

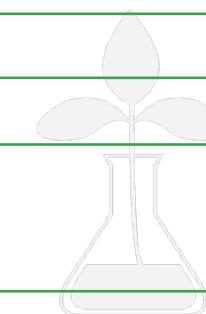
# BioIntelligent Wellness Ideal Protein Meal Plan

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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		
<b>Breakfast</b>	<a href="#">IP Chocolate Drink Mix</a>		<a href="#">IP Maple Oatmeal</a>		<a href="#">Oatmeal Muffins</a>		<a href="#">IP Chocolate Drink Mix</a>		<a href="#">IP Vanilla Crispy Square</a>
<b>Lunch</b>	<a href="#">Oatmeal Muffins with Hearts of Palm Salad</a>		<a href="#">IP Queso Crisps with a Veggie Salad</a>		<a href="#">IP Ready to Serve Vanilla Drink Blended with Spinach</a>		<a href="#">IP Queso Crisps with Zucchini Soup</a>		<a href="#">IP Ready Chocolate Drink Mix Blended with Spinach</a>
<b>Dinner</b>	<a href="#">Italian Chicken with Peppers and Tomatoes</a>		<a href="#">Grilled Turkey Burger with Turnip Fries</a>		<a href="#">Chicken and Veggie Crockpot Soup</a>		<a href="#">Spicy Chicken and Hearts of Palm Salad</a>		<a href="#">Zucchini and Egg Scramble</a>
<b>Snack</b>	<a href="#">Mexican Shrimp Skillet</a>		<a href="#">Turkey Egg Roll Soup</a>		<a href="#">IP Vanilla Crispy Square</a>		<a href="#">IP Queso Crisps</a>		<a href="#">IP Queso Crisps</a>
<b>Products required for the week</b>	<b>See Required Products</b>	<b>Plan Your Grocery ...</b>							
	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								
	<a href="#">PRODUCTS →</a>								



BioIntelligent  
Wellness



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

