

Nutritional Facts

Per plan; products highlighted in blue are limited to 1 per day. All other choices in white will fulfill the rest of your 2-3 ITG proteins per day.

ITG Diet may change the formulas of its products at any time.
Always reference the box for exact ingredients.

January 2025

Products	Calories	Protein (g)	Carbs	Fiber (g)	Fat (g)	Sugar	Sodium(mg)	Pot (mg)	GF	SF	Soy Lecithin	Kosher
Drinks/Protein shooters												
Cappuccino Drink Mix	80	15	5	0	0	4	240	330	x	***	x	
Classic Cappuccino with Fiber #	80	15	5	3	1	<1	260	40	x	x		
Hot Chocolate w/ Marshmallow Mix	80	15	5	1	<1	3	220	220	x	***	x	
Hot Chocolate with Fiber #	90	15	6	3	1	2	250	150	x	x	x	
Hot Cocoa with Marshmallows #	80	12	6	1	1	1	230	180	x			
Mixed Berry Drink with Fiber #	70	15	4	3	0	<1	70	120	x	x	x	
Orange Fruit Drink#	60	12	3	0	0	<1	75	120	x	x		
Peanut Butter Chocolate Shake Box	118	15	10	4	2	5	270	250	x	***	x	
Pineapple Orange Drink Mix	70	15	2	0	0	<1	45	160	x		x	
Strawberry Crème Smoothie drink	100	15	7	<1	1	5	190	250	x		x	
Wild Berry Drink Mix#	100	15	7	0	1.5	6	200	560	x	***	x	
Cran Grape Protein Shooters	100	25	<1	0	0	0	55	35	x	***	x	
Tropical Orange Shooters	100	25	<1	0	0	0	65	35	x	***	x	
Shake Bottle and RTS												
Chocolate Shake Bottle	80	15	3	0	1	2	220	220	x	***	x	
Coffee Shake Bottle	80	15	5	0	0	4	240	330	x	***	x	
Peanut Butter Chocolate Shake Bottle	118	15	10	4	2	5	270	250	x	***	x	
RTD Vanilla 4- pack screw top #	160	20	8	5	7	2	190					
RTD Chocolate 4-pack screw top #	160	20	8	5	7	1	105					
Pre Made Drink Chocolate (RTD)	100	15	5	3	4	1	220	330				
Pre Made Drink Vanilla (RTD)	100	15	3	1	4	0	330	70				
Puddings/Shakes/Gelatin												
Banana Cream Pudding #	80	12	5	0	2	2	190	50	x	x	x	x
Chocolate Mint Pudding/Shake	100	15	7	<1	1.5	4	280	200	x	x	x	x
Chocolate Peanut Butter Pudding/Shake Box	118	15	10	4	2	5	270	250	x		x	
Chocolate Pudding/Shake	100	15	7	<1	1.5	4	310	210	x		x	x
Chocolate Salted Caramel Pudding & Shake #	100	15	7	1	2	4	310	310	x	x	x	x
Dark Chocolate Pudding/Shake	100	15	7	1	1.5	4	310	230	x	x		x
Dulce De Leche Pudding	90	12	8	<1	1	5	230	130	x	***	x	x
Lemon (Tangy) with Fiber #	90	15	7	3	1	1	190	125	x	***	x	
Mocha Pudding Shake #	100	15	7	<1	1.5	4	280	210	x	x	x	x
Pumpkin Pie Pudding and Shake # (seasonal)	100	15	7	0	2	4	170	200	x	x		x
Strawberry Pudding and Shake #	100	15	7	0	2	2	95	220	x	***	x	
Very Vanilla Pudding/Shake	100	15	7	3	2	0	90	220	x	***	x	x
Breakfasts	100	15	7	3	2	0	90	220	x	***	x	x
Apple Cinnamon Oatmeal	110	15	10	2	1	2	190	120				
Apples and Cinnamon (High carb) # L	130	12	20	4	1.5	4	120	130		x		x
Chocolate Chip Pancake	110	15	8	1	1.5	2	260	97	x	***	x	
Chocolate Peanut Butter Os Cereal	120	14	9	4	4	1	210	0	x			
Cinnamon-O Cereal with Flakes # L	120	11	17	3	0	4	65	200				
Cocoa- Os Cereal	114	15	8	4	3	<1	141	365	x			
Homestyle Pancakes with Fiber # L	120	12	19	5	1	4	120	130		***	x	x
Honey Nut Cereal	100	15	5	2	2.5	2	0	0	x			
Maple Brown Sugar Oatmeal	100	15	8	2	1	0	220	125				
Maple Brown Sugar Oatmeal with Fiber # L	120	15	14	3	1.5	1	270	540			x	x
Pancakes with Chocoate Chips # M	140	12	22	5	1	1	270	690			x	x
Plain Pancakes	90	15	6	0	1	1	320	20		x		
Vanilla Cinnamon-Os Cereal	113	15	8	4	3	<1	107	333	x			
Soups/Lunches/Sauces												
Beef Vegetable Noodle Soup	80	15	6	0	0	0	930	50		x		
Chicken w/ Pasta Soup	90	15	6	0	<1	<1	440	100			x	
Hearty Cream of Chicken Soup	90	15	7	3	0	1	690	220				
Original Cream of Chicken Soup #	70	15	2	0	0	1	820	180	x			
Cream of Tomato Soup	100	15	8	<1	1.5	0	440	170	x		x	
Creamy Chicken Alfredo L	130	15	13	1	2	1	430	0				
Creamy Tomato Soup #	110	15	9	1	1.5	4	690	560	x		x	
Savory Chicken Noode Soup with fiber#R	90	15	8	3	0.5	2	690	280				
Vegetable Chili	100	15	9	6	1	1	400	110	x			
Vegetable Chili with Beans # L	100	12	13	4	1	0	540	450			x	
Protein Pasta	110	18	6	2	1.5	0	300	75		x		

