

| | Calories | Total Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium | Potassium | Total Carbohydrate | Dietary Fiber | Sugars | Protein | Vitamin A (%) | Vitamin C (%) | Calcium (%) | Iron (%) | Vitamin D (%) | Vitamin E (%) | Vitamin K (%) |
|------------------------------|----------|-----------|----------|-----------|-------------|--------|-----------|--------------------|---------------|--------|---------|---------------|---------------|-------------|----------|---------------|---------------|---------------|
| V06.05.2014 | # | grams | grams | grams | mg | mg | mg | grams | grams | grams | grams | % | % | % | % | % | % | % |
| Antioxidant Shakes | | | | | | | | | | | | | | | | | | |
| Cherry Pomegranate | 90 | 0 | 0 | 0 | 5 | 170 | 280 | 14 | 4 | 4 | 13 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Dark Chocolate | 90 | 0.5 | 0 | 0 | 0 | 160 | 340 | 15 | 5 | 2 | 13 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Bites | | | | | | | | | | | | | | | | | | |
| BBQ | 110 | 3 | 0 | 0 | 0 | 390 | 630 | 12 | 4 | 2 | 11 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Cheese Pizza | 110 | 3 | 0.5 | 0 | 0 | 390 | 630 | 11 | 4 | 1 | 11 | 20 | 20 | 25 | 20 | 20 | 20 | 20 |
| CalorieBurn Meals | | | | | | | | | | | | | | | | | | |
| Cappuccino | 100 | 0 | 0 | 0 | 10 | 90 | 340 | 13 | 4 | 8 | 14 | 20 | 25 | 20 | 20 | 20 | 20 | 20 |
| Cereal Crunch | | | | | | | | | | | | | | | | | | |
| Cinnamon & Brown Sugar | 100 | 0.5 | 0 | 0 | 0 | 140 | 470 | 15 | 4 | 3 | 11 | 20 | 20 | 25 | 25 | 20 | 20 | 20 |
| Mixed Berry | 100 | 0.5 | 0 | 0 | 0 | 150 | 440 | 15 | 4 | 3 | 11 | 20 | 20 | 25 | 25 | 20 | 20 | 20 |
| Cheese Puffs | | | | | | | | | | | | | | | | | | |
| Chili Nacho | 110 | 3 | 0.5 | 0 | 0 | 360 | 560 | 14 | 4 | 1 | 11 | 20 | 20 | 25 | 25 | 20 | 20 | 20 |
| Parmesan | 110 | 3 | 0.5 | 0 | 0 | 320 | 510 | 14 | 4 | 1 | 11 | 20 | 20 | 25 | 25 | 20 | 20 | 20 |
| Chewy Bars | | | | | | | | | | | | | | | | | | |
| Cookie Dough | 110 | 3 | 2 | 0 | 0 | 140 | 300 | 15 | 4 | 6 | 11 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Peanut Butter Chocolate Chip | 110 | 3 | 1.5 | 0 | 0 | 180 | 360 | 15 | 5 | 5 | 11 | 20 | 20 | 20 | 25 | 20 | 20 | 20 |
| Cold Drinks | | | | | | | | | | | | | | | | | | |
| Orange Blend | 90 | 0 | 0 | 0 | 0 | 135 | 400 | 12 | 4 | 6 | 12 | 20 | 25 | 20 | 20 | 20 | 20 | 20 |
| Crunch Bars | | | | | | | | | | | | | | | | | | |
| Caramel Crunch | 110 | 3 | 1.5 | 0 | 0 | 230 | 290 | 12 | 4 | 2 | 11 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Chocolate Crunch | 110 | 3 | 2 | 0 | 0 | 180 | 290 | 13 | 4 | 4 | 11 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Chocolate Mint Crunch | 110 | 3 | 2 | 0 | 0 | 170 | 290 | 13 | 4 | 3 | 11 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Cinnamon Roll Crunch | 110 | 2.5 | 1.5 | 0 | 0 | 170 | 290 | 13 | 4 | 6 | 11 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Fruit & Nut Crunch | 110 | 3 | 0 | 0 | 0 | 180 | 290 | 12 | 4 | 3 | 11 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Lemon Meringue Crunch | 110 | 2.5 | 1.5 | 0 | 0 | 160 | 290 | 13 | 4 | 5 | 11 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Oatmeal Raisin Crunch | 110 | 2.5 | 1.5 | 0 | 0 | 160 | 290 | 13 | 4 | 5 | 11 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Peanut Butter Crunch | 110 | 3.5 | 1.5 | 0 | 0 | 220 | 290 | 13 | 4 | 3 | 11 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| S'more Crunch | 110 | 2.5 | 2 | 0 | 0 | 170 | 290 | 13 | 4 | 6 | 11 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Strawberry Crunch | 110 | 2.5 | 1.5 | 0 | 0 | 160 | 290 | 13 | 4 | 5 | 11 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Eggs | | | | | | | | | | | | | | | | | | |
