

"Weight" No Longer LLC

IDEAL PROTEIN NUTRITIONAL FACT SHEET
For use as a guide to determine nutritional information

Products	Calories	Protein (g)	Carbs	Sugar (g)	Fiber (g)	Sodium (mg)	Fat (g)
Apple Cinnamon Puff *R	150	15	15	5	4	140	5
Banana Pudding	90	18	4	2	1	170	0
Barbeque Ridges *R	170	15	16	3	3	420	5
BBQ Crisps	120	15	12	1	6	550	4.5
Beef Stroganoff	260	29	12	5	4	1180	11
Blueberry-Cran Granata *R	80	18	2	0	1	110	0
Bolognese Spaghetti *R	160	18	20	4	3	620	1.5
Broccoli Cheddar Soup	130	18	7	4	1	560	3.5
Butterscotch Pudding	90	18	4	2	1	250	0
Cappuccino Drink	90	18	4	3	0	180	0
Cappuccino Pre-made Drink	140	20	6	3	2	200	4
Caramel Crunch Bar *R	150	15	18	4	2	280	4
Caramel Nut Bar *R	160	15	15	4	1	80	6
Cereal Flakes *R	140	17	15	2	3	105	1
Chicken A La King	110	18	7	2	1	630	1
Chicken Dijonnaise	270	30	11	7	5	910	12
Chicken Noodle Soup	100	18	5	0	0	590	0
Chicken Soup	100	21	1	0	0	870	1
Choco Peanut Butter Bar *R	150	15	17	6	3	310	4
Chocolate Crepe & Muffin *R	160	18	18	2	4	290	2
Chocolate Drink	120	18	9	4	2	200	1
Chocolate Pre-made	100	15	4	0	3	240	4
Chocolate Pudding	100	18	7	4	2	110	0.5
Chocolate Pudding Pre-made	100	16	5	3	2	105	2
Chocolate Soy Puffs *R	150	15	11	6	1	110	6
Cookies & Cream Bar *R	150	15	17	8	0	190	4
Cookie Dough Swirl Bar *R	170	15	19	6	1	100	5
Cranberry Granola Bar *R	140	15	16	5	3	210	3
Crispy Cereal	110	18	7	3	0	160	1
Dark Chocolate Pudding	100	18	7	2	4	250	1
Dill Pickle Zippers *R	190	15	15	2	2	470	8
Double Chocolate Brownie *R	190	15	25	4	10	270	6
Fine Herb & Cheese Omelet	140	18	7	3	>1	630	4.5
Garlic & Herb Soy Crisps	140	15	11	1	6	550	4.5
Leek Soup	90	19	3	1	1	970	0.5
Lemon Poppy Seed Bar *R	150	15	16	6	2	220	4
Lemon Pudding	90	18	4	2	1	210	0
Lemon Tea Drink	90	18	6	1	3	200	0
Lemon Wafer *R	200	15	13	6	>1	90	9
Mango Pre-made	150	20	9	3	5	130	4.5
Maple Oatmeal *R	130	18	12	1	2	240	1.5

	Calories	Protein (g)	Carbs (g)	Sugar (g)	Fiber (g)	Sodium (mg)	Fat (g)
Meal Replacement: Choc	210	26	14	3	5	300	6
Meal Replacement: Vanilla	210	26	14	3	5	300	6
Meal Replacement: Strawberry	210	26	14	3	5	300	6
Mushroom Soup	90	19	3	>1	>1	950	0.5
Omelet	110	18	3	0	0	440	3
Orange Drink	80	18	>1	0	0	40	0
Orange Wafer *R	200	15	13	6	0	70	9
Peach Mango	80	20	1	0	0	50	0
Peanut Butter Bar *R	170	15	14	6	3	190	7
Pina Colada	80	18	2	>1	>1	55	0
Pineapple Banana Drink	80	18	1	0	0	45	0
Pink Lemonade	80	18	>1	0	0	40	0
Pancake *R	150	19	13	0	2	380	2
Potato Puree	100	18	7	>1	2	340	0
Raspberry Crunch Bar *R	150	15	17	6	3	220	4.5
Raspberry Chocolatey Bar *OR	220	10	16	2	2	230	15
Raspberry Jello	80	19	2	0	0	95	0
Rotini	150	20	12	>1	5	290	2.5
Salt & Vinegar Ridges *R	160	16	14	>1	2	750	4.5
Southwest Cheese Curls *R	160	15	15	2	1	570	4.5
Soya Nuts-BBQ *R	140	11	9	3	4	300	7
Soya Nuts-Garlic Onion *R	140	11	9	3	4	310	7
Strawberry Pudding	100	18	6	3	0	190	0
Strawberry Wafer *R	200	15	13	6	0	65	9
Strawberry-Banana Pre-made	100	15	10	6	3	40	0.5
Tomato Basil Soup	100	18	5	0	1	650	0.5
Tomato Basil Rotini	140	20	12	3	6	300	2.5
Vanilla Crispy Square *R	140	15	15	6	0	190	3
Vanilla Drink	90	18	4	2	2	140	0
Vanilla Peanut Bar *R	160	15	16	5	3	170	5
Vanilla Pre-made	100	15	3	0	2	240	4
Vanilla Pudding	90	18	5	2	1	250	0
Vegetable Chili *R	120	15	13	3	4	360	1
White Cheddar Ridges *R	160	18	12	2	1	750	5
Wildberry Yogurt Drink	90	18	4	2	0	210	0

Last Update: 2/12/14