



Products	Gluten Free	GF Label
Pineapple Banana Drink	x	x
Pink Lemonade	x	x
Blueberry, Cranberry, Pomegranate Drink	x	x
Orange Drink	x	x
Peach Mango Drink	x	x
Wild Berry Yogurt Drink	x	x
Pina Colada Smoothie	x	
Chocolate Drink (Cocoa)	x	x
Vanilla Drink Mix	x	x
Cappuccino	x	x
Raspberry Gelatin	x	x
Crispy Cereal		
Broccoli Cheese Soup	x	x
Mushroom Soup	x	
Chicken Soup	x	x
Leek Soup	x	
Tomato & Basil Soup		
Butterscotch Pudding	x	x
Blueberry Pudding	x	x
Strawberry Pudding	x	x
Dark Chocolate Pudding	x	x
Chocolate Pudding	x	x
Banana Pudding	x	x
Lemon Pudding	x	x
Vanilla Pudding	x	x
Fine Herb & Cheese Omelet	x	x
Plain Omelet	x	x
Ready Made Mango Smoothie		
Ready Made Drink Chocolate		
Ready Made Drink Vanilla		
Soy Patty Mix		
Vegetable Chili *		
Garlic & Onion Soy Nuts*		
BBQ Soy Nuts*		
Apple & Cinnamon Soy Puffs *		
Peanut Soy Puffs *		
Chocolate-Coated Soy Puffs *		
Lemon Soy Puffs *		
Sea Salt & Vinegar Ridges*		
White Cheddar Ridges *		
Dill Pickle Zippers *		
BBQ Ridges*		
Southwest Cheese curls *		
Chocolate Pancake *		
Strawberry Cake		
Plain Crepe *		
Raspberry Crunch Bar *	x	
Caramel Crunch Bar *	x	
Caramel & Peanut Bar *		
Vanilla Peanut Bar*		
Lemon Poppy Seed Bar*	x	
Cran-Granata Protein Bar*		
Cookies-N-Cream*	x	
White Choco-Crispy Bar*	x	
White Choco-Cinnamon Bar*	x	
Double Chocolate Bar *		
Choco Peanut Butter Bar *		
Peanut Butter Crunch Bar *		
Chocolate Chip Cookie**		
Bolognese Spaghetti **		
* Higher Carb/Treat Have Only 1 per Day		
** Higher Carb/Treat Have Only Twice a Week-Phase1- 2		

* Ideal Protein may change the formulas of it products at any time. Always reference the box for exact ingredients. 1/04/2012