

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 29)

Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	IP Maple Oatmeal	IP Maple Oatmeal	IP Ready To Serve Cappuccino Drink	Oatmeal Muffin	Oatmeal Muffin	IP Ready To Serve Cappuccino Drink	IP Lemon Wafers
Lunch	IP Ready To Serve Cappuccino Drink with 2 cups of veggies	Cauliflower Soup with IP Dorados	IP Dorados with a veggie salad	Cauliflower Soup and IP Lemon Wafers	IP Ready To Serve Cappuccino Drink with 2 cups of veggies	IP Dorados with a veggie salad	Oatmeal Muffin
Dinner	Chicken Veggie Nuggets and a side salad	Chicken Cauliflower Meatballs with Zucchini Noodles	Chili Flank Steak and Cabbage Salad	Egg Casserole	Steak Cucumber Salad	Steak with Scallion Herb Sauce and Turnip Fries	Chicken Cacciatore
Snack	IP Lemon Wafers	IP Ready To Serve Cappuccino Drink	IP Lemon Wafers	IP Nacho Dorados	Oatmeal Muffin	IP Lemon Wafers	IP Nacho Dorados
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Maple Oatmeal 2. IP Ready To Serve Cappuccino Drink 3. IP Lemon Wafers 4. IP Nacho Dorados 5. IP Dorados						
	PRODUCTS →						



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