

Gluten Free List

Amaretto Hot Chocolate
Banana Crème Pudding
Blueberry Cobbler Cake
Cappuccino
Caramel Cocoa Bar
Caramel Crème Pudding
Caramel Nut Bar
Cheddar Curls
Cheesecake
Chocolate Caramel Cream Cake
Chocolate Marshmallow Pudding
Chocolate Pudding/Shake
Chocolate Salted Caramel Pudding/Shake
Cinnamon Bar
Cinnamon Hot Chocolate
Cinnamon Vanilla Cereal
Dark Cocoa Cereal
Dark Chocolate Pudding/Shake
Double Berry Breakfast Bar
Double Chocolate Pudding
Garlic Mashed Potatoes
Lemon Crème Pudding
Marshmallow Hot Chocolate
Mocha Crème Pudding/Shake
Peanut Butter Skinny Bar
Peppermint Cocoa Crunch Bar
Salted Caramel Skinny Bar
Shortbread Cookie Bar
Sour Cream Mashed Potatoes
Strawberry Crème Shake
Toffee Crème Pudding
Vanilla Cappuccino
Vanilla Chocolate Chip Cookie Cake
Vanilla Crème Pudding/Shake

*NOTE: While we have made our best effort to ensure this list is correct, please read the ingredients carefully before making a decision to purchase products if you have a gluten allergy.

Allergen-milk, soy, soy oil or lecithin



Amaretto Hot Chocolate

Nutrition Info

Serving Size 23.5g

CALORIES 80

TOTAL FAT 0G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 220mg

Potassium 170mg

TOTAL CARBS 5G

Carbohydrates 5g

Fiber <1g

Total Sugar 2g

Added Sugar 0g

PROTEIN 15G

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Non-Fat Dry Milk, Cocoa Powder (processed with alkali), Maltodextrin, Natural and Artificial Flavors, Salt, Titanium Dioxide, Potassium Citrate, Sucralose, Soy Lecithin

Kosher- Dairy
Allergen-milk



Banana Crème Pudding

Nutrition Info

Serving Size

CALORIES 80G

TOTAL FAT 2G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 190mg

Potassium 93mg

TOTAL CARBS 5G

Carbohydrates 5g

Fiber 4g

Total Sugar 3g

Added Sugar 2g

PROTEIN 12G

Ingredients: Calcium Caseinate, Nonfat Milk, Sunflower Oil, Maltodextrin, Natural and Artificial Flavors, Modified Cornstarch, Guar Gum, Disodium Phosphate, Sodium Caseinate, Salt, Gum Arabic, Tocopherols (To Protect Flavor), Mono and Diglycerides, Sunflower Lecithin, Sucralose, Carrageenan, Tetrasodium Pyrophosphate, Acesulfame-K, Yellow #5, Yellow #6.

Allergen-milk, soy, soy oil or lecithin, egg



Blueberry Cobbler Cake

Nutrition Info

Serving Size 34g

CALORIES 130

TOTAL FAT 2G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 10mg

Sodium 250mg

Potassium 40mg

TOTAL CARBS 13G

Carbohydrates 13g

Fiber 7g

Total Sugar 2g

Added Sugar 0g

PROTEIN 15G

Ingredients: Inulin, Soy Protein, Milk Protein, Milk Protein Isolate, Whey Protein, Rice Flour, Egg Whites (dried), Olive Pomace Oil, Triglycerides (medium chain), Natural Flavor, Blueberry, Sodium Bicarbonate, Salt, Xanthan Gum, Sucralose, Caramel Color, Soy Lecithin.

Allergen-milk, soy oil or soy lecithin



Cappuccino

Nutrition Info

Serving Size 23.5g

CALORIES 80

TOTAL FAT 1G

Saturated Fat 1g

Trans Fat 0g

Cholesterol 0mg

Sodium 130mg

Potassium 210mg

TOTAL CARBS 4G

Carbohydrates 4g

Fiber 0g

Total Sugar 2g

Added Sugar 0g

PROTEIN 15G

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Creamer (Corn Syrup Solids, Coconut Oil, Sodium Caseinate [milk derivative], Dipotassium Phosphate, Mono and Diglycerides), Non-Fat Dry Milk, Instant Coffee, Natural and Artificial Flavor, Salt, Titanium Dioxide, Potassium Citrate, Sucralose, Cellulose Gum, Soy Lecithin.

Allergen - Soy and Milk. May Contain Traces of Peanuts and Other Nuts



Caramel Cocoa Bar (One a day)

Nutrition Info

Serving Size 1 Bar (45g)

