

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 52)

Week of:	Enter your starting date here (___/___/___)			Brought to you by BioIntelligent Wellness			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	IP Apple Oatmeal	IP Apple Oatmeal	IP Ready To Serve Chocolate Drink	Apple Oatmeal Muffin	IP Bar	Apple Oatmeal Muffin	IP Bar
Lunch	Rotini Pasta Salad	Veggie Salad and Ideal Protein Bar	Veggie Salad and Ideal Protein Bar	Zucchini Rotini Salad	Hearts of Palms Salad and Ideal Protein Ready-to-Serve Drink	Hearts of Palm Salad with Ideal Protein Rotini	Rotini Pasta Salad
Dinner	Tomato Baked Eggs	Grilled Herb Tofu with Lemon Arugula Hearts of Palm	Steak Cucumber Salad	Summer Shrimp Salad	Zesty Shrimp Zucchini Noodles	Tofu Scallion Stir Fry	Grilled Mahi Foil Packets with Roasted Radishes
Snack	IP Bar	IP Ready to Serve Chocolate Drink	Apple Oatmeal Muffin	IP Bar	Apple Oatmeal Muffin	IP Ready to Serve Chocolate Drink	IP Ready to Serve Chocolate Drink
Products required for the week	See Required Products	Plan Your Grocery ...					
	1. IP Apple Oatmeal 2. IP Bar 3. IP Ready to Serve Chocolate Drink						
	PRODUCTS →						



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

