

# "Weight" No Longer, LLC.

Weight Management & Wellness Center

## Dairy Free Product List

UNRESTRICTED	Packs	Boxes
	\$4.40	\$30.80
Apple Oatmeal		
Bacon & Cheddar Omelet		
BBQ Soy Crisp		
BBQ Soy Nut		
Broccoli Cheese Soup		
Cappuccino Drink		
Chicken A La King		
Chicken Noodle Soup		
Chicken Patty		
Chicken Soup		
Chocolate Drink		
Chocolatey Caramel Mug Cake		
Chocolatey Chip Pancake Mix		
Chocolate Soy Puffs *R		
Crispy Cereal		
Dark Chocolate Pudding		
Garlic & Herb Soy Crisp		
Herb & Cheese Omelet		
Leek Soup		
Macaroni & Cheese		
Maple Oatmeal		
Milk Chocolate Pudding		
Mushroom Soup		
Mushroom Risotto		
Nacho Cheese Dorados		
Orange Drink		
Pancake Mix		
Peach Mango		
Pina Colada		
Pineapple Banana		
Pink Lemonade		
Potato Puree		
Raspberry Mousse		
Rotini		
Salt & Vinegar Soy Crisp		
Sweet Chili Dorados		
Sweet & Spicy Trail Mix**		
Tomato Basil Soup		
Vanilla Crispy Square		
Vanilla Drink		
Vanilla Pudding		
Vegetable Chili*R		
Wildberry Yogurt		
<b>Collagen Product</b>		<b>7/Box</b>
Cherry Jello Mix		
Cran-Blue-Pom Drink Mix		
Raspberry Jello Mix		
<b>Dinner Protein-Any Phase</b>		<b>3/Box</b>
		\$29.97
Beef Stroganoff		
Chicken Dijonnaise		

UNRESTRICTED	Packs	Boxes
	\$5.40	\$32.40
<b>Premades</b>		
Cappuccino		
Caramel Pudding		
Chocolate		
Chocolate Pudding		
Mango		
Strawberry Banana		
Vanilla		
Vanilla & Almond Drink		
Vanilla Pudding		

RESTRICTED *R	Packs	Boxes
	\$4.40	\$30.80
<b>7/Box</b>		
Apple Cinnamon Puffs*R		
Caramel & Peanut Bar*R		
Caramel & Vanilla Bar*R		
Chocolate Peanutbutter Bar*R		
Coconut Chocolatey Bar *R		
Cookie Dough Bar*R		
Cranberry Pomegranate Bar*R		
Dill Pickle Zippers*R		
Double Chocolate Brownies*R		
Mint Chocolate Bar*R		
Peanut Soy Puffs*R		
Peanutbutter Bar*R		
Raspberry Chocolatey Bar**OR		
Southwest Cheese Curls*R		
Vanilla Peanutbutter Bar*R		
White Cheddar Ridges*R		
<b>Wafers</b>	<b>\$4.50</b>	<b>\$31.50</b>
Orange Wafers*R		
Lemon Wafers*R		
Strawberry Wafers*R		
Triple Chocolate Wafers*R		
<b>Phase 3+4 Ideal Complete</b>	<b>\$4.40</b>	<b>7/Box</b>
Chocolate Ideal Complete		
Strawberry Ideal Complete		
Vanilla Ideal Complete		
<b>Phase 3+4 Ideal Complete</b>	<b>\$5.00</b>	<b>6/Box</b>
Toffee & Pretzel Bar		
Choco-Rasp Crispy Square		

Products Containing Dairy (Shaded Green) All VERY LOW in Lactose

Products Manufactured in a Facility that processes dairy  
  
\*\*PLEASE CHECK

Dairy Free Products (Shaded White)



