

IDEAL PROTEIN INGREDIENTS SUMMARY**

	Products	Soy	Milk	Whey	Egg	Nuts	Collagen	Pea Protein	Sucralose	Gluten-Free	Ingredients
DRINKS	Blueberry Cran-Granata Drink*						X		X	X	Hydrolyzed collagen protein, fruit juice powders (blueberry, cranberry, pomegranate), citric acid, natural flavors, malic acid, contains 2% or less of acesulfame potassium (non-nutritive sweetener), sucralose (non-nutritive sweetener), calcium gluconate, calcium citrate, silicon dioxide.
	Cappuccino Drink*	X	X	X					X	X	Milk protein concentrate, whey protein isolate (milk), skim milk, decaffeinated coffee, natural flavor, caramel color, contains 2% or less of sea salt, sucralose (non-nutritive sweetener), acesulfame potassium (non-nutritive sweetener), xanthan gum, soy lecithin, silicon dioxide. Contains milk and soybeans.
	Chocolate Drink*		X	X					X	X	Milk protein concentrate, cocoa processed with alkali, skim milk, whey protein isolate (milk), natural and artificial flavor, contains 2% or less of semi-sweet chocolate (sugar, unsweetened chocolate, dextrose), sea salt, xanthan gum, sucralose (non-nutritive sweetener), acesulfame potassium (non-nutritive sweeteners), silicon dioxide. Contains milk.
	Mangosteen Water Enhancer								X	X	Citric acid, sodium citrate, natural flavors, sucralose (non-nutritive sweetener), potassium phosphate, malic acid, red cabbage color, silicon dioxide.
	Orange Drink*	X	X	X					X	X	Whey protein isolate (milk), malic acid, citric acid, natural and artificial flavors, contains 2% or less of: sucralose (non-nutritive sweetener), acesulfame potassium (non-nutritive sweetener), beta-carotene color, caramel color, canthaxanthin color, silicon dioxide, soy lecithin. Contains milk and soybeans.
	Peach Mango Drink*	X	X	X					X	X	Whey protein isolate (milk), malic acid, natural flavor, citric acid, contains 2% or less of acesulfame potassium (non-nutritive sweetener), sucralose (non-nutritive sweetener), beta carotene color, caramel color, canthaxanthin color, silicon dioxide, soy lecithin. Contains milk and soybeans.
	Pina Colada Drink*	X	X	X					X	X	Whey protein isolate, milk protein concentrate, natural and artificial flavors, citric acid, malic acid, xanthan gum, potassium citrate, acesulfame-potassium (non-nutritive sweetener), sucralose (non-nutritive sweetener), soy lecithin, silicon dioxide. Contains milk and soybeans.
	Pineapple Banana Drink	X	X	X					X	X	Whey protein isolate (milk), natural flavors, malic acid, citric acid, contains 2% or less of beta carotene color, acesulfame potassium (non-nutritive sweetener), acesulfame potassium (non-nutritive sweetener), silicon dioxide, soy lecithin. Contains milk and soybeans.
	Pink Lemonade (SEASONAL)	X	X	X					X	X	Whey protein isolate (milk), citric acid, malic acid, natural flavor, contains 2 percent or less of acesulfame potassium (non-nutritive sweetener), beet powder color, sucralose (non-nutritive sweetener), silicon dioxide, soy lecithin. Contains: milk and soybeans.
	Vanilla Drink	X	X	X					X	X	Milk Protein concentrate, whey protein isolate (milk), inulin, contains 2 percent or less of natural and artificial flavors, sea salt, xanthan gum, sucralose (a non-nutritive sweetener), soy lecithin, silicon dioxide. Contains milk and soybeans.
	Wildberry Yogurt Drink*		X	X	X				X	X	Milk protein concentrate, natural and artificial flavors, whey protein isolate (milk), egg whites (egg whites, yeast, citric acid), ascorbic acid, fruits (raspberry, strawberry, and blueberry), contains 2 percent or less of xanthan gum, sea salt, microcrystalline cellulose, citric acid, acesulfame potassium (non-nutritive sweetener), sucralose (non-nutritive sweetener), silicon dioxide. Contains milk and eggs.
READY-MADE DRINKS	Cappuccino Ready-Made Drink*		X						X	X	Filtered water, protein blend (milk protein concentrate, milk protein isolate), cream, contains 2% or less of milk, inulin, coffee, natural and artificial flavors, sea salt, microcrystalline cellulose, carrageenan, cellulose gum, cellulose, mono- and diglycerides, sodium phosphate, caramel color, sucralose (non-nutritive sweetener). Contains milk.
	Chocolate Ready-Made Drink		X	X					X		Water, protein blend (milk protein isolate, calcium caseinate, whey protein concentrate), cocoa powder, sunflower oil, inulin, artificial flavor, cellulose, carboxymethylcellulose, salt, sodium phosphate, diacetyl tartaric acid esters of mono and diglycerides (DATEM), potassium phosphate, carrageenan, sucralose and acesulfame potassium (non-nutritive sweeteners). Contains milk. Made in a facility that processes soy, egg, wheat, sesame, and tree nuts.
