

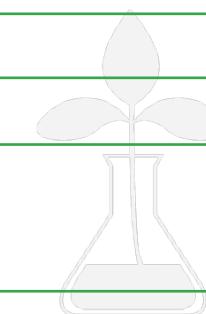
BioIntelligent Wellness Ideal Protein Meal Plan

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

Ideal Protein Meal Plan (Week 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
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
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
Snack	IP Vanilla Crispy Square		IP Queso Crisps		IP Queso Crisps		Oatmeal muffins		Oatmeal muffins
Products required for the week	See Required Products	Plan Your Grocery ...							
	<ol style="list-style-type: none"> 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 →								



BioIntelligent
Wellness



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

