



IDEAL PROTEIN FOODS*



DRINKS



Blueberry-Cranberry

Pineapple-Banana

Chocolate

Cappuccino

Pink Lemonade

Peach Mango

Wildberry Yogurt



Piña Colada

Orange

Vanilla

Mango Smoothie

Strawberry-Banana

Chocolate Pre-Made

Vanilla Pre-Made

BREAKFAST



Plain Omelet

Plain Crepe

Chocolate Pancake

Crispy Cereal

Maple Oatmeal

Herb & Cheese Omelet

LUNCH



Mushroom Soup

Chicken Soup

Leek Soup

Vegetable Chili

Tomato Basil Soup

Broccoli Cheese Soup

Spaghetti Bolognese



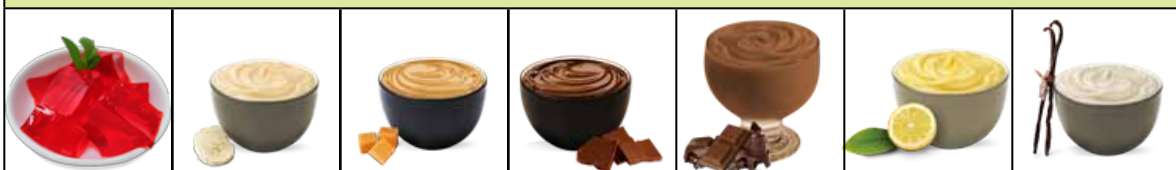
Potato Puree

Chicken Noodle Soup

Chicken Ala King Pottage

Chicken Patty

PUDDINGS



Raspberry Gelatin

Banana Pudding

Butterscotch Pudding

Dark Chocolate Pudding

Milk Chocolate Pudding

Lemon Pudding

Vanilla Pudding



IDEAL PROTEIN FOODS*



BARS



Caramel Nut

Choco-Raspberry

Vanilla Peanut

Lemon Poppyseed

Cran-Granata

Cookies n' Cream

White Choco-Cinnamon



Caramel Crunch

Double Chocolate

Chocolate Peanut Butter

Peanut Butter Crunch

SAVORY SNACKS



Southwest Cheese Curds

Salt & Vinegar Ridges

BBQ Ridges

Dill Pickle Zippers

White Cheddar Ridges

Soy Nuts

Garlic & Onion Soy Nuts

SWEET SNACKS



Chocolate Soy Puffs

Peanut Soy Puffs

Apple Cinnamon Soy Puffs

Lemon Soy Puffs

Chocolate Chip Cookie

Vanilla Crispy Square

Strawberry Wafers

SUPPLEMENTS & OTHER PRODUCTS



Multi-Vitamin

Calcium-Magnesium

Potassium-Calcium

Omega III

Anti-Oxy

Digestive Enzymes

Novi-Lax/Novi-Cleanse



My Ideal Recipes

Dr. Tran's Book

Blender Ball Shaker

Ideal Protein Bag

**Every effort is made to keep this document updated, products may be discontinued or new products may be released at any time without notice. For a look at the most current selection of products, visit your local Ideal Protein clinic or go to www.idealprotein.com.*