Products	Calories	Protein (g)	Carbs	Fiber (g)	Fat (g)	Sugar	Sodium(mg)	Pot (mg)	GF	SF	Soy Lecithin	Kosher
Desserts												
Cheesecake #	120	12	8	0	4.5	6	170	80	x	***	x	x
Chocolate Fudge Cake #	130	12	9	3	5	3	75	450		***	x	x
Snacks												
BBQ Protein Crisps	150	15	11	1	4.5	2	530	150	x			
White Cheddar Crisps	140	15	10	1	4.5	2	630	65	x			
Pretzel Twists	120	12	11	4	3	1	320	30				x
Cheesy Curls	110	14	4	0	4	1	400	20	x		x	x
Zesty Ranch Puffs	120	18	3	0	4	2	290	78	x			x
Sour Cream & Fine Herbs Zipper Snacks L	160	15	14	<1	5	1	360	300				
New Salt 'N Vinegar Zipper Snacks L	140	15	12	1	4	1	440	230				
New Tomato Zipper Snacks L	160	15	15	2	4.5	2	420	310				
Chocolate Soy Snacks L	150	15	11	<1	6	5	135	190				
Caramel Peanut Snacks L	170	15	11	<1	5	7	200	110				
Breads/Bar/(wafers. Now 5/Box)												
Brownie Bar with Caramel Layer & Choc# M	160	10	23	4	0	17	90	130	x		x	x
Butter Pecan Bar with Carmel & Choc # M	160	10	24	4	0	12	110	90			x	x
Caramel Coca Bar # L	160	15	18	4	5	10	160	130	x		x	
Caramel Nut Bar L	160	12	13	1	6	4	55	116	x		x	x
Caramel Nut Bar (new) L	170	15	15	1	6	4	115	80	x		x	
Chocolate Almond Bar L	160	15	18	5	5	8	190	105				
Chocolate Chip Fluffy Bar L	130	15	15	8	4	3	210	70	x			
Chocolate Coconut Bar (New) L	160	15	16	11	7	1	135	70	x		x	
Chocolate Mint Bar M	150	10	20	4	4.5	13	35	110	x			x
Cinnamon Crunch Bar L	160	15	18	5	5	8	270	130	x		x	x
Crunchy Caramel Bar L	170	15	16	2	6	8	85	111	x			
Crunchy Peanut Chocolate Bar L	160	15	18	5	5	7	270	105	x		x	x
Dark Chocolate S'Mores Bar L	160	15	18	5	5	8	170	190				x
Double Berry Bar L	160	15	18	5	5	7	210	90	x		x	x
Fudge Graham Bar L	160	15	18	5	5	8	280	115			x	x
Lemon Fluffy Bar # L	130	16	14	8	4	2	210	30	x			
Lemon Meringue Bar L	150	10	19	2	5	10	190	80			x	x
Marshmallow Brownie Crisp Bar L	150	10	19	2	4.5	11	140	80	x			x
Oatmeal Cinnamon Raisin Bar M	160	10	21	3	5	13	40	130				x
Peanut Butter Blast Bar L	170	15	12	0	8	6	95	143	x		x	
Peanut Butter Crunch Bar w/ Chocolate# L	160	10	18	1	0	7	95	160	x		x	x
Peanut Butter Cup Bar L	160	15	16	2	6	6	135	80	x			
Peanut Butter Fluffy Bar L	160	15	16	7	6	5	210	70	x		x	
Peanut Butter Mousee Bar # L	150	10	17	2	5	10	170	80	x		x	x
Peanut Surprise Bar L	150	15	16	3	5	4	200	150			x	
Peppermint Cocoa Crunch Bar L	160	15	18	5	5	8	170	210	x		x	x
Rockie Road Bar L	170	14	15	<1	7	5	50	N/A	x		x	
Sea Salt & Carmel Bar L	150	15	17	5	4	8	240	66	x		x	x
Berry Fluffy Bar # L	130	15	15	8	4	2	210	70	x			
Sweet and Salty Peanut Bar # M	160	10	20	3	0	10	250	90			x	x
Toffee Pretzel Bar L	160	15	18	7	6	5	240	60	x			
Vanilla Caramel Bar L	160	15	19	6	5	7	230	40				
Vanilla Fluffy Crisp Bar L	160	15	17	7	7	3	180	50	x			
Chocolate Wafer (5/Box) L	210	15	14	0	10	6	110	0				
Vanilla Wafer (5/Box) L	200	15	14	0	6	1	360	0				
Lemon Wafer (5/Box) L	200	15	13	0	6	6	95	20				
Raspberry Wafer(5/Box) L	200	15	15	0	9	6	95	0				
L Limited/ only one per Day		M	Step 3 Maintenance products									

GF and SF foods may have been made on equipment that processes wheat, milk, soy, egg, nuts.

***Some Foods may contain Soy Lecithin, Still are Soy Free. # New Products Sept

1/20/2025

Always check box for actual ingredients if you have allergies. Manufactures may change formulas.

All products may not be available