

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 46)

Week of:	Enter your starting date here (____/____/____)							Brought to you by BioIntelligent Wellness		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
Breakfast	IP Crispy Cereal		IP Vanilla Drink Mix		IP Vanilla Drink Mix		IP Lemon Crispy Square		IP Crispy Cereal	
Lunch	Pasta Salad		IP Ranch Dorados with Cucumber Salsa		IP Nacho Dorados Crumbled on a Veggie Salad		Italian Tuna Pasta Salad		Walking Taco	
Dinner	Egg Casserole		Chicken and Egg Spinach Rolls		Steak Fajita Skillet		Steak Asparagus Roll Ups		Asparagus Stuffed Chicken Breasts	
Snack	IP Nacho Dorados		IP Lemon Crispy Square		IP Lemon Crispy Square		Crispy Cereal Cookies		IP Vanilla Drink Mix	
Products required for the week	See Required Products		Plan Your Grocery ...							
	1. IP Crispy Cereal 2. IP Vanilla Drink Mix 3. IP Lemon Crispy Square 4. IP Ranch Dorados 5. IP Nacho Dorados 6. IP Vanilla Drink Mix									
	PRODUCTS →									





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