

How to Use Meal Plans

1. **Ideal Protein products are interchangeable.** If a meal includes an Ideal Protein product you don't have or don't prefer, you may substitute it with another Ideal Protein product of your choice. **Limit yourself to one restricted product per day.**
2. **Recipes can be swapped within the same meal category.** For example, you may substitute one breakfast recipe for another breakfast, or swap one lunch recipe for another.
3. **Meal prep is encouraged.** Feel free to repeat recipes throughout the week to make planning and preparation easier. Preparing larger batches of your favorite meals can help you stay consistent and save time.
4. **Vegetables and protein are weighed raw.** Unless otherwise noted in the recipe, all vegetable and protein portions should be measured before cooking.
5. **You may divide your protein between meals.** If you prefer, split your protein serving between lunch and dinner rather than eating it all at once.
6. **Drink plenty of water throughout the day** and follow your clinic's recommendations for hydration.
7. **Follow the meal plan consistently.** Sticking closely to your meal plan during the weight loss phase helps maximize results and supports a smoother transition into maintenance.



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 48)

Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Pudding Waffle	IP Crispy Cereal	IP Crispy Cereal	IP Lemon Wafer	IP Crispy Cereal	IP Crispy Cereal	Pudding Waffle
Lunch	Roasted Veggie Salad and IP Popcorn	Roasted Veggie Salad and IP Popcorn	Gazpacho Soup and IP Lemon Wafer	Veggie Salad and Crispy Cereal Cookie	Gazpacho Soup and IP Popcorn	Veggie Salad and Crispy Cereal Cookie	Gazpacho Soup and IP Popcorn
Dinner	Steak and Turnip Foil Packet	Steak Summer Salad	Shrimp Cucumber Salad	Zucchini Boats	Mediterranean Shrimp Kabobs with Mediterranean Cauliflower Salad	Beef and Zucchini Burger With Turnip Fries	Cilantro Lime Shrimp Zucchini Noodles
Snack	IP Lemon Wafer	IP Chocolate Pudding	Chocolate Milkshake	IP Popcorn	IP Chocolate Pudding	IP Popcorn	IP Lemon Wafer
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Crispy Cereal 2. IP Popcorn 3. IP Lemon Wafer 4. IP Chocolate Pudding						
	PRODUCTS →						

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

