

Ontario Nutrition Company Inc.

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Dr. Poon's Products

| | | | |
|-------------------------------------|---|---|-------------------------|
| Diet Book | Dr. Poon's Metabolic Diet Book | \$28.55 | |
| | Dr. Poon's Cook Book | \$34.95 | |
| | Dr. Poon's Metabolic Diet Book & Dr. Poon's Cook Book | | Sale \$49.99 |
| Supplements | Dr. Poon's Metabolic Diet Supplements | \$35.40 | 1 capsule X 2 With Food |
| | Dr. Vera Tarman's book "Food Junkies" | \$24.99 | |
| New Special | Dr. Poon's Metabolic Diet Book & Metabolic Diet Supplements with NOW Supplement | | Reg \$63.95 |
| | Caribbean Cookbook | Phase I | Reg \$29.99 |
| LW Scientific | 100 strips Tests for Ketone in Urine | | \$13.99 |
| Dr. Poon's Philosophy Poster | With purchase >\$100 | \$5.99 Reg. \$11.99 With Frame \$13.99 Reg. \$20.99 | |

**FOODS THAT MUST HAVE 4-5 HOURS IN BETWEEN SERVINGS.
(THEY COUNT AS SNACKS, BUT ARE STILL PHASE 1 SUITABLE)**

Maximum of 1 serving every 4-5 hours. Must separate each serving by a minimum of 4 hours. Can be had up to 3 times/day

| | Price (\$) | Serving Size | Specials |
|--|--|---------------------|--------------------------------|
| <u>PHASE 1</u> | | Phase 1 / Phase 2 | |
| <i>Cookies / Crackers / Muffins / Mixes</i> | | | |
| HighKey cookies | Keto Mini Cookies | \$9.99 | 3 Cookies |
| My Guiltless Desserts | Chocolate Avocado Brownies / Keto Bars | \$15.99 | 1 piece |
| GG Crispbread | Bran Crispbread Wafers, High Fiber | \$4.80 | 1 piece / 2 pieces |
| GG Crispbread | Oat Bran Crispbread | \$4.80 | 1 piece / 2 pieces |
| Parm Crisps | Different Flavors | \$7.99 | 2 crackers / 4 crackers |
| Parm Crisp Minis | 6 Flavours Mini wafer | \$5.49 | 10 pieces / 1 Bag |
| | | | NEW!! |
| | | | Box(30) \$123.04 |
| | | | Box (15) \$61.51 |
| | | | Box (12) \$77.69 |
| | | | Box (12) \$58.99 |

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|---------------------------------|--|-------------------------|----------------------------|---|
| Food Alive Flax Crackers | Baked Flax Crackers – 7 Flavours | \$10.49 | 2 crackers | |
| Doctor in the Kitchen | Flackers | \$11.79 | 8 Flackers | NEW!! |
| CiAo Toast | Cocoa/Tomato/Original Bx (20 slices) | \$16.99 | 2 Slice / 5 Slices | |
| Carbolicious Toast | Low Carb Melba Toast | \$13.39 | 4 pieces / 8 pieces | NEW!! |
| Tova Carbquik baking mix | 3 lbs of bake mix 3 lbs / 1 lb bag | \$19.49 | 1/4 cup / 1/3 cup | \$148.49 (8) Bx \$9.99 1 lb/\$30.99 5 lb |
| Lupina Flour | Gluten free Lupin Flour 200g / 400g | \$7.4 - \$10.44 | 1/4 cup | NEW!! |
| Sensato chocolate chips | Sugar Free Chocolate chips | \$6.99 | 1 tbsp | Box (12) \$75.49 |
| Dixie Diner Muffin Mix | Carrot muffin mix- makes 12 muffins | \$11.39 | 1 muffin | Box (12) \$122.99 Freeze extras |
| Power Flax Mix | 1kg Power flax Mix–Make 2 Loaves Bread | \$9.99 | 50g (1 slice) | 20 kg Bag \$189.99 |
| GG Sprinkle | Fiber Sprinkle | \$9.99 | 1 Tbsp | |
| Carb Wise Bread Mix | 274 g = 11 slices of bread | \$10.99 | 1 slice / 2 slices | |
| Good Dee's Bread Mix | Low Carb Corn (free) Bread Mix | \$22.49 | 18g | NEW!! |
| Hold the Carbs Mix | Can make (6) Protein Muffins | \$5.99 | 1 muffin | |
| Hold the Carbs Mix | Can make (6) / (24) Muffins | \$4.99 / \$16.99 | 1 muffin | |
| Hold the Carbs Mix | Can Make (3) Protein Pancakes | \$3.99 | 1 pancake | |
| Hold the Carbs Mix | Can Make (3) / (24) Pancakes | \$3.99 / \$18.99 | 1 pancake | |
| Hold the Carbs Mix | Can Make (1) / (4) Pizza | \$4.99 / \$16.99 | 1 pizza | |
| Ice Cream Mix | Vanilla And Chocolate Flavour | \$9.99 | 1/4 Cup / 1/2 cup | |

