



**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.

May

2025

| 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/Proticcino Drink Mix                 | 80       | 15          | 5     | 0         | 0       | 4     | 240        | 330      | x  | *** | x            |        |
| Classic Cappuccino with Fiber #                 | 80       | 15          | 5     | 3         | 1       | <1    | 260        | 40       | x  | x   |              |        |
| Hot Chocolate w/ Marshmallow Mix                | 80       | 15          | 5     | 1         | <1      | 3     | 220        | 220      | x  | *** | x            |        |
| Hot Chocolate with Fiber #                      | 90       | 15          | 6     | 3         | 1       | 2     | 250        | 150      | x  | x   | x            |        |
| Hot Cocoa with Marshmallows #                   | 80       | 12          | 6     | 1         | 1       | 1     | 230        | 180      | x  |     |              |        |
| Mixed Berry Drink with Fiber #                  | 70       | 15          | 4     | 3         | 0       | <1    | 70         | 120      | x  | x   | x            |        |
| Orange Fruit Drink#                             | 60       | 12          | 3     | 0         | 0       | <1    | 75         | 120      | x  | x   |              |        |
| Peanut Butter Chocolate Shake Box               | 118      | 15          | 10    | 4         | 2       | 5     | 270        | 250      | 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            |        |
| Wild Berry Drink Mix#                           | 100      | 15          | 7     | 0         | 1.5     | 6     | 200        | 560      | 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>                     |          |             |       |           |         |       |            |          |    |     |              |        |
| 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            |        |
| Peanut Butter Chocolate Shake Bottle            | 118      | 15          | 10    | 4         | 2       | 5     | 270        | 250      | 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       |    |     |              |        |
| <b>Puddings/Shakes/Gelatin</b>                  |          |             |       |           |         |       |            |          |    |     |              |        |
| Banana Cream Pudding #                          | 80       | 12          | 5     | 0         | 2       | 2     | 190        | 50       | x  | x   | x            | x      |
| Chocolate Mint Pudding/Shake                    | 100      | 15          | 7     | <1        | 1.5     | 4     | 280        | 200      | x  | x   | x            | x      |
| Chocolate Peanut Butter Pudding/Shake Box       | 118      | 15          | 10    | 4         | 2       | 5     | 270        | 250      | x  |     | x            |        |
| Chocolate Pudding/Shake                         | 100      | 15          | 7     | <1        | 1.5     | 4     | 310        | 210      | x  |     | x            | x      |
| Chocolate Salted Caramel Pudding & Shake #      | 100      | 15          | 7     | 1         | 2       | 4     | 310        | 310      | x  | x   | x            | x      |
| Dark Chocolate Pudding/Shake                    | 100      | 15          | 7     | 1         | 1.5     | 4     | 310        | 230      | x  | x   |              | x      |
| Dulce De Leche Pudding                          | 90       | 12          | 8     | <1        | 1       | 5     | 230        | 130      | x  | *** | x            | x      |
| Lemon (Tangy) with Fiber #                      | 90       | 15          | 7     | 3         | 1       | 1     | 190        | 125      | x  | *** | x            |        |
| Mocha Pudding Shake #                           | 100      | 15          | 7     | <1        | 1.5     | 4     | 280        | 210      | x  | x   | x            | x      |
| Pumpkin Pie Pudding and Shake # (seasonal)      | 100      | 15          | 7     | 0         | 2       | 4     | 170        | 200      | x  | x   |              | x      |
