

These lists are to help you understand which of the ITG Protein Products are Limited per day.

Limited means that you can only have **ONE** of these foods per day.

Limited ITG Foods (only ONE per day) L
Bars / Squares / Wafers / Cookies
Banana Bread Bar
Bar Variety Pack
Caramel & Nut Bar
Chocolate Almond Bar
Chocolate Chip Cookie with Icing
Chocolate Crisp Bar
Chocolate Dream Bar
Chocolate Fudge Cake
Chocolate Wafer
Cinnamon Crunch Bar
Crunchy Peanut Chocolate Bar
Dark Protein Bread
Double Berry Bar
Fudge Graham Bar
Lemon Meringue Bar
Oatmeal Raisin Cookie with Icing
Peanut Butter Fluffy Bar
Peanut Surprise Bar
Peppermint Cocoa Crunch Bar
Raspberry Dark Chocolate Square/Bar
Rockie Road Bar
Strawberry Short Cake Bar
Sea Salt & Caramel Bar
Toffee Pretzel Bar
Fluffy Vanilla Crisp Bar
Vanilla Wafer
Lemon Wafer
Raspberry Wafer
Nacho Cheese Pasta/Spaghetti
Bolognese Spaghetti
Nacho Cheese Pasta
Variety Hearty Lunches
Snacks
Chocolate Soy Snacks
Caramel & Peanut Snacks
Crunchy Cheese Bites
Sour Cream & Fine Herb Zippers
BBQ Protein Chips
Pizza Protein Chips
Breakfast Items
Crunchy Cinnamon Cereal

Other ITG Products (minimum of TWO per day)
Drinks/Shakes/Puddings/Gelatin
Banana Strawberry Gelatin
Cappuccino
Chai Tea
Chocolate Mint Shake/Pudding
Chocolate Shake/Pudding
Dark Chocolate Shake/Pudding
Cran-Grape Drink
De Leche Pudding
Grapefruit Drink
Marshmallow Hot Chocolate
Pineapple Orange
Strawberry Crème
Very Vanilla Shake/Pudding
Variety Fruit Drinks
Wild Berry Drink
Variety Pudding and Shakes
Chocolate Lovers Variety Pudding & Shakes
Variety Pudding and Shakes
Very Vanilla Pudding/Shake
Shake Bottles / Ready To Drink
Aloha Mango Smoothie Shake Bottle
Straw Banana Smoothie Shake Bottle
Vanilla Shake Bottle
Chocolate Shake Bottle
Coffee Shake Bottle
Kiwi Strawberry Shake Bottle
Lemon Raspberry Shake Bottle
Chocolate Ready To Drink
Vanilla Ready To Drink
Complete Vanilla Drink
Complete Chocolate Drink

Other ITG Products (minimum of TWO per day)
Continued
Snacks / Crisps
BBQ Crisps
White Cheddar Crisps
Sour Cream Dill Crisps
Zesty Ranch Puffs
Pasta
Protein Pasta
Soups
Beef Vegetable Noodle Soup
Chicken Noodle Soup
Chicken Soup
Cream of Mushroom Soup
Cream of Tomato Soup
Vegetable Chili
Breakfast Items
Plain Pancake
Choc Chip Pancake
Maple Brown Sugar Oatmeal
Apple & Cinnamon Oatmeal
Vanilla Cinnamon - Os Cereal
Cocoa - Os Cereal
Honey Nut Cereal
Veggie Omelet
Bacon Cheese Omelet
Maple Brown Sugar Oatmeal
Apple & Cinnamon Oatmeal
Vanilla Cinnamon - Os Cereal
Cocoa - Os Cereal
Honey Nut Cereal
Veggie Omelet
Bacon Cheese Omelet