CALORIES 160

TOTAL FAT 5G

Saturated Fat 4g

Trans Fat 0g

Cholesterol 10mg

Sodium 160mg

Potassium

TOTAL CARBS 18G

Carbohydrates 18g

Fiber 4g

Total Sugar 10g

Added Sugar 9g

PROTEIN 15G

INGREDIENTS: Protein Blend (Soy Protein Isolate, Whey Protein Concentrate, Calcium Caseinate, Whey Protein Isolate, Casein, Milk Protein Isolate, Whey), Sugar, Fractionated Palm Kernel and Palm Oil, Cream, Polydextrose, Corn Syrup, Maltitol Syrup, Fructose, Cocoa (Processed With Alkali), Water, Fructooligosaccharide, Nonfat Milk, Milk, Soy Lecithin, Glycerine, Calcium Phosphate, Tapioca Starch, Natural Flavor, Salt, Calcium Carbonate, High Oleic Sunflower Oil (With Tocopherols Added To Protect Flavor), Magnesium Oxide, Butterfat, Maltodextrin, Ferric Orthophosphate, Ascorbic Acid, Sucralose, Alpha-Tocopherol Acetate, Niacinamide, Zinc Oxide, Paprika Extract (For Color), Copper Gluconate, Calcium Pantothenate, Pyridoxine Hydrochloride, Vitamin A Palmitate, Riboflavin, Thiamin Mononitrate, Annatto Extract (For Color), Folic Acid, Potassium Iodide, Biotin, Cholecalciferol, Cyanocobalamin.

Allergen-milk



Caramel Crème Pudding

Nutrition Info

Serving Size

CALORIES 90G

TOTAL FAT 1G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 100mg

Sodium 240mg

Potassium 90mg

TOTAL CARBS 8G

Carbohydrates 8g

Fiber 0g

Total Sugar <1g

Added Sugar 0g

PROTEIN 12G

Ingredients: Calcium Caseinate, Nonfat Milk, Fructose, Natural and Artificial Flavors, Modified Cornstarch, Maltodextrin, Sunflower Oil, Disodium Phosphate, Guar Gum, Gum Arabic, Salt, Dipotassium Phosphate, Sodium Caseinate, Sugar, Lactic Acid, Sucralose, Sunflower Lecithin, Caramel Color, Tocopherols (To Preserve Freshness), Mono and Diglycerides, Carrageenan, Yellow #5, Molasses, Red #40, Blue #1.

Allergen-peanut, soy, soy oil or lecithin, milk



Caramel Nut Skinny Bar

Nutrition Info

Serving Size 40g

CALORIES 160

TOTAL FAT 6G

Saturated Fat 3.5g

Trans Fat 6g

Cholesterol 10mg

Sodium 55mg

Potassium 116mg

TOTAL CARBS 13G

Carbohydrates 13g

Fiber 1g

Total Sugar 4g

Added Sugar 3g

PROTEIN 12G

Ingredients: Chocolate Flavored Coating (Sugar, Palm Kernel Oil, Whey Protein Concentrate, Cocoa Powder, Soy Lecithin [an Emulsifier], Vanilla), Protein Blend (Whey Protein Isolate, Soy Protein Isolate, Whey Protein Concentrate, Milk Protein Isolate), Caramel Layer (Maltitol, Sweetened Condensed Milk [Milk Solids, Sugar], Butter, Palm Kernel Oil, Corn Starch, Artificial Flavor), Hydrolyzed Gelatin, Glycerine, Water, Peanut Paste (Peanuts, Salt, Palm Oil), Peanuts, Soy Protein Crisps (Isolated Soy Protein), Palm Kernel Oil, Soy Lecithin (an Emulsifier), Salt, Potassium Sorbate(Preservative).

Allergen-milk, soy, soy oil or lecithin



Cheddar Curls

Nutrition Info

Serving Size 25g

CALORIES 110

TOTAL FAT 4G

Saturated Fat 0.5g

Trans Fat 0g

Cholesterol 10mg

Sodium 400mg

Potassium 20mg

TOTAL CARBS 4G

Carbohydrates 4g

Fiber 0g

Total Sugar 1g

Added Sugar 0g

PROTEIN 14G

Ingredients: Milk Protein Isolate, Cheese Seasoning (Tapioca Maltodextrin, Organic Cheddar Cheese [Organic Cultured Pasteurized Milk, Salt, Enzymes, Organic Nonfat Dry Milk, Organic Buttermilk, Salt, and Disodium Phosphate], Organic Whey, Sea Salt, Natural Flavors, Lactic Acid, Paprika, Turmeric), Sunflower Oil, Maltodextrin, Whey Protein Concentrate, Salt, Disodium Inosinate, Disodium Guanylate, Soy Lecithin.

Kosher- Dairy

Allergen- milk, soy oil or lecithin, egg



Cheesecake

Nutrition Info

Serving Size

CALORIES 120G

TOTAL FAT 4.5G

Saturated Fat 3g

Trans Fat 0g

Cholesterol 0mg

Sodium 170mg

Potassium 83mg

TOTAL CARBS 8G

Carbohydrates 8g

Fiber 3g

Total Sugar 3g

Added Sugar 2g

PROTEIN 12G

Ingredients: Calcium Caseinate, Cream Cheese (Pasteurized Milk and Cream, Cheese Cultures, Salt, Carob Bean Gum), Nonfat Milk, Fructose, Sugar, Modified Cornstarch, Natural and Artificial Flavors (Includes Soy Lecithin and Egg), Konjac (Thickener), Maltodextrin, Sodium Phosphate, Cheddar Cheese (Cultured Milk, Salt, Enzymes), Whey, Lactic Acid, Buttermilk, Milk Protein Isolate, Beta-Carotene (For Color), Salt, Corn Syrup Solids, Sunflower Lecithin, Disodium Phosphate, Sucralose, Tricalcium Phosphate, Monoglycerides.