Cereals / Shake

| | | | | |
|------------------------------------|---|--------------------------|--------------------------|--|
| Dixie Carb Smaps Cereals | Sweet Maple 1 lb / 8 lb | \$18.59 / \$86.99 | 1/4 cup / 1/2 cup | Box (12) \$199.99 1/4 cup \$1.75! |
| My Guiltless Cereal | Chocolate Or Cinnamon | \$12.99 | 1/4 cup / 1/2 cup | |
| Sensato Hot Cereal | Hot Cereal – 4 Flavors | \$13.04 | 1/2 cup | Box (12) \$140.91 |
| Sensato Granola | Nut & Flax Granola - 3 Flavors | \$13.04 | 1/4 cup | Box (12) \$140.91 |
| Black Soy beans | Eden organic black soy beans | \$4.29 | 1/2 cup | Box(12) for \$46.49 |
| Nutracleanse | Extra Fiber for Constipation 1 kg | \$32.99 | 1/4 cup / 1/3 cup | |
| Bob's Red Mill Ground flax | Organic Golden Flax seed Meal - 32 oz bag | \$11.59 | 3 tbsp | Bx (12) \$124.99 |
| Bob's Chia Seeds | High Fiber high protein chia – 340 g bag | \$11.99 | 1-2 tbsp | |
| Life Source Food-oat fiber | Oat Fiber 500 - 1lb bag | \$8.99 | Unlimited | |
| Life Source -Wheat Protein | Wheat Protein 8000 – 1lb bag | \$8.99 | Unlimited | |
| Butler Soy Curls | Protein Strips (Non- GMO) | \$6.49 | 1/2 / 1.5 cup | Box (12) \$73.99 |
| Atlas Light Protein | Chocolate / French Vanilla and Milk Chocolate | \$26.20 | 1Scoop / 2 Scoops | |
| Atlas Light Protein | Chocolate Decadence 400g | \$26.20 | 1 Scoop | |
| ChocoRite Protein Shake | Tasty flavours – 1 lb | \$22.67 | 1 Scoop | Bx (12) \$245.02 |
| ChocoRite Protein Shake | All Natural Protein Shake | \$24.92 | 1 Scoop | Box (12) \$267.49 |
| Pure Protein Shake (Can) | 4 flavours Can Protein Shake | \$4.48 | 1/2 can / 1 can | Box (12) \$48.46 |
| Pure Protein Shake 35g(Can) | Banana | \$4.48 | 1 can | Box (12) \$48.46 |

Bars / Candy / Snacks

| | | | | |
|-------------------|------------------------------------|----------------|--------------------|------------------------------------|
| Lifesavers | 5 flavours/Pep-o-mint/Wint-o-green | \$3.29 | 2 pieces | Reg \$12.99 Box (6) \$73.99 |
| Zolli Pops | Fruit Variety Pack Lollipops | \$13.99 | 2 Lollipops | NEW!! |

