



HEALTHWISE *Big Taste. Small Waist.*

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HEALTHWISE

Taste

We strive to infuse each food and beverage with highly appealing taste, because—above all else—we want you to succeed in reaching your weight-loss goals. Big Taste. Small Waist. That's how we see it.

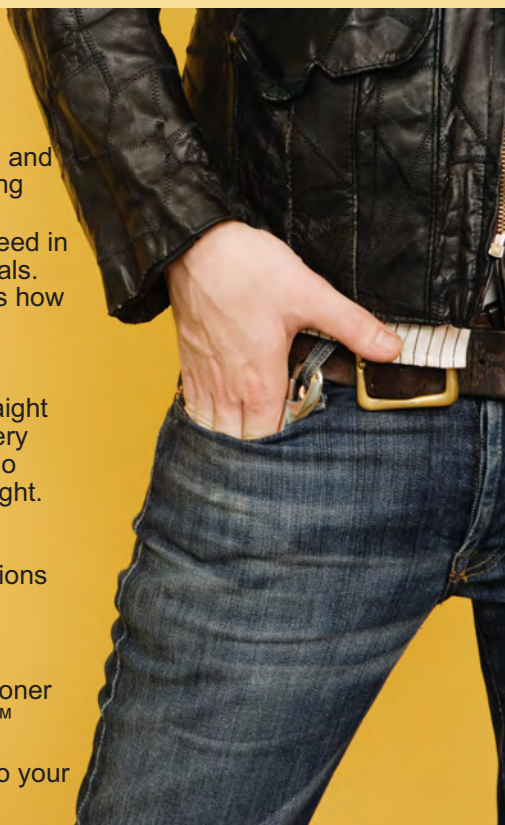
Convenience

You can eat our products straight out of the package, or with very little preparation. No mess. No fuss. No reasons to not eat right.

Portability

Light-weight grab-and-go options abound.

Please see your healthcare provider or weight-loss practitioner to order your HEALTHWISE™ items today--or to learn more about how they'll contribute to your weight-loss achievements.



Helpers	60
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In this catalog we provide ingredient lists for each of our products, as a guide. Please consult the product packaging for the most current ingredient lists. All products listed have been manufactured on equipment that has processed milk, wheat (gluten), soy, egg, peanuts and tree nuts.

Big Taste. Small Waist.

Breakfast



Pancakes

Who doesn't want good news to start the day? Here's some for you: If you're used to a hot breakfast to fortify yourself for the day ahead, you don't have to give that up just because you're on track to losing weight. Choose from among several HEALTHWISE hot breakfast options, including these pancakes. Go ahead and flap these jacks. Add water; mix, and head to the griddle. No need to drown them in syrup; you'll want to savor the pancake flavor! In blueberry, chocolate chip, and golden pancake.

Seven single-serving packets per box; 36 boxes per case.

Golden Pancakes

Item 183

Serving Size 25 g
Calories 90
Calories from fat 10
Fat 1 g
Saturated fat 0 g
Cholesterol 15 mg

Sodium 330 mg
Potassium 75 mg

Carbohydrates 6 g
Fiber <1 g
Sugar 1 g
Protein 15 g

Ingredients: Whey Protein Concentrate, Enriched Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Milk Protein Isolate, Egg Whites, Potato Starch, Leavening (Baking Soda, Corn Starch, Sodium Bicarbonate, Calcium Phosphate, Sodium Aluminum Sulfate), Guar Gum, Fructose, Eggs, Salt, Natural and Artificial Flavor, Citric Acid, Sucralose®.

Blueberry Pancakes

Item 182

Serving Size 26 g
Calories 100
Calories from fat 8
Fat 1 g
Saturated fat 0 g
Cholesterol 30 mg

Sodium 170 mg
Potassium 55 mg

Carbohydrates 8 g
Fiber <1 g
Sugar 0 g
Protein 15 g

Ingredients: Whey Protein Concentrate, Milk Protein Isolate, Enriched Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Egg Whites, Blueberries, Potato Starch, Leavening (Baking Soda, Corn Starch, Sodium Bicarbonate, Calcium Phosphate, Sodium Aluminum Sulfate), Guar Gum, Eggs, Salt, Fructose, Natural and Artificial Flavor, Citric Acid, Sucralose.

Chocolate Chip Pancakes

Item 184

Serving Size 27.4 g
Calories 100
Calories from fat 15
Fat 1.5 g
Saturated fat 1 g
Cholesterol 25 mg

Sodium 260 mg
Potassium 75 mg

Carbohydrates 9 g
Fiber <1 g
Sugar 2 g
Protein 15 g

Ingredients: Whey Protein Concentrate, Milk Protein Isolate, Enriched Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Egg Whites, Chocolate Chips (Sugar, Partially Hydrogenated Vegetable Oil [Palm Kernel, Coconut, Palm], Cocoa [may be processed with Alkali], Dextrose, Whey [milk], Soy Lecithin [an emulsifier], and vanillin [an artificial flavoring]), Potato Starch, Leavening (Baking Soda, Corn Starch, Sodium Bicarbonate, Calcium Phosphate, Sodium Aluminum Sulfate), Guar Gum, Eggs, Salt, Fructose, Natural and Artificial Flavor, Citric Acid, Sucralose.



Omelets



If you're used to enjoying a hot breakfast with eggs in the morning you can still have that. Our Bacon and Cheese or Vegetable Omelets will leave you feeling satisfied and filled. The only difference from your old omelet? No dicing required.

Seven single-serving packets per box;
36 boxes per case.

Bacon and Cheese Omelet

Item 181

Serving Size 23 g
Calories 100
Calories from fat 25
Fat 3 g
Saturated fat 1 g
Cholesterol 100 mg

Sodium 370 mg
Potassium 125 mg

Carbohydrates 2 g
Fiber 0 g
Sugar 1 g
Protein 15 g

Ingredients: Whey Protein Concentrate, Eggs, Egg Whites, Textured Vegetable Protein (Soy Flour, Caramel Color, and FD&C Red #40), Natural and Artificial Flavors, Salt. Contains less than 2% of the following: Yeast Extract, Partially Hydrogenated Soybean Oil (with BHT as an antioxidant), Beta-Carotene Color (with Maltodextrin, Gum Acacia, Medium Chain Triglycerides, Sucrose, Sodium Ascorbate, Di-alpha-tocopherol), Tomato Powder, Onion Powder, Garlic Powder, Spices, Sunflower Oil (antidusting agent), Vitamins and Minerals (Ascorbic Acid, Ferric Orthophosphate, Niacinamide, Cyanocobalamin, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin).

Vegetable Omelet

Item 197

Serving Size 24.5 g
Calories 100
Calories from fat 30
Fat 3 g
Saturated fat 1 g
Cholesterol 105 mg

Sodium 200 mg
Potassium 115 mg

Carbohydrates 4 g
Fiber 0 g
Sugar < 1 g
Protein 15 g

Ingredients: Protein Concentrate, Eggs, Egg Whites, Yeast Extract, Natural Flavoring, Salt, Tomato Powder, Onion Powder, Garlic Powder, Spices, Sunflower Oil (antidusting agent), Mushroom Bits, Red Bell Pepper, Natural and Artificial Flavor, Natural Cheese Flavor, Parmesan Cheese (Milk, Salt, Cheese Cultures, Enzymes), Whey, Disodium Phosphate, Lactic Acid, Parsley Flakes, Beta Carotene.





Oatmeal

Goldilocks only wished she could have it this good. Oatmeal with high-quality protein, low carbs, and low fat in four tempting flavors... Just right.

Seven single-serving packets per box; 36 boxes per case.

Regular Oatmeal

Item 185

Serving Size 26.5 g
Calories 100
Calories from fat 11
Fat 1 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 220 mg
Potassium 140 mg

Carbohydrates 6 g
Fiber 1 g
Sugar 0 g
Protein 14 g

Ingredients: Soy Protein, Instant Oats, Milk Protein Isolate, Xanthan Powder, Salt, Sodium Bicarbonate, Sucralose.

Maple 'n' Brown Sugar Oatmeal

Item 186

Serving Size 26.5 g
Calories 100
Calories from fat 10
Fat 1 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 230 mg
Potassium 100 mg

Carbohydrates 8 g
Fiber 1 g
Sugar 0 g
Protein 14 g

Ingredients: Soy Protein, Instant Oats, Milk Protein Isolate, Xanthan Powder, Natural & Artificial Maple Flavor, Natural and Artificial Brown Sugar Flavor, Salt, Carmel Powder, Sodium Bicarbonate, Sucralose.

Apples 'n' Cinnamon Oatmeal

Item 187

Serving Size 29.5 g
Calories 100
Calories from fat 10
Fat 1 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 200 mg
Potassium 105 mg

Carbohydrates 8 g
Fiber 2 g
Sugar < 1 g
Protein 14 g

Ingredients: Soy Protein, Instant Oats, Milk Protein Isolate, Xanthan Powder, Salt, Sodium Bicarbonate, Sucralose.

Peaches 'n' Cream Oatmeal

Item 196

Serving Size 27.0 g
Calories 100
Calories from fat 10
Fat 1 g
Saturated fat 0 g
Cholesterol < 5 mg

Sodium 230 mg
Potassium 115 mg

Carbohydrates 8 g
Fiber < 1 g
Sugar 0 g
Protein 15 g

Ingredients: Instant Oats, Soy Protein, Milk Protein Isolate, Xanthan Powder, Natural & Artificial Flavor, Citric Acid, Salt, Sodium Bicarbonate, Sucralose.

Big Taste. Small Waist.

Protein Pastries

Your children or grandchildren may wonder why the pop-up pastries you serve them always have corners missing, but we know. Leave theirs alone now and nibble on a pastry of your own. Then toss a lemon protein pastry into your big-kid lunch box to complement your afternoon tea, or reserve a cinnamon pastry to curb mid-morning hunger. Children all over America can finally have their rectangles whole from the crinkly packet again, because the adults have their own low-sugar treat.

Seven individually wrapped packets per box; 24 boxes per case.

Lemon Pastry

Item 421

Serving Size 1 pastry	Sodium 160 mg	Carbohydrates 18 g
Calories 180		Fiber 9 g
Calories from fat 50		Sugar 1 g
Fat 6 g		Protein 15 g
Saturated fat 3.5 g		
Cholesterol 15 mg		

Ingredients: Protein Blend (Soy Protein Isolate, Whey Protein Isolate, Milk Protein Concentrate), Honey, Unsalted Butter, Glycerin, Brown Sugar, Yogurt, Lemon Fruit, Natural Lemon Flavor, Corn Syrup, Eggs, Starch, Collagen, Water, Oat Bran, Fibersol, Salt, Gum Arabic Powder, Baking Soda, Potassium Sorbate, Sucralose.



Cinnamon Pastry

Item 420

Serving Size 1 pastry	Sodium 150 mg	Carbohydrates 18 g
Calories 180		Fiber 8 g
Calories from fat 50		Sugar 1 g
Fat 6 g		Protein 14 g
Saturated fat 3.5 g		
Cholesterol 15 mg		

Ingredients: Protein Blend (Soy Protein Isolate, Whey Protein Isolate, Milk Protein Concentrate), Brown Sugar, Honey, Unsalted Butter, Glycerin, Yogurt, Eggs, Corn Syrup, Water, Starch, Collagen, Vanilla Extracts, Cinnamon Drops, Natural Cinnamon Flavor, Natural Cinnabun Flavor, Cinnamon Spread, Oat Bran, Fibersol, Salt, Gum Arabic Powder, Baking Soda, Potassium Sorbate, Cinnamon, Sucralose.

15 Gram Protein Cereal



We saw that toddlers everywhere are onto something good, and we made it even better. But just for you. It's your turn to take your own little tub of o-shaped cereals everywhere to snack on. Or you can scoop them out of a bowl each morning for breakfast. All we ask is that you check your seat when you're done, or your dog (or your toddler) is going to be getting some of those 15 grams of protein we meant for you. You don't have to share.

Five single-serving packets per box; 18 boxes per case.

Cinnamon Vanilla Cereal

Item 189

Serving Size 24.5 g
Calories 90
Calories from fat 5
Fat 0.5 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 95 mg
Potassium 269 mg

Carbohydrates 7 g
Fiber 2 g
Sugar 1 g
Protein 15 g

Ingredients: Soy Protein Isolate, Soy Flour, Soy Protein Concentrate, Rice Flour, Maltodextrin, Cinnamon, Vanilla Powder, Sucralose.

Honey Nut Cereal

Item 188

Serving Size 31.5 g
Calories 110
Calories from fat 5
Fat 0.5 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 100 mg
Potassium 271 mg

Carbohydrates 13 g
Fiber 2 g
Sugar 2 g
Protein 15 g

Ingredients: Soy Protein, Instant Oats, Milk Protein Isolate, Xanthan Powder, Salt, Sodium Bicarbonate, Sucralose.

Cocoa Cereal

Item 190

Serving Size 31 g
Calories 110
Calories from fat 10
Fat 1 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 140 mg
Potassium 85 mg

Carbohydrates 7 g
Fiber 2 g
Sugar 6 g
Protein 15 g

Ingredients: Soy Protein Isolate, Soy Flour, Soy Concentrate, Sugar, Rice Flour, Cocoa Powder, Canola Oil, Natural & Artificial Chocolate Flavor, Salt, Sucralose.

Big Taste. Small Waist.



Lunch Break

Ah soup, the always-reliable comfort food. When you want that nurturing warmth down to your core, reach for a convenient packet. Before you know it you'll be sipping a delicious, hot Cream of Tomato or Beef with Pasta soup--or one of our seven other flavors. And if you find yourself wanting to lick the bottom of the bowl, go ahead. We won't look.

Available in a variety pack. Ask for item 167.

Seven single-serving packets per box; 36 boxes per case.

Soup



Chicken Bouillon Soup

Item 168

Serving Size 20 g
Calories 70
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 15 mg

Sodium 180 mg
Potassium 40 mg

Carbohydrates 1 g
Fiber 0 g
Sugar 0 g
Protein 15 g

Ingredients: Whey Protein Concentrate, Hydrolyzed Gelatin, Chicken Bouillon, Vegetable Broth, Natural Flavor, Salt, Yeast Extract, Celery, Ground Turmeric, White Pepper, Parsley Flakes, I&G.

Beef Bouillon Soup

Item 169

Serving Size 20 g
Calories 70
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 480 mg
Potassium 85 mg

Carbohydrates 1 g
Fiber 0 g
Sugar 0 g
Protein 15 g

Ingredients: Hydrolyzed Gelatin, Whey Protein Concentrate, Seasoning Granules, Vegetable Broth, Yeast Extract, Caramel Color, Silicon Dioxide, Cellogen, Potassium Chloride, I&G, Parsley Flakes.

Tomato Bouillon Soup

Item 170

Serving Size 23.5 g
Calories 80
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 125 mg
Potassium 220 mg

Carbohydrates 5 g
Fiber <1 g
Sugar 3 g
Protein 15 g

Ingredients: Hydrolyzed Gelatin, Tomato Powder, Vegetable Broth, Seasoning Granules, Salt, Cellulose Gum, Basil, Artificial Flavor, Citric Acid, Onion Powder, Dehydrated Garlic, Ground Basil, White Pepper, I&G, FD&C Red # 40, Annatto Powder.

Cream of Mushroom Soup

Item 172

Serving Size 24.5 g
Calories 90
Calories from fat 10
Fat 1 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 390 mg
Potassium 180 mg

Carbohydrates 6 g
Fiber 0 g
Sugar 0 g
Protein 15 g

Ingredients: Hydrolyzed Gelatin, Soy Protein, Ultra Spere Starch, Non-Dairy Creamer, Salt, Yeast Extract, Mushroom Bits, Natural and Artificial Flavor, HVP, Potassium Chloride, Onion Powder, Tricalcium Phosphate, I&G, White Pepper.

Beef with Pasta Soup

Item 173

Serving Size 27 g
Calories 90
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol <5 mg

Sodium 560 mg
Potassium 135 mg

Carbohydrates 7 g
Fiber 0 g
Sugar 0 g
Protein 16 g

Ingredients: Hydrolyzed Gelatin, Instant Pasta (Semolina or Durum Flour, Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Whey Protein Concentrate, Vegetable Seasoning, HVP, Dehydrated Carrots, Caramel Powder, Silicon Dioxide, Cellogen, Potassium Chloride, I&G, Parsley Flakes.



More Soups



Cream of Tomato Soup

Item 175

Serving Size 27.5 g
Calories 100
Calories from fat 15
Fat 1.5 g
Saturated fat 0 g
Cholesterol 20 mg

Sodium 440 mg
Potassium 220 mg

Carbohydrates 8 g
Fiber 0 g
Sugar 3 g
Protein 15 g

Ingredients: Whey Protein Concentrate, Hydrolyzed Gelatin, Tomato Powder, Starch, Non-Dairy Creamer, Salt, Citric Acid, Xanthan Gum, I&G, FD&C Red #40.

Cream of Broccoli Soup

Item 171

Serving Size 23 g
Calories 80
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 15 mg

Sodium 530 mg
Potassium 105 mg

Carbohydrates 4 g
Fiber 0 g
Sugar 0 g
Protein 15 g

Ingredients: Hydrolyzed Gelatin, Whey Protein Concentrate, Mirathick Starch, Cellogen, Salt, Broccoli Flavoring, Broccoli Powder, Broccoli Florets, Onion Powder, Malic Acid, I&G, Dehydrated Garlic.

