

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 51)

Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	IP Peach Mango Drink Mix	IP Maple Oatmeal	IP Golden Pancake	Zucchini Loaf	IP Maple Oatmeal	IP Golden Pancake	Golden Pancake Fritter
Lunch	Cauliflower Hummus with veggies and Ideal Protein Popcorn	Roasted Eggplant Salad and Ideal Protein Salted Caramel Clusters	Cauliflower Hummus with veggies and Ideal Protein Popcorn	Roasted Eggplant Salad and Ideal Protein Salted Caramel Clusters	Zucchini Loaf and salad	Zucchini Loaf and salad	Veggie salad and Ideal Protein Peach Mango Drink Mix
Dinner	Beef and Broccoli	Tuna Patties with a salad	Steak and Tomato Salad	Chicken Cauliflower Meatballs with Zoodles	Chicken Cauliflower Meatballs with Broccoli Salad	Salmon with Dijon Sauce and Turmeric Roasted Tomatoes and Cauliflower	Blackened Salmon Lettuce Wraps
Snack	IP Salted Caramel Clusters	IP Popcorn	IP Salted Caramel Clusters	IP Popcorn	IP Popcorn	IP Peach Mango Drink Mix	IP Salted Caramel Clusters
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Peach Mango Drink Mix 2. IP Popcorn 3. IP Maple Oatmeal 4. IP Golden Pancake 5. IP Salted Caramel Clusters						
	PRODUCTS →						

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