Allergen-soy, milk, egg, soy lecithin



Chocolate Caramel Cream Cake

Nutrition Info

Serving Size 34g

CALORIES 130

TOTAL FAT 2.5G

Saturated Fat 1g

Trans Fat 0g

Cholesterol 10mg

Sodium 230mg

Potassium 70mg

TOTAL CARBS 13G

Carbohydrates 13g

Fiber 6g

Total Sugar 4g

Added Sugar 3g

PROTEIN 15G

Ingredients: Soy Protein, Chicory Root Fiber or Inulin, Milk Protein Isolate, Natural Flavors, Semi-Sweet Chocolate Drops with Vanilla, Rice Flour, Whey Protein Concentrate, Olive Pomace Oil, Egg Whites (Dried), Maltodextrin, Enzyme-Modified Cocoa Butter, Cocoa Powder (processed with alkali), Sodium Bicarbonate, Salt, Xanthan Gum, Sucralose Powder, Soy Lecithin.

Allergen-milk, soy lecithin



Chocolate Marshmallow Pudding

Nutrition Info

Serving Size

CALORIES 80G

TOTAL FAT 1G

Saturated Fat .5g

Trans Fat 0g

Cholesterol 0mg

Sodium 135mg

Potassium 50mg

TOTAL CARBS 7G

Carbohydrates 7g

Fiber 3g

Total Sugar 7g

Added Sugar 3g

PROTEIN 12G

Ingredients: Calcium Caseinate, Cocoa (Processed With Alkali), Fructose, Sugar, Natural and Artificial Flavors, Nonfat Milk, Chocolate Liquor, Disodium Phosphate, Modified Cornstarch, Corn Syrup, Guar Gum, Cocoa Butter, Maltodextrin, Salt, Sucralose, Sunflower Lecithin, Gum Arabic, Red #40, Yellow #5, Carrageenan, Blue #1, Gelatin, Hexametaphosphate, Acesulfame-K, Soy Lecithin, Vanilla.

Kosher-Dairy

Allergen- milk, soy lecithin



Chocolate Pudding Shake

Nutrition Info

Serving Size

CALORIES 100G

TOTAL FAT 1.5G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 10mg

Sodium 330mg

Potassium 176mg

TOTAL CARBS 7G

Carbohydrates 7g

Fiber 6g

Total Sugar 3g

Added Sugar 2g

PROTEIN 15G

Ingredients: Calcium Caseinate, Fructose, Cocoa (Processed with Alkali), Nonfat Milk, Sodium Caseinate, Natural and Artificial Flavors, Corn Syrup Solids, Sunflower Oil, Salt, Maltodextrin, Sucralose, Soy Lecithin, Gum Arabic, Sunflower Lecithin, Modified Cornstarch, Caramel Color, Tocopherols (To Protect Flavor), Annatto (For Color), Carrageenan, Acesulfame-K. Vitamins and Minerals: Magnesium Phosphate, Disodium Phosphate, Milk Calcium Complex, Dipotassium Phosphate, Ascorbic Acid, Ferric Orthophosphate, Alpha Tocopherol Acetate, Zinc Sulfate, Niacinamide, Tricalcium Phosphate, Manganese Sulfate, Copper Gluconate, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Thiamin Mononitrate, Chromium Polynicotinate, Folic Acid, Molybdenum Glycinate Chelate, Potassium Iodide, L-Selenomethionine, Phytonadione, Biotin, Magnesium Carbonate, Cholecalciferol, Cyanocobalamin.

Kosher-Dairy

Allergen-milk, soy oil or lecithin



Chocolate Salted Caramel Pudding Shake

Nutrition Info

Serving Size

CALORIES 100G

TOTAL FAT 1.5G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 10mg

Sodium 330mg

Potassium 176mg

TOTAL CARBS 7G

Carbohydrates 7g

Fiber 6g

Total Sugar 3g

Added Sugar 2g

PROTEIN 15G

Ingredients: Calcium Caseinate, Fructose, Cocoa (Processed with Alkali), Nonfat Milk, Sodium Caseinate, Natural and Artificial Flavors, Corn Syrup Solids, Sunflower Oil, Salt, Maltodextrin, Sucralose, Soy Lecithin, Gum Arabic, Sunflower Lecithin, Modified Cornstarch, Caramel Color, Tocopherols (To Protect Flavor), Annatto (For Color), Carrageenan, Acesulfame-K. Vitamins and Minerals: Magnesium Phosphate, Disodium Phosphate, Milk Calcium Complex, Dipotassium Phosphate, Ascorbic Acid, Ferric Orthophosphate, Alpha Tocopherol Acetate, Zinc Sulfate, Niacinamide, Tricalcium Phosphate, Manganese Sulfate, Copper Gluconate, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Thiamin Mononitrate, Chromium Polynicotinate, Folic Acid, Molybdenum Glycinate Chelate, Potassium Iodide, L-Selenomethionine, Phytonadione, Biotin, Magnesium Carbonate, Cholecalciferol, Cyanocobalamin.

