egg Muffins</u>
Lunch	IP Ranch Dorados w/2 cups <u>Cucumber Salsa</u>	<u>Rotini Pasta Salad</u>	Salad w/2 Cups of Veggies and a Vanilla Crispy Square	IP Ranch Dorados w/2 cups <u>Cucumber Salsa</u>	<u>Zucchini Rotini Salad</u>	2 cups Roasted Veggies on a Bed of Greens and a Vanilla Crispy Square	Salad with Veggies, Sauteed Peppers, <u>IP Salsa</u> and Crushed Ranch Dorados
Dinner	<u>Air-fryer Pepper Stuffed Chicken</u>	<u>Garden Beef Skillet</u>	<u>Zucchini Noodle with Chicken</u>	<u>Buffalo Chicken Stuffed Spaghetti Squash</u>	<u>Egg Nests</u>	<u>Zucchini Burger</u>	Veggie Stir Fry with Konjac Noodles
Snack	IP Chocolate Drink Mix	Vanilla Crispy Square	IP Ranch Dorados	<u>Chocolate Zucchini Cookies</u>	Vanilla Crispy Square	IP Ranch Dorados	<u>Chocolate Zucchini Cookies</u>
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. <u>Ideal Protein Rotini</u> 2. <u>IP Crispy Cereal</u> 3. <u>Chocolate Drink Mix</u> 4. <u>Maple Oatmeal</u> 5. <u>Ranch Dorados</u> 6. <u>Vanilla Crispy Square</u>						
	See Required Products →						



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