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

Call or Text to Order

using IDEAL PROTEIN
POWERING *life* POSSIBLE

Drink Mixes

Vanilla Smoothie Mix



Contains: Milk

Peach Mango Drink Mix



Contains: Milk

Cappuccino Smoothie Mix



Kosher

Contains: Milk

Chocolate Smoothie Mix



Sweetened with Stevia
Contains: Milk

S'mores Cocoa Drink Mix



Contains: Soy, milk

Piña Colada Smoothie Mix



Kosher
Sweetened with Stevia
Contains: Milk

Berry Breakfast Smoothie Mix



Contains: Milk

Gluten Free - Restricted -

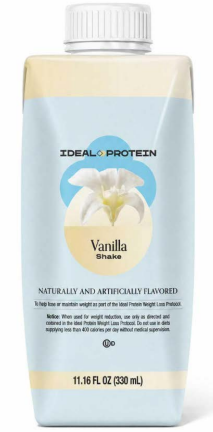
Ready-to-serve Chocolate Shake



Kosher

Contains: Milk

Ready-to-serve Vanilla Shake



Kosher

Contains: Milk

Ready-to-serve Cappuccino Shake



Kosher

Contains: Milk

Gluten Free - Restricted -

Breakfast

Crispy Cereal



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



Kosher
Contains: Milk, Soy

Apple Cinnamon Oatmeal



Contains: Milk, Soy

Cheese Omelet Mix



Kosher
Contains: Milk, Eggs

Blueberry Pancake Mix



Sweetened with Stevia
Contains: Milk, Wheat

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Soups

Chicken Noodle Soup Mix



With Hydrolyzed collagen

Contains: Milk, Wheat, Gluten

Chicken Chowder Mix



Contains: Milk, Wheat

Tomato Basil Soup Mix



Contains: Milk

Broccoli Cheese Soup Mix



Contains: Milk

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Entrees and Sides

Vegetable Chili Mix



Contains: Soy

Mashed Potatoes Mix



Contains: Milk

Rotini Pasta



Contains: Eggs, Wheat

Multi-grain Rolls

NEW



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

Vegetable Bolognese Spaghetti Mix



Contains: Soy, Eggs, Wheat

Macaroni & Cheese



Contains: Milk, Eggs, Wheat

Creamy Parmesan Mushroom Risotto



Contains: Milk, Eggs, Wheat

Cheddar Cheese Sauce Mix



Contains: Milk

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Bars

Chocolate Almond Protein Bar



Contains: Milk, Soy, Eggs, Almonds, Peanuts

Kosher

Peanut Butter Protein Bars



Contains: Milk, Soy, Eggs, Almonds, Peanuts

Kosher

Chocolate Coconut Protein Bars



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

Cookie Dough Protein Swirl Bars



Contains: Milk, Soy, Eggs, Almonds, Peanuts

Mint Chocolate 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

Orange Creamsicle Bars



Contains: Milk, Soy, Eggs, Almonds, Peanuts

Lemon Raspberry Bars



Contains: Milk, Soy, Eggs, Almonds, Peanuts

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Sweet Snacks

Chocolate Caramel Mug Cake Mix



Contains: Milk, Soy, Wheat

Vanilla Pudding Mix



Contains: Milk

Dark Chocolate Pudding Mix



Contains: Milk

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Orange Crème Wafers



Contains: Milk, Soy, Wheat

Triple Chocolate Wafers



Contains: Milk, Soy, Wheat

Lemon Wafers



Contains: Milk, Soy, Wheat

Strawberry Wafers



Contains: Milk, Soy, Wheat

Salted Caramel Chocolate Clusters



coming back soon!

