

# Ideal Protein Ingredients Summary - [www.idealproteindesert.com](http://www.idealproteindesert.com) 760-668-1287

Products	Soy	Milk	Whey	Albumin (Egg)	Collagen	Pea Protein	Sucralose	Gluten-Free	Ingredients
Caramel Nut Bar*	X	X	X				X		Protein blend (soy protein isolate, hydrolyzed gelatin, whey protein concentrate, acid casein, milk protein isolate, milk protein concentrate), malitol syrup, glycerin, sugar, peanuts, palm and palm kernel oil, water, natural and artificial flavors, malted milk powder (barley malt, wheat, milk, sodium bicarbonate, salt), sorbitol, mono and diglycerides, pectin, vanilla extract, salt, gellan gum, dicalcium phosphate, sodium phosphate, sodium citrate, sucralose, (non-nutritive sweetener), carrageenan, tocopherol (antioxidant). Contains soy, milk, peanuts, and wheat. Manufactured in a facility that processes egg, sesame, and tree nuts.
Caramel Crunch Bar*	X	X	X						Soy nuggets (isolated soy protein, rice starch, salt), brown rice syrup, white coating (malitol, palm kernel oil, calcium carbonate, milk protein concentrate, whey powder, soy lecithin, vanillin) caramel (malitol syrup, palm kernel oil, skim milk powder, whey protein concentrate, water, soy lecithin, disodium phosphate, natural flavor, salt, cream, [cream, milk, cellulose gel, milk solids, carrageenan, cellulose gum]), glycerin, salted butter, carrageenan, dextrose), polydextrose, isolated soy protein, dextrose, dextrin, glycerin, high oleic sunflower oil, N&A caramel toffee flavor, sea salt, soy lecithin. Contains milk and soy. May contain eggs, wheat, peanuts, tree nuts, and fish.
Choco-Raspberry Bar*	X		X					X	Soy nuggets (isolated soy protein, rice starch), chocolate coating (malitol, fractionated palm kernel oil, cocoa powder, inulin, soy lecithin, acesulfame K, vanilla, and sucralose [a non-nutritive sweetener]), organic agave syrup, soy protein nuggets (soy protein isolate, rice flour, malt extract and salt), polydextrose, organic brown rice syrup, isolated soy protein, high oleic sunflower oil, natural flavor, dextrose, dextrin, beet juice, soy lecithin (as emulsifier). Contains soy and milk. May contain traces of eggs, wheat, peanuts, tree nuts, and fish.
Cookies-N-Cream Bar*	X	X	X						Soy nuggets (isolated soy protein, rice starch), organic brown rice syrup, white coating (malitol, fractionated palm kernel oil, calcium carbonate, milk protein concentrate, whey powder, soy lecithin, vanillin), isolated soy protein, organic agave syrup, cookie crumbs (sugar, gluten-free flour blend (corn flour, potato starch, rice flour, tapioca starch, soy flour, potato flour, carrageenan, acacia gum, xanthan gum), palm oil, canola oil, cocoa powder, invert sugar, natural bicarbonate), glycerin, cocoa powder, high oleic sunflower oil, artificial flavor, natural flavor, soy lecithin (as an emulsifier). Contains egg, milk, and soy. May also contain peanuts, tree nuts, and wheat.
Cran-Granata Bar*	X		X					X	Protein blend (soy protein isolate, whey protein concentrate [derived from milk]), malitol syrup, malitol, fructooligosaccharide, tapioca starch (wheat), sugar, palm kernel oil, cranberries, glycerin, apple juice concentrate, blueberries, water, natural and artificial flavors, cranberry juice concentrate, pomegranate arils, mono and diglycerides, canola oil, citric acid, salt, vanilla extract, sunflower oil, sucralose (non-nutritive sweetener), soy lecithin, tocopherol. Contains soy, milk, and wheat. Manufactured in a facility that processes eggs, sesame, peanuts, and tree nuts.
