

## Nutrisystem's Breakfast Items

<b><i>apple cinnamon oatmeal</i></b>	OATS, APPLES (SULFITED), SUGAR, DEXTROSE, NATURAL FLAVORS, SALT, CINNAMON, CARAMEL COLOR.
<b><i>apple strudel bar</i></b>	ROLLED OATS, WHITE CHOCOLATE FLAVORED COATING (SUGAR, FRACTIONATED PALM KERNEL OIL, NONFAT MILK, WHOLE MILK, WHEY, SOY LECITHIN (AS EMULSIFIER), NATURAL VANILLA), APPLE, SOY PROTEIN NUGGETS (SOY PROTEIN ISOLATE, RICE FLOUR, SALT), MALTITOL SYRUP, ORGANIC BROWN RICE SYRUP, CORN SYRUP, SOY NUGGETS (ISOLATED SOY PROTEIN, RICE STARCH), BROWN SUGAR, INULIN, GLYCERIN, HIGH OLEIC SUNFLOWER OIL, NATURAL FLAVOR, CINNAMON, SEA SALT. CONTAINS MILK AND SOY.
<b><i>banana nut muffin</i></b>	WATER, INULIN SYRUP, SUGAR, WHEAT PROTEIN ISOLATE, WHOLE WHEAT FLOUR, ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), GLYCERIN, BANANA PUREE (BANANAS, CITRIC ACID, ASCORBIC ACID), MALTITOL, SOYBEAN OIL, CONTAINS 2% OR LESS OF: WALNUTS, NONFAT MILK, EGGS, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, CORN STARCH, MONOCALCIUM PHOSPHATE), NATURAL BANANA FLAVOR, NATURAL BUTTER FLAVOR, FOOD STARCH-MODIFIED, VANILLA EXTRACT, NATURAL SWEETNESS ENHANCER FLAVOR, NATURAL BANANA TYPE FLAVOR, EMULSIFIER BLEND (PROPYLENE GLYCOL, MONO AND DIESTERS OF FATS AND FATTY ACIDS, MONO AND DIGLYCERIDES, SOY LECITHIN), SALT, POTASSIUM SORBATE (PRESERVATIVE), CORN FIBER, SODIUM CARBOXYMETHYLCELLULOSE, REBAUDIOSIDE A. CONTAINS MILK, EGG, WHEAT, SOY AND TREE NUTS (WALNUTS).
<b><i>blueberry muffin</i></b>	WATER, INULIN SYRUP, WHEAT PROTEIN ISOLATE, SUGAR, GLYCERIN, WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BLUEBERRIES, SOYBEAN OIL, MALTITOL, CONTAINS LESS THAN 2% OF: EGGS, NONFAT MILK, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, CORN STARCH, MONOCALCIUM PHOSPHATE), NATURAL BLUEBERRY FLAVOR, DEXTROSE, VANILLA EXTRACT, NATURAL BUTTER FLAVOR, FOOD STARCH-MODIFIED, EMULSIFIER BLEND (PROPYLENE GLYCOL, MONO AND DIESTERS OF FATS AND FATTY ACIDS, MONO AND DIGLYCERIDES, SOY LECITHIN), SALT, CORN FIBER, POTASSIUM SORBATE (PRESERVATIVE), SODIUM CARBOXYMETHYLCELLULOSE, REBAUDIOSIDE A. CONTAINS EGG, MILK, SOY AND WHEAT.
<b><i>chewy chocolate chip granola bars</i></b>	ROLLED OATS, CORN SYRUP, SOY NUGGETS (ISOLATED SOY PROTEIN, RICE STARCH), SUGAR, SEMI-SWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN (ADDED AS AN EMULSIFIER), VANILLA EXTRACT), POLYDEXTROSE, GLYCERIN, SOY PROTEIN ISOLATE (ISOLATED SOY PROTEIN, SOY LECITHIN), BROWN SUGAR, NATURAL FLAVOR, HIGH OLEIC SUNFLOWER OIL, MOLASSES, SEA SALT. CONTAINS SOY. MANUFACTURED IN A FACILITY THAT ALSO PROCESSES EGG, MILK, PEANUTS, TREE NUTS AND WHEAT.

<p><b><i>cinnamon bun</i></b></p>	<p>WATER, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHITE WHOLE WHEAT FLOUR, INULIN SYRUP, WHEAT PROTEIN ISOLATE, SUGAR, DEFATTED SOY FLOUR, RAISIN PASTE, WHITE CONFECTIONERY COATING (SUGAR, PALM KERNEL OIL AND PALM OIL, TITANIUM DIOXIDE (COLOR), NONFAT MILK, SOY LECITHIN, NATURAL FLAVOR, MONO AND DIGLYCERIDES), CONTAINS LESS THAN 2% OF: GLYCERIN, MALTITOL, FOOD STARCH-MODIFIED, PALM OIL, RESISTANT MALTODEXTRIN, CINNAMON, EGGS, BAKING SODA, NATURAL BROWNED BUTTER FLAVOR, SODIUM ALUMINUM PHOSPHATE, SALT, CORN FIBER, POTASSIUM SORBATE (PRESERVATIVE), MONOCALCIUM PHOSPHATE, SODIUM CARBOXYMETHYLCELLULOSE, REBAUDIOSIDE A, MONK FRUIT EXTRACT, ENZYMES. CONTAINS EGG, MILK, SOY AND WHEAT.</p>
<p><b><i>cinnamon bun bar</i></b></p>	<p>ROLLED OATS, SOY PROTEIN NUGGETS (SOY PROTEIN ISOLATE, RICE FLOUR, SALT), WHITE CHOCOLATE FLAVORED COATING (SUGAR, FRACTIONATED PALM KERNEL OIL, NONFAT MILK, WHOLE MILK, WHEY, SOY LECITHIN (AS EMULSIFIER), NATURAL VANILLA), MALTITOL SYRUP, ORGANIC BROWN RICE SYRUP, CORN SYRUP, SOY NUGGETS (ISOLATED SOY PROTEIN, RICE STARCH), INULIN, HIGH OLEIC SUNFLOWER OIL, GLYCERIN, CINNAMON, SOY LECITHIN (AS EMULSIFIER), NATURAL FLAVOR. CONTAINS MILK AND SOY.</p>
<p><b><i>cinnamon streusel muffin</i></b></p>	<p>WATER, WHOLE WHEAT FLOUR, SOYBEAN OIL, INULIN SYRUP, SUGAR, WHEAT PROTEIN ISOLATE, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CINNAMON CHIPS (SUGAR, PALM OIL, CINNAMON, NONFAT MILK, SOY LECITHIN), GLYCERIN, INVERT SUGAR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS LESS THAN 2% OF: NONFAT MILK, MARGARINE BUTTER BLEND (PALM OIL, BUTTER [CREAM, SALT], WATER, SALT, MONO AND DIGLYCERIDES, SODIUM BENZOATE (PRESERVATIVE), CITRIC ACID, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE (COLOR)), EGGS, MALTITOL, LEAVENING (BAKING POWDER, SODIUM ACID PYROPHOSPHATE, BAKING SODA, CORN STARCH, MONOCALCIUM PHOSPHATE), CINNAMON, NATURAL BUTTER FLAVOR, FOOD STARCH-MODIFIED, VANILLA EXTRACT, SALT, EMULSIFIER BLEND (PROPYLENE GLYCOL, MONO AND DIESTERS OF FATS AND FATTY ACIDS, MONO AND DIGLYCERIDES, SOY LECITHIN), CORN FIBER, NATURAL CINNAMON FLAVOR, POTASSIUM SORBATE (PRESERVATIVE), GUAR GUM, REBAUDIOSIDE A. CONTAINS EGG, MILK, SOY AND WHEAT.</p>
<p><b><i>double chocolate muffin</i></b></p>	<p>WATER, INULIN SYRUP, SEMI-SWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, NATURAL FLAVOR), SUGAR, WHEAT PROTEIN ISOLATE, RESISTANT MALTODEXTRIN, GLYCERIN, WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, COCOA PROCESSED WITH ALKALI, MALTITOL, CONTAINS LESS THAN 2% OF: NONFAT MILK, EGGS, LEAVENING (BAKING POWDER, SODIUM ACID PYROPHOSPHATE, BAKING SODA, CORN STARCH, MONOCALCIUM PHOSPHATE), NATURAL BUTTER FLAVOR, FOOD STARCH-MODIFIED, VANILLA EXTRACT, NATURAL CHOCOLATE TYPE FLAVOR, EMULSIFIER BLEND (PROPYLENE GLYCOL, MONO AND DIESTERS OF FATS AND FATTY ACIDS, MONO AND DIGLYCERIDES, SOY LECITHIN), SALT, POTASSIUM SORBATE (PRESERVATIVE), CORN FIBER, SODIUM CARBOXYMETHYLCELLULOSE, MONK FRUIT EXTRACT, REBAUDIOSIDE A. CONTAINS EGG, MILK, SOY AND WHEAT.</p>

