

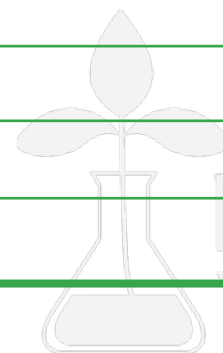
BioIntelligent Wellness Ideal Protein Meal Plan

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

Ideal Protein Meal Plan (Week 27)

Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Pudding Waffles	IP Maple Oatmeal	IP Maple Oatmeal	Pudding Muffins	IP Multi-Grain Bread	IP Maple Oatmeal	Pudding Waffles
Lunch	Roasted Cauliflower Soup and IP Multi-Grain Bread	IP Ranch Dorados with a Veggie Salad	Roasted Cauliflower Soup and IP Multi-Grain Bread	Roasted Vegetable Salad with IP Multi-Grain Bread	IP Salted Caramel Clusters with a Veggie Salad	Mediterranean Cauliflower Salad with IP Ranch Doados	4 Ounces of tuna salad and IP Multi-Grain Bread
Dinner	Spicy Chicken and Hearts of Palm Noodles	Air Fryer Chicken Patties with Pickled Slaw	One-Pan Salmon and Cabbage	Salmon Salad in Lettuce Cups with Turnip Chips	Blackened Chicken with Mediterranean Cauliflower Salad	Egg Casserole	Roasted Veggie Salad
Snack	IP Salted Caramel Clusters	Cinnamon Tapioca Pudding	Cinnamon Tapioca Pudding	IP Ranch Dorados	IP Ranch Dorados	IP Vanilla Pudding Mix	IP Salted Caramel Clusters
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Maple Oatmeal						
	2. IP Multi-Grain Bread						
	3. IP Ranch Dorados						
	4. IP Salted Caramel Clusters						
	5. IP Vanilla Pudding Mix						
	PRODUCTS →						



BioIntelligent
Wellness



Give us your worst health problems and we will give you real solutions