Lemon Poppyseed Bar*	X		X						Soy nuggets (isolated soy protein, rice starch), white coating (malitol, fractionated palm kernel oil, calcium carbonate, milk protein concentrate, whey powder, soy lecithin, vanillin), liquid polydextrose, organic brown rice syrup, organic agave syrup, soy protein nuggets (soy protein isolate, rice flour, malt extract, salt), isolated soy protein, dextrose, dextrin, glycerin, poppy seeds, high oleic sunflower oil, natural flavor, soy lecithin (as an emulsifier). Contains milk and soy. May also contain eggs, wheat, peanuts, tree nuts, and fish.
Peanut Butter Crunch Bar*	X	X	X					X	Protein blend (soy protein isolate, whey protein isolate, reduced mineral whey powder, milk protein concentrate), organic cane sugar, peanuts, glycerin, tapioca starch, peanut butter, inulin, water, sugar, palm and palm kernel oil, clarified brown rice syrup, natural and artificial flavors (contains sesame), partially defatted peanut flour, malitol syrup, chia oil (salvia hispanica), malted milk powder (contains wheat), salt, calcium carbonate, soy lecithin, butter, cream, organic agave syrup, sucralose (non-nutritive sweetener), tocopherol, mono and triglycerides, sodium phosphate, sodium phosphate, sodium citrate, carrageenan. Contains soy, milk, peanuts, sesame, and wheat. Made in a facility that processes eggs and tree nuts.
Vanilla Peanut Bar*	X	X	X						Soy nuggets (isolated soy protein, rice starch), brown rice syrup, white chocolate coating (sugar, fractionated palm kernel oil, nonfat milk powder, whey powder, soy lecithin [as an emulsifier] and vanilla), vanilla layer (malitol syrup, modified palm kernel oil, skim milk powder, water, whey protein concentrate, soy lecithin, salt, disodium phosphate, carrageenan, dextrose, natural flavor, color), soy protein isolate, polydextrose, glycerin, soy protein nuggets (soy protein isolate, rice flour, and salt), peanuts, peanut flour, peanut oil, high oleic sunflower oil, vanilla extract, soy lecithin (as an emulsifier). Contains milk, soy, and peanuts. May also contain eggs, tree nuts, and wheat.
Cookie Dough Swirl Bar*	X	X	X					X	Protein blend (soy protein isolate, acid casein, whey protein isolate, milk protein concentrate, milk protein isolate, whey protein concentrate, calcium caseinate), malitol syrup, glycerin, vegetable oil (palm kernel oil, palm oil, shea oil, soybean oil), sugar, hydrolyzed gelatin, water, invert sugar, sorbitol, cocoa powder (processed with alkali), enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), fructooligosaccharide, natural and artificial flavors, semi-sweet chocolate chips (sugar, unsweetened chocolate, anhydrous dextrose, cocoa butter, soy lecithin), titanium dioxide (color), chocolate liquor, soy lecithin, butter, cream (cream, milk, cellulose gel, milk solids, carrageenan, cellulose gum), salt, sodium bicarbonate, sodium phosphate, mono- and diglycerides, tocopherols, sodium citrate, carrageenan, and sucralose (a non-nutritive sweetener). Contains milk, soy, egg, wheat, peanuts, and tree nuts (almonds).
Choco-Peanut Butter Bar*	X	X	X						Soy nuggets (isolated soy protein, rice starch), dark chocolate coating (sugar, fractionated palm kernel oil, cocoa processed with alkali, lactose, palm oil, soy lecithin, and vanilla), organic brown rice syrup, chocolate layer (malitol syrup, modified palm kernel oil, skim milk powder, chocolate liquor, water, glycerin, cocoa, soy lecithin, disodium phosphate, salt, carrageenan, vanilla extract), polydextrose, soy protein nuggets (soy protein isolate, rice flour, and salt), soy protein isolate, organic agave syrup, glycerin, peanut flour, peanut oil, natural and artificial flavors, organic gum acacia, sea salt, soy lecithin (as an emulsifier). Contains milk, peanuts, and soy. May also contain eggs, tree nuts, and wheat.
