

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 49)

Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	IP Maple Oatmeal	IP Ready to Serve Vanilla Drink	IP Maple Oatmeal	IP Lemon Crispy Square	IP Ready to Serve Vanilla Drink	IP Lemon Crispy Square	Oatmeal Pancake
Lunch	IP Mashed Potato Mix with Sautéed Veggies	IP Nacho Dorados and Cucumber Salsa	IP Nacho Dorados and Cucumber Salsa	Tuna Pickle Boats and IP Nacho Dorados	Roasted Veggie Sandwich Made with Flatbread	Veggie Salad and Zucchini Bread	Veggie Salad and Zucchini Bread
Dinner	Tuna Stuffed Peppers	Blackened Chicken and Garlic Zoodles	Chicken Cabbage Salad	Roast Veggie Flatbread	Crock Pot Pork Tenderloin and Bell Pepper Salad	Crock Pot Pork Tenderloin and Tangy Cabbage and Jalapeno Slaw	Sheet Pan Italian Chicken and Peppers
Snack	IP Lemon Crispy Square	Oatmeal Pancake	IP Lemon Crispy Square	IP Ready to Serve Vanilla Drink	IP Lemon Crispy Square	Cappuccino Zucchini Cookies	IP Nacho Dorados
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Maple Oatmeal						
	2. IP Ready to Serve Vanilla Drink						
	3. IP Lemon Crispy Square						
	4. IP Mashed Potato Mix						
	5. IP Nacho Dorados						
	PRODUCTS →						



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

