



# Ideal Protein Nutrition Information



PRODUCT	CALS	PROTEIN	CARBS	FIBER	SUCRALOSE	GF	RESTRICTED
Blueberry, Cran, Pom Drink	80	17g	2g	0g	X	YES	NO
Cappuccino Drink	90	18g	4g	0g	X	YES	NO
Chocolate Drink	120	18g	9g	2g	X	YES	NO
Orange Drink	80	18g	1g	0g	X	YES	NO
Peach Mango Drink	80	20g	1g	0g	X	YES	NO
Piña Colada Drink	80	18g	3g	1g	X	YES	NO
Pineapple Banana Drink	80	18g	1g	0g	X	YES	NO
Pink Lemonade Drink	80	18g	1g	0g	X	YES	NO
Vanilla Drink	90	18g	4g	2g	X	YES	NO
Wildberry Yogurt Drink	90	18g	4g	0g	X	YES	NO
Mangosteen Water Enhancer	0	0g	0g	0g	X	YES	NO
Cereal Flakes <sup>1</sup>	140	17g	15g	3g	X	NO	YES
Crispy Cereal	110	18g	7g	0g	X	NO	NO
Fine Herb & Cheese Omelet	140	18g	7g	1g		YES	NO
Maple Oatmeal <sup>1</sup>	130	18g	12g	3g	X	NO	YES
Plain Omelet	110	18g	3g	0g		YES	NO
Pancake Mix <sup>1</sup>	140	18g	13g	0g		NO	YES
Broccoli Cheese Soup	140	18g	7g	1g		YES	NO
Chicken ala King Pottage	110	18g	7g	1g		NO	NO
Chicken Soup	100	21g	1g	0g		YES	NO
Chicken Noodle Soup	100	18g	5g	0g		NO	NO
Chicken Patty Mix	115	18g	7g	<1g		NO	NO
Leek Soup	90	19g	3g	1g		YES	NO
Mushroom Soup	90	19g	3g	0g		YES	NO
Potato Puree	100	18g	7g	2g		YES	NO
Rotini	150	20g	12g	5g		NO	NO
Tomato Basil Rotini	140	20g	12g	6g		NO	NO
Tomato Basil Soup	100	18g	5g	1g	X	NO	NO
Vegetable Chili <sup>1</sup>	120	12g	13g	4g		NO	YES
Banana Pudding	90	18g	2g	1g	X	YES	NO
Butterscotch Pudding	90	18g	4g	1g	X	YES	NO
Dark Chocolate Pudding	90	18g	7g	4g	X	YES	NO
Milk Chocolate Pudding	110	18g	7g	2g	X	YES	NO
Lemon Pudding	90	18g	4g	0g	X	YES	NO
Vanilla Pudding	90	18g	5g	1g	X	YES	NO



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PRODUCT	CALS	PROTEIN	CARBS	FIBER	SUCRALOSE	GF	RESTRICTED
Caramel Vanilla Bar <sup>1</sup>	150	15g	16g	2g		NO	YES
Caramel Nut Bar <sup>1</sup>	160	14g	15g	1g	X	NO	YES
Chocolate Mint Bar <sup>1</sup>	160	15g	17g	2g	X	NO	YES
Cookies and Cream Bar <sup>1</sup>	160	15g	17g	0g		NO	YES
Cookie Dough Swirl <sup>1</sup>	170	15g	19g	1g	X	NO	YES
Cranberry Pomegranate Bar <sup>1</sup>	140	15g	17g	3g	X	NO	YES
Lemon Poppyseed Bar <sup>1</sup>	140	15g	15g	2g		NO	YES
Peanut Butter Chocolate Bar <sup>1</sup>	150	15g	17g	3g		NO	YES
Peanut Butter Crunch Bar <sup>1</sup>	160	15g	16g	0g		NO	YES
Raspberry Chocolate Bar <sup>1</sup>	140	16g	15g	3g	X	NO	YES
Vanilla Peanut Bar <sup>1</sup>	160	15g	16g	3g	X	NO	YES
Apple Cinnamon Soy Puffs <sup>1</sup>	150	15g	15g	4g	X	NO	YES
Chocolate Soy Puffs <sup>1</sup>	150	15g	11g	1g	X	NO	YES
Double Chocolate Brownie <sup>1</sup>	190	15g	25g	10g	X	NO	YES
Lemon Wafers <sup>1</sup>	200	15g	13g	0g	X	NO	YES
Orange Wafers <sup>1</sup>	200	15g	13g	0g	X	NO	YES
Strawberry Wafers <sup>1</sup>	200	15g	13g	0g	X	NO	YES
Raspberry Chocolaty Bar	220	10g	16g	2g		YES	YES
Raspberry Jelly (Gelatin)	80	19g	2g	0g	X	YES	NO
BBQ Crisps	120	15g	12g	6g		NO	NO
BBQ Ridges <sup>1</sup>	170	15g	16g	2g		NO	YES
Dill Pickle Zippers <sup>1</sup>	190	15g	15g	2g		NO	YES
Garlic Herb Crisps	140	15g	11g	6g		NO	NO
Sea Salt & Vinegar Crisps	120	15g	12g	6g		NO	NO
Sea Salt & Vinegar Ridges <sup>1</sup>	160	16g	14g	2g		NO	YES
Southwest Cheese Curls <sup>1</sup>	160	15g	15g	1g		NO	YES
White Cheddar Ridges <sup>1</sup>	160	18g	12g	1g		YES	YES
Pre-Made Cappuccino Drink	140	20g	6g	2g	X	NO	NO
Pre-Made Chocolate Drink	100	15g	4g	3g	X	NO	NO
Pre-Made Vanilla Drink	100	15g	3g	1g	X	NO	NO
Pre-Made Mango Smoothie	150	20g	9g	5g	X	NO	NO
Pre-Made Strawberry Banana	100	15g	10g	3g	X	YES	NO
Pre-Made Chocolate Pudding	100	16g	5g	2g	X	YES	NO
Chicken Breast Dijonnaise <sup>2</sup>	270	30g	11g	5g		YES	YES
Beef Stroganoff <sup>2</sup>	260	29g	12g	4g		NO	YES

<sup>1</sup>Higher carb foods restricted to **one per day** on Phase 1, Phase 2, and Phase 3. <sup>2</sup>Ready-to-eat meals that may be used for dinner in Phase 1, lunch or dinner in Phase 2 and Phase 3, and/or anytime in Phase 4. \*Items designated "YES" are stamped "Certified Gluten-Free" on the boxes and are safe for dieters with Celiac Disease. Formulas may change at any time without notice...always consult actual box to verify ingredients.