



	Products	Soy	Whey	Whole Milk	Albumin	Collagen	Ingredients
Bars	Cran-Granata Protein Bar *	X	X				Protein blend (soy protein isolate, whey protein concentrate (derived from milk)), maltitol syrup, maltitol, fructooligosaccharide, sugar, modified palm and palm kernel oil, cranberries, tapioca starch, natural and artificial flavour, glycerin, apple juice concentrate, blueberries, water, cranberry juice concentrate, mono- and diglycerides, sunflower oil, cane sugar, salt, citric acid, vanilla extract, calcium carbonate, soy lecithin, elderberry juice concentrate, pineapple juice concentrate, pomegranate juice concentrate, rice syrup, sucralose , ascorbic acid, malic acid, pectin, tocopherol. May contain wheat, tree nuts, eggs and peanuts
	Cookies-N-Cream Bar *	X		X			Soy nuggets (isolated soy protein, rice starch), organic brown rice syrup, white chocolate (maltitol, fractionated palm kernel oil, milk protein isolate, milk fat, soy lecithin, and artificial flavour), isolated soy protein, cookies (enriched flour, sugar, vegetable oil shortening (vegetable oil, coconut oil), cocoa, corn starch, glucose, salt, modified milk ingredient, soya lecithin, natural flavour), organic agave syrup, glycerin, cocoa powder, high oleic sunflower oil, artificial flavour, natural flavours, soy lecithin (as emulsifier).Contains:Wheat May contain traces of peanuts, tree nuts, eggs and fish
	White Choco-Cinnamon Bar *	X		X			Soy nuggets (isolated soy protein, rice starch)., organic brown rice syrup, white chocolate (maltitol, fractionated palm kernel oil, milk protein isolate, milk fat, soy lecithin, and artificial flavour), soy protein nuggets (soy protein isolate, rice flour, malt extract, and salt), isolated soy protein, glycerin, organic agave syrup, high oleic sunflower oil, cinnamon, natural flavour, soy lecithin (as emulsifier).Contains Wheat May contain traces of peanuts, tree nuts, eggs and fish
Drinks	Pineapple Banana Drink		X				Whey protein isolate, citric acid, natural flavours, malic acid, colour, acesulfame potassium, sucralose, silicon dioxide.
	Pink Lemonade		X				Whey proteins isolate (derived from milk), citric acid, malic acid, natural flavour, acesulfame potassium, colour, sucralose, silicone dioxide.
	Blueberry Cranberry, Pomegranate Drink				X		Collagen protein, citric acid, blueberry juice powder, natural flavour fruits, citric & malic acid, cranberry juice powder, pomegranate juice powder, calcium gluconate, calcium glycinate, acesulfame potassium, calcium citrate, sucralose, silicon dioxide.
	Peach Mango Drink		X				Whey protein isolate, citric acid, malic acid, natural flavours, colour, acesulfame potassium, sucralose, silicon dioxide.
	Wild Berry Yogurt Drink		X	X	X		Milk protein concentrate, lactoserum protein isolate, albumin, artificial & natural flavours, ascorbic acid, sea salt, xanthan gum, microcrystalline cellulose, citric acid, dehydrated blueberries, raspberries, strawberries, potassium acesulfam, sucralose, silicon dioxide.
	Pin Colada Drink		X				Protein blend (whey protein isolate (derived from milk), hydrolysed gelatin), citric acid, cellulose, xanthan gum, carrageenan, natural and artificial flavours, potassium citrate, silicon dioxide, sucralose, acesulfame-K, soy lecithin.May contain eggs and wheat
	Chocolate Drink (Cocoa)		X				Milk protein concentrate, cacao, whey protein isolate, skim milk powder, artificial and natural flavours, sea salt, xanthan gum, sucralose, silicon dioxide, acesulfame potassium.

