

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 |
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| Bars / Squares / Wafers / Cookies |
| Bar Variety Pack Fluffy Variety Bars Caramel Nut Bar Chocolate Almond Bar Chocolate Chip Cookie with Icing 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 Oatmeal Raisin Cookie with Icing Peanut Butter Fluffy Bar Peanut Surprise Bar Peppermint Cocoa Crunch Bar Rockie Road Bar Sea Salt & Caramel 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 BBQ Protein Chips Pizza Protein Chips |
| Breakfast Items |
| Crunchy Cinnamon Cereal |

| Other ITG Products (minimum of TWO per day) |
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| 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 Kiwi Strawberry Shake Bottle Lemon Raspberry 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 |
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| Snacks / Crisps |
| BBQ Crisps White Cheddar Crisps Salt N Vinegar Chips Spicy Nacho Chips Zesty Ranch Puffs |
| 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 Vanilla Cinnamon - Os Cereal Cocoa - Os Cereal Honey Nut Os Cereal Veggie Omelet Bacon Cheese Omelet |