	Mango Ready-Made Drink*		X	X					X		Filtered water, whey protein isolate (milk), mango puree, cream, gum blend (pectin, carrageenan, locust bean gum), fructooligosaccharide, inulin, calcium lactate, diacetyl tartaric acid esters of mono-diglycerides (DATEM), natural and artificial flavors, beta-carotene, color (vegetable & fruit juice), monopotassium phosphate, sodium diphosphate, lactic acid, calcium ascorbate, sucralose and acesulfame-potassium (non-nutritive sweeteners). Made in a facility that processes soy, eggs, and wheat. Aseptically processed.
	Strawberry-Banana Ready-Made Drink*		X	X			X		X	X	Water, banana and strawberry purees, whey protein concentrate, hydrolyzed collagen, apple juice concentrate, inulin, natural flavor, pectin, citric acid, ascorbic acid (vitamin c), sucralose (non-nutritive sweetener), FD&C red #40, FD&C yellow #5. Contains milk.
	Vanilla Ready-Made Drink		X	X					X		Filtered water, protein blend (milk protein isolate, whey protein concentrate, calcium caseinate), sunflower oil, inulin, artificial flavor, cellulose, carboxymethylcellulose, salt, diacetyl tartaric acid esters of mono and diglycerides (DATEM), sodium phosphate, potassium phosphate, carrageenan, sucralose and acesulfame potassium (non-nutritive sweeteners), colors (turmeric, annatto). Made in a facility that processes eggs, soy, wheat, sesame, and tree nuts.
	Yogurt Vanilla Almond Ready-Made Drink (NEW)*		X	X						X	
COMPLETE	Ideal Complete Chocolate ²	X	X	X					X	X	Whey protein isolate (milk), milk protein concentrate, cocoa powder processed with alkali, natural and artificial flavors, sunflower oil, buttermilk, maltodextrin, inulin, canola oil, contains 2% or less of skim milk, vitamin A palmitate, cholecalciferol (vitamin D), alpha-tocopheryl acetate, biotin, folic acid, niacinamide, calcium pantothenate, thiamin mononitrate, cyanocobalamin (vitamin B12), riboflavin, pyridoxine hydrochloride, ascorbic acid, phytanadione (vitamin K), chromium chloride, copper gluconate, potassium iodide, ferrous fumarate, magnesium citrate, manganese sulfate, sodium molybdate, sodium selenite, zinc oxide, choline bitartrate, potassium citrate, sea salt, potassium phosphate, disodium phosphate, sucralose (a non-nutritive sweetener), xanthan gum, soy lecithin, silicon dioxide. Allergens: contains milk and soybeans.
	Ideal Complete Strawberry ²	X	X	X					X	X	Whey protein isolate (milk), milk protein concentrate, maltodextrin, inulin, sunflower oil, buttermilk, canola oil, natural and artificial flavors, potassium citrate, contains 2% or less of skim milk, vitamin A palmitate, cholecalciferol (vitamin D), alpha-tocopheryl acetate, biotin, folic acid, niacinamide, calcium pantothenate, thiamin mononitrate, cyanocobalamin (vitamin B12), riboflavin, pyridoxine hydrochloride, ascorbic acid, phytanadione (vitamin K1), chromium chloride, copper gluconate, potassium iodide, ferrous fumarate, magnesium citrate, manganese sulfate, sodium molybdate, sodium selenite, zinc oxide, choline bitartrate, sea salt, potassium phosphate, disodium phosphate, beet powder color, sucralose (a non-nutritive sweetener), xanthan gum, soy lecithin, silicon dioxide. Allergens: contains milk and soybeans.

IDEAL	Ideal Complete Vanilla²	X	X	X						X	X	Milk protein concentrate, whey protein isolate (milk), maltodextrin, inulin, sunflower oil, buttermilk, canola oil, potassium citrate, contains 2% or less of skim milk, natural and artificial flavors, vitamin A palmitate, cholecalciferol (vitamin D), alpha-tocopheryl acetate, biotin, folic acid, niacinamide, calcium pantothenate, thiamin mononitrate, cyanocobalamin (vitamin B12), riboflavin, pyridoxine hydrochloride, ascorbic acid, phytonadione (vitamin K), chromium chloride, copper gluconate, potassium iodide, ferrous fumarate, magnesium citrate, manganese sulfate, sodium molybdate, sodium selenite, zinc oxide, choline bitartrate, sea salt, potassium phosphate, disodium phosphate, sucralose (a non-nutritive sweetener), xanthan gum, soy lecithin, silicon dioxide. Allergens: contains milk and soybeans.	