Allergen- Soy and Milk. May Contain Traces of Peanuts and Other Nuts.



Cinnamon Bar (One a Day)

Nutrition Info

Serving Size 1 bar (45g)

CALORIES 160

TOTAL FAT 5G

Saturated Fat 3g

Trans Fat 0g

Cholesterol 0mg

Sodium 220mg

Potassium 70mg

TOTAL CARBS 18G

Carbohydrates 18g

Fiber 5g

Total Sugar 8g

Added Sugar 7g

PROTEIN 15G

Ingredients: Protein Blend (Soy Protein Isolate, Milk Protein Isolate), Polydextrose, Roasted Soybeans, Sugar, Maltitol Syrup, Fractionated Palm Kernel Oil, Invert Sugar, Water, Nonfat Milk, High Maltose Corn Syrup, Tapioca Starch, High Oleic Sunflower Oil (With Tocopherols Added To Protect Flavor), Natural and Artificial Flavor, Maltodextrin, Cinnamon, Nonfat Yogurt Powder (Cultured Nonfat Milk), Calcium Phosphate, Dextrose, Salt, Calcium Carbonate, Soy Lecithin, Glycerine, Magnesium Oxide, Caramel (For Color), Ferric Orthophosphate, Ascorbic Acid, Sucralose, Alpha-Tocopherol Acetate, Niacinamide, Zinc Oxide, Copper Gluconate, Calcium Pantothenate, Pyridoxine Hydrochloride, Vitamin A Palmitate, Riboflavin, Thiamin Mononitrate, Folic Acid, Potassium Iodide, Biotin, Cholecalciferol, Cyanocobalamin.

Allergen- milk, soy lecithin



Cinnamon Hot Chocolate

Nutrition Info

Serving Size 23.5g

CALORIES 80

TOTAL FAT 0G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0g

Sodium 220mg

Potassium 200mg

TOTAL CARBS 5G

Carbohydrates 5g

Fiber <1g

Total Sugar 2g

Added Sugar 0g

PROTEIN 15G

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Non-Fat Dry Milk, Cocoa Powder (processed with alkali), Maltodextrin, Natural and Artificial Flavors, Salt, Titanium Dioxide, Potassium Citrate, Cinnamon, Sucralose, Soy Lecithin.

Allergen-soy



Cinnamon Vanilla Cereal

Nutrition Info

Serving Size 30g

CALORIES 120

TOTAL FAT 3.5G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 150mg

Potassium 334mg

TOTAL CARBS 8G

Carbohydrates 8g

Fiber 2g

Total Sugar 1g

Added Sugar 1g

PROTEIN 15G

Ingredients: Soy Protein Isolate, Soy Flour, Soy Protein Concentrate, Rice Flour, High Oleic Sunflower Oil, Granulated Sugar, Cinnamon Ground, Natural Flavor, Salt, Sucralose, Maltodextrin, Modified Food Starch.

Allergen - Soy



Dark Cocoa Cereal

Nutrition Info

Serving Size 30.0g

CALORIES 114

TOTAL FAT 3G

Saturated Fat <1g

Trans Fat 0g

Cholesterol 0mg

Sodium 141mg

Potassium 365mg

TOTAL CARBS 8G

Carbohydrates 8g

Fiber 4g

Total Sugar <1g

Added Sugar 0g

PROTEIN 15G

INGREDIENTS: Soy Protein Isolate, Soy Flour, Soy Protein Concentrate, Rice Flour, Sunflower Oil, Polydextrose, Cocoa Powder (Processed with Alkali), Natural and Artificial Flavors, Salt, Sucralose

Kosher-Dairy
Allergen-milk



Dark Chocolate Pudding Shake

Nutrition Info

Serving Size

CALORIES 100G

TOTAL FAT 1.5G

Saturated Fat 0.5g

Trans Fat 0g

Cholesterol 0mg

Sodium 310mg

Potassium 334mg

TOTAL CARBS 7G

Carbohydrates 7g

Fiber 2g

Total Sugar 1g

Added Sugar 1g

PROTEIN 15G

Ingredients: Calcium Caseinate, Cocoa (Processed with Alkali), Fructose, Natural and Artificial Flavors, Nonfat Milk, Sodium Caseinate, Sunflower Oil, Maltodextrin, Salt, Red #40, Sucralose, Sunflower Lecithin, Yellow #5, Tocopherols (To Protect Flavor), Mono and Diglycerides, Acesulfame K, Carrageenan, Blue #1. Vitamins and Minerals: Magnesium Phosphate, Disodium Phosphate, Milk Calcium Complex, Dipotassium Phosphate, Ascorbic Acid, Ferric Orthophosphate, Alpha Tocopherol Acetate, Zinc Sulfate, Niacinamide, Manganese Sulfate, Copper Gluconate, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Thiamin Mononitrate, Chromium Polynicotinate, Folic Acid, Molybdenum Glycinate Chelate, Potassium Iodide, L-Selenomethionine, Phytonadione, Biotin, Magnesium Carbonate, Cholecalciferol, Cyanocobalamin.

Allergen - Soy and Milk. May Contain Traces of Peanuts and Other Nuts.



