

Nutritional Facts

Per plan; products highlighted in blue are Limited to 1 per day. All other choices in white will fulfill the rest of your 2-3 ITG proteins per day.

ITG Diet may change the formulas of its products at any time.
Always reference the box for exact ingredients.

Products	Calories	Protein (g)	Carbs	Fiber (g)	Fat (g)	Sugar	Sodium(mg)	Pot (mg)	GF	SF	Soy Lecithin	Kosher
Drinks/Protein Shooters												
Cappuccino Drink Mix	80	15	5	0	0	4	240	330	x	***	x	
Chai Tea	100	15	8	5	<1	0	55	22	x	***	x	
Chocolate Drink/Pudding Mix	100	15	7	<1	1.5	4	330	210	x	***	x	x
Cran-Grape Drink Mix	60	15	<1	0	0	0	40	90	x		x	
Grapefruit Drink Mix	80	15	4	0	0	0	10	125	x	***	x	
Hot Chocolate w/ Marshmallow Mix	80	15	5	1	<1	3	220	220	x	***	x	
Lemon Razy Drink Mix (Variety box)	60	15	1	0	0	<1	50	95	x	***	x	
Pineapple Orange Drink Mix	70	15	2	0	0	<1	45	160	x		x	
Strawberry Crème Smoothie drink	100	15	7	<1	1	5	190	250	x		x	
Strawberry Kiwi Drink Mix (Variety Box)	60	15	<1	0	0	0	50	95	x	***	x	
Wild Berry Drink Mix	70	15	2	0	0	0	15	120	x	***	x	
Cran Grape Protein Shooters	100	25	<1	0	0	0	55	35	x	***	x	
Tropical Orange Shooters	100	25	<1	0	0	0	65	35	x	***	x	
Shake Bottle and RTS												
Aloha Mango Smoothie Mix Bottle	100	15	7	<1	1.5	4	240	105	x	***	x	
Chocolate Shake Bottle	80	15	3	0	1	2	220	220	x	***	x	
Chocolate Coconut Shake Bottle (NEW)	100	15	10	2	2	4	280	238	x		x	
Coffee Shake Bottle	80	15	5	0	0	4	240	330	x	***	x	
Lemon Raspberry Shake Bottle	60	15	1	0	0	<1	50	95	x	***	x	
Kiwi Strawberry Shake Bottle	60	15	<1	0	0	0	50	95	x	***	x	
Peanut Butter Chocolate Shake Bottle	118	15	10	4	2	5	270	250	x	***	x	
Strawberry-Banana Mix Bottle	100	15	6	1	2	3	200	100	x	***	x	
Vanilla Shake Bottle	80	15	6	<1	0	3	230	180	x	***	x	
Pre Made Drink Chocolate (RTD)	100	15	5	3	4	1	220	330				
Pre Made Drink Vanilla (RTD)	100	15	3	1	4	0	330	70				
Complete Vanilla Drink	110	15	4	1	4	1	200	180	x	x		
Complete Chocolate Drink	110	15	4	1	4	1	240	290	x	x		
Sobriano- Non Acholholic Protein Drinks												
Margarita (NEW)	70	15	2	0	0	0	85	80	x	x		
Pina Colada (NEW)	90	15	6	0	<1	3	180	147	x		x	
Peach Mojito (NEW)	70	15	3	0	0	0	25	10	x	x		
Puddings/Shakes/Gelatin												
Chocolate Pudding/Shake	100	15	7	<1	1.5	4	310	210	x		x	x
Dark Chocolate Pudding/Shake	100	15	7	1	1.5	4	310	230	x	x		x
Chocolate Mint Pudding/Shake	100	15	7	<1	1.5	4	280	200	x		x	x
Dulce De Leche Pudding	90	12	8	<1	1	5	230	130	x		x	x
Mocha Pudding Shake (In Variety boxes)	100	15	7	<1	1.5	4	280	210	x		x	
Very Vanilla Pudding/Shake	90	15	7	3	1	2	100	110	x		x	x
Banana Strawberry Gelatin	70	15	2	0	0	0	65	170	x	x		
Breakfasts												
Bacon & Cheese Omelet	90	15	2	0	3	<1	220	90	x		x	
Veggie Omelet	100	16	3	0	3.5	<1	250	95	x		x	
Chocolate Chip Pancake	110	15	8	1	1.5	2	260	97		***	x	
Plain Pancake	90	15	6	0	1	1	320	20		x		
Apple Cinnamon Oatmeal	110	15	10	2	1	2	190	120	**			
Maple Brown Sugar Oatmeal	100	15	8	2	1	0	220	125	**			
Crunchy Cinnamon Cereal	110	11	16	2	1	6	120	190				
Chocolate Peanut Butter Os Cereal (New)	120	14	9	4	4	1	210	0	x			
Vanilla Cinnamon-Os Cereal	113	15	8	4	3	<1	107	333	x			
Cocoa- Os Cereal	114	15	8	4	3	<1	141	365	x			
Honey Nut Cereal	100	15	5	2	2.5	2	0	0	x			
Soups/Lunches/Sauces												
Beef Vegetable Noodle Soup	80	15	6	0	0	0	930	50		x		
Chicken w/ Pasta Soup	90	15	6	0	<1	<1	440	100			x	
Cream of Chicken Soup	70	15	2	0	0	1	820	180	x			
Cream of Mushroom Soup	90	15	6	0	1	0	390	180	x		x	
Cream of Tomato Soup	100	15	8	<1	1.5	0	440	170	x		x	
Cheesy Cheddar Dip/Sauce/Soup	110	15	6	<1	3	2	540	360	x	***	x	
Creamy Chicken Alfredo (New)	130	15	13	1	2	1	430	0				
Vegetable Chili	100	15	9	6	1	1	400	110	x			
Protein Pasta	110	18	6	2	1.5	0	300	85		x		