| | | | | |
|-------------------------------------|--|---------------------------|------------------------------|---|
| GoLightly | Chews / Hard Candy | \$2.99 | 2 pieces | Box (12) \$32.49 |
| Sweet'NLow | 2 Flavours | \$2.99 | 2 – 3 pieces | Case(12) \$33.99 NEW!!! |
| Atkinson's Candy | Peanut butter coconut /Peanut Butter Candy | \$3.87 | 3 pieces / 3 pieces | Box (12) \$41.77 |
| Nestle Sugar Free Nips | Caramel / Coffee | \$3.73 | 2 pieces | Box (12) \$40.36 |
| Werther's Candy | Original / Caramel Chocolate / Caramel Coffee | \$3.19 | 2 pieces | Box (12) \$34.49 |
| Ricola | Mountain Herb / Green Tea with Echinacea | \$4.29 | Max 4 / day | Box (12) \$48.99 |
| Em-eukal | 2 Flavours | \$3.79 | 2 – 3 pieces | Case(12) \$42.99 |
| Jelly Belly | Assorted / Sour / Gummy | \$4.49 | 15 pieces | Box (12) \$48.99 |
| Red Vines Licorice | Sugar Free Strawberry / Black Licorice | \$3.99 | 1 piece | Box (12) \$43.06 |
| Hershey's Candies | Jolly Ranchers | \$5.87 | 2 pieces | Box (12) \$63.44 |
| Hershey Chocolate | Special Dark, Milk, Reese | \$5.87 | 2 pieces | Box (12) \$63.44 |
| Hershey Peppermint /Caramel | York peppermint patty / caramel filled | \$5.87 | 1 pieces | Box (12) \$63.44 |
| Russell Stover Chocolate | 6 Flavors Chocolate | \$4.49 | 1 piece / 1 piece | |
| Russell Stover Chocolate | chocolate covered Peanut | \$4.49 | 6 pieces | |
| Simon Coll Chocolate | Dark Or Milk 25g Chocolate / 85g | \$1.99 / \$6.69 | 1 bar / 3 Squares | Bx (14) \$25.99 / \$62.99 Bx(10) |
| Simply Lite | Milk 36% Cacao / Dark Chocolate 45% Cacao | \$4.99 | 2 Squares | Case(12) \$42.49 NO MIXING |
| Chocolate Torino | Torino Swiss Milk / Dark Truffle Filling | \$7.49 | 2 Squares | Box (15) = \$ 106.49 |
| ChocoRite 5ct Bar /Truffle | 5 Flavors Chocolate | \$10.26 | 1/2 bar / 1 bar | Box (12) \$110.84 |
| ChocoRite Protein Bar | 5 Flavors Chocolate Bar | \$1.92 | 1/2 bar / 1 bar | Bx (16) \$27.81 |
| ChocoRite Chocolate 32g | Different Flavors | \$1.92 | 1 piece | Bx (16) \$27.81 |
| ChocoRite Bar Value Pack | Chocolate Crispy Caramel/Cookies and Cream | \$11.17 | 1 pieces | Bx (12) \$121.1 |
| ChocoRite Protein Bars | Pink Box with different Flavours | \$9.08 | 1 bar | Case (6) \$50.28 |
| ChocoRite Protein Bar 64g | Different Flavors of Protein Bar | \$4.59 | 1/2 bar / 1 bar | Bx(12)\$48.92 |
| PhD Smart Bar | Different Flavors of Protein Bar | \$3.99 | 1/2 bar / 1/2 bar | Box (12) \$45.49 |
| Doctor's Diet Bars | Doctor's CarbRite Diet Bars 12 Flavours | \$2.70 | 1/2 bar | Box (12) \$29.18 |
| Atkins Day Break / Snack Bar | PB Fudge Crisp / Cranberry Almond | \$9.95 | 1/2 bar / 1/2 bar | Box (6) \$55.99 |
| Atkins Indulge | PB Cup/Pecan Caramel/Caramel squares/Nut chew | \$9.08 | 1/2 bar / 1/2 bar | Box (6) \$51.35 |
| Atkins Indulge | Peanut Caramel Cluster/Caramel Mousse/Candies | \$12.79 | 1/2 bar / 1/2 bar | Box(6)\$67.99 |
| Atkins Granola | Chocolate Peanut Butter / Peanut Fudge | \$14.22 | 1/2 bar / 1/2 bar | Box(6)\$85.85 |
| Grenade Carb Killa | High Protein Bar | \$3.99 | 1/2 bar / 1/2 bar | Box(12) \$41.99 |
| Battle Bites | Caramel / coconut / Cookie n cream Bar | \$3.79 | 1 piece | Box(12) \$41.99 |
| Krunchy Melts Meringues | Different Flavors of Meringues | \$6.49 | 8 pieces | Box (12) \$ 73.99 |
| Halva | Marble/Vanilla300g/ Walnut With Fiber400g | \$6.99 / \$8.99 | Max 1/12 of box / day | |
| Halva | Gift Box - Single Servings / Vanilla Packet | \$7.99 / 2 for \$1 | Max 1 packet / day | |
| Halva Mini packets | Mini packets | \$5.69 | Max 2 packets / day | |
| La Nouba Marshmallow | From Belgium - Make S'mores! | \$2.88 | 2 pieces | |
| Nick's Sticks | Beef / Turkey | \$4.49 | 1 stick | Box (25) \$99.99 |
| Ostrim Stick OR Jerkee | All Flavor | \$2.34 | 1/2 stick / 1 stick | Box (10) \$21.39 |
| Lowrey's Pork Rinds | Original / Spicy | \$1.92 | 1/2 bag | Box (18) \$ 28.99 |
| Eden Pumpkin Seed | Spicy / Dry Roasted | \$6.09 | 2 tbsp | Box (12) \$65.79 |
| Dry Roasted Edamame | Lightly Salted / Spicy Wasabi | \$3.31 | 2 tbsp / 5 tbsp | Box (12) \$35.73 |
| Blue Diamond Almonds | BOLD Wasabi & Soy Sauce flavour (46g) | \$3.29 | 1/4 bag / 1/2 bag | Box (12) = \$35.99 |

