

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 39)

Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	IP Protein Crispy Cereal	IP Chocolate Drink Mix	IP Chocolate Drink Mix	IP Lemon Wafer	IP Protein Crispy Cereal	IP Protein Crispy Cereal	IP Lemon Wafer
Lunch	Pasta Salad	IP Ranch Dorados with Cucumber Salsa	IP Ranch Dorados crumbled on a veggie salad	Italian Tuna Pasta Salad	IP Lemon Wafers and a veggie salad	Pasta Salad	Walking Taco
Dinner	Broiled Tilapia with Tomato Caper Sauce	Air Fryer Savory Chicken Tenders and Rutabaga Fries	Pan Seared Tilapia and Lemon Dijon Asparagus	Steak and Cucumber Salad	Asparagus Stuffed Chicken Breasts	Lemon Pepper Chicken and a veggie salad	Cilantro Lime Chicken Burger and Rutabaga Fries
Snack	IP Ranch Dorados	IP Lemon Wafers	IP Lemon Wafers	Chocolate Scone	Chocolate Scone	IP Ranch Dorados	IP Chocolate Drink Mix
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Protein Crispy Cereal						
	2. IP Chocolate Drink Mix						
	3. IP Lemon Wafer						
	4. IP Ranch Dorados						
	PRODUCTS →						



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

