
































**Nutritional Facts**

Per plan; products highlighted in blue are Limited to 1 per day. All other choices in white will fulfill the rest of your 2-3 ITG proteins per day.

ITG Diet may change the formulas of its products at any time.  
Always reference the box for exact ingredients.

| Products                                    | Calories | Protein (g) | Carbs | Fiber (g) | Fat (g) | Sugar | Sodium(mg) | Pot (mg) | GF | SF  | Soy Lecithin | Kosher |
|---------------------------------------------|----------|-------------|-------|-----------|---------|-------|------------|----------|----|-----|--------------|--------|
| <b>Drinks/Protein Shooters</b>              |          |             |       |           |         |       |            |          |    |     |              |        |
| Cappuccino Drink Mix                        | 80       | 15          | 5     | 0         | 0       | 4     | 240        | 330      | x  | *** | x            |        |
| Chai Tea                                    | 100      | 15          | 8     | 5         | <1      | 0     | 55         | 22       | x  | *** | x            |        |
| Chocolate Drink/Pudding Mix                 | 100      | 15          | 7     | <1        | 1.5     | 4     | 330        | 210      | x  | *** | x            | x      |
| Cran-Grape Drink Mix                        | 60       | 15          | <1    | 0         | 0       | 0     | 40         | 90       | x  |     | x            |        |
| Grapefruit Drink Mix                        | 80       | 15          | 4     | 0         | 0       | 0     | 10         | 125      | x  | *** | x            |        |
| Hot Chocolate w/ Marshmallow Mix            | 80       | 15          | 5     | 1         | <1      | 3     | 220        | 220      | x  | *** | x            |        |
| Lemon Razy Drink Mix (Variety box)          | 60       | 15          | 1     | 0         | 0       | <1    | 50         | 95       | x  | *** | x            |        |
| Pineapple Orange Drink Mix                  | 70       | 15          | 2     | 0         | 0       | <1    | 45         | 160      | x  |     | x            |        |
| Strawberry Crème Smoothie drink             | 100      | 15          | 7     | <1        | 1       | 5     | 190        | 250      | x  |     | x            |        |
| Strawberry Kiwi Drink Mix (Variety Box)     | 60       | 15          | <1    | 0         | 0       | 0     | 50         | 95       | x  | *** | x            |        |
| Wild Berry Drink Mix                        | 70       | 15          | 2     | 0         | 0       | 0     | 15         | 120      | x  | *** | x            |        |
| Cran Grape Protein Shooters                 | 100      | 25          | <1    | 0         | 0       | 0     | 55         | 35       | x  | *** | x            |        |
| Tropical Orange Shooters                    | 100      | 25          | <1    | 0         | 0       | 0     | 65         | 35       | x  | *** | x            |        |
| <b>Shake Bottle and RTS</b>                 |          |             |       |           |         |       |            |          |    |     |              |        |
| Aloha Mango Smoothie Mix Bottle             | 100      | 15          | 7     | <1        | 1.5     | 4     | 240        | 105      | x  | *** | x            |        |
| Chocolate Shake Bottle                      | 80       | 15          | 3     | 0         | 1       | 2     | 220        | 220      | x  | *** | x            |        |
| Coffee Shake Bottle                         | 80       | 15          | 5     | 0         | 0       | 4     | 240        | 330      | x  | *** | x            |        |
| Lemon Raspberry Shake Bottle                | 60       | 15          | 1     | 0         | 0       | <1    | 50         | 95       | x  | *** | x            |        |
| Kiwi Strawberry Shake Bottle                | 60       | 15          | <1    | 0         | 0       | 0     | 50         | 95       | x  | *** | x            |        |
| Peanut Butter Chocolate Shake Bottle        | 118      | 15          | 10    | 4         | 2       | 5     | 270        | 250      | x  | *** | x            |        |
| Strawberry-Banana Mix Bottle                | 100      | 15          | 6     | 1         | 2       | 3     | 200        | 100      | x  | *** | x            |        |
| Vanilla Shake Bottle                        | 80       | 15          | 6     | <1        | 0       | 3     | 230        | 180      | x  | *** | x            |        |
| Pre Made Drink Chocolate (RTD)              | 100      | 15          | 5     | 3         | 4       | 1     | 220        | 330      |    |     |              |        |
| Pre Made Drink Vanilla (RTD)                | 100      | 15          | 3     | 1         | 4       | 0     | 330        | 70       |    |     |              |        |
| Complete Vanilla Drink                      | 110      | 15          | 4     | 1         | 4       | 1     | 200        | 180      | x  | x   |              |        |
| Complete Chocolate Drink                    | 110      | 15          | 4     | 1         | 4       | 1     | 240        | 290      | x  | x   |              |        |
| <b>Sobriño- Non Acoholic Protein Drinks</b> |          |             |       |           |         |       |            |          |    |     |              |        |
| Margarita (NEW)                             | 70       | 15          | 2     | 0         | 0       | 0     | 85         | 80       | x  | x   |              |        |
