

BioIntelligent Wellness Ideal Protein Meal Plan

Phone: 858 228 3644 | Fax: +1 858 228 3641 | Email: info@biointelligentwellness.com

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

Ideal Protein Meal Plan (Week 30)

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 Chocolate Chip Pancake Mix	IP Vanilla Crispy Square	IP Chocolate Chip Pancake Mix	Chocolate Scone	IP Vanilla Crispy Square	IP Chocolate Drink Mix
Lunch	IP Chicken Noodle Soup with Zucchini Noodles	IP Popcorn with a veggie salad	IP Multigrain Seeded Bread and Cauliflower Soup	IP Multigrain Seeded Bread and a veggie salad	IP Popcorn with a veggie salad	IP Chicken Noodle Soup with Zucchini Noodles	IP MultiGrain Bread and roasted veggies sandwich
Dinner	Garlic Dijon Chicken With Mashed Turnips	Shrimp and Veggie Lettuce Wraps	Zucchini Bosts	Summer Shrimp Salad	Cauliflower Shrimp Bowl	Beef and Zucchini Burger With Turnip Fries	Chicken and Cauliflower Soup
Snack	IP Popcorn	IP Chocolate Drink Mix	Chocolate Scone	IP Popcorn	Chocolate Zucchini Cookies	IP Popcorn	IP Vanilla Crispy Square
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Chocolate Drink Mix 2. IP Chocolate Chip Pancake Mix 3. IP Vanilla Crispy Square 4. IP Chicken Noodle Soup 5. IP Popcorn 6. IP Multigrain Seeded Bread						
	PRODUCTS →						



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

