

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 42)

Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	IP Ready to Serve Vanilla Drink	IP Pancakes	IP Pancakes	IP Ready to Serve Vanilla Drink	IP Multi-Grain Bread	IP Ready to Serve Vanilla Drink	Golden Pancake Veggie Fritters
Lunch	Zucchini Soup and IP Multi-Grain Bread	IP Nacho Dorados with a veggie Salad	Zucchini Soup with IP Multil-Grain Bread	Roasted Veggie Sandwich using IP Multi-Grain Bread	IP Salted Caramel Clusters with a veggie salad	Mexican Cauliflower Rice with IP Nacho Doados	Turkey Pepper Sandwich with IP Nacho Dorados
Dinner	Spaghetti Squash with Beef and Balsamic	Crispy Air Fryer Cod with Pickled Slaw and Turnip Fries	Ground Beef and Turnip Skillet	Garlic Basil Zoodles with Air Fryer Lemon Pepper Shrimp	Egg Casserole	Unstuffed Peppers	Mexican Cauliflower Rice with Roasted Veggies
Snack	IP Salted Caramel Clusters	IP Chocolate Chip Muffins	IP Ready to Serve Vanilla Drink	IP Nacho Dorados	IP Nacho Dorados	IP Ready to Serve Vanilla Drink	IP Salted Caramel Clusters
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Ready to Serve Vanilla Drink 2. IP Pancakes 3. IP Multi-Grain Bread 4. IP Nacho Dorados 5. IP Salted Caramel Clusters 6. IP Chocolate Chip Muffins						
	PRODUCTS →						



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