Strawberry Wafers*	X	X	X			X	X		Protein Blend (milk protein isolate, hydrolyzed gelatin, whey protein isolate), wheat flour, modified palm and palm kernel oil, sugar, fructose, cocoa butter, milk, soy lecithin, natural and artificial flavors, pea protein isolate, soy flour, sunflower oil, water, beet red, salt, sodium bicarbonate, sucralose (non-nutritive sweetener), citric acid, corn flour. Contains milk, wheat, and soy. Manufactured in a facility that processes tree nuts.

## Ideal Protein Ingredients Summary - [www.idealproteindesert.com](http://www.idealproteindesert.com) 760-668-1287

Orange Wafers*	X	X	X			X	X	Protein Blend (milk protein isolate, hydrolyzed gelatin, whey protein isolate), wheat flour, modified palm and palm kernel oil, sugar, fructose, milk ingredients (skim milk powder, whole milk powder, butter fat), cocoa butter, unsweetened chocolate, soy lecithin, pea protein isolate, soy flour, sunflower oil, water, natural and artificial flavors, salt, sodium bicarbonate, sucralose (non-nutritive sweetener), corn flour, apocarotenal (color). Contains milk, wheat, and soy. Manufactured in a facility that processes tree nuts.
Double Chocolate Brownie*	X	X	X				X	Protein Blend (milk protein concentrate, soy protein isolate, calcium caseinate [from milk], whey protein concentrate [from milk]), water, glycerin, polydextrose, malitol syrup, canola and palm oils, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), inulin, cocoa powder processed with alkali, natural and artificial flavors, contains 2% or less of cocoa extract, sodium bicarbonate, salt, sucralose (a non-nutritive sweetener), mixed tocopherols, glucono-delta-lactone, diacetyl tartaric acid esters of mono- and diglycerides, potassium sorbate. Contains milk and soy. May contain wheat.
Vanilla Crispy Square*	X	X	X	X			X	Protein Blend (soy protein isolate, whey protein isolate), brown rice syrup, tapioca starch, rice crisps (rice, sugar, salt, malt [corn flour, malted barley], niacinamide, thiamine hydrochloride, pyridoxine hydrochloride, d-calcium pantothenate, folic acid, iron, BHT [antioxidant]), glycerin, palm and palm kernel oil, water, vegetable oil (canola, soybean), natural and artificial flavors, dried egg albumen, calcium carbonate, agar-agar, yogurt powder (cultured nonfat milk solids), salt, citric acid, soy lecithin, sucralose (non-nutritive sweetener), tocopherols. Contains soy, milk, egg, and gluten. Manufactured in a facility that processes wheat and sesame.
Blueberry, Cran, Pomegranate Drink					X		X	Collagen protein, fruit juice powders (blueberry, cranberry, pomegranate), citric acid, natural flavors, malic acid, contains 2% or less of acesulfame potassium (a non-nutritive sweetener), sucralose (a non-nutritive sweetener), calcium gluconate, calcium citrate, silicon dioxide.
Cappuccino Drink	X	X	X				X	Milk protein concentrate, whey protein isolate (whey [derived from milk], soy lecithin), skim milk, decaffeinated coffee, natural cappuccino coffee flavor, caramel, contains 2% or less of: sea salt, sucralose and acesulfame potassium (non-nutritive sweeteners), xanthan gum, silicon dioxide.
Vanilla Drink	X	X	X				X	Milk Protein concentrate, whey protein isolate (milk), inulin, contains 2% or less of natural and artificial flavors, sea salt, xanthan gum, sucralose (a non-nutritive sweetener), soy lecithin, silicon dioxide. Contains milk and soy.
