

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 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)
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 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
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