

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 40)

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 Cappuccino Drink	Oatmeal Muffin	IP Maple Oatmeal	IP Ready To Serve Cappuccino Drink	IP Triple Chocolate Wafers
Lunch	IP Ranch Dorados with a veggie salad	IP Ready To Serve Cappuccino Drink blended with spinach	IP Ranch Dorados with a veggie salad	Roasted Vegetable Salad and IP Ready To Serve Cappuccino Drink	IP Ready To Serve Cappuccino Drink blended with spinach	Roasted Vegetable Salad and IP Ranch Dorados	Oatmeal Muffin
Dinner	Chicken Veggie Nuggets and Turnip Fries	Herbed Tuna Stuffed Peppers	Lemony Hears of Palm Salad with Pan-Seared Chicken	Salmon Burger and Turnip Fries	Bell Pepper Baked Eggs	Cajun Salmon Bites on a veggie salad	Chicken Squash Skewers
Snack	IP Ready To Serve Cappuccino Drink	IP Triple Chocolate Wafers	IP Ranch Dorados	IP Triple Chocolate Wafers	IP Chocolate Drink Mix	IP Chocolate Drink Mix	IP Ranch Dorados
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 Cappuccino Drink						
	4. IP Triple Chocolate Wafers						
	5. IP Ranch Dorados						
	PRODUCTS →						



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