

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 31)

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 Vanilla Crispy Square	Cappuccino Scone	Golden Pancake Veggie Frittata
Lunch	Sandwich made with Artisan Flatbread and roasted veggies	IP Pizza Crisps with a veggie Salad	Sandwich made with Artisan Flatbread and roasted veggies	IP Vanilla Crispy Square with a veggie salad	Potato Rolls with a veggie salad	IP Mashed Potato with Tangy Cabbage and Jalapeno Slaw	IP Pizza Crisps with 2 cups of veggies
Dinner	Pan Steak with Broccoli and Radishes	One-Pan Salmon With Roasted Cabbage	Jalapeno Steak with Garlic Mashed Broccoli	Steak and Veggie Roll Ups	Broccoli Frittata	Spiced Grilled Salmon with Hearts of Palm Salad	Tuna Veggie Patties and Tangy Cabbage and Jalapeno Slaw
Snack	IP Vanilla Crispy Square	Potato Roll	IP Vanilla Crispy Square	IP Pizza Crisps	Cappuccino Scone	IP Pizza Crisps	IP Vanilla Crispy Square
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Golden Pancake 2. IP Cappuccino Drink Mix 3. IP Vanilla Crispy Square 4. IP Pizza Crisps 5. IP Mashed Potato						
	PRODUCTS →						



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