| Original Style | 90 | 0.5 | 0 | 0 | 5 | 300 | 340 | 8 | 4 | 2 | 14 | 20 | 25 | 20 | 20 | 20 | 20 | 20 |
| Southwest Style | 100 | 0.5 | 0 | 0 | 5 | 370 | 400 | 11 | 5 | 2 | 14 | 20 | 100 | 20 | 20 | 20 | 20 | 20 |

| | Thiamin (B1) (%) | Riboflavin (B2) (%) | Niacin (B3) (%) | Vitamin B6 (%) | Folate (%) | Vitamin B12 (%) | Biotin (%) | Pantothenic Acid (%) | Phosphorus (%) | Iodine (%) | Magnesium (%) | Zinc (%) | Selenium (%) | Copper (%) | Manganese (%) | Chromium (5) | Molybdenum (%) | Vitamins & Minerals |
|------------------------------|------------------|---------------------|-----------------|----------------|------------|-----------------|------------|----------------------|----------------|------------|---------------|----------|--------------|------------|---------------|--------------|----------------|---------------------|
| V06.05.2014 | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | daily val |
| Antioxidant Shakes | | | | | | | | | | | | | | | | | | |
| Cherry Pomegranate | 20 | 20 | 15 | 20 | 20 | 20 | 20 | 20 | 30 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 24 |
| Dark Chocolate | 20 | 20 | 15 | 20 | 20 | 20 | 20 | 20 | 25 | 20 | 15 | 20 | 20 | 20 | 20 | 20 | 20 | 25 |
| Bites | | | | | | | | | | | | | | | | | | |
| BBQ | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 | 20 | 20 | 20 | 20 | 20 | 30 | 20 | 40 | 25 |
| Cheese Pizza | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 | 20 | 20 | 20 | 20 | 20 | 30 | 20 | 40 | 25 |
| CalorieBurn Meals | | | | | | | | | | | | | | | | | | |
| Cappuccino | 25 | 25 | 20 | 25 | 20 | 20 | 20 | 20 | 15 | 20 | 10 | 20 | 20 | 20 | 40 | 20 | 50 | 24 |
| Cereal Crunch | | | | | | | | | | | | | | | | | | |
| Cinnamon & Brown Sugar | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 | 20 | 25 | 20 | 20 | 20 | 20 | 20 | 20 | 25 |
| Mixed Berry | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 | 20 | 25 | 20 | 20 | 20 | 20 | 20 | 20 | 25 |
| Cheese Puffs | | | | | | | | | | | | | | | | | | |
| Chili Nacho | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 |
| Parmesan | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 |
| Chewy Bars | | | | | | | | | | | | | | | | | | |
| Cookie Dough | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 |
| Peanut Butter Chocolate Chip | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 30 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 |
| Cold Drinks | | | | | | | | | | | | | | | | | | |
| Orange Blend | 25 | 35 | 20 | 25 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 35 | 25 | 40 | 25 |
| Crunch Bars | | | | | | | | | | | | | | | | | | |
| Caramel Crunch | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 24 |
| Chocolate Crunch | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 24 |
| Chocolate Mint Crunch | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 24 |
| Cinnamon Roll Crunch | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 24 |
| Fruit & Nut Crunch | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 24 |
| Lemon Meringue Crunch | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 24 |
| Oatmeal Raisin Crunch | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 24 |
| Peanut Butter Crunch | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 24 |
| S'more Crunch | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 24 |
| Strawberry Crunch | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 0-20 |
