

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 37)

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 Maple Oatmeal	IP Ready To Serve Vanilla Drink	Oatmeal Muffin	IP Maple Oatmeal	IP Ready To Serve Vanilla Drink	IP Lemon 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 IP Popcorn	IP Ready To Serve Vanilla Drink blended with Spinach	Roasted Vegetable Salad and IP Popcorn	Oatmeal Muffins
Dinner	Chicken Veggie Nuggets and Turnip Fries	Chicken and Zucchini Foil Packets	Turkey Eggplant Roll Ups	Turkey and Spinach Meatballs with zoodles	Cilantro Lime Chicken Burger and Turnip Fries	Dill Shrimp Salad	Chicken Squash Skewers
Snack	IP Ready To Serve Vanilla Drink	IP Lemon Wafers	IP Popcorn	IP Lemon Wafers	IP Chocolate Drink Mix	IP Chocolate Drink Mix	IP Popcorn
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Chocolate Drink Mix 2. IP Maple Oatmeal 3. IP Ready To Serve Vanilla Drink 4. IP Lemon Wafers 5. IP Popcorn						
	PRODUCTS →						



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