

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 4)							
Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<u>Potato pancakes</u>	IP Vanilla crispy square	<u>Potato pancakes</u>	IP chocolate waffles	IP chocolate waffles	IP Vanilla crispy square	2 Poached eggs
Lunch	<u>Rotini pasta salad</u>	<u>IP sweet chili dorados w/Ideal protein salsa</u>	IP mashed potatoes mix w/2 cups sauteed veggies	<u>Salad with veggies and potato rolls</u>	Zucchini rotini pasta salad	<u>Salad with veggies and potato rolls</u>	2 cups veggies with IP sweet chili dorados
Dinner	<u>Big mac in a bowl</u>	Grilled salmon kabobs with 2 cups veggies	<u>Salmon burgers</u>	Ground beef stuffed peppers	<u>Tuna stuffed zucchini boats</u>	<u>Garden beef skillet</u>	<u>Spiced up salmon w jalapeno w/2 cups veggies</u>
Snack	IP Chocolate pudding	IP sweet chili dorados	IP sweet chili dorados	IP Vanilla crispy square	IP chocolate pudding	IP sweet chili dorados	Vanilla crispy square
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. <u>Mashed potato mix</u>						
	2. <u>Vanilla crispy square</u>						
	3. <u>Ready made chocolate pudding</u>						
	4. <u>Sweet chili dorados</u>						
	5. <u>Rotini pasta</u>						
	See Required Products →						



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