<p><b><i>granola cereal</i></b></p>	<p>WHOLE GRAIN ROLLED OATS, WHOLE GRAIN ROLLED WHEAT, SUGAR, RICE, CORN SYRUP, ALMONDS, OAT FLOUR, MOLASSES, CANOLA OIL, CORN STARCH, CINNAMON, NONFAT DRY MILK, BARLEY MALT SYRUP, BAKING SODA, SALT, WHEY (MILK), NATURAL FLAVORS, POLYGLYCEROL ESTERS (EMULSIFIER), MALTED BARLEY FLOUR, WHEAT FLOUR, DEXTROSE; VITAMINS AND MINERALS: ALPHA TOCOPHEROL ACETATE (VITAMIN E), NIACINAMIDE, ZINC OXIDE, VITAMIN C (ASCORBIC ACID), FERRIC ORTHOPHOSPHATE (IRON NUTRIENT), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), VITAMIN A PALMITATE, THIAMIN MONONITRATE (VITAMIN B1), FOLIC ACID, VITAMIN D, VITAMIN B12. CONTAINS MILK, TREE NUTS (ALMONDS) AND WHEAT.</p>
<p><b><i>harvest nut bar</i></b></p>	<p>PEANUTS, SOY PROTEIN NUGGETS (SOY PROTEIN ISOLATE, RICE FLOUR, SALT), ORGANIC BROWN RICE SYRUP, MALTITOL SYRUP, CORN SYRUP, SUGAR, ALMONDS, RAISINS (RAISINS, VEGETABLE OIL), ROLLED OATS, PEANUT BUTTER, INULIN, SOY NUGGETS (ISOLATED SOY PROTEIN, RICE STARCH), GLYCERIN, PEANUT OIL, CRANBERRY (CRANBERRIES, SUGAR, SUNFLOWER OIL), SUNFLOWER SEEDS, BARLEY FLAKES, GUM ARABIC, SEA SALT, NATURAL FLAVOR, MIXED TOCOPHEROLS, SOY LECITHIN (AS EMULSIFIER). CONTAINS PEANUTS, SOY AND TREE NUTS (ALMONDS).</p>
<p><b><i>maple brown sugar oatmeal</i></b></p>	<p>ROLLED OATS, SUGAR (CANE SUGAR, MAPLE SUGAR, BROWN SUGAR), NATURAL FLAVORS, MALTODEXTRIN, DEXTROSE, SALT, CARAMEL COLOR, LO HAN.</p>
<p><b><i>NutriFlakes cereals</i></b></p>	<p>WHOLE WHEAT, WHEAT BRAN, SUGAR, BROWN SUGAR SYRUP, SALT, MALT EXTRACT, IRON (FERRIC ORTHOPHOSPHATE), VITAMIN C (SODIUM ASCORBATE), VITAMIN A (PALMITATE), NIACINAMIDE, VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID, BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS. **FORTIFIED WITH THIAMINE (15% DV), RIBOFLAVIN (15% DV), NIACIN (15% DV), VITAMIN B6 (15% DV), FOLIC ACID (15% DV). CONTAINS WHEAT</p>
<p><b><i>peanut butter granola bar</i></b></p>	<p>CORN SYRUP, PEANUT COATING (SUGAR, PALM KERNEL OIL, PARTIALLY DEFATTED PEANUT FLOUR, NONFAT DRY MILK SOLIDS, PEANUT OIL, SALT, SOY LECITHIN (AN EMULSIFIER)), ROLLED OATS, PEANUTS, SOY PROTEIN NUGGETS (SOY PROTEIN ISOLATE, RICE FLOUR, SALT), GLYCERIN, GUM ARABIC, PEANUT FLOUR, SOY PROTEIN ISOLATE, PEANUT BUTTER (PEANUTS, SALT), PEANUT OIL, SUGAR, SEA SALT, NATURAL FLAVOR, MIXED TOCOPHEROLS. CONTAINS MILK, PEANUTS AND SOY.</p>
<p><b><i>pancake mix</i></b></p>	<p>FLOUR BLEND (WHOLE WHEAT FLOUR, BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, ENZYME ADDED FOR IMPROVED BAKING), SOY PROTEIN CONCENTRATE, SUGAR, FRUCTAN, LEAVENING (BAKING SODA, SODIUM ALUMINUM SULFATE, MONOCALCIUM PHOSPHATE), VEGETABLE OIL, VITAL WHEAT GLUTEN, CORN STARCH, CALCIUM SULFATE. CONTAINS SOY AND WHEAT.</p>
<p><b><i>sweetened Os cereals</i></b></p>	<p>CEREAL (RICE FLOUR, SOY FLOUR, SOY CONCENTRATE, CALCIUM CARBONATE), SWEETENER (SUGAR, MALTODEXTRIN, NATURAL FLAVOR), FOOD STARCH MODIFIED, MALTODEXTRIN. CONTAINS SOY.</p>

## Nutrisystem's Lunch Items

<b><i>bean and ham soup</i></b>	WATER, NAVY BEANS, SMOKED HAM WATER ADDED (CURED WITH WATER, SUGAR, SALT, CONTAINS 2% OR LESS OF: SODIUM LACTATE, SODIUM PHOSPHATE, SODIUM DIACETATE, SODIUM NITRITE, MAY ALSO CONTAIN: DEXTROSE, NATURAL SMOKE FLAVOR, SODIUM ERYTHORBATE, FLAVORING), CARROTS, MODIFIED CORNSTARCH, CONTAINS 2% OR LESS OF TOMATO PASTE, FLAVORING, ISOLATED SOY PROTEIN, HYDROLYZED CORN PROTEIN, CORNSTARCH, SUGAR, YEAST EXTRACT, SPICES, DEXTROSE, CITRIC ACID, ERYTHORBIC ACID. CONTAINS SOY.
<b><i>black beans and rice</i></b>	BLACK BEANS, VEGETABLES (ONION, RED BELL PEPPER, TOMATO, GARLIC), WHITE RICE, MODIFIED CORN STARCH, NATURAL FLAVORS (YEAST EXTRACT, MALTODEXTRIN, POTASSIUM CHLORIDE, TAPIOCA STARCH, HYDROLYZED SOY PROTEIN, SUNFLOWER AND SOY OILS, CARAMEL COLOR), SPICES, CHILI PEPPER, CILANTRO. DEHYDRATED. CONTAINS SOY.
<b><i>cheddar broccoli rice</i></b>	WHITE RICE, CHEESE POWDER (MILK, CHEESE CULTURE, SALT, ENZYME), INULIN, NONFAT MILK POWDER, WHEY PROTEIN CONCENTRATE, YEAST EXTRACT, BUTTERMILK POWDER (SKIM MILK, DRY WHEY), NATURAL FLAVORS (MALTODEXTRIN, CHEESE, BUTTER FLAVOR, SOYBEAN OIL, ANNATTO, TURMERIC), VEGETABLES* (BROCCOLI, ONION, GARLIC), ACETIC ACID, POTASSIUM CHLORIDE, MODIFIED CORNSTARCH, TETRASODIUM PYROPHOSPHATE, DISODIUM PHOSPHATE, LACTIC ACID. *DEHYDRATED CONTAINS MILK.
<b><i>cheese tortellini</i></b>	TOMATOES, WATER, CHEESE TORTELLINI (ENRICHED DURUM FLOUR [WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, PARMESAN CHEESE [PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES], PART SKIM RICOTTA CHEESE [WHEY, CREAM, VINEGAR, CARRAGEENAN], IMPORTED ROMANO CHEESE MADE FROM SHEEP'S MILK [PASTEURIZED SHEEP'S MILK, CHEESE CULTURE, SALT, ENZYME], DRIED EGG WHITES, BLEACHED WHEAT FLOUR, DRIED WHOLE EGGS, CITRIC ACID, SOYBEAN OIL, SALT, SPICES, NATURAL FLAVOR, GARLIC POWDER), CONCENTRATED CRUSHED TOMATOES, ONIONS, ISOLATED SOY PROTEIN, SUGAR, ROMANO CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURES, ENZYMES, SALT), BALSAMIC VINEGAR, SALT, SPICES, CITRIC ACID, GARLIC POWDER, ONION POWDER, DEHYDRATED PARSLEY. CONTAINS MILK, EGG, SOY AND WHEAT.
<b><i>chicken noodle soup</i></b>	CHICKEN BROTH, ENRICHED EGG NOODLES (WATER, ENRICHED DURUM FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHOLE EGGS, WHEAT GLUTEN, EGG WHITES, GLYCERYL MONOSTEARATE), WHITE CHICKEN (WHITE CHICKEN MEAT, WATER, MODIFIED FOOD STARCH, SALT, SODIUM PHOSPHATE), CARROTS, POTATO STARCH, CONTAINS 2% OR LESS OF CELERY, HYDROLYZED CORN PROTEIN, FLAVORING, SALT, CHICKEN FAT, ROAST FLAVOR (MALTODEXTRIN, YEAST EXTRACT, SOY SAUCE [SOYBEANS, WHEAT, SALT], TAPIOCA MALTODEXTRIN, CHICKEN FAT, FLAVOR), YEAST EXTRACT, CHICKEN BROTH (CONTAINS FLAVOR), SPICES, DEHYDRATED CHIVES, DEHYDRATED PARSLEY, ANNATTO COLOR. CONTAINS EGG, SOY AND WHEAT.