| Eggs | | | | | | | | | | | | | | | | | | |
| Original Style | 30 | 50 | 20 | 30 | 20 | 20 | 20 | 20 | 10 | 20 | 15 | 20 | 20 | 20 | 40 | 25 | 50 | 25 |
| Southwest Style | 35 | 60 | 20 | 35 | 20 | 25 | 20 | 20 | 10 | 20 | 15 | 20 | 20 | 20 | 40 | 25 | 60 | 25 |

| | Calories | Total Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium | Potassium | Total Carbohydrate | Dietary Fiber | Sugars | Protein | Vitamin A (%) | Vitamin C (%) | Calcium (%) | Iron (%) | Vitamin D (%) | Vitamin E (%) | Vitamin K (%) |
|--------------------------------------|----------|-----------|----------|-----------|-------------|--------|-----------|--------------------|---------------|--------|---------|---------------|---------------|-------------|----------|---------------|---------------|---------------|
| V06.05.2014 | # | grams | grams | grams | mg | mg | mg | grams | grams | grams | grams | % | % | % | % | % | % | % |
| Flavors of Home | | | | | | | | | | | | | | | | | | |
| Chicken Cacciatore | 300 | 15 | 4 | 0 | 110 | 490 | 0 | 15 | 2 | 3 | 26 | 20 | 0 | 4 | 4 | 0 | 0 | 0 |
| Chicken and Rice with Vegetables | 300 | 15 | 4 | 0 | 110 | 490 | 0 | 15 | 2 | 2 | 26 | 2 | 0 | 2 | 2 | 0 | 0 | 0 |
| Turkey Meatball Marinara | 290 | 17 | 6 | 0 | 100 | 430 | 0 | 8 | 3 | 6 | 26 | 20 | 0 | 10 | 15 | 0 | 0 | 0 |
| Fruit Drinks | | | | | | | | | | | | | | | | | | |
| Cranberry Mango | 90 | 0 | 0 | 0 | 0 | 90 | 500 | 10 | 4 | 5 | 15 | 20 | 100 | 25 | 20 | 20 | 100 | 20 |
| Tropical Punch | 100 | 0 | 0 | 0 | 5 | 100 | 540 | 11 | 4 | 6 | 15 | 20 | 100 | 25 | 20 | 20 | 100 | 20 |
| Hearty Meals | | | | | | | | | | | | | | | | | | |
| Garlic Mashed Potatoes | 100 | 0.5 | 0 | 0 | 5 | 390 | 410 | 15 | 4 | 2 | 11 | 20 | 30 | 20 | 20 | 25 | 20 | 20 |
| Macaroni and Cheese | 110 | 1.5 | 1 | 0 | <5 | 390 | 300 | 15 | 4 | 1 | 11 | 20 | 20 | 35 | 20 | 20 | 20 | 20 |
| Sour Cream and Chive Mashed Potatoes | 100 | 0.5 | 0 | 0 | 5 | 390 | 390 | 15 | 4 | 2 | 11 | 25 | 30 | 20 | 25 | 25 | 20 | 20 |
| Vegetable Chili | 110 | 1 | 0 | 0 | 0 | 260 | 400 | 15 | 5 | 4 | 14 | 60 | 40 | 35 | 30 | 20 | 20 | 25 |
| Vegetarian Sloppy Joe | 110 | 1.5 | 0 | 0 | 0 | 310 | 410 | 15 | 4 | 3 | 11 | 25 | 25 | 20 | 30 | 20 | 25 | 30 |
| Ziti Marinara | 100 | 1.5 | 0 | 0 | <5 | 380 | 530 | 14 | 4 | 2 | 11 | 20 | 20 | 20 | 30 | 20 | 20 | 20 |
| Hot Drinks | | | | | | | | | | | | | | | | | | |
| Cappuccino | 100 | 0 | 0 | 0 | 10 | 110 | 330 | 13 | 4 | 8 | 14 | 25 | 35 | 25 | 20 | 30 | 20 | 20 |
| Chai Latte | 100 | 0.5 | 0 | 0 | 10 | 110 | 340 | 13 | 4 | 8 | 14 | 20 | 30 | 25 | 20 | 20 | 20 | 20 |
| Hot Cocoa | 110 | 0.5 | 0 | 0 | 10 | 110 | 400 | 14 | 4 | 10 | 14 | 20 | 30 | 25 | 20 | 20 | 20 | 20 |
| Iced Tea | | | | | | | | | | | | | | | | | | |
| Peach | 100 | 0 | 0 | 0 | 0 | 130 | 500 | 12 | 4 | 8 | 14 | 20 | 100 | 25 | 20 | 20 | 100 | 20 |
| Raspberry | 100 | 0 | 0 | 0 | 5 | 90 | 530 | 13 | 4 | 8 | 14 | 20 | 100 | 25 | 20 | 20 | 100 | 20 |
| Maintenance Bars | | | | | | | | | | | | | | | | | | |
| Caramel Nut | 170 | 5 | 2.5 | 0 | 0 | 160 | 290 | 22 | 4 | 11 | 11 | 20 | 30 | 30 | 25 | 20 | 30 | 20 |
| Oatmeal | | | | | | | | | | | | | | | | | | |
| Apple Cinnamon | 100 | 1.5 | 0 | 0 | 0 | 140 | 290 | 15 | 4 | 2 | 11 | 20 | 30 | 30 | 25 | 20 | 20 | 15 |
| Blueberry | 110 | 1.5 | 0 | 0 | 0 | 130 | 290 | 15 | 4 | 2 | 11 | 20 | 30 | 30 | 25 | 20 | 20 | 15 |
| Maple & Brown Sugar | 100 | 1.5 | 0 | 0 | 0 | 130 | 290 | 15 | 4 | 2 | 11 | 20 | 30 | 30 | 25 | 20 | 20 | 20 |
| Peach | 110 | 1.5 | 0 | 0 | 0 | 180 | 290 | 15 | 4 | 2 | 11 | 20 | 30 | 30 | 25 | 20 | 20 | 20 |