Chicken with Pasta Soup

Item 174

Serving Size 27 g
Calories 90
Calories from fat 5
Fat 0.5 g
Saturated fat 0 g
Cholesterol 15 mg

Sodium 180 mg
Potassium 65 mg

Carbohydrates 7 g
Fiber 0 g
Sugar 0 g
Protein 15 g

Ingredients: Whey Protein Concentrate, Instant Pasta (Semolina or Durum Flour, Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Hydrolyzed Gelatin, Chicken Bouillon, Vegetable Broth, Natural Flavor, Dehydrated Carrots, Salt, Yeast Extract, Celery, Ground Turmeric, White Pepper, Parsley Flakes, I&G.

Cream of Chicken Soup

Item 176

Serving Size 26 g
Calories 95
Calories from fat 15
Fat 2 g
Saturated fat 0.5 g
Cholesterol 15 mg

Sodium 440 mg
Potassium 70 mg

Carbohydrates 5 g
Fiber 0 g
Sugar 1 g
Protein 15 g

Ingredients: Whey Protein Concentrate, Hydrolyzed Gelatin, Modified Food Starch, Sour Cream (Cultured Cream, Nonfat Dry Milk), Hydrolyzed Soy/Corn Protein, Natural Flavor, Partially Hydrogenated Cottonseed/Soybean Oil, Maltodextrin, Disodium Inosinate, Disodium Guanylate, Autolyzed Yeast Extract, Thiamine Hydrochloride, Tricalcium Phosphate, Natural and Artificial Flavor, Salt, Tomato Powder, Onion Powder, Garlic Powder, Spices, Sunflower Oil (anti-dusting agent), Dehydrated Carrots, Gum Arabic, Xanthan Gum, Guar Gum, Dehydrated Parsley.

Are you ever so hungry at meal time that you wish you were Captain Picard, simply pressing a button on board your starship and having a complete meal appear, ready to eat? You can, with our space-age Instant Pasta and Light Entrées. They are light in weight coming out of the packet (making them perfect for backpacking), but after you mix them with liquid you have an amazingly filling dish. They're light in calories, too, though, at just 115 to 140 calories. Make it so.

Light Entrées



Four single-serving packets per box; 18 boxes per case.

Vegetarian Chili with Beans

Item 013

Serving Size 33 g	Sodium 410 mg	Carbohydrates 8 g
Calories 115	Potassium 150 mg	Fiber 5 g
Calories from fat 6		Sugar 3 g
Fat 1 g		Protein 15 g
Saturated fat 0 g		
Cholesterol 0 mg		
Ingredients: Textured Vegetable Protein, Red Beans, Soy Protein, Tomato Powder, Chili Mix, White Onions, Artificial Flavor (Hydrolyzed Soy Protein, Thiamine Hydrochloride), Vegetable Oil (Palm)], Red Bell Peppers, Salt, Cumin, Citric Acid, Xanthan Gum.		

Spaghetti Bolognese

Item 014

Serving Size 41 g	Sodium 350 mg	Carbohydrates 18 g
Calories 140	Potassium 510 mg	Fiber 4 g
Calories from fat 8		Sugar 5 g
Fat 1 g		Protein 15 g
Saturated fat 0 g		
Cholesterol 0 mg		
Ingredients: Textured Vegetable Protein, Tomato Powder, Pasta (Durum flour, niacin, ferrous sulfate [iron], thiamine mononitrate, riboflavin, folic acid), Soy Protein, Calcium Caseinate, Artificial Flavor (Hydrolyzed Soy Protein, Thiamine Hydrochloride), Vegetable Oil [Palm], Salt, Modified Food Starch, Vegetable Broth Seasoning, Gum Arabic, Fibersol, Potassium Citrate, I&G, Celery, Annatto Food Color, White Pepper.		

Nacho Cheese Pasta

Item 015

Serving Size 40 g	Sodium 500 mg	Carbohydrates 16 g
Calories 140	Potassium 360 mg	Fiber 2 g
Calories from fat 16		Sugar 3 g
Fat 2 g		Protein 15 g
Saturated fat 1.5 g		
Cholesterol 5 mg		
Ingredients: Textured Vegetable Protein, Instant Elbow Macaroni, Calcium Caseinate, Beef Flavor, Romano Cheese, Parmesan Cheese (Milk, Salt, Cheese Cultures, Enzymes), Whey, Disodium Phosphate, Lactic Acid, Modified Food Starch, Cheddar and Blue Cheese, Freeze Dried Red Bell Pepper, Milk Protein, Cheese Enhancer, Chili Seasoning, Potassium Citrate, Gum Arabic, Garlic Powder, Freeze Dried White Onion, Tomato Powder, Onion Powder, FD&C Yellow #5..		



Instant Pasta

Thought pasta was off limits to you?
Think again--and then try these
quick, creamy, scrumptious dishes
with your conscience clear.

Four single-serving packets per
box; 18 boxes per case.

Fettuccine Alfredo

Item 012

Serving Size 57 g
Calories 220
Calories from fat 20
Fat 2 g
Saturated fat 1 g
Cholesterol 5 mg

Sodium 910 mg
Potassium 135 mg

Carbohydrates 33 g
Fiber 1 g
Sugar 2 g
Protein 15 g

Ingredients: Enriched Macaroni (Durum Semolina Wheat Flour, Niacin, Ferrous Sulfate [iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Alfredo Sauce Mix (Calcium Caseinate, Food Starch Modified, Parmesan Cheese [Milk, Salt, Cheese Cultures, Enzymes], Whey, Sour Cream [Cultured Cream, Nonfat Dry Milk], Salt, Autolyzed Yeast Extract, Garlic Powder, Maltodextrin, Sugar, Tricalcium Phosphate, Corn Syrup Solids, Yeast Extract, Natural Flavor, Santhan Gum, Gum Arabic, Guar Gum, Black Pepper, Disodium Phosphate, Lactic Acid, Sunflower Oil).

Creamy Chicken Pasta

Item 010

Serving Size 57 g
Calories 220
Calories from fat 10
Fat 0 g
Saturated fat 0.5 g
Cholesterol 5 mg

Sodium 570 mg
Potassium 180 mg

Carbohydrates 35 g
Fiber 2 g
Sugar 3 g
Protein 15 g

Ingredients: Enriched Macaroni (Durum Semolina Wheat Flour, Niacin, Ferrous Sulfate [iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Chicken Sauce Mix (Calcium Caseinate, Food Starch Modified, Sour Cream [Cultured Cream, Nonfat Dry Milk], Salt, Yeast Extract, Hydrolyzed Soy and Corn Protein, Natural Flavor, Partially Hydrogenated Cottonseed and Soybean Oil, Maltodextrin, Disodium Inosinate, Disodium Guanylate, Autolyzed Yeast Extract, Thiamine Hydrochloride[B1], Tricalcium Phosphate, Artificial Flavor, Dehydrated Carrots, Tomato Powder, Onion Powder, Garlic, Spices, Xanthan Gum, Gum Arabic, Guar Gum, Dehydrated Parsley, Sunflower Oil).

Creamy Mushroom Pasta

Item 011

Serving Size 57 g
Calories 210
Calories from fat 15
Fat 1.5 g
Saturated fat 0 g
Cholesterol 5 mg

Sodium 730 mg
Potassium 160 mg

Carbohydrates 34 g
Fiber <1 g
Sugar 2 g
Protein 15 g

Ingredients: Enriched Macaroni (Durum Semolina Wheat Flour, Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid); Mushroom Sauce Mix (Calcium Caseinate, Food Starch Modified, Maltodextrin, Tapioca Maltodextrin, Autolyzed Yeast Extract, Hydrogenated Soybean Oil, Salt, Dehydrated Mushrooms, Yeast Extract, Natural and Artificial Flavor, Xanthan Gum, Gum Arabic, Guar Gum, Sour Cream [Cultured Cream, Nonfat Dry Milk], Tomato Powder, Onion Powder, Garlic, Spices, Sunflower Oil).

35-Gram Protein Meal Replacements

If extra protein is part of your plan, then you'll want to include these complete meal replacement drinks, loaded with 35 grams of protein and fortified with vitamins. In chocolate and vanilla, for a healthy, filling, quick meal.

Seven single-serving packets per box; 14 boxes per case.



Chocolate Meal Replacement

Item 240

Serving Size 68.04 g
Calories 230
Calories from fat 10
Fat 1 g
Saturated fat 0.5 g
Cholesterol 5 mg

Sodium 440 mg
Potassium 1000 mg

Carbohydrates 20 g
Fiber 3 g
Sugar 2 g
Protein 35 g

Ingredients: Milk Protein Isolate, Maltodextrin, Cocoa Powder, Natural and Artificial Flavor, Egg Whites, Potassium Citrate, Saladizer, Tricalcium Phosphate, Salt, Vitamin A Palmitate, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Reduced Iron, Niacinamide, Zinc Oxide, d-Calcium Panthothenate, Pyridoxine Hydrochloride, Copper Gluconate, Riboflavin, Thiamine, Mononitrate, Folic Acid, Biotin, Potassium Iodide, Cyanocobalamin, Aspartame, Beta Carotene, Annatto Powder.

Vanilla Meal Replacement

Item 241

Serving Size 68.04 g
Calories 240
Calories from fat 15
Fat 1.5 g
Saturated fat 0.5 g
Cholesterol 10 mg

Sodium 380 mg
Potassium 640 mg

Carbohydrates 23 g
Fiber 0 g
Sugar 2 g
Protein 35 g

Ingredients: Milk Protein Isolate, Maltodextrin, Non-Dairy Creamer, Artificial Flavor, Egg White, Potassium Citrate, Saladizer, Tricalcium Phosphate, Vitamin A Palmitate, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Reduced Iron, Niacinamide, Zinc Oxide, d-Calcium Panthothenate, Pyridoxine Hydrochloride, Copper Gluconate, Riboflavin, Thiamine, Mononitrate, Folic Acid, Biotin, Potassium Iodide, Cyanocobalamin, Salt, Aspartame, Beta Carotene, Annatto Powder.

Big Taste. Small Waist.

Salad Dressing



Don't you hate it when your healthy, fresh salad comes drenched and ruined by high-fat, sugar-laden dressing? Our dressings add the flavor you desire to your crisp veggies, but with no fat and only enough carbs to keep the taste interesting. Keep a single-serving packet in your purse or pocket, and you'll always have your own healthy topping with you. Well, you might want to take two, because your friends will surely want what you're having.

14 single-serving packets per box;
36 boxes per case.

Dijon Honey Mustard Dressing

Item 192

Serving Size 28 g

Sodium 155 mg

Carbohydrates 7 g

Calories 28

Fiber 0 g

Calories from fat 0

Sugar 7 g

Fat 0 g

Protein 0 g

Saturated fat 0 g

Cholesterol 0 mg

Ingredients: Water, Sugar, Light Amber Honey, Vinegar, Modified Food Starch, Salt, Xanthan Gum, Ground Mustard, Cracked Brown Mustard Seed, Titanium Dioxide, Onion Powder, Potassium Sorbate, Sodium Benzoate, Carboxymethylcellulose, Caramel Color, FD&C Yellow #5.

Italian Dressing

Item 193

Serving Size 28 g

Sodium 172 mg

Carbohydrates 5 g

Calories 22

Fiber 0 g

Calories from fat 0

Sugar 5 g

Fat 0 g

Protein 0 g

Saturated fat 0 g

Cholesterol 0 mg

Ingredients: Water, Sugar, Cider Vinegar, Vinegar, Xanthan Gum, Salt, Modified Food Starch, Minced Garlic, Minced Onion, Black Pepper, Red & Green Peppers, Potassium Sorbate, Sodium Benzoate, Ground Thyme, Ground Marjoram, Oregano.

The French know that the trick to keeping weight down is to enjoy all the senses while we prepare and eat food, to sit to eat, to share meals with those we love, and to savor the experience over several hours if possible. Can you picture yourself seated at a rustic table in the French countryside with nothing to do but enjoy a leisurely meal, engaging conversation, and contagious laughter with friends?

But back to reality and the work deadlines, the family members who need your time, and the appointments to keep. When you absolutely need to have your meal ready to eat quickly, you can count on HEALTHWISE. Our product offerings include complete entrees to heat in 90 seconds, protein bars ready to peel into, and light-weight shake bottles made for you to add water on the go.

We hope you'll take a few minutes to enjoy the pleasure of eating and drinking your HEALTHWISE snacks and meals though, because we've put a lot of work into imbibing each morsel with the sumptuous tastes that set us apart. It's not always easy to do, but you're worth it to us. *Bon appetit, mon ami!*



Supper Time



Shelf Stable Entrees

Find yourself staring vacantly into your home pantry at dinner time with no inspiration? Stuck at work with no lunch bag? Then you'll love the easy, no-mess meal options of our varied entrees. These are shelf stable, meaning they don't need to be refrigerated. We've included several vegetarian options, too. Keep a few on hand for a 90-second solution to your meal planning gaps. We all have these gaps, but not everyone knows about these delicious solutions. Welcome to the club.

Comes in single-serving boxes; 24 boxes per case.

Beef and Bean Enchilada Entree

Item 359

Serving Size 227 g
Calories 210
Calories from fat 50
Fat 6 g
Saturated fat 2.5 g
Cholesterol 15 mg

Sodium 640 mg

Carbohydrates 28 g
Fiber 11 g
Sugar 6 g
Protein 11 g

Ingredients: Water, Enchiladas (Filling: Pinto Beans, Beef, Water, Onions, Textured Soy Protein Concentrate with Caramel Color, Crushed Tomatoes, Soybean Oil, Salt, Chili Powder [Chili Pepper, Cumin, Oregano, Garlic], Cumin, Granulated Garlic, Modified Corn Starch, Black Pepper, Cayenne, Onion Powder) (Wrapper: Durum Flour [Durum Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid], Egg Whites, Water, Corn Meal, Corn Flavor [Propylene Glycol, Triethyl Citrate]), Tomato Paste, Onions, Green Chillies (Green Chile Peppers, Water, Citric Acid, Calcium Chloride and Salt), Modified Corn Starch, Sugar, Natural Flavors, Hydrolyzed Plant Protein (Hydrolyzed Corn Gluten, Wheat Protein and Soy Protein, Autolyzed Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oils), Distilled Vinegar, Salt, Spices, Paprika, Paprika Oleoresin.

Vegetable Stew with Beef Entree

Item 354

Serving Size 227 g
Calories 180
Calories from fat 50
Fat 5 g
Saturated fat 2 g
Cholesterol 35 mg

Sodium 590 mg

Carbohydrates 16 g
Fiber 2 g
Sugar 2 g
Protein 18 g

Ingredients: Water, Beef (Beef, Water, Salt), Potatoes, Onions, Carrots, Peas, Celery, Tomato Paste, Modified Corn Starch, Beef Flavor (Hydrolyzed Corn Gluten, Soy Protein and Wheat Gluten, Yeast Extract, Maltodextrin, Dehydrated Beef, Partially Hydrogenated Cottonseed and Soy Oils, Dextrose), Worcestershire Sauce (Vinegar, Molasses, High Fructose Corn Syrup, Anchovies, Water, Hydrolyzed Soy and Corn Proteins, Onions, Tamarinds, Salt, Garlic, Cloves, Chili Peppers, Natural Flavorings, Shallots), Natural Flavors, Salt, Spices, Caramel Color.

Spaghetti and Meatballs Entree

Item 356

Serving Size 227 g
Calories 230
Calories from fat 70
Fat 8 g
Saturated fat 3.5 g
Cholesterol 25 mg

Sodium 740 mg

Carbohydrates 27 g
Fiber 3 g
Sugar 8 g
Protein 13 g

Ingredients: Diced Tomatoes in Juice (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Cooked Meatballs (Beef, Water, Textured Vegetable Protein [Soy Flour, Caramel Color], Seasoning [Salt, Garlic, Onion Powder], Parmesan Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Spices, Sugar, White Pepper), Beef Flavoring [Sugar, Flavoring, Hydrolyzed Soy Protein, Spice Extractives, Extract of Garlic], Pasta (Durum Semolina, Egg Whites, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Crushed Tomatoes, Onion, Parmesan Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Garlic Puree, Salt, Sugar, Spices.



Big Taste. Small Waist.



More Shelf Stable Entrees

Gravy with Pot Roast and Vegetables Entree

Item 355

Serving Size 283 g
Calories 240
Calories from fat 50
Fat 6 g
Saturated fat 1.5 g
Cholesterol 40 mg

Sodium 920 mg

Carbohydrates 21 g
Fiber 2 g
Sugar 3 g
Protein 26 g

Ingredients: Beef Stock, Cooked Beef, Potatoes, Carrots, Green Bean, Modified Corn Starch, Beef Flavor (Autolyzed Yeast Extract, Soy Sauce [Soybeans, Wheat, Salt], Partially Hydrogenated Soybean and Cottonseed Oil, and Lactic Acid), Tomato Paste, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Riboflavin, Folic Acid), Canola Oil, Salt, Dehydrated Onion, Spice.

