

ITG Protein Daily List

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
Bar Variety Pack
Fluffy Variety Bars
Crunchy Caramel Bar
Caramel Nut Bar
Chocolate Almond Bar
Chocolate Chip Cookie with Icing
Choco-A-Lot Chip Cookie
Chocolate Chip Fluffy Bar
Chocolate Crisp Bar
Cinnamon Bar
Crunchy Peanut Chocolate Bar
Dark Protein Bread
Double Berry Bar
Fluffy Vanilla Crisp Bar
Fudge Graham Bar
Lemon Meringue Bar
Lotta Chocolate Cookie
Oatmeal Raisin Cookie with Icing
Peanut Butter Fluffy Bar
Peanut Surprise Bar
Peppermint Cocoa Crunch Bar
Rockie Road Bar
Sea Salt & Caramel Bar
S More's Bar
Strawberry Short Cake Bar
Toffee Pretzel Bar
Chocolate Wafer
Lemon Wafer
Raspberry Wafer
Vanilla Wafer
Mug Cake
Chocolate Mug Cake
Light Lunches
Creamy Chicken Alfredo
Snacks
Chocolate Soy Snacks
Caramel Peanut Snacks
Sour Cream & Fine Herb Zippers
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 Pudding/Shake
Chocolate Pudding/Shake
Dark Chocolate Pudding/Shake
Cran-Grape Drink
Dulce de Leche Pudding
Grapefruit Drink
Marshmallow Hot Chocolate
Pineapple Orange
Strawberry Crème
Very Vanilla Pudding/Shake
Variety Fruit Drinks
Wild Berry Drink
Variety Pudding & Shakes
Chocolate Lovers Variety Pudding & Shakes
Shake Bottles / Ready To Drink
Aloha Mango Smoothie Shake Bottle
Straw Banana Smoothie Shake Bottle
Vanilla Shake Bottle
Chocolate Shake Bottle
Chocolate Coconut Shake Bottle
Peanut Butter Chocolate Shake Bottle
Coffee Shake Bottle
Chocolate Ready To Drink
Vanilla Ready To Drink
Complete Vanilla Drink
Complete Chocolate Drink

Protein Shooters
Cran Grape
Tropical Orange

Sobrio (Non Alcoholic Cocktails)
Margarita
Pina Colada
Peach Mojito

Other ITG Products (minimum of TWO per day)
Continued
Snacks / Crisps / Curls
BBQ Crisps
White Cheddar Crisps
Salt N Vinegar Chips
Spicy Nacho Chips
Zesty Ranch Puffs
Cheesy Curls
Sour Creamy Oniony Curls
Tangy BBQ Protein Chips
Pasta
Protein Pasta
Soups/ Sauces
Beef Vegetable Soup
Chicken with Pasta Soup
Cream of Chicken Soup
Cream of Mushroom Soup
Cream of Tomato Soup
Vegetable Chili
Cheesy Cheddar-Dip/Sauce/Soup
Breakfast Items
Plain Pancake
Choc Chip Pancake
Maple Brown Sugar Oatmeal
Apple & Cinnamon Oatmeal
Chocolate Peanut Butter O's
Vanilla Cinnamon - Os Cereal
Cocoa - Os Cereal
Honey Nut Os Cereal
Verry Berro Os Cereal
Veggie Omelet
Bacon Cheese Omelet