

Ideal Protein Nutritional Values

DRINKS	Calories	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Protein Type	Contains *
Blueberry, Cranberry & Pomegranate Drink Mix	80	2	0	0	18	Collagen	
Pineapple & Banana Drink Mix	80	1	0	0	18	Whey	Milk, Soybeans
Chocolate Drink Mix	120	9	2	4	18	Milk	Milk
Cappuccino Drink Mix	90	4	0	3	18	Milk	Milk, Soybeans
Pink Lemonade	80	1	0	0	18	Whey	Milk
Peach & Mango Drink Mix	80	1	0	0	20	Whey	Milk, Soybeans
Wildberry Yogurt Drink Mix	90	4	0	2	18	Milk	Milk, Eggs
Pina Colada Smoothie Mix	80	3	1	0	18	Whey	Milk, Soybeans
Orange Drink Mix	80	<1	0	0	18	Whey	Milk, Soybeans
Vanilla Drink Mix	90	4	2	2	18	Milk	Milk, Soybeans
Lemon Tea Drink Mix	90	6	3	1	18	Whey	Milk, Soybeans

BREAKFAST	Calories	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Protein Type	Contains
Plain Pancake/Crepe Mix - *R	150	13	2	0	19	Whey	Milk, Eggs, Soybeans, Wheat
Chocolate Pancake & Muffin Mix - *R	180	22	4	2	18	Whey	Milk, Soy, Eggwhite, Wheat
Maple Oatmeal Mix - *R	130	12	2	1	18	Milk	Milk, Soybeans, Gluten Oats
Crispy Cereal	110	7	0	3	18	Soy	Milk, Soybeans, Gluten
Herb and Cheese Omelet Mix	140	7	<1	3	18	Whey	Milk, Eggs
Plain Omelet Mix	110	3	0	0	18	Egg	Eggs

ENTREES	Calories	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Protein Type	Contains
Mushroom Soup Mix	90	3	<1	<1	19	Milk, Whey	Milk, Soybeans
Chicken Soup Mix	100	1	0	0	21	Soy	Soybeans
Leek Soup Mix	90	3	<1	<1	19	Soy	Soybeans
Tomato Basil Soup Mix	100	5	1	0	18	Milk, Soy	Milk, Soy, Wheat
Broccoli & Cheese Soup Mix	130	7	1	40	18	Milk	Milk, Soybeans
Vegetable Chili Mix - *R	120	13	4	3	15	Soy	Wheat, Soybeans
Bolognese Spaghetti Mix *R	140	22	5	5	12	Soy	Soy, Eggs, Wheat
Soy Patty Mix	120	11	4	3	18	Soy	Milk, Soy, Gluten
Potato Puree	100	7	2	1	18	Milk, Whey	Milk, Eggs, Soybeans
Chicken Noodle Soup	100	5	0	0	18	Whey	Wheat, Milk, Eggs, Soybeans
Chicken a la King	110	7	1	2	18	Soy	Wheat, Milk, Eggs, Soybeans
Rotini Noodles	150	12	5	<1	20	Pea	Wheat, Eggs, Soybeans
Chicken Flavored Patty Mix	120	7	1	1	18	Wheat, Whey, Soy,	Wheat, Milk, Eggs, Soybeans, Mustard

PUDDINGS & JELLO	Calories	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Protein Type	Contains
Milk Chocolate Pudding Mix	110	7	2	4	18	Milk	Milk
Raspberry Jelly Mix	80	2	0	0	19	Collagen	
Strawberry Pudding Mix	100	6	0	3	18	Milk, Whey	Milk
Banana Pudding Mix	90	4	1	2	18	Milk	Milk
Butterscotch Pudding Mix	90	4	1	2	18	Milk, Soy	Milk, Soy
Dark Chocolate Pudding Mix	100	7	4	2	18	Milk, Soy	Milk, Soybeans
Lemon Pudding Mix	90	4	1	2	18	Milk	Milk
Vanilla Pudding Mix	90	5	1	2	18	Milk, Soy	Milk, Soybeans
Blueberry Pudding Mix	100	6	0	3	18	Milk, Whey	Milk

BARS & SNACKS	Calories	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Protein Type	Contains
Caramel Nut Bar - *R	160	15	1	4	14	Soy, Whey, Milk	Soy, Milk, Peanuts, Wheat
Choco-Raspberry Crunch Bar - *R	140	15	3	6	15	Soy	Soy, Milk
Cookies & Cream Bar - *R	160	17	0	6	15	Soy	Milk, Soy
Vanilla & Peanut Bar - *R	140	16	2	7	15	Soy	Milk, Soy, Peanuts
Lemon Poppy Seed Protein Bar - *R	140	15	2	6	15	Soy	Milk, Soy
Vanilla Crispy Squares - *R	140	15	0	6	15	Soy, Whey	Soy, Milk, Egg, Gluten
Lemon Puffs - *R	160	12	0	9	15	Soy, Whey	Soy, Milk
Cran-Granata Bar - *R	140	17	3	5	15	Soy, Whey	Soy, Milk, Wheat
Peanut Butter Crunch Bar - *R	170	14	3	6	15	Soy, Whey, Milk	Soy, Milk, Peanuts, Wheat, Sesame
Caramel Crunch Bar - *R	150	16	2	5	15	Soy Nuggets, MilkWhey, Soy Isolate	Milk, Soy
Soy Nuts - Garlic & Onions - *R	140	9	4	3	11	Soybeans	Milk, Wheat, Eggs, Peanuts, Treenuts
Soy Nuts - BBQ - *R	140	9	4	3	11	Soybeans	
Soy Puffs - Chocolate Coated - *R	150	11	1	6	15	Soy, Whey	Milk, Wheat, Soybeans
Soy Puffs - Peanut - *R	160	11	1	7	15	Soy, Whey	Soy, Milk, Peanuts, Wheat, Sesame
Soy Puffs - Apple and Cinnamon *R	150	15	4	5	15	Soy	Soy, Wheat
Ridges - Salt & Vinegar *R	160	14	2	<1	16	Whey	Milk, Wheat
Ridges - BBQ *R	170	16	3	3	15	Whey	Milk, Wheat, Soybeans
Southwest Cheese Curls - *R	160	15	1	2	15	Soy	Milk, Soybeans
White Cheddar Ridges - *R	160	12	1	2	18	Pea	Milk
Dill Pickle Zippers - *R	190	15	2	2	15	Soy, Whey	Soy, Milk
Chocolate Chip Cookies	180	23	9	3	15	Milk, Soy	Gluten Oats, Milk, Soybeans
Choco Peanut Bars	150	17	3	7	15	Soy Nuggets	Milk, Soy, Peanuts
Double Chocolate Bars	150	17	2	6	15	Soy	Milk, Soy
Strawberry Wafers	200	13	0	6	15	Milk, Gelatin, Whey	Milk, Wheat, Soybeans

PRE-MADE DRINKS	Calories	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Protein Type	Contains
Vanilla Drink	100	3	2	0	15	Milk, Whey	Milk
Chocolate Drink	100	4	3	0	15	Milk, Calcium, Whey	Milk
Mango Drink	150	9	5	3	20	Whey	Milk
Strawberry Drink	100	10	3	6	15	Whey, Collagen	Milk

* Intentionally included ingredients in these products; trace or incidental presence of other unlisted foodstuffs may also be present