| Pancakes | | | | | | | | | | | | | | | | | | |
| Chocolate Chip | 110 | 1.5 | 1 | 0 | 5 | 240 | 410 | 14 | 4 | 4 | 11 | 20 | 30 | 20 | 20 | 20 | 20 | 20 |
| Original | 90 | 0.5 | 0 | 0 | 5 | 230 | 410 | 15 | 4 | 3 | 11 | 20 | 30 | 20 | 20 | 20 | 20 | 20 |
| Spiced | 100 | 0.5 | 0 | 0 | 10 | 240 | 400 | 15 | 4 | 6 | 11 | 20 | 30 | 20 | 20 | 20 | 20 | 20 |

| | Thiamin (B1) (%) | Riboflavin (B2) (%) | Niacin (B3) (%) | Vitamin B6 (%) | Folate (%) | Vitamin B12 (%) | Biotin (%) | Pantothenic Acid (%) | Phosphorus (%) | Iodine (%) | Magnesium (%) | Zinc (%) | Selenium (%) | Copper (%) | Manganese (%) | Chromium (5) | Molybdenum (%) | Vitamins & Minerals |
|--------------------------------------|------------------|---------------------|-----------------|----------------|------------|-----------------|------------|----------------------|----------------|------------|---------------|----------|--------------|------------|---------------|--------------|----------------|---------------------|
| V06.05.2014 | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | daily val |
| Flavors of Home | | | | | | | | | | | | | | | | | | |
| Chicken Cacciatore | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4 |
| Chicken and Rice with Vegetables | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4 |
| Turkey Meatball Marinara | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 4 |
| Fruit Drinks | | | | | | | | | | | | | | | | | | |
| Cranberry Mango | 30 | 30 | 30 | 30 | 30 | 30 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20-100 |
| Tropical Punch | 30 | 30 | 30 | 30 | 30 | 30 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 |
| Hearty Meals | | | | | | | | | | | | | | | | | | |
| Garlic Mashed Potatoes | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 |
| Macaroni and Cheese | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 30 | 20 | 20 | 20 | 20 | 25 |
| Sour Cream and Chive Mashed Potatoes | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 |
| Vegetable Chili | 40 | 35 | 20 | 30 | 30 | 20 | 20 | 20 | 25 | 20 | 20 | 25 | 20 | 25 | 40 | 25 | 50 | 2-60 |
| Vegetarian Sloppy Joe | 30 | 35 | 20 | 30 | 20 | 20 | 20 | 20 | 15 | 25 | 20 | 20 | 20 | 25 | 20 | 20 | 30 | 25 |
| Ziti Marinara | 20 | 20 | 20 | 20 | 25 | 20 | 20 | 20 | 20 | 20 | 30 | 20 | 25 | 20 | 20 | 20 | 20 | 26 |
| Hot Drinks | | | | | | | | | | | | | | | | | | |
| Cappuccino | 35 | 35 | 20 | 35 | 30 | 25 | 20 | 25 | 15 | 30 | 15 | 20 | 20 | 25 | 40 | 30 | 50 | 24 |
| Chai Latte | 30 | 30 | 20 | 30 | 20 | 25 | 20 | 20 | 15 | 20 | 15 | 20 | 20 | 20 | 40 | 25 | 50 | 25 |
| Hot Cocoa | 30 | 30 | 20 | 30 | 20 | 25 | 20 | 20 | 15 | 20 | 20 | 20 | 20 | 25 | 40 | 20 | 50 | 25 |
| Iced Tea | | | | | | | | | | | | | | | | | | |
| Peach | 30 | 30 | 30 | 30 | 25 | 30 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 | 20 | 20 | 20-100 |
| Raspberry | 30 | 30 | 30 | 30 | 25 | 30 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20-100 |
| Maintenance Bars | | | | | | | | | | | | | | | | | | |
| Caramel Nut | 25 | 25 | 20 | 25 | 25 | 20 | 20 | 20 | 30 | 15 | 20 | 15 | 15 | 15 | 45 | 20 | 60 | 15-60 |
| Oatmeal | | | | | | | | | | | | | | | | | | |
| Apple Cinnamon | 30 | 30 | 20 | 30 | 25 | 20 | 20 | 20 | 20 | 20 | 15 | 20 | 20 | 25 | 40 | 25 | 50 | 2-60 |
| Blueberry | 30 | 30 | 20 | 30 | 25 | 20 | 20 | 20 | 20 | 20 | 15 | 20 | 20 | 25 | 40 | 25 | 50 | 2-60 |
| Maple & Brown Sugar | 30 | 30 | 20 | 30 | 25 | 20 | 20 | 20 | 20 | 20 | 15 | 20 | 20 | 25 | 40 | 25 | 50 | 2-60 |
| Peach | 30 | 30 | 20 | 30 | 25 | 20 | 20 | 20 | 20 | 20 | 15 | 20 | 20 | 20 | 40 | 25 | 50 | 2-60 |
