

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 11)

Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Wildberry Muffins	Chocolate Chip Muffins	IP Wildberry Smoothie	Potato Pancakes	Mug Cake Muffins	Potato Pancakes	IP Crispy Cereal
Lunch	Chocolate Chip Muffins	Rotini Pasta Salad	IP Mashed Potatoes Mix W/2 Cups Sauteed Vegetables	IP Cereal With Summer Cucumber Jicama Salad	Wild Berry Smoothie With Roasted Garlic Lemon Broccoli	Salad With Veggies And Potato Rolls	Zucchini Rotini Salad
Dinner	Brussels Sprout And Ground Turkey Skillet	Air Fryer Curry Cauliflower with Stuffed Chicken	Buffalo Chicken Stuffed Spaghetti Squash	Overnight Kale Salad With Turkey	Pan Seared Chicken With 2 Cups Veggies	Egg Nests	Big Mac In A Bowl
Snack	Chocolate Chip Muffins	IP Crispy Cereal	IP Wildberry Smoothie	Mug Cake Muffins	Crispy Cereal Cookies	Wildberry Ice Cream	IP Mug Cake
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. Ideal Protein Rotini						
	2. Berry smoothie						
	3. Chocolate chip pancake						
	4. Mashed potatoes mix						
	5. Chocolate caramel mug Cake						
	6. Crispy cereal						

	See Required Products →						
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