Double Berry Breakfast Bar (One a Day)

Nutrition Info

Serving Size 1 bar (45g)

CALORIES 160

TOTAL FAT 5G

Saturated Fat 2.5g

Trans Fat 0g

Cholesterol <5g

Sodium 210mg

Potassium 80mg

TOTAL CARBS 18G

Carbohydrates 18g

Fiber 5g

Total Sugar 7g

Added Sugar 6g

PROTEIN 15G

Ingredients: Protein Blend (Soy Protein Isolate, Calcium Caseinate, Whey Protein Concentrate, Milk Protein Concentrate), Sugar, Polydextrose, Corn Syrup, Roasted Soybeans, Maltitol Syrup, Fractionated Palm Kernel Oil, Natural Flavor, Tapioca Starch, Water, Maltitol, High Oleic Safflower Oil, Dried Cranberries, Nonfat Milk, Soy Lecithin, Calcium Carbonate, Calcium Phosphate, Citric Acid, Yogurt Powder (Nonfat Milk, Lactic Acid), Salt, Magnesium Oxide, Elderberry Juice Concentrate (For Color), Maltodextrin, Nonfat Yogurt Powder (Cultured Nonfat Milk, Sunflower Oil, Sucralose, Ferric Orthophosphate, Ascorbic Acid, Alpha- Tocopherol Acetate, Niacinamide, Zinc Oxide, Copper Gluconate, Calcium Pantothenate, Pyridoxine Hydrochloride, Vitamin A Palmitate, Riboflavin, Thiamin Mononitrate, Folic Acid, Potassium Iodide, Biotin, Cholecalciferol, Cyanocobalamin.

Allergen – Milk.*PHENYLKETONURICS: CONTAINS PHENYLALANINE



Double Chocolate Pudding

Nutrition Info

Serving Size

CALORIES 80G

TOTAL FAT .5G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 240mg

Potassium 45mg

TOTAL CARBS 7G

Carbohydrates 7g

Fiber 3g

Total Sugar 6g

Added Sugar 5g

PROTEIN 12G

Ingredients: Calcium Caseinate, Cocoa (Processed with Alkali), Fructose, Nonfat Milk, Natural and Artificial Flavor, Modified Cornstarch, Disodium Phosphate, Guar Gum, Aspartame*, Salt, Red #40, Yellow #5, Sunflower Lecithin, Carrageenan, Blue #1.

Allergen-soy, soy lecithin, milk



Garlic Mashed Potatoes

Nutrition Info

Serving Size 30.25g

CALORIES 110

TOTAL FAT 0.5G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 360mg

Potassium 310mg

TOTAL CARBS 16G

Carbohydrates 16g

Fiber 3g

Total Sugar <1g

Added Sugar 0g

PROTEIN 11G

Ingredients: Dehydrated Potato Flakes, Protein Blend (Soy Protein Isolate, Calcium Caseinate, Milk Protein Isolate, Pea Protein Isolate, Whey Protein Concentrate), Natural Flavors, Gum Blend (Cellulose and Guar Gums), Vegetable Broth Seasoning (Yeast Extract, Salt, Tomato Powder, Garlic Powder, Onion Powder, Spices, Sunflower Oil), Nonfat Milk Powder, Dehydrated Sour Cream, Egg Whites Powder, Garlic Powder, Soluble Corn Fiber, Onion Powder, Potassium Citrate, Vitamin Mineral Premix (Vitamin A Palmitate, Beta Carotene, Cholecalciferol, dl-alpha Tocopherol Acetate, Magnesium Oxide, Ascorbic Acid, Reduced Iron, Niacinamide, Zinc Oxide, Calcium Pantothenate, Pyridoxine Hydrochloride, Copper Gluconate, Riboflavin, Thiamine Mononitrate, Folic Acid, Biotin, Potassium Iodide, Cyanocobalamin), Salt, Disodium Inosinate and Disodium Guanylate, Spice, Sunflower and/or Soy Lecithin.

Allergen-milk



Lemon Crème Pudding

Nutrition Info

Serving Size

CALORIES 80G

TOTAL FAT 1G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 5mg

Sodium 170mg

Potassium 40mg

TOTAL CARBS 7G

Carbohydrates 7g

Fiber 0g

Total Sugar 2g

Added Sugar 2g

PROTEIN 12G

Ingredients: Calcium Caseinate, Nonfat Milk, Fructose, Modified Cornstarch, Natural and Artificial Flavor, Sunflower Oil, Maltodextrin, Guar Gum, Disodium Phosphate, Dipotassium Phosphate, Sodium Caseinate, Salt, Lactic Acid, Sucralose, Sunflower Lecithin, Mono and Diglycerides, Tocopherols (To Protect Flavor), Carrageenan, Yellow #5, Yellow #6.

Allergen-soy, soy lecithin, milk



Marshmallow Hot Chocolate

Nutrition Info

Serving Size 25g

CALORIES 80

TOTAL FAT 0.5G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 220mg

Potassium 220mg

TOTAL CARBS 5G

Carbohydrates 5g

Fiber 1g

Total Sugar 3g

Added Sugar 0g

PROTEIN 15G

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Cocoa Powder (processed w/alkali), Non-Fat Dry Milk, Natural & Artificial Flavor, Marshmallows (sugar, corn syrup, dextrose, modified corn starch, gelatin, artificial & natural flavor), Salt, Potassium Citrate, Titanium Dioxide, Sucralose & Soy Lecithin.