| Strawberry Pudding and Shake #                  | 100      | 15          | 7     | 0         | 2       | 2     | 95         | 220      | x  | *** | x            |        |
| Very Vanilla Pudding/Shake                      | 100      | 15          | 7     | 3         | 2       | 0     | 90         | 220      | x  | *** | x            | x      |
| <b>Breakfasts</b>                               |          |             |       |           |         |       |            |          |    |     |              |        |
| Apple Cinnamon Oatmeal                          | 110      | 15          | 10    | 2         | 1       | 2     | 190        | 120      |    |     |              |        |
| Apples and Cinnamon (High carb) # <b>L</b>      | 130      | 12          | 20    | 4         | 1.5     | 4     | 120        | 130      |    | x   |              | x      |
| Chocolate Chip Pancake                          | 110      | 15          | 8     | 1         | 1.5     | 2     | 260        | 97       | x  | *** | x            |        |
| Chocolate Peanut Butter Os Cereal               | 120      | 14          | 9     | 4         | 4       | 1     | 210        | 0        | x  |     |              |        |
| Cinnamon-O Cereal with Flakes # <b>L</b>        | 120      | 11          | 17    | 3         | 0       | 4     | 65         | 200      |    |     |              |        |
| Homestyle Pancakes with Fiber # <b>L</b>        | 120      | 12          | 19    | 5         | 1       | 4     | 120        | 130      |    | *** | x            | x      |
| Honey Nut Cereal                                | 100      | 15          | 5     | 2         | 2.5     | 2     | 0          | 0        | x  |     |              |        |
| Maple Brown Sugar Oatmeal                       | 100      | 15          | 8     | 2         | 1       | 0     | 220        | 125      |    |     |              |        |
| Maple Brown Sugar Oatmeal with Fiber # <b>L</b> | 120      | 15          | 14    | 3         | 1.5     | 1     | 270        | 540      |    |     | x            | x      |
| Pancakes with Chocoate Chips # <b>M</b>         | 140      | 12          | 22    | 5         | 1       | 1     | 270        | 690      |    |     | x            | x      |
| Plain Pancakes                                  | 90       | 15          | 6     | 0         | 1       | 1     | 320        | 20       |    | x   |              |        |
| Vanilla Cinnamon-Os Cereal                      | 113      | 15          | 8     | 4         | 3       | <1    | 107        | 333      | 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            |        |
| Hearty Cream of Chicken Soup                    | 90       | 15          | 7     | 3         | 0       | 1     | 690        | 220      |    |     |              |        |
| Original Cream of Chicken Soup #                | 70       | 15          | 2     | 0         | 0       | 1     | 820        | 180      | x  |     |              |        |
| Cream of Tomato Soup                            | 100      | 15          | 8     | <1        | 1.5     | 0     | 440        | 170      | x  |     | x            |        |
| Creamy Chicken Alfredo <b>L</b>                 | 130      | 15          | 13    | 1         | 2       | 1     | 430        | 0        |    |     |              |        |
| Creamy Tomato Soup #                            | 110      | 15          | 9     | 1         | 1.5     | 4     | 690        | 560      | x  |     | x            |        |
| Savory Chicken Noode Soup with fiber#R          | 90       | 15          | 8     | 3         | 0.5     | 2     | 690        | 280      |    |     |              |        |
| Vegetable Chili                                 | 100      | 15          | 9     | 6         | 1       | 1     | 400        | 110      | x  |     |              |        |
| Vegetable Chili with Beans # <b>L</b>           | 100      | 12          | 13    | 4         | 1       | 0     | 540        | 450      |    |     | x            |        |
| Protein Pasta                                   | 110      | 18          | 6     | 2         | 1.5     | 0     | 300        | 75       |    | x   |              |        |

