

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 2)

Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<u>Wildberry muffins</u>	IP Crispy cereal	IP Wildberry smoothie	<u>pudding waffles (using vanilla pudiing mix)</u>	<u>Pudding waffles</u>	IP Crispy cereal	2 scrambled eggs
Lunch	IP Chili with 2 cups sauteed peppers	<u>IP Nacho Cheese Dorados with Ideal Protein Salsa</u>	<u>IP Chili with 2 cups spaghetti squash</u>	<u>salad with 1 cup sauteed peppers and Ideal protein salsa topped with crush IP nacho dorados</u>	IP chili with 2 cups veggies	Zesty italian crackers with 2 cups veggies	<u>IP Nacho dorados w/1 cup cucumber salsa</u>
Dinner	<u>Summer shrimp salad</u>	Pan seared chicken with 2 cups veggies	<u>One pan lemon garlic shrimp with brussels sprouts</u>	Baked fajita roll ups	<u>Egg Nests</u>	<u>Shrimp scampi with spaghetti squash</u>	<u>Tuna stuffed zucchini boats</u>
Snack	IP Vanilla pudding	IP Wildberry smoothie	IP Nacho Dorados	Zesty italian crackers	<u>Wildberry ice cream</u>	IP Nacho Dorados	<u>Cauliflower rice pudding</u>
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. <u>Berry Breakfast Smoothie Mix (Wildberry Yogurt Drink Mix)</u>						
	2. <u>Crispy Cereal</u>						
	3. <u>Vanilla pudding mix</u>						
	4. <u>Nacho Cheese Dorados</u>						
	5. <u>Vegetable Chili Mix</u>						

	See Required Products →					
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