

# 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 <b>BioIntelligent Wellness</b>			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<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>	<a href="#">IP Maple Oatmeal</a>	<a href="#">IP Vanilla Crispy Square</a>
Lunch	<a href="#">Oatmeal Muffins</a> with <a href="#">Hearts of Palm Salad</a>	<a href="#">IP Queso Crisps</a> with a Veggie Salad	<a href="#">IP Ready to Serve Vanilla Drink</a> Blended with Spinach	<a href="#">IP Queso Crisps</a> with <a href="#">Zucchini Soup</a>	<a href="#">IP Ready Chocolate Drink Mix</a> Blended with Spinach	<a href="#">IP Vanilla Crispy Square</a> with <a href="#">Zucchini Soup</a>	<a href="#">IP Queso Crisps</a> with Veggie Salad
Dinner	<a href="#">Italian Chicken with Peppers and Tomatoes</a>	<a href="#">Grilled Turkey Burger</a> with <a href="#">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>	<a href="#">Mexican Shrimp Skillet</a>	<a href="#">Turkey Egg Roll Soup</a>
Snack	<a href="#">IP Vanilla Crispy Square</a>	<a href="#">IP Queso Crisps</a>	<a href="#">IP Queso Crisps</a>	<a href="#">Oatmeal muffins</a>	<a href="#">Oatmeal muffins</a>	<a href="#">IP Queso Crisps</a>	<a href="#">IP Chocolate Drink Mix</a>
Products required for the week	<a href="#">See Required Products</a>	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						
	<a href="#">PRODUCTS →</a>						



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