<p><b><i>chocolate peanut butter bar</i></b></p>	<p>SOY NUGGETS (ISOLATED SOY PROTEIN, RICE STARCH), MILK CHOCOLATE FLAVORED COATING (SUGAR, FRACTIONATED PALM KERNEL OIL, NON FAT MILK, WHOLE MILK, COCOA (PROCESSED WITH ALKALI), PALM OIL, SOY LECITHIN), CARAMEL (GLUCOSE, SUGAR, WATER, MODIFIED PALM KERNEL OIL, SKIM MILK POWDER, WHEY PROTEIN CONCENTRATE (CONTAINS SOY), DISODIUM PHOSPHATE, GLYCERINE, SALT, SOY LECITHIN, CARRAGEENAN, NATURAL FLAVOR), MALTITOL SYRUP, CORN SYRUP, PEANUT BUTTER (PEANUTS, SALT), FRUCTOSE, MALTODEXTROSE, GUM ARABIC, PEANUTS, GLYCERIN, PEANUT FLOUR, PEANUT OIL, NATURAL FLAVOR, SEA SALT. CONTAINS MILK, PEANUTS AND SOY. MANUFACTURED IN A FACILITY THAT ALSO PROCESSES EGG, TREE NUTS AND WHEAT.</p>
<p><b><i>double chocolate caramel bar</i></b></p>	<p>COCOA (PROCESSED WITH ALKALI), NONFAT DRY MILK, MILKFAT, SOY LECITHIN, PALM OIL, VANILLA EXTRACT), CORN SYRUP, SOY PROTEIN ISOLATE, POLYDEXTROSE, RICE FLOUR, NONFAT DRY MILK, COCOA POWDER (PROCESSED WITH ALKALI), CHOCOLATE LIQUOR, SUGAR, MILK PROTEIN ISOLATE, FRACTIONATED PALM KERNEL OIL, GLYCERINE, SUNFLOWER OIL WITH TOCOPHEROLS, FRUCTOSE, NATURAL FLAVOR, WATER, SOY LECITHIN, SALT, EVAPORATED CANE JUICE, BUTTER, MONK AND STEVIA EXTRACT. CONTAINS MILK AND SOY</p>
<p><b><i>fettuccine alfredo</i></b></p>	<p>ENRICHED PASTA (DURUM SEMOLINA, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PARMESAN CHEESE (MILK, SALT CULTURES AND ENZYMES), MODIFIED POTATO STARCH, INULIN, ROMANO CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT AND ENZYMES), WHEY, MALTODEXTRIN, ISOLATED SOY PROTEIN, CONTAINS LESS THAN 2% OF THE FOLLOWING: DEHYDRATED VEGETABLES (CARROTS, MUSHROOMS, RED BELL PEPPER, GREEN BELL PEPPER), SALT, BUTTERMILK, CREAM CHEESE (CREAM, NONFAT DRY MILK AND CHEESE CULTURE), BLUE AND CHEDDAR CHEESES (MILK, CHEESE CULTURE, SALT AND ENZYMES), DISODIUM PHOSPHATES, GUAR GUM, NATURAL FLAVOR, DISODIUM INOSINATE AND DISODIUM GUANYLATE, LACTIC ACID, SUGAR, TITANIUM DIOXIDE (FOR COLOR), MODIFIED CORN STARCH, YEAST EXTRACT, GARLIC POWDER, CITRIC ACID, SODIUM CITRATE, DEHYDRATED PARSLEY, SPICE. CONTAINS MILK, WHEAT AND SOY.</p>
<p><b><i>fudge graham bar</i></b></p>	<p>SOY NUGGETS (ISOLATED SOY PROTEIN, RICE STARCH), MILK CHOCOLATE FLAVORED COATING (SUGAR, FRACTIONATED PALM KERNEL OIL, NONFAT MILK, WHOLE MILK, COCOA (PROCESSED WITH ALKALI), PALM OIL, SOY LECITHIN), CORN SYRUP, CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, DEXTROSE, SOY LECITHIN), CARAMEL (FRUCTOSE, CORN SYRUP SOLIDS, CREAM, WATER, DEXTROSE, MODIFIED FOOD STARCH, SUGAR, NONFAT DRY MILK POWDER, NATURAL FLAVORS, SALT, CELLULOSE GEL AND CELLULOSE GUM, DIPOTASSIUM PHOSPHATE), SOY PROTEIN ISOLATE (ISOLATED SOY PROTEIN, SOY LECITHIN), ROLLED OATS, INULIN, GLYCERIN, HIGH OLEIC SUNFLOWER OIL, SUGAR, NATURAL FLAVOR, BUTTER, COCOA POWDER, SOY LECITHIN (AS EMULSIFIER), MONK FRUIT EXTRACT, STEVIA EXTRACT. CONTAINS MILK AND SOY. MANUFACTURED IN A FACILITY THAT ALSO PROCESSES EGG, PEANUTS, TREE NUTS AND WHEAT.</p>

<p><b><i>loaded baked potato</i></b></p>	<p>POTATO FLAKES (POTATOES, MONOGLYCERIDES, SODIUM ACID PYROPHOSPHATE, SODIUM METABISULFITE), MALTODEXTRIN, WHEY, CHEDDAR CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), BACON BITS (CURED WITH WATER, SALT, SODIUM ERYTHORBATE, SODIUM NITRITE (MAY ALSO CONTAIN SUGAR, DEXTROSE, BROWN SUGAR, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, FLAVORING)), SOYBEAN OIL, ONION, SALT, LACTOSE, WHEY PROTEIN CONCENTRATE, MODIFIED CORN STARCH, ONION POWDER, BLUE CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), SODIUM PHOSPHATE, BUTTER (CREAM, SALT), LACTIC ACID, LEEK, GUAR GUM, CITRIC ACID, SMOKE FLAVOR, CHIVE POWDER, NONFAT MILK SOLIDS, TITANIUM DIOXIDE (COLOR), SILICON DIOXIDE, SOUR CREAM SOLIDS (CREAM, NONFAT MILK, CULTURES), NATURAL FLAVORS, YEAST EXTRACT, ANNATTO AND TURMERIC, DEHYDRATED MILK, ENZYMES. CONTAINS MILK.</p>
<p><b><i>mexican-style tortilla soup</i></b></p>	<p>BLACK BEANS*, WHITE RICE*, TORTILLA CHIPS (GROUND CORN, WATER, LIME), VEGETABLES* (TOMATO, BELL PEPPER, CORN, ONION, GARLIC, CHILIES, CILANTRO), NATURAL FLAVORS (HYDROLYZED WHEAT PROTEIN, MALTODEXTRIN, YEAST EXTRACT, SALT, HYDROLYZED COTTONSEED AND SOY OILS), WHEY, MODIFIED CORN STARCH, WHEY PROTEIN CONCENTRATE, CHEDDAR CHEESE*, SOY PROTEIN, SPICES, LACTIC ACID, PAPRIKA EXTRACT. * DEHYDRATED CONTAINS MILK, WHEAT AND SOY.</p>
<p><b><i>spicy Kung Pao noodles</i></b></p>	<p>NOODLES (WHEAT FLOUR, BRINE, SALT), PEANUTS, ORGANIC EVAPORATED CANE JUICE, VEGETABLES (GARLIC, SHALLOTS, CHILI PEPPERS, GREEN ONION), SOY PROTEIN, SOY SAUCE POWDER (SOYBEANS, WHEAT), YEAST EXTRACT, NATURAL FLAVORS (DEXTROSE, MALTODEXTRIN, SALT, TAPIOCA DEXTRIN, ONION POWDER, SILICON DIOXIDE, EXTRACTIVES OF PAPRIKA), INULIN, VINEGAR POWDER, POTATO STARCH, SPICES, SESAME, CITRIC ACID. CONTAINS PEANUTS, SOY AND WHEAT.</p>
<p><b><i>three cheese chicken</i></b></p>	<p>WHEAT PASTA, WHEY, MODIFIED FOOD (CORN, POTATO) STARCH, CHEDDAR AND BLUE CHEESES (MILK, CHEESE CULTURE, SALT, ENZYMES), INULIN, BROCCOLI*, CHICKEN*, SALT, PARMESAN CHEESE (MILK, SALT, CULTURES, ENZYMES), YEAST EXTRACT, CONTAINS LESS THAN 2% OF: TOMATO*, RENDERED CHICKEN FAT, CALCIUM CASEINATE (CONTAINS MONOGLYCERIDE), SOYBEAN OIL, WHEY PROTEIN CONCENTRATE, LACTOSE, SODIUM PHOSPHATE, BUTTERMILK, CITRIC ACID, TAPIOCA DEXTRIN, MALTODEXTRIN, NATURAL FLAVORS, LACTIC ACID, DISODIUM INOSINATE, DISODIUM GUANYLATE, CANOLA OIL, YELLOW # 5, YELLOW # 6. *DEHYDRATED. CONTAINS MILK AND WHEAT.</p>
<p><b><i>trail mix bar</i></b></p>	<p>SOY PROTEIN ISOLATE, CORN SYRUP, PEANUTS, ALMONDS, EVAPORATED CANE JUICE, RAISINS, POLYDEXTROSE, CASHEWS, PRETZELS (UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], MALT, SALT, SOYBEAN OIL AND YEAST), OLIGOFRUCTOSE, FRACTIONATED PALM KERNEL OIL, NONFAT DRY MILK, MALTITOL SYRUP, HONEY, COCOA POWDER, RICE STARCH, SALT, SOY LECITHIN, NATURAL FLAVOR, DISTILLED MONOGLYCERIDES, SUGAR, SUCRALOSE, MODIFIED POTATO STARCH, XANTHAN GUM, PEANUT AND/OR CANOLA AND/OR SOYBEAN OIL. CONTAINS SOY, WHEAT, MILK, PEANUTS AND TREE NUTS (ALMONDS, CASHEWS).</p>