| Pina Colada (NEW)                           | 90       | 15          | 6     | 0         | <1      | 3     | 180        | 147      | x  |     | x            |        |
| Peach Mojito (NEW)                          | 70       | 15          | 3     | 0         | 0       | 0     | 25         | 10       | x  | x   |              |        |
| <b>Puddings/Shakes/Gelatin</b>              |          |             |       |           |         |       |            |          |    |     |              |        |
| Chocolate Drink/Pudding Mix                 | 100      | 15          | 7     | <1        | 1.5     | 4     | 310        | 210      | x  |     | x            | x      |
| Dark Chocolate Pudding/Shake                | 100      | 15          | 7     | 1         | 1.5     | 4     | 310        | 230      | x  | x   |              | x      |
| Chocolate Mint Pudding/Shake                | 100      | 15          | 7     | <1        | 1.5     | 4     | 280        | 200      | x  |     | x            | x      |
| Dulce De Leche Pudding                      | 90       | 12          | 8     | <1        | 1       | 5     | 230        | 130      | x  |     | x            | x      |
| Mocha Pudding Shake (In Variety boxes)      | 100      | 15          | 7     | <1        | 1.5     | 4     | 280        | 210      | x  |     | x            |        |
| Very Vanilla Pudding/Shake                  | 90       | 15          | 7     | 3         | 1       | 2     | 100        | 110      | x  |     | x            | x      |
| Banana Strawberry Gelatin                   | 70       | 15          | 2     | 0         | 0       | 0     | 65         | 170      | x  | x   |              |        |
| <b>Breakfasts</b>                           |          |             |       |           |         |       |            |          |    |     |              |        |
| Bacon & Cheese Omelet                       | 90       | 15          | 2     | 0         | 3       | <1    | 220        | 90       | x  |     | x            |        |
| Veggie Omelet                               | 100      | 16          | 3     | 0         | 3.5     | <1    | 250        | 95       | x  |     | x            |        |
| Chocolate Chip Pancake                      | 110      | 15          | 8     | 1         | 1.5     | 2     | 260        | 97       |    | *** | x            |        |
| Plain Pancake                               | 90       | 15          | 6     | 0         | 1       | 1     | 320        | 20       |    | x   |              |        |
| Apple Cinnamon Oatmeal                      | 110      | 15          | 10    | 2         | 1       | 2     | 190        | 120      | ** |     |              |        |
| Maple Brown Sugar Oatmeal                   | 100      | 15          | 8     | 2         | 1       | 0     | 220        | 125      | ** |     |              |        |
| Crunchy Cinnamon Cereal                     | 110      | 11          | 16    | 2         | 1       | 6     | 120        | 190      |    |     |              |        |
| Chocolate Peanut Butter Os Cereal (New)     | 120      | 14          | 9     | 4         | 4       | 1     | 210        | 0        | x  |     |              |        |
| Vanilla Cinnamon-Os Cereal                  | 113      | 15          | 8     | 4         | 3       | <1    | 107        | 333      | x  |     |              |        |
| Cocoa- Os Cereal                            | 114      | 15          | 8     | 4         | 3       | <1    | 141        | 365      | x  |     |              |        |
| Honey Nut Cereal                            | 100      | 15          | 5     | 2         | 2.5     | 2     | 0          | 0        | x  |     |              |        |
| <b>Soups/Lunches/Sauces</b>                 |          |             |       |           |         |       |            |          |    |     |              |        |
| Beef Vegetable Noodle Soup                  | 80       | 15          | 6     | 0         | 0       | 0     | 930        | 50       |    | x   |              |        |
| Chicken w/ Pasta Soup                       | 90       | 15          | 6     | 0         | <1      | <1    | 440        | 100      |    |     | x            |        |
| Cream of Chicken Soup                       | 70       | 15          | 2     | 0         | 0       | 1     | 820        | 180      | x  |     |              |        |
| Cream of Mushroom Soup                      | 90       | 15          | 6     | 0         | 1       | 0     | 390        | 180      | x  |     | x            |        |
| Cream of Tomato Soup                        | 100      | 15          | 8     | <1        | 1.5     | 0     | 440        | 170      | x  |     | x            |        |
| Cheesy Cheddar Dip/Sauce/Soup               | 110      | 15          | 6     | <1        | 3       | 2     | 540        | 360      | x  | *** | x            |        |
| Creamy Chicken Alfredo (New)                | 130      | 15          | 13    | 1         | 2       | 1     | 430        | 0        |    |     |              |        |
| Vegetable Chili                             | 100      | 15          | 9     | 6         | 1       | 1     | 400        | 110      | x  |     |              |        |
| Protein Pasta                               | 110      | 18          | 6     | 2         | 1.5     | 0     | 300        | 85       |    | x   |              |        |