Products	Calories	Protein (g)	Carbs	Fiber (g)	Fat (g)	Sugar	Sodium(mg)	Pot (mg)	GF	SF	Soy Lecithin	Kosher
Snacks												
BBQ Protein Crisps	150	15	11	1	4.5	2	530	150	x			
White Cheddar Crisps	140	15	10	1	4.5	2	630	65	x			
Sour Cream Dill Crisps	140	15	10	0	4.5	1	590	N/A	x			
Salt N Vinegar Protein Chips	120	14	7	4	5	0	400	310	x			
Pretzel Twists	120	12	11	4	3	1	320	30				x
Spicy Nacho Protein Chips	130	15	9	5	5	1	390	370	x			
Zesty Ranch Puffs	120	18	3	0	4	2	290	78	x			x
Chocolate Flavored Soy Snacks L	150	15	11	1	6	6	110	160			x	
Caramel & Peanut Snacks L	160	15	11	1	7	7	200	115			x	
Sour Cream & Fine Herbs Zipper Snacks L	160	15	13	2	5	2	360	110				
BBQ Protein Chips L	130	10	14	5	4	5	380	N/A	x			
Pizza Protein Chips L	130	10	16	5	4	2	120	N/A	x			
Breads/Bars/Cookies/Mug Cake												
Dark Protein Bread L	180	15	15	9	9	1	360	350				
Caramel Nut Bar L	160	12	13	1	6	4	55	116	x		x	x
Chocolate Almond Bar L	160	15	18	5	5	8	190	105				
Chocolate Chip Cookie with Icing L	165	14	14	1	6	5	140	70	x		x	
Chocolate Crisp Bar L	160	15	17	12	7	1	130	160	x		x	
Cinnamon Crunch Bar L	160	15	18	5	5	8	270	130	x		x	x
Crunchy Peanut Chocolate Bar L	160	15	18	5	5	7	270	105	x		x	x
Double Berry Bar L	160	15	18	5	5	7	210	90	x			x
Fudge Graham Bar L	160	15	18	5	5	8	280	115			x	x
Fluffy Vanilla Crisp Bar L	160	15	18	10	7	3	180	85	x		x	
Lemon Meringue Bar L	150	10	19	2	5	10	190	80			x	x
Oatmeal Raisin Cookie with Icing L	170	15	16	2	4	8	150	95	x			
Peanut Surprise Bar L	150	15	16	3	5	4	200	150			x	
Peanut Butter Fluffy Bar L	160	15	15	7	6	5	210	100	x		x	
Peppermint Cocoa Crunch Bar L	160	15	18	5	5	8	170	210	x		x	x
Rockie Road Bar L	170	14	15	<1	7	5	50	N/A	x		x	
Sea Salt & Carmel Bar L	150	15	17	5	4	8	240	66	x		x	x
Strawberry Shortcake Bar L	160	15	17	12	7	2	140	55	x		x	
Toffee Pretzel Bar L	160	15	18	8	4.5	4	230	80	x			
Chocolate Wafer L	210	15	13	1	9	5	80	25			x	
Vanilla Wafer L	210	15	13	1	9	6	70	15			x	
Lemon Wafer L	200	15	13	<1	6	6	100	N/A				
Raspberry Wafer L	200	16	13	<1	10	6	75	N/A				
Chocolate Mug Cake L	120	15	12	6	3.5	3	230	15	x			
Higher carb have only 1 per day L												
GF and SF foods may have been made on equipment that processes wheat, milk, soy, egg, nuts.												

***Some Foods may contain Soy Lecithin

12/8/2020

Note. Removed Specialty Items.

**** Basically is GF. However, the process of creating Rolled Oats may allow a very small trace amount of Gluten to be present in the finished product. As a precaution, we decided to remove these products from our Gluten free list.**