

**Call or Text to Order**

using  
**IDEAL PROTEIN**  
 POWERING life POSSIBLE

## Drinks

**Vanilla  
Smoothie Mix**



Contains: Milk



**Berry Pomegranate  
Drink Mix**



*With  
Hydrolyzed  
Collagen*



**Cappuccino  
Smoothie Mix**



Kosher

Contains: Milk



**Chocolate  
Smoothie Mix**



Sweetened  
with Stevia  
Contains: Milk



**Peach Mango  
Drink Mix**



Contains: Milk



**Piña Colada  
Smoothie Mix**



Kosher  
Sweetened  
with Stevia  
Contains: Milk



**Berry Breakfast  
Smoothie Mix**



Contains: Milk



**S'mores Cocoa  
Drink Mix**



Contains: Soy, 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**



# 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

# 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

## Thai Soup Mix



*with  
hydrolyzed  
collagen*

**Contains:** Milk, Wheat



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# Entrees and Sides

**Vegetable Chili Mix**



**Contains:** Soy

**Mashed Potatoes Mix**



**Contains:** Milk

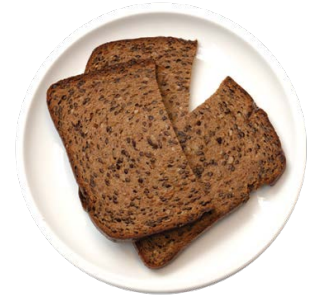
**Rotini Pasta**



**Contains:** Eggs, Wheat

**Multi-grain Seeded Bread**

**NEW**



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

**Vegetable Bolognese Spaghetti Mix**



**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

NEW



Contains: Milk, Soy, Eggs, Almonds, Peanuts

Kosher

## Baked Peanut Butter Protein Bars

NEW



coming back soon!



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

## Mint Chocolate Bars

NEW



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

## Orange Creamsicle Bars

NEW



Contains: Milk, Soy, Eggs, Almonds, Peanuts

## Lemon Raspberry Bars

NEW



Contains: Milk, Soy, Eggs, Almonds, Peanuts

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# Sweet Snacks

## Raspberry Gelatin Mix



With  
Hydrolyzed  
Collagen



Contains: Milk

## Dark Chocolate Pudding Mix



Contains: Milk

## Ready-to-serve Chocolate Pudding



coming  
back soon!



Contains: Milk

## Chocolate Caramel Mug Cake Mix



Contains: Milk, Soy, Wheat



<b>Orange Crème Wafers</b>  <p><b>Contains:</b> Milk, Soy, Wheat</p>	<b>Triple Chocolate Wafers</b>  <p><b>Contains:</b> Milk, Soy, Wheat</p>	<b>Lemon Wafers</b>  <p><b>Contains:</b> Milk, Soy, Wheat</p>	<b>Strawberry Wafers</b>  <p><b>Contains:</b> Milk, Soy, Wheat</p>
<b>Salted Caramel Chocolate Clusters</b>  <p><b>Contains:</b> Milk, Soy</p> 	<b>Chocolate Puffs</b>  <p><b>Contains:</b> Milk, Soy</p>	<b>Apple Cinnamon Puffs</b>  <p><b>Kosher</b> <b>Contains:</b> Milk, Soy</p>  	<b>Chocolate Fudge Brownie</b>   <p><b>Kosher</b> <b>Contains:</b> Milk, Soy, Nuts</p>   
<b>Chocolate Crispy Square</b>  <p><b>Kosher</b> <b>Contains:</b> Milk, Soy, Eggs</p> 	<b>Vanilla Crispy Square</b>  <p><b>Kosher</b> <b>Contains:</b> Milk, Soy, Eggs, Almonds, Peanuts</p> 	<b>Lemon Crispy Square</b>   <p><b>Contains:</b> Milk, Soy, Nuts</p> 	



# Salty Snacks

**Ranch Dorados**



**Contains:** Milk, Soy

**Sea Salt & Vinegar Crisps**



**Contains:** Soy

**Barbecue Crisps**



**Contains:** Soy

**Sweet Chili Dorados**



**Contains:** Soy

**Nacho Cheese Dorados**



**Contains:** Milk, Soy

**Trail Mix**



**Kosher**

**Contains:** Milk, soy, wheat

**Dill Pickle Zippers**



**Contains:** Milk, Soy

**Butter Popcorn Popped Cakes**



**Kosher**

**Pizza Crisps**



**Contains:** Milk, soy

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# 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**



**Contains:** Milk & coconut

# Condiments and Specialties

**Classic Balsamic Dressing**



**Honey Dijon Dressing**



**Italian Herb Dressing**



**Lemon Powdered Water Enhancer**



**Tangerine Powdered Water Enhancer**



**White Peach Powdered Water Enhancer**



**Raspberry Limonade Powdered Water Enhancer**




**Black Cherry Powdered Water Enhancer**



**Maple Flavored Syrup**



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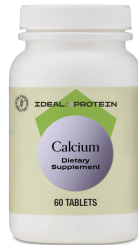
# Micronutrition

## Potassium



*Essential*

## Calcium



*Essential*

## Magnesium



*Essential*

## Omega-3 Plus



*Essential*

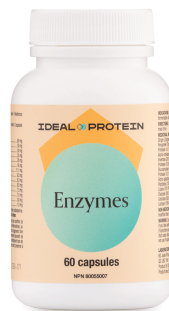
## Multi-Vita



*Essential*

Contains: Soy, Fish

## Enzymes



Contains: Soy, Fish, Shellfish

## Flora Health Max



## Hydrolyzed Collagen



## Branched Chain Amino Acids (BCAA)



## Ideal Salt



*Essential*

## Sea Salt



## Ketone-IQ



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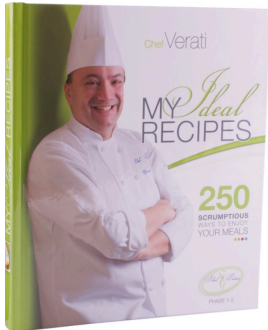
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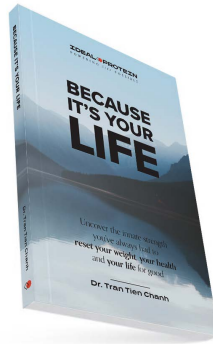


# Compliance & Accountability Tools

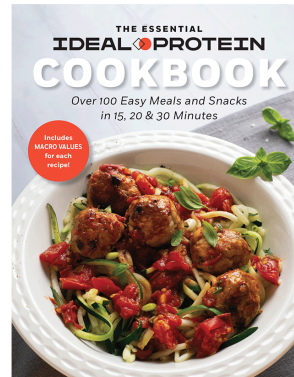
## Chef Verati- My Ideal Recipes



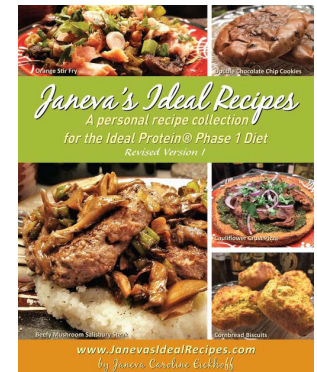
## Dr. Tran- Because It's Your Life



## 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



## Shaker



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# 30 Day Challenge - For Lifestyle

## Ultimate Shrooms



## Ultimate Elixir



UNCOMPROMISING STANDARDS