	Products	Soy	Whey	Whole Milk	Albumin	Collagen	Ingredients
Drinks	Orange Drink		X				Whey Protein isolate (derived from milk), Malic acid, citric acid, contains 2 percent or less of natural and artificial flavor, silicon dioxide, beta-natural orange flavors, sucralose (non-nutritive sweetener), acesulfame potassium (non-nutritive sweetener), carotene color, caramel color, canthaxanthin color, silicon. May also contain fish
	Cappuccino		X	X			Milk protein concentrate, whey protein isolate, skim milk powder, colour, natural flavour, decaffeinated coffee, sea salt, xanthan gum, acesulfame potassium, silicon dioxide, sucralose.
Soy Nuts	Garlic & Onion Soy Nuts *	X					Soybeans, seasoning (salt, sugar, autolysed yeast extract, yeast, onion powder, spices, garlic powder, vegetable oil, silicon dioxide), sunflower oil. May contain milk, wheat, eggs, peanuts and tree nuts
	BBQ Soy Nuts *	X					Soybeans, BBQ seasoning (sugar, salt, yeast, spice, onion powder, tomato powder, garlic powder, citric acid, artificial flavour, silicon dioxide), sunflower oil. May contain milk, wheat, eggs, peanuts and tree nuts.
Jelly	Raspberry Jelly					X	Hydrolyzed collagen, gelatin, beetroot powder color, citric acid, natural and artificial flavor, sucralose, tricalcium phosphate.
Soy Puffs	Apple & Cinnamon Soy Puffs *	X					Soy protein isolate, tapioca flour, sugar, sunflower oil, resistant maltodextrin, oligofructose (chicory root extract), apple peel powder, calcium carbonate, cinnamon, natural & artificial flavors, sucralose. Contains soy & wheat. Made in a facility that processes egg, milk, sesame & tree nuts.
	Chocolate Soy Puffs*	X	X				Soy puffs (soy protein isolate, tapioca starch, rice flour, cocoa, calcium carbonate, natural flavour), chocolate flavoured coating (sugar, palm and palm kernel oils, whey protein isolate (derived from milk), cocoa, soy lecithin, natural and artificial flavours, sucralose. Manufactured on equipment that also processes peanuts, tree nuts, eggs, wheat and barley, contains milk, wheat and soy
	Southwest Cheese Curls*	X	X	X			Soy puffs (soy protein isolate, dehydrated potato, potato starch, cheese seasoning [cheddar cheese (milk, salt, bacterial culture, rennet), whey, buttermilk, salt, disodium phosphate], maltodextrin, spices, natural butter flavor, onion, garlic, red bell pepper, yeast extract, lactic acid, FD&C yellow #5 & #6, silicon dioxide, sunflower oil, calcium carbonate.
Ridges	Sea Salt & Vinegar Ridges *		X				Whey protein concentrate (derived from milk), white wheat, triticale, oat, rye, millet, barley, buckwheat, brown rice, sunflower oil, sea salt, sodium diacetate, vinegar powder, maltodextrin, malic and citric acid, sodium.
	BBQ Ridges *	X	X				Whey protein concentrate (derived from milk), white wheat, triticale, oat, rye, millet, barley, buckwheat, brown rice, sunflower oil, BBQ seasoning blend (salt, sugar, spices, torula yeast, dehydrated onion, dextrose, monosodium glutamate, dehydrated tomato, hydrolyzed soy protein, citric acid, extractives of paprika, dehydrated garlic, maltodextrin, natural smoke flavour).

<b>Breakfast</b>	<b>Fine Herb &amp; Cheese Omelet</b>	X		X	X		Albumin protein, milk protein concentrate, whole egg, cheddar cheese powder, milk, enzymes, whey, maltodextrin, soybean oil, buttermilk, citric acid, disodium phosphate, natural flavor, soy protein concentrate, dehydrated red and green peppers, natural flavours, onion powder, potassium chloride, sea salt, fine herbs, cellulose & xanthum gum, colour, garlic powder, silicon dioxide, carrageenan, sodium bicarbonate, beta-carotene color.
	<b>Maple Oatmeal *</b>	X	X	X			Oat flakes, soy protein isolate, milk protein concentrate, whey protein isolate, artificial & natural flavours, sea salt, sodium bicarbonate, xanthan gum, silicon dioxide, sucralose, acesulfame potassium.
	<b>Crispy Cereal</b>	X	X	X			Rice crisps (soy proteins isolate, rice flour, skim milk, whey protein isolate, milk protein concentrate, silicon dioxide, sucralose. Malt extract, salt, calcium carbonate.
	<b>Products</b>	<b>Soy</b>	<b>Whey</b>	<b>Whole Milk</b>	<b>Albumin</b>	<b>Collagen</b>	<b>Ingredients</b>
<b>Soups</b>	<b>Mushroom Soup</b>	X	X	X			Soy protein isolate, milk protein concentrate, whey protein isolate, sea salt, dehydrated mushroom, natural flavour, mushroom powder, xanthan gum, yeast extract, sodium bicarbonate, spices mix (turmeric, garlic, mustard, white pepper) silicon dioxide, nat color.
	<b>Chicken Soup</b>	X					Soy protein isolate, artificial and natural flavours, sea salt, potassium chloride, sodium bicarbonate, yeast extract, xanthan gum, spices, silicon dioxide, colour.
	<b>Leek Soup</b>	X					Soy protein isolate, sea salt, onion powder, natural leek flavor, leek, potassium chloride, sodium bicarbonate, yeast extract, xanthan gum, silicon dioxide.
	<b>Tomato &amp; Basil Soup</b>	X					milk protein isolate, soy protein isolate, hydrolyzed gelatin, sodium caseinate, modified corn starch, natural & artificial flavors, dehydrated veggies, hydrolyzed plant protein, wheat, salt, sunflower oil, maltodextrin, lycopene extract, citric acid, dipotassium phosphate, basil, spices, malic acid, xanthan gum, guar gum, sodium alginate, silicon dioxide, caramel color, mono and diglycerides, tocopherols, soy lecithin, sucralose.
<b>Chili</b>	<b>Vegetable Chili *</b>	X					Textured soy protein, dehydrated vegetables (red beans, tomatoes, onions, red bell peppers and garlic), modified corn starch, hydrolyzed vegetable proteins (wheat, corn and soy), sunflower oil, sugar, spices, guar gum, citric acid, silicon dioxide, salt, autolyzed yeast extract, caramel colour.
<b>Spag-hetti</b>	<b>Bolognese Spaghetti **</b>	X					Textured soy protein, egg noodles (durum wheat flour, water, dried yolk), dehydrated vegetables (tomatoes, onions, mushrooms, garlic), sugar, modified corn starch, hydrolyzed vegetable proteins (wheat, corn and soy), sunflower oil, salt, soy fiber, spices, caramel colour (sulphites), annatto, natural flavours.
<b>Pancakes-Crepes</b>	<b>Orange Pancake *</b>	X		X	X		Oat bran flour, calcium caseinate, oat bran, milk protein concentrate, soy protein isolate, albumin, citrisweet, natural flavours, sea salt, silicon dioxide
	<b>Chocolate Pancake &amp; Muffin *</b>	X	X		X		Oat flour, calcium caseinate (milk derivative), oat bran, whey protein, soybean protein, cocoa powder, citrisweet, albumin, natural choc. flavours, albumen powder, chicory root insulin, fructose, cream of tartar, potassium bitartrate, sodium bicarbonate, sea salt, silicon dioxide.
	<b>Plain Crepe *</b>	X		X	X		Oat bran flour, calcium caseinate, oat bran, milk protein concentrate, soy protein isolate, albumin, sea salt, silicon dioxide.

