

BioIntelligent Wellness Ideal Protein Meal Plan

Phone: 858 228 3644 | Fax: +1 858 228 3641 | Email: info@biointelligentwellness.com

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

Ideal Protein Meal Plan (Week 45)

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	Oatmeal muffins	IP Chocolate Drink Mix	IP Vanilla Crispy Square	IP Maple Oatmeal	IP Vanilla Crispy Square
Lunch	Oatmeal Muffins with Hearts of Palm Salad	IP Queso Crisps with a Veggie Salad	IP Ready to Serve Vanilla Drink Blended with Spinach	IP Queso Crisps with Zucchini Soup	IP Ready Chocolate Drink Mix Blended with Spinach	IP Vanilla Crispy Square with Zucchini Soup	IP Queso Crisps with Veggie Salad
Dinner	Italian Chicken with Peppers and Tomatoes	Grilled Turkey Burger with Turnip Fries	Chicken and Veggie Crockpot Soup	Spicy Chicken and Hearts of Palm Salad	Zucchini and Egg Scramble	Mexican Shrimp Skillet	Turkey Egg Roll Soup
Snack	IP Vanilla Crispy Square	IP Queso Crisps	IP Queso Crisps	Oatmeal muffins	Oatmeal muffins	IP Queso Crisps	IP Chocolate Drink Mix
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Chocolate Drink Mix						
	2. IP Maple Oatmeal						
	3. IP Vanilla Crispy Square						
	4. IP Queso Crisps						
	5. IP Ready to Serve Vanilla Drink						
	6. IP Ready Chocolate Drink Mix						
	PRODUCTS →						



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

