

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

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 50)

Week of: Enter your starting date here (___/___/___)		Brought to you by BioIntelligent Wellness					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	IP Berry Breakfast Smoothie Mix	IP Chocolate Chip Pancakes	IP Chocolate Chip Pancakes	Chocolate Chip Muffins	IP Berry Breakfast Smoothie Mix	IP Vanilla Crispy Square	Berry Scones
Lunch	Veggie Salad and IP Vanilla Crispy Square	Veggie Salad and Ideal Protein BBQ Crisps	Hearts of Palm Salad and Ideal Protein BBQ Crisps	Hearts of Palm Salad and Ideal Protein Vanilla Crispy Square	Veggie Salad and Ideal Protein BBQ Crisps	Veggie Salad and Ideal Protein Vanilla Crispy Square	Turkey Pickle Bun Sandwich with Ideal Protein BBQ Crisps
Dinner	Tuna Stuffed Peppers	Jalapeno Turkey Burger with Pickled Slaw	Egg Casserole	Garlic Turkey and Cauliflower Skillet	Air Fryer Lemon Pepper Chicken Skewers with	Oregano Chicken and Mexican Cauliflower Rice	Unstuffed Turkey Pepper Bowl
Snack	IP BBQ Crisps	Berry Ice Cream	Berry Ice Cream	IP BBQ Crisps	IP BBQ Crisps	Berry Scones	IP Vanilla Crispy Square
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Berry Breakfast Smoothie Mix						
	2. IP Chocolate Chip Pancake						
	3. IP Vanilla Crispy Square						
	4. IP BBQ Crisps						
	PRODUCTS →						



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

