

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 10)

Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Chocolate chip muffins	IP apple Oatmeal	Chocolate chip muffins	Oatmeal muffins	Chocolate chip muffins	Vegetable frittata	Oatmeal muffins
Lunch	Cauliflower soup with IP buffalo ranch puffs	Vegetable bolognese w/ cauliflower rice	IP buffalo ranch puffs on top of a vegetable salad	Vegetable bolognese w/ Easy zucchini noodles	IP vegetable bolognese with side salad	Cauliflower soup with IP buffalo ranch puffs	2 slices chocolate chip zucchini bread
Dinner	Mushroom turkey burger	Sauteed chicken / cauliflower fritters	Garlic grilled mushrooms with Pan seared chicken	Turkey zucchini skillet	Ground turkey with cauliflower rice	Vegetable bolognese with tomato and tofu	Mushroom leek saute with Pan seared chicken
Snack	IP Raspberry clusters	IP buffalo ranch puffs	IP Raspberry clusters	IP buffalo ranch bites	IP raspberry clusters	IP raspberry clusters	Chocolate chip muffins
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. Chocolate chip pancake						
	2. Apple Oatmeal						
	3. Buffalo ranch puffs						
	4. Vegetable bolognese						
	5. Raspberry clusters						
	See Required Products→						



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