***white bean chicken chili***

WATER, COOKED WHITE CHICKEN (WHITE CHICKEN MEAT, WATER, MODIFIED FOOD STARCH, SALT, SODIUM PHOSPHATES), SOUR CREAM (CULTURED MILK, CREAM, WHEY, MODIFIED CORN STARCH, SODIUM PHOSPHATE, GUAR GUM, CARRAGEENAN, CAROB BEAN GUM, POTASSIUM SORBATE (MAINTAINS FRESHNESS)), WHITE BEANS, ONIONS, JALAPEÑO PEPPERS (CONTAINS VINEGAR, SALT), GREEN CHILIES (CONTAINS CITRIC ACID), BELL PEPPERS, TOMATOES, MODIFIED CORNSTARCH, CONTAINS 2% OR LESS OF SUGAR, DEHYDRATED CHEDDAR CHEESE (CHEDDAR CHEESE [CULTURED MILK, SALT, ENZYMES], DISODIUM PHOSPHATE, SALT, LACTIC ACID), SPICES, FLAVORING, HYDROLYZED CORN PROTEIN, YEAST EXTRACT, SALT. CONTAINS MILK.

## Nutrisystem's Dinner Items

### ***BBQ Chicken***

ED CHICKEN MEAT, WATER, TOMATO PASTE, GREEN BELL PEPPERS, APPLE CIDER VINEGAR, HOISIN SAUCE (SUGAR, WATER, MISO [SOYBEANS, RICE, SALT], PLUM PUREE, NATURALLY BREWED SOY SAUCE [WATER, WHEAT, SOYBEANS, SALT], GARLIC, CARAMEL COLOR, MODIFIED FOOD STARCH, FERMENTED WHEAT PROTEIN, VINEGAR, SALT, SPICES, XANTHAN GUM, CITRIC ACID), BROWN SUGAR, ONIONS, CANOLA OIL, TEXTURED SOY PROTEIN CONCENTRATE, CONTAINS 2% OR LESS OF JALAPENO PEPPERS, WATER, SALT, CITRIC ACID AND CALCIUM CHLORIDE, BACON (CURED WITH WATER, SALT, SUGAR, SODIUM ERYTHORBATE, SODIUM NITRITE. MAY ALSO CONTAIN DEXTROSE, FLAVORING, HONEY, DEHYDRATED PORK BROTH, POTASSIUM CHLORIDE, POTASSIUM LACTATE, SMOKE FLAVORING, SODIUM DIACETATE, SODIUM PHOSPHATE.), GARLIC POWDER, CHILI PEPPER, CUMIN, GARLIC, OREGANO, NATURAL HICKORY SMOKE CONCENTRATE, ONION POWDER, SEA SALT, MUSTARD FLOUR, YEAST EXTRACT, DEXTRIN, XANTHAN GUM, SPICE. CONTAINS SOY AND WHEAT.

### ***Chicken Alfredo***

WATER, WHITE CHICKEN STRIPS (BONELESS CHICKEN BREAST MEAT WITH RIB MEAT, WATER, MODIFIED FOOD STARCH, SODIUM PHOSPHATE), PENNE PASTA (WATER, DURUM WHEAT, EGG WHITES, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORNSTARCH, CONTAINS 2% OR LESS OF: CANOLA OIL, WHEY PROTEIN CONCENTRATE, SUGAR, PARMESAN CHEESE (PARMESAN CHEESE [PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES], POWDERED CELLULOSE TO PREVENT CAKING, SORBIC ACID TO PROTECT FLAVOR), CHICKEN BROTH BASE (ROASTED CHICKEN STOCK, YEAST EXTRACT, CHICKEN FAT, CANE JUICE SOLIDS, SALT, DRIED CHICKEN, NATURAL FLAVOR, CHICKEN FLAVOR, MALTODEXTRIN, FLAVOR), ROMANO CHEESE (PASTEURIZED COW MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, DISODIUM INOSINATE AND DISODIUM GUANYLATE, FLAVORING, POTASSIUM CHLORIDE, SPICES, YEAST EXTRACT, RICE FLOUR, CULTURED CREAM, PROPYLENE GLYCOL, GLYCEROL, LACTIC ACID, ERYTHORBIC ACID, CITRIC ACID, MALTODEXTRIN, SUCCINIC ACID. CONTAINS EGG, MILK AND WHEAT.

### ***Chicken Pasta Parmesan***

WATER, COOKED WHITE CHICKEN (CHICKEN, WATER, MODIFIED RICE STARCH, SALT, SOY PROTEIN ISOLATE, SODIUM PHOSPHATE), CRUSHED TOMATOES, RICCIOLI PASTA (DURUM SEMOLINA [ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID] AND EGG WHITES), GREEN BELL PEPPERS, PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), MODIFIED CORN STARCH, ROMANO CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), TOMATO PASTE, KALE, SALT, ONION POWDER, GARLIC POWDER, SPICES, PAPRIKA OLEORESIN, SPLENDA® (WATER, SUCRALOSE). CONTAINS EGG, MILK, SOY AND WHEAT.

