

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. L
 Maintenance is Step 3 Products M

Limited ITG Foods (only ONE per day) L
Bars / Squares / Wafers / Cookies
Bar Variety Pack (original one)
Bar Variety Pack (2)
Blueberry Dough Bar
Caramel Coco Bar
Caramel Nut Bar
Caramel Nut Bar (New July 2024)
Chocolate Almond Bar
Chocolate Chip Fluffy Bar
Chocolate Coconut Bar (New July 2024)
Cinnamon Crunch Bar
Crunchy Caramel Bar
Crunchy Peanut Chocolate Bar
Dark Chocolate S'mores Bar
Double Barry Bar
Fudge Graham Bar
Lemon Fluffy Bar
Lemon Meringue Bar
Marshmallow Brownie Crisp Bar
Peanut Butter Blast Bar
Peanut Butter Cup (New July 2024)
Peanut Butter Crunch Bar/w Chocolate
Peanut Butter Fluffy Bar
Peanut Butter Mousse Bar
Peanut Surprise Bar
Peppermint Cocoa Crunch Bar
Rockie Road Bar
Sea Salt & Caramel Bar
Strawberry Fluffy Bar
Strawberry Dough Bar
Toffee Pretzel Bar
Peppermint Cocoa Crunch Bar
Rockie Road Bar
Sea Salt & Caramel Bar
S More's Bar
Strawberry Fluffy Bar
Toffee Pretzel Bar
Vanilla Caramel Bar
Vanilla Fluffy Crisp Bar
Chocolate Wafer (5/box)
Lemon Wafer (5/Box)
Lemon Wafer (5/Box)
Raspberry Wafer (5/Box)
Vanilla Wafer (5/Box)
Step 3 Maintenance Bars M
Brownie Bar with Caramel & Chocolate
Butter Pecan Bar with Caramel Chocolate
Chocolate Mint Bar
Oatmeal Cinnamon Raisin Bar
Sweat & Salty Peanut Bar

Other ITG Products (minimum of TWO per day)
Drinks
Cappuccino
Classic Cappuccino with Fiber
Hot Chocolate with Fiber
Marshmallow Hot Chocolate
Mixed Berry Drink
Orange Fruit Drink
Peanut Butter Chocolate shake (box)
Pineapple Orange
Strawberry Crème
Strawberry Kiwi with Fiber
Wild Berry Drink
Puddings (can also be a shake)
Banana Cream Pudding
Chocolate Pudding
Chocolate Mint Pudding
Chocolate Salted Caramel
Chocolate Lovers Variety
Dark Chocolate Pudding/Shake
Dulce de Leche Pudding
Lemon Tangy with Fiber Pudding
Mocha Pudding
Pumpkin Pie Pudding (Seasonal)
Strawberry Pudding
Very Vanilla Pudding/Shake
Variety Pudding & Shakes
Shake Bottles / Ready To Drink
Coffee Shake Bottle
Peanut Butter Chocolate Shake Bottle
Chocolate & Vanilla RTD 4 pack
Chocolate Ready To Drink 6 pack
Vanilla Ready To Drink 6 pack

Light Lunches Limited 1/day L
Creamy Chicken Alfredo
Vegetable Chili with Beans

Snacks Limited 1/day L
Sour Cream & Fine Herb Zippers
New Tomatio Zipper Snacks
New Salt 'Vinegar Snacks
Chocolate Soy Snacks
Caramel Peanut Snacks

Protein Shooters
Cran Grape
Tropical Orange

Note: Not all products may not be available

Other ITG Products (minimum of TWO per day)
Continued
Snacks / Crisps / Curls
BBQ Crisps
White Cheddar Crisps
Pretzel Twists
Cheesy Curls
Zesty Ranch Puffs
Pasta
Protein Pasta
Soups/ Sauces
Beef Vegetable Soup
Chicken with Pasta Soup
Hearty Cream of Chicken Soup
Cream of Tomato Soup
Savory Chicken Noodle Soup
Original Cream of Chicken Soup
Vegetable Chili
Breakfast Items
Apple and Cinnamon Oatmeal
Choc Chip Pancake
Chocolate Peanut Butter O's
Honey Nut Os Cereal
Plan Pancake
Maple Brown Sugar Oatmeal

Breakfasts Limited 1/day L
Home Style Pancakes
Cinn O Cereal with Flakes
Maple Brown Sugar with Oatmeal
Apples and Cinnamon Oatmeal

Step 3 Breakfasts Maintenance M
Pancakes With Choc Chips

Desserts
Cheesecake
Chocolate Fudge Cake

Revised 5/1/2025