

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 32)

Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	IP Cappuccino Drink Mix	IP Apple Oatmeal	Apple Oatmeal Muffins	IP Cappuccino Drink Mix	IP Chocolate Crispy Square	IP Apple Oatmeal	Salmon Egg Scramble
Lunch	IP Nacho Dorados with Cucumber Salsa	IP Pizza Crisps with a veggie salad	Rotini Pasta Salad	Rotini Pasta Salad	IP Nacho Dorados with Cucumber Salsa	IP Cappuccino Drink Mix with a veggie salad	Ideal Protein Pizza Crisps with 2 cups of veggies
Dinner	Steak and Zucchini Stir Fry	Italian Tuna Pasta Salad	Steak and Cucumber Salad	Steak and Veggie Burrito Wrap	Tuna Stuffed Zucchini Boats	Spiced Grilled Salmon with Hearts of Palm Salad	Zucchini Rotini Salad
Snack	IP Cappuccino Drink Mix	IP Chocolate Crispy Square	IP Pizza Crisps	Apple Oatmeal Muffins	Cappuccino Cookies	IP Nacho Dorados	IP Chocolate Crispy Square
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Apple Oatmeal 2. IP Cappuccino Drink Mix 3. IP Chocolate Crispy Square 4. IP Pizza Crisps 5. IP Nacho Dorados						
	PRODUCTS →						



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