Kosher-Dairy
Allergen-milk



Mocha Crème Pudding Shake

Nutrition Info

Serving Size

CALORIES 100G

TOTAL FAT 1.5G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0g

Sodium 280mg

Potassium 200mg

TOTAL CARBS 7G

Carbohydrates 7g

Fiber <1g

Total Sugar 2g

Added Sugar 0g

PROTEIN 15G

Ingredients: Calcium Caseinate, Fructose, Cocoa (Processed with Alkali), Nonfat Milk, Natural and Artificial Flavors, Sodium Caseinate, Corn Syrup Solids, Sunflower Oil, Salt, Maltodextrin, Decaffeinated Instant Coffee, Soy Lecithin, Sucralose, Sunflower Lecithin, Gum Arabic, Modified Cornstarch, Caramel Color, Tocopherols (To Protect Flavor), Annatto (For Color), Carrageenan, Acesulfame-K. Vitamins and Minerals: Magnesium Phosphate, Disodium Phosphate, Milk Calcium Complex, Dipotassium Phosphate, Ascorbic Acid, Ferric Orthophosphate, Alpha Tocopherol Acetate, Zinc Sulfate, Niacinamide, Manganese Sulfate, Copper Gluconate, D-Calcium Pantothenate, Tricalcium Phosphate, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Thiamin Mononitrate, Chromium Polynicotinate, Folic Acid, Molybdenum Glycinate Chelate, Potassium Iodide, L-Selenomethionine, Phytonadione, Biotin, Magnesium Carbonate, Cholecalciferol, Cyanocobalamin.

Allergen-peanuts, soy, soy lecithin,egg, milk



Peanut Butter Skinny Bar

Nutrition Info

Serving Size 30g

CALORIES 120

TOTAL FAT 5G

Saturated Fat 2.5g

Trans Fat 0g

Cholesterol 0mg

Sodium 190mg

Potassium 79mg

TOTAL CARBS 12G

Carbohydrates 12g

Fiber 4g

Total Sugar 3g

Added Sugar 2g

PROTEIN 10G

Ingredients: Protein Blend (Soy Protein Isolate, Whey Protein Isolate, Dried Egg Whites), Coating (Maltitol, Palm Kernel Oil, Milk Protein Isolate, Peanut Flour, Peanuts, Nonfat Dry Milk, Soy Lecithin [an emulsifier], Salt, and Natural Flavor), Chicory Root Extract, Peanuts, Invert Cane Syrup, Natural Flavors, Vegetable Glycerin, Water, Tapioca Starch, Peanut Flour, Palm Kernel Oil, Xylitol, Salt, Xanthan Gum, Stevia.

Allergen – Soy and Milk. May Contain Traces of Peanuts and Other Nuts.



Peppermint Cocoa Crunch Bar (One a Day)

Nutrition Info

Serving Size 1 Bar (45g)

CALORIES 160

TOTAL FAT 5G

Saturated Fat 3g

Trans Fat 0g

Cholesterol 5mg

Sodium 170mg

Potassium 200mg

TOTAL CARBS 18G

Carbohydrates 18g

Fiber 5g

Total Sugar 8g

Added Sugar 7g

PROTEIN 15G

INGREDIENTS: Protein Blend (Soy Protein Isolate, Whey Protein Concentrate, Whey Protein Isolate, Casein, Calcium Caseinate, Milk Protein Isolate), Maltitol Syrup, Cocoa (Processed With Alkali), Fructose, Sugar, Water, Polydextrose, Fractionated Palm Kernel Oil, High Oleic Sunflower Oil (With Tocopherols Added To Protect Flavor), Fructooligosaccharide, Glycerine, Soy Lecithin, Natural and Artificial Flavor, Maltodextrin, Nonfat Milk, Calcium Phosphate, Salt, Tapioca Starch, Calcium Carbonate, Butterfat, Magnesium Oxide, Ferric Orthophosphate, Ascorbic Acid, Sucralose, Carrageenan, Tocopherols (To Protect Flavor), Alpha-Tocopherol Acetate, Soybean Oil, Niacinamide, Zinc Oxide, Copper Gluconate, Calcium Pantothenate, Pyridoxine Hydrochloride, Vitamin A Palmitate, Riboflavin, Thiamin Mononitrate, Folic Acid, Potassium Iodide, Biotin, Cholecalciferol, Cyanocobalamin

Allergen- soy, soy oil or lecithin, milk, egg



Salted Caramel Skinny Bar

Nutrition Info

Serving Size 27g

CALORIES 100

TOTAL FAT 3G

Saturated Fat 2g

Trans Fat 0g

Cholesterol 0mg

Sodium 160mg

Potassium 45mg

TOTAL CARBS 12G

Carbohydrates 12g

Fiber 3g

Total Sugar 6g

Added Sugar 5g

PROTEIN 10G

Ingredients: Protein Blend (Soy Protein Isolate, Whey Protein Isolate, Dried Egg Whites), Salted Caramel Flavored Coating (Sugar, Palm Kernel Oil, Nonfat Dry Milk Solids, WholeMilk Solids, Salt, Artificial Color (Yellow Lake #6, Yellow Lake #5, Blue Lake #2), SoyLecithin [an emulsifier], and Natural Flavor), Chicory Root Extract, Vegetable Glycerin, Invert Cane Syrup, Tapioca Starch, Water, Natural Flavors, Xylitol, Palm Kernel Oil, Salt, Caramel Color, Xanthan Gum.

