

BioIntelligent Wellness Ideal Protein Meal Plan

Phone: 858 228 3644 | Fax: +1 858 228 3641 | Email: info@biointelligentwellness.com

Important: Redistribution of this meal plan without consent is prohibited.

Ideal Protein Meal Plan (Week 38)

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 Pancake Mix	IP Vanilla Crispy Square	IP Pancake Mix	Chocolate Scone	IP Vanilla Crispy Square	IP Chocolate Drink Mix
Lunch	IP Thai Soup with Zucchini Noodles	IP Pizza Crisps with a veggie salad	IP Multigrain Seeded Bread and Roasted Cauliflower Soup	IP Multigrain Seeded Bread and roasted veggie sandwich	IP Pizza Crisps with a veggie salad	IP Thai Soup with Zucchini Noodles	IP MultiGrain Bread and roasted veggies sandwich
Dinner	Pork Fried Cauliflower Rice	Radish & Turnip Hash with Fried Eggs	Zucchini Boats	Air Fryer Salt and Pepper Tofu	Soy Sauce Cabbage and Beef Stir Fry	Beef Zucchini Burger With Turnip Fries	Chicken and Cauliflower Rice Soup
Snack	IP Pizza Crisps	IP Chocolate Drink Mix	Chocolate Scone	IP Pizza Crisps	Chocolate Zucchini Cookies	IP Pizza Crisps	IP Vanilla Crispy Square
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Chocolate Drink Mix						
	2. IP Pancake Mix						
	3. IP Vanilla Crispy Square						
	4. IP Thai Soup						
	5. IP Pizza Crisps						
	6. IP Multigrain Seeded Bread						
	7. IP MultiGrain Bread						
	PRODUCTS →						



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