

# "Weight" No Longer, LLC.

Weight Management & Wellness Center

## Whey 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                       |        |              |
| Macaroni & Cheese               |        |              |
| Maple Oatmeal                   |        |              |
| 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                |        |              |
| <b>Collagen Product</b>         |        | <b>7/Box</b> |
| Cherry Jello Mix                |        |              |
| Cran-Granata Drink Mix          |        |              |
| Raspberry Jello                 |        |              |
| <b>Dinner Protein-Any Phase</b> |        | <b>3/Box</b> |
|                                 |        | \$29.97      |
| Beef Stroganoff                 |        |              |
| Chicken Dijonnaise              |        |              |

| UNRESTRICTED                | Packs  | Boxes   |
|-----------------------------|--------|---------|
|                             | \$5.40 | \$32.40 |
| <b>Premades</b>             |        |         |
| <b>6/Box</b>                |        |         |
| Cappuccino Drink            |        |         |
| Caramel Pudding             |        |         |
| Chocolate Drink             |        |         |
| Chocolate Pudding           |        |         |
| Mango                       |        |         |
| Strawberry Banana           |        |         |
| Vanilla Drink               |        |         |
| Vanilla Pudding             |        |         |
| Vanilla&Almond Yogurt Drink |        |         |

| RESTRICTED *R                   | Packs          | Boxes           |
|---------------------------------|----------------|-----------------|
|                                 | \$4.40         | \$30.80         |
| Apple Cinnamon Puffs*R          |                |                 |
| Caramel & Peanut Bar*R          |                |                 |
| Caramel & Vanilla Bar*R         |                |                 |
| Chocolate Peanutbutter Bar*R    |                |                 |
| Coconut Chocolatey Bar *R       |                |                 |
| Cookie Dough Bar*R              |                |                 |
| Cranberry Pomegranate Bar*R     |                |                 |
| Dill Pickle Zippers*R           |                |                 |
| Chocolate Brownies*R            |                |                 |
| Mint Chocolate Bar*R            |                |                 |
| Peanutbutter Bar*R              |                |                 |
| Peanut Soy Puffs*R              |                |                 |
| Raspberry Chocolatey Bar**OR    |                |                 |
| Southwest Cheese Curls*R        |                |                 |
| Vanilla Peanutbutter Bar*R      |                |                 |
| White Cheddar Ridges*R          |                |                 |
| <b>Wafers</b>                   | <b>\$ 4.50</b> | <b>\$ 31.50</b> |
| Orange Wafers*R                 |                |                 |
| Lemon Wafers*R                  |                |                 |
| Strawberry Wafers*R             |                |                 |
| Triple Chocolate Wafers*R       |                |                 |
| <b>Phase 3+4 Ideal Complete</b> | <b>\$4.50</b>  | <b>7/Box</b>    |
| Chocolate Ideal Complete        |                |                 |
| Strawberry Ideal Complete       |                |                 |
| Vanilla Ideal Complete          |                |                 |
| <b>Phase 3+4 Ideal Complete</b> | <b>\$5.00</b>  | <b>6/Box</b>    |
| Toffee & Pretzel Bar            |                |                 |
| Choco-Rasp Crispy Square        |                |                 |

Products Containing Whey Protein (Shaded Yellow)

Whey Free Products (Shaded White)



**NOTE:** Blacked out items are no longer available in individual packets

Jane Buglione MSN, RN

**SEE OTHER SIDE**

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

**\*\* DO NOT EXCEED MORE THAN 1 PACKET PER DAY**

**NOTE:** Blacked out items are no longer available in individual packets

**Jane Buglione MSN, RN**

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*Weight Management & Wellness Center*

| 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              |        |      |

| 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         |  |      |     |
| Miracle Noodles (\$5)   |  |      |     |
| 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.

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