| Pancakes | | | | | | | | | | | | | | | | | | |
| Chocolate Chip | 30 | 35 | 20 | 30 | 20 | 25 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 40 | 25 | 50 | 25 |
| Original | 30 | 35 | 20 | 30 | 20 | 25 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 40 | 25 | 50 | 25 |
| Spiced | 30 | 35 | 20 | 30 | 20 | 25 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 45 | 25 | 50 | 25 |

| | Calories | Total Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium | Potassium | Total Carbohydrate | Dietary Fiber | Sugars | Protein | Vitamin A (%) | Vitamin C (%) | Calcium (%) | Iron (%) | Vitamin D (%) | Vitamin E (%) | Vitamin K (%) |
|------------------------------|----------|-----------|----------|-----------|-------------|--------|-----------|--------------------|---------------|--------|---------|---------------|---------------|-------------|----------|---------------|---------------|---------------|
| V06.05.2014 | # | grams | grams | grams | mg | mg | mg | grams | grams | grams | grams | % | % | % | % | % | % | % |
| Pretzel Sticks | | | | | | | | | | | | | | | | | | |
| Cinnamon | 110 | 2 | 0.5 | 0 | 0 | 130 | 290 | 13 | 4 | 1 | 11 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Honey Mustard | 110 | 2 | 0.5 | 0 | 0 | 220 | 290 | 14 | 5 | 1 | 11 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Pudding | | | | | | | | | | | | | | | | | | |
| Banana | 110 | 0.5 | 0 | 0 | 0 | 170 | 380 | 15 | 4 | 9 | 14 | 20 | 30 | 35 | 20 | 20 | 20 | 20 |
| Chocolate | 110 | 1 | 0 | 0 | 0 | 170 | 490 | 15 | 4 | 9 | 14 | 20 | 30 | 35 | 20 | 20 | 20 | 20 |
| Vanilla | 100 | 0 | 0 | 0 | 0 | 170 | 370 | 15 | 5 | 8 | 13 | 20 | 30 | 35 | 20 | 20 | 20 | 20 |
| Shakes | | | | | | | | | | | | | | | | | | |
| Banana | 110 | 0.5 | 0 | 0 | 5 | 280 | 490 | 13 | 4 | 7 | 14 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Dutch Chocolate | 100 | 1 | 0 | 0 | 5 | 260 | 610 | 13 | 4 | 6 | 14 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| French Vanilla | 110 | 0.5 | 0 | 0 | 5 | 270 | 490 | 13 | 4 | 7 | 14 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Mocha | 110 | 0.5 | 0 | 0 | 5 | 280 | 520 | 14 | 4 | 7 | 14 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Orange Cream | 110 | 0.5 | 0 | 0 | 5 | 280 | 480 | 13 | 4 | 7 | 14 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Strawberry | 100 | 0.5 | 0 | 0 | 5 | 280 | 490 | 12 | 4 | 7 | 14 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Ready-to-Drink Shakes | | | | | | | | | | | | | | | | | | |
| Dutch Chocolate | 90 | 1.5 | 0 | 0 | 0 | 190 | 480 | 13 | 4 | 6 | 11 | 20 | 30 | 40 | 30 | 20 | 20 | 25 |
| French Vanilla | 90 | 1.5 | 0 | 0 | 0 | 200 | 370 | 12 | 4 | 6 | 11 | 20 | 30 | 45 | 25 | 20 | 25 | 25 |
| Mocha | 110 | 1.5 | 0 | 0 | 0 | 180 | 470 | 13 | 4 | 7 | 11 | 20 | 30 | 30 | 30 | 20 | 25 | 25 |
| Smoothies | | | | | | | | | | | | | | | | | | |
| Pineapple Mango | 90 | 0 | 0 | 0 | 0 | 170 | 400 | 14 | 5 | 7 | 12 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Triple Berry | 100 | 0 | 0 | 0 | 5 | 250 | 410 | 12 | 5 | 6 | 11 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Soft Bakes | | | | | | | | | | | | | | | | | | |
| Blueberry Muffin | 110 | 1.5 | 0 | 0 | 10 | 210 | 400 | 15 | 4 | 6 | 11 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Brownie | 110 | 2 | 1 | 0 | 0 | 160 | 350 | 15 | 4 | 8 | 11 | 20 | 20 | 20 | 30 | 20 | 20 | 20 |
| Chocolate Chip | 110 | 2 | 1 | 0 | 0 | 210 | 310 | 15 | 4 | 7 | 11 | 20 | 20 | 20 | 25 | 20 | 20 | 20 |
| Soft Serve | | | | | | | | | | | | | | | | | | |