Allergen - Soy and Milk. May Contain Traces of Peanuts and Other Nuts.



Shortbread Cookie Bar (One A Day)

Nutrition Info

Serving Size 1 bar (45g)

CALORIES 160

TOTAL FAT 5G

Saturated Fat 3.5g

Trans Fat 0g

Cholesterol <5mg

Sodium 250mg

Potassium 70mg

TOTAL CARBS 19G

Carbohydrates 19g

Fiber 5g

Total Sugar 7g

Added Sugar 6g

PROTEIN 15G

INGREDIENTS: Protein Blend (Soy Protein Isolate, Calcium Caseinate, Whey), Polydextrose, Maltitol Syrup, Sugar, Fractionated Palm Kernel Oil, Water, Nonfat Yogurt Powder (Cultured Nonfat Milk), Fructooligosaccharide, Cream Cheese Powder (Cream, Nonfat Milk, Sodium Caseinate, Corn Syrup Solids, Salt, Lactic Acid, Silicon Dioxide, Potassium Phosphate, Sodium Alginate), Glycerine, Fructose, Nonfat Milk, Rice Flour, Tapioca Starch, Soy Lecithin, Natural Flavor, Calcium Phosphate, Calcium Carbonate, Salt, Barley Malt Extract, Magnesium Oxide, Butter (Cream, Salt), Milk, Maltodextrin, Sucralose, Ferric Orthophosphate, Ascorbic Acid, Alpha-Tocopherol Acetate, Niacinamide, Zinc Oxide, Copper Gluconate, Calcium Pantothenate, Pyridoxine Hydrochloride, Vitamin A Palmitate, Riboflavin, Thiamin Mononitrate, Folic Acid, Potassium Iodide, Biotin, Cholecalciferol, Cyanocobalamin.

Allergen- soy, soy oil or lecithin, egg



Sour Cream Mashed Potatoes

Nutrition Info

Serving Size 30.25g

CALORIES 110

TOTAL FAT 0G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 360mg

Potassium 350mg

TOTAL CARBS 16G

Carbohydrates 16g

Fiber 3g

Total Sugar <1g

Added Sugar 0g

PROTEIN 11G

Ingredients: Dehydrated Potato Flakes, Protein Blend (Calcium Caseinate, Soy Protein Isolate, Whey Protein Concentrate, Pea Protein Isolate), Natural Flavors, Gum Blend (Cellulose and Guar Gums), Nonfat Milk Powder, Egg Whites Powder, Soluble Corn Fiber, Onion Powder, Vegetable Broth Seasoning (Yeast Extract, Salt, Tomato Powder, Garlic Powder, Onion Powder, Spices, Sunflower Oil), Potassium Citrate, Dehydrated Chive Flakes, Garlic Powder, Disodium Inosinate and Disodium Guanylate (I+G), Vitamin Mineral Premix (Vitamin A Palmitate, Beta Carotene, Cholecalciferol, dl-alpha Tocopherol Acetate, Magnesium Oxide, Ascorbic Acid, Reduced Iron, Niacinamide, Zinc Oxide, Calcium Pantothenate, Pyridoxine Hydrochloride, Copper Gluconate, Riboflavin, Thiamine Mononitrate, Folic Acid, Biotin, Potassium Iodide, Cyanocobalamin), Spice, Dehydrated Sour Cream, Sunflower and/or Soy Lecithin.

Kosher-Dairy

Allergen-milk, soy, soy oil or lecithin



Strawberry Crème Shake

Nutrition Info

Serving Size

CALORIES 100G

TOTAL FAT 1G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 20mg

Sodium 190mg

Potassium 73mg

TOTAL CARBS 7G

Carbohydrates 7g

Fiber 1g

Total Sugar 2g

Added Sugar 0g

PROTEIN 15G

Ingredients: Calcium Caseinate, Fructose, Whey Protein Isolate, Strawberry Powder, Nonfat Yogurt Powder (Cultured Nonfat Dry Milk, Sodium Citrate, Natural Flavor), Corn Syrup Solids, Sunflower Oil, Natural and Artificial Flavors, Sugar, Nonfat Milk, Malic Acid, Salt, Maltodextrin, Xanthan Gum, Modified Cornstarch, Acacia Gum, Pineapple Juice Solids, Carrageenan, Sodium Caseinate, Soy Lecithin, Sunflower Lecithin, Sucralose, Lactic Acid, Acesulfame K, Dextrose, Cellulose Gum, Tocopherols (To Protect Flavor), Annatto (For Color), Dehydrated Strawberry Juice Concentrate, Guar Gum, Polysorbate 60, Citric Acid, Red #40. Vitamins and Minerals: Dipotassium Phosphate, Magnesium Phosphate, Milk Calcium Complex, Potassium Citrate, Disodium Phosphate, Magnesium Oxide, Ascorbic Acid, Ferric Orthophosphate, Alpha Tocopherol Acetate, Zinc Sulfate, Niacinamide, Manganese Sulfate, Copper Gluconate, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Thiamin Mononitrate, Chromium Polynicotinate, Folic Acid, Molybdenum Glycinate Chelate, Potassium Iodide, L-Selenomethionine, Phytonadione, Biotin, Magnesium Carbonate, Cholecalciferol, Cyanocobalamin

