

Call or Text to Order

using
IDEAL PROTEIN
 POWERING life POSSIBLE

Drinks

<p>Vanilla Smoothie Mix</p>  <p>Contains: Milk</p> 	<p>Berry Pomegranate Drink Mix</p>  <p>With Hydrolyzed Collagen</p> 	<p>Cappuccino Smoothie Mix</p>  <p>Kosher</p> <p>Contains: Milk</p> 	<p>Chocolate Smoothie Mix</p>  <p>Sweetened with Stevia</p> <p>Contains: Milk</p> 
<p>Peach Mango Drink Mix</p>  <p>Contains: Milk</p> 	<p>Piña Colada Smoothie Mix</p>  <p>Kosher</p> <p>Sweetened with Stevia</p> <p>Contains: Milk</p> 	<p>Berry Breakfast Smoothie Mix</p>  <p>Contains: Milk</p> 	<p>S'mores Cocoa Drink Mix</p>  <p>Limited time!</p> <p>Contains: Soy, milk</p> 

Gluten Free -  Restricted - 

**Ready-to-serve
Chocolate Shake**



Kosher
Contains: Milk



**Ready-to-serve
Vanilla Shake**



Kosher
Contains: Milk



**Ready-to-serve
Cappuccino Shake**



Kosher
Contains: Milk



JTB Health.com

Gluten Free -  Restricted - 

JTB Health.com
WEIGHT LOSS AND LIFESTYLE
(561)632-5873



Breakfast

Crispy Cereal



coming back soon!

Contains: Milk, Soy, Gluten

Golden Pancake Mix



Kosher
Sweetened with Stevia
Contains: Milk, Eggs, Wheat

Chocolate Chip Pancake Mix



Kosher
Sweetened with Stevia
Contains: Milk, Soy, Eggs, Wheat

Maple Oatmeal



coming back soon!



Kosher
Contains: Milk, Soy

Apple Cinnamon Oatmeal



coming back soon!



Contains: Milk, Soy

Cheese Omelet Mix



Kosher
Contains: Milk, Eggs

Blueberry Pancake Mix

NEW



coming back soon!

Sweetened with Stevia
Contains: Milk, Wheat

Cranberry Vanilla Oatmeal

NEW



Sweetened with Stevia
Contains: Milk, Soy

JTB Health.com

Gluten Free -  Restricted - 

JTB Health.com
WEIGHT LOSS AND LIFESTYLE
(561)632-5873



Soups

Chicken Noodle Soup Mix



coming back soon!

Contains: Milk, Wheat, Gluten

Chicken Chowder Mix



coming back soon!