	Apple Oatmeal*	X	X	X						X	X	Oat flakes, soy flour, soy protein isolate, milk protein concentrate, whey protein isolate, contains 2 percent or less of natural flavor, cinnamon, sea salt, sodium bicarbonate, xanthan gum, sucralose (non-nutritive sweetener), silicon dioxide, sulfites. Contains milk and soybeans.	
BREAKFAST	Chocolatey Chip Pancake Mix*	X	X	X	X							Oat protein concentrate, wheat protein isolate, chocolatey chips (maltitol, unsweetened chocolate processed with alkali, cocoa butter, soy lecithin, natural vanilla extract), whey protein concentrate, inulin, dried whole eggs, nonfat dried milk, modified wheat starch, contains 2 percent or less of natural and artificial flavors, sodium bicarbonate, steviol glycosides, fructooligosaccharides, fructose, cream of tartar, citric acid, silicon dioxide, sulfites. Contains wheat, milk, eggs and soybeans. Sweetened with nutritive and non-nutritive sweeteners.	
	Crispy Cereal*	X	X	X						X		Soy crisp (soy protein isolate, rice flour, barley malt extract [gluten], salt), milk protein concentrate, skim milk, whey protein isolate (milk), sucralose (non-nutritive sweetener), soy lecithin, silicon dioxide. Contains milk, soybeans, and gluten (barley).	
	Fine Herb & Cheese Omelet*	X	X	X	X						X		Egg whites (egg whites, yeast, citric acid), eggs, cheddar cheese powder (cheddar cheese [pasteurized cultured milk, salt, enzymes], whey [milk], soybean oil, salt, buttermilk, citric acid, disodium phosphate, natural flavor, lactic acid), red bell pepper, green bell pepper, natural flavor, contains 2 percent or less of onion, garlic, spices, gum (cellulose, xanthan, and carrageenan), beta carotene color, sodium bicarbonate, silicon dioxide. Contains milk and eggs.
	Maple Oatmeal*	X	X	X						X	X		Oat flakes, soy flour, soy protein isolate, milk protein concentrate, whey protein isolate, natural and artificial flavor, contains 2 percent or less of sea salt, xanthan gum, sodium bicarbonate, sucralose (non-nutritive sweetener), silicon dioxide. Contains milk and soybeans.
	Maple Flavored Syrup*									X	X		Water, contains 2% or less of natural and artificial flavors, steviol glycosides, sucralose, caramel color, lactic acid, potassium sorbate, cellulose gum. Sweetened with non-nutritive sweeteners.
	Omelet				X						X		Egg whites (egg whites, yeast, citric acid), eggs, natural flavor, contains 2 percent or less of garlic, spices, autolyzed yeast extract, gums (cellulose, xanthan, and carrageenan), sodium bicarbonate, sea salt, beta carotene color, silicon dioxide. Contains eggs.
	Pancake Mix*		X	X	X								Wheat protein isolate, whey protein concentrate, oat protein concentrate, inulin, whole eggs, skim milk, modified wheat starch, sodium bicarbonate, natural and artificial flavor, contains 2 percent or less of cream of tartar, citric acid, silicon dioxide, sulphites. Contains wheat, milk, and eggs.
	Broccoli Cheese Soup*	X	X	X							X		Milk protein concentrate, cheese powder (cheddar cheese [pasteurized cultured milk, salt, enzymes], whey [milk], buttermilk, salt, sodium phosphate, lactic acid), whey protein isolate (milk), broccoli, yeast extract, guar gum, potassium chloride, contains 2 percent or less of dehydrated cheddar cheese (pasteurized cultured milk, salt, enzymes), sea salt, buttermilk, hydrolyzed casein (milk), natural flavor, beta carotene and canthaxanthin colors, soy lecithin, silicon dioxide. Contains milk and soybeans.
LUNCH	Chicken Ala King Pottage*	X	X	X								Soy protein isolate, dehydrated vegetables (peas, carrots, corn, mushrooms, onions), textured wheat protein (wheat gluten, wheat starch, sodium phosphate, tocopherols), enriched pasta (durum wheat flour, niacin, ferrous sulfate [iron]), thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sea salt, tapioca dextrin, yeast extract, contains 2 percent or less of whey protein concentrate, natural and artificial flavors, spices, xanthan gum, silicon dioxide. Contains wheat (gluten), milk, and soybeans.	
	Chicken Noodle Soup*	X	X	X	X		X					Hydrolyzed collagen, whey protein isolate (milk), enriched noodles (durum flour [wheat], niacin, ferrous sulfate [iron]), thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), natural and artificial flavors, sea salt, yeast extract, contains 2 percent or less of chicken meat, spices, beta carotene color, soy lecithin, potassium chloride, silicon dioxide. Contains wheat, milk, eggs, and soybeans.	
	Chicken Patty Mix	X	X	X	X							Textured wheat protein (wheat gluten, wheat starch, sodium phosphate, tocopherol), whey protein concentrate (milk), artificial flavor, soy protein isolate, yeast extract, contains 2 percent or less of onion, garlic, chive, sea salt, spices, gums (carrageenan, guar and konjac), silicon dioxide. Contains: wheat (gluten), milk, eggs, soybeans, and mustard.	