GLUTEN-FREE

Contains: Milk, Soy

Chocolate Puffs



Contains: Milk, Soy

Apple Cinnamon Puffs



RESTRICTED

GLUTEN-FREE

Kosher
Contains: Milk, Soy

Double Chocolate Brownie



RESTRICTED

RESTRICTED

GLUTEN-FREE

Kosher
Contains: Milk, Soy, Nuts

Chocolate Crispy Square



GLUTEN-FREE

Kosher
Contains: Milk, Soy, Eggs

Vanilla Crispy Square



GLUTEN-FREE

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

Lemon Crispy Square

NEW



GLUTEN-FREE

Contains: Milk, Soy, Nuts

Gluten Free - GLUTEN-FREE Restricted - RESTRICTED

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Salty Snacks

Ranch Dorados



Contains: Milk, Soy

Sea Salt & Vinegar Crisps



Contains: Soy

Butter Popcorn Popped Cakes

NEW



Kosher

Contains: Milk, soy

Pizza Crisps

NEW



Contains: Milk, soy

Nacho Cheese Dorados



Contains: Milk, Soy

Trail Mix



Kosher

Contains: soy, wheat

Dill Pickle Zippers



Contains: Milk, Soy

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Helpful Foods

Dark Chocolate Sea Salt Mini Bars



Contains: Milk & coconut

Konjac

Spaghetti



Rice



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

Kosher

Vanilla Collagen Creamer Mix

NEW



with MCT oil that turns into ketones. Exclusively for Phase 3

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Condiments and Specialties

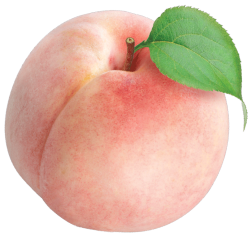
Raspberry Limonade Powdered Water Enhancer



Black Cherry Powdered Water Enhancer



Wite Peach Powdered Water Enhancer



Maple Flavored Syrup



Lemon Powdered Water Enhancer



Tangerine Powdered Water Enhancer



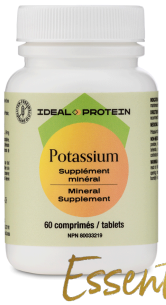
Gluten Free -

Restricted -

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Micronutrition

Potassium



Calcium Citrate



Magnesium Citrate



Omega-3 Plus

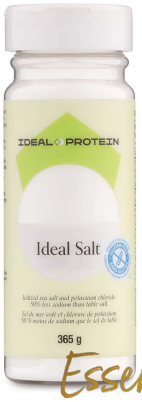


Multi-Vita + K2



Contains: Soy, Fish

Ideal Salt



Akkermansia



Enzymes



Branched Chain Amino Acids (BCAA)



Hydrolyzed Collagen Shots



Hydrolyzed Collagen Gelatin & Drink Mix



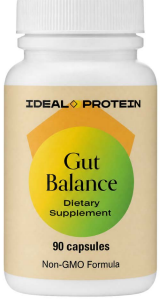
Ketone-IQ Peach



AntiOxidant



Gut Balance



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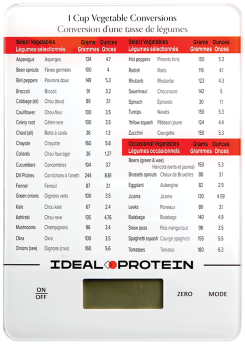
Compliance & Accountability Tools

Bluetooth Scale
-Connected to Your Coach-



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

Food Scale



Shaker



Oil Dispenser



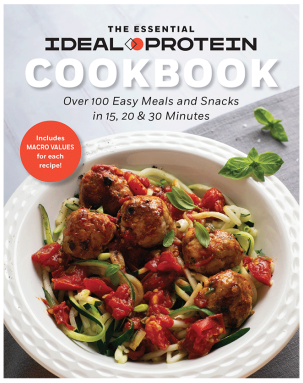
Retractable Body Measuring Tape



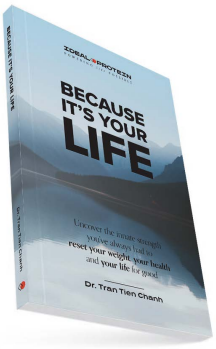
The Ideal Baking Kit



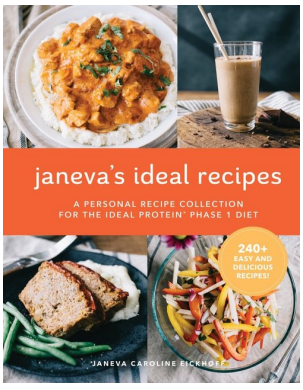
Ideal Protein Cookbook



Dr. Tran- Because It's Your Life



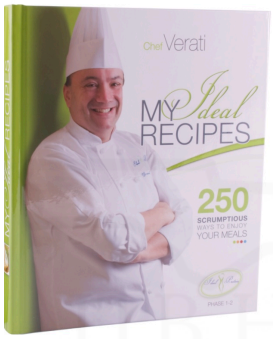
Janeva's Ideal Recipes - Revised



Janeva's Lifestyle Recipes



Chef Verati- My Ideal Recipes



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30 Day Challenge - For Lifestyle

Ultimate Shrooms



Ultimate Elixir



UNCOMPROMISING STANDARDS

USDA ORGANIC · CERTIFIED VEGAN VEGAN.ORG · GMO · 100% RAW · NOTHING ARTIFICIAL · K · GF · GMP Quality · ECO-CONSCIOUS GLASS PACKAGING · Made in the USA · Against Animal Testing

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