

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 41)

Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	IP Vanilla Crispy Square	IP Maple Oatmeal	Zucchini Loaf	Zucchini Loaf	IP Maple Oatmeal	IP Vanilla Crispy Square	Zucchini Loaf
Lunch	IP Buttered Popcorn with a veggie salad	IP Chocolate Drink Mix blended with spinach	IP Mac and Cheese with a veggie salad	Roasted Vegetable Salad and IP Chocolate Drink Mix	IP Mac and Cheese with Spinach	IP Buttered Popcorn with a veggie salad	Oatmeal Muffin
Dinner	Italian Chicken and Zucchini Skillet	Lettuce Wrapped Salmon and Veggie Burger	Chicken and Veggie Crock Pot Soup	Chicken and Veggie Crock Pot Soup	Turkey Garlic and Mushroom Meatballs with Zoodles	Chicken and Egg Spinach Rolls	Lettuce Wrapped Jalapeno Turkey Burger with a side salad
Snack	IP Chocolate Drink Mix	IP Buttered Popcorn	IP Vanilla Crispy Square	IP Buttered Popcorn	IP Chocolate Drink Mix	IP Chocolate Drink mix	IP Vanilla Crispy Square
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Vanilla Crispy Square						
	2. IP Maple Oatmeal						
	3. IP Buttered Popcorn						
	4. IP Chocolate Drink Mix						
	5. IP Mac and Cheese						
	PRODUCTS →						



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