Chocolate Drink		X	X				X	Milk protein concentrate, cocoa processed with alkali, skim milk, whey protein isolate (milk), artificial flavor, contains 2% or less of chocolate (cocoa, sugar, salt, carrageenan, sodium caseinate, artificial flavor), sea salt, xanthan gum, sucralose and acesulfame potassium (non-nutritive sweeteners), silicon dioxide. Contains milk.
Orange Drink	X		X				X	Whey protein isolate (derived from milk), malic acid, citric acid, natural and artificial orange flavor, contains 2% or less of: sucralose and acesulfame potassium (non-nutritive sweeteners), beta-carotene color, caramel color, canthaxanthin color, silicon dioxide, soy lecithin. Contains milk and soy. May also contain fish (coloring).
Peach Mango Drink	X		X				X	Whey protein isolate (milk), malic acid, natural flavor, citric acid, contains 2% or less of sucralose and acesulfame potassium (non-nutritive sweeteners), beta carotene color, caramel color, canthaxanthin color, silicon dioxide, soy lecithin. Contains milk and soy. May contain fish (coloring).
Pina Colada Drink	X		X				X	Whey protein isolate, milk protein concentrate, natural and artificial flavors, citric acid, malic acid, xanthan gum, potassium citrate, acesulfame-potassium (non-nutritive sweeteners), sucralose (non-nutritive sweeteners), soy lecithin, silicon dioxide. Contains milk and soy.
Pineapple Banana Drink			X				X	Whey protein isolate (derived from milk), natural pineapple flavor, malic acid, citric acid, contains 2% or less of natural banana flavor, beta carotene color, sucralose and acesulfame potassium (non-nutritive sweeteners), silicon dioxide.
Pink Lemonade			X				X	Whey protein isolate (derived from milk), citric acid, natural lemonade flavor, contains 2% or less of sucralose and acesulfame potassium (non-nutritive sweeteners), beet powder color, malic acid, silicon dioxide.
Wild Berry Yogurt Drink	X	X	X	X			X	Milk protein concentrate, whey protein isolate (whey protein isolate [milk], soy lecithin), egg whites (egg whites, yeast, citric acid), natural and artificial flavors, ascorbic acid, fruits (raspberry, strawberry, and blueberry), contains 2% or less of xanthan gum, sea salt, microcrystalline cellulose, citric acid, sucralose and acesulfame potassium (non-nutritive sweeteners), silicon dioxide. Contains milk, soy, and eggs.
Raspberry Gelatin					X		X	Hydrolyzed collagen, gelatin, beet powder color, citric acid, natural and artificial flavor, sucralose (a non-nutritive sweetener), tricalcium phosphate.
Garlic & Onion Soy Nuts*	X							Soybeans, seasoning (salt, sugar, autolyzed yeast extract, yeast, onion powder, spices, garlic powder, vegetable oil, silicon dioxide), sunflower oil. May contain milk, wheat, eggs, peanuts, and tree nuts.
BBQ Soy Nuts*	X							Soybeans, BBQ seasoning (sugar, salt, yeast, spice, onion powder, tomato powder, garlic powder, citric acid, artificial flavor, silicon dioxide), sunflower oil. May contain milk, wheat, eggs, peanuts, and tree nuts.
Apple Cinnamon Soy Puffs*	X						X	Soy protein isolate, tapioca flour, sugar, sunflower oil, resistant malt dextrin, oligofructose (chicory root extract), apple peel powder, calcium carbonate, cinnamon, natural and artificial flavors, sucralose (a non-nutritive sweetener). Contains soy and wheat. Manufactured in a facility that processes eggs, milk, sesame, and tree nuts.