# "Weight" No Longer, LLC.

*Weight Management & Wellness Center*

Vitamins		QTY:
BCAA (\$20.95)		
Biotin (\$10)		
Cal-Mag*RS (\$24)		
Flax Seed Oil (\$12.50)		
Flora Health Probiotic (\$21.50)		
Liquid Cal-Mag*RS (\$20)		
Multi-Vitamin*RS (\$24)		
Natura Anti-Oxy (\$28)		
Natura Enzymes (\$21)		
Omega 3*RS (\$30.50)		
Potassium Citrate*RS (\$12)		
Senna Laxative (\$7.50)		
Vitamin B12 (\$10)		
Vitamin D3 (\$14)		
Salt		QTY:
Ideal Salt *RS (\$5)		
Sea Salt (\$3.50)		
Extras		QTY:
Mangosteen Water Enhancer (\$7)		
Tangerine Water Enhancer (\$7)		
Ideal Protein Shaker (\$7)		
Portable Drink Mixer (\$10)		
Food Scale (\$20)		
Ketone Test Strips (\$12)		
Books		QTY:
Dr. Tran Ideal Book (\$15)		
Phase 4 Recipe Book (\$40)		
Ideal Recipe Book (\$29.99)		
Janeve's Ideal Recipes (\$35.00)		
Trimino Protein Water	Bottle	Case
*One Bottle Per Day*	\$2.49	\$25
Coconut Pineapple		
Mixed Berry		
Peach		
Strawberry Lemonade		
Miracle Noodles (\$5)		QTY:
Angel Hair		
Fettuccini		
Rice		
Spinach		
Ziti		

Walden Farms (\$5)		QTY:
Dips		
Bacon		
Bleu Cheese		
Caramel		
Chocolate		
French Onion		
Marshmallow		
Ranch		
Fruit Spreads		
Apple Butter		
Apricot		
Blueberry		
Cranberry		
Grape		
Orange		
Raspberry		
Strawberry		
Sauces & Mayos		
Alfredo Sauce		
Amazin Mayo		
Chipotle Mayo		
Garlic & Herb Sauce		
Honey Mustard Mayo		
Pomegranate Mayo		
Ranch Mayo		
Tomato Basil Sauce		
Syrups		
Blueberry		
Caramel		
Chocolate		
Maple Walnut		
Pancake		
Strawberry		
Condiments		
Hickory Smoked BBQ		
Honey BBQ		
Ketchup		
Original BBQ		
Seafood Sauce		
Thick & Spicy BBQ		
Peanut Spreads		
Chocolate		
Cinnamon Raisin		
Regular Peanut		

Walden Farms (\$5)		QTY:	
Salad Dressings			
Asian			
Bacon Ranch			
Balsamic			
Bleu Cheese			
Caesar			
Chipotle Ranch			
Coleslaw			
Creamy Bacon			
Creamy Italian			
French			
Honey Balsamic			
Honey Dijon			
Italian			
Jersey Sweet Onion			
Pear & White Balsamic			
Ranch			
Raspberry			
Russian			
Sesame Ginger			
Sundried Tomato Italian			
Super Fruits Balsamic			
Thousand Island			
Zesty Italian			
Coffee Creamers			
Caramel Cream			
French Vanilla			
Hazelnut			
Mocha			
Original Cream			
Sweet Cream			
Walden Farms Ready-to-Serve		Pack	Box
		\$1	\$5
Chocolate Syrup			
Creamy Bacon			
Honey Dijon			
Italian			
Pancake Syrup			
Ranch			
Thousand Island			

Products Containing Dairy (Shaded Green) All VERY LOW in Lactose

Dairy Free Products (Shaded White)

\*\*\*\*\*  
**Attention: Please Read**  
 If there is any questions about which salt you should be taking, please ask your coach, as they will tell you which type of salt is best for you  
**Jane Buglione MSN, RN**

**DISCLAIMER:**  
 Ideal Protein ingredients are subject to change. Please check the ingredients list of each product if you have concerns about allergic reactions.

**SEE OTHER SIDE**