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|-----------------------------------|---------------------------|---------------|------------------------|--------------------------------|
| Blue Diamond Almonds | Smokehouse Almond (23g) | \$2.29 | 1/2 bag / 1 bag | Box (18) \$38.99 |
| Blue Diamond Almonds | Smokehouse/Roasted (170g) | \$7.99 | 12 pieces | |
| Moon Cheese Snack | cheddar, gouda, pepper | \$6.09 | 3-4 pieces | Box (12) \$65.79 |
| Granarolo Cheese Crisps | Original Or Tomato | \$4.49 | 5 pieces | NEW !! Box (12) \$50.99 |
| Quest Chips/Tortilla Chips | BBQ flavour Chips | \$4.59 | 1/2 bag / 1 bag | Box (8) \$34.99 |

Bread / Cheese / Cake / Dessert

| | | | | |
|-----------------------------------|--|--------------------|--------------------------------|--|
| PowerFlax Bread | Low Carb Bread – Keep Frozen! | \$9.19 | 1slice / 2 slice | 6 / 12 for 5% / 10% Off |
| PowerFlax Bread-Turmeric | Low Carb Bread – Keep Frozen! | \$9.99 | 1slice / 2 slice | 6 / 12 for 5% / 10% Off |
| PowerFlax Bagel | Low Carb Bagel – Keep Frozen! | \$10.99 | 1/2 bagel / 1 bage | 6 / 12 for 5% / 10% Off |
| Carb Wise Bread | Slice of Life Bread – Keep Frozen! | \$12.79 | 1slice / 2 slice | 6 / 12 for 5% / 10% Off |
| Great Low Carb Bread | Low Carb breads – Keep Frozen! | \$12.49 | 1slice / 2 slice | 6 / 12 for 5% / 10% Off |
| Great Low Carb Bagel | Low Carb bagels – Keep Frozen! | \$12.49 | 1/2 bagel / 1 bagel | 6 / 12 for 5% / 10% Off |
| Great Low Carb Bun | Hot Dog Bun /Hamburger Bun–Keep Frozen! | \$12.49 | 1/2 bun / 1 bun | 6 / 12 for 5% / 10% Off |
| PowerFlax Cinnamon Bun (6) | Cranberry / Walnut Cinnamon Bun– Keep Frozen | \$17.99 | 1/3 bun / 1 bun | 6 Packs \$102.54 |
| PowerFlax Brownies | – Keep Frozen! | \$17.99 | 1/2 piece / 1 piece | 6 / 12 for 5% / 10% Off |
| Dimplfmeier Bread | Power Slice Bread – Keep Frozen! | \$8.99 | 1slice / 2 slice | |
| Mama Lupe Wraps | Mama Lupe Wraps – Can Use as Roti | \$7.37 | 1/2 wrap / 1 wrap | Box (12) \$79.70 Refrigerate! |
| La Tortilla | La Tortilla Wraps | \$6.49 | 1/2 wrap / 1 wrap | Box (10) \$60.99 Refrigerate! |
| Allegro Block Cheese | White/Cheddar/Jalapeno/Herbs & Spices 270g | \$7.99 | 1/12 of pack | |
| Natural Heaven Pasta | Veggie Pasta Noodles and Lasagna | \$11.79 | 1/4 Cup / 1.25 Cup | NEW!! |
| Juicy Gels Snack | 4-pack of ready-made Jello | \$2.19 | 1 Pack | Case (12) \$24.99 |
| Chatila Cheesecake | Strawberry or Chocolate – Keep Frozen! | \$5.02 | 1/2 package / 1 package | New Patient Not recommendBox(12)\$53.49 |
| Doughnuts | Low Carb Doughnuts – Keep Frozen! | \$1.92 | 1/2 Donut / 1 Donut | Box(12)\$20.32/(120)\$192.58 |
| Etoile chocolate cake | Cake with chocolate icing layer on top | \$40.65 (4) | 1/4 cake / 1/2 cake | Keep Frozen! |
| Sunflower Kitchen Dips | Babaghanouj 227g | \$3.19 | 2 tbsp | |
| Sunflower Kitchen Dips | Hummus 227g | \$3.19 | 1 tbsp / 2 tbsp | |
| Sunflower Kitchen Hummus+ | Edamame/Curry Lentil/Red Pepper/Artichoke | \$5.59 | 1 tbsp / 2 tbsp | |