Chocolate Soy Puffs*	X		X				X	Soy protein isolate, tapioca starch, rice flour, cocoa, calcium carbonate, natural flavor, chocolate flavored coating (sugar, palm and palm kernel oils, whey protein isolate [derived from milk], cocoa, soy lecithin, natural and artificial flavors, sucralose (a non-nutritive sweetener). Contains milk and soy. Manufactured on equipment that also processes peanuts, tree nuts, eggs, wheat, and barley.
Peanut Soy Puffs*	X		X					Protein blend (soy protein isolate, reduced mineral whey protein powder), sugar, palm and palm kernel oil, partially defatted peanut flour, tapioca starch, rice flour, natural and artificial flavors, salt, soy lecithin, calcium carbonate, citric acid. Contains soy, milk, wheat, peanuts, and sesame. Manufactured in a facility that processes tree nuts.

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Dill Pickle Zippers*	X	X						Protein blend (soy protein isolate, whey protein isolate [milk] Sodium caseinate), potato flour, sunflower oil, soy flour, potato starch, maltodextrin, sodium diacetate, dextrose, natural and artificial flavors, salt, citric acid, calcium carbonate, dill, malic acid, mono and diglycerides, tocopherol, dill oil. Contains soy and milk. Manufactured in a facility that processes eggs, wheat, sesame, and tree nuts.
White Cheddar Ridges*		X	X				X	Pea protein isolate, potato flakes, white cheddar cheese seasoning (whey [derived from milk], cheddar cheese [cultured milk, salt, enzymes]), reduced lactose whey (derived from milk), maltodextrin, canola oil, salt, disodium phosphate, blue cheese (cultured milk, salt, enzymes), skim milk, citric acid, silicon dioxide), whey (derived from milk), salt, natural flavor, autolyzed yeast extract, onion, garlic, yeast extract, lactic acid, xanthan gum, silicon dioxide, potato starch, sunflower oil, salt, calcium carbonate. Contains milk.
Southwest Cheese Curls*	X	X	X					Soy protein isolate, dehydrated potato, potato starch, cheese seasoning (cheddar cheese [milk, salt, bacterial culture, rennet], whey, buttermilk, salt, disodium phosphate), maltodextrin, spices, natural butter flavor, onion, garlic, red bell pepper, yeast extract, lactic acid, FD&C yellow #5 & #6, silicon dioxide, sunflower oil, calcium carbonate.
Sea Salt & Vinegar Ridges*			X					Whey protein concentrate (derived from milk), wheat, triticale, oat, rye, millet, barley, buckwheat, brown rice, sunflower oil, sea salt, sodium diacetate, vinegar, maltodextrin, malic acid, citric acid, sodium citrate, tricalcium phosphate. Contains milk and wheat.
BBQ Ridges*	X		X					Whey protein concentrate (derived from milk), wheat, triticale, oat, rye, barley, millet, buckwheat, brown rice, seasoning (sugar, salt, spices and spice extractives (including paprika), maltodextrin, garlic, dextrose, tomato, onion, hydrolyzed soy protein, annatto color, natural flavor, silicon dioxide, sunflower oil. Contains milk, soy, and wheat.
Cereal Flakes		X	X				X	Cereal flakes (defatted soy grits, steel cut wheat, wheat bran, salt, sucralose [a non-nutritive sweetener], caramel color), milk protein concentrate, whey protein isolate, contains 2% or less of sucralose (a non-nutritive sweetener), soy lecithin, silicon dioxide. Contains wheat, milk, and soybeans.
Crispy Cereal	X	X	X				X	Soy crisp (soy protein isolate, rice flour, barley malt extract [gluten], salt), milk protein concentrate, skim milk, whey protein isolate (whey [milk], soy lecithin), sucralose (a non-nutritive sweetener), silicon dioxide. Contains milk, soy, and gluten.
