

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 28)

Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	IP Apple Oatmeal	IP Apple Oatmeal	IP Ready To Serve Chocolate Drink	Apple Oatmeal Muffin	IP Vanilla Crispy Square	Apple Oatmeal Muffin	IP Vanilla Crispy Square
Lunch	Rotini Pasta Salad	Zucchini Soup with IP Trail Mix	IP Trail Mix with a veggie salad	Zucchini Rotini Salad	IP Ready To Serve Chocolate Drink with a veggie salad	Mason Jar Salad	Rotini Pasta Salad
Dinner	Tomato Baked Eggs	Baked Tofu and Mushroom Marinara	Steak Cucumber Salad	Tofu Scallion Stir Fry	Summer Shrimp Salad and Zucchini Soup	Steak with Scallion Herb Sauce and Roasted Radishes	Crispy Tofu and Mushrooms
Snack	IP Ideal Protein Trail Mix	IP Serve to Serve Chocolate Drink	IP Vanilla Crispy Square	IP Ideal Protein Trail Mix	Apple Oatmeal Muffin	IP Ready to Serve Chocolate Drink	IP Ideal Protein Trail Mix
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Apple Oatmeal 2. IP Ready To Serve Chocolate Drink 3. IP Vanilla Crispy Square 4. IP Trail Mix						
	PRODUCTS →						





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