Seasonings / Sauces

| | | | | |
|---------------------------------|--|----------------|------------------------|------------------------------------|
| Nature's Hollow Syrup | Maple Syrup | \$9.41 | 1 tbsp / 2 tbsp | |
| Nature's Hollow Honey | Sugar free Honey Substitute | \$11.76 | 1 tbsp / 2 tbsp | |
| Nature's Hollow Jam | 6 flavors | \$9.08 | 2 tsp / 2 tbsp | |
| Hershey's Syrup | Chocolate | \$8.19 | 2 tbsp | Bx (12) \$88.49 |
| La Nouba Fruit Spread | 4 Berries/Apricot/Blueberry/Cherry/Orange/Strawberry | \$8.11 | 1 tbsp | Box (12) \$87.68 |
| Grenade Chocolate Spread | Milk Choco / White Choco / Hazel Nutter | \$12.99 | 1 Tbsp | Reg \$12.99 Box (6) \$73.99 |
| Nutilight Spreads | Hazelnut /Almond Dark Chocolate | \$11.76 | 1 Tbsp | |
| Wild Garden Hummus Dip | Garlic/Jalapeno/Pepper/Tomato/Trad. | \$5.39 | 1tbsp / 2 tbsp | |
| Wild Wood Aioli Mayo | Zesty garlic mayo alternative | \$9.49 | 1 tbsp | |

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|-------------------------------|--|----------------|------------------------|--------------------------|
| Garlic Box Vinaigrette | Apple Cider Vinaigrette | \$6.99 | 1-2 tbsp | |
| Maple Grove Dressing | Raspberry / Asian Sesame / Balsamic | \$5.66 | 1 tbsp | Box (12) \$61.19 |
| Heinz Ketchup | Reduced sugar same taste | \$5.87 | 1 tbsp / 2 tsp | Box (12) \$63.55 |
| Mt. Oliver | Sweet Relish | \$4.99 | 1 tbsp | |
| G Hughes Sugar Free | BBQ Sauces | \$10.05 | 1 Tbsp | |
| G Hughes Sugar Free | Steak Sauce | \$10.15 | 1 Tbsp | |
| Green Mountain Salsa | Hot/medium/mild | \$8.99 | 1 tbsp | Box (6) \$48.99 |
| Guy's BBQ Sauce | Original / Hot / Smokey Garlic / Spicy | \$7.05 | 2 tbsp | Box (12) \$76.14 |
| Hank Daddy's BBQ | Original barbaque rub | \$6.99 | 1/2 tsp / 1 tsp | |
| Go Veggie Parmesan | Parmesan Flavour Topping | \$6.69 | 1 Tsp | |
| Bacon's Heir Panko | Pork Panko | \$7.49 | 1/2 oz Or 14g | NEW!! |
| Eden Beans | Black soy Beans | \$4.59 | 1/2 can | Case (12) \$49.74 |

FOODS THAT ARE PART OF THE PHASE 1 FOOD LIST (NOT A 3X/DAY EXTRA ITEM)