Fine Herb & Cheese Omelet	X	X	X	X			X	Egg whites (egg whites, yeast, citric acid), eggs, cheddar cheese powder (cheddar cheese [pasteurized milk, cheese cultures, salt, enzymes], whey [milk], maltodextrin, soybean oil, salt, enzymes), whey (milk), maltodextrin, soybean oil, salt, buttermilk, citric acid, disodium phosphate, natural flavor, lactic acid, silicon dioxide), red bell pepper, green bell pepper, natural flavor, contains 2% of less of onion, garlic, spices, gum (cellulose, canthan, carageenan), sodium bicarbonate, beta carotene color, silicon dioxide. Contains milk and eggs.
Maple Oatmeal*	X	X	X				X	Oat flakes, soy protein isolate, milk protein concentrate, whey protein isolate, 2% or less of artificial flavor, sea salt, sodium bicarbonate, xanthan gum, silicon dioxide, sucralose (a non-nutritive sweetener). Contains milk and soy.
Plain Omelet				X				Egg whites (egg whites, yeast, citric acid), eggs, natural flavor, contains 2% or less of garlic, spices, autolyzed yeast extract, gums (cellulose, xanthenes, carrageenan), sodium bicarbonate, sea salt, beta carotene color, silicon dioxide. Contains eggs.
Chicken Soup	X						X	Soy protein isolate, artificial flavor, sea salt, potassium chloride, contains 2% or less of dehydrated vegetables (onion, garlic), autolyzed yeast extract, celery salt, spices, turmeric, beta carotene color, xanthan gum, sodium bicarbonate, silicon dioxide. May contain milk and eggs.
Leek Soup	X						X	Soy protein isolate, sea salt, onion powder, natural leek flavor, leek, potassium chloride, sodium bicarbonate, yeast extract, xanthan gum, silicon dioxide.
Mushroom Soup	X	X	X				X	Soy protein isolate, milk protein concentrate, whey protein isolate, sea salt, mushroom, natural flavor, xanthan gum, yeast extract, sodium bicarbonate, celery salt, spices (turmeric, garlic, mustard, white pepper), silicon dioxide, beta carotene color, soy lecithin. Contains milk and soy.
Chicken Noodle Soup	X		X		X			Hydrolyzed collagen, whey protein isolate (milk), enriched noodles (durum flour [wheat], niacin, ferrous sulfate [iron], thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), natural and artificial flavors, sea salt, yeast extract, contains 2% or less of chicken meat, spices, beta carotene color, soy lecithin, maltodextrin (corn), potassium chloride, silicon dioxide. Contains wheat (gluten), milk, eggs, and soy.
Tomato Basil Soup	X	X	X				X	Protein blend (milk protein isolate, soy protein isolate, hydrolyzed gelatin, sodium caseinate), modified corn starch, natural and artificial flavors, dehydrated vegetables (onion, tomato, garlic), hydrolyzed plant protein (wheat), salt, sunflower oil, maltodextrin, lycopene extract, citric acid, dipotassium phosphate, basil, spices, malic acid, xanthan gum, guar gum, sodium alginate, silicon dioxide, caramel color, mono and diglycerides, tocopherol, soy lecithin, sucralose (a non-nutritive sweetener).
Broccoli Cheese Soup	X	X	X				X	Milk protein concentrate, cheese powder (cheddar and blue cheeses [pasteurized cultured milk, sea salt, annatto extract color, enzymes], whey [milk], skim milk, soybean oil, buttermilk, disodium phosphate, butter [cream, sea salt, water], natural flavor, citric acid, lactic acid, annatto color, yellow #5 lake), whey protein isolate (whey [milk], soy lecithin), broccoli, yeast extract, cheese flavor (dehydrated cheese [pasteurized cultured milk, sea salt, enzymes], sea salt, buttermilk, maltodextrin, calcium silicate (as an anti-caking agent), hydrolyzed casein [milk]), guar gum, potassium chloride. Contains milk and soy.