Pasta Fagioli (vegetarian) Entree

Item 353

Serving Size 227 g
Calories 200
Calories from fat 60
Fat 7 g
Saturated fat 1 g
Cholesterol 0 mg

Sodium 480 mg

Carbohydrates 25 g
Fiber 4 g
Sugar 8 g
Protein 13 g

Ingredients: Tomatoes (Tomatoes, Tomatoes in Juice, Citric Acid, Calcium Chloride), Water, Vegetarian Sausage (Textured Vegetable Protein [Wheat Gluten, Soy Protein Concentrate, Water], Water, Corn Oil. Contains 2% or less of Oligofructose, Spices, Salt, Maltodextrin, Natural Flavors from non-meat sources, Lactose, Hydrolyzed Soy Protein and Corn Gluten, Wheat Gluten, Dextrose, Autolyzed Yeast Extract, Caramel Color, Cultured Whey, Garlic Powder, Modified Corn Starch, Malic Acid, Vitamins and Minerals [Niacinamide, Iron, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Cyanocobalamin], Onion Powder, Hydrolyzed Torula and Brewer's Yeast), Soybeans, Carrots, Crushed Tomatoes, Pasta (Durum Semolina, Egg Whites, Niacin, Ferrous Sulfate, Thiamine, Mononitrate, Riboflavin, Folic Acid), Kidney Beans, Onions, Kale, Corn Starch, Parmesan Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Vegetable Flavor (Yeast Extract, Sugar, Salt, Corn Syrup Solids, Natural Flavors, Onions, Wheat Maltodextrin, Carrots, Soy Sauce [Soybeans, Wheat, Salt], Dextrose, Garlic Spice), Garlic, Sugar, Spices, Salt, Paprika Oleoresin.



Chicken Ravioli in Marinara Entree

Item 362

Serving Size 227 g
Calories 210
Calories from fat 35
Fat 4 g
Saturated fat 1 g
Cholesterol 25 mg

Sodium 590 mg

Carbohydrates 16 g
Fiber 2 g
Sugar 2 g
Protein 18 g

Ingredients: Tomato Puree (Ground Tomatoes, Tomato Puree, Salt), Chicken Ravioli (Durum Flour [Durum Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid], Cooked Chicken, Water, Egg Whites, Chicken Broth, Eggs, Carrots, Celery, Bread Crumbs [Bleached Wheat Flour, Yeast, Sugar, Salt], Parmesan Cheese [Part Skim Milk, Cheese Cultures, Salt, Enzymes], Salt, Onion Powder, Guar Gum and Xanthan Gum, Parsley, White Pepper, Soybean Oil), Water, Onions. Contains 2% or less of the following ingredients: Tomato Paste, Parmesan Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Modified Corn Starch, Olive Oil, Sea Salt, Basil, Evaporated Cane Juice, Spices.



Spicy Oriental Chicken Entree

Item 360

Serving Size 227 g
Calories 230
Calories from fat 35
Fat 4 g
Saturated fat 0.5 g
Cholesterol 25 mg

Sodium 480 mg

Carbohydrates 35 g
Fiber 3 g
Sugar 4 g
Protein 13 g

Ingredients: Water, White Rice (Enriched with Niacin, Thiamine, Iron, Folic Acid), Cooked Chicken, Tamari Lite Sauce (Water Soybeans, Salt, Wheat), Red Bell Pepper, Carrots, Mushrooms (Mushrooms, Water, Salt), Water Chestnuts, Modified Food Starch, Onions, Sugar, Canola Oil, Rice Vinegar, Natural Flavors, Sesame Oil, Spices, Salt, Chili Pepper.

Chicken Pasta Parmesan Entree

Item 357

Serving Size 227 g
Calories 200
Calories from fat 30
Fat 3.5 g
Saturated fat 1.5 g
Cholesterol 30 mg

Sodium 430 mg

Carbohydrates 26 g
Fiber 2 g
Sugar 4 g
Protein 17 g

Ingredients: Water, Cooked Chicken (Chicken, Water, Salt), Pasta (Durum Semolina, Egg Whites, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Crushed Tomatoes, Parmesan Cheese (Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes), Modified Food Starch, Romano Cheese (Pasteurized Cow's Milk, Cheese Culture, Salt, Enzymes), Green Bell Peppers, Tomato Paste, Sugar, Natural Flavors, Salt, Spices, Paprika Oleoresin.



More Shelf Stable Entrees

Five Bean Casserole (vegetarian) Entree

Item 358

Serving Size 227 g
Calories 200
Calories from fat 30
Fat 3.5 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 430 mg

Carbohydrates 31 g
Fiber 10 g
Sugar 4 g
Protein 10 g

Ingredients: Water, Red Beans, White Beans, Lentils, Potatoes, Onions, Chick Peas, Carrots, Red Bell Pepper, Modified Food Starch, Canola Oil, Tomato Paste, Vegetable Flavor (Yeast Extract, Sugar, Salt, Corn Syrup Solids, Natural Flavors, Onions, Wheat, Maltodextrin, Carrots, Soy Sauce [Soybeans, Wheat, Salt], Dextrose, Garlic, Spice), Sugar, Salt, Natural Flavorings, Spice.

Vegetable Lasagne (vegetarian) Entree

Item 351

Serving Size 227 g
Calories 220
Calories from fat 50
Fat 5 g
Saturated fat 3 g
Cholesterol 10 mg

Sodium 270 mg

Carbohydrates 33 g
Fiber 4 g
Sugar 11 g
Protein 11 g

Ingredients: Lasagna Patty (Pasta: Durum Flour [Durum Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Eggs, Egg Whites); (Filling: Ricotta Cheese [Whey, Milk, Cream, Vinegar, Xanthan Gum, Locust Bean Gum, Guar Gum], Pinto Beans, Spinach, Mozzarella Cheese [Cultured Milk, Cultures, Salt, Enzymes] and Nonfat Milk, Water, Onions, Carrots, Parmesan Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes, Calcium Propionate], Bread Crumbs [Bleached Wheat Flour, Yeast, Sugar, Salt], Eggs, Corn, Peas, Butter [Cream, Natural Flavors], Romano Cheese [Pasteurized Sheep's Milk, Cheese Cultures, Salt, Enzymes, Calcium Propionate], Garlic, Salt, Sugar, Black Pepper, Guar Gum); Water, Crushed Tomatoes, Onions, Black Olives (Olives, Water, Salt, Ferrous Gluconate), Green Bell Peppers, Sugar, Modified Corn Starch, Spices.



Turkey Chilli with Beans Entree

Item 350

Serving Size 227 g
Calories 230
Calories from fat 30
Fat 3.5 g
Saturated fat 1 g
Cholesterol 40 mg

Sodium 590 mg

Carbohydrates 29 g
Fiber 8 g
Sugar 6 g
Protein 22 g

Ingredients: Turkey (Turkey, Salt), Water, Pinto Beans, Crushed Tomatoes, Tomatoes (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Onions, Beef Stock, Chili Powder (Chili Pepper, Cumin, Onion, Garlic, Salt, Oregano), Modified Food Starch, Wheat Flour (Enriched with Niacin, Reduced Iron, Thiamine, Riboflavin, Folic Acid), Natural Flavors, Worcestershire Sauce (Vinegar, Molasses, High Fructose Corn Syrup, Anchovies, Water, Hydrolyzed Soy and Corn Protein, Onion, Tamarinds, Salt, Garlic, Cloves, Chili Pepper, Natural Flavorings, Shallots), Sugar, Salt, Spices.



Beef Stroganoff with Noodles Entree

Item 352

Serving Size 255 g
Calories 260
Calories from fat 70
Fat 8 g
Saturated fat 1.5 g
Cholesterol 35 mg

Sodium 830 mg

Carbohydrates 33 g
Fiber 4 g
Sugar 11 g
Protein 11 g

Ingredients: Water, Cooked Beef, Egg Noodles (Durum Semolina, Eggs, Glyceryl Monostearate, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Mushrooms, Onions, Wine, Sour Cream (Cultured Cream, Nonfat Milk), Modified Corn Starch, Tomato Paste, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Riboflavin, Folic Acid), Sugar, Salt, Flavor (Autolyzed Yeast Extract, Soy Sauce [Soybeans, Wheat, Salt], Partially Hydrogenated Soybean and Cottonseed Oil, and Lactic Acid), Sour Cream Flavor (Maltodextrin, Modified Food Starch, Sour Cream Solids, Citric Acid, Vinegar Solids, Corn Syrup Solids, Nonfat Dry Milk, Flavor, Tocopherols, Ascorbyl Palmitate), Spices, Natural Flavor.

Green Pepper Steak with Rice Entree

Item 364

Serving Size 227 g
Calories 230
Calories from fat 45
Fat 5 g
Saturated fat 1 g
Cholesterol 20 mg

Sodium 310 mg

Carbohydrates 32 g
Fiber 2 g
Sugar 6 g
Protein 13 g

Ingredients: Water, Cooked Beef (Beef, Salt), Enriched Rice (Rice, Niacin, Thiamine, Iron, Folic Acid), Green Bell Pepper, Water Chestnuts, Crushed Tomatoes, Modified Food Starch. Contains 2% or less of the following ingredients: Brown Sugar, Canola Oil, Tamari Sauce (Water, Soybeans, Salt, Alcohol, Wheat), Dehydrated Onions, Natural Flavor, Beef Flavor (Yeast Extract, Soy Sauce [Soybeans, Wheat, Salt], Partially Hydrogenated Soybean and Cottonseed Oil, and Lactic Acid), Spice.

Dessert Dalliances



Protein Cookies

Our cookies may not be famous yet, but we know you'll love being able to snack on these without shame. We keep calories, fat, and carbs to a minimum without sacrificing taste, so you can enjoy this protein treat without worry.

Seven individually wrapped single-serving cookies per box; 24 boxes per case.



Chocolate Chip Cookie

Item 412

Serving Size 1 cookie
Calories 170
Calories from fat 60
Fat 6 g
Saturated fat 4 g
Cholesterol 15 mg

Sodium 160 mg

Carbohydrates 16 g
Fiber 1 g
Sugar 5 g
Protein 15 g

Ingredients: Protein Blend (Soy Protein Isolate, Whey Protein Isolate, Milk Protein Concentrate), High Pro Confectionary Drops, Honey, Unsalted Butter, Glycerin, Brown Sugar, Water, Corn Syrup, Eggs, Starch, Collagen, Vanilla Extracts, Oat Bran, Fibersol, Baking Soda, Salt, Potassium Sorbate, Sucralose.

Oatmeal Raisin Cookie

Item 413

Serving Size 1 cookie
Calories 155
Calories from fat 35
Fat 3.5 g
Saturated fat 1 g
Cholesterol 5 mg

Sodium 150 mg

Carbohydrates 16 g
Fiber 3 g
Sugar 7 g
Protein 15 g

Ingredients: Protein Blend (Whey Protein Isolate, Soy Protein Isolate, Milk Protein Concentrate), Rolled Oats, Agave Syrup, Raisins, Water, Glycerin, Honey, Collagen, Unsalted Butter, Brown Sugar, Sunflower Oil, Polydextrose Powder, Eggs, Fibersol, Vanilla Extracts, Baking Soda, Gum Arabic Powder, Potassium Sorbate, Salt, Cinnamon, Sucralose.



Oatmeal Raisin Cookie with Drizzle

Item 411

Serving Size 1 cookie
Calories 170
Calories from fat 35
Fat 4 g
Saturated fat 1.5 g
Cholesterol 5 mg

Sodium 150 mg

Carbohydrates 16 g
Fiber 2 g
Sugar 8 g
Protein 15 g

Ingredients: Protein Blend (Whey Protein Isolate, Soy Protein Isolate, Milk Protein Concentrate), Rolled Oats, Agave Syrup, Raisins, Water, Glycerin, Honey, Yogurt Coating, Collagen, Unsalted Butter, Brown Sugar, Sunflower Oil, Polydextrose Powder, Eggs, Fibersol, Vanilla Extracts, Baking Soda, Gum Arabic Powder, Potassium Sorbate, Salt, Cinnamon, Sucralose.

Chocolate Chip Cookie with Drizzle

Item 410

Serving Size 1 cookie
Calories 170
Calories from fat 60
Fat 6 g
Saturated fat 4.5 g
Cholesterol 15 mg

Sodium 150 mg

Carbohydrates 16 g
Fiber 1 g
Sugar 5 g
Protein 14 g

Ingredients: Protein Blend (Soy Protein Isolate, Whey Protein Isolate, Milk Protein Concentrate), High Pro Confectionary Drops, Honey, Unsalted Butter, Glycerin, Brown Sugar, Water, Chocolate Coating, Corn Syrup, Eggs, Starch, Collagen, Vanilla Extracts, Oat Bran, Fibersol, Baking Soda, Salt, Potassium Sorbate, Sucralose.

#

Strawberry Pudding

Item 110

Serving Size 24 g
Calories 90
Calories from fat 0
Fat 0.5 g
Saturated fat 0 g
Cholesterol 10 mg

Sodium 125 mg
Potassium 150 mg

Carbohydrates 7 g
Fiber 0 g
Sugar 3 g
Protein 15 g

Ingredients: Milk Protein Isolates, Natural and Artificial Flavors, Nonfat Dry Milk, Thickeners (Modified Corn Starch, Carrageenan, Maltodextrin, Santhan and Guar Gums, Sodium Alginate), Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate, Mono & Diglycerides, Dipotassium Phosphate and Sodium Silicoaluminate), Salt, Malic Acid, Natural Strawberry Powder, Sucralose, Beet Juice, Tricalcium Phosphate.

Double Chocolate Pudding

Item 111

Serving Size 25 g
Calories 80
Calories from fat 10
Fat 1 g
Saturated fat 0 g
Cholesterol 5 mg

Sodium 290 mg
Potassium 370 mg

Carbohydrates 6 g
Fiber 3 g
Sugar 0 g
Protein 15 g

Ingredients: Milk Protein Isolates, Cocoa (processed with Alkali, Vanillin), Natural and Artificial Flavors, Thickeners (Xanthan and Guar Gums, Sodium Alginate, Modified Corn Starch, Carrageenan, Maltodextrin), Sucralose, Caramel Color, Salt, Tricalcium Phosphate.

Chocolate with Chocolate Chips and Marshmallows Pudding

Item 113

Serving Size 26 g
Calories 90
Calories from fat 1
Fat 1 g
Saturated fat 0 g
Cholesterol 5 mg

Sodium 210 mg
Potassium 230 mg

Carbohydrates 7 g
Fiber 2 g
Sugar 1 g
Protein 15 g

Ingredients: Milk Protein Isolates, Cocoa (processed with Alkali), Vanillin, Soy Lecithin, Natural and Artificial Flavors, Marshmallows (Sugar, Corn Syrup, Dextrose, Modified Corn Starch, Gelatin, Artificial & Natural Flavor), Thickeners (Xanthan and Guar Gums, Sodium Alginate, Modified Corn Starch, Carrageenan, Maltodextrin), Chocolate Chips (Sugar, Partially Hydrogenated Palm Kernel, Coconut, & Palm Oils, Cocoa processed with Alkali, Dextrose, Cocoa Powder, Whey Powder, Soy Lecithin; Vanillin), Sucralose, Salt, Tricalcium Phosphate.

Dulche De Leche Pudding

Item 114

Serving Size 26 g
Calories 90
Calories from fat 0
Fat 0.5 g
Saturated fat 0 g
Cholesterol 10 mg

Sodium 120 mg
Potassium 90 mg

Carbohydrates 7 g
Fiber 0 g
Sugar 3 g
Protein 15 g

Ingredients: Milk Protein Isolates, Natural and Artificial Flavors, Nonfat Dry Milk, Thickeners (Modified Corn Starch, Carrageenan, Maltodextrin, Xanthan and Guar Gums, Sodium Alginate), Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate, Mono & Diglycerides, Dipotassium Phosphate and Sodium Silicoaluminate), Salt, Sucralose, Caramel Color, Tricalcium Phosphate.



Biscotti



You're ready to sit down and enjoy one of our healthy cappuccinos or teas; why not complete the picture with a HEALTHWISE biscotti? Hard to imagine your tea or coffee break can feel so complete with just 15 little calories added. These crunchy biscuit-cookies with whole wheat come in four flavors, including lemon (perfect with tea) and chocolate fudge. *Delizioso.*

Several single-serving biscuits per seven-ounce bag; 24 bags per case.

Lemon Biscotti

Item 335

Serving Size 1 biscuit
Calories 15
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 5 mg

Sodium 30 mg

Carbohydrates 3 g
Fiber 0 g
Sugar 1 g
Protein 1 g

Ingredients: Whole Wheat Flour, Wheat Flour, Eggs, Sugar, Baking Powder, Natural and Artificial Flavor.

Almond Chip Biscotti

Item 336

Serving Size 1 biscuit
Calories 15
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 5 mg

Sodium 30 mg

Carbohydrates 3 g
Fiber 0 g
Sugar 1 g
Protein 1 g

Ingredients: Whole Wheat Flour, Wheat Flour, Eggs, Sugar, Chocolate Chips (Chocolate Liquor, Cocoa Butter, Soy Lecithin, Artificial Flavor), Natural and Artificial Flavor

Chocolate Fudge Chip Biscotti

Item 337

Serving Size 1 biscuit
Calories 15
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 5 mg

Sodium 30 mg

Carbohydrates 3 g
Fiber 0 g
Sugar 1 g
Protein 1 g

Ingredients: Whole Wheat Flour, Wheat Flour, Eggs, Sugar, Cocoa Processed with Alkali, Chocolate Chips (Chocolate Liquor, Cocoa Butter, Soy Lecithin, Artificial Flavor), Baking Powder, Natural and Artificial Flavor.

Chocolate Chip Biscotti

Item 338

Serving Size 1 biscuit
Calories 15
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 15 mg

Sodium 30 mg

Carbohydrates 3 g
Fiber 0 g
Sugar 1 g
Protein 1 g

Ingredients: Whole Wheat Flour, Wheat Flour, Eggs, Sugar, Chocolate Chips (Chocolate Liquor, Cocoa Butter, Soy Lecithin, Artificial Flavor), Natural and Artificial Flavor.

Protein Gelatin Cups



Pure flavor with that jiggly texture that puts a smile on your face. This gelatin comes ready to eat, and we've kept it away from Aunt Clara, so you won't have to endure any added carrot gratings or celery bits. You're welcome.

24 single-serving cups per case.