Noodles / Mixes

| | | | | |
|-------------------------------|---------------------------------------|----------------|------------------------|---------------------------------|
| Shirataki Noodle | Shirataki White / Black (Yam noodles) | \$3.56 | Unlimited | |
| Shirataki Musubi | Musubi noodles | \$1.89 | Unlimited | 12 for \$21.99 / 30 for \$47.99 |
| Nu Pasta | Spaghetti, Fettuccine, Angel Hair | \$3.99 | Unlimited | Case (8) \$29.99 |
| Organic Konjac Noodles | Rice, Spaghetti and Noodle | \$4.99 | Unlimited | Case (6) \$28.49 |
| Tofu Shirataki Noodle | Fettuccine Or Spaghetti | \$2.39 | 1/2 bag | Box (12) \$24.99 |
| Jello Light | 8 flavours | \$2.13 | Unlimited | Box (20) \$38.4 |
| Stemmler's Pepperstix | Hot / Regular Pepperstix | \$6.81 | 1 Stick / day | Case (12) 8% Off |
| Stemmler's Pepperstix | Turkey | \$7.34 | 1 Stick / day | Case (12) 8% Off |
| Stemmler's Sausages | Turkey Leek with Garlic Mini Sausages | \$7.86 | 2 Sausage / day | Reg \$6.99 |
| Stemmler's Sausages | Maple Sausage Patties | \$5.55 | 1 patty / day | |
| Stemmler's Sausages | Pork Regular Sausages | \$9.44 | 1 Sausage / day | |
| Stemmler's sausages | Italian Breakfast sausages | \$6.81 | 2 Sausage / day | |
| Stemmler's sausages | Breakfast sausages | \$6.81 | 4 Sausage / day | |
| Smart Cake | 6 flavors | \$5.77 | 1 pack / day | Box (8) \$43.86 |
| Smart Buns | Plain, Sesame | \$16.79 | 1 bun / day | |

Seasonings / Sauces / Dressing

| | | | | |
|--------------------------|--|----------------|-----------------------|--------------------------|
| Parkay Spray | Vegetable oil spray | \$6.99 | Unlimited | |
| Bouillon Cube | Low Sodium Organic Vegetable Bouillon | \$4.25 | Unlimited | Box (15) \$57.99 |
| Xanthan Gum | Thickener for Soups, Sauces, Gravies | \$10.49 | Unlimited | Box (12) \$115.55 |
| Half Salt | Half Salt – 50% Sodium, 50% Potassium | \$4.99 | to taste | Case (12) \$56.88 |
| Portugallo Sauces | Mild / Hot / Flaming Hot /Pineapple/ Piri Piri | \$6.29 | 1 tbsp / 1 tsp | Case(12) \$63.99 |
| Hot Mamas 110g | Hot Spice Rubs | 9.99 | 1tsp / 2 tsp | |

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|----------------------------|---|------------------------|-------------------------|------------------------------|
| Waldenfarms | Calorie Free Fruit Spreads / Dips | \$5.39 | to taste | Box (6) = \$29.99- no mixing |
| Waldenfarms | Calorie Free Sauces / Dressing / Syrups | \$5.39 | 1 tbsp / serving | Box (6) = \$29.99- no mixing |
| Waldenfarms Singles | Italian/Ranch/Honey Dijon/Bacon Ranch/Thousand Island | \$0.50 | 1/2 package | 6 for \$2.75 12 for \$5.00 |
| Kikkoman Sauces | Teriyaki and Soy Sauce 296ml / 591ml | \$5.19 / \$8.99 | 1 Tsp | |
| Fresh Dressing | Green Goddess/Caesar/Lemon Garlic/Wicked Caesar | \$7.49 | 1 Tbsp | |
| Garlic Box Splash | Chili lime chicken/Garlic steak Splash/Horseradish | \$5.99 | 1 Tbsp | |
| Da Vinci | Vanilla And French Vanilla flavours of syrup | \$12.83 | Unlimited | |
| Joseph's Syrup | Syrup For Pancake | \$6.52 | 1/4 cup | |
| Skinny Syrup | Maocha / Vanilla / salt Caramel | \$8.99 | Unlimited | |
| Skinny Whipped Foam | French Vanilla/Salt Caramel/Caramel/Birthday Cake | 8.99 | Unlimited | |

