

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 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	Crispy Cereal Pancakes	IP Lemon Crispy Square
Lunch	Pasta Salad	IP Ranch Dorados with Cucumber Salsa	IP Nacho Dorados Crumbled on a Veggie Salad	Italian Tuna Pasta Salad	Walking Taco	Pasta Salad	IP Vanilla Drink Mix Blended with Spinach
Dinner	Egg Casserole	Chicken and Egg Spinach Rolls	Steak Fajita Skillet	Steak Asparagus Roll Ups	Asparagus Stuffed Chicken Breasts	Tumeric Chicken with Spiced Spinach	Tuna Stuffed Peppers
Snack	IP Nacho Dorados	IP Lemon Crispy Square	IP Lemon Crispy Square	Crispy Cereal Cookies	IP Vanilla Drink Mix	IP Nacho Dorados	Crispy Cereal Cookies
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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