	Chicken Soup	X	X	X						X		Soy protein isolate, sea salt, potassium chloride, contains 2 percent or less of onion, garlic, whey protein concentrate, natural and artificial flavors, yeast extract, celery salt, spices (mustard), turmeric, beta carotene color, xanthan gum, sodium bicarbonate, sulphiting agent, silicon dioxide. Contains milk and soybeans.	
	Leek Soup	X								X		Soy protein isolate, dehydrated vegetables (onion, leek), sea salt, natural flavor, potassium chloride, contains 2 percent or less of yeast extract, xanthan gum, sodium bicarbonate, silicon dioxide. Contains soybeans.	
	Mushroom Soup	X	X	X						X		Soy protein isolate, milk protein concentrate, mushroom, whey protein isolate (milk), sea salt, natural flavor, contains 2 percent or less of onion, garlic, spices, xanthan gum, yeast extract, celery salt, turmeric, beta carotene color, sodium bicarbonate, soy lecithin, silicon dioxide. Contains milk and soybeans.	
	Potato Puree	X	X	X	X					X		Calcium caseinate (milk), milk protein concentrate, whey protein isolate (milk), dehydrated potato, egg white (egg whites, yeast, citric acid), inulin, sea salt, contains 2 percent or less of chives, onion, sea salt, dehydrated butter (milk), butter oil (milk), soybean oil, yeast extract, guar gum, xanthan gum, spices, sodium bicarbonate, annatto color, turmeric, sunflower lecithin, citric acid, silicon dioxide. Contains milk, eggs, and soybeans.	
	Rotini	X			X			X				Pea protein isolate, enriched durum wheat flour (durum wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), wheat protein isolate, inulin, whole eggs, sodium phosphate, lactic acid sulfites. Contains wheat, eggs, and soybeans.	
	Tomato Basil Rotini	X			X			X				Pea protein isolate, wheat protein isolate, inulin, tomato, whole eggs, soy protein isolate, enriched durum wheat flour (durum wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), basil, sodium phosphate, lactic acid. Contains wheat (gluten), eggs, and soybeans.	
	Tomato Basil Soup	X	X	X						X		Protein blend (milk protein isolate, soy protein isolate, sodium caseinate), hydrolyzed gelatin, modified corn starch, natural and artificial flavors, dehydrated vegetables (onion, tomato, garlic), salt, hydrolyzed wheat protein, sunflower oil, color (lycopene extract, caramel), maltodextrin citric acid, dipotassium phosphate, basil, malic acid, xanthan gum, guar gum, sodium alginate, silicon dioxide, mono and diglycerides, tocopherols, spice extracts, sucralose (non-nutritive sweetener). Contains milk, soy, and wheat. Manufactured in a facility that processes egg, peanuts, and tree nuts.	
	Vegetable Chili¹	X										Soy protein concentrate, dehydrated vegetables (tomato, onion, red bell pepper, garlic), modified corn starch, red beans, high oleic sunflower oil, hydrolyzed vegetable protein (wheat, corn, soy), spices, sugar, caramel color, silicon dioxide, guar gum, citric acid, salt, yeast extract, natural flavors. Contains wheat (gluten) and soybeans. Manufactured in a facility that processes egg, milk, peanuts, and tree nuts.	
Caramel Nut Bar^{1*}	X	X	X		X				X		Protein blend (soy protein isolate, acid casein, whey protein concentrate, milk protein concentrate, milk protein isolate), glycerin, maltitol syrup, hydrolyzed gelatin, vegetable oil (palm kernel, palm, shea, soybean), peanuts, sugar, filtered water, natural and artificial flavors, skim milk powder, fructooligosaccharide, cocoa powder, butter, soy lecithin, maltitol, mono and diglycerides, cream (cream, milk, cellulose gel, milk solids, carrageenan, cellulose gum), sorbitol, pectin, salt, gellan gum, dicalcium phosphate, sodium phosphate, sucralose, (non-nutritive sweetener), sodium citrate, tocopherols (antioxidant) carrageenan. Contains soy, milk, peanuts, and tree nuts (almonds). Manufactured in a facility that processes wheat.		

BARS

Caramel Vanilla Bar ^{1*}	X	X	X								Soy nuggets (soy protein isolate, rice starch), brown rice syrup, vanilla flavored coating (malitol, palm kernel oil, calcium carbonate, milk protein concentrate, whey (milk), soy lecithin, vanillin) caramel (malitol syrup, modified palm kernel oil, skim milk powder, whey protein concentrate, water, soy lecithin, disodium phosphate, natural flavor, salt, cream, [cream, milk, cellulose gel, skim milk, carrageenan, cellulose gum]), glycerin, butter, carrageenan, dextrose), polydextrose, soy protein isolate, glycerin, dextrose, dextrin, high oleic sunflower oil, natural and artificial flavors, sea salt, soy lecithin. Contains milk and soybeans. Manufactured in a facility that also processes egg, wheat, peanuts, and tree nuts.
