

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 33)

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 Apple Oatmeal	IP Ready To Serve Vanilla Drink	Oatmeal Muffin	IP Apple Oatmeal	IP Chocolate Drink Mix	IP Strawberry Wafers
Lunch	IP Popcorn with a veggie salad	IP Ready To Serve Vanilla Drink blended with spinach	IP Popcorn with a veggie salad	Roasted Vegetable Salad and Ideal Protein Strawberry Wafers	Ideal Protein Ready To Serve Vanilla Drink blended with Spinach	Roasted Vegetable Salad and Ideal Protein Popcorn	Oatmeal Muffins
Dinner	Chicken Veggie Nuggets and Turnip Fries	Green Chicken Zucchini Bowl	Egg Casserole	Turkey and Spinach Meatballs with zoodles	Spicy Jalapeno Turkey Burger and a side salad	Baked Sea Bass and Zucchini	Chicken Squash Skewers
Snack	IP Ready to Serve Vanilla Drink	IP Strawberry Wafers	IP Strawberry Wafers	IP Popcorn	IP Chocolate Drink Mix	Ice Cream	IP Popcorn
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Chocolate Drink Mix 2. IP Apple Oatmeal 3. IP Ready To Serve Vanilla Drink 4. IP Apple Oatmeal 5. IP Strawberry Wafers 6. IP Popcorn						
	PRODUCTS →						



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