| Chocolate Mint | 110 | 2.5 | 0 | 0 | 5 | 105 | 430 | 14 | 4 | 8 | 11 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Coffee | 110 | 2.5 | 0 | 0 | 5 | 65 | 400 | 14 | 4 | 7 | 11 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Mango | 110 | 2.5 | 0 | 0 | 5 | 65 | 330 | 14 | 4 | 8 | 11 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |
| Peanut Butter | 110 | 2.5 | 0.5 | 0 | 5 | 105 | 400 | 13 | 4 | 8 | 11 | 20 | 20 | 20 | 20 | 20 | 20 | 20 |

| | Thiamin (B1) (%) | Riboflavin (B2) (%) | Niacin (B3) (%) | Vitamin B6 (%) | Folate (%) | Vitamin B12 (%) | Biotin (%) | Pantothenic Acid (%) | Phosphorus (%) | Iodine (%) | Magnesium (%) | Zinc (%) | Selenium (%) | Copper (%) | Manganese (%) | Chromium (5) | Molybdenum (%) | Vitamins & Minerals | |
|------------------------------|------------------|---------------------|-----------------|----------------|------------|-----------------|------------|----------------------|----------------|------------|---------------|----------|--------------|------------|---------------|--------------|----------------|---------------------|-----------|
| V06.05.2014 | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | daily val |
| Pretzel Sticks | | | | | | | | | | | | | | | | | | | |
| Cinnamon | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 10 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 24 |
| Honey Mustard | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 10 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 0-25 |
| Pudding | | | | | | | | | | | | | | | | | | | |
| Banana | 30 | 30 | 20 | 30 | 20 | 20 | 20 | 20 | 25 | 20 | 15 | 20 | 30 | 20 | 40 | 25 | 50 | 25 | 25 |
| Chocolate | 30 | 30 | 20 | 30 | 20 | 20 | 20 | 20 | 25 | 20 | 20 | 20 | 30 | 20 | 40 | 25 | 50 | 25 | 25 |
| Vanilla | 30 | 30 | 20 | 30 | 20 | 20 | 20 | 20 | 25 | 20 | 15 | 20 | 20 | 20 | 40 | 25 | 50 | 25 | 25 |
| Shakes | | | | | | | | | | | | | | | | | | | |
| Banana | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 |
| Dutch Chocolate | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 |
| French Vanilla | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 |
| Mocha | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 |
| Orange Cream | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 |
| Strawberry | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 |
| Ready-to-Drink Shakes | | | | | | | | | | | | | | | | | | | |
| Dutch Chocolate | 30 | 30 | 20 | 30 | 25 | 20 | 20 | 20 | 35 | 20 | 15 | 25 | 20 | 30 | 40 | 25 | 50 | 25 | 2-50 |
| French Vanilla | 30 | 30 | 20 | 30 | 25 | 20 | 20 | 20 | 35 | 20 | 10 | 25 | 20 | 25 | 40 | 35 | 50 | 25 | 2-50 |
| Mocha | 30 | 30 | 20 | 30 | 20 | 20 | 20 | 20 | 30 | 20 | 10 | 25 | 20 | 30 | 40 | 25 | 30 | 25 | 25 |
| Pineapple Mango | | | | | | | | | | | | | | | | | | | |
| Pineapple Mango | 20 | 25 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 |
| Triple Berry | 20 | 30 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 |
| Soft Bakes | | | | | | | | | | | | | | | | | | | |
| Blueberry Muffin | 20 | 25 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 | 20 | 20 | 20 | 20 | 25 |
| Brownie | 25 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 35 | 40 | 20 | 50 | 25 | 25 |
| Chocolate Chip | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 | 35 | 20 | 40 | 24 | 24 |
| Soft Serve | | | | | | | | | | | | | | | | | | | |
| Chocolate Mint | 20 | 30 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 15 | 20 | 20 | 20 | 30 | 20 | 50 | 25 | 25 |
| Coffee | 25 | 30 | 20 | 25 | 20 | 20 | 20 | 20 | 20 | 20 | 15 | 20 | 20 | 20 | 35 | 20 | 50 | 25 | 25 |