<p><b><i>Chicken Tortilla Soup</i></b></p>	<p>WATER, COOKED CHICKEN (CHICKEN BREAST WITH RIB MEAT, WATER, ISOLATED SOY PROTEIN, RICE STARCH, SALT, SODIUM PHOSPHATE), BLACK BEANS, TOMATOES IN JUICE (TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), ONIONS, TOMATO PASTE, ENRICHED RICE (RICE, IRON PHOSPHATE, NIACIN, THIAMINE MONONITRATE, FOLIC ACID), BELL PEPPERS, CONTAINS 2% OR LESS OF: CORN, CORN CHIPS (STONE GROUND CORN MASA FLOUR, LIME, SALT, HIGH OLEIC SAFFLOWER OIL), CHICKEN BASE (CHICKEN MEAT INCLUDING CHICKEN JUICES, HYDROLYZED SOY AND CORN PROTEIN, POTATO FLOUR, FLAVORINGS, AUTOLYZED YEAST EXTRACT, CARROT POWDER, TURMERIC), MODIFIED FOOD STARCH, TOMATO POWDER, SALSA CONCENTRATE (SAUTÉED VEGETABLES AND HERBS [JALAPEÑO PEPPERS, CILANTRO, ONIONS], SALT, SUGAR, TOMATO PASTE, MALTODEXTRIN, DRIED TOMATOES, CANOLA OIL, SOYBEAN OIL, MONO AND DIGLYCERIDES, SPICE, SOY LECITHIN, NATURAL FLAVORING, EXTRACTIVES OF PAPRIKA), ISOLATED SOY PROTEIN, GARLIC, CHILI PEPPER, SALT, SPICES, SEA SALT, LIME JUICE CONCENTRATE. CONTAINS SOY.</p>
<p><b><i>Chili with Beans</i></b></p>	<p>WATER, BEEF, BEANS, TOMATOES (WATER, TOMATO PASTE), MODIFIED CORNSTARCH, CONTAINS 2% OR LESS OF CHILI POWDER (CHILI PEPPERS, FLAVORING), CORN FLOUR, FLAVORING, SUGAR, BEEF FAT, HYDROLYZED SOY, CORN, AND WHEAT PROTEIN, SPICES, YEAST EXTRACT, SALT, DISODIUM INOSINATE AND DISODIUM GUANYLATE, CHILI FLAVOR (OLEORESIN OF PAPRIKA, NATURAL FLAVORINGS). CONTAINS SOY AND WHEAT.</p>
<p><b><i>Chicken Pot Pie</i></b></p>	<p>WATER, COOKED CHICKEN (CHICKEN BREAST WITH RIB MEAT, WATER, ISOLATED SOY PROTEIN, RICE STARCH, SALT, SODIUM PHOSPHATE), POT PIE CRUST (BLEACHED ENRICHED FLOUR [WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, BUTTER, SEA SALT, NATURAL FLAVOR, SILICON DIOXIDE, NONFAT DRY MILK [MILK PROTEIN CONCENTRATE, NONFAT DRY MILK], SALT), POTATOES (CONTAINS SODIUM ACID PYROPHOSPHATE), CARROTS, ONIONS, RED BELL PEPPERS, PEAS, HEAVY CREAM, MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: GREEN BELL PEPPERS, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ROASTED POBLANO PEPPERS, SEA SALT, CHICKEN BROTH, CANOLA OIL, MALTODEXTRIN, GARLIC POWDER, DISODIUM INOSINATE AND DISODIUM GUANYLATE, SPICE. CONTAINS MILK, SOY AND WHEAT.</p>
<p><b><i>Hearty Beef Stew</i></b></p>	<p>WATER, BEEF, POTATOES, CARROTS, PEAS, CONTAINS 2% OR LESS OF ISOLATED SOY PROTEIN, TOMATO PASTE, CELERY, CORN FLOUR, FLAVORING, POTATO STARCH, TEXTURED VEGETABLE PROTEIN (SOY FLOUR, CARAMEL COLOR), HYDROLYZED SOY, CORN AND WHEAT PROTEIN, YEAST EXTRACT, POTASSIUM CHLORIDE, SUGAR, SALT, CARAMEL COLOR, CREAM OF TARTAR. CONTAINS SOY AND WHEAT.</p>

<p><b><i>Italian Herb Flatbread Pizza</i></b></p>	<p><b>PIZZA CRUST:</b> UNBLEACHED/UNBROMATED ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, NATURAL CULTURE, SOYBEAN OIL, OLIVE OIL, SALT, CALCIUM PROPIONATE (PRESERVATIVE) SPICES, BASIL, PARSLEY, SORBATE (PRESERVATIVE); <b>PIZZA SAUCE:</b> WATER, TOMATOES, CONTAINS 2% OR LESS OF PALM OIL, FRUCTOSE, MODIFIED FOOD STARCH, SALT, CORN SYRUP, ONION POWDER, GARLIC POWDER, SPICE, SORBIC ACID (PRESERVATIVE); <b>MOZZARELLA-STYLE CHEESE:</b> MOZZARELLA AND OTHER NATURAL CHEESES (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), WATER, MILK PROTEIN CONCENTRATE, PALM OIL, GLYCEROL, SODIUM PHOSPHATE, SALT, CONTAINS 2% OR LESS OF: LACTIC ACID, CREAM SODIUM CITRATE, NONFAT MILK, SORBIC ACID (PRESERVATIVE), PROPYLENE GLYCOL, POTATO STARCH AND POWDERED CELLULOSE (TO PREVENT CAKING), NATAMYCIN (A NATURAL MOLD INHIBITOR). CONTAINS MILK AND WHEAT.</p>
<p><b><i>Lasagna with meat sauce</i></b></p>	<p>VEGETABLE 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 TOMATO, BEEF, ONION, MUSHROOMS (MUSHROOM, WATER, SALT), CELERY, SOY PROTEIN CONCENTRATE, COOKED BEEF CRUMBLES (GROUND BEEF, WATER, SALT), GARLIC, SEA SALT, EVAPORATED CANE SUGAR, FOOD STARCH, BURGUNDY WINE (WINE, SALT), SPICES, YEAST EXTRACT (YEAST EXTRACT, MALTODEXTRIN, SALT). CONTAINS EGG, MILK, SOY AND WHEAT.</p>
<p><b><i>Mac &amp; Cheese</i></b></p>	<p>ENRICHED MACARONI (DURUM SEMOLINA FLOUR (WHEAT), NIACIN, FERROUS SULFATE, THIAMIN, MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHEESE POWDER (MILK, CHEESE CULTURE, SALT, ENZYME), INULIN, MODIFIED CORNSTARCH, NATURAL FLAVORS (CHEESE, YEAST EXTRACT, SODIUM CASEINATE, MONO AND DIGLYCERIDES, GUM ARABIC), WHOLE DRY MILK, CREAM POWDER (NONFAT DRY MILK, TOCOPHEROLS, ASCORBYL PALMITATE), WHEY PROTEIN CONCENTRATE, ACETIC ACID, ONION POWDER, TETRASODIUM PYROPHOSPHATE, DISODIUM PHOSPHATE, POTASSIUM CHLORIDE, GARLIC POWDER, DEXTROSE, XANTHAN GUM, LACTIC ACID, SOYBEAN OIL, LACTOSE, MALTODEXTRIN, NATURAL TOCOPHEROLS, ANNATTO POWDER, FD&amp;C YELLOW #5, SILICON DIOXIDE. CONTAINS MILK AND WHEAT.</p>

<p><b><i>Mac &amp; Cheese with Meat</i></b></p>	<p>ENRICHED PASTA (DURUM SEMOLINA, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), COOKED BEEF* (BEEF, FLAVORING, SALT), POTATO STARCH-MODIFIED, GRANULAR CHEESE, WHEY, MALTODEXTRIN, CHEDDAR AND BLUE CHEESES (MILK, CHEESE CULTURE, SALT, ENZYMES), CONTAINS LESS THAN 2% OF WHEY PROTEIN CONCENTRATE, POTASSIUM CHLORIDE, LACTOSE, FOOD STARCH-MODIFIED, SALT, YEAST EXTRACT, SOYBEAN OIL, ONION POWDER, SOY PROTEIN ISOLATE, SODIUM PHOSPHATE, NATURAL FLAVOR, LACTIC ACID, TAPIOCA DEXTRIN, GUAR GUM, CORNSTARCH-MODIFIED, GARLIC POWDER, CITRIC ACID, CULTURED WHEY, MILK, DISODIUM INOSINATE, YELLOW #5 LAKE, YELLOW #6 LAKE, ENZYMES. CONTAINS MILK, SOY AND WHEAT.</p>
<p><b><i>Pasta Fagioli Soup</i></b></p>	<p>WATER, DICED TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), WHITE BEANS, CARROTS, PASTA (DURUM SEMOLINA [ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], EGG WHITES), VEGETARIAN SAUSAGE (WATER, SOY PROTEIN CONCENTRATE, CANOLA OIL, SPICES, SALT, AUTOLYZED YEAST EXTRACT, SUGAR, DEHYDRATED GARLIC, CAMEL COLOR, ONION POWDER, NATURAL FLAVOR, RED BELL PEPPER, THIAMINE HYDROCHLORIDE, RIBOFLAVIN, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMINE (VITAMIN B12), CALCIUM PANTHOTENATE, FERRIC ORTHOPHOSPHATE, ZINC OXIDE), KIDNEY BEANS, CRUSHED TOMATOES, CONTAINS 2% OR LESS OF: PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), OLIVE OIL, GARLIC, PARSLEY, ONIONS, SPICES, MODIFIED FOOD STARCH, SUGAR, NATURAL FLAVOR (YEAST EXTRACT, SOY SAUCE [SOYBEANS, WHEAT, SALT], MALTODEXTRIN, SALT, NATURAL FLAVOR), PAPRIKA OLEORESIN, SEA SALT, TEXTURED VEGETABLE PROTEIN (SOY PROTEIN CONCENTRATE, CAMEL COLOR), TOMATO POWDER. CONTAINS EGG, MILK, SOY AND WHEAT.</p>
<p><b><i>Mushroom Risotto</i></b></p>	<p>WATER, VEGETARIAN SAUSAGE (WATER, SOY PROTEIN CONCENTRATE, CANOLA OIL, SPICES, SALT, AUTOLYZED YEAST EXTRACT, SUGAR, DEHYDRATED GARLIC, CAMEL COLOR, ONION POWDER, NATURAL FLAVOR, RED BELL PEPPER, THIAMINE HYDROCHLORIDE, RIBOFLAVIN, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE(VITAMIN B6), CYANOCOBALAMINE (VITAMIN B12), CALCIUM PANTOTHENATE, FERRIC ORTHOPHOSPHATE, ZINC OXIDE), ARBORIO RICE, MUSHROOMS, BELL PEPPERS, WILD RICE, MODIFIED FOOD STARCH, OLIVE OIL, PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), ONIONS, TORULA YEAST, SHIITAKE MUSHROOMS, SEA SALT, GARLIC, MUSHROOM POWDER, SPICE. CONTAINS MILK AND SOY.</p>