Chocolate Mint Bar ¹	X	X	X	X	X					X	Protein blend (soy protein isolate, acid casein, milk protein isolate, milk protein concentrate, whey protein isolate, calcium caseinate, whey protein concentrate), glycerin, vegetable oil (palm kernel oil, palm oil, shea oil, soybean oil), hydrolyzed gelatin, invert sugar, malitol syrup, water, sugar, sorbitol, cocoa powder processed with alkali, fructooligosaccharide, natural and artificial flavors, unsweetened chocolate, soy lecithin, salt, sodium phosphate, sucralose, tocopherols. Sweetened with nutritive and non-nutritive sweeteners. Contains milk, soybeans, egg, wheat, peanuts, and tree nuts (almonds).
Chocolately Coconut Bar ¹	X	X	X	X	X					X	Protein blend (soy protein isolate, milk protein concentrate, acid casein, whey protein isolate, milk protein isolate, calcium caseinate), coconut flakes, malitol syrup, hydrolyzed gelatin, sorbitol, vegetable oils (modified palm kernel oil, canola oil), sugar, invert sugar, glycerin, cocoa powder processed with alkali, oligofructose, natural and artificial flavors, fructooligosaccharide, water, unsweetened chocolate, soy lecithin, sodium phosphate, sucralose, tocopherols, sulfites. Contains milk, soy, egg, peanuts, tree nuts (coconut). Manufactured in a facility that also processes wheat. Sweetened with nutritive and non-nutritive sweeteners.
Cookies and Cream Bar ¹	X	X	X								Brown rice syrup, soy nuggets (soy protein isolate, rice starch), vanilla flavored coating (malitol, palm kernel oil, calcium carbonate, milk protein concentrate, whey (milk), soy lecithin, vanillin), soy protein isolate, glycerin, agave syrup, high oleic sunflower oil, cocoa powder processed with alkali, natural and artificial flavors, soy lecithin. Contains milk, soybeans. Manufactured in a facility that also processes egg, wheat, peanuts, and tree nuts.
Cookie Dough Swirl Bar ¹	X	X	X	X	X					X	Protein blend (soy protein isolate, acid casein, whey protein isolate, milk protein concentrate, milk protein isolate, whey protein concentrate, calcium caseinate), malitol syrup, glycerin, vegetable oil (palm kernel oil, palm oil, shea oil, soybean oil), sugar, hydrolyzed gelatin, water, invert sugar, sorbitol, cocoa powder (processed with alkali), enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), fructooligosaccharide, natural and artificial flavors, semi-sweet chocolate chips (sugar, unsweetened chocolate, anhydrous dextrose, cocoa butter, soy lecithin), titanium dioxide (color), chocolate liquor, soy lecithin, butter, cream (cream, milk, cellulose gel, milk solids, carrageenan, cellulose gum), salt, sodium bicarbonate, sodium phosphate, mono- and diglycerides, tocopherols, sodium citrate, carrageenan, and sucralose (a non-nutritive sweetener). Contains milk, soy, egg, wheat, peanuts, and tree nuts (almonds).
Cranberry Pomegranate Bar ¹	X	X	X	X	X					X	Protein blend (soy protein isolate, whey protein concentrate, milk protein concentrate), malitol syrup, malitol, fructooligosaccharide, sugar, tapioca starch, vegetable oil (palm kernel, palm shea, canola, sunflower, soybean), glycerin, apple juice concentrate, water, cranberries, natural and artificial flavors, cranberry juice concentrate, pomegranate arils, monoglycerides, yogurt powder (cultured nonfat milk solids), blueberries, skim milk powder, citric acid, salt, soy lecithin, sucralose, tocopherols. Sweetened with nutritive and non-nutritive sweeteners. Contains soy, milk, egg, peanuts, and tree nuts (almonds). Manufactured in a facility that processes wheat.
Lemon Poppyseed Bar ¹	X	X	X								Soy nuggets (soy protein isolate, rice starch), vanilla flavored coating (malitol, palm kernel oil, calcium carbonate, milk protein concentrate, whey (milk), soy lecithin, vanillin), soy protein isolate, polydextrose, brown rice syrup, agave syrup, glycerin, dextrose, dextrin, high oleic sunflower oil, poppy seeds, natural flavor, soy lecithin. Contains milk and soybeans. Manufactured in a facility that also processes egg, wheat, peanuts, and tree nuts.
Peanut Butter Chocolate Bar ^{1*}	X	X	X		X						Soy nuggets (soy protein isolate, rice starch), dark chocolate flavored coating (sugar, fractionated palm kernel oil, cocoa processed with alkali, lactose, palm oil, soy lecithin, vanilla extract), brown rice syrup, chocolate flavored layer (malitol syrup, modified palm kernel oil, skim milk, chocolate liquor, water, glycerin, cocoa processed with alkali, soy lecithin, disodium phosphate, salt, carrageenan, vanilla extract), polydextrose, soy protein isolate, agave syrup, glycerin, peanut flour, peanut oil, natural and artificial flavors, gum arabic, sea salt, soy lecithin. Contains milk, peanuts, and soybeans. Manufactured in a facility that processes egg, tree nuts, and wheat.