| Mango | 25 | 30 | 20 | 25 | 20 | 20 | 20 | 20 | 20 | 20 | 15 | 20 | 20 | 20 | 35 | 20 | 50 | 25 | 25 |
| Peanut Butter | 25 | 30 | 20 | 25 | 20 | 20 | 20 | 20 | 20 | 20 | 15 | 20 | 20 | 20 | 35 | 20 | 50 | 25 | 25 |

| | Calories | Total Fat | Sat. Fat | Trans Fat | Cholesterol | Sodium | Potassium | Total Carbohydrate | Dietary Fiber | Sugars | Protein | Vitamin A (%) | Vitamin C (%) | Calcium (%) | Iron (%) | Vitamin D (%) | Vitamin E (%) | Vitamin K (%) |
|---|----------|-----------|----------|-----------|-------------|--------|-----------|--------------------|---------------|--------|---------|---------------|---------------|-------------|----------|---------------|---------------|---------------|
| V06.05.2014 | # | grams | grams | grams | mg | mg | mg | grams | grams | grams | grams | % | % | % | % | % | % | % |
| Soups | | | | | | | | | | | | | | | | | | |
| Beef Vegetable Soup | 100 | 1.5 | 0 | 0 | 10 | 390 | 290 | 15 | 4 | 3 | 11 | 50 | 40 | 25 | 25 | 20 | 25 | 25 |
| Chicken Flavored Noodle Soup | 100 | 1.5 | 0 | 0 | 10 | 360 | 580 | 11 | 4 | 1 | 12 | 50 | 35 | 40 | 30 | 20 | 25 | 25 |
| Maryland Style Crab Flavored Soup | 110 | 1 | 0 | 0 | 5 | 420 | 460 | 14 | 4 | 3 | 13 | 40 | 40 | 45 | 30 | 20 | 20 | 20 |
| Tomato Basil Bisque | 110 | 1 | 0 | 0 | 25 | 270 | 490 | 15 | 4 | 6 | 11 | 50 | 20 | 20 | 20 | 20 | 20 | 20 |
| Wild Rice & Chicken Flavored Soup | 110 | 1 | 0 | 0 | 5 | 290 | 460 | 14 | 4 | 1 | 12 | 60 | 35 | 35 | 30 | 20 | 25 | 25 |
| Specialty Items for Optimal Health, Weight Loss and Weight Maintenance Success | | | | | | | | | | | | | | | | | | |
| Condiments | | | | | | | | | | | | | | | | | | |
| Sugar-free Syrup | 5 | 0 | 0 | 0 | 0 | 50 | 15 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Essential1: Antioxidant Infusers | | | | | | | | | | | | | | | | | | |
| Raspberry Acai Flavor Infuser™* | 5 | 0 | 0 | 0 | 0 | 0 | 10 | 2 | 1 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | 0 |
| White Grape Peach Flavor Infusers™* | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 1 | 0 | 0 | 0 | 10 | 0 | 0 | 0 | 0 | 0 |
| Essential1: CalorieBurn Infusers | | | | | | | | | | | | | | | | | | |
| Green Tea Lemon Flavor Infuser™* | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Mixed Berry Flavor Infuser™* | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Strawberry Lemonade Flavor Infuser™* | 5 | 0 | 0 | 0 | 0 | 0 | 0 | 2 | 1 | 0 | 0 | 0 | 2 | 0 | 0 | 0 | 0 | 0 |
| Essential1: Dietary Supplements | | | | | | | | | | | | | | | | | | |
| Essential1: Digestive Health | 25 | 2.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Essential1: Heart Health | 25 | 2.5 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | <1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Snack Items: These should not be counted as part of your daily Medifast Meals | | | | | | | | | | | | | | | | | | |
| Crackers** | | | | | | | | | | | | | | | | | | |
| Garden Vegetable | 60 | 0 | 0 | 0 | 0 | 90 | 0 | 12 | 0 | 1 | 2 | 2 | 2 | 0 | 0 | 0 | 0 | 0 |
| Multi-grain | 50 | 0 | 0 | 0 | 0 | 65 | 0 | 12 | 1 | 1 | 1 | 0 | 0 | 0 | 2 | 0 | 0 | 0 |
| Soy Crisps** | | | | | | | | | | | | | | | | | | |
| Apple Cinnamon | 70 | 2 | 0 | 0 | 0 | 95 | 0 | 8 | 1 | 2 | 4 | 0 | 0 | 2 | 4 | 0 | 0 | 0 |
| Ranch | 60 | 2 | 0 | 0 | 0 | 210 | 0 | 7 | 1 | 1 | 5 | 0 | 0 | 4 | 4 | 0 | 0 | 0 |
| White Cheddar | 70 | 2 | 0 | 0 | 0 | 140 | 0 | 7 | 1 | 1 | 5 | 0 | 0 | 4 | 4 | 0 | 0 | 0 |
| *These are Flavor Infusers™, which should not be counted as one of your daily Medifast Meals. | | | | | | | | | | | | | | | | | | |
