

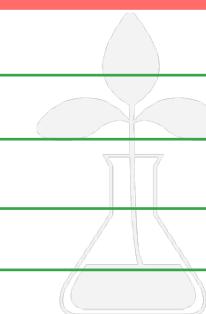
BioIntelligent Wellness Ideal Protein Meal Plan

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

Ideal Protein Meal Plan (Week 44)

Week of:	Enter your starting date here (____/____/____)							Brought to you by BioIntelligent Wellness						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
Breakfast	IP Maple Oatmeal		IP Cappuccino Drink Mix		Maple Oatmeal Pancakes		Cappuccino Scone		Cappuccino Scone					
Lunch	IP Mashed Potato Mix with sauteed veggies		IP Sweet Chili Dorados and Cucumber Salsa		IP Strawberry Wafers and a Mixed Veggie Salad		Chicken Salad Stuffed Cucumbers		IP Sweet Chili Dorados and Curried Cauliflower Zucchini Soup					
Dinner	Herb Crusted Pork Tenderloin with Apple Cider Braised Cabbage		Blackened Chicken and Smashed Radishes , and a side salad		Shrimp Zoodles		Air Fryer Chicken Tenders and Warm Zucchini Salad with Balsamic Dressing		Jalapeno Steak with Roasted Radishes and Turnips					
Snack	IP Strawberry Wafers		IP Strawberry Wafers		IP Cappuccino Drink Mix		IP Sweet Chili Dorados		IP Strawberry Wafers					
Products required for the week	See Required Products		Plan Your Grocery ...											
	1. IP Maple Oatmeal 2. IP Cappuccino Drink Mix 3. IP Strawberry Wafers 4. IP Mashed Potato Mix 5. IP Sweet Chili Dorados													
	PRODUCTS →													



BioIntelligent
Wellness



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

