

IDEAL PROTEIN NON-RESTRICTED FOODS*

DRINKS



Blueberry Cran-Granata¹



Cappuccino¹



Chocolate¹



Mangosteen Water Enhancer



Orange¹



Peach Mango¹



Lemon Tea



Piña Colada¹



Pineapple Banana



Pink Lemonade



Vanilla



Wildberry Yogurt*



Ready Made Cappuccino¹



Ready Made Chocolate



Mango Smoothie¹



Ready Made Strawberry Banana¹



Ready Made Vanilla



Ready Made Yogurt, Vanilla, Almond Drink¹

PUDDINGS



Banana



Butterscotch



Caramel



Milk Chocolate



Dark Chocolate



Vanilla



Cherry Gelatin



Raspberry Gelatin



Raspberry Mousse



Ready Made Caramel



Ready-Made Chocolate



Ready-Made Vanilla

IDEAL PROTEIN NON-RESTRICTED FOODS*

BREAKFAST



Apple Oatmeal¹



Crispy Cereal¹



Fine Herbs & Cheese Omelet¹



Maple Oatmeal (New)¹



Maple Flavored Syrup¹



Omelet



Pancake Mix¹



Chocolate Chip Pancakes¹

LUNCH/SNACKS



Broccoli Cheese Soup¹



Chicken Noodle Soup¹



Chicken Soup



Leek Soup



Mushroom Soup



Tomato Basil Soup



Chicken Patty



Chicken Ala King Pottage¹



Potato Purée



Rotini



Tomato Basil Rotini



BBQ Crisps¹



BBQ Soy Nuts



Garlic Herb Crisps¹



Sea Salt & Vinegar Crisps¹

IDEAL PROTEIN RESTRICTED FOODS*

BARS/WAFERS



Caramel Nut Bar¹



Caramel Vanilla Bar¹



Chocolate Mint Bar



Chocolately Coconut Bar



Cookie Dough Swirl Bar



Cookies and Cream Bar



Cran-Granata Bar



Lemon Poppyseed Bar



Peanut Butter Chocolate Bar¹



Peanut Butter Bar



Raspberry Chocolate Bar



Vanilla Peanut Bar



Lemon Wafer¹



Orange Wafer¹



Strawberry Wafer¹



Triple Chocolate Wafer¹

BREAKFAST/LUNCH/SNACKS



Cereal Flakes



Vegetable Chili



Dill Pickle Zippers



Southwest Cheese Curls



White Cheddar Ridges



Apple Cinnamon Soy Puffs



Chocolate Soy Puffs



Chocolately Caramel Mug Cake



Double Chocolate Brownie¹



Raspberry Chocolatey Bar¹

IDEAL PROTEIN OTHER PRODUCTS*

MEAL REPLACEMENTS



Ideal Complete Chocolate



Ideal Complete Strawberry



Ideal Complete Vanilla



Beef Stroganoff



Chicken Dijonnaise

SUPPLEMENTS



Anti-Oxy



Calcium Magnesium



Enzymes



Flora Health



Multi-Vitamin



Omega 3 Plus



Potassium Citrate



Ideal Salt

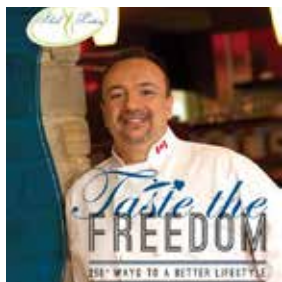


Sea Salt

OTHER ITEMS



My Ideal Recipes (Phases 1-2)



Taste the Freedom (Phase 4)



Because It's Your Life



Blender Ball Shaker



Eco Bag

**Every effort is made to keep this document updated, but products may be discontinued or new products may be released at any time without advance notice. For the most current selection of available items, visit your local Ideal Protein clinic or go to www.idealprotein.com. *These are the only Ideal Protein foods labeled for individual sale – all others must be purchased by the box only.*