Grape Protein Gelatin

Item 460

Serving Size 1 cup
Calories 80
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 20 mg

Carbohydrates 6 g
Fiber 3 g
Sugar 2 g
Protein 15 g

Ingredients: Pure Deionized Water, Actinase® (patent pending blend of Enzymatically Hydrolyzed Collagenic Protein Isolate, Whey Protein Isolate [Milk] and Casein Protein Isolate [Milk]), Pear Juice Concentrate, Gelatin, Inulin Fiber, Malic Acid, Natural Flavors, Acesulfame-Potassium, Sucralose, Carrageenan, FD&C Red #40, FD&C Yellow #5, FD&C Blue #1.

Tropical Fruit Protein Gelatin

Item 461

Serving Size 1 cup
Calories 80
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 20 mg

Carbohydrates 6 g
Fiber 3 g
Sugar 2 g
Protein 15 g

Ingredients: Pure Deionized Water, Actinase® (patent pending blend of Enzymatically Hydrolyzed Collagenic Protein Isolate, Whey Protein Isolate [Milk] and Casein Protein Isolate [milk]), Pear Juice Concentrate, Gelatin, Inulin Fiber, Malic Acid, Natural Flavors, Acesulfame-Potassium, Sucralose, Carrageenan, FD&C Red #40, FD&C Yellow #5, FD&C Blue #1.



Big Taste. Small Waist.



Gelatin Desserts

Ready for a refreshing, red dessert or snack, with no carbohydrates or fat? No sodium, either. Mix up a packet of pure pleasure. Only 60 cool calories.

Seven single-service packets per box; 36 boxes per case.

Strawberry Banana Gelatin Dessert

Item 178

Serving Size 21.5 g
Calories 60
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 0 mg
Potassium 190 mg

Carbohydrates 0 g
Fiber 0 g
Sugar 0 g
Protein 15 g

Ingredients: Gelatin, Hydrolyzed Gelatin, Citric Acid, Artificial Flavor, Potassium Citrate, Aspartame, FD&C Red #40.

Cherry Gelatin Dessert

Item 179

Serving Size 19 g
Calories 60
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 0 mg
Potassium 170 mg

Carbohydrates 0 g
Fiber 0 g
Sugar 0 g
Protein 15 g

Ingredients: Gelatin, Hydrolyzed Gelatin, Citric Acid, Potassium Citrate, Aspartame, Artificial Flavor, FD&C Red #40.

Raspberry Gelatin Dessert

Item 180

Serving Size 21.5 g
Calories 60
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 0 mg
Potassium 190 mg

Carbohydrates 0 g
Fiber 0 g
Sugar 0 g
Protein 15 g

Ingredients: Gelatin, Hydrolyzed Gelatin, Citric Acid, Natural & Artificial Flavor, Potassium Citrate, Aspartame, FD&C Red #40.

Fifteen grams is our theme at HEALTHWISE. We're not talking about 15 sweet grandmas who always remember our birthdays, or the 15 telegrams your friends may send to celebrate your weight-loss successes, or the 15 hunky Grahams we dream of to do our very heaviest lifting.

We're talking about a different kind of help: the 15 grams of protein we include in most of our products to help you shed those unwanted pounds. 15 is the magic number to help you feel satiated (full 'nuff) between meals and snacks, and to keep your metabolism burning those calories efficiently. Consuming this protein also helps you sustain muscle mass and improve muscle fitness. It improves immunity and antioxidant function. Protein helps build HDL cholesterol and enhances insulin and leptin function. We make it easy for you not only to keep track of your calorie intake each time you eat or drink, but also to make sure you're getting enough protein to make your weight-loss efforts successful. Consider it our daily birthday gift to you.



In Between



Crispy Protein Bars

When you're in the mood for a crispy treat, reach for a healthier version, already whipped up by HEALTHWISE. Choose from several delectable flavors. When we're heading out on a sunny summer day, we especially love the cinnamon raisin and lemon meringue bars that hold up even in our oven-hot cars. We've even retrieved these bars, left forgotten in backpacks, still ready to provide enjoyable nourishment. Order your favorite bars, or a Crispy 15 Variety Pack (item 271).

Seven single-serving bars per box; 24 boxes per case.



Peanut Butter and Jelly Crispy Bar

Item 270

Serving Size 45 g
Calories 180
Calories from fat 50
Fat 6 g
Saturated fat 2.5 g
Cholesterol 0 mg

Sodium 170 mg

Carbohydrates 21 g
Fiber 2 g
Sugar 13 g
Protein 13 g

Ingredients: Soy Protein Crisp (Soy Protein Isolate, Tapioca Starch, Salt), Corn Syrup, Peanuts, Peanut Butter Coating (Sugar, Palm Kernel Oil, Partially Defatted Peanut Flour, Nonfat Dry Milk Solids, Peanut Oil, Salt, Soy Lecithin), Fruit Filling (Fruit Juice Concentrate [Pear, Pineapple, Apple, Peach], Evaporated Apples, Blueberries, Inulin, Apple Powder, Tapioca Starch, Apple Juice Concentrate, Natural Flavor, Pectin, Citric Acid, Locust Bean Gum, Red Cabbage Extract [for color], Sunflower Oil), Glycerine, Acacia Gum, Organic Cane Sugar, Natural Flavors, Soy Lecithin, Sea Salt, Xanthan Gum.

Peanut Butter Crispy Bar

Item 267

Serving Size 40 g
Calories 160
Calories from fat 40
Fat 4.5 g
Saturated fat 1.5 g
Cholesterol 0 mg

Sodium 170 mg

Carbohydrates 17 g
Fiber 2 g
Sugar 9 g
Protein 15 g

Ingredients: Soy Protein Crisp (Soy Protein Isolate, Tapioca Starch, Salt), Corn Syrup, Peanuts, Peanut Butter Coating (Sugar, Palm Kernel Oil, Partially Defatted Peanut Flour, Nonfat Dry Milk Solids, Peanut Oil, Salt, Soy Lecithin), Glycerine, Acacia Gum, Organic Cane Sugar, Natural Flavors, Soy Lecithin, Sea Salt, Xanthan Gum.

Chocolate Mint Crispy Bar

New item

Serving Size 41 g
Calories 170
Calories from fat 45
Fat 5 g
Saturated fat 2 g
Cholesterol 0 mg

Sodium 220 mg

Carbohydrates 17 g
Fiber 1 g
Sugar 8 g
Protein 15 g

Ingredients: Brown Rice Syrup, Cocoa Soy Crisp, (Soy Protein Isolate, Cocoa [processed with Alkali], Tapioca Starch), Milk Chocolate Coating (Sugar, Palm Kernel Oil, Nonfat Dry Milk, Cocoa Powder, Soy Lecithin [an emulsifier], Salt), Milk Protein Isolate, Soy Protein Crisp (Soy Protein Isolate, Tapioca Starch, Salt), Glycerine, Canola Oil, Whey Protein Isolate, Cocoa Powder (Dutch alkalized), Organic Palm Fruit Oil, Acacia Gum, Natural Flavors, Inulin (dietary fiber), Soy Lecithin, Organic Purified Stevia Extract, Lo Han Guo.

Lemon Meringue Crispy Bar

Item 268

Serving Size 40 g
Calories 160
Calories from fat 25
Fat 3 g
Saturated fat 1.5 g
Cholesterol 0 mg

Sodium 160 mg

Carbohydrates 19 g
Fiber 1 g
Sugar 11 g
Protein 14 g

Ingredients: Soy Protein Crisp (Soy Protein Isolate, Tapioca Starch, Salt), Corn Syrup, Yogurt Coating (Sugar, Fractionated Palm Kernel Oil, Whey Powder, Nonfat Dry Milk Powder, Cultured Whey, Soy Lecithin [an emulsifier], Vanilla), Glycerine, Acacia Gum, Organic Cane Sugar, Canola Oil, Natural Flavors, Water, Soy Lecithin, Xanthan Gum, Sea Salt, Citric Acid.

Double Chocolate Crispy Bar

Item 265

Serving Size 40 g
Calories 160
Calories from fat 35
Fat 4 g
Saturated fat 2 g
Cholesterol 0 mg

Sodium 160 mg

Carbohydrates 18 g
Fiber 1 g
Sugar 10 g
Protein 14 g

Ingredients: Soy Protein Crisp (Soy Protein Isolate, Tapioca Starch, Salt), Corn Syrup, Chocolate Coating (Sugar, Palm Kernel Oil, Cocoa Powder, Whey Powder, Nonfat Milk Powder, Soy Lecithin, Natural Vanilla Flavor), Glycerine, Cocoa Powder (processed with Alkali), Canola Oil, Organic Palm Fruit Oil, Acacia Gum, Organic Cane Sugar, Natural Flavor, Water, Soy Lecithin, Xanthan Gum, Sea Salt.



Cinnamon Raisin Crispy Bar

Item 266

Serving Size 40 g
Calories 160
Calories from fat 25
Fat 2.5 g
Saturated fat 1.5 g
Cholesterol 0 mg

Sodium 180 mg

Carbohydrates 19 g
Fiber 1 g
Sugar 11 g
Protein 15 g

Ingredients: Soy Protein Crisp (Soy Protein Isolate, Tapioca Starch), Corn Syrup, Yogurt Coating (Sugar, Fractionated Palm Kernel Oil, Whey Powder, Nonfat Dry Milk Powder, Cultured Whey, Soy Lecithin [an emulsifier], Vanilla), Raisins (with Sunflower Oil), Glycerine, Soy Protein Isolate, Organic Cane Sugar, Acacia Gum, Canola Oil, Ground Cinnamon, Natural Flavor, Soy Lecithin, Sea Salt.



Chocolate Peanut Dream Crispy Bar

Item 269

Serving Size 46 g
Calories 180
Calories from fat 50
Fat 5 g
Saturated fat 2.5 g
Cholesterol 0 mg

Sodium 180 mg

Carbohydrates 21 g
Fiber 2 g
Sugar 7 g
Protein 15 g

Ingredients: Soy Protein Crisp (Soy Protein Isolate, Tapioca Starch, Salt), Maltitol Syrup, Chocolate Coating (Sugar, Palm Kernel Oil, Cocoa Powder, Whey Powder, Nonfat Milk Powder, Soy Lecithin, Natural Vanilla Flavor), Peanuts, Glycerine, Acacia Gum, Organic Cane Sugar, Natural Flavors, Soy Lecithin, Sea Salt, Xanthan Gum.

Coconut Chocolate Crispy Bar

New item

Serving Size 41 g
Calories 170
Calories from fat 45
Fat 5 g
Saturated fat 2.5 g
Cholesterol 0 mg

Sodium 120 mg

Carbohydrates 17 g
Fiber 1 g
Sugar 8 g
Protein 15 g

Ingredients: Brown Rice Syrup, Cocoa Soy Crisp, (Soy Protein Isolate, Cocoa [processed with Alkali], Tapioca Starch), Milk Chocolate Coating (Sugar, Palm Kernel Oil, Nonfat Dry Milk, Cocoa Powder, Soy Lecithin [an emulsifier], Salt), Soy Protein Crisp (Soy Protein Isolate, Tapioca Starch, Salt), Vegetable Glycerine, Canola Oil, Whey Protein Isolate, Unsweetened Coconut, Organic Palm Fruit Oil, Arabic Gum, Inulin (dietary fiber), Cocoa Powder (Dutch alkalinized), Natural Flavors, Soy Lecithin, Organic Purified Stevia Extract, Lo Han Guo.

Vanilla Almond Yogurt Crispy Bar

New item

Serving Size 40 g
Calories 150
Calories from fat 20
Fat 2.5 g
Saturated fat 1.5 g
Cholesterol 0 mg

Sodium 230 mg

Carbohydrates 18 g
Fiber 1 g
Sugar 7 g
Protein 15 g

Ingredients: Protein Blend (Whey Protein Isolate, Soy Protein Isolate, Milk Protein Isolate), Soy Protein Crisp (Soy Protein Isolate, Tapioca Starch, Salt), Vanilla Cream Layer (Fructose, Milk Protein Isolate, Corn Syrup Solids, Water, Cocoa Butter, Soy Lecithin, Vanilla Extract), Almonds, Organic Agave Syrup, Yogurt Coating (Sugar, Fractionated Palm Kernel Oil, Whey Powder, Nonfat Dry Milk Powder, Cultured Whey, Soy Lecithin, Vanilla), Vegetable Glycerine, Tapioca and/or Corn Fiber, Isomaltulose, Canola Oil, Inulin, Natural Flavors, Soy Lecithin, Yogurt Powder (Whey Protein Concentrate, Nonfat Dry Milk, Yogurt Cultures), Sea Salt, Stevia Extract (Reb-A), Monk Fruit Extract.

High-Protein Bars

When you bite into one of our popular protein bars your taste buds will think you are eating your old favorite candy bar. Your body will know better, though, because these bars are good for you, with 12-15 grams of protein to curb your hunger, and a fraction of the fat and carbs of your former favorites. Say “goodbye” to the candy bars of your old life and “hi” to these High-Protein Bars of your new life. With 14 bars to choose from you'll enjoy both familiar flavors and new pleasures. Try the variety pack, item 249.

Seven single-serving bars per box; 24 boxes per case.



Caramel Crunch Protein Bar

Item 253

Serving Size 42 g
Calories 170
Calories from fat 50
Fat 5.5 g
Saturated fat 4 g
Cholesterol 5 mg

Sodium 100 mg

Carbohydrates 16 g
Fiber 2 g
Sugar 8 g
Protein 15 g

Ingredients: Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Milk Protein Isolate, Soy Protein Isolate), High Protein Chocolate Coating (Sugar, Palm Kernel Oil, Whey Protein Concentrate, Cocoa Powder, Soy Lecithin [an Emulsifier], Vanillin), Caramel Layer (Maltitol, Sweetened Condensed Milk, Butter, Coconut Oil, Corn Starch, Caramel Color), Soy Protein Crisps (Isolate Soy Protein, Tapioca Starch, Salt), Hydrolyzed Gelatin, Glycerine, Water, Palm Kernel Oil, Peanut Paste (Peanuts, Salt), Inulin, Soy Lecithin, Salt.

Cookies 'n' Cream Protein Bar

Item 263

Serving Size 40 g
Calories 160
Calories from fat 45
Fat 5 g
Saturated fat 4 g
Cholesterol 5 mg

Sodium 80 mg

Carbohydrates 16 g
Fiber 0 g
Sugar 7 g
Protein 14 g

Ingredients: High Protein Milk Coating (Sugar, Palm Kernel Oil, Whey Protein Isolate, Cocoa Powder, Soy Lecithin [an Emulsifier], Natural Flavors, Vanillin), Protein Blend (Whey Protein Isolate, Milk Protein Concentrate, Soy Protein Isolate, Whey Protein Concentrate), Frappe (Maltitol, Water, Egg Albumen, Invertase and Vanilla), Glycerine, Water, Powdered Sugar, Inulin, Maltodextrin, Chocolate Protein Crisps (Soy Protein Isolate, Alkalized Cocoa And Tapioca Starch), Coconut Oil, Peanut Paste (Peanuts, Salt), Cocoa Powder, Lecithin (an Emulsifier), Natural and Artificial Flavors.

Big Taste. Small Waist.

More High-Protein Bars

Peanut Butter Brownie Protein Bar

Item 262

Serving Size 40 g
Calories 180
Calories from fat 70
Fat 8 g
Saturated fat 3.5 g
Cholesterol 5 mg

Sodium 105 mg

Carbohydrates 13 g
Fiber 1 g
Sugar 6 g
Protein 15 g

Ingredients: Protein Blend (Whey Protein Isolate, Milk Protein Concentrate, Soy Protein Isolate, Whey Protein Concentrate), High Protein Chocolate Coating (Sugar, Palm Kernel Oil, Whey Protein Concentrate, Cocoa Powder, Soy Lecithin [an emulsifier], Vanillin), Gelatin, Glycerine, Peanut Paste (Peanuts, Salt), Powdered Sugar, Maltodextrin, Chocolate Protein Crisps (Soy Protein Isolate, Alkalized Cocoa and Tapioca Starch), Cocoa Powder, Chocolate Flavor, Lecithin (an emulsifier), Salt, Peanut Oil.

Peanut Butter and Jelly Protein Bar

Item 261

Serving Size 42 g
Calories 170
Calories from fat 50
Fat 6 g
Saturated fat 4 g
Cholesterol 0 mg

Sodium 95 mg

Carbohydrates 16 g
Fiber 1 g
Sugar 8 g
Protein 12 g

Ingredients: Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Milk Protein Isolate) Peanut Butter Coating (Sugar, Palm Kernel Oil, Partial Defatted Peanut Flour, Nonfat Dry Milk Powder, Whey Powder, Peanut Butter [Peanuts, Rapeseed And Cottonseed Oil], Dextrose, Salt And Soy Lecithin), Strawberry Layer (Crystalline Maltitol, Fructose, Water, Glycerine, Fractionated Palm Kernel Oil, Sugar, Freeze-Dried Strawberry Powder, Food Starch, Pectin, Natural Flavors, Soy Lecithin), Soy Protein Crisps, Glycerine, Water, Hydrolyzed Gelatin, Peanut Flour, Peanut Butter, Peanuts, Palm Kernel Oil, Soy Protein Isolate, Lecithin, Salt, Potassium Sorbate.

