

"Weight" No Longer, LLC.

Weight Management & Wellness Center

Garlic Free Product List

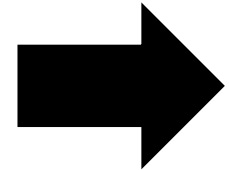
UNRESTRICTED	Packs	Boxes
	\$4.40	\$30.80
Apple Oatmeal		
Bacon & Cheddar Omelet		
BBQ Soy Crisp		
BBQ Soy Nut		
Broccoli Cheese Soup		
Cappuccino Drink		
Chicken A La King		
Chicken Noodle Soup		
Chicken Patty		
Chicken Soup		
Chocolate Drink		
Chocolatey Caramel Mug Cake		
Chocolatey Chip Pancake		
Crispy Cereal		
Chocolate Soy Puffs *R		
Dark Chocolate Pudding		
Garlic & Herb Soy Crisp		
Herb & Cheese Omelet		
Leek Soup		
Maple Oatmeal		
Macaroni & Cheese		
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 Chili Dorados		
Sweet & Spicy Trail Mix**		
Tomato Basil Soup		
Vanilla Crispy Square		
Vanilla Drink		
Vanilla Pudding		
Vegetable Chili*R		
Wildberry Yogurt		
Collagen Product		7/Box
Cherry Jello Mix		
Cran-Blue-Pom Drink Mix		
Raspberry Jello Mix		
Dinner Protein-Any Phase		3/Box
		\$29.97
Beef Stroganoff		
Chicken Dijonnaise		

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

RESTRICTED *R	Packs	Boxes
	\$4.40	\$30.80
7/Box		
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		
Wafers	\$4.50	\$31.50
Orange Wafers*R		
Lemon Wafers*R		
Strawberry Wafers*R		
Triple Chocolate Wafers*R		
Phase 3+4 Ideal Complete		7/Box
	\$4.50	\$31.50
Chocolate Ideal Complete		
Strawberry Ideal Complete		
Vanilla Ideal Complete		
Phase 3+4 Ideal Complete		7/Box
	\$5.00	\$30.00
Toffee & Pretzel Bar		
Choco-Rasp Crispy Square		

Products Containing Garlic (Shaded Yellow)

Garlic Free Products (Shaded White)



** DO NOT EXCEED MORE THAN 1 PACKET A DAY

Jane Buglione MSN, RN

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Vitamins	QTY:	
B12/Lipo Injection (\$20)		
B12/Lipo Injections (5/\$90)		
B12 Drops (\$20)		
B12 Vitamin (\$10)		
BCAA (\$20.95)		
Biotin (\$16.99)		
Cal-Mag *RS (\$24)		
Cal-Mag Chews*RS (\$29.95)		
Chromium Picolinate (\$24)		
Liquid Cal-Mag*RS (\$20)		
L-Carnitine (\$34)		
D3 Vitamin 1000 IU (\$14)		
D3 Vitamin 5000 IU (\$14)		
Flax Oil (\$12.50)		
Flora Health Probiotic (\$21.50)		
Multi-Vitamin*RS (\$24)		
Natura Anti-Oxy (\$28)		
Natura Enzymes (\$21)		
Omega 3*RS (\$30.50)		
Potassium Citrate*RS (\$12)		
Senna Laxative (\$7.50)		
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)		
rb	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	
Maple Walnut	
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	
Walden Farms	Pack
Ready-to-Serve	\$1
Chocolate Syrup	
Creamy Bacon	
Honey Dijon	
Italian	
Pancake Syrup	
Ranch	
Thousand Island	
Coffee Creamers	
Caramel Cream	
French Vanilla	
Hazelnut	
Mocha	
Original Cream	
Sweet Cream	
Miracle Noodles (\$5)	QTY:
Angel Hair	
Fettuccini	
Rice	
Spinach	
Ziti	

DISCLAIMER:

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

Products Containing Garlic (Shaded Yellow)	Garlic Free Products (Shaded White)
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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

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