Puddings	Butterscotch Pudding	X		X		Milk protein concentrate, soy protein isolate, natural flavours, sea salt, xanthan gum, colour, sucralose, silicon dioxide, acesulfame potassium.	
	Strawberry Pudding		X	X		Milk protein concentrate, skim milk, natural flavour, xanthan gum, whey protein isolate, sea salt, citric acid, colour, dehydrated strawberry, sucralose, silicone dioxide.	
	Blueberry Pudding		X	X		Milk protein concentrate, whey protein isolate, karaya gum, blueberry juice powder, dehydrated blueberry, natural & artificial flavors, <2% sea salt, citric acid, sucralose, silicon dioxide. Contains milk.	
	Milk Chocolate Pudding	X		X		Milk protein concentrate, cocoa, soy protein isolate, chocolate powder, sea salt, guar gum, caramel color), sucralose, silicon dioxide.	
	Banana Pudding	X		X		Milk protein concentrate, soy protein isolate, natural flavour, sea salt, xanthan gum, skim milk powder, colour, sucralose, silicon dioxide, acesulfame potassium.	
	Lemon Pudding	X		X		Milk protein concentrate, soy protein isolate, sea salt, xanthan gum, citric acid, natural flavours, skim milk, colour, sucralose, acesulfame potassium, silicon dioxide.	
	Dark Chocolate Pudding	X		X		Milk protein concentrate, cocoa processed w/ alkali, soy protein isolate, guar gum, natural flavours, sea salt, caramel color, sucralose, silicon dioxide.	
	Products	Soy	Whey	Whole Milk	Albumin	Collagen	Ingredients
	Vanilla Pudding	X		X			Filtered water, protein blend (milk protein concentrate, milk protein isolate, whey protein concentrate, calcium caseinate), cream, tapioca starch, fructose, natural and artificial flavour, sodium phosphate, inulin, salt, mono- diglycerides, colour (beta-carotene), sucralose, ace- sulfame-potassium, locust bean gum.
Ready Mades	Ready Made Drink Vanilla		X	X		Filtered water, protein blend (milk protein isolate, whey protein concentrate, calcium caseinate), sunflower oil, inulin, artificial flavour, cellulose, carboxymethylcellulose, salt, DATEM (diacetyl tartaric acid esters of mono and diglycerides), sodium phosphate, potassium phosphate, carrageenan, sucralose and acesulfame-K, colours (turmeric, annatto). May contain eggs, soy and wheat	
	Ready Made Drink Chocolate		X	X		Filtered water, protein blend (milk protein isolate, calcium caseinate, whey protein concentrate), cocoa powder, sunflower oil, inulin, artificial flavor, cellulose, carboxymethylcellulose, salt, sodium phosphate, DATEM (diacetyl tartaric acid esters of mono and diglycerides), potassium phosphate, carrageenan, sucralose and acesulfame K , soy lecithin. May contain eggs and wheat.	

\* Higher Carb/Treat Have Only 1 per Day

\*Ingredients may change due to product advances.