Protein Drinks / Teas / Mints / Sweetener / Supplements

| | | | | |
|-----------------------------------|--|----------------------------------|-------------------------------------|--|
| Mr. Freeze | Freezies | \$7.49 | 5 freezies / day | |
| Walden Farms Cream | 5 Flavours of Coffee Cream | \$5.49 | to taste | Box (6) \$30.99 |
| Frannie's Sodas | 6 Favours of Drinks Can / 1L Bottle | 0.99 / \$1.69 | Unlimited | Can-Box(8) \$6.69 Case (24) \$18.99/Bottle Case (12) \$18.99 |
| Snapple Bottle 473ml/1.89L | Peach/Lemon/Half and Half/Raspberry flavor | \$2.19 / \$5.99 (1.89L) | 1 bottle / 473 ml | 473 ml (12) \$24.99/ 1.89L (8)\$45.59 |
| 4C Totally Light Drink Mix | Assorted Flavours / Energy Drink Mix | \$9.41 | Unlimited | Box (6) \$50.81 |
| True drink mix | Powdered Lemon Or Lime/100 Single Packages | 6.29 / \$9.99 | Unlimited | Box(12) \$67.99 / Box(500) \$42.99 |
| Splenda Packet | 90 Individual Splenda Packets | \$3.99 | Unlimited | |
| Splenda Bag | 275g Bag | \$11.99 | Unlimited | Twin Pack \$21.98 |
| Sukrin Brown Sugar | Sukrin Gold | \$15.49 | 3 tsp | NEW!! |
| NOW Erythritol | 1LB Bag of The Best Natural Sweetener | \$13.90 | Unlimited | |
| NOW Stevia | Stevia Extract Packets (100 packs) | \$11.76 | Unlimited | |
| Sensato Allulose | All Natural Sweetener 454g | \$16.99 | Unlimited | |
| NOW Soy Protein | Now unflavoured Soy Protein | \$32.99 | 1/3 cup / day | |
| Nectar protein shake | Syntrax Nectar Protein Shake 2lb | \$67.69 | 2-3 scoop / day | |
| Atlas Whey Protein | Whey Protein Shake – 1Lb Bag | 22.67 | 3-4 scoops /day | Bx (12) \$245.02 |
| Atlas Soy Protein (blue) | Soy protein baking/ drink mix 1 lb bag | \$20.32 | 1 Scoop / day | |
| IsoPure Whey Protein | IsoPure Whey Protein - Assorted – 3Lb | \$86.99 | 1 Scoop / day | |
| Diesel Protein Shake | Tasty flavors -2 lbs / 5lbs | \$48.99 / 5lb Jar \$94.99 | 1 Scoop / day | |
| NOW Senna Tea | Laxative High fiber Tea (25 bags) | \$8.55 | 1 Tea bag / day | |
| Pur Mints | 5 flavors | \$2.39 | Unlimited | Box (12) \$25.99 |
| Pur Gum | 8 flavours | \$1.59 | Unlimited | Case (12) \$17.29 |
| Natrol Biotin/Chromium | Regulate glucose metabolism | \$14.69 | Dosage on bottle | Box (12) \$158.69 |
| NOW Calcium | Calcium Magnesium with Vitamin D and Zinc | \$15.99 | Dosage on bottle | |
| NOW B12 | can help with energy and metabolism | \$15.99 | Dosage on bottle | |
| Now Flax Oil | | \$22.99 | | |
| NOW Neutralizer 60/120capu | Starch Neutralizer | \$16.99 / \$31.49 | 3pills before high carb meal | |
| NOW Biotin5000mcg/10mg | plays a critical role in skin, nails and hair health | \$9.99 / \$22.99 | Dosage on bottle | |
| Now Melatonin | Healthy Sleep Cycle | \$7.99 | 1 capsule bedtime | |
| Now Diet Support | Full Spectrum Enzyme Formula | \$29.49 | 1 capsule each meal | |

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|-----------------------------------|---|----------------|
| NOW Hair, Skin & Nails | Hair , skin and nails Supplement (90) | \$31.49 |
| NOW Water Out | supports healthy urinary tract function | \$16.99 |
| Now Fiber 3 | | \$20.49 |
| Now Probiotic-10 | | \$30.37 |
| Now Omega 3 | Fish Oil | \$9.47 |
| Pump | Da Vinci syrup pump | \$2.69 |

Dosage on bottle
2 capsules 2X times/day

PHASE 2 ONLY!

