

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 47)

Week of:	Enter your starting date here (__/__/__)						Brought to you by BioIntelligent Wellness
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	IP Lemon Crispy Square	IP Maple Oatmeal	Zucchini Loaf	Zucchini Loaf	IP Maple Oatmeal	IP Lemon Crispy Square	Zucchini Loaf
Lunch	IP Ranch Dorados with a veggie salad	IP Ready to Serve Vanilla Drink blended with spinach	IP Mushroom Risotto mixed with cauliflower rice	Roasted Cauliflower Soup and IP Ranch Dorados	IP Mushroom Risotto with spinach	IP Ranch Dorados with a veggie salad	Oatmeal Muffins
Dinner	Chicken and Zucchini Foil Packets	Salmon and Veggie Burger with Roasted Cauliflower Soup	Blackened Salmon Lettuce Wraps	Chicken Fajitas	Turkey and Mushroom Meatballs with Zoodles	Oregano Chicken and Turmeric Roasted Tomatoes and Cauliflower	Lettuce Wrapped Buffalo Turkey Burger with a side salad
Snack	IP Ready to Serve Vanilla Drink	IP Ranch Dorados	IP Lemon Crispy Square	IP Ranch Dorados	IP Ready to Serve Vanilla Drink	IP Ready to Serve Vanilla Drink	IP Lemon Crispy Square
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Lemon Crispy Square						
	2. IP Maple Oatmeal						
	3. IP Ranch Dorados						
	4. IP Ready to Serve Vanilla Drink						
5. IP Mushroom Risotto							
	PRODUCTS →						





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