

IDEAL PROTEIN – NUTRITIONAL FACT SHEET

Products	Calories	Protein (g)	Fat (g)	Carbs	Sugar	Fiber	Sucralose	Sodium (mg)	Gluten Free
Banana Pudding	90	18	0	4	2	1	x	170	X
Blue/Cran/Pom Drink	80	17	0	2	<1	0	x	0	X
Blueberry Pudding	100	18	0	6	2	0	x	180	X
Broccoli/Chs Soup	140	18	4	7	5	1	-	500	X
Butterscotch Pudding	90	18	0	4	2	1	x	240	X
Cappuccino	90	18	-	4	3	0	x	180	X
Chicken a la King	110	18	1	7	2	1		630	
Chicken Flavored Patty	120	18	2	7	1	<1		350	
Chicken Noodle Soup	100	18	0	5	0	0		590	
Chicken Soup	100	21	1	1	0	0	-	870	X
Chocolate Drink Mix	120	18	1	9	4	2	x	200	X
Chocolate Premix	100	15	4	4	-	3	x	240	#
Chocolate Pudding	110	18	.5	7	4	2	x	110	X
Crispy Cereal	110	18	1	7	3	0	x	160	
Dark Chocolate Pudding	100	18	1	7	2	4	x	250	X
Herb & Chs Omelet	140	18	4	7	3	1	-	630	X
Leek Soup	90	19	1	3	0	0	-	970	X
Lemon Pudding	90	18	0	4	2	1	x	210	X
Lemon Tea Drink Mix	90	18	0	6	1	3	x	200	X
Mango Premix	150	20	4.5	9	3	5	x	110	#
Mushroom Soup	90	18	1	2	1	1	-	1015	X
Orange Drink	80	18	0	<1	0	0	x	40	X
Peach Mango Drink	80	20	0	1	0	0	x	50	X
Pina Colada Drink	80	18	0	3	0	1	x	130	#
Pineapple/Banana	80	18	0	1	0	0	x	0	X
Pink Lemonade	80	18	0	1	0	0	x	0	X
Plain Omelet	110	18	3	3	0	0	-	440	X
Potato Puree Mix	100	18	0	7	<1	2	-	330	X
Raspberry Gelatin	80	19	0	2	0	0	x	15	X
Soy Patty Mix	120	18	1.5	11	3	4	-	630	
Rotini (pasta)	150	20	2.5	12	<1	5	-	290	
Rotini – Tomato & Basil	140	20	2.5	12	3	6	-	300	
Strawberry Banana Premix	100	15	.5	10	6	3	x	40	X
Strawberry Pudding	100	18	0	6	3	0	x	190	X
Tomato Basil Soup	100	18	.5	5	0	1	x	650	
Vanilla Drink Mix	90	18	0	4	2	2	x	140	X
Vanilla Premix	100	15	4	3	0	2	x	240	#
Vanilla Pudding	90	18	0	4	2	2	x	140	X
Wild Berry Yogurt	90	18	0	4	2	0	x	210	X
Apple/Cin Puffs*	150	15	5	15	5	4	x	140	
BBQ Soy Nuts*	140	11	7	9	3	4	-	300	#
BBQ Ridges *	170	15	5	16	3	3	-	420	
Caramel Crunch Bar*	150	15	4	16	12	2	-	260	#
Caramel Nut Bar *	160	14	6	15	12	1	x	130	
Choco Chip Cookie**	180	15	5	23	11	9	x	260	
Chocolate Soy Crisps*	150	15	6	11	6	1	x	110	
Chocolate Pancake *	180	18	2	22	2	4	-	270	
Choco-PB Bar*	150	15	4	17	11	3	-	290	#
Choco-Raspberry Bar*	140	15	4	15	6	3	-	210	#
Cookies N Cream Bar*	150	15	4	17	13	0	-	190	#
Cran-Granata Bar *	140	15	3	17	6	3	x	220	#
Dill Pickle Zippers *	190	15	8	15	2	2	-	470	#

No more than 1 starred (*) items a day, and no more than 2 starred (**) a week.

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Products	Calories	Protein (g)	Fat (g)	Carbs	Sugar	Fiber	Sucralose	Sodium (mg)	Gluten Free
Double Chocolate Bar*	150	15	4.5	17	10	2	-	250	#
Garlic/Onion Soy Nut*	140	11	7	9	3	4	-	310	#
Lemon/Pop Seed Bar*	140	15	4	15	11	2	-	210	#
Lemon Soy Puffs*	160	15	6	12	9	0	-	180	#
Maple Oatmeal*	130	18	1.5	12	0	2	x	240	X
P.B. Crunch Bar *	170	15	7	14	9	3	x	190	
Peanut Soy Puffs *	160	15	6	11	7	1	-	200	
Plain Crepe*	140	18	1.5	13	0	2	-	210	#
Salt and Vinegar Chips*	160	16	4.5	14	1	2	x	750	
Spaghetti Bolognese**	140	12	2.5	22	5	5	-	920	
Strawberry Wafers *	200	15	9	13	6	0	x	65	
SW Cheese Puffs *	160	15	4.5	15	2	1	-	570	#
Vanilla Crispy Square*	140	15	3	15	6	0	x	190	
Vanilla Peanut Bar *	160	15	5	16	13	3	x	190	
Vegetable Chili *	120	12	3	13	3	4	-	490	
White Cheddar Ridges*	160	18	5	12	2	1	-	750	
White Choc/Cin Bar *	160	15	4	15	12	0	-	220	
White Choc Crispy Bar*	150	15	4.5	16	9	2	-	220	#

- May contain a trace amount of wheat

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