

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 6)

Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<u>Chocolate Scone</u>	IP Crispy cereal	IP Chocolate drink mix	<u>Cinnamon bread</u>	<u>Cinnamon bread</u>	IP Crispy cereal	<u>pudding waffles</u>
Lunch	IP Macaroni and cheese w/2 cups of veggies	<u>IP Chocolate drink mix and Roasted garlic lemon broccoli</u>	IP Macaroni and cheese with a side salad	<u>IP Chocolate drink mix and baked cucumber chips</u>	<u>IP Macaroni and cheese with warm zucchini salad</u>	<u>Marinated cucumber salad and dill zippers</u>	<u>IP Ranch dorados with summer cucumber jicama salad</u>
Dinner	<u>Thai steak lettuce cups</u>	<u>Breaded fish fillets w/2 cups turnIP fries</u>	<u>Pan steak with broccoli and radishes</u>	<u>Airfryer tilapia and warm zucchini salad</u>	<u>Mashed Egg salad stuffed tomatoes</u>	<u>Fish Ceviche</u>	<u>olive oil fried eggs with tomato and herb salad</u>
Snack	<u>Cinnamon bread</u>	IP Dill pickle zippers	<u>Chocolate zucchini cookies</u>	IP Dill pickle zippers	<u>Chocolate zucchini pie</u>	IP Chocolate drink mix	<u>Chocolate zucchini cookies</u>
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. <u>Crispy cereal</u> 2. <u>Chocolate smoothie mix</u> 3. <u>Dill pickle zippers</u> 4. <u>Mac and cheese</u>						
	See Required Products →						



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