

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 8)							
Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	IP Cranberry vanilla oatmeal	Cranberry Oatmeal Muffins	IP Golden pancake	IP Vanilla crispy square	Cranberry Oatmeal Muffins	IP Golden pancake	Salmon and Egg Scramble
Lunch	Kohlrabi Fries with IP veggie meatless patty	2 cups of veggies topped with IP pizza curls	Celery Soup with IP Pizza curls	Taco salad with IP meatless patty	2 cups of veggies and IP vanilla crispy square	IP Meatless patty lettuce wrapped with zucchini chips	Veggie salad topped with IP pizza curls
Dinner	Chipotle Chicken Bowl	Air Fryer Chicken Cutlets with Zoodles	Kohlrabi Frittata	Salmon Burger on a veggie salad	Blackened Chicken and Cauliflower Rice	Air Fryer Salmon with Mashed Brussel Sprouts	Kohlrabi linguine with Tomato Basil sauce and IP Meatless Patty mix
Snack	IP vanilla crispy square	IP Pizza curls	IP Vanilla crispy square	Cranberry Oatmeal Muffins	IP Pizza curls	IP Pizza curls	Cranberry Oatmeal Muffins
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. Cranberry Vanilla Oatmeal						
	2. Golden Pancake						
	3. Vanilla Crispy						
	4. Pizza Curls						
	5. Meatless Patty						

	See Required Products →						
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