

BioIntelligent Wellness Ideal Protein Meal Plan

Phone: 858 228 3644 | Fax: +1 858 228 3644 | Email: info@biointelligentwellness.com

Important: Redistribution of this meal plan without consent is prohibited.

Ideal Protein Meal Plan (Week 25)

Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	IP Chocolate Drink Mix	IP Maple Oatmeal	Chocolate Waffle	Chocolate Waffle	IP Chocolate Drink Mix	IP Maple Oatmeal	Spaghetti Squash Hash
Lunch	Rotini Pasta Salad	Mason Jar Salad with 3 ounces of Chicken and 2 cups of veggies	IP Buffalo Ranch Puffs and 2 cups of Cauliflower Soup	Zucchini Rotini Salad	IP Trail Mix with Mixed Greens and 2 cups of veggies	IP Buffalo Ranch Puffs and 2 cups of Cauliflower Soup	IP Chocolate Drink Mix With a Veggie Salad
Dinner	Pan Seared Salmon with Dijon Sauce and 2 cups of Mashed Cauliflower with 4 ounces of salmon and 2 cups of cauliflower	Chicken Salad Lettuce Wraps with 3 ounces of chicken and 2 cups of veggies	Turkey and Cauliflower Rice Bowl with 6 ounces of turkey and 2 cups of cauliflower	Egg Nests with 3 eggs and 2 cups of spaghetti squash	Salmon Balls and Garlic Spaghetti Squash Skillet with 6 ounces of salmon and 2 cups of veggies	Turkey Burger with Zucchini Bun with 6 ounces of turkey and 2 cups of zucchini	Rotini Pasta Salad and Chicken Salad with 2 ounces of chicken and 2 cups of veggies
Snack	IP Trail Mix	IP Buffalo Ranch Puffs	Oatmeal Muffin	IP Trail Mix	Chocolate Scone	Cappuccino Zucchini Cookies	IP Buffalo Ranch Puffs
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Chocolate Drink Mix 2. IP Maple Oatmeal 3. IP Buffalo Ranch Puffs 4. IP Trail Mix						
	PRODUCTS →						



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