

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. L

Maintenance is Step 3 Products M

Limited ITG Foods (only <b>ONE</b> per day) <span style="border: 1px solid blue; border-radius: 50%; padding: 2px;">L</span>
<b>Bars / Squares / Wafers / Cookies</b>
Bar Variety Pack (original one)
Bar Variety Pack (2)
Caramel Coco Bar
Caramel Nut Bar
Chocolate Almond Bar
Chocolate Chip Fluffy Bar
Cinnamon Crunch Bar
Crunchy Caramel Bar
Crunchy Peanut Chocolate Bar
Dark Chocolate S'mores Bar
Double Barry Bar
Fudge Graham Bar
Lemon Fluffy Bar
Lemon Meringue Bar
Marshmallow Brownie Crisp Bar
Peanut Butter Blast Bar
Peanut Butter Crunch Bar/w Chocolate
Peanut Butter Fluffy Bar
Peanut Butter Mousse Bar
Peanut Surprise Bar
Peppermint Cocoa Crunch Bar
Rockie Road Bar
Sea Salt & Caramel Bar
Strawberry Fluffy Bar
Toffee Pretzel Bar
Peppermint Cocoa Crunch Bar
Rockie Road Bar
Sea Salt & Caramel Bar
S More's Bar
Strawberry Fluffy Bar
Toffee Pretzel Bar
Vanilla Fluffy with Chocolate Icing
Vanilla Caramel Bar
Vanilla Fluffy Crisp Bar
Chocolate Wafer (5/box)
Lemon Wafer (5/Box)
Lemon Wafer (5/Box)
Raspberry Wafer (5/Box)
Vanilla Wafer (5/Box)
<b>Step 3 Maintenance Bars</b> <span style="border: 1px solid blue; border-radius: 50%; padding: 2px;">M</span>
Brownie Bar with Caramel & Chocolate
Butter Pecan Bar with Carmel Chocolate
Chocolate Mint Bar
Oatmeal Cinnamon Raisin Bar
Sweat & Salty Peanut Bar
Caramel Peanut Snacks

Other ITG Products (minimum of <b>TWO</b> per day)
<b>Drinks/Gelatin</b>
Banana Strawberry Gelatin
Cappuccino
Classic Cappuccino with Fiber
Hot Chocolate with Fiber
Marshmallow Hot Chocolate
Mixed Berry Drink
Orange Fruit Drink
Peanut Butter Chocolate shake (box)
Pineapple Orange
Strawberry Crème
Strawberry Kiwi with Fiber
Wild Berry Drink
Variety Fruit Drinks
<b>Puddings (can also be a shake)</b>
Banana Cream Pudding
Chocolate Pudding
Chocolate Mint Pudding
Chocolate Salted Caramel
Chocolate Lovers Variety
Dark Chocolate Pudding/Shake
Dulce de Leche Pudding
Lemon Tangy with Fiber Pudding
Mocha Pudding
Pumpkin Pie Pudding
Strawberry Pudding
Very Vanilla Pudding/Shake
Variety Pudding & Shakes
<b>Shake Bottles / Ready To Drink</b>
Coffee Shake Bottle
Peanut Butter Chocolate Shake Bottle
Vanilla Shake Bottle
Chocolate Ready To Drink
Vanilla Ready To Drink
<b>Light Lunches Limited 1/day</b> <span style="border: 1px solid blue; border-radius: 50%; padding: 2px;">L</span>
Creamy Chicken Alfredo
Vegetable Chili with Beans
<b>Snacks Limited 1/day</b> <span style="border: 1px solid blue; border-radius: 50%; padding: 2px;">L</span>
Sour Cream & Fine Herb Zippers
Chocolate Soy Snacks
Caramel Peanut Snacks
<b>Protein Shooters</b>
Cran Grape
Tropical Orange

Other ITG Products (minimum of <b>TWO</b> per day)
<b>Continued</b>
<b>Snacks / Crisps / Curls</b>
BBQ Crisps
White Cheddar Crisps
Pretzel Twists
Cheesy Curls
Jalapeno Cheddar Curls
Sour Creamy Oniony Curls
Zesty Ranch Puffs
<b>Pasta</b>
Protein Pasta
<b>Soups/ Sauces</b>
Beef Vegetable Soup
Chicken with Pasta Soup
Hearty Cream of Chicken Soup
Cream of Tomato Soup
Savory Chicken Noodle Soup
Cheesy Cheddar-Dip/Sauce/Soup
Vegetable Chili
<b>Breakfast Items</b>
Apple and Cinnamon Oatmeal
Choc Chip Pancake
Chocolate Peanut Butter O's
Cocoa - Os Cereal
Honey Nut Os Cereal
Plan Pancake
Maple Brown Sugar Oatmeal
Verry Berry Os Cereal
<b>Breakfasts Limited 1/day</b> <span style="border: 1px solid blue; border-radius: 50%; padding: 2px;">L</span>
Home Style Pancakes
Cinn O Cereal with Flakes
Maple Brown Sugar with Oatmeal
Apples and Cinnamon Oatmeal
Dark Protein Bread
<b>Step 3 Breakfasts Maintenance</b> <span style="border: 1px solid blue; border-radius: 50%; padding: 2px;">M</span>
Pancakes With Choc Chips
<b>Desserts</b>
Cheesecake
Chocolate Fudge Cake