

# "Weight" No Longer, LLC.

Weight Management & Wellness Center

## Fish and Iodine 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		
Crispy Cereal		
Chocolate Soy Puffs *R		
Dark Chocolate Pudding		
Garlic & Herb Soy Crisp		
Herb & Cheese Omelet		
Leek Soup		
Macaroni & Cheese*R		
Maple Oatmeal		
Milk Chocolate Pudding		
Mushroom Soup		
Mushroom Risotto		
Nacho Cheese Dorados		
Orange Drink		
Pancake Mix		
Peach Mango		
Pina Colada		
Pineapple Banana		
Potato Puree		
Raspberry Mousse		
Rotini		
Salt & Vinegar Soy Crisp		
Sweet & Spicy Trail Mix**		
Sweet Chili Dorados		
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		
Blue-Cran-Pom Drink Mix		
Raspberry Jello Mix		
<b>Dinner Protein-Any Phase</b>		<b>3/Box</b>
	\$9.99	\$29.97
Beef Stroganoff		
Chicken Dijonnaise		

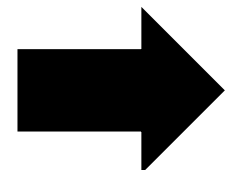
UNRESTRICTED	Packs	Boxes
	\$5.40	\$32.40
<b>Premades</b>		
		<b>6/Box</b>
Cappuccino Drink		
Caramel Pudding		
Chocolate Drink		
Chocolate Pudding		
Mango		
Strawberry Banana		
Vanilla Drink		
Vanilla Pudding		

RESTRICTED *R	Packs	Boxes
	\$4.40	\$30.80
Apple Cinnamon Puffs*R		
Caramel & Peanut Bar*R		
Caramel & Vanilla Bar*R		
Chocolate Brownies*R		
Chocolate Peanutbutter Bar*R		
Coconut Chocolatey Bar *R		
Cookie Dough Bar*R		
Cranberry Pomegranate Bar*R		
Dill Pickle Zippers*R		
Mint Chocolate Bar*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>7/Box</b>
	\$4.50	\$31.50
Chocolate Ideal Complete		
Strawberry Ideal Complete		
Vanilla Ideal Complete		
<b>Phase 3+4 Ideal Complete</b>		<b>6/Box</b>
	\$5.00	\$30.00
Toffee & Pretzel Bar		
Choco-Rasp Crispy Square		

Products Containing Fish (Shaded Blue)

Products Containing Iodine (Shaded Green)

Fish & Iodine Free Products (Shaded White)



\*\* DO NOT EXCEED MORE THAN 1 PACKET PER DAY

Jane Buglione MSN, RN

**SEE OTHER SIDE**

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Vitamins	QTY:	
BCAA (\$20.95)		
Biotin (\$10)		
Cal-Mag*RS (\$24)		
Flax 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 (\$29.50)		
Potassium Citrate*RS (\$12.00)		
Senna Laxative (\$7.50)		
Sublingual B12 (\$20)		
Vitamin D3 5000 IU (\$14)		
Vitamin D3 1000 IU (\$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		

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		
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		
French Vanilla		
Hazelnut		
Mocha		
Original Cream		
Sweet Cream		
Walden Farms	Pack	Box
Ready-to-Serve	\$1	\$5
Chocolate Syrup		
Creamy Bacon		
Honey Dijon		
Italian		
Pancake Syrup		
Ranch		
Thousand Island		
Miracle Noodles (\$5)	QTY:	
Angel Hair		
Fettuccini		
Rice		
Spinach		
Ziti		

Products Containing Fish (Shaded Blue)

Products Containing Iodine (Shaded Green)

Fish & Iodine Free Products (Shaded)

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### 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

### DISCLAIMER:

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

Jane Buglione MSN, RN

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