Peanut Butter Bar ¹	X	X	X	X	X					X	Protein blend (soy protein isolate, milk protein isolate, whey protein isolate, reduced mineral whey powder,), organic cane sugar, glycerin, peanuts, inulin, peanut butter, tapioca starch, sugar, vegetable oil (palm kernel, palm, soybean), organic brown rice syrup, partially defatted peanut flour, natural and artificial flavors, malitol syrup, water, chia oil (salvia hispanica), skim milk powder, salt, calcium carbonate, soy lecithin, butter, cream (cream, milk, cellulose gel, milk solids, carrageenan, cellulose gum), sorbitol, sucralose (non-nutritive sweetener), tocopherols, mono and diglycerides, sodium phosphate, sodium citrate, carrageenan. Contains soy, milk, egg, peanuts, and tree nuts (almonds). Made in a facility that processes wheat.
Raspberry Chocolate Bar ¹	X	X	X							X	Soy nuggets (isolated soy protein, rice starch), chocolate coating (malitol, fractionated palm kernel oil, cocoa powder processed with alkali, inulin, soy lecithin, acesulfame potassium [a non-nutritive sweetener], vanilla extract, sucralose [a non-nutritive sweetener]), polydextrose, brown rice syrup, agave syrup, soy protein isolate, dextrose, dextrin, glycerin, natural flavor, high oleic sunflower oil, beet juice concentrate, soy lecithin. Contains soybeans. Manufactured in a facility that processes egg, tree nuts, peanuts, milk, and wheat.
Vanilla Peanut Bar ¹	X	X	X	X	X					X	Protein blend (soy protein isolate, milk protein concentrate, whey protein concentrate, milk protein isolate), malitol syrup, sugar, vegetable oil (palm kernel, palm, soybean), glycerin, fructooligosaccharide, tapioca starch, invert sugar, peanuts, water, partially defatted peanut flour, peanut butter, natural and artificial flavors, butter, yogurt powder (cultured nonfat milk solids), soy lecithin calcium carbonate, skim milk powder, cream (cream, milk, cellulose gel, milk solids, carrageenan, cellulose gum), sorbitol, titanium dioxide (color), mono and diglycerides, salt, sodium phosphate, sucralose, sodium citrate, tocopherols (antioxidant), carrageenan. Sweetened with nutritive and non-nutritive sweeteners. Contains milk, soy, eggs, peanuts, and tree nuts (almonds). Manufactured in a facility that processes wheat.

ACKS

Apple Cinnamon Soy Puffs ¹	X									X	Soy protein isolate, sugar, high oleic sunflower oil, resistant maltodextrin, rice flour, tapioca flour, oligoofructose (chicory root extract), apple peel powder, calcium carbonate, cinnamon, natural and artificial flavors, sucralose (a non-nutritive sweetener). Contains soybeans. Manufactured in a facility that processes egg, wheat, milk, peanuts, and tree nuts.
Chocolate Soy Puffs ¹	X	X	X							X	Protein blend (soy protein isolate, whey protein concentrate), sugar, modified palm kernel oil, cocoa powder processed with alkali, tapioca starch, rice flour, calcium carbonate, soy lecithin, natural and artificial flavors, sucralose (non-nutritive sweetener). Contains milk, wheat, and soybeans. Manufactured in a facility that processes egg, peanuts, and tree nuts.
Chocolately Caramel Mug Cake (NEW)											COMING SOON!
Double Chocolate Brownie ^{1*}	X	X	X						X	X	Protein blend (milk protein concentrate, soy protein isolate, calcium caseinate milk), whey protein concentrate [milk], water, glycerin, polydextrose, malitol syrup, canola and palm oils, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), inulin, cocoa powder processed with alkali, natural and artificial flavors, contains 2 percent or less of cocoa extract, sodium bicarbonate, salt, sucralose (non-nutritive sweetener), sunflower lecithin, mixed tocopherols, glucono-delta-lactone, diacetyl tartaric acid esters of mono- and diglycerides, potassium sorbate. Contains milk and soybeans. May contain wheat.
Lemon Wafers ^{1*}	X	X	X						X	X	Protein blend (milk protein isolate, hydrolyzed gelatin, whey protein isolate), wheat flour, palm and palm kernel oil, sugar, fructose, milk ingredients (skim milk powder, whole milk powder, butter fat), cocoa butter, unsweetened chocolate, soy lecithin, pea protein isolate, soy flour, sunflower oil, water, natural and artificial flavors, salt, sodium bicarbonate, sucralose (non-nutritive sweetener), corn flour, turmeric extract (color). Contains milk, wheat, and soy. Manufactured in a facility that processes tree nuts.
