

# "Weight" No Longer, LLC.

Weight Management & Wellness Center

## IDEAL PROTEIN NUTRITIONAL FACTS SHEET

For use as a guide to determine nutritional information

<u>Items</u>	Calories	Protein(g)	Carbs	Sugar(g)	Fiber(g)	Sodium(mg)	Fat(g)
Apple Oatmeal	110	18	9	1	2	170	1
Banana Pudding	90	18	4	2	1	170	0
BBQ Soy Crisp	120	15	12	1	6	550	4.5
BBQ Soy Nuts	130	11	9	3	5	250	6
Beef Stroganoff	260	29	12	5	4	1180	11
Blue-Cran-Pom Drink Mix	80	18	2	0	1	110	0
Broccoli & Cheese 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
Cherry Jello Mix	80	19	1	0	0	95	0
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 Patty	120	18	8	1	1	340	1.5
Chicken Soup	100	21	1	0	0	870	1
Chocolate Drink	120	18	9	4	2	200	1
Chocolatey Caramel Mug Cake	160	18	18	1	7	300	4
Chocolatey Chip Pancake	170	18	17	1	7	220	5
Crispy Cereal	110	18	7	3	0	160	1
Dark Chocolate Pudding	100	18	7	2	4	250	1
Garlic & Herb Soy Crisp	140	15	11	1	6	550	4.5
Herb & Cheese Omelet	140	18	7	3	>1	630	4.5
Ideal Complete: Chocolate	210	26	14	3	5	300	6
Ideal Complete: Strawberry	210	26	14	3	5	300	6
Ideal Complete: Vanilla	210	26	14	3	5	300	6
Ideal Complete: Toffee & Pretzel Bar	310	26	30	9	8	270	12
Leek Soup	90	19	3	1	1	970	0.5
Maple Oatmeal	130	18	12	1	2	240	1.5
Milk Chocolate Pudding	110	18	7	4	2	85	1
Mug Cake	160	18	18	1	7	300	4
Mushroom Soup	90	19	3	>1	>1	940	0.5
Orange Drink	80	18	>1	0	0	40	0
Pancake Mix	140	18	13	1	6	220	3
Pina Colada	80	18	2	>1	>1	55	0
Pinapple Bannana	80	18	>1	0	0	40	0
Pink Lemonade	80	18	1	0	0	45	0
Potato Puree	100	18	7	2	>1	340	0

Pre-Made Cappuccino Drink	130	20	6	1	2	200	3
Pre-Made Caramel Pudding	100	16	6	2	0	60	1
Pre-Made Chocolate Drink	100	15	4	0	3	240	4
Pre-Made Chocolate Pudding	100	16	5	3	2	105	2
Pre-Made Mango Drink	150	20	9	3	5	130	4.5
Pre-Made Strawberry Banana Drink	100	15	10	6	3	40	0.5
Pre-Made Vanilla Drink	120	20	5	2	2	430	3
Pre-Made Vanilla Pudding	90	16	5	1	0	105	1
R* Apple Cinnamon Soy Puffs	150	15	15	5	4	140	5
R* Caramel & Peanut	160	15	15	4	1	80	6
R* Caramel & Vanilla	150	15	18	4	2	280	4
R* Chocolate Peanutbutter Bar	150	15	17	6	3	310	4
R* Chocolate Soy Puffs	150	15	11	6	1	110	6
R* Coconut Chocolatey Bar	200	15	19	5	4	130	9
R* Cookie Dough Swirl Bar	170	15	19	6	1	100	5
R* Cookies & Cream Bar	150	15	17	8	0	190	4
R* Cran-Pomegranate	140	15	16	5	3	210	3
R* Dill Pickle Zippers	190	15	15	2	2	470	8
R* Double Chocolate Brownies	190	15	25	4	10	270	6
R* Lemon Poppy Seed Bar	150	15	16	6	2	220	4
R* Lemon Wafers	200	15	13	6	>1	90	9
R* Macaroni & Cheese	210	22	14	3	5	710	7
R* Mint Chocolate Bar	160	15	17	5	2	100	4.5
R* Orange Wafers	200	15	13	6	0	90	9
R* Peanutbutter Bar	170	15	3	6	3	190	7
R* Raspberry & Chocolate Bar	150	15	17	6	3	220	4
R* Raspberry Chocolatey Bar **OR	220	10	16	2	2	230	15
R* Southwest Cheese Curls	160	15	15	2	1	570	4.5
R* Strawberry Wafers	200	15	13	6	0	75	9
R* Triple Chocolate Wafers	200	15	13	6	1	90	9
R* Vanilla Peanutbutter Bar	160	15	16	5	3	170	5
R* Vegetable Chili	120	12	13	3	4	490	3
R* White Cheddar Ridges	160	18	12	2	1	750	5
Raspberry Jello Mix	80	19	2	0	0	95	0
Raspberry Mousse	130	15	10	3	4	140	4
Rotini	140	20	12	>1	5	300	2.5
Salt & Vinegar Soy Crisp	120	15	12	0	6	760	4.5
Sweet & Spicy Trail Mix	210	11	11	2	4	30	13
Tomato Basil Soup	100	18	5	0	1	650	0.5
Trimino: Coconut Pineapple	28	7	0	0	0	50	0
Trimino: Mixed Berry	28	7	0	0	0	50	0
Trimino: Peach	28	7	0	0	0	50	0
Trimino: Strawberry Lemonade	28	7	0	0	0	50	0
Vanilla Crispy Square	150	15	17	3	9	190	4.5
Vanilla Drink	90	18	4	2	2	140	0
Vanilla Pudding	90	18	4	2	2	140	0
Wildberry Yogurt	90	18	4	2	>1	200	0