| Products   | Calories | Protein (g)                       | Carbs                       | Fiber (g) | Fat (g) | Sugar | Sodium(mg) | Pot (mg) | GF | SF  | Soy Lecithin | Kosher |
|--|----------|-----------------------------------|-----------------------------|-----------|---------|-------|------------|----------|----|-----|--------------|--------|
| <b>Desserts</b>  |          |                                   |                             |           |         |       |            |          |    |     |              |        |
| Cheesecake #   | 120      | 12                                | 8                           | 0         | 4.5     | 6     | 170        | 80       | x  | *** | x            | x      |
| Chocolate Fudge Cake #   | 130      | 12                                | 9                           | 3         | 5       | 3     | 75         | 450      |    | *** | x            | x      |
| <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  |     |              |        |
| Pretzel Twists   | 120      | 12                                | 11                          | 4         | 3       | 1     | 320        | 30       |    |     |              | x      |
| Cheesy Curls   | 110      | 14                                | 4                           | 0         | 4       | 1     | 400        | 20       | x  |     | x            | x      |
| Zesty Ranch Puffs  | 120      | 18                                | 3                           | 0         | 4       | 2     | 290        | 78       | x  |     |              | x      |
| Sour Cream & Fine Herbs Zipper Snacks <span style="color:blue">L</span>  | 160      | 15                                | 14                          | <1        | 5       | 1     | 360        | 300      |    |     |              |        |
| New Salt 'N Vinegar Zipper Snacks <span style="color:blue">L</span>      | 140      | 15                                | 12                          | 1         | 4       | 1     | 440        | 230      |    |     |              |        |
| New Tomato Zipper Snacks <span style="color:blue">L</span>               | 160      | 15                                | 15                          | 2         | 4.5     | 2     | 420        | 310      |    |     |              |        |
| Chocolate Soy Snacks <span style="color:blue">L</span>                   | 150      | 15                                | 11                          | <1        | 6       | 5     | 135        | 190      |    |     |              |        |
| Caramel Peanut Snacks <span style="color:blue">L</span>                  | 170      | 15                                | 11                          | <1        | 5       | 7     | 200        | 110      |    |     |              |        |
| <b>Breads/Bar/(wafers. Now 5/Box)</b>                                    |          |                                   |                             |           |         |       |            |          |    |     |              |        |
| Brownie Bar with Caramel Layer & Choc# <span style="color:blue">M</span> | 160      | 10                                | 23                          | 4         | 0       | 17    | 90         | 130      | x  |     | x            | x      |
| Butter Pecan Bar with Carmel & Choc # <span style="color:blue">M</span>  | 160      | 10                                | 24                          | 4         | 0       | 12    | 110        | 90       |    |     | x            | x      |
| Blueberry Dough Cheesecake Bar <span style="color:blue">L</span>         | 180      | 20                                | 15                          | 1         | 5       | 2     | 200        | 107      | x  |     | x            |        |
| Caramel Coca Bar # <span style="color:blue">L</span>                     | 160      | 15                                | 18                          | 4         | 5       | 10    | 160        | 130      | x  |     | x            |        |
| Caramel Nut Bar <span style="color:blue">L</span>                        | 160      | 12                                | 13                          | 1         | 6       | 4     | 55         | 116      | x  |     | x            | x      |
| Caramel Nut Bar (new) <span style="color:blue">L</span>                  | 170      | 15                                | 15                          | 1         | 6       | 4     | 115        | 80       | x  |     | x            |        |
| Chocolate Almond Bar <span style="color:blue">L</span>                   | 160      | 15                                | 18                          | 5         | 5       | 8     | 190        | 105      |    |     |              |        |
| Chocolate Chip Fluffy Bar <span style="color:blue">L</span>              | 130      | 15                                | 15                          | 8         | 4       | 3     | 210        | 70       | x  |     |              |        |
| Chocolate Coconut Bar (New) <span style="color:blue">L</span>            | 160      | 15                                | 16                          | 11        | 7       | 1     | 135        | 70       | x  |     | x            |        |
| Chocolate Mint Bar <span style="color:blue">M</span>                     | 150      | 10                                | 20                          | 4         | 4.5     | 13    | 35         | 110      | x  |     |              | x      |
| Cinnamon Crunch Bar <span style="color:blue">L</span>                    | 160      | 15                                | 18                          | 5         | 5       | 8     | 270        | 130      | x  |     | x            | x      |
| Crunchy Caramel Bar <span style="color:blue">L</span>                    | 170      | 15                                | 16                          | 2         | 6       | 8     | 85         | 111      | x  |     |              |        |
| Crunchy Peanut Chocolate Bar <span style="color:blue">L</span>           | 160      | 15                                | 18                          | 5         | 5       | 7     | 270        | 105      | x  |     | x            | x      |
| Dark Chocolate S'Mores Bar <span style="color:blue">L</span>             | 160      | 15                                | 18                          | 5         | 5       | 8     | 170        | 190      |    |     |              | x      |