Orange Wafers ^{1*}	X	X	X						X	X	Protein blend (milk protein isolate, hydrolyzed gelatin, whey protein isolate, pea protein isolate), wheat flour, palm oil and palm kernel oil, sugar, fructose, cocoa butter, skim milk powder, cocoa liquor, soy lecithin, natural and artificial flavors, whole milk powder, soy flour, butter fat, water, sunflower oil, salt, sodium bicarbonate, sucralose, corn flour, apocarotenal color. Sweetened with nutritive and non-nutritive sweeteners. Contains milk, wheat, and soybeans. Manufactured in a facility that processes tree nuts.
Raspberry Chocolatey Bar ^{1*}	X	X								X	Palm kernel oil, milk protein concentrate, malitol, cocoa powder processed with alkali, raspberries, soy lecithin, natural flavors. Contains milk and soybeans.
Strawberry Wafers ^{1*}	X	X	X						X	X	Protein Blend (milk protein isolate, hydrolyzed gelatin, whey protein isolate), wheat flour, modified palm and palm kernel oil, sugar, fructose, cocoa butter, milk, soy lecithin, natural and artificial flavors, pea protein isolate, soy flour, sunflower oil, water, beet powder color, salt, sodium bicarbonate, sucralose (non-nutritive sweetener), citric acid, corn flour. Contains milk, wheat, and soybeans. Manufactured in a facility that processes tree nuts.

SN	Triple Chocolate Wafers ^{1*}	X	X	X					X	X	Protein blend (milk protein isolate, hydrolyzed gelatin, whey protein isolate, pea protein isolate), wheat flour, palm oil and palm kernel oil, sugar, fructose, cocoa liquor, cocoa butter, skim milk powder, soy lecithin, whole milk powder, natural and artificial flavors, soy flour, butter fat, water, sunflower oil, salt, sodium bicarbonate, sucralose, corn flour. Sweetened with nutritive and non-nutritive sweeteners. Contains milk, wheat, and soy. Manufactured in a facility that processes tree nuts.
	BBQ Crisps [*]	X									Soy protein concentrate, sunflower oil, tapioca starch, soy fiber, sea salt, sugar, contains 2% or less of garlic, onion, tomato, spices, natural and artificial flavors, paprika, turmeric, citric acid, malic acid, maltodextrin, dextrose. Contains soybeans. May contain wheat.
	Dill Pickle Zippers ¹	X	X	X							Protein blend (soy protein isolate, whey protein isolate, sodium caseinate), potato flour, high oleic sunflower oil, soy flour, potato starch, maltodextrin, sodium diacetate, dextrose, natural and artificial flavors, salt, citric acid, calcium carbonate, dill, malic acid, mono and diglycerides, tocopherol, dill oil. Contains soybeans and milk. Manufactured in a facility that processes egg, wheat, peanuts, and tree nuts.
	Garlic Herb Crisps [*]	X									Soy protein concentrate, sunflower oil, tapioca starch, soy fiber, sea salt, spices, garlic, dextrose, glucose syrup, onion, turmeric, natural flavors, citric acid. Contains soybeans. May contain wheat.
	Sea Salt & Vinegar Crisps [*]	X									Soy protein concentrate, sunflower oil, tapioca starch, maltodextrin, soy fiber, sea salt, contains 2 percent or less of vinegar extract, barley malt extract, natural flavor, spice, citric acid, malic acid, sodium diacetate. Contains soybeans. May contain wheat.
	Southwest Cheese Curls ¹	X	X	X						X	Soy protein isolate, dehydrated potato, potato starch, cheese seasoning (cheddar cheese [milk, salt, bacterial culture, rennet], whey [milk]), buttermilk, salt, disodium phosphate, maltodextrin, spices, natural flavor, onion, garlic, red bell pepper, yeast extract, lactic acid, FD&C yellow #5 & #6, silicon dioxide), sunflower oil, calcium carbonate. Contains milk and soybeans.
	White Cheddar Ridges ¹		X	X					X	X	Pea protein isolate, potato flakes, white cheddar cheese seasoning [cheese blend (whey (milk), cheddar cheese (cultured milk, salt, enzymes), whey (milk), canola oil, salt, blue cheese (cultured milk, salt, enzymes), skim milk, citric acid), whey (milk), salt, natural flavor, autolyzed yeast extract, onion, garlic, yeast extract, lactic acid], potato starch, sunflower oil, salt, calcium carbonate. Contains milk.
PUDDINGS/GELATIN	Banana Pudding		X	X					X	X	Milk protein concentrate, guar gum, contains 2% or less of natural flavor, sea salt, sucralose (a non-nutritive sweetener), beta carotene color. Contains milk.
	Butterscotch Pudding [*]	X	X	X					X	X	Milk protein concentrate, soy protein isolate, guar gum, natural flavor, contains 2% or less of sea salt, beta-carotene color, caramel color, sucralose (non-nutritive sweetener), acesulfame potassium (non-nutritive sweetener), silicon dioxide. Contains milk and soybeans.