Chicken Ala King Pottage Mix	X							Soy protein isolate, dehydrated vegetables (peas, carrots, corn, mushrooms, onions), textured wheat protein (wheat gluten, wheat starch, sodium phosphate, soybean oil, titanium dioxide, tocopherols), artificial flavor, enriched pasta (durum flour [wheat], niacin ferrous sulfate [iron]), thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sea salt, yeast extract, contains 2% or less of: spices, corn starch, xanthan gum, silicon dioxide. Contains wheat (gluten), milk, eggs, and soy.
Potato Puree Mix	X	X	X	X			X	Calcium caseinate (milk), milk protein concentrate, whey protein (milk), potato flakes, egg whites, inulin, contains 2% or less of: chives, onion, sea salt, dehydrated butter, butter oil, soybean oil, yeast and yeast extract, guar gum, xanthan gum, spices, maltodextrin, sodium bicarbonate, annatto and turmeric colors, mono and diglycerides, sunflower lecithin, sodium phosphate, citric acid, ascorbyl palmitate, silicon dioxide. Contains milk, eggs, and soy.
Chicken Patty Mix	X		X					Textured wheat protein (wheat gluten, wheat starch, sodium phosphate, soybean oil, titanium dioxide, tocopherol), whey protein concentrate (milk), artificial flavor, soy protein isolate, yeast extract, contains 2% or less of: onion, garlic, chives, sea salt, spices, gums (carageenan, guar and konjac), silicon dioxide. Contains wheat (gluten), milk, eggs, soy, and mustard.

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Vegetable Chili*	X										Textured soy protein (soy protein concentrate, malt extract), textured wheat protein (wheat gluten, wheat flour, sodium phosphate, caramel color, tocopherol), dehydrated vegetables (onion, red bell pepper, garlic, tomato), soy protein isolate, red beans, natural flavor, modified potato starch, spices, salt, tomato powder, contains 2% or less of paprika, sugar, paprika oleoresin color, caramel color, canthaxanthin color, guar gum, silicon dioxide. Contains wheat (gluten) and soybeans.
Rotini	X								X		Pea protein isolate, enriched durum wheat flour (durum wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), wheat protein isolate, inulin, whole eggs, soy protein isolate, sodium phosphate, lactic acid.
Tomato Basil Rotini	X								X		Pea protein isolate, wheat protein isolate, inulin, tomato, whole eggs, soy protein isolate, enriched durum wheat flour (durum wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), basil, sodium phosphate, lactic acid.
Spaghetti Bolognese**	X										Soy protein concentrate, egg noodles (durum flour, water, egg yolks, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), dehydrated vegetables (onion, tomato, mushrooms, garlic), sugar, corn starch, hydrolyzed vegetable proteins (wheat, corn and soy), sunflower oil, salt, soy fibers, caramel and annatto extract (for color), natural flavors, spices. Contains soy, eggs, and wheat. Manufactured in a facility that processes milk, sesame, and tree nuts.
Chocolate Pancake*	X	X	X	X							Oat flour, calcium caseinate (derived from milk), whey protein concentrate (derived from milk), soy protein isolate, albumin powder (egg white, yeast, citric acid), oat bran, cocoa processed with alkali, natural chocolate flavor, chicory root inulin, fructose, contains, 2% or less of natural flavors, cream of tartar, sodium bicarbonate, sea salt, silicon dioxide. May also contain wheat.
Plain Crepe*	X	X	X	X							Oat bran flour, calcium caseinate, oat bran, milk protein concentrate, soy protein isolate, albumin, sea salt, silicon dioxide.
Pre-Made Chocolate Pudding		X								X	Water, milk protein isolate, lowfat cocoa powder, cream, fructose, modified cassava starch, powdered chocolate (sugar, cocoa paste, lowfat cocoa powder, natural flavor), gums (guar, xanthan, and carrageenan), salt, sucralose (a non-nutritive sweetener). Contains milk.
Banana Pudding		X	X							X	Milk protein concentrate, guar gum, contains 2% or less of natural flavor, sea salt, sucralose (a non-nutritive sweetener), beta carotene color. Contains milk.
