

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 35)

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 Berry Breakfast Drink Mix	IP Berry Breakfast Drink Mix	IP Golden Pancake	IP Vanilla Crispy Square	IP Golden Pancake	Golden Pancake Veggie Frittata
Lunch	Pasta Salad	IP Spicy Queso Crisps with Cucumber Salsa	IP Spicy Queso Crisps crumbled on a veggie salad	IP Vanilla Crispy Square with a veggie salad	Italian Tuna Pasta Salad	Pasta Salad	IP Spicy Queso Crisps with Cucumber Salsa
Dinner	Chicken Arugula Salad	Tuna Burgers with Veggie Salad	Grilled Mahi and Lemon Dijon Asparagus	Lemon Pepper Chicken and Asparagus Foil Packet	Chicken Squash Skewers	Mahi Mahi Lettuce Wraps	Cilantro Lime Chicken Burger
Snack	IP Spicy Queo Crisps	IP Vanilla Crispy Square	IP Vanilla Crispy Square	IP Spicy Queo Crisps	Wildberry Muffin	Wildberry Muffin	IP Vanilla Crispy Square
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Golden Pancake 2. IP Berry Breakfast Drink Mix 3. IP Vanilla Crispy Square 4. IP Spicy Queso Crisps						
	PRODUCTS →						



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