	Caramel Pudding		X						X	X	Water, milk protein isolate, cream, modified cassava starch, contains 2% or less of fructose, natural and artificial flavor, beta-carotene color, xanthan gum, carrageenan, salt, caramel color, sucralose. Contains milk. Sweetened with nutritive and non-nutritive sweeteners.
	Ready-Made Caramel Pudding		X						X	X	Water, milk protein isolate, cream, modified cassava starch, contains 2% or less of fructose, natural and artificial flavor, beta-carotene color, xanthan gum, carrageenan, salt, caramel color, sucralose. Contains milk. Sweetened with nutritive and non-nutritive sweeteners.
	Dark Chocolate Pudding	X	X						X	X	Milk protein concentrate, cocoa processed with alkali, soy protein isolate, guar gum, contains 2% or less of cocoa extract, sea salt, caramel color, sucralose (non-nutritive sweetener), silicon dioxide. Contains milk and soybeans.
	Milk Chocolate Pudding		X	X					X	X	Milk protein concentrate, cocoa processed with alkali, natural flavor, guar gum, caramel color, chocolate (cocoa, sugar, salt, carrageenan, sodium caseinate, artificial flavor), silicon dioxide, sea salt, sucralose (non-nutritive sweetener). Contains milk.
	Ready-Made Chocolate Pudding		X						X	X	Water, milk protein isolate, lowfat cocoa powder, cream, fructose, modified cassava starch, powdered chocolate (sugar, cocoa paste, lowfat cocoa powder, natural flavor), gums (guar, xanthan, and carrageenan), salt, sucralose (a non-nutritive sweetener). Contains milk.
	Vanilla Pudding	X	X	X					X	X	Milk protein concentrate, soy protein isolate, natural flavor, guar gum, contains 2% or less of sea salt, caramel color, beta carotene color, sucralose (non-nutritive sweetener), acesulfame potassium (non-nutritive sweetener), silicon dioxide. Contains milk and soybeans.
	Ready-Made Vanilla Pudding										COMING SOON!
	Cherry Gelatin							X		X	Hydrolyzed collagen protein, gelatin, citric acid, natural flavor, beetroot juice powder, contains 2 percent or less of steviol glycosides, beta-carotene color, potassium citrate, tricalcium phosphate. Contains no allergens.
	Raspberry Gelatin							X	X	X	Hydrolyzed collagen protein, gelatin, natural and artificial flavor, citric acid, beet powder color, sucralose (a non-nutritive sweetener), tricalcium phosphate.
	Raspberry Mousse [*]		X	X			X		X	X	Whey protein isolate, hydrolyzed collagen protein, milk protein concentrate, raspberry powder, polydextrose, dried glucose syrup, vegetable oil, inulin, acetylated monoglycerides, contains 2 percent or less of gelatin, beet red color, sea salt, sucralose, sodium caseinate, silicon dioxide. Contains milk. Sweetened with nutritive and non-nutritive sweeteners.
MEALS	Beef Stroganoff ³	X	X	X						X	Seasoned beef (beef, water, modified corn starch, salt, sodium phosphate, sugar, dextrose), vegetables (onion, mushroom), red wine, sour cream (skim milk, heavy cream, whey protein concentrate, enzymes, bacterial culture), water, contains 2% or less of Dijon mustard powder (vinegar, mustard, salt, white wine, citric acid, tartaric acid, spices), chive, garlic, onion powder, beef juices, autolyzed yeast extract, hydrolyzed soy protein, potato flour, whey (milk), natural and artificial flavors, corn oil, inulin, salt, vinegar, spices, yeast extract, mustard, guar gum, corn starch, tapioca starch, lactic acid, citric acid, spice extractive, sunflower oil, caramel color, paprika, turmeric, sugar, onion oil. Contains milk and soybeans.
	Chicken Dijonnaise ³		X							X	Chicken breast meat, vegetables (leek, onion), water, light cream (milk, cream), Dijon mustard (water, mustard seed, vinegar, salt), contains 2% or less of white wine, garlic, vinegar, inulin, onion powder, mustard, natural and artificial flavors, sugar, spices, corn starch, salt, yeast extract, spice extractive, tapioca starch, onion oil, sunflower oil, modified corn starch, lactic acid, turmeric, paprika, guar gum, gum arabic, citric acid, tartaric acid, sodium phosphate. Contains milk.

¹Restricted items (only one allowed per day). ²Mandatory meal replacement for breakfast or lunch in Phase 3, or optional lunch or dinner meal replacement in Phase 4. ³Optional meal replacement for dinner in phases 1,2, and 3 or lunch or dinner in Phase 4. ^{*}Products designated for individual packet sale. All others available by the box only. ^{**}Ingredients may change without notice due to product reformulations. Please refer to the actual box to confirm the ingredients.