Strawberry Cheesecake Protein Bar

Item 260

Serving Size 40 g
Calories 155
Calories from fat 45
Fat 5 g
Saturated fat 4.5 g
Cholesterol 10 mg

Sodium 70 mg

Carbohydrates 16 g
Fiber 0 g
Sugar 5 g
Protein 12 g

Ingredients: Protein Blend (Whey Protein Isolate, Soy Protein Isolate, Whey Protein Concentrate, Milk Protein Isolate), High Protein Yogurt Coating (Sugar, Vegetable Oil [Palm Kernel Oil, Palm Kernel Oil], Whey Protein Concentrate, Yogurt Powder, Soy Lecithin [an emulsifier], Vanillin), Strawberry Layer (Maltitol, Sweetened Condensed Milk, Butter, Coconut Oil, Corn Starch, Vanilla, Strawberry Flavor, Caramel Color), Hydrolyzed Gelatin, Glycerine, Water, Soy Protein Crisps (Isolated Soy Protein, Tapioca Starch, Salt), Palm Kernel Oil, Soy Lecithin, Cheesecake Flavor, Salt, Peanut Paste.

Peanut Caramel Delight Protein Bar

Item 257

Serving Size 41 g
Calories 160
Calories from fat 50
Fat 6 g
Saturated fat 4 g
Cholesterol 10 mg

Sodium 105 mg

Carbohydrates 16 g
Fiber 0 g
Sugar 4 g
Protein 14 g

Ingredients: Protein Blend (Whey Protein Isolate, Milk Protein Isolate, Whey Protein Concentrate, Isolated Soy Protein), High Protein Yogurt Coating (Sugar, Palm Kernel Oil, Whey Protein Milk Concentrate, Yogurt Powder, Soy Lecithin [an emulsifier], and Vanillin), Caramel (Maltitol, Sweetened Condensed Milk, Butter, Coconut Oil, Corn Starch, Vanilla, Caramel Color), Glycerine, Hydrolyzed Gelatin, Soy Crisps (Isolated Soy Protein, Tapioca Starch, Salt), Peanut Butter (Peanuts, Salt), Water, Palm Kernel Oil, Peanut Flour, Soy Lecithin [an emulsifier], Salt.



Peanut Butter Protein Bar

Item 252

Serving Size 40 g
Calories 170
Calories from fat 67
Fat 7.5 g
Saturated fat 3 g
Cholesterol 5 mg

Sodium 95 mg

Carbohydrates 12 g
Fiber <1 g
Sugar 6 g
Protein 15 g

Ingredients: Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Milk Protein Isolate, Isolated Soy Protein), Chocolate Coating (Sugar, Palm Kernel Oil, Whey Protein Concentrate, Cocoa Powder, Soy Lecithin [an emulsifier], and Vanillin), Hydrolyzed Gelatin, Glycerine, Water, Peanut Flour, Peanuts, Coconut Oil, Lecithin (an emulsifier), Salt, Peanut Butter (Peanuts, Salt), Powdered Sugar, Salt, Soy Lecithin (an emulsifier), Brown Rice Syrup, Natural Flavor, Salt.

Chocolate Marshmallow Protein Bar

Item 250

Serving Size 46 g
Calories 165
Calories from fat 50
Fat 5.5 g
Saturated fat 2 g
Cholesterol 0 mg

Sodium 100 mg

Carbohydrates 15 g
Fiber 1 g
Sugar 7 g
Protein 14 g

Ingredients: Protein Blend (Whey Protein Isolate, Soy Protein Isolate, Whey Protein Concentrate, Milk Protein Isolate), High Protein Chocolate Coating (Sugar, Palm Kernel Oil, Whey Protein Concentrate, Cocoa Powder, Soy Lecithin [an Emulsifier], Vanillin), Marshmallow Cream Layer (Corn Syrup, Hydrolyzed Gelatin, Fractionated Palm Kernel Oil, Soy Lecithin, Natural Flavors), Hydrolyzed Gelatin, Glycerine, Water, Chocolate Soy Protein Crisps (Soy Protein Isolate, Cocoa Powder, Tapioca Starch), Cocoa Powder, Soy Lecithin, Salt, Sucralose.

Oatmeal Protein Bar

Item 255

Serving Size 40 g
Calories 150
Calories from fat 36
Fat 4 g
Saturated fat 2.5 g
Cholesterol 5 mg

Sodium 160 mg

Carbohydrates 16 g
Fiber 3 g
Sugar 7 g
Protein 13 g

Ingredients: Oatmeal Core (Raisin Paste, Rolled Oats, Glycerine, Hydrolyzed Gelatin, Soy Protein Crisps [Isolated Soy Protein, Tapioca Starch, Salt], Inulin, Water, Isolated Soy Protein, Whey Protein Concentrate, Milk Protein Isolate, Whey Protein Isolate, Brown Sugar, Vanilla, Cinnamon, Salt), High Protein Yogurt Coating (Sugar, Palm Kernel Oil, Whey Protein Concentrate, Yogurt Powder, Soy Lecithin [an emulsifier], and Vanillin), Peanut Paste (Peanuts, Salt).

More High-Protein Bars



Double Peanut Butter with Caramel Protein Bar

Item 251

Serving Size 41 g

Sodium 85 mg

Carbohydrates 17 g

Calories 165

Fiber 0 g

Calories from fat 50

Sugar 4 g

Fat 5.5 g

Protein 12 g

Saturated fat 3.5 g

Cholesterol 5 mg

Ingredients: Protein Blend (Whey Protein Isolate, Milk Protein Isolate, Whey Protein Concentrate, Isolated Soy Protein), High Protein Peanut Coating (Sugar, Palm Kernel Oil, Partially Defatted Peanut Flour, Milk Protein Isolate, Nonfat Dry Milk Solids, Peanut Oil, Soy Lecithin [an emulsifier], and Salt), Caramel (Maltitol, Sweetened Condensed Milk, Butter, Coconut Oil, Corn Starch, Vanilla, Caramel Color), Glycerine, Hydrolyzed Gelatin, Soy Crisps (Isolated Soy Protein, Tapioca Starch, Salt), Peanut Butter (Peanuts, Salt), Water, Palm Kernel Oil, Peanut Flour, Soy Lecithin [an emulsifier], Salt.

Mint Chocolate Protein Bar

Item 254

Serving Size 40 g

Sodium 100 mg

Carbohydrates 19 g

Calories 160

Fiber 5 g

Calories from fat 35

Sugar 1 g

Fat 4 g

Protein 12 g

Saturated fat 3.5 g

Cholesterol 5 mg

Ingredients: Protein Blend (Isolated Soy Protein, Whey Protein Concentrate, Whey Protein Isolate), High Protein Chocolate Coating (Sugar, Palm Kernel Oil, Whey Protein Concentrate, Cocoa Powder, Soy Lecithin [an emulsifier], Vanillin), Glycerine, Corn Syrup, Maltitol, Water, Maltodextrin, Alkalized Cocoa Powder, Coconut Oil, Soy Fiber, Inulin, Chocolate Flavor, Mint Flavor, Guar Gum, Peanut Paste (Peanut, Salt).

Rockie Road Protein Bar

Item 258

Serving Size 40 g

Sodium 50 mg

Carbohydrates 15 g

Calories 170

Fiber <1 g

Calories from fat 70

Sugar 5 g

Fat 7 g

Protein 14 g

Saturated fat 4 g

Cholesterol 5 mg

Ingredients: Protein Core (Whey Protein Isolate, Whey Protein Concentrate, Milk Protein Isolate), Chocolate Coating (Sugar, Palm Kernel Oil, Whey Protein Concentrate, Cocoa Powder, Soy Lecithin [an emulsifier], Vanilla), Lycasin Syrup, Glycerine, Soy Protein Isolate, Maltodextrin, Water, Almonds, Coconut Oil, Cocoa Powder, Hydrolyzed Gelatin, Egg Whites, Invertase, Vanilla, Chocolate Flavor, Soy Lecithin (an emulsifier), Potassium Sorbate, Peanut Paste (Peanuts, Salt).



Caramel Nut Protein Bar

Item 259

Serving Size 40 g
Calories 155
Calories from fat 55
Fat 6 g
Saturated fat 3.5 g
Cholesterol 5 mg

Sodium 60 mg

Carbohydrates 13 g
Fiber <1 g
Sugar 4 g
Protein 12 g

Ingredients: Protein Blend (Whey Protein Isolate, Soy Protein Isolate, Whey Protein Concentrate, Milk Protein Isolate), High Protein Chocolate Coating (Sugar, Palm Kernel Oil, Whey Protein Concentrate, Cocoa Powder, Soy Lecithin [an Emulsifier], Vanillin), Caramel Layer (Maltitol, Sweetened Condensed Milk, Butter, Coconut Oil, Corn Starch, Caramel Color), Hydrolyzed Gelatin, Glycerine, Water, Peanuts, Soy Protein Crisps (Isolated Soy Protein, Tapioca Starch, Salt), Palm Kernel Oil, Salt.

Caramel Brownie Protein Bar

Item 256

Serving Size 44 g
Calories 180
Calories from fat 20
Fat 6 g
Saturated fat 4.5 g
Cholesterol 5 mg

Sodium 115 mg

Carbohydrates 18 g
Fiber 0 g
Sugar 6 g
Protein 14 g

Ingredients: Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Milk Protein Isolate, Soy Protein Isolate), High Protein Yogurt Coating (Sugar, Vegetable Oils [Palm Kernel Oil, Hydrogenated Palm], Whey Protein Concentrate, Yogurt Powder, Soy Lecithin [an Emulsifier], Vanillin), Caramel Layer (Maltitol, Sweetened Condensed Milk, Butter, Coconut Oil, Corn Starch, Caramel Color), Hydrolyzed Gelatin, Glycerine, Water, Cocoa Powder, Palm Kernel Oil, Salt, Peanut Paste.



Yogurt



Tired of trying to like plain yogurt so you can avoid all that sugar in the fruity yogurts at the grocery store? Suffer no more. We serve 15 grams of protein in two fruity flavors without any sugar or fat. They're shelf stable, so you can stash some extras in your office desk. That way you know they're safe from those sneaky work-place refrigerator bandits we all have. But really, could you blame them with this temptation? We do recommend you take the chance and chill them a little before eating for the best flavor, though. Some things are just better cold.

24 single-serving cups per case.

Strawberry Delight Yogurt

Item 470

Serving Size 1 cup
Calories 90
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 85 mg
Potassium 16 mg

Carbohydrates 8 g
Fiber 2 g
Sugar 0 g
Protein 15 g

Ingredients: Deionized Water, Yogurt Powder (Whey Isolate, Nonfat Dry Milk, Yogurt Cultures), Pear Concentrate, Natural Flavors, Gelatin, Malic Acid, Sucralose, FD&C Red #40 and FD&C Blue #2. CONTAINS MILK.

Peach Delight Yogurt

Item 471

Serving Size 1 cup
Calories 9
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 35 mg
Potassium 16 mg

Carbohydrates 8 g
Fiber 2 g
Sugar 0 g
Protein 15 g

Ingredients: Deionized Water, Yogurt Powder (Whey Isolate, Nonfat Dry Milk, Yogurt Cultures), Pear Concentrate, Natural Flavors, Gelatin, Malic Acid, Sucralose, FD&C Red #40 and FD&C Blue #2. CONTAINS MILK.

If you find yourself feeling a little bored with your diet, you may be suffering from dieter's fatigue. If you have eaten so much of one food that you never want to see it again, then you have developed a food aversion. We have accepted that even big-taste foods like ours can fall into the too-much-of-a-good-thing category. That's why we have developed so many different foods, and such a broad variety of flavors within the food types. We hope you'll find that adventurous spirit within you to sample widely from our offerings. Enjoy the journey, and savor the differences.

Smoothies

Creamy fruit goodness in a packet, ready for you to add water and shake to blend. Delectable Aloha Mango, Berry Delicious, and Strawberry Banana serve up 15 grams of protein with only 100 calories each.

Seven single-serving packets per box; 36 boxes per case.



Aloha Mango Smoothie

Item 001

Serving Size 27 g
Calories 100
Calories from fat 10
Fat 2 g
Saturated fat 1 g
Cholesterol <5 mg

Sodium 150 mg
Potassium 95 mg

Carbohydrates 7 g
Fiber 0 g
Sugar 4 g
Protein 15 g

Ingredients: Calcium Caseinate, Non-Fat Milk, Non-Dairy Creamer, Whey Protein Concentrate, Natural and Artificial Flavors, Mango Powder, Fructose, Guar Gum, Salt, Malic Acid, Sucralose, Pirosil PS200 (anti-caking agent), FD&C Yellow #6, FD&C Yellow #5.

Berry Delicious Smoothie

Item 002

Serving Size 26.5 g
Calories 100
Calories from fat 15
Fat 1.5 g
Saturated fat 0 g
Cholesterol <5 mg

Sodium 150 mg
Potassium 75 mg

Carbohydrates 7 g
Fiber 0 g
Sugar 4 g
Protein 15 g

Ingredients: Calcium Caseinate, Non-Fat Milk, Non-Dairy Creamer, Whey Protein Concentrate, Raspberry Powder, Fructose, Guar Gum, Berry Powder, Natural and Artificial Flavor, Salt, Pirosil PS200 (anti-caking agent), Sucralose.

Strawberry Banana Smoothie

Item 003

Serving Size 26.5 g
Calories 100
Calories from fat 20
Fat 2 g
Saturated fat 0.5 g
Cholesterol <5 mg

Sodium 210 mg
Potassium 80 mg

Carbohydrates 7 g
Fiber <1 g
Sugar 4 g
Protein 15 g

Ingredients: Calcium Caseinate, Non-Dairy Creamer, Non-Fat Milk, Whey Protein Concentrate, Strawberry Powder, Guar Gum, Fructose, Malic Acid, Salt, Sucralose, Natural & Artificial Flavors, Pirosil PS200 (anti-caking agent), FD&C Red #40.

Big Taste. Small Waist.

Chips, Krinkles and Bites

Let's face it: sometimes our cravings have as much to do with food texture as with taste. When crunchy is what you are craving, you can reach for a bag of protein Chips, Krinkles, or Bites. Yes, you are allowed to enjoy these snacks, in several distinctive flavors. Turn up the TV volume and crunch away.



100 single-serving bags per case.

Dill Pickle Krinkles

Item 384

Serving Size 33 g
Calories 130
Calories from fat 30
Fat 3 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 360 mg

Carbohydrates 13 g
Fiber 1 g
Sugar 2 g
Protein 12 g

Ingredients: Soy Chip (Soy Protein Isolate, Dehydrated Potatoes, Potato Starch, Soy Flour, Calcium Carbonate), Canola Oil, Dill Seasoning (Vinegar Powder, Maltodextrin, Distilled Vinegar, Modified Food Starch), Dextrose, Dehydrated Garlic and Onion, Salt, Potassium Chloride, Malic Acid, Spices, Spice Extractive, Natural Flavor, Less than 2% Silicon Dioxide added to prevent caking.

Barbeque Krinkles

Item 383

Serving Size 33 g
Calories 130
Calories from fat 35
Fat 4 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 310 mg

Carbohydrates 13 g
Fiber 1 g
Sugar 2 g
Protein 12 g

Ingredients: Soy Chip (Soy Protein Isolate, Dehydrated Potatoes, Potato Starch, Soy Flour, Calcium Carbonate), Canola Oil, Barbecue Seasoning (Sugar, Natural Low Sodium Sea Salt, Maltodextrin, Paprika, Chili Powder [Chili Pepper, Cumin, Salt, Garlic and Oregano], Dextrose, Dehydrated Garlic, Dehydrated Tomatoes; contains 2% or less of each of the following: Hydrolyzed Soy Protein, Salt, Dehydrated Onion, Spices, Ground Mustard, Natural Mesquite Smoke Flavor, Extractives of Annatto & Paprika), Dill Seasoning (Vinegar Powder, Maltodextrin, Distilled Vinegar, Modified Food Starch), Dextrose, Dehydrated Garlic and Onion, Salt, Potassium Chloride, Malic Acid, Spices, Spice Extractive, Natural Flavor, less than 2% Silicon Dioxide added to prevent caking.

White Cheddar Bites

Item 382

Serving Size 30 g
Calories 120
Calories from fat 30
Fat 3.5 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 420 mg

Carbohydrates 11 g
Fiber 1 g
Sugar 1 g
Protein 12 g

Ingredients: Soy Protein Isolate, Potato Flakes, Potato Starch, Calcium Carbonate, Sunflower Oil, Whey, Salt, Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Corn Oil, Onion Powder, Corn Syrup Solids, Autolyzed Yeast Extract, Parsley Flakes, Citric Acid, Sodium Caseinate, Maltodextrin, Disodium Inosinate and Disodium Guanylate, Disodium Phosphate, Sodium Citrate, Lactic Acid, Natural and Artificial Flavors, Lecithin.

Barbeque Chips

Item 385

Serving Size 34 g
Calories 130
Calories from fat 35
Fat 4 g
Saturated fat 0.5 g
Cholesterol 0 mg

Sodium 380 mg

Carbohydrates 14 g
Fiber 5 g
Sugar 5 g
Protein 10 g

Ingredients: Potato (Potato Flakes, Rice Flour, Potato Starch, Salt), Soy (Low-Fat Soy Flour, Rice Flour, Salt), BBQ Seasoning (Soy Protein Isolate, Salt, Sugar, Molasses, Onion Powder, Garlic Powder, Dried Tomato, Maltodextrin, Paprika, Modified Food Starch, Spices, Natural Grill Flavor, Citric Acid, Natural Hickory Smoke Flavor, Natural Smoke Flavor, Oligofructose Inulin), Mild Oleic Sunflower Oil.