Allergen-soy, soy oil or lecithin



Toffee Crème Pudding

Nutrition Info

Serving Size

CALORIES 90G

TOTAL FAT 2G

Saturated Fat .5g

Trans Fat 0g

Cholesterol <5mg

Sodium 230mg

Potassium 120mg

TOTAL CARBS 6G

Carbohydrates 6g

Fiber 2g

Total Sugar 2g

Added Sugar 0g

PROTEIN 12G

Ingredients: Calcium Caseinate, Toffee Bits (Sugar, Vegetable Oil [Palm Oil, Sunflower Oil], Butter, Almonds, Salt, Soy Lecithin), Nonfat Milk, Gelatin, Natural and Artificial Flavors, Corn Syrup Solids, Sunflower Oil, Cornstarch, Disodium Phosphate, Guar Gum, Salt, Sodium Caseinate, Dipotassium Phosphate, Soy Lecithin, Sunflower Lecithin, Carrageenan, Sucralose, Tetrapotassium Pyrophosphate, Tocopherols (To Protect Flavor), Annatto (For Color), Acesulfame-K, Yellow #5, Yellow #6.

Allergen-milk, soy lecithin



Vanilla Cappuccino

Nutrition Info

Serving Size 23.5g

CALORIES 80

TOTAL FAT 1G

Saturated Fat 1g

Trans Fat 0g

Cholesterol 0mg

Sodium 130mg

Potassium 210mg

TOTAL CARBS 4G

Carbohydrates 4g

Fiber 0g

Total Sugar 2g

Added Sugar 0g

PROTEIN 15G

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Creamer (Corn Syrup Solids, Coconut Oil, Sodium Caseinate [milk derivative], Dipotassium Phosphate, Mono and Diglycerides), Non-Fat Dry Milk, Instant Coffee, Natural and Artificial Flavor, Salt, Titanium Dioxide, Potassium Citrate, Sucralose, Cellulose Gum, Soy Lecithin.

Allergen-milk, soy, soy oil or lecithin, egg



Vanilla Chocolate Chip Cookie Cake

Nutrition Info

Serving Size 34g

CALORIES 140

TOTAL FAT 3G

Saturated Fat 1g

Trans Fat 0g

Cholesterol 10mg

Sodium 230mg

Potassium 40mg

TOTAL CARBS 13G

Carbohydrates 13g

Fiber 6g

Total Sugar 3g

Added Sugar 2g

PROTEIN 15G

Ingredients: Inulin, Milk Protein Isolate, Soy Protein Isolate, Whey Protein Concentrate, Potato Flakes, Potato Starch, Soy Flour, Calcium Carbonate, Rice Flour, Semi-Sweet Chocolate Drops with Vanilla, Natural Flavors, Olive Pomace Oil, Egg Whites (Dried), Sodium Bicarbonate, Salt, Xanthan Gum, Sucralose, Soy Lecithin.

Kosher-Dairy

Allergen-milk, soy oil or soy lecithin



Vanilla Crème Pudding Shake

Nutrition Info

Serving Size

CALORIES 100G

TOTAL FAT 1.5G

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 85mg

Potassium 365mg

TOTAL CARBS 7G

Carbohydrates 7g

Fiber 4g

Total Sugar <1g

Added Sugar 0g

PROTEIN 15G

Ingredients: Calcium Caseinate, Fructose, Natural and Artificial Flavors, Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Nonfat Milk, Maltodextrin, Guar Gum, Modified Cornstarch, Salt, Soy Lecithin, Sunflower Lecithin, Sucralose, Tocopherols (To Protect Flavor), Carrageenan, Mono and Diglycerides, Annatto (For Color), Acesulfame-K, Yellow #5, Yellow #6. Vitamins and Minerals: Magnesium Phosphate, Potassium Bicarbonate, Milk Calcium Complex, Dipotassium Phosphate, Ascorbic Acid, Ferric Orthophosphate, Alpha Tocopherol Acetate, Zinc Sulfate, Niacinamide, Manganese Sulfate, Copper Gluconate, D-Calcium Pantothenate, Pyridoxine Hydrochloride, Riboflavin, Vitamin A Palmitate, Thiamin Mononitrate, Chromium Polynicotinate, Folic Acid, Molybdenum Glycinate Chelate, Potassium Iodide, L-Selenomethionine, Phytonadione, Biotin, Magnesium Carbonate, Cholecalciferol, Cyanocobalamin.