| Double Berry Bar <span style="color:blue">L</span>                       | 160      | 15                                | 18                          | 5         | 5       | 7     | 210        | 90       | x  |     | x            | x      |
| Fudge Graham Bar <span style="color:blue">L</span>                       | 160      | 15                                | 18                          | 5         | 5       | 8     | 280        | 115      |    |     | x            | x      |
| Lemon Fluffy Bar # <span style="color:blue">L</span>                     | 130      | 16                                | 14                          | 8         | 4       | 2     | 210        | 30       | x  |     |              |        |
| Lemon Meringue Bar <span style="color:blue">L</span>                     | 150      | 10                                | 19                          | 2         | 5       | 10    | 190        | 80       |    |     | x            | x      |
| Marshmallow Brownie Crisp Bar <span style="color:blue">L</span>          | 150      | 10                                | 19                          | 2         | 4.5     | 11    | 140        | 80       | x  |     |              | x      |
| Oatmeal Cinnamon Raisin Bar <span style="color:blue">M</span>            | 160      | 10                                | 21                          | 3         | 5       | 13    | 40         | 130      |    |     |              | x      |
| Peanut Butter Blast Bar <span style="color:blue">L</span>                | 170      | 15                                | 12                          | 0         | 8       | 6     | 95         | 143      | x  |     | x            |        |
| Peanut Butter Crunch Bar w/ Chocolate# <span style="color:blue">L</span> | 160      | 10                                | 18                          | 1         | 0       | 7     | 95         | 160      | x  |     | x            | x      |
| Peanut Butter Cup Bar <span style="color:blue">L</span>                  | 160      | 15                                | 16                          | 2         | 6       | 6     | 135        | 80       | x  |     |              |        |
| Peanut Butter Fluffy Bar <span style="color:blue">L</span>               | 160      | 15                                | 16                          | 7         | 6       | 5     | 210        | 70       | x  |     | x            |        |
| Peanut Butter Mousee Bar # <span style="color:blue">L</span>             | 150      | 10                                | 17                          | 2         | 5       | 10    | 170        | 80       | x  |     | x            | x      |
| Peanut Surprise Bar <span style="color:blue">L</span>                    | 150      | 15                                | 16                          | 3         | 5       | 4     | 200        | 150      |    |     | x            |        |
| Peppermint Cocoa Crunch Bar <span style="color:blue">L</span>            | 160      | 15                                | 18                          | 5         | 5       | 8     | 170        | 210      | x  |     | x            | x      |
| Rockie Road Bar <span style="color:blue">L</span>                        | 170      | 14                                | 15                          | <1        | 7       | 5     | 50         | N/A      | x  |     | x            |        |
| Sea Salt & Carmel Bar <span style="color:blue">L</span>                  | 150      | 15                                | 17                          | 5         | 4       | 8     | 240        | 66       | x  |     | x            | x      |
| Srawberry Cheesecake Dough Bar <span style="color:blue">L</span>         | 180      | 20                                | 15                          | 1         | 5       | 2     | 200        | 107      | x  |     | x            |        |
| Berry Fluffy Bar # <span style="color:blue">L</span>                     | 130      | 15                                | 15                          | 8         | 4       | 2     | 210        | 70       | x  |     |              |        |
| Sweet and Salty Peanut Bar # <span style="color:blue">M</span>           | 160      | 10                                | 20                          | 3         | 0       | 10    | 250        | 90       |    |     | x            | x      |
| Toffee Pretzel Bar <span style="color:blue">L</span>                     | 160      | 15                                | 18                          | 7         | 6       | 5     | 240        | 60       | x  |     |              |        |
| Vanilla Caramel Bar <span style="color:blue">L</span>                    | 160      | 15                                | 19                          | 6         | 5       | 7     | 230        | 40       |    |     |              |        |
| Vanilla Fluffy Crisp Bar <span style="color:blue">L</span>               | 160      | 15                                | 17                          | 7         | 7       | 3     | 180        | 50       | x  |     |              |        |
| Chocolate Wafer (5/Box) <span style="color:blue">L</span>                | 210      | 15                                | 14                          | 0         | 10      | 6     | 110        | 0        |    |     |              |        |
| Vanilla Wafer (5/Box) <span style="color:blue">L</span>                  | 200      | 15                                | 14                          | 0         | 6       | 1     | 360        | 0        |    |     |              |        |
| Lemon Wafer (5/Box) <span style="color:blue">L</span>                    | 200      | 15                                | 13                          | 0         | 6       | 6     | 95         | 20       |    |     |              |        |
| Raspberry Wafer(5/Box) <span style="color:blue">L</span>                 | 200      | 15                                | 15                          | 0         | 9       | 6     | 95         | 0        |    |     |              |        |
| <span style="color:blue">L</span> Limited/ only one per Day              |          | <span style="color:blue">M</span> | Step 3 Maintenance products |           |         |       |            |          |    |     |              |        |

GF and SF foods may have been made on equipment that processes wheat, milk, soy, egg, nuts.

\*\*\*Some Foods may contain Soy Lecithin, Still are Soy Free.

# New Products Sept

5/1/2025

Always check box for actual ingredients if you have allergies. Manufactures may change formulas.

All products may not be available