<p><b><i>Ravioli in Meat Sauce</i></b></p>	<p>TOMATO PUREE (GROUND TOMATOES, EXTRA HEAVY PUREE, SALT), RAVIOLI (FILLING: RICOTTA CHEESE [WHEY, WHOLE MILK, CREAM, VINEGAR, XANTHAN GUM, LOCUST BEAN GUM, GUAR GUM (STABILIZERS)], LOW MOISTURE PART-SKIM MOZZARELLA CHEESE [CULTURED MILK, SALT, ENZYMES], SPINACH, ROMANO CHEESE [PASTEURIZED SHEEP'S MILK, CHEESE CULTURE, SALT, ENZYMES, POWDERED CELLULOSE], WATER, EGG WHITES [EGG WHITES, SODIUM AND TRIETHYL CITRATES], JAPANESE BREADCRUMBS [BLEACHED WHEAT FLOUR, YEAST, SUGAR, SALT], BASIL, BLACK PEPPER, PARSLEY, SALT, OLEORESIN OF BASIL [FRACTIONATED COCONUT OIL, EXTRACTIVES OF BASIL, SOYBEAN OIL AND CANOLA OIL]; PASTA: DURUM FLOUR [DURUM FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, EGGS, EGG WHITES (EGG WHITES, SODIUM AND TRIETHYL CITRATES), WATER, ONION, BEEF, MUSHROOMS (MUSHROOMS, WATER, SALT), CELERY, CONTAINS 2% OR LESS OF: COOKED BEEF CRUMBLES (GROUND BEEF, WATER, SALT), SOY PROTEIN CONCENTRATE, FOOD STARCH, GARLIC, OLIVE OIL, SEA SALT, EVAPORATED CANE SUGAR, BURGUNDY WINE (WINE, SALT), SPICES, YEAST EXTRACT (YEAST EXTRACT, MALTODEXTRIN, SALT). CONTAINS EGG, MILK, SOY AND WHEAT.</p>
<p><b><i>Rotini &amp; Meatballs</i></b></p>	<p>TOMATOES DICED IN JUICE (TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), WATER, COOKED BEEF MEATBALLS (GROUND BEEF, WATER, TEXTURED VEGETABLE PROTEIN [SOY FLOUR, CARAMEL COLOR], ITALIAN STYLE SEASONING [SALT, GARLIC AND ONION, PARMESAN CHEESE {PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES}, SPICES, SUGAR, WHITE PEPPER], BEEF FLAVORING [SUGAR, FLAVORING {MALTODEXTRIN, NATURAL FLAVOR, MALIC ACID}, HYDROLYZED SOY PROTEIN, SPICE EXTRACTIVES, EXTRACTIVE OF GARLIC]), CRUSHED TOMATO, PASTA (DURUM SEMOLINA FLOUR, EGG WHITE, NIACIN, FERROUS SULFATE (IRON), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ONION, CONTAINS 2% OR LESS OF: SOY PROTEIN CONCENTRATE, MODIFIED CORN STARCH, PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), GARLIC, SEA SALT, BURGUNDY WINE (WINE SALT), NATURAL FLAVOR (NATURAL FLAVORING, WATER, CULTURED WHEY, LACTIC ACID, CITRIC ACID), SPICES, EVAPORATED CANE SUGAR, YEAST EXTRACT (YEAST EXTRACT, MALTODEXTRIN, SALT). CONTAINS EGG, MILK, SOY AND WHEAT.</p>
<p><b><i>Sloppy Joe</i></b></p>	<p>GROUND BEEF, WATER, APPLE CIDER VINEGAR, TOMATO PASTE, GREEN BELL PEPPERS, BROWN SUGAR, TEXTURED SOY PROTEIN CONCENTRATE WITH CARAMEL COLOR, ONIONS, CONTAINS 2% OR LESS OF CHILI PEPPER, SPICES, SALT, GARLIC POWDER, MODIFIED CORN STARCH, WORCESTERSHIRE SAUCE (DISTILLED WHITE VINEGAR, MOLASSES, SUGAR, WATER, SALT, ONIONS, ANCHOVIES, GARLIC, CLOVES, TAMARIND EXTRACT, NATURAL FLAVORINGS, CHILI PEPPER EXTRACT), GARLIC POWDER, DEHYDRATED ONIONS, ISOLATED SOY PROTEIN, CITRIC ACID, XANTHAN GUM, OLEORESIN PAPRIKA. CONTAINS FISH (ANCHOVIES) AND SOY.</p>

<p><b><i>Sesame Ginger Chicken</i></b></p>	<p>WATER, WHITE CHICKEN STRIPS (BONELESS CHICKEN BREAST MEAT WITH RIB MEAT, WATER, MODIFIED FOOD STARCH, SODIUM PHOSPHATE), COOKED RICE (WATER, LONG-GRAIN PARBOILED RICE ENRICHED WITH IRON [FERRIC ORTHOPHOSPHATE], THIAMINE MONONITRATE, AND FOLIC ACID, POTASSIUM CHLORIDE, SODIUM CITRATE, SODIUM PHOSPHATES, TARTARIC ACID), RED BELL PEPPERS, MODIFIED CORNSTARCH, CONTAINS 2% OR LESS OF ORANGE JUICE CONCENTRATE, GREEN BELL PEPPERS, ONIONS, SESAME SEED OIL, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, SODIUM BENZOATE [PRESERVATIVE]), WHITE VINEGAR, CANOLA OIL, FLAVORING, CHICKEN BROTH BASE (ROASTED CHICKEN STOCK, YEAST EXTRACT, CHICKEN FAT, CANE SUGAR, SALT, DRIED CHICKEN, NATURAL FLAVOR, CHICKEN FLAVOR, MALTODEXTRIN, FLAVOR), PARTIALLY HYDROLYZED GUAR GUM, SUGAR, DISODIUM INOSINATE AND DISODIUM GUANYLATE, SPICES, SALT, YEAST EXTRACT, CARAMEL COLOR, CITRIC ACID, ERYTHORBIC ACID. CONTAINS SOY AND WHEAT.</p>
<p><b><i>Spaghetti &amp; Meat Sauce</i></b></p>	<p>TOMATOES DICED IN JUICE (TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), WATER, BEEF, CRUSHED TOMATOES, ONIONS, PASTA (DURUM SEMOLINA, EGG WHITES, GLYCERYL MONOSTEARATE, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), GARLIC, FLAVOR (SALT, POTASSIUM CHLORIDE, LESS THAN 2% OF NATURAL FLAVORS, SILICON DIOXIDE (ANTICAKING)), TOMATO POWDER, SALT, ONION POWDER, ISOLATED SOY PROTEIN, SPICES, PAPRIKA OLEORESIN. CONTAINS EGG, MILK, SOY AND WHEAT.</p>
<p><b><i>Thick Crust Pizza</i></b></p>	<p><b>PIZZA CRUST:</b> UNBLEACHED/UNBROMATED ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, NATURAL CULTURE, OLIVE OIL, SALT, CALCIUM PROPIONATE (PRESERVATIVE), SPICES, SORBATE (PRESERVATIVE); <b>PIZZA SAUCE:</b> WATER, TOMATOES, CONTAINS 2% OR LESS OF: PALM OIL, FRUCTOSE, MODIFIED FOOD STARCH, SALT, CORN SYRUP, ONION POWDER, GARLIC POWDER, SPICE, SORBIC ACID (PRESERVATIVE); <b>MOZZARELLA-STYLE CHEESE:</b> MOZZARELLA AND OTHER NATURAL CHEESES (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), WATER, MILK PROTEIN CONCENTRATE, PALM OIL, GLYCEROL, SODIUM PHOSPHATE, SALT, CONTAINS 2% OR LESS OF LACTIC ACID, CREAM SODIUM CITRATE, NONFAT MILK, SORBIC ACID (PRESERVATIVE), PROPYLENE GLYCOL, POTATO STARCH AND POWDERED CELLULOSE (TO PREVENT CAKING), NATAMYCIN (A NATURAL MOLD INHIBITOR). CONTAINS MILK AND WHEAT.</p>

