

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Ideal Protein Food List**



**Unrestricted Foods**

**Breakfast**

- \_\_\_\_\_ Fine Herb & Cheese Omelet
- \_\_\_\_\_ Plain Omelet Mix
- \_\_\_\_\_ Crispy Cereal

**Drinks**

- \_\_\_\_\_ Pina Colada Drink Mix
- \_\_\_\_\_ Wildberry Yogurt
- \_\_\_\_\_ Chocolate Drink Mix
- \_\_\_\_\_ Cappuccino Drink Mix
- \_\_\_\_\_ Peach & Mango Drink Mix
- \_\_\_\_\_ Orange Drink Mix
- \_\_\_\_\_ Pink Lemonade Drink Mix
- \_\_\_\_\_ Pineapple & Banana Mix
- \_\_\_\_\_ Blueberry, Cran, & Pomg.

**Ready-Made**

- \_\_\_\_\_ Chocolate Drink
  - \_\_\_\_\_ Vanilla Drink
  - \_\_\_\_\_ Mango Drink
- Puddings & Jelly**
- \_\_\_\_\_ Raspberry Jelly
  - \_\_\_\_\_ Banana Pudding
  - \_\_\_\_\_ Butterscotch Pudding
  - \_\_\_\_\_ Chocolate Pudding
  - \_\_\_\_\_ Lemon Pudding
  - \_\_\_\_\_ Strawberry Pudding
  - \_\_\_\_\_ Vanilla Pudding
  - \_\_\_\_\_ Blueberry Pudding
  - \_\_\_\_\_ Dark Chocolate Pudding

**Entrees**

- \_\_\_\_\_ Leek Soup
- \_\_\_\_\_ Mushroom Soup
- \_\_\_\_\_ Chicken Soup
- \_\_\_\_\_ Tomato & Basil Soup
- \_\_\_\_\_ Broccoli and Cheese

**Supplements**

- \_\_\_\_\_ Multi-Vita
- \_\_\_\_\_ Cal-Meg
- \_\_\_\_\_ Potassium & Calcium
- \_\_\_\_\_ Anti-Oxy
- \_\_\_\_\_ Enzyme
- \_\_\_\_\_ Omega III
- \_\_\_\_\_ Novi-Lax
- \_\_\_\_\_ Novi-Cleans

**\*Restricted Foods**

**Breakfast**

- \_\_\_\_\_ Maple Oatmeal
- \_\_\_\_\_ Plain Pancake Mix
- \_\_\_\_\_ Chocolate Pancake & Muffin

**Entrees**

- \_\_\_\_\_ Bolognaise Spaghetti
- \_\_\_\_\_ Vegetable Chili
- \_\_\_\_\_ Soy Patty Mix

**Bars**

- \_\_\_\_\_ Vanilla & Peanut Bar
- \_\_\_\_\_ Raspberry Crunch Bar
- \_\_\_\_\_ Caramel Nut Bar
- \_\_\_\_\_ Lemon Poppy Seed Bar
- \_\_\_\_\_ Cran-Granada Bar
- \_\_\_\_\_ Cookie-N-Cream Bar
- \_\_\_\_\_ White Choco-Cinnamon Bar
- \_\_\_\_\_ White Choco-Crispy Bar
- \_\_\_\_\_ Caramel Crunch Bar
- \_\_\_\_\_ Peanut Butter Crunch Bar

**Snacks**

- \_\_\_\_\_ Soy Nuts - Garlic & Onion
- \_\_\_\_\_ Soy Nuts - BBQ
- \_\_\_\_\_ Chocolate Covered Soy Puffs
- \_\_\_\_\_ Southwest Cheese Curls
- \_\_\_\_\_ BBQ Ridges
- \_\_\_\_\_ Salt & Vinegar Ridges
- \_\_\_\_\_ Apple & Cinnamon Puffs
- \_\_\_\_\_ Peanut Soy Puffs
- \_\_\_\_\_ White Cheddar Ridges
- \_\_\_\_\_ Dill Pickle Zippers

\_\_\_\_\_ Consultation Fee

\_\_\_\_\_ Quick Start Bag

\_\_\_\_\_ Body Composition