



**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.

# New

**Products October 2023**

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	
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	
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				
<b>Puddings/Shakes/Gelatin</b>												
Banana Cream Pudding #	80	12	5	0	2	2	190	50	x	x	x	x
Banana Strawberry Gelatin	70	15	2	0	0	0	65	170	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 #	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				
Cocoa- Os Cereal	114	15	8	4	3	<1	141	365	x			
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			
Verry Berry O's Cereal	120	14	8	1	4	1	135	310	x			
<b>Soups/Lunches/Sauces</b>												
Beef Vegetable Noodle Soup	80	15	6	0	0	0	930	50		x		
Cheesy Cheddar Dip/Sauce/Soup	110	15	6	<1	3	2	540	360	x	***	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				
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
Jalapeno Cheddar Curls	110	15	4	0	0	2	460	10	x			
Sour Creamy Onion Curls	120	16	3	0	4.5	2	130	16	x			
Zesty Ranch Puffs	120	18	3	0	4	2	290	78	x			x
Sour Cream & Fine Herbs Zipper Snacks <b>L</b>	160	15	14	<1	5	1	360	300				
Chocolate Soy Snacks <b>L</b>	150	15	11	<1	6	5	135	190				
Caramel Peanut Snacks <b>L</b>	170	15	11	<1	5	7	200	110				
<b>Breads/Bar/(wafers. Now 5/Box)</b>												
Dark Protein Bread <b>L</b>	180	15	15	10	1	1	360	350				
Brownie Bar with Caramel Layer & Choc# <b>M</b>	160	10	23	4	0	17	90	130	x		x	x
Butter Pecan Bar with Caramel & Choc # <b>M</b>	160	10	24	4	0	12	110	90			x	x
Caramel Coca Bar # <b>L</b>	160	15	18	4	5	10	160	130	x		x	
Caramel Nut Bar <b>L</b>	160	12	13	1	6	4	55	116	x		x	x
Chocolate Almond Bar <b>L</b>	160	15	18	5	5	8	190	105				
Chocolate Chip Fluffy Bar <b>L</b>	130	15	15	8	4	3	210	70	x			
Chocolate Mint Bar <b>M</b>	150	10	20	4	4.5	13	35	110	x			x
Cinnamon Crunch Bar <b>L</b>	160	15	18	5	5	8	270	130	x		x	x
Crunchy Caramel Bar <b>L</b>	170	15	16	2	6	8	85	111	x			
Crunchy Peanut Chocolate Bar <b>L</b>	160	15	18	5	5	7	270	105	x		x	x
Dark Chocolate S'Mores Bar <b>L</b>	160	15	18	5	5	8	170	190				x
Double Berry Bar <b>L</b>	160	15	18	5	5	7	210	90	x		x	x
Fudge Graham Bar <b>L</b>	160	15	18	5	5	8	280	115			x	x
Lemon Fluffy Bar # <b>L</b>	130	16	14	8	4	2	210	30	x			
Lemon Meringue Bar <b>L</b>	150	10	19	2	5	10	190	80			x	x
Marshmallow Brownie Crisp Bar <b>L</b>	150	10	19	2	4.5	11	140	80	x			x
Oatmeal Cinnamon Raisin Bar <b>M</b>	160	10	21	3	5	13	40	130				x
Peanut Butter Blast Bar <b>L</b>	170	15	12	0	8	6	95	143	x		x	
Peanut Butter Crunch Bar w/ Chocolate# <b>L</b>	160	10	18	1	0	7	95	160	x		x	x
Peanut Butter Fluffy Bar <b>L</b>	160	15	16	7	6	5	210	70	x		x	
Peanut Butter Mousee Bar # <b>L</b>	150	10	17	2	5	10	170	80	x		x	x
Peanut Surprise Bar <b>L</b>	150	15	16	3	5	4	200	150			x	
Peppermint Cocoa Crunch Bar <b>L</b>	160	15	18	5	5	8	170	210	x		x	x
Rockie Road Bar <b>L</b>	170	14	15	<1	7	5	50	N/A	x		x	
Sea Salt & Carmel Bar <b>L</b>	150	15	17	5	4	8	240	66	x		x	x
Strawberry Fluffy Bar # <b>L</b>	130	15	15	8	4	2	210	70	x			
Sweet and Salty Peanut Bar # <b>M</b>	160	10	20	3	0	10	250	90			x	x
Toffee Pretzel Bar <b>L</b>	160	15	18	7	6	5	240	60	x			
Vanilla Fluffy with Chocolate Icing <b>L</b>	200	15	15	8	4	2	180	50	x			
Vanilla Caramel Bar <b>L</b>	160	15	19	6	5	7	230	40				
Vanilla Fluffy Crisp Bar <b>L</b>	160	15	17	7	7	3	180	50	x			
Chocolate Wafer (5/Box) <b>L</b>	210	15	14	0	10	6	110	0				
Vanilla Wafer (5/Box) <b>L</b>	200	15	14	0	6	1	360	0				
Lemon Wafer (5/Box) <b>L</b>	200	15	13	0	6	6	95	20				
Raspberry Wafer(5/Box) <b>L</b>	200	15	15	0	9	6	95	0				
<b>L</b> Limited/ only one per Day		<b>M</b>	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

10/16/2023

Always check box for actual ingredients if you have allergies

All products may not be available