## Nutrisystem's Dessert & Snack Items

<b><i>carrot cake</i></b>	WATER, INULIN SYRUP, SUGAR, SUGAR INFUSED DRIED CARROTS (CARROTS, SUGAR, CORN SYRUP, SUNFLOWER OIL), WHEAT PROTEIN ISOLATE, WHITE WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHITE CONFECTIONERY COATING (SUGAR, PALM KERNEL OIL AND PALM OIL, TITANIUM DIOXIDE (COLOR), LECITHIN, NATURAL FLAVOR, MONO AND DIGLYCERIDES), GLYCERIN, PALM OIL, MALTITOL, CRUSHED PINEAPPLE (PINEAPPLE IN UNSWEETENED PINEAPPLE JUICE, ASCORBIC ACID), CONTAINS LESS THAN 2% OF: EGGS, NONFAT MILK, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, CORN STARCH, MONOCALCIUM PHOSPHATE), VANILLA EXTRACT, CINNAMON, FOOD STARCH-MODIFIED, EMULSIFIER BLEND (PROPYLENE GLYCOL, MONO AND DIESTERS OF FATS AND FATTY ACIDS, MONO AND DIGLYCERIDES, SOY LECITHIN), SALT, POTASSIUM SORBATE (PRESERVATIVE), CORN FIBER, SODIUM CARBOXYMETHYLCELLULOSE, CLOVES, REBAUDIOSIDE A. CONTAINS EGG, MILK, SOY AND WHEAT.
<b><i>cheese puffs</i></b>	CORNMEAL, SOY PROTEIN CONCENTRATE, CANOLA, SUNFLOWER AND/OR SAFFLOWER OIL, CHEESE SEASONING (WHEY SOLIDS (MILK), DEXTRIN, BUTTERMILK SOLIDS, CHEDDAR CHEESE POWDER [CHEDDAR CHEESE {WHOLE MILK, CHEESE CULTURES, SALT, ENZYME AND DISODIUM PHOSPHATE}, SALT, FD&C YELLOW #5 LAKE, YEAST, YELLOW #6 LAKE, CITRIC ACID AND TURMERIC]), SALT, MALTODEXTRIN (NATURAL FIBER SOURCE). CONTAINS MILK AND SOY.
<b><i>chocolate caramel bar</i></b>	SOY CRISPS (SOY PROTEIN ISOLATE, TAPIOCA STARCH, SALT), GRANOLA (ROLLED OATS, WHEAT FLOUR, SUGAR, OAT FLOUR, CANOLA OIL, BROWN SUGAR, NATURAL FLAVOR, HONEY, SEA SALT), CHOCOLATE FLAVORED COATING (INULIN, SUGAR, FRACTIONATED PALM KERNEL OIL, COCOA (PROCESSED WITH ALKALI), SOY LECITHIN, NATURAL FLAVOR, MILK, SALT), BROWN RICE SYRUP, FRUCTOSE, POLYDEXTROSE, MALTITOL SYRUP, SOY PROTEIN ISOLATE, WATER, CHICORY ROOT FIBER, NATURAL FLAVOR, HONEY, GLYCERINE, MOLASSES, CANOLA OIL, NONFAT MILK, CARAMEL ADDED FOR COLOR, UNSWEETENED CHOCOLATE, MILK PROTEIN ISOLATE, FRACTIONATED PALM KERNEL OIL, CREAM, SOY LECITHIN, BUTTER (CREAM, SALT), COCOA (PROCESSED WITH ALKALI), SALT, MONO AND DIGLYCERIDES, XANTHAN GUM, SODIUM PHOSPHATE, CARRAGEENAN. CONTAINS MILK, SOY AND WHEAT.
<b><i>chocolate chip cookies</i></b>	VITAL WHEAT GLUTEN, OATS, BUTTER, SUGAR FREE CHOCOLATE CHIPS (MALTITOL, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA), BROWN SUGAR, SUGAR, RESISTANT MALTODEXTRIN, EGGS, VANILLA, BICARBONATE OF SODA. CONTAINS EGG, MILK, SOY AND WHEAT.
<b><i>Chocolatey Nougat Bar</i></b>	COATING (SUGAR, PALM KERNEL OIL, COCOA POWDER, NONFAT DRY MILK, SOY LECITHIN, VANILLA), POLYDEXTROSE, SOY PROTEIN ISOLATE, BROWN RICE SYRUP, NONFAT DRY MILK, PEANUTS, OLIGOFRUCTOSE, CORN SYRUP, HONEY ROASTED PEANUTS (PEANUTS, SUGAR, HONEY, PEANUT AND/OR CANOLA AND/OR COTTONSEED OIL, SALT, MODIFIED POTATO STARCH, XANTHAN GUM), GLYCERINE, MALTODEXTRIN, GROUND PEANUTS, SUGAR, WATER, FRACTIONATED PALM KERNEL OIL, FRUCTOSE, HONEY, NATURAL FLAVOR, SOY LECITHIN, BUTTER, SALT. CONTAINS MILK, PEANUTS AND SOY.

<p><b><i>Chocolatey Pretzel Bar</i></b></p>	<p>CHOCOLATE FLAVORED COATING (SUGAR, FRACTIONATED PALM KERNEL OIL, COCOA, WHEY, NONFAT MILK, SOY LECITHIN, NATURAL FLAVOR), PROTEIN BLEND (SOY CRISPS [SOY PROTEIN ISOLATE, TAPIOCA STARCH, SALT], SOY PROTEIN ISOLATE, WHEY PROTEIN CONCENTRATE), ENRICHED WHEAT FLOUR (WHEAT STARCH, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), POLYDEXTROSE, OLIGOFRUCTOSE, SUGAR, WATER, CORN SYRUP, ROLLED OATS, ORGANIC TAPIOCA SYRUP, LESS THAN 2% OF: NONFAT MILK, INVERT EVAPORATED CANE SYRUP, PARTIALLY DEFATTED PEANUT FLOUR, GLYCERINE, FRUCTOSE, PEANUTS, WHOLE WHEAT FLOUR, CANOLA OIL, COCOA BUTTER, SALT, NATURAL FLAVOR, PEANUT BUTTER (PEANUTS), MALTODEXTRIN, VEGETABLE OIL (CORN, CANOLA, COTTONSEED AND/OR SOYBEAN), SOY LECITHIN, COCOA (PROCESSED WITH ALKALI), COCOA BUTTER (CREAM, SALT, ANNATTO ADDED FOR COLOR), SODIUM BICARBONATE, SODIUM CITRATE, CARRAGEENAN, YEAST, HEAVY CREAM (CREAM, MILK, CELLULOSE GEL, MILK SOLIDS, CARRAGEENAN, CELLULOSE GUM), WHEY, TOCOPHEROLS ADDED TO PROTECT FLAVOR CONTAINS MILK, PEANUTS, SOY AND WHEAT</p>
<p><b><i>Coconut Almond Bar</i></b></p>	<p>CORN SYRUP, COATING (SUGAR, FRACTIONATED PALM KERNEL OIL, COCOA (PROCESSED WITH ALKALI), NONFAT DRY MILK, MILKFAT, SOY LECITHIN, PALM OIL, VANILLA EXTRACT), COCONUT WITH SODIUM METABISULFITE, WHEY PROTEIN ISOLATE, MILK PROTEIN ISOLATE, POLYDEXTROSE, ALMONDS, OLIGOFRUCTOSE, GLYCERINE, NATURAL FLAVOR, SALT, MONK AND STEVIA EXTRACT. CONTAINS MILK, SOY AND TREE NUTS (ALMONDS, COCONUTS).</p>
<p><b><i>Double Chocolate Peanut Butter cookies</i></b></p>	<p>SEMI-SWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN (EMULSIFIER), VANILLA), BUTTER, BROWN SUGAR, BABY OATS, SUGAR, WHOLE WHEAT FLOUR, VITAL WHEAT GLUTEN, EGGS, RESISTANT MALTODEXTRIN, WHEY PROTEIN CONCENTRATE, NATURAL PEANUT BUTTER (PEANUTS, SUGAR, PALM OIL, SALT), COCOA (PROCESSED WITH POTASSIUM CARBONATE), NATURAL CHOCOLATE FLAVOR, PEANUT OILS AND NATURAL FLAVORS, COCOA (PROCESSED WITH ALKALI), BAKING SODA. CONTAINS EGG, MILK, PEANUTS, SOY AND WHEAT</p>
<p><b><i>golden pound cake</i></b></p>	<p>WATER, SUGAR, INULIN SYRUP, WHEAT PROTEIN ISOLATE, WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, GLYCERIN, MALTITOL, CONTAINS LESS THAN 2% OF: EGGS, NONFAT MILK, LEAVENING (BAKING POWDER, SODIUM ACID PYROPHOSPHATE, BAKING SODA, CORN STARCH, MONOCALCIUM PHOSPHATE), VANILLA EXTRACT, NATURAL BUTTER FLAVOR (ANNATTO EXTRACT (COLOR), TURMERIC (COLOR)), FOOD STARCH-MODIFIED, SALT, EMULSIFIER BLEND (PROPYLENE GLYCOL, MONO AND DIESTERS OF FATS AND FATTY ACIDS, MONO AND DIGLYCERIDES, SOY LECITHIN), POTASSIUM SORBATE (PRESERVATIVE), CORN FIBER, SODIUM CARBOXYMETHLYCELLULOSE, REBAUDIOSIDE A, MONK FRUIT EXTRACT. CONTAINS EGG, MILK, SOY AND WHEAT.</p>
<p><b><i>milk chocolate flavored pretzels</i></b></p>	<p>MILK CHOCOLATE FLAVORED COATING: SUGAR, PALM KERNEL OIL, NONFAT DRY MILK SOLIDS, COCOA POWDER, SOY LECITHIN (AN EMULSIFIER), SALT, NATURAL FLAVOR; PRETZELS: CHOICE BLENDED WHEAT FLOUR, MODIFIED WHEAT STARCH, ISOLATED SOY PROTEIN, SOY FLOUR, BUTTER, CANOLA OIL, WHEAT GLUTEN, WHEAT GLUTEN PROTEIN ISOLATE (WHEAT GLUTEN, PHOSPHATE, LACTIC ACID, SULFITE), CORN SYRUP, MALT SYRUP, PECTIN, SALT, BAKING POWDER, LECITHIN, NATURAL COLORS AND FLAVORS, YEAST. CONTAINS MILK, SOY AND WHEAT.</p>

