

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 26)

Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	IP Golden Pancake	IP Cappuccino Drink Mix	IP Cappuccino Drink Mix	IP Golden Pancake	IP Lemon Wafer	Cappuccino Scone	Golden Pancake Veggie Frittata
Lunch	Sandwich made with Artisan Flatbread and 2 cups of roasted veggies	IP Dill Zippers with a Veggie Salad	Sandwich made with Artisan Flatbread and 2 cups of roasted veggies	IP Broccoli and Cheddar Soup with 2 cups of broccoli	Potato Rolls with a veggie salad	IP Mashed Potato and 2 cups of Tangy Cabbage and Jalapeno Slaw	IP Broccoli and cheddar Soup with 1 cup of broccoli and konjac rice
Dinner	Pan Steak with Broccoli and Radishes with 4 ounces of steak and 2 cups of veggies	Shrimp Cabbage Roll With 4 ounces of shrimp and 2 cups of veggies	Steak Fajita Meal Prep Box with 6 ounces of steak and 2 cups of veggies	Steak Fajita Meal Prep Box with 6 ounces of steak and 2 cups of veggies	Veggie Omelet with 6 ounces of egg and 2 cups of veggies	Foil Pack Shrimp and Broccoli with 6 ounces of shrimp and 2 cups of broccoli	Tuna stuffed Peppers with 4 ounces of tuna and 2 cups of veggies
Snack	IP Lemon Wafer	Potato Rolls	IP Lemon Wafer	IP Dill Zippers	Cappuccino Scone	IP Dill Zippers	IP Lemon Wafer
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Golden Pancake						
	2. IP Cappuccino Drink Mix						
	3. IP Lemon Wafer						
	4. IP Dill Zippers						
	5. IP Broccoli and Cheddar Soup						
	6. IP Mashed Potato						
	PRODUCTS →						



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