| Products                                                                                                                   | Calories | Protein (g) | Carbs | Fiber (g) | Fat (g) | Sugar | Sodium(mg) | Pot (mg) | GF | SF | Soy Lecithin | Kosher |
|----------------------------------------------------------------------------------------------------------------------------|----------|-------------|-------|-----------|---------|-------|------------|----------|----|----|--------------|--------|
| <b>Snacks</b>                                                                                                              |          |             |       |           |         |       |            |          |    |    |              |        |
| BBQ Protein Crisps                                                                                                         | 150      | 15          | 11    | 1         | 4.5     | 2     | 530        | 150      | x  |    |              |        |
| White Cheddar Crisps                                                                                                       | 140      | 15          | 10    | 1         | 4.5     | 2     | 630        | 65       | x  |    |              |        |
| Sour Cream Dill Crisps                                                                                                     | 140      | 15          | 10    | 0         | 4.5     | 1     | 590        | N/A      | x  |    |              |        |
| Salt N Vinegar Protein Chips                                                                                               | 120      | 14          | 7     | 4         | 5       | 0     | 400        | 310      | x  |    |              |        |
| Pretzel Twists                                                                                                             | 120      | 12          | 11    | 4         | 3       | 1     | 320        | 30       |    |    |              | x      |
| Spicy Nacho Protein Chips                                                                                                  | 130      | 15          | 9     | 5         | 5       | 1     | 390        | 370      | x  |    |              |        |
| Zesty Ranch Puffs                                                                                                          | 120      | 18          | 2     | 0         | 3.5     | 1     | 430        | 30       | x  |    |              | x      |
| Chocolate Flavored Soy Snacks             | 150      | 15          | 11    | 1         | 6       | 6     | 110        | 160      |    |    | x            |        |
| Caramel & Peanut Snacks                   | 160      | 15          | 11    | 1         | 7       | 7     | 200        | 115      |    |    | x            |        |
| Crunchy Cheese Bites                      | 130      | 10          | 17    | <1        | 2.5     | 1     | 360        | 270      |    |    |              | x      |
| Sour Cream & Fine Herbs Zipper Snacks     | 160      | 15          | 13    | 2         | 5       | 2     | 360        | 110      |    |    |              |        |
| BBQ Protein Chips                         | 130      | 10          | 14    | 5         | 4       | 5     | 380        | N/A      | x  |    |              |        |
| Pizza Protein Chips                       | 130      | 10          | 16    | 5         | 4       | 2     | 120        | N/A      | x  |    |              |        |
| <b>Breads/Bars/Cookies/Mug Cake</b>                                                                                        |          |             |       |           |         |       |            |          |    |    |              |        |
| Dark Protein Bread                        | 180      | 15          | 15    | 9         | 9       | 1     | 360        | 350      |    |    |              |        |
| Caramel Nut Bar                           | 160      | 12          | 13    | 1         | 6       | 4     | 55         | 116      | x  |    | x            | x      |
| Chocolate Almond Bar                      | 160      | 15          | 18    | 5         | 5       | 8     | 190        | 105      |    |    |              |        |