<b><i>nacho cheese tortilla chips</i></b>	GROUND CORN, PEA PROTEIN ISOLATE, COOKING OILS (SUNFLOWER, CANOLA, SAFFLOWER AND/OR RICE), RICE FLOUR, WHEY, SALT, CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES), SUGAR, TOMATO POWDER, ONION POWDER, WHEY PROTEIN CONCENTRATE, BUTTERMILK SOLIDS, SOYBEAN OIL, GARLIC POWDER, NATURAL FLAVOR, ROMANO CHEESE FROM COW'S MILK (CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES), PARMESAN CHEESE (CULTURED PART SKIM MILK, SALT, ENZYMES), MILK PROTEIN CONCENTRATE, DISODIUM PHOSPHATE, CITRIC ACID, LACTIC ACID, YEAST EXTRACT, EXTRACTIVES OF ANNATTO, TURMERIC AND PAPRIKA, JALAPEÑO PEPPER POWDER, WHITE PEPPER. CONTAINS MILK.
<b><i>nutrichocolates</i></b>	SUGAR, PALM KERNEL OIL, WHEY PROTEIN ISOLATE, MILK PROTEIN CONCENTRATE, COCOA (PROCESSED WITH ALKALI), SKIM MILK POWDER, SOY LECITHIN (AN EMULSIFIER), PGPR (AN EMULSIFIER), ARTIFICIAL FLAVOR, SUCRALOSE. CONTAINS MILK AND SOY.
<b><i>oatmeal chocolate chunk cookies</i></b>	WHOLE WHEAT FLOUR, CORN SYRUP, ROLLED OATS, BUTTER WITH NATURAL FLAVOR (PASTEURIZED CREAM, NATURAL FLAVOR), SEMISWEET CHOCOLATE DROPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA), WATER, SUGAR, WHEAT PROTEIN ISOLATE, MALTITOL, PALM OIL, INULIN SYRUP, EGGS, CONTAINS LESS THAN 2% OF: MALTODEXTRIN, DEFATTED SOY FLOUR, RESISTANT MALTODEXTRIN, MOLASSES, VANILLA EXTRACT, SALT, SOY LECITHIN, BAKING SODA, NATURAL BUTTER FLAVOR BLEND (MALTODEXTRIN, NATURAL FLAVOR, ANNATTO EXTRACT (COLOR), TURMERIC (COLOR)), GROUND CINNAMON, GROUND NUTMEG. CONTAINS EGG, MILK, SOY AND WHEAT.
<b><i>peanut butter cookies</i></b>	WHOLE WHEAT FLOUR, EGGS, NATURAL PEANUT BUTTER (PEANUTS, SUGAR, PALM OIL, SALT), ENRICHED FLOUR (WHEAT FLOUR, THIAMINE, RIBOFLAVIN, NIACIN, REDUCED IRON, FOLIC ACID), BUTTER, RESISTANT MALTODEXTRIN, BROWN SUGAR, SUGAR, DRY ROASTED PEANUTS, WHEY PROTEIN CONCENTRATE, FRUCTOSE, PEANUT OILS AND NATURAL FLAVORS, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), BAKING SODA, SOY LECITHIN. CONTAINS EGG, MILK, PEANUTS, SOY AND WHEAT.
<b><i>peppermint cookie patties</i></b>	COATING (SUGAR, FRACTIONATED PALM KERNEL OIL, COCOA (PROCESSED WITH ALKALI), NONFAT DRY MILK, MILKFAT, SOY LECITHIN, PALM OIL, VANILLA EXTRACT), SUGAR, OLIGOFRUCTOSE, WHEY PROTEIN ISOLATE, POLYDEXTROSE, MALTODEXTRIN, COOKIE PIECES (WHEAT FLOUR, SUGAR, CANOLA OIL, COCOA (PROCESSED WITH ALKALI), SALT, BAKING SODA), GLYCERINE, INVERT SUGAR, SUNFLOWER OIL WITH TOCOPHEROLS, MALTITOL SYRUP, CORNSTARCH, NATURAL FLAVOR, SOY LECITHIN, PEPPERMINT OIL. CONTAINS MILK, SOY AND WHEAT.
<b><i>popcorn</i></b>	POPCORN, EXPELLER PRESSED OIL (CANOLA, SUNFLOWER AND/OR SAFFLOWER), WHEY PROTEIN CONCENTRATE, NATURAL BUTTER FLAVOR, SALT, BETA CAROTENE (COLOR). CONTAINS MILK.
<b><i>thin mint crisp bar</i></b>	COATING (SUGAR, FRACTIONATED PALM KERNEL OIL, COCOA (PROCESSED WITH ALKALI), NONFAT DRY MILK, MILKFAT, SOY LECITHIN, PALM OIL, VANILLA EXTRACT), CORN SYRUP, SOY PROTEIN ISOLATE, RICE FLOUR, NONFAT DRY MILK, CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT), GLYCERINE, POLYDEXTROSE, OLIGOFRUCTOSE, COCOA POWDER (PROCESSED WITH ALKALI), CHOCOLATE LIQUOR, FRUCTOSE, NATURAL FLAVOR, EVAPORATED CANE JUICE, SALT, SOY LECITHIN, GUAR GUM, MONK AND STEVIA EXTRACT, PEPPERMINT OIL. CONTAINS MILK AND SOY.

<b><i>white cheddar popcorn</i></b>	POPCORN, SAFFLOWER, CANOLA AND/OR SUNFLOWER OIL, WHEY PROTEIN CONCENTRATE, MALTODEXTRIN, SALT, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), REDUCED LACTOSE WHEY, BUTTERMILK POWDER, NATURAL FLAVOR, ONION POWDER, SUGAR, DISODIUM PHOSPHATE, GARLIC POWDER, AUTOLYZED YEAST EXTRACT, CITRIC ACID, BLUE CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), LACTIC ACID. CONTAINS MILK.
<b><i>zesty herb snack mix</i></b>	CORN FLOUR, SOY PROTEIN ISOLATE, SOYBEANS, RICE FLOUR, SALT, CORN STARCH, RESISTANT MALTODEXTRIN, VEGETABLE OIL (MAY CONTAIN ONE OR MORE OF THE FOLLOWING: PALM OIL, CANOLA OIL, SUNFLOWER OIL), SUGAR, SODIUM BICARBONATE, SOYBEAN SEASONING (SALT, NATURAL FLAVORS [HYDROLYZED WHEY AND WHEAT BRAN PROTEIN, YEAST EXTRACT, TORULA YEAST, SOYBEANS], ONION AND GARLIC POWDER, TOMATO POWDER, VINEGAR POWDER, WORCESTERSHIRE SAUCE POWDER, EXTRACT OF PAPRIKA, CITRIC ACID, NATURAL SMOKE FLAVOR), WHEAT FLOUR, SUNFLOWER OIL, SOY PUFFS AND CORN SQUARES SEASONING (SALT, WHEY, CORN SYRUP SOLIDS, CHEDDAR CHEESE POWDER [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, WHEY, MALTODEXTRIN, CITRIC ACID, NATURAL FLAVORS, DISODIUM PHOSPHATE, LACTIC ACID], SPICES, GARLIC POWDER, HYDROLYZED SOY PROTEIN, NATURAL FLAVOR, LACTIC ACID, FD&C YELLOW #5, FD&C YELLOW #6, CITRIC ACID, DISODIUM INOSINATE, DISODIUM GUANYLATE). CONTAINS MILK, SOY AND WHEAT.