Each Serving counts as a Phase 2 Item (maximum of 2 items/day only).

This list contains products/quantities that are allowed on Phase 2 only. Do not consume on Phase 1. Some items appear on both Phase 1 and Phase 2 lists, but have different serving sizes! Be careful!

Cereals

| | | | | |
|---------------------------|-------------------------------|---------------|-----------------|-----------------|
| Stay Steady Cereal | Vanilla Almond / Maple Pecan | \$8.98 | 1/2 cup | Box (6) \$49.21 |
| Hot Cereal Oatmeal | Dixie Apple / Natural / Maple | \$8.34 | 1 packet | |

Bread / Crackers / Noodles / Mixes

| | | | | |
|-------------------------------|--------------------------------------|---------------|--------------------------|------------------------------|
| Melba Toast | All Natural Melba Toast – 3 Flavours | \$6.99 | 3 slices | Box (14) = \$92.99 |
| Shibolim Crackers | Sesame, garlic, onion flavours | \$4.39 | 7 crackers | Box (12) \$49.99 |
| Joseph Lavash | Flat bread Wraps | \$4.80 | 1/2 piece | Refrigerate! Bx (12) \$54.79 |
| Joseph Mini Pitas | High Protein Pita Bread | \$4.80 | 1 pita | Refrigerate! |
| Joseph Pita / Tortilla | Pita Bread / Wrap | \$4.80 | 1 pita / 1/2 wrap | Refrigerate! Bx (12) \$54.79 |
| Ciao Carb Pasta | Rice 500g | 15.49 | 1 Bag / serving | Box (12) \$169.99 |
| Ciao Carb Pasta | Penne, Sedani, Lasagna 300g | \$9.49 | 1 Bag / serving | Box (12) \$102.99 |
| Ciao Carb Pasta | Fusilli 250g | \$7.99 | 1 Bag / serving | Box (12) \$86.99 |
| Ciao Carb Pasta | Tagliatelle 100g | \$4.29 | 1 Bag / serving | NEW! Box (12) \$46.99 |

Bars / Candy / Snacks

| | | | | |
|-----------------------------------|--|---------------|------------------------|----------------------|
| Sweet Nothings | 5 flavors | \$5.87 | 2 pieces | Case (24) \$121.97 |
| Hershey Twizzlers | Hershey sugarfree Twizzlers | \$6.04 | 3 pieces | Box (12) \$65.22 |
| Smart Sweet Gummy | Gummy Bears | \$4.49 | 1/2 bag | |
| Quest bar | Different Flavour | \$3.50 | 1 bar | Box(12) \$41.99 |
| Warrior Crunch | 5 Flavours | \$3.79 | 1/2 bar | NEW Box (12) \$41.99 |
| Battle Bites | Different Flavour | \$3.79 | 1 piece | New Box(12) \$41.99 |
| Quest Chips/Tortilla Chips | 2 flavours Chips / 3 flavours Tortilla Chips | \$4.59 | 1 bag / 1/2 bag | Box (8) \$34.99 |

| | | | | |
|------------------------------------|--|----------------|--------------------|------------------------|
| Grenade Carb Killa Biscuits | Double Chocolate / salted Caremal Biscuits | \$2.99 | 1/2 package | Box (12) \$32.99 |
| Belgian Waffles | | \$8.55 | 1 Pack | |
| Caffe D'Vita | Instant Cappuccino Mixes – 2 Flavours | \$12.39 | up to 4 tsp | Bx (6) \$66.99 |
| Big Train Ice Latte Can | Different Flavour – 1.89 lb cans | \$48.99 | 1 Scoop | Bx (4) \$176.99 |
| Jok-N-AI Sauce | Chili Pepper Sauce | \$6.73 | 2 tbsp | Box (12) \$72.75 |
| Jok-N-AI Spread | Assorted Jams from New Zealand! | \$6.73 | to taste | Box (12) \$72.75 |

CAUTION: *Overeating sugar alcohols can produce a laxative/bloating effect. This is a normal effect.
All prices are subject to applicable taxes. All Prices are subject to price changes without notification.
Most items are available for 10 % off when you buy 12 or more. Please see store for details.

2020-09-22