Contains: Milk, Wheat

Tomato Basil Soup Mix



Contains: Milk

Broccoli Cheese Soup Mix



Contains: Milk

Thai Soup Mix

NEW



with hydrolyzed collagen

Contains: Milk, Wheat



Gluten Free -  Restricted - 

JTB Health.com
WEIGHT LOSS AND LIFESTYLE
(561)632-5873



Entrees and Sides

Vegetable Chili Mix



Contains: Soy, Wheat

Mashed Potatoes Mix



Contains: Milk

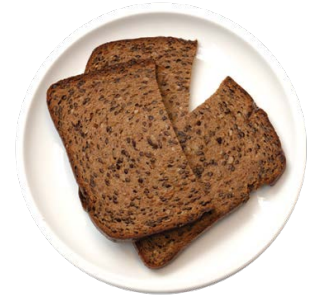
Rotini Pasta



Contains: Eggs, Wheat

Multi-grain Seeded Bread

NEW



Contains: Soy, Wheat, Milk, Gluten, Sesame seeds

Vegetable Bolognese Spaghetti Mix

NEW



Contains: Soy, Eggs, Wheat

Macaroni & Cheese



Contains: Milk, Eggs, Wheat

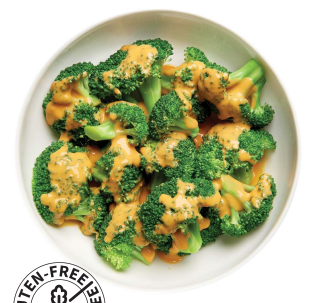
Creamy Parmesan Mushroom Risotto



Contains: Milk, Eggs, Wheat

Cheddar Cheese Sauce Mix

NEW



Contains: Milk



Gluten Free -  Restricted - 

Bars

NEW
Chocolate Almond Protein Bar



Contains: Milk, Soy, Eggs, Almonds, Peanuts

Kosher

NEW
Baked Peanut Butter Protein Bars



Contains: Milk, Soy, Nuts, Peanuts

Chocolate Coconut Protein Bars



Contains: Milk, Soy Eggs, Almonds, Peanuts, Coconut

Cookie Dough Protein Swirl Bars



Contains: Milk, Soy, Eggs, Almonds, Peanuts

NEW
Mint Chocolate Crisp Bars



Contains: Milk, Soy

Kosher

Cranberry Pomegranate Protein Bars



Contains: Milk, Soy, Eggs, Almonds, Peanuts

Kosher

Caramel Peanut Protein Bars



Contains: Milk, Soy, Eggs, Almonds, Peanuts

Peanut Butter Protein Bars



Contains: Milk, Soy, Eggs, Almonds, Peanuts

Kosher



Gluten Free -  Restricted - 

Sweet Snacks

Raspberry Gelatin Mix



With Hydrolyzed Collagen



Vanilla Pudding Mix



Contains: Milk

Dark Chocolate Pudding Mix



Contains: Milk

Ready-to-serve Chocolate Pudding



coming back soon!



Contains: Milk

Chocolate Caramel Mug Cake Mix



coming back soon!

Contains: Milk, Soy, Wheat

Chocolate Chip Frosty Blend

NEW



coming back soon!



Kosher
Contains: Milk, Eggs

JTB Health.com

Gluten Free - Restricted -

JTB Health.com
WEIGHT LOSS AND LIFESTYLE
(561)632-5873

Vanilla Wafers



Contains: Milk, Soy, Wheat

Triple Chocolate Wafers



Contains: Milk, Soy, Wheat

Lemon Wafers



coming back soon!

Contains: Milk, Soy, Wheat

Strawberry Wafers



Contains: Milk, Soy, Wheat

Orange Crème Wafers



coming back soon!

Contains: Milk, Soy, Wheat

Chocolate Puffs



Contains: Milk, Soy

Apple Cinnamon Puffs



Contains: Soy

Double Chocolate Brownies



coming back soon!



Contains: Milk, Soy

Chocolate Crispy Square



Kosher
Contains: Milk, Soy, Eggs

Vanilla Crispy Square



Kosher

Contains: Milk, Soy, Eggs, Almonds, Peanuts

Lemon Crispy Square



TBD

Salted Caramel Chocolate Clusters



Contains: Milk, Soy

Gluten Free - Restricted -

JTB Health.com
WEIGHT LOSS AND LIFESTYLE
(561)632-5873



Salty Snacks

Ranch Dorados



Contains: Milk, Soy

Sea Salt & Vinegar Crisps



coming back soon!

Contains: Soy

Barbecue Crisps



Contains: Soy

Sweet Chili Dorados



Contains: Soy

Nacho Cheese Dorados



coming back soon!

Contains: Milk, Soy

Trail Mix



NEW RECIPE

Kosher
Contains: Milk, soy, wheat

Dill Pickle Zippers



Contains: Milk, Soy

Butter Popcorn Popped Cakes NEW



Kosher

Buffalo Ranch Puffs NEW



Contains: Soy

Pizza Curls NEW



Kosher
Contains: Milk

Gluten Free -  Restricted - 



Helpful Foods

**Garlic Parmesan
Croutons**

NEW



** Limited to 1
packet daily in
Phase 1*

Kosher

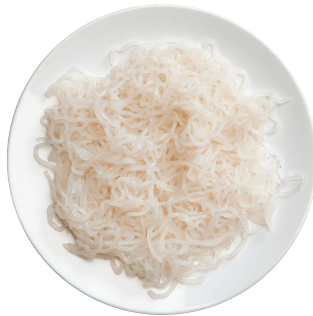
Contains: Milk

Spaghetti

Konjac

Rice

NEW



*Konjac is a plant
rich in fibers to
help you feel full.
Limited to 1
packet daily in
Phase 1*

Kosher

**Dark Chocolate
Sea Salt Mini Bars**

NEW



*Limited
time!*



Contains: Milk & coconut



Gluten Free -  Restricted - 

JTB Health.com
WEIGHT LOSS AND LIFESTYLE
(561)632-5873



Condiments and Specialties

Classic Balsamic Dressing



Honey Dijon Dressing



Italian Herb Dressing



coming back soon!

