

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 34)

Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	IP Ready to Serve Vanilla Drink	IP Maple Oatmeal	IP Maple Oatmeal	IP Ready to Serve Vanilla Drink	IP Multi-Grain Bread	IP Maple Oatmeal	IP Ready to Serve Vanilla Drink
Lunch	Gazpacho and IP Multi-Grain Bread	IP Ranch Dorados with a veggie Salad	Gazpacho and IP Multi-Grain Bread	Roasted Veggie Sandwich using IP Multi-Grain Bread	IP Salted Caramel Clusters with a veggie salad	Cucumber Salsa with IP Ranch Doados	Turkey Pepper Sandwich with IP Ranch Dorados
Dinner	Spicy Chicken and Mexican Cauliflower Rice	Air Fryer Chicken Patties with Pickled Slaw	One-Pan Salmon and Cabbage	Salmon and Veggie Foil Packets	Mustard Chicken with Mediterranean Cauliflower Salad	Turkey Egg Cups	Roasted Veggie Salad
Snack	IP Salted Caramel Clusters	Ice Cream	Ice Cream	IP Ranch Doados	IP Ranch Doados	IP Ready to Serve Vanilla Drink	IP Salted Caramel Clusters
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Salted Caramel Clusters						
	2. IP Ready to Serve Vanilla Drink						
	3. IP Ranch Doados						
	4. IP Multi-Grain Bread						
	5. IP Maple Oatmeal						
	PRODUCTS →						



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

