

"Weight" No Longer, LLC.

Weight Management & Wellness Center

Egg 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 | | |
| 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 | | |
| Collagen Product | | 7/Box |
| Cherry Jello Mix | | |
| Cran-Blue-Pom Drink Mix | | |
| Raspberry Jello Mix | | |
| Dinner Protein-Any Phase | | 3/Box |
| | \$9.99 | \$29.97 |
| Beef Stroganoff | | |
| Chicken Dijonnaise | | |

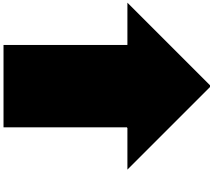
| UNRESTRICTED | Packs | Boxes |
|------------------------|--------|---------|
| | \$5.40 | \$32.40 |
| Premades | | |
| Cappuccino Drink | | |
| Caramel Pudding | | |
| Chocolate Drink | | |
| Chocolate Pudding | | |
| Mango | | |
| Strawberry Banana | | |
| Vanilla Drink | | |
| Vanilla & Almond Drink | | |
| 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 Peanutbutter Bar*R | | |
| Coconut Chocolatey Bar *R | | |
| Cookie Dough Bar*R | | |
| Cran-Pomegranate Bar*R | | |
| Dill Pickle Zippers*R | | |
| Double Chocolate Brownies*R | | |
| Lemon Wafers*R | | |
| Macaroni & Cheese*R | | |
| Mint Chocolate Bar*R | | |
| Orange Wafers*R | | |
| Peanut Soy Puffs*R | | |
| Peanutbutter Bar*R | | |
| Raspberry Chocolatey Bar**OR | | |
| Southwest Cheese Curls*R | | |
| Strawberry Wafers*R | | |
| Triple Chocolate Wafers*R | | |
| Vanilla Peanutbutter Bar*R | | |
| White Cheddar Ridges*R | | |
| Phase 3+4 Ideal Complete | \$4.40 | 7/Box |
| Chocolate Ideal Complete | | |
| Strawberry Ideal Complete | | |
| Vanilla Ideal Complete | | |
| Phase 3+4 Ideal Complete | \$4.50 | 7/Box |
| Toffee & Pretzel Bar | | |
| Choco-Rasp Crispy Square | | |

Products Containing Eggs (Shaded Blue)

Products Manufactured in a Facility that processes eggs
**PLEASE CHECK

Egg Free Products (Shaded White)



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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 (\$30.50) | | |
| Potassium Citrate*RS (\$12) | | |
| 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 | | |
| 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 | Pack | Box |
| Ready-to-Serve | \$1 | \$5 |
| Chocolate Syrup | | |
| Creamy Bacon | | |
| Honey Dijon | | |
| Italian | | |
| Pancake Syrup | | |
| Ranch | | |
| Thousand Island | | |

Products Containing Eggs (Shaded Blue)

Egg 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

DISCLAIMER:
 Ideal Protein ingredients are subject to change. Please check the ingredients list
SEE OTHER SIDE

Jane Buglione MSN, RN

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of each product if you have concerns
about allergic reactions.