

# 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 36)

|                                |                                                                      |                                                                                                     |                                                                                 |                                                                                |                                                     |                                                                                        |                                                                 |
|--------------------------------|----------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| Week of:                       | Enter your starting date here (___/___/___)                          |                                                                                                     |                                                                                 | Brought to you by <b>BioIntelligent Wellness</b>                               |                                                     |                                                                                        |                                                                 |
|                                | Monday                                                               | Tuesday                                                                                             | Wednesday                                                                       | Thursday                                                                       | Friday                                              | Saturday                                                                               | Sunday                                                          |
| Breakfast                      | <a href="#">IP Ready to Serve Chocolate Drink</a>                    | <a href="#">IP Apple Oatmeal</a>                                                                    | <a href="#">Apple Oatmeal Muffins</a>                                           | <a href="#">IP Ready to Serve Chocolate Drink</a>                              | <a href="#">IP Chocolate Vanilla Square</a>         | <a href="#">IP Apple Oatmeal</a>                                                       | <a href="#">Salmon Egg Scramble</a>                             |
| Lunch                          | <a href="#">IP Nacho Dorados</a> with <a href="#">Cucumber Salsa</a> | <a href="#">IP Pizza Crisps</a> with a veggie salad                                                 | <a href="#">IP Macaroni and Cheese</a> with <a href="#">Jicama Cabbage Slaw</a> | <a href="#">IP Pizza Crisps</a> with <a href="#">Italian Cauliflower Salad</a> | <a href="#">IP Macaroni and Cheese</a> with spinach | <a href="#">IP Nacho Dorados</a> with <a href="#">Cucumber Salsa</a>                   | <a href="#">IP Vanilla Crispy Square</a> with 2 cups of veggies |
| Dinner                         | <a href="#">Steak and Zucchini Stir Fry</a>                          | <a href="#">Jalapeno and Sundried Tomato Turkey Burger</a> with <a href="#">Jicama Cabbage Slaw</a> | <a href="#">Summer Steak Salad</a>                                              | <a href="#">Tuna Stuffed Zucchini Boats</a>                                    | <a href="#">Ground Turkey and Cauliflower Rice</a>  | <a href="#">Soy Ginger Salmon</a> with <a href="#">Tomato and Hearts of Palm Salad</a> | <a href="#">IP Macaroni and Cheese</a> with spinach             |
| Snack                          | <a href="#">IP Vanilla Crispy Square</a>                             | <a href="#">Ice Cream</a>                                                                           | <a href="#">IP Nacho Dorados</a>                                                | <a href="#">Apple Oatmeal Muffins</a>                                          | <a href="#">Ice Cream</a>                           | <a href="#">IP Pizza crisps</a>                                                        | <a href="#">IP Ready to Serve Chocolate Drink</a>               |
| Products required for the week | <b>See Required Products</b>                                         | Plan Your Grocery ...                                                                               |                                                                                 |                                                                                |                                                     |                                                                                        |                                                                 |
|                                | 1. IP Ready to Serve Chocolate Drink                                 |                                                                                                     |                                                                                 |                                                                                |                                                     |                                                                                        |                                                                 |
|                                | 2. IP Apple Oatmeal                                                  |                                                                                                     |                                                                                 |                                                                                |                                                     |                                                                                        |                                                                 |
|                                | 3. IP Chocolate Vanilla Square                                       |                                                                                                     |                                                                                 |                                                                                |                                                     |                                                                                        |                                                                 |
|                                | 4. IP Nacho Dorados                                                  |                                                                                                     |                                                                                 |                                                                                |                                                     |                                                                                        |                                                                 |
|                                | 5. IP Pizza Crisps                                                   |                                                                                                     |                                                                                 |                                                                                |                                                     |                                                                                        |                                                                 |
|                                | 6. IP Macaroni and Cheese                                            |                                                                                                     |                                                                                 |                                                                                |                                                     |                                                                                        |                                                                 |
|                                | 7. IP Vanilla Crispy Square                                          |                                                                                                     |                                                                                 |                                                                                |                                                     |                                                                                        |                                                                 |

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|  | PRODUCTS → |  |  |  |  |  |  |
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