Contains: Milk

Exotic Fruit Powdered Water Enhancer (Mangosteen)



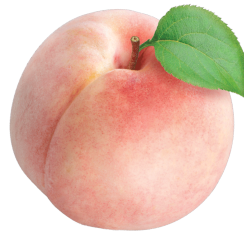
Lemon Powdered Water Enhancer



Tangerine Powdered Water Enhancer



White Peach Powdered Water Enhancer



NEW

Raspberry Limonade Powdered Water Enhancer



NEW

Black Cherry Powdered Water Enhancer



NEW

Maple Flavored Syrup



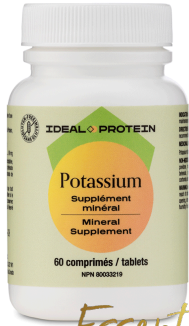
Gluten Free - 

Restricted - 



Micronutrition

Potassium



Essential

Cal-Mag



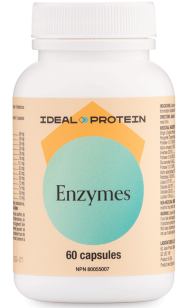
Or Essential

Cal-Mag Soft Chocolate Chews



Contains: Soy Kosher

Enzymes



Multi-Vita



Essential

Contains: Soy, Fish

Omega-3 Plus



Essential

Contains: Soy, Fish, Shellfish

Flora Health Max



Hydrolyzed Collagen



Branched Chain Amino Acids (BCAA)



Ideal Salt



Essential

Sea Salt



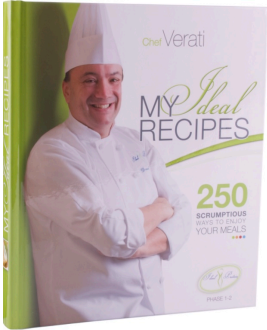
Gluten Free -  Restricted - 

JTB Health.com
WEIGHT LOSS AND LIFESTYLE
(561)632-5873

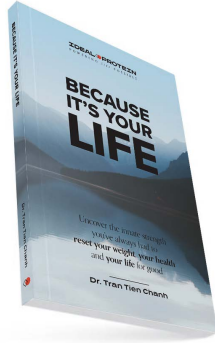


Compliance & Accountability Tools

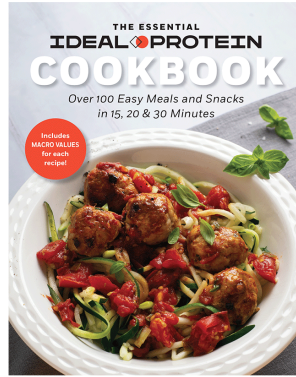
Chef Verati- My Ideal Recipes



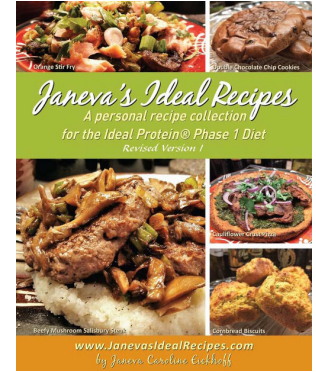
Dr. Tran- Because It's Your Life



Ideal Protein Cookbook



Janeva's Ideal Recipes - Revised



Janeva's Lifestyle Recipes



Bluetooth Scale -Connected to Your Coach-



Track weight, BMI,
body fat %, lean mass,
muscle mass &
hydration

Food Scale



Oil Dispenser



Retractable Body Measuring Tape



The Ideal Baking Kit



JTb Health.com
WEIGHT LOSS AND LIFESTYLE
(561)632-5873

30 Day Challenge - For Lifestyle

Ultimate Shrooms



Ultimate Elixir



UNCOMPROMISING STANDARDS

