

ITG Protein Daily List

These lists are to help you understand which of the ITG Protein Products are Limited per day.

Limited means that you can only have **ONE** of these foods per day.

Limited ITG Foods (only ONE per day) L
Bars / Squares / Wafers / Cookies
Bar Variety Pack Caramel & Nut Bar Chocolate Almond Bar Chocolate Chip Cookie with Icing Chocolate Crisp Bar Chocolate Chip Fluffy Bar Chocolate Dream Bar Chocolate Wafer Cinnamon Crunch Bar Crunchy Peanut Chocolate Bar Dark Protein Bread Double Berry Bar Fudge Graham Bar Lemon Meringue Bar Oatmeal Raisin Cookie with Icing Peanut Butter Fluffy Bar Peanut Surprise Bar Peppermint Cocoa Crunch Bar Rockie Road Bar Strawberry Short Cake Bar Sea Salt & Caramel Bar Toffee Pretzel Bar Fluffy Vanilla Crisp Bar Vanilla Wafer Lemon Wafer Raspberry Wafer
Mug Cake
Chocolate Mug Cake
Light Lunches
Creamy Chicken Alfredo
Snacks
Chocolate Soy Snacks Caramel & Peanut Snacks Sour Cream & Fine Herb Zippers BBQ Protein Chips Pizza Protein Chips
Breakfast Items
Crunchy Cinnamon Cereal

Other ITG Products (minimum of TWO per day)
Drinks/Shakes/Puddings/Gelatin
Banana Strawberry Gelatin Cappuccino Chai Tea Chocolate Mint Shake/Pudding Chocolate Shake/Pudding Dark Chocolate Shake/Pudding Cran-Grape Drink De Leche Pudding Grapefruit Drink Marshmallow Hot Chocolate Pineapple Orange Strawberry Crème Very Vanilla Shake/Pudding Variety Fruit Drinks Wild Berry Drink Variety Pudding and Shakes Chocolate Lovers Variety Pudding & Shakes Variety Pudding and Shakes Very Vanilla Pudding/Shake
Shake Bottles / Ready To Drink
Aloha Mango Smoothie Shake Bottle Straw Banana Smoothie Shake Bottle Vanilla Shake Bottle Chocolate Shake Bottle Chocolate Peanut Butter Shake Bottle Coffee Shake Bottle Kiwi Strawberry Shake Bottle Lemon Raspberry Shake Bottle Chocolate Ready To Drink Vanilla Ready To Drink Complete Vanilla Drink Complete Chocolate Drink
Protein Shooters
Cran Grape Tropical Orange
Sobrio (Non Alcoholic Cocktails)
Margarita Pina Colada Peach Mojito

Other ITG Products (minimum of TWO per day) Continued
Snacks / Crisps
BBQ Crisps White Cheddar Crisps Salt N Vinegar Chips Spicy Nacho Protein Chips Zesty Ranch Puffs
Pasta
Protein Pasta
Soups/ Sauces
Beef Vegetable Noodle Soup Chicken Noodle Soup Chicken Soup Cream of Mushroom Soup Cream of Tomato Soup Vegetable Chili Cheesy Cheddar-Dip/Soup
Breakfast Items
Plain Pancake Choc Chip Pancake Maple Brown Sugar Oatmeal Apple & Cinnamon Oatmeal Vanilla Cinnamon - Os Cereal Cocoa - Os Cereal Honey Nut Cereal Veggie Omelet Bacon Cheese Omelet Maple Brown Sugar Oatmeal Apple & Cinnamon Oatmeal Vanilla Cinnamon - Os Cereal Cocoa - Os Cereal Honey Nut Cereal Veggie Omelet Bacon Cheese Omelet