| **These are an optional snack item, which should not be counted as one of your daily Medifast Meals. For best results, limit optional snacks to only ONE per day. | | | | | | | | | | | | | | | | | | |

| | Thiamin (B1) (%) | Riboflavin (B2) (%) | Niacin (B3) (%) | Vitamin B6 (%) | Folate (%) | Vitamin B12 (%) | Biotin (%) | Pantothenic Acid (%) | Phosphorus (%) | Iodine (%) | Magnesium (%) | Zinc (%) | Selenium (%) | Copper (%) | Manganese (%) | Chromium (5) | Molybdenum (%) | Vitamins & Minerals |
|---|------------------|---------------------|-----------------|----------------|------------|-----------------|------------|----------------------|----------------|------------|---------------|----------|--------------|------------|---------------|--------------|----------------|---------------------|
| V06.05.2014 | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | % | daily val |
| Soups | | | | | | | | | | | | | | | | | | |
| Beef Vegetable Soup | 40 | 35 | 30 | 30 | 25 | 20 | 20 | 20 | 15 | 20 | 15 | 25 | 20 | 25 | 40 | 25 | 50 | 15-60 |
| Chicken Flavored Noodle Soup | 35 | 35 | 25 | 30 | 30 | 20 | 20 | 20 | 20 | 25 | 10 | 25 | 25 | 30 | 45 | 25 | 60 | 6-60 |
| Maryland Style Crab Flavored Soup | 35 | 35 | 30 | 30 | 25 | 20 | 20 | 20 | 25 | 20 | 20 | 25 | 20 | 25 | 60 | 20 | 80 | 25 |
| Tomato Basil Bisque | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 15 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 25 |
| Wild Rice & Chicken Flavored Soup | 35 | 30 | 25 | 30 | 25 | 20 | 20 | 20 | 20 | 20 | 6 | 25 | 20 | 25 | 60 | 25 | 80 | 25 |
| Specialty Items for Optimal Health, Weight Loss and Weight Maintenance Success | | | | | | | | | | | | | | | | | | |
| Condiments | | | | | | | | | | | | | | | | | | |
| Sugar-free Syrup | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Essential1: Antioxidant Infusers | | | | | | | | | | | | | | | | | | |
| Raspberry Acai Flavor Infuser™* | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| White Grape Peach Flavor Infusers™* | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Essential1: CalorieBurn Infusers | | | | | | | | | | | | | | | | | | |
| Green Tea Lemon Flavor Infuser™* | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Mixed Berry Flavor Infuser™* | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Strawberry Lemonade Flavor Infuser™* | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Essential1: Dietary Supplements | | | | | | | | | | | | | | | | | | |
| Essential1: Digestive Health | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Essential1: Heart Health | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Snack Items: These should not be counted as part of your daily Medifast Meals | | | | | | | | | | | | | | | | | | |
| Crackers** | | | | | | | | | | | | | | | | | | |
| Garden Vegetable | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0-2 |
| Multi-grain | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0-2 |
| Soy Crisps** | | | | | | | | | | | | | | | | | | |
| Apple Cinnamon | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0-4 |
| Ranch | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0-4 |
| White Cheddar | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0-4 |
| *These are Flavor Infusers™, which should not be counted as one of your daily Medifast Meals. | | | | | | | | | | | | | | | | | | |
| **These are an optional snack item, which should not be counted as one of your daily Medifast Meals. For best results, limit optional snacks to only ONE per day. | | | | | | | | | | | | | | | | | | |