Ranch Chips

Item 386

Serving Size 34 g
Calories 130
Calories from fat 35
Fat 4 g
Saturated fat 0.5 g
Cholesterol 0 mg

Sodium 350 mg

Carbohydrates 15 g
Fiber 5 g
Sugar 3 g
Protein 10 g

Ingredients: Potato (Potato Flakes, Rice Flour, Potato Starch, Salt), Soy (Low-Fat Soy Flour, Rice Flour, Salt), Ranch Seasoning (Buttermilk Powder, Salt, Autolyzed Yeast, Tomato Powder, Vinegar Powder [White Distilled Vinegar, Maltodextrin], Onion Powder, Garlic Powder, Dehydrated Cane Juice, Citric Acid, Natural Flavors, Lactic Acid, Malic Acid, Parsley Flakes, Turmeric, Paprika, Oligofructose Inulin, Supro Isolated Soy Protein), Mild Oleic Sunflower Oil.

Sea Salt and Vinegar Chips

Item 387

Serving Size 34 g
Calories 130
Calories from fat 35
Fat 4 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 300 mg

Carbohydrates 14 g
Fiber 5 g
Sugar 2 g
Protein 10 g

Ingredients: Potato (Potato Flakes, Rice Flour, Potato Starch, Salt), Soy (Low Fat Soy Flour, Rice Flour, Salt), Sea Salt and Vinegar Seasoning (Maltodextrin, Sea Salt, Vinegar, Citric Acid, Safflower Oil, Oligofructose Inulin, Supro Isolated Soy Protein), Mid Oleic Sunflower Oil.



Pizza Chips

Item 388

Serving Size 34 g
Calories 130
Calories from fat 35
Fat 4 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 120 mg

Carbohydrates 16 g
Fiber 5 g
Sugar 2 g
Protein 10 g

Ingredients: Base (Soy Flour, Potato Flour, Rice Flour, Salt), Topping (Tomato Powder, Salt, Cheddar Cheese Powder [Milk, Salt, Enzymes, Whey, Buttermilk, Disodium Phosphate, Silicon Dioxide], Onion Powder, Spices, Garlic Powder, Romano Cheese Powder, Citric Acid, Paprika, Natural Flavors, Sugar, Caramel Color, Isolated Soy Protein, Inulin Powder, Sunflower Oil).

Beverages



Protein Concentrates

To quench your thirst while supplying needed protein we bring you three of the most popular Fruit Drink flavors in a zero-cholesterol Protein Concentrate. Try Tropical Fruit, Orange, and Cran Grape, with 16 grams of protein each.

Seven single-serving packets per box; 36 boxes per case.

Tropical Fruit Protein Concentrate

Item 052

Serving Size 28.35g
Calories 70
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 0 mg
Potassium 17 mg

Carbohydrates 1 g
Fiber 0 g
Sugar 2 g
Protein 16 g

Ingredients: Collagen Hydrolysate, Distilled Water, Fructose, Citric Acid, Malic Acid, Natural and Artificial Flavors, Sucralose, Potassium Sorbate, Potassium Benzoate, Beet Powder, Antifoam.

The store manager overheard a clerk saying to a customer, “No ma’am, we haven’t had any for some weeks now, and it doesn’t look as if we’ll be getting any soon.”

Alarmed by what was being said, the manager rushed over to the customer, who was walking out the door, and said, “That isn’t true, ma’am. Of course, we’ll have some soon. In fact, we placed an order for it a couple of weeks ago.”

Then the manager drew the clerk aside and growled, “Never, never, never, never ever say we don’t have something. If we don’t have it, say we ordered it and it’s on its way. Now, what was it she wanted?

“Rain,” the clerk said.

Cran Grape Protein Concentrate

Item 050

Serving Size 28.91 g
Calories 70
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 0 mg
Potassium 18 mg

Carbohydrates <1 g
Fiber 0 g
Sugar 1 g
Protein 16 g

Ingredients: Collagen Hydrolysate, Distilled Water, Citric Acid, Fructose, Malic Acid, Natural and Artificial Flavor, Sucralose, Potassium Benzoate, Potassium Sorbate, Purple Color, Antifoam.



Orange Protein Concentrate

Item 051

Serving Size 28.35 g
Calories 70
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 1 mg
Potassium 18 mg

Carbohydrates <1g
Fiber 0 g
Sugar 1 g
Protein 16 g

Ingredients: Collagen Hydrolysate, Distilled Water, Citric Acid, Fructose, Malic Acid, Natural and Artificial Flavor, Sucralose, Potassium Benzoate, Potassium Sorbate, Antifoam.

Fruit Drinks

Say “farewell” to syrupy sodas, and “aloha” to refreshing fruit drinks loaded with all the protein you need in a sitting. The variety of domestic and tropical flavors will keep your taste buds entertained for a looong time.

Available in a variety pack (item 160).

Seven single-serving packets per box; 36 boxes per case.



Grape Fruit Drink

Item 147

Serving Size 18.5 g
Calories 60
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 5 mg

Sodium 10 mg
Potassium 75 mg

Carbohydrates <1 g
Fiber 0 g
Sugar 0 g
Protein 15 g

Ingredients: Hydrolyzed Gelatin, Whey Protein Concentrate, Citric Acid, Malic Acid, Aspartame, Potassium Citrate, Tricalcium Phosphate, Artificial Color.

Wild Berry Fruit Drink

Item 157

Serving Size 19.5 g
Calories 70
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 10 mg

Sodium 15 mg
Potassium 120 mg

Carbohydrates 2 g
Fiber 0 g
Sugar 0 g
Protein 15 g

Ingredients: Hydrolyzed Gelatin, Whey Protein Concentrate, Citric Acid, Malic Acid, Beet Powder, Natural and Artificial Flavors, Potassium Citrate, Sucralose, FD&C Red #40. (Available with Aspartame instead of Sucralose.)

Pineapple Orange Fruit Drink

Item 158

Serving Size 19.5 g
Calories 60
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 15 mg

Sodium 15 mg
Potassium 160 mg

Carbohydrates 2 g
Fiber 0 g
Sugar 0 g
Protein 15 g

Ingredients: Hydrolyzed Gelatin, Whey Protein Concentrate, Citric Acid, Maltodextrin, Malic Acid, Potassium Citrate, Natural and Artificial Flavor, Sucralose, Beta Carotene, Tricalcium Phosphate, Turmeric Color, Turmeric Powder. (Also available with Aspartame instead of Sucralose.)

Grapefruit Fruit Drink

Item 152

Serving Size 20.7 g
Calories 80
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 10 mg

Sodium 10 mg
Potassium 115 mg

Carbohydrates 1 g
Fiber 0 g
Sugar 1 g
Protein 15 g

Ingredients: Hydrolyzed Gelatin, Whey Protein Concentrate, Grapefruit Juice Powder, Citric Acid, Malic Acid, Grapefruit Flavor, Potassium Citrate, Tricalcium Phosphate, Sucralose.

Cran Grape Fruit Drink

Item 153

Serving Size 19.6 g
Calories 70
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 10 mg

Sodium 15 mg
Potassium 120 mg

Carbohydrates 1 g
Fiber 0 g
Sugar <1 g
Protein 15 g

Ingredients: Hydrolyzed Gelatin, Whey Protein Concentrate, Citric Acid, Malic Acid, Natural and Artificial Flavor, Potassium Citrate, Tricalcium Phosphate, Sucralose, FD&C Red #40, Artificial Color.

Lemon Razzy Fruit Drink

Item 159

Serving Size 19.75 g
Calories 70
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 10 mg

Sodium 10 mg
Potassium 100 mg

Carbohydrates 1 g
Fiber 0 g
Sugar <1 g
Protein 15 g

Ingredients: Hydrolyzed Gelatin, Whey Protein Concentrate, Natural and Artificial Flavors, Citric Acid, Fructose, Potassium Citrate, Tricalcium Phosphate, Sucralose, FD&C Red #40.



Big Taste. Small Waist.

Lemonade Fruit Drink

Item 144

Serving Size 18.5 g
Calories 60
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 10 mg

Sodium 10 mg
Potassium 90 mg

Carbohydrates <1 g
Fiber 0 g
Sugar 1 g
Protein 15 g

Ingredients: Hydrolyzed Gelatin, Whey Protein Concentrate, Citric Acid, Lemon Flavor, Fructose, Potassium Citrate, Maltodextrin, Aspartame, Tricalcium Phosphate.

Orangeade Fruit Drink

Item 145

Serving Size 19.5 g
Calories 70
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 10 mg

Sodium 15 mg
Potassium 100 mg

Carbohydrates 1 g
Fiber 0 g
Sugar 0 g
Protein 15 g

Ingredients: Hydrolyzed Gelatin, Whey Protein Concentrate, Citric Acid, Malic Acid, Maltodextrin, Natural and Artificial Flavor, Potassium Citrate, Aspartame, Orange Lake Color.

Pineapple Fruit Drink

Item 146

Serving Size 19 g
Calories 70
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 5 mg

Sodium 5 mg
Potassium 85 mg

Carbohydrates <1 g
Fiber 0 g
Sugar 0 g
Protein 15 g

Ingredients: Hydrolyzed Gelatin, Whey Protein Concentrate, Citric Acid, Fructose, Potassium Citrate, Aspartame, Tricalcium Phosphate, Natural Flavor.

Peach Mango Fruit Drink

Item 149

Serving Size 19.55 g
Calories 70
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 10 mg

Sodium 10 mg
Potassium 100 mg

Carbohydrates 2 g
Fiber 0 g
Sugar 0 g
Protein 15 g

Ingredients: Hydrolyzed Gelatin, Whey Protein Concentrate, Natural and Artificial Flavors, Malic Acid, Tricalcium Phosphate, Potassium Citrate, Aspartame, Beet Powder, Beta Carotene, Turmeric Color, Turmeric Powder.

Strawberry Kiwi Fruit Drink

Item 156

Serving Size 20 g
Calories 70
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 10 mg

Sodium 10 mg
Potassium 140 mg

Carbohydrates 1 g
Fiber 0 g
Sugar 0 g
Protein 15 g

Ingredients: Hydrolyzed Gelatin, Whey Protein Concentrate, Natural and Artificial Flavors, Malic Acid, Maltodextrin, Potassium Citrate, Citric Acid, Tricalcium Phosphate, Sucralose, FD&C Red #40. (Also available with Aspartame instead of Sucralose.)

Instant Drinks



Most of our products provide instant gratification. It is the American Way. It's also the best cure for your hunger. Keep your metabolism running well with a tall cool glass of delicious protein. We give you not only chocolate Instant Drink, but also Proticcino. *Ciao*, beautiful you!

Seven single-serving packets per box; 36 boxes per case.

Chocolate Instant Drink

Item 154

Serving Size 23.5 g
Calories 80
Calories from fat 10
Fat 1 g
Saturated fat 0 g
Cholesterol <5 mg

Sodium 210 mg
Potassium 180 mg

Carbohydrates 3 g
Fiber <1 g
Sugar 2 g
Protein 15 g

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Cocoa, Quic Milk, Natural and Artificial Flavor, Salt, Titanium Dioxide, Potassium Citrate, Sucralose.

Proticcino Instant Drink

Item 155

Serving Size 23.5 g
Calories 80
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol <5 mg

Sodium 220 mg
Potassium 240 mg

Carbohydrates 5 g
Fiber 0 g
Sugar 4 g
Protein 15 g

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Quic Milk, Non-Fat Milk, Instant Coffee, Cocoa, Artificial Flavor, Salt, Potassium Citrate, Titanium Dioxide, Cellulose Gum, Sucralose.



Big Taste. Small Waist.

This creamy concoction makes it easy to give your body that protein which is key to your successful weight loss. Take a few minutes to sit and enjoy a delightful, cool shake, or make it a pudding to top off a small meal. We've added Tropical Banana to the usual shake flavors, to help you daydream right, and New York Cheesecake, because who doesn't like cheesecake--with a fraction of the usual calories.

Try the variety pack, item 100.

Seven single-serving packets per box; 36 boxes per case.

Shake and Pudding



California Strawberry Shake and Pudding

Item 102

Serving Size 25 g	Sodium 160 mg	Carbohydrates 7 g
Calories 90	Potassium 170 mg	Fiber 0 g
Calories from fat 0		Sugar 6 g
Fat 0 g		Protein 15 g
Saturated fat 0 g		
Cholesterol <5 mg		

Ingredients: Milk Protein Isolate, Fructose, Saladizer, Potassium Citrate, Natural and Artificial Flavor, Vitamin A Palmitate, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Reduced Iron, Niacinamide, Zinc Oxide, d-Calcium Panthothenate, Pyridoxine Hydrochloride, Copper Gluconate, Riboflavin, Thiamine, Mononitrate, Folic Acid, Biotin, Potassium Iodide, Cyanocobalamin, Aspartame, Citric Acid, Salt, Malic Acid, Beet Powder.

Tropical Banana Shake and Pudding

Item 104

Serving Size 25 g	Sodium 130 mg	Carbohydrates 7 g
Calories 90	Potassium 160 mg	Fiber 0 g
Calories from fat 0		Sugar 5 g
Fat 0 g		Protein 15 g
Saturated fat 0 g		
Cholesterol <5 mg		

Ingredients: Milk Protein Isolate, Fructose, Natural and Artificial Flavor, Saladizer, Potassium Citrate, Aspartame, A Palmitate, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Reduced Iron, Niacinamide, Zinc Oxide, d-Calcium Panthothenate, Pyridoxine Hydrochloride, Copper Gluconate, Riboflavin, Thiamine, Mononitrate, Folic Acid, Biotin, Potassium Iodide, Cyanocobalamin.



Swiss Chocolate Shake and Pudding

Item 106

Serving Size 25 g
Calories 90
Calories from fat 5
Fat 0.5 g
Saturated fat 0 g
Cholesterol <5 mg

Sodium 400 mg
Potassium 330 mg

Carbohydrates 6 g
Fiber 1 g
Sugar 2 g
Protein 15 g

Ingredients: Milk Protein Isolate, Cocoa Powder processed with Alkali, Fructose, Saladizer, Potassium Citrate, Sucralose, Vitamin A Palmitate, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Reduced Iron, Niacinamide, Zinc Oxide, d-Calcium Panthothenate, Pyridoxine Hydrochloride, Copper Gluconate, Riboflavin, Thiamine, Mononitrate, Folic Acid, Biotin, Potassium Iodide, Cyanocobalamin. (Also available with Aspartame instead of Sucralose.)

New York Cheesecake Shake and Pudding

Item 105

Serving Size 24 g
Calories 80
Calories from fat 10
Fat 0 g
Saturated fat 0 g
Cholesterol 5 mg

Sodium 420 mg
Potassium 150 mg

Carbohydrates 5 g
Fiber <1 g
Sugar 2 g
Protein 15 g

Ingredients: Milk Protein Isolate, Maltodextrin, Fructose, Cream Cheese Powder, Salt, Cellulose Gum, Potassium Citrate, Natural and Artificial Flavors, Vanillin, Vanilla Powder, Sucralose, Vitamin A Palmitate, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Reduced Iron, Niacinamide, Zinc Oxide, d-Calcium Panthothenate, Pyridoxine Hydrochloride, Copper Gluconate, Riboflavin, Thiamine, Mononitrate, Folic Acid, Biotin, Potassium Iodide, Cyanocobalamin.

French Vanilla Shake and Pudding

Item 107

Serving Size 23.75 g
Calories 90
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol <5 mg

Sodium 270 mg
Potassium 160 mg

Carbohydrates 6 g
Fiber 0 g
Sugar 3 g
Protein 15 g

Ingredients: Milk Protein Isolate, Fructose, Maltodextrin, Natural and Artificial Flavors, Cellulose Gum, Potassium Citrate, Salt, Vitamin A Palmitate, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Reduced Iron, Niacinamide, Zinc Oxide, d-Calcium Panthothenate, Pyridoxine Hydrochloride, Copper Gluconate, Riboflavin, Thiamine, Mononitrate, Folic Acid, Biotin, Potassium Iodide, Cyanocobalamin, Sucralose, Titanium Dioxide. (Also available with Aspartame instead of Sucralose.)

Big Taste. Small Waist.

Shake Shake 15



We've mixed and tested for endless hours to provide 15 different delicious flavors of our shake-and-go 15-gram protein drink. After all our hard work, we hope you'll stop a moment to savor the Wild Berry Splash, Orange-sicle, Chocolate, and other flavors. We know how mornings go, though, and if you just grab a lightweight shake bottle on the way out the front door to drink on the move, we'll understand. You might as well toss one in your purse, your dashboard, briefcase, and backpack, too, because when hunger hits all you'll need is a little water and you'll have those pangs taken care of. In the most delightful way.

One serving per easy-carry bottle; 96 bottles per case.

Berry Delicious Smoothie Shake Shake

Item 214

Serving Size 26.5 g
Calories 10
Calories from fat 15
Fat 1.5 g
Saturated fat 0 g
Cholesterol <5 mg

Sodium 160 mg
Potassium 75 mg

Carbohydrates 7 g
Fiber 0 g
Sugar 4 g
Protein 15 g

Ingredients: Calcium Caseinate, Non-Fat Milk, Non-Dairy Creamer, Whey Protein Concentrate, Raspberry Powder, Fructose, Guar Gum, Berry Powder, Natural and Artificial Flavor, Salt, Piroxil PS200 (anti-caking agent), Sucralose.

Strawberry Banana Smoothie Shake Shake

Item 215

Serving Size 26.5 g
Calories 100
Calories from fat 20
Fat 2 g
Saturated fat 0.5 g
Cholesterol <5 mg

Sodium 210 mg
Potassium 80 mg

Carbohydrates 7 g
Fiber <1 g
Sugar 4 g
Protein 15 g

Ingredients: Calcium Caseinate, Non-Dairy Creamer, Non-Fat Milk, Whey Protein Concentrate, Strawberry Powder, Guar Gum, Fructose, Malic Acid, Salt, Sucralose, Natural & Artificial Flavors, Piroxil PS200 (anti-caking agent), FD&C Red #40.