| Chocolate Chip Cookie with Icing          | 165      | 14          | 14    | 1         | 6       | 5     | 140        | 70       | x  |    | x            |        |
| Chocolate Crisp Bar                       | 160      | 15          | 17    | 12        | 7       | 1     | 130        | 160      | x  |    | x            |        |
| Cinnamon Crunch Bar                       | 160      | 15          | 18    | 5         | 5       | 8     | 270        | 130      | x  |    | x            | x      |
| Crunchy Peanut Chocolate Bar              | 160      | 15          | 18    | 5         | 5       | 7     | 270        | 105      | x  |    | x            | x      |
| Double Berry Bar                          | 160      | 15          | 18    | 5         | 5       | 7     | 210        | 90       | x  |    |              | x      |
| Fudge Graham Bar                          | 160      | 15          | 18    | 5         | 5       | 8     | 280        | 115      |    |    | x            | x      |
| Fluffy Vanilla Crisp Bar                  | 160      | 15          | 18    | 10        | 7       | 3     | 180        | 85       | x  |    | x            |        |
| Lemon Meringue Bar                        | 150      | 10          | 19    | 2         | 5       | 10    | 190        | 80       |    |    | x            | x      |
| Oatmeal Raisin Cookie with Icing          | 170      | 15          | 16    | 2         | 4       | 8     | 150        | 95       | x  |    |              |        |
| Peanut Surprise Bar                      | 150      | 15          | 16    | 3         | 5       | 4     | 200        | 150      |    |    | x            |        |
| Peanut Butter Fluffy Bar                | 160      | 15          | 15    | 7         | 6       | 5     | 210        | 100      | x  |    | x            |        |
| Peppermint Cocoa Crunch Bar             | 160      | 15          | 18    | 5         | 5       | 8     | 170        | 210      | x  |    | x            | x      |
| Rockie Road Bar                         | 170      | 14          | 15    | <1        | 7       | 5     | 50         | N/A      | x  |    | x            |        |
| Sea Salt & Caramel Bar                  | 150      | 15          | 17    | 5         | 4       | 8     | 240        | 66       | x  |    | x            | x      |
| Strawberry Shortcake Bar                | 160      | 15          | 17    | 12        | 7       | 2     | 140        | 55       | x  |    | x            |        |
| Toffee Pretzel Bar                      | 160      | 15          | 18    | 8         | 4.5     | 4     | 230        | 80       | x  |    |              |        |
| Chocolate Wafer                         | 210      | 15          | 13    | 1         | 9       | 5     | 80         | 25       |    |    | x            |        |
| Vanilla Wafer                           | 210      | 15          | 13    | 1         | 9       | 6     | 70         | 15       |    |    | x            |        |
| Lemon Wafer                             | 200      | 15          | 13    | <1        | 6       | 6     | 100        | N/A      |    |    |              |        |
| Raspberry Wafer                         | 200      | 16          | 13    | <1        | 10      | 6     | 75         | N/A      |    |    |              |        |
| Chocolate Mug Cake                      | 120      | 15          | 12    | 6         | 3.5     | 3     | 230        | 15       | x  |    |              |        |
| <b>Higher carb have only 1 per day </b> |          |             |       |           |         |       |            |          |    |    |              |        |
| GF and SF foods may have been made on equipment that processes wheat, milk, soy, egg, nuts.                                |          |             |       |           |         |       |            |          |    |    |              |        |

\*\*\*Some Foods may contain Soy Lecithin

10/12/2020

Note. Removed Specialty Items.

\*\* Basically is GF. However, the process of creating Rolled Oats may allow a very small trace amount of Gluten to be present in the finished product. As a precaution, we decided to remove these products from our Gluten free list.