Butterscotch Pudding	X	X	X							X	Milk protein concentrate, soy protein isolate, guar gum, natural flavor, contains 2% or less of sea salt, beta-carotene color, caramel color, sucralose and acesulfame potassium (non-nutritive sweeteners). Contains milk and soy.
Milk Chocolate Pudding		X	X							X	Milk protein concentrate, cocoa processed with alkali, guar gum, natural flavors, caramel color, chocolate (cocoa, sugar, salt, carrageenan, sodium caseinate, artificial flavor), sea salt, sucralose (a non-nutritive sweetener). Contains milk.
Dark Chocolate Pudding	X	X	X							X	Milk protein concentrate, cocoa processed with alkali, soy protein isolate, guar gum, natural flavors, sea salt, caramel color, sucralose (a non-nutritive sweetener), silicon dioxide.
Lemon Pudding		X	X							X	Milk protein concentrate, guar gum, contains 2% or less of: sea salt, natural flavor, citric acid, sucralose (a non-nutritive sweetener), FD&C Yellow #5 color. Contains milk.
Vanilla Pudding	X	X	X							X	Milk protein concentrate, soy protein isolate, natural flavor, guar gum, contains 2% or less of sea salt, caramel color, beta carotene color, sucralose and acesulfame potassium (non-nutritive sweeteners). Contains milk and soy.
Pre-Made Vanilla Drink		X	X							X	Filtered water, protein blend (milk protein isolate, whey protein concentrate, calcium caseinate), sunflower oil, inulin, artificial flavor, cellulose, carboxymethylcellulose, salt, diacetyl tartaric acid esters of mono and diglycerides (DATEM), sodium phosphate, potassium phosphate, carrageenan, sucralose and acesulfame potassium (non-nutritive sweeteners), colors (turmeric, annatto). Made in a facility that processes eggs, soy, wheat, sesame, and tree nuts.
Pre-Made Chocolate Drink		X	X							X	Filtered water, protein blend (milk protein isolate, calcium caseinate, whey protein concentrate), cocoa powder, sunflower oil, inulin, artificial flavor, cellulose, carboxymethylcellulose, salt, sodium phosphate, diacetyl tartaric acid esters of mono and diglycerides (DATEM), potassium phosphate, carrageenan, sucralose and acesulfame potassium (non-nutritive sweeteners). Contains milk. Made in a facility that processes soy, egg, wheat, sesame, and tree nuts.
Pre-Made Strawberry-Banana Drink			X		X				X	X	Water, banana and strawberry purees, whey protein concentrate, hydrolyzed collagen, apple juice concentrate, inulin, natural flavor, pectin, citric acid, ascorbic acid (vitamin c), sucralose (non-nutritive sweetener), FD&C red #40, FD&C yellow #5. Contains milk.
Pre-Made Mango Drink			X							X	Filtered water, whey protein isolate (milk), mango puree, cream, gum blend (pectin, carrageenan, locust bean gum), fructooligosaccharide, inulin, calcium lactate, diacetyl tartaric acid esters of mono-diglycerides (DATEM), natural and artificial flavors, beta-carotene, color (vegetable & fruit juice), monopotassium phosphate, sodium diphosphate, lactic acid, calcium ascorbate, sucralose and acesulfame-potassium (non-nutritive sweeteners). Made in a facility that processes soy, eggs, and wheat. Aseptically processed.
Mangosteen Water Enhancer									X	X	Citric acid, sodium citrate, natural flavors, sucralose (a non-nutritive sweetener), potassium phosphate, malic acid, red cabbage color, silicon dioxide.

\*Higher carb: have only one per day. \*\*Higher carb: have only twice per week. *Ingredients may change without notice due to product reformulations. If you have any food allergies or intolerances whatsoever, please refer to the actual box to confirm the ingredients.*