Chocolate Drink Shake Shake

Item 208

Serving Size 23.5 g
Calories 80
Calories from fat 10
Fat 1 g
Saturated fat 0.1 g
Cholesterol <5 mg

Sodium 210 mg
Potassium 180 mg

Carbohydrates 3 g
Fiber <1 g
Sugar 2 g
Protein 15 g

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Cocoa, Quic Milk, Natural and Artificial Flavor, Salt, Titanium Dioxide, Potassium Citrate, Sucralose.

Kiwi Strawberry Twist Shake Shake

Item 205

Serving Size 20 g
Calories 70
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 10 mg

Sodium 10 mg
Potassium 140 mg

Carbohydrates 1 g
Fiber 0 g
Sugar 0 g
Protein 15 g

Ingredients: Hydrolyzed Gelatin, Whey Protein Concentrate, Malic Acid, Maltodextrin, Potassium Citrate, Artificial Flavors, Citric Acid, Tricalcium Phosphate, Sucralose, FD&C Red #40.

Pineapple Orange Shake Shake

Item 206

Serving Size 20 g
Calories 70
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 15 mg

Sodium 15 mg
Potassium 170 mg

Carbohydrates 2 g
Fiber 0 g
Sugar 0 g
Protein 15 g

Ingredients: Hydrolyzed Gelatin, Whey Protein Concentrate, Citric Acid, Maltodextrin, Malic Acid, Potassium Citrate, Natural and Artificial Flavor, Beta Carotene, Tricalcium Phosphate, Turmeric, Capcolor, Sucralose, Turmeric Powder.

Raspberry Tea Shake Shake

Item 212

Serving Size 19 g
Calories 60
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 5 mg

Sodium 10 mg
Potassium 85 mg

Carbohydrates <1 g
Fiber 0 g
Sugar 0 g
Protein 15 g

Ingredients: Hydrolyzed Gelatin, Whey Protein Concentrate, Malic Acid, Decaffeinated Instant Tea, Natural and Artificial Flavors, Potassium Citrate, Sucralose, Brown Lake Color, FD&C Red #40.

Aloha Mango Smoothie Shake Shake

Item 213

Serving Size 27 g
Calories 100
Calories from fat 10
Fat 2 g
Saturated fat 1 g
Cholesterol <5 mg

Sodium 150 mg
Potassium 95 mg

Carbohydrates 7 g
Fiber 0 g
Sugar 0.4 g
Protein 15 g

Ingredients: Calcium Caseinate, Non-Fat Milk, Non-Dairy Creamer, Whey Protein Concentrate, Natural and Artificial Flavors, Mango Powder, Fructose, Guar Gum, Salt, Malic Acid, Sucralose, Piroxil PS200 (anti-caking agent), FD&C Yellow #6, FD&C Yellow #5.

More Shake Shake 15

Mango Tango Shake Shake

Item 217

Serving Size 19.5 g
Calories 70
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 10 mg

Sodium 25 mg
Potassium 20 mg

Carbohydrates 1 g
Fiber 0 g
Sugar 0 g
Protein 15 g

Ingredients: Hydrolyzed Gelatin, Whey Protein, Citric Acid, Natural and Artificial Flavor, Piroxil, Malic Acid, Beet Powder, Beta Carotene, Turmeric, Sucralose®, Tumeric Powder.

Grapefruit Shake Shake

Item 211

Serving Size 20.7 g
Calories 80
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 10 mg

Sodium 10 mg
Potassium 115 mg

Carbohydrates 4 g
Fiber 0 g
Sugar 0 g
Protein 15 g

Ingredients: Hydrolyzed Gelatin, Whey Protein Concentrate, Grapefruit Juice Powder, Citric Acid, Malic Acid, Grapefruit Flavor, Potassium Citrate, Tricalcium Phosphate, Sucralose.

Wild Berry Splash Shake Shake

Item 207

Serving Size 19.5 g
Calories 70
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 10 mg

Sodium 15 mg
Potassium 125 mg

Carbohydrates 2 g
Fiber 0 g
Sugar <1 g
Protein 15 g

Ingredients: Hydrolyzed Gelatin, Whey Protein Concentrate, Citric Acid, Malic Acid, Beet Powder, Natural and Artificial Flavor, Potassium Citrate, Sucralose, FD&C Red #40.

Proticcino Shake Shake

Item 209

Serving Size 23.5 g
Calories 80
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol <5 mg

Sodium 220 mg
Potassium 240 mg

Carbohydrates 5 g
Fiber 0 g
Sugar 4 g
Protein 15 g

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Quic Milk, Non-Fat Milk, Instant Coffee, Cocoa, Artificial Flavor, Salt, Potassium Citrate, Titanium Dioxide, Cellulose Gum, Sucralose.

Lemon Razzy Shake Shake

Item 210

Serving Size 19.75 g
Calories 70
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 10 mg

Sodium 10 mg
Potassium 100 mg

Carbohydrates 1 g
Fiber 0 g
Sugar <1 g
Protein 15 g

Ingredients: Hydrolyzed Gelatin, Whey Protein Concentrate, Natural and Artificial Flavors, Citric Acid, Fructose, Potassium Citrate, Tricalcium Phosphate, Sucralose, FD&C Red #40.

Orange-sicle Shake Shake

Item 216

Serving Size 25 g
Calories 100
Calories from fat 14
Fat 2 g
Saturated fat 1 g
Cholesterol 30 mg

Sodium 180 mg
Potassium 95 mg

Carbohydrates 5 g
Fiber 0 g
Sugar 2 g
Protein 15 g

Ingredients: Whey Protein Concentrate, Maltodextrin, Non-Dairy Creamer, Quic Milk, Fructose, Potassium Citrate, Natural and Artificial Flavor, Vitamin Mineral Premix (Magnesium Oxide, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Copper Gluconate, Reduced Iron, Biotin, Vitamin A Palmitate, Niacinamide, Zinc Oxide, d-Calcium Pantothenate, Cholecalciferol, Pyridoxine Hydrochloride [B6], Thiamine Mononitrate [B1], Riboflavin [B2], Cyanocobalamin, Folic Acid, Potassium Iodide), Salt, Beta Carotene (color), Sucralose.

Chocolate Shake Shake

Item 203

Serving Size 25 g
Calories 80
Calories from fat 10
Fat 1 g
Saturated fat 0 g
Cholesterol 5 mg

Sodium 310 mg
Potassium 240 mg

Carbohydrates 6 g
Fiber 1 g
Sugar 1 g
Protein 16 g

Ingredients: Milk Protein Isolates, Cocoa (processed with Alkali, Soy Lecithin), Maltodextrin, Natural Flavors, Fructose, Cellulose Gum, Salt, Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate, Mono & Diglycerides, Dipotassium Phosphate and Sodium Silicoaluminate), Potassium Citrate, Vitamin Mineral Premix (Vitamin A Palmitate, Ascorbic Acid, DL-Alpha Tocopherol Acetate, Reduced Iron, Niacinamide, Zinc Oxide, d-Calcium Panthothenate, Pyridoxine Hydrochloride, Copper Gluconate, Riboflavin, Thiamine, Mononitrate, Folic Acid, Biotin, Potassium Iodide, Cyanocobalamin), Sucralose.

Vanilla Shake Shake

Item 202

Serving Size 24 g
Calories 80
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 5 mg

Sodium 270 mg
Potassium 170 mg

Carbohydrates 6 g
Fiber 0 g
Sugar 3 g
Protein 15 g

Ingredients: Milk Protein Isolates, Fructose, Maltodextrin, Artificial Flavors, Cellulose Gum, Salt, Potassium Citrate, Vitamin Mineral Premix (Vitamin A Palmitate, Ascorbic Acid, DL-Alpha Tocopherol Acetate, Reduced Iron, Niacinamide, Zinc Oxide, d-Calcium Panthothenate, Pyridoxine Hydrochloride, Copper Gluconate, Riboflavin, Thiamine, Mononitrate, Folic Acid, Biotin, Potassium Iodide, Cyanocobalamin), Sucralose, Titanium Dioxide.

Cran Grape Shake Shake

Item 204

Serving Size 19.6 g
Calories 70
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 10 mg

Sodium 10 mg
Potassium 120 mg

Carbohydrates 1 g
Fiber 0 g
Sugar 0 g
Protein 15 g

Ingredients: Hydrolyzed Gelatin, Whey Protein Concentrate, Citric Acid, Malic Acid, Natural Flavor, Potassium Citrate, Tricalcium Phosphate, Sucralose, FD&C Red #40, Purple Color.



Hot Chocolate

Even when it's snowing or blustery outside, we're never so cold that we're numb to the allure of a steaming cup of hot chocolate to wrap our hands around. No need to resist this protein-packed seduction. You can even have it with marshmallows on top. Or try one of our grownup flavors, like Irish Cream or Amaretto. After all, being a grownup does have its rewards.

For a variety pack ask for item 115.

Seven single-serving packets per box; 36 boxes per case.

Marshmallow Hot Chocolate

Item 127

Serving Size 25 g
Calories 85
Calories from fat 8
Fat 1 g
Saturated fat 0 g
Cholesterol <5 mg

Sodium 209 mg
Potassium 180 mg

Carbohydrates 4 g
Fiber 1 g
Sugar 3 g
Protein 15 g

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Cocoa, Quic Milk, Natural and Artificial Flavors, Salt, Marshmallows (Sugar, Corn Syrup, Dextrose, Modified Corn Starch, Gelatin, Artificial and Natural Flavor, Sodium Hexametaphosphate), Titanium Dioxide, Potassium Citrate, Sucralose.

Hot Chocolate

Item 116

Serving Size 23.5 g
Calories 80
Calories from fat 5
Fat 0.5 g
Saturated fat 0 g
Cholesterol <5 mg

Sodium 210 mg
Potassium 170 mg

Carbohydrates 4 g
Fiber <1 g
Sugar 2 g
Protein 15 g

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Non-Fat Milk, Cocoa Powder, Maltodextrin, Salt, Titanium Dioxide, Potassium Citrate, Aspartame, Natural and Artificial Flavors.

Hot Chocolate with Sucralose®

Item 126

Serving Size 23.5 g
Calories 80
Calories from fat 10
Fat 0 g
Saturated fat 1 g
Cholesterol <5 mg

Sodium 210 mg
Potassium 180 mg

Carbohydrates 3 g
Fiber <1 g
Sugar 2 g
Protein 15 g

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Non-Fat Milk, Cocoa Powder, Natural and Artificial Flavors, Salt, Potassium Citrate, Titanium Dioxide, Sucralose.

Mocha Hot Chocolate

Item 118

Serving Size 24 g
Calories 80
Calories from fat 5
Fat 0.5 g
Saturated fat 0 g
Cholesterol <5 mg

Sodium 200 mg
Potassium 250 mg

Carbohydrates 5 g
Fiber <1 g
Sugar 1 g
Protein 15 g

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Non-Fat Milk, Cocoa Powder, Maltodextrin, Instant Coffee, Salt, Potassium Citrate, Titanium Dioxide, Aspartame, Natural and Artificial Flavors.

Cinnamon Hot Chocolate

Item 120

Serving Size 23.5 g
Calories 80
Calories from fat 6
Fat <1 g
Saturated fat 0 g
Cholesterol <5 mg

Sodium 210 mg
Potassium 170 mg

Carbohydrates 5 g
Fiber <1 g
Sugar 2 g
Protein 15 g

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Non-Fat Milk, Cocoa Powder, Maltodextrin, Salt, Titanium Dioxide, Potassium Citrate, Aspartame, Natural and Artificial Flavors.

Irish Cream Hot Chocolate

Item 128

Serving Size 24.1 g
Calories 90
Calories from fat 10
Fat 1 g
Saturated fat 0.5 g
Cholesterol 0 mg

Sodium 125 mg
Potassium 190 mg

Carbohydrates 4 g
Fiber <1 g
Sugar 2 g
Protein 15 g

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Non Fat Milk, Cocoa Powder, Natural and Artificial Flavors, Maltodextrin, Salt, Potassium Citrate, Titanium Dioxide, Cellulose Gum, Sucralose.



More Hot Chocolate

Amaretto Hot Chocolate

Item 121

Serving Size 23.5 g
Calories 80
Calories from fat 6
Fat 1 g
Saturated fat 0 g
Cholesterol <5 mg

Sodium 200 mg
Potassium 140 mg

Carbohydrates 5 g
Fiber <1 g
Sugar 2 g
Protein 15 g

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Non-Fat Milk, Cocoa Powder, Maltodextrin, Salt, Titanium Dioxide, Potassium Citrate, Aspartame, Natural and Artificial Flavors.

Raspberry Hot Chocolate

Item 117

Serving Size 23.5 g
Calories 80
Calories from fat 5
Fat 0.5 g
Saturated fat 0 g
Cholesterol <5 mg

Sodium 220 mg
Potassium 90 mg

Carbohydrates 4 g
Fiber <1 g
Sugar 2 g
Protein 15 g

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Non-Fat Milk, Cocoa Powder, Maltodextrin, Salt, Titanium Dioxide, Aspartame, Potassium Citrate, Natural and Artificial Flavors.

Mint Hot Chocolate

Item 119

Serving Size 23.5 g
Calories 80
Calories from fat 5
Fat 0.5 g
Saturated fat 0 g
Cholesterol <5 mg

Sodium 200 mg
Potassium 240 mg

Carbohydrates 4 g
Fiber <1 g
Sugar 2 g
Protein 15 g

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Non-Fat Milk, Cocoa Powder, Maltodextrin, Salt, Potassium Citrate, Titanium Dioxide, Aspartame, Natural and Artificial Flavors.



Pro Med 100

At an even 100 calories and 15 grams of protein, these thick, vitamin-fortified shakes make it easy to plan and track your intake. Use them with our very low calorie diet (VLCD) plans, or anytime you want some vitamin-rich nourishment in any easy-on-the palette form. Just add water and shake.

One serving per bottle or seven servings per box; 96 bottles or 36 boxes per case.

Chocolate Pro Med 100

Item 021 box; Item 226 bottle

Serving Size 27 g
Calories 100
Calories from fat 10
Fat 1 g
Saturated fat 0 g
Cholesterol <5 mg

Sodium 310 mg
Potassium 330 mg

Carbohydrates 7 g
Fiber 2 g
Sugar 2 g
Protein 15 g

Ingredients: Milk Protein Isolate, Cocoa Powder, Maltodextrin, Fructose, Natural Flavor, Salt, Soy Oil, Potassium Citrate, Vitamin A Palmitate, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Reduced Iron, Niacinamide, Zinc Oxide, d-Calcium Panthothenate, Pyridoxine Hydrochloride, Copper Gluconate, Riboflavin, Thiamine, Mononitrate, Folic Acid, Biotin, Potassium Iodide, Cyanocobalamin, Cellulose Gum, Vanilla Powder, Sucralose.

Vanilla Pro Med 100

Item 020 box; Item 225 bottle

Serving Size 26.5 g
Calories 100
Calories from fat 10
Fat 1 g
Saturated fat 0 g
Cholesterol <5 mg

Sodium 270 mg
Potassium 240 mg

Carbohydrates 7 g
Fiber 0 g
Sugar 4 g
Protein 15 g

Ingredients: Milk Protein Isolate, Maltodextrin, Fructose, Natural & Artificial Flavor, Soy Oil, Potassium Citrate, Salt, Vitamin and Mineral Premix (Contains 1% or less of Vitamin A Palmitate, Ascorbic Acid, DL-Alpha Tocopheryl Acetate, Reduced Iron, Niacinamide, Zinc Oxide, d-Calcium Panthothenate, Pyridoxine Hydrochloride, Copper Gluconate, Riboflavin, Thiamine, Mononitrate, Folic Acid, Biotin, Potassium Iodide, Cyanocobalamin), Titanium Dioxide, Sucralose.

Big Taste. Small Waist.

Cappuccino

One cappuccino coming right up. Save the fuel and calories from your drive-up, high-fat, sugar-loaded coffee beverage, and sip slowly this healthy version instead. Ah, that hits the spot. Try it over ice, too.

Seven single-serving packets per box; 36 boxes per case.



Cappuccino

Item 136

Serving Size 23.5 g
Calories 90
Calories from fat 10
Fat 1 g
Saturated fat 1 g
Cholesterol <5 mg

Sodium 125 mg
Potassium 150 mg

Carbohydrates 4 g
Fiber 0 g
Sugar 4 g
Protein 15 g

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Non-Dairy Creamer, Non-Fat Milk, Instant Coffee, Natural and Artificial Flavors, Titanium Dioxide, Salt, Potassium Citrate, Cellulose Gum, Aspartame.

Vanilla Cappuccino

Item 137

Serving Size 24 g
Calories 90
Calories from fat 10
Fat 1 g
Saturated fat 0.5 g
Cholesterol 0 mg

Sodium 110 mg
Potassium 160 mg

Carbohydrates 5 g
Fiber 0 g
Sugar 2 g
Protein 15 g

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Non-Dairy Creamer, Non-Fat Milk, Instant Coffee, Cocoa Powder, Coffee Extender, Salt, Natural and Artificial Flavors, Aspartame, Potassium Citrate, Tricalcium Phosphate.

Amaretto Cappuccino

Item 138

Serving Size 23.5 g
Calories 90
Calories from fat 10
Fat 1 g
Saturated fat 1 g
Cholesterol <5 mg

Sodium 110 mg
Potassium 160 mg

Carbohydrates 4 g
Fiber 0 g
Sugar 4 g
Protein 15 g

Ingredients: Calcium Caseinate, Hydrolyzed Gelatin, Non-Dairy Creamer, Non-Fat Milk, Instant Coffee, Titanium Dioxide, Salt, Potassium Citrate, Cellulose Gum, Aspartame, Natural and Artificial Flavors.

