

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 7)							
Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Pudding Waffle	IP S'mores Cocoa	Pudding Waffle	Potato Pancake	Potato Pancake	IP S'mores Cocoa	Pudding Waffle
Lunch	Eggplant Spread on Artisan Flatbread	Veggie salad with IP Ranch Dorados	Eggplant Spread on Artisan Flatbread	Veggie salad with Potato Rolls	Walking Taco	Veggie salad with IP Buffalo Puffs	Walking Taco
Dinner	Air Fryer Buffalo Tofu	Mushroom Beef Burger with TurnIP Fries	Stir Fried Tofu with Bean Sprouts	Chili Eggplant with Ground Beef	Beef Skillet	Air Fryer Tofu with Mushroom and Leek Saute	TurnIP Shepherd's Pie
Snack	IP Ranch Nacho	IP Dark Chocolate Pudding	IP Ranch Nachos	IP Buffalo Puffs	S'mores Brownie	IP Ranch Nacho	S'mores Brownie
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. Dark Chocolate Pudding 2. S'mores Cocoa 3. Mashed Potato 4. Buffalo Ranch Puffs						
	See Required Products →						



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