### "Weight" No Longer, LLC. Weight Management & Wellness Center

#### **Peanut Free Product List**

Peanut Free		
UNRESTRICTED		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 Chip Pancake Mix Crispy Cereal		
Chocolate Soy Puffs *R		
Dark Chocolate Pudding		
Garlic & Herb Soy Crisp		
Herb & Cheese Omelet		
Leek Soup		
Macaroni & Cheese		
Maple Oatmeal		
Milk Chocolate Pudding		
Mug Cake		
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		لــــــا
<u>Collagen Product</u>		<u>7/Box</u>
Cherry Jello Mix		
Cran-Blue-Pom Drink Mix		
Raspberry Jello		
Dinner Protein-Any Ph	ase	3/Box
	\$9.99	\$29.97
Beef Stroganoff		
Chicken Dijonnaise		
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UNRESTRICTED	Packs	Boxes
	\$5.40	\$32.40
<u>Premades</u>		<u>6/Box</u>
Cappuccino Drink		
Caramel Pudding		
Chocolate Drink		
Chocolate Pudding		
Mango		
Strawberry Banana		
Vanilla Drink		
Vanilla & Almond Drink		
Vanilla Pudding		

RESTRICTED *R	Packs	
	\$4.40	\$30.80
		<u>7/Box</u>
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		
Peanut Soy Puffs*R		
Peanutbutter Bar*R		
Raspberry Chocolaty Bar**OR		
Southwest Cheese Curls*R		
Vanilla Peanutbutter Bar*R		
White Cheddar Ridges*R		
<u>Wafers</u>	\$4.50	\$31.50
Orange Wafers*R		
Lemon Wafers*R		
Strawberry Wafers*R		
Triple Chocolate Wafers*R		
Phase 3+4 Ideal Comp		7/Box
	\$4.50	\$31.50
Chocolate Ideal Complete		
Strawberry Ideal Complete		
Vanilla Ideal Complete		
Phase 3+4 Ideal Comp		6/Box
	\$5.00	\$30.00
Toffee & Pretzel Bar		
<b>Choco-Rasp Crispy Square</b>		

**Products** Containing **Peanuts** (Shaded Mint)

Peanut Free **Products** (Shaded White)

Manufactured in a facility the processes Peanuts (Shaded Lavender)



<sup>\*\*</sup> DO NOT EXCEED MORE THAN 1 PACKET PER DAY

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<u>Vitamins</u>		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 (\$		
Natura Anti-Oxy (\$2		
Natura Enzymes (\$2		
Omega 3*RS (\$30.50)		
Potassium Citrate*		
Senna Laxative (\$7.		
Sublingual B12 (\$20)		
Vitamin D3 5000 IU (\$14)		
Vitamin D3 1000 IU (\$14)		
<u>Salt</u>		QTY:
Ideal Salt *RS (\$5)		
Sea Salt (\$3.50)		
<u>Extras</u>		QTY:
Mangosteen Water Enhancer (\$7)		
Tangerine Water Enhancer (\$7)		
Ideal Protein Shaker (\$7)		
Portable Drink Mixer (\$10)		
Food Scale (\$20)		
Ketone Test Strips (\$12)		
<u>Books</u>		QTY:
Dr. Tran Ideal Book (\$15)		
Phase 4 Recipe Book (\$40)		
Ideal Recipe Book (\$29.99)		
Janeve's Ideal Recipes (\$35.00)		
<u>Trimino Protein Water</u>		<u>Case</u>
*One Bottle Per Day*	\$2.49	\$25
Coconut Pineapple		
Mixed Berry		
Peach		
Strawberry Lemonade	•	

#### **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 Peanuts (Shaded Mint) Peanut Free Products (Shaded White)

Manufactured in a facility the processes Peanuts (Shaded Lavender)

Walden Farms (\$5)	<u>QTY:</u>
Dips	
Bacon	
Bleu Cheese	
Caramel	
Chocolate	
French Onion	
Marshmallow	
Ranch	
Fruit Spreads	
Apple Butter	
Apricot	
Blueberry	
Cranberry	
Grape	
Orange	
Raspberry	
Strawberry	
Sauces & Mayo	S
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 Spread	>
Chocolate	
Cinnamon Raisin	
Regular Peanut	

#### \*\*\*\*\*\*\* 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

Waldon Farms (\$5)	0.7	Y:
Walden Farms (\$5) Salad Dress		16
	ings	
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	Pov
		Box
Ready-to-Serve	\$1	<b>\$5</b>
Chocolate Syrup		
Creamy Bacon		
Honey Dijon		
Italian		
Pancake Syrup		
Ranch		
Thousand Island		
Coffee Creamer	rs	
Caramel Cream		
French Vanilla		
Hazelnut		
Mocha		
Original Cream		
Sweet Cream		
Miracle Noodles (\$5)	Q1	<u> Y:</u>
Angel Hair		
Fettuccini		
Rice		
Rice		

Jane Buglione MSN, RN SEE OTHER SIDE

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