Tea

The English know that a cup of tea is the elixir for any hardship that life dishes out. Newspaper left on your rainy driveway in a sodden mess? Have some tea. The boss just changed his mind again, so the last four days of work has to be thrown out? Have a cuppa. The houseguests are staying an extra two days? Tea time. What our straight-laced neighbors across the seas don't know is that a hint of raspberry or peach in your tea can really cheer you. Our southern belles know this, and we do make our teas in Georgia, after all. Drink you high-protein tea hot or cold, and feel your worries and your weight slip away.

Seven single-serving packets per box; 36 boxes per case.

Raspberry Tea

Item 162

Serving Size 19 g
Calories 60
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 5 mg

Sodium 10 mg
Potassium 85 mg

Carbohydrates <1 g
Fiber 0 g
Sugar 0 g
Protein 15 g

Ingredients: Hydrolyzed Gelatin, Whey Protein Concentrate, Malic Acid, Decaffeinated Instant Tea, Natural and Artificial Flavors, Potassium Citrate, Sucralose, Brown Lake Color, FD&C Red #40.

Peach Tea

Item 163

Serving Size 19 g
Calories 70
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 5 mg

Sodium 10 mg
Potassium 85 mg

Carbohydrates 1 g
Fiber 0 g
Sugar 0 g
Protein 15 g

Ingredients: Hydrolyzed Gelatin, Whey Protein Concentrate, Malic Acid, Citric Acid, Decaffeinated Instant Tea, Potassium Citrate, Natural and Artificial Flavor, Sucralose, Orange Lake Color, Brown Lake Color.



Big Taste. Small Waist.

Helpers



You're doing the right thing by putting yourself on a weight-reduction diet and/or undergoing a bariatric procedure. Even so, you are putting your body through some stress by implementing this change. This means that the vitamins and minerals you take in are more important now than ever. When you're reducing your food volume, though, it's harder to be sure you're getting all you need. It's important, then, to find high-quality supplements formulated specifically for someone in your situation, to give you the maximum benefit. We invite you to try our multivitamins, fiber drinks, essential fatty acid gel caps, and other supplements designed specifically to support and enhance your weight-loss efforts.

FibeRight

For digestive health and regularity you'll want to include delicious FIBERight drinks in your daily intake. With just 20 calories you'll get 20% of the daily fiber requirement per eight-ounce drink. Make drinking some FIBERight a regular occurrence for you; you'll be glad you did.

10 servings per box; 24 boxes per case.



Lemon Tea Fiber Drink

Item 430

Serving Size 8 g
Calories 20
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 0 mg
Potassium 30 mg

Carbohydrates 7 g
Fiber 5 g
Sugar 0 g
Protein 0 g

Ingredients: Soluble Corn Fiber, Decaffeinated Tea, Maltodextrin, Citric Acid, Natural Flavors, Potassium Citrate, Sucralose, Cellulose and Xanthan Gums, Carrageenan, Caramel Color, Malic Acid.

Tropical Fruit Fiber Drink

Item 431

Serving Size 8 g
Calories 20
Calories from fat 0
Fat 0 g
Saturated fat 0 g
Cholesterol 0 mg

Sodium 0 mg
Potassium 30 mg

Carbohydrates 7 g
Fiber 5 g
Sugar 0 g
Protein 0 g

Ingredients: Soluble Corn Fiber, Maltodextrin, Natural and Artificial Flavors, Citric Acid, (Beet Juice, Beta Carotene, Black Carrot Extract and Turmeric for color), Potassium Citrate, Sucralose, Cellulose and Xanthan Gums, Carrageenan, Malic Acid.



Nature's Multi Vitamins

It's not as easy as Popeye made it look to get the minerals we need. Rip open a can and glug down a streaming blob of spinach? We don't think so. So we made it simple to get the vitamins and minerals your beautiful, slimming body needs.

Available two ways: 1) seven-tablet blister pack, item 301 (100 packs per case.) ; or 2) 30-tablet bottle, item 312.

Nature's Multi Vitamin

7-day pack item 301; or 30-count bottle item 312

Each tablet contains at least 100% Daily Value of the essential vitamins A, D, E, C, Niacin, B1, B2, B6, B12, Pantothenic Acid, Folic Acid, Iron, Zinc, Copper and Iodine; 16% of Calcium; 25% of Magnesium; 12% of Phosphorous; and 15% Biotin.

Nature's KLB-5

You're working hard to make sure you eat right, to lose weight and reduce girth. Now enhance the inch-reducing outcome with our KLB-5, a unique combination of ingredients designed to provide complete dietary support, break down stored body fat, support healthy thyroid function, and remove excess wastes from the body. Have that tape measure handy to see the result: inch loss significantly greater than inch loss experienced through diet alone.

180 capsules per bottle; 12 bottles per case



Nature's KLB-5

Item 303

Each capsule contains Blue-Green Algae 100 mg, Bromelain 100 mg, Lecithin 100 mg, Kelp 100 mg, Apple Cider Vinegar (Potassium) 100 mg.



Nature's Essential Fatty Acids

It's strange to see "fat" and "essential" in the same phrase, isn't it? But low-calorie diets must do more than provide an adequate amount of protein; they must contain some fat--and the right kind of fat. Essential fatty acids (EFAs) keep bodily functions from becoming sluggish and inefficient. EFA deficiency has been linked to gallstones, skin disorders (dry skin, loss of hair), high blood lipid levels (increased cholesterol and triglyceride), and other serious problems. It has also been shown that an adequate EFA intake is required for optimal thermogenesis, so if you're not getting enough essential fatty acids you may be inadvertently reducing or eliminating the effects of your weight-loss diet. Boost your weight-loss efforts and your health with this special gel capsule that's free of the usual fishy aftermath.

120 capsules per bottle; 12 bottles per case.

Nature's Essential Fatty Acids

Item 302

Two capsules contain

Alpha-Linolenic Acid (ALA) (Omega-3) 182 mg

Linoleic Acid (Omega-6) 160 mg

Oleic Acid (Omega-9) 130 mg

Gamma-Linolenic Acid (GLA) (Omega-6) 80 mg

Eicosapentaenoic Acid (EPA) (Omega-3) 58 mg

Docosahexaenoic Acid (DHA) (Omega-3) 38 mg

Ingredients: Certified Organic Flax Seed Oil, Borage Seed, Fish Oil, Gelatin, and Mixed Tocopherols.

Big Taste. Small Waist.

Nature's Quick Trim

Don't we wish that reducing weight was as easy as stopping at the barber for a quick trim?

"What would you like today?"

"Oh, could you please keep the sideburns, clean up the neckline, take off an inch on top, and take four inches off my waist? Trim away!"



Nature's Quick Trim isn't instant like that, but it does decrease the appetite, naturally. Our proprietary herbal blend controls cravings to make weight loss easier, quicker and more pronounced. It contains citrus aurantium from the Chinese herb Zhishi, a powerful herb with five amines that increase metabolism and thermogenesis, while arresting your appetite--without harmful side effects.

150 capsules per bottle; 12 bottles per case.

Nature's Quick Trim

Item 306

Each capsules contains Citrus Aurantium (fruit) (standardized to 6mg synephrine), Garcinia Cambogia (fruit) (standardized to 50% hydroxycitric acid), Caffeine Anhydrous USP, Green Tea Extract (Camellia sinensis) (leaf) (containing 6mg of polyphenols and 5mg of catechins), Guggulipids (standardized to 2.5% guggulsterones), Energy Blend (standardized to 5% caffeine and 8% theobromine, [guarana extract and cocoa extract]) N-Acetyl Tyrosine, and L-Tyrosine, Cellulose, Gelatin, Silica, Vegetable Stearate, FD&C Red #40, FD&C Blue #1 and Titanium Dioxide.



16- Ounce Blender Bottle

No batteries, no cord, no hassle. Just add liquid to your drink powder and shake. The unique blender ball is powerful enough to mix the thickest ingredients with ease. Use it in the kitchen, at the office, at the gym, when traveling, or anytime on the go.

Comes in 24- and 72-count cases.

Blender Bottle

Item 404 (24 count) or 405 (72 count)

Special Nutritional Categories

Please note that all products listed have been manufactured on equipment that has processed milk, wheat (gluten), soy, egg, peanuts and tree nuts.

Soy-Free Products

Fruit Smoothies

- 001-Aloha Mango Smoothie
- 002-Berry Delicious Smoothie
- 003-Strawberry Banana Smoothie

Pasta Meals

- 012- Fettuccini Alfredo

ProMed 100

- 020/225-Pro Med 100 Vanilla
- 021/226-Pro Med 100 Chocolate

Shakes & Puddings

- 103-California Strawberry Shake Pudding
- 104-Tropical Banana Shake Pudding
- 105-N.Y. Cheesecake Shake Pudding
- 106-Swiss Chocolate Shake Pudding
- 107-French Vanilla Shake Pudding

Hot Chocolates

- 116-Hot Chocolate
- 117-Raspberry Hot Chocolate
- 118-Mocha Hot Chocolate
- 119-Mint Hot Chocolate
- 120-Cinnamon Hot Chocolate
- 121-Amaretto Hot Chocolate
- 126-Hot Chocolate with Sucralose
- 127-Marshmallow Hot Chocolate
- 128-Irish Cream Hot Chocolate

Fruit Drinks

- 144-Lemonade Fruit Drink
- 145-Orangeade Fruit Drink
- 146-Pineapple Fruit Drink
- 147-Grape Fruit Drink
- 149-Peach Mango Fruit Drink
- 152-Grapefruit Fruit Drink
- 153-Cran Grape Fruit Drink
- 156-Strawberry Kiwi Fruit Drink
- 157-Wild Berry Fruit Drink
- 158-Pineapple Orange Fruit Drink
- 159-Lemon Razzly Fruit Drink

Instant Drinks

- 154-Chocolate Drink
- 155-Proticcino Drink

Teas

- 162-Raspberry Tea
- 163-Peach Tea

Soup

- 168-Chicken Soup
- 169-Beef Soup
- 170-Tomato Soup
- 171-Cream of Broccoli Soup
- 173-Beef with Pasta Soup
- 174-Chicken with Pasta Soup
- 175-Cream of Tomato Soup
- 176-Cream of Chicken Soup

Gelatin Desserts

- 178-Strawberry Banana Gelatin
- 179-Cherry Gelatin
- 180-Raspberry Gelatin

Breakfast Products

- 182-Blueberry Pancake Mix
- 183-Golden Pancake Mix
- 184-Chocolate Chip Pancake Mix
- 196-Vegetable Omelet

Salad Dressing

- 192-Dijon Honey Mustard Dressing
- 193-Italian Dressing

Shake Shake 15

- 202-Shake Shake 15- Vanilla Shake
- 203-Shake Shake 15- Chocolate Shake
- 204-Shake Shake 15- Cran Grape
- 205-Shake Shake 15- Kiwi Strawberry
- 206-Shake Shake 15- Pineapple Orange
- 207-Shake Shake 15- Wild Berry Splash
- 208-Shake Shake 15- Chocolate Drink
- 209-Shake Shake 15- Proticcino
- 210-Shake Shake 15- Lemon Razzly
- 211-Shake Shake 15- Grapefruit
- 212-Shake Shake 15- Raspberry Tea
- 213-Shake Shake 15- Aloha Mango
- 214-Shake Shake 15- Berry Delicious
- 215-Shake Shake 15- Strawberry Ban.
- 216-Shake Shake 15- Orange-sicle
- 217-Shake Shake 15- Mango Tango

Meal Replacements

- 240- Chocolate Meal Replacement
- 241- Vanilla Meal Replacement

Shelf Stable Entrees

- 350-Turkey Chili with Beans
- 351-Vegetable Lasagna
- 352-Beef Stroganoff with Noodles
- 357-Chicken Pasta Parmesan

Gluten-Free Products

Fruit Smoothies

- 001-Aloha Mango Smoothie
- 002-Berry Delicious Smoothie
- 003-Strawberry Banana Smoothie

ProMed 100

- 020/225-Pro Med 100 Vanilla
- 021/226-Pro Med 100 Chocolate

Shakes & Puddings

- 103-California Strawberry Shake Pudding
- 104-Tropical Banana Shake Pudding
- 105-New York Cheesecake Shake Pudding
- 106-Swiss Chocolate Shake Pudding
- 107-French Vanilla Shake Pudding

Hot Chocolates

- 116-Hot Chocolate
- 117-Raspberry Hot Chocolate
- 118-Mocha Hot Chocolate
- 119-Mint Hot Chocolate
- 120-Cinnamon Hot Chocolate
- 121-Amaretto Hot Chocolate
- 126-Hot Chocolate with Sucralose
- 127-Marshmallow Hot Chocolate
- 128-Irish Cream Hot Chocolate

Fruit Drinks

- 144-Lemonade Fruit Drink
- 145-Orangeade Fruit Drink
- 146-Pineapple Fruit Drink
- 147-Grape Fruit Drink
- 149-Peach Mango Fruit Drink
- 152-Grapefruit Fruit Drink
- 153-Cran Grape Fruit Drink
- 156-Strawberry Kiwi Fruit Drink
- 157-Wild Berry Fruit Drink
- 158-Pineapple Orange Fruit Drink
- 159-Lemon Razzzy Fruit Drink

Instant Drinks

- 154-Chocolate Drink
- 155-Proticcino Drink

Breakfast Products

- 181-Bacon Cheese Omelet
- 185-Regular Oatmeal
- 186-Maple 'n' Brown Sugar Oatmeal
- 187-Apple 'n' Cinnamon Oatmeal
- 188-Honey Nut Cereal
- 189-Cinnamon Vanilla Cereal
- 190-Cocoa Cereal
- 196-Vegetable Omelet
- 197-Peaches 'n' Cream Oatmeal

Teas

- 162-Raspberry Tea
- 163-Peach Tea

Soup

- 168-Chicken Soup
- 169-Beef Soup
- 170-Tomato Soup
- 171-Cream of Broccoli Soup
- 172-Cream of Mushroom Soup
- 175-Cream of Tomato Soup
- 176-Cream of Chicken Soup

Gelatin Desserts

- 178-Strawberry Banana Gelatin
- 179-Cherry Gelatin
- 180-Raspberry Gelatin

Salad Dressing

- 192-Dijon Honey Mustard Dressing
- 193-Italian Dressing

Shake Shake 15

- 202-Shake Shake 15- Vanilla Shake
- 203-Shake Shake 15- Chocolate Shake
- 204-Shake Shake 15- Cran Grape
- 205-Shake Shake 15- Kiwi Strawberry
- 206-Shake Shake 15- Pineapple Orange
- 207-Shake Shake 15- Wild Berry Splash
- 208-Shake Shake 15- Chocolate Drink
- 209-Shake Shake 15- Proticcino
- 210-Shake Shake 15- Lemon Razzzy
- 211-Shake Shake 15- Grapefruit
- 212-Shake Shake 15- Raspberry Tea
- 213-Shake Shake 15- Aloha Mango
- 214-Shake Shake 15- Berry Delicious
- 215-Shake Shake 15- Strawberry Banana
- 216-Shake Shake 15- Orange-sicle
- 217-Shake Shake 15- Mango Tango

Meal Replacement

240-Chocolate Meal Replacement

241-Vanilla Meal Replacement

High-Protein Bars

250-Chocolate Marshmallow Bar

251-Double Peanut Butter Bar

252-Peanut Butter Bar

253-Caramel Crunch Bar

255-Oatmeal Bar

256-Caramel Brownie Bar

257-Peanut Caramel Delight Bar

258-Rockie Road Bar

259-Caramel Nut Bar

260-Strawberry Cheesecake Bar

261-Peanut Butter and Jelly Bar

Crispy Protein Bars

266-Crispy Cinnamon Raisin Bar

267-Crispy Peanut Butter Bar

268-Crispy Lemon Meringue Bar

269-Crispy Choc. Peanut Dream Bar

new-Coconut Chocolate Bar

new-Chocolate Mint Bar

new-Vanilla Almond Yogurt Bar

Protein Bites

382-White Cheddar Bites

Protein Chips

385-BBQ Chips

386-Ranch Chips

387-Sea Salt & Vinegar Chips

Protein Pastries

420-Cinnamon Pastry

421-Lemon Pastry

Lactose-Free Products

170-Tomato Soup

178-Strawberry Banana Gelatin

179-Cherry Gelatin

180-Raspberry Gelatin

188-Honey Nut Cereal

189-Cinnamon Vanilla Cereal

190-Cocoa Cereal

192-Dijon Honey Mustard Dressing

193-Italian Dressing

335-Lemon Biscotti

336-Almond Chip Biscotti

337-Chocolate Fudge Chip Biscotti

338-Chocolate Chip Biscotti

350-Turkey Chili with Beans

354-Beef Stew

355-Pot Roast

358-Five Bean Casserole

359-Beef & Bean Enchilada

360-Spicy Oriental Chicken

364-Green Pepper Steak

387-Sea Salt & Vinegar Chips

Meat-Based Products

Shelf Stable Entrees

350-Turkey Chili with Beans

352-Beef Stroganoff with Noodles

354-Beef Stew

355-Pot Roast

356-Spaghetti and Meatballs

357-Chicken Pasta Parmesan

359-Beef and Bean Enchilada

360-Spicy Oriental Chicken

362-Chicken Ravioli

364-Green Pepper Steak

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your healthcare provider or weight-loss practitioner.

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