

Low Fat Nutrition

Buy online @ www.lowfatnutrition.com - FREE shipping over \$150 on orders delivered to Canada

Dr. Poon's Products

Diet Book	Dr. Poon's Metabolic Diet Book	\$28.55		* 15% Off for First Visit* *Buy both books and save more than \$13*
Supplements	Dr. Poon's Metabolic Diet Supplements	\$35.40	1 capsule 3X before meals	Buy one bottle, get CMX for \$10 reg.\$29.99
New Patient Package			100 strips Tests for Ketone in Urine	Add \$10.00 Reg. \$12.99
New Patient Package	with Omron Scale		Fat Loss Monitor, BMI, Fat% 1 year warranty	Add \$69.99 Reg. \$79.39
Omron Scale	Fat Loss Monitor, BMI, Fat% 1 year warranty	\$79.99		
Dr. Poon's Philosophy Poster	With purchase >\$100	\$5.99	Reg. \$11.99 With Frame \$13.99	Reg. \$20.99
Mediterranean Cookbook	Phase I OR Phase II	\$29.99		
Caribbean Cookbook	Phase I	\$29.99		
Persian Cook Book		\$23.99		
Indain Menu Cook Book		\$23.99		New!!
Food Junkies Book	Dr. Vera Tarman's Book	\$24.99		New!!

**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 Phase 1 / Phase 2	Specials
PHASE 1				
<u>Cookies/Crackers/Muffins/Mixes</u>				
Biscotti / Macaroon	Lilly's Biscotti / Marcaroon	\$8.49	1 piece / 3 pieces	Box (12) \$74.49
Biscotti	Chocolate Pecan / Walnut	\$8.49	2 pieces / 4 Pieces	Box (12) \$74.49
Keto Kookies	4 Flavors	\$16.25	1/2 Cookie / 1 Cookie	
Crispbread	Bran Crispbread Wafers, High Fiber	\$4.49	1 piece / 2 pieces	Box(30)\$114.99
Crispbread with Oat	Bran Crispbread with Oat	\$4.49	1 piece / 2 pieces	Box(15)\$57.49
Fiber Sprinkle	Scandenavian Fiber Sprinkle	\$9.99	1 Tbsp	
Kitchen Wafer Crisps	5 Flavors,	\$7.99	2 crackers / 4 crackers	Box(12)=\$77.69
Kitchen Wafer Minis	Mini wafer / Aged / Sesame / Jalapeno	\$5.49	10 pieces / 1 bag	Box(18)=\$80.99
Flax Crackers	Baked Flax Crackers – 7 Flavours	\$10.49	2 crackers / 5 crackers	
CiAo Toast	Cocoa/Tomato/Original Bx (20 slices)	\$16.99	1 slice /3 slices	1 Bag (5) for \$4.49 NEW
Tova Carbquik baking mix	3 Lbs of bake mix	\$23.89	1/4 cup / 1/3 cup	5 Lb = \$27.49
Tova Carbquik baking mix	1 lb of bake mix	\$8.99	1/4 cup / 1/3 cup	
Lopino Lupin Flour	Gluten free Lupin Flour (1 lb)	\$8.79	1/4 cup	3Lb = \$23.75
Sensato Allulose	Sweetner	\$16.99	Unlimited	
Splenda Granulated	Sweetner	\$14.99	Unlimited	375.5gx2bags = \$21.98 (Twin Pack)
Ghirardelli cocoa powder	100% unsweetened cocoa 8oz bag	\$9.49	1 Tbsp	NEW!
Know Better Chocolate Chips	Sugar Free Chocolate chips	\$16.49	1 Tbsp	
Sensato chocolate chips	Sugar Free Chocolate chips	\$6.99	1 tbsp / up to 4 tbsp	NEW!
Flaxseed Oraganic Brown	Flaxseed Oraganic Brown	\$5.99	1 Tbsp	
Atlast Soy Protein Bake Mix	2 Flavors Vanilla, Chocolate	\$18.99	1 Scoop	
Dixie Diner Muffin Mix	Carrot muffin mix- makes 12 muffins	\$11.39	1 muffin	Freeze extras
Hold the Carbs Mix	Protein Muffin Mix 80g	\$5.99	1/2 muffin	Freeze extras
Hold the Carbs Mix	Muffin Mix 80g	\$4.99	1 muffin	Freeze extras
Hold the Carbs Mix	Muffin Mix 320g	\$16.99	1 muffin	Freeze extras

Hold the Carbs Mix	Protein Pancake Mix 40g	\$3.99	1 small panckae	Freeze extras
Hold the Carbs Mix	Pancake Mix 40g	\$3.99	1 small panckae	Freeze extras
Hold the Carbs Mix	Pancake Mix 320g	\$18.99	1 small panckae	Freeze extras
Hold the Carbs Mix	Protein Pizza Mix 75g	\$5.99	1/8 Slice	Freeze extras
Hold the Carbs Mix	Pizza Mix 75g	\$4.99	1/8 Slice	Freeze extras
Hold the Carbs Mix	Pizza Mix 300g	\$16.99	1/8 Slice	Freeze extras
French Crepe Mix	Dixie Diner French Crepe Mix	\$16.89	2-3 crepes	
Breading and Batter Mix	Dixie Diner Breading and Batter mix	\$9.39	1tbsp	
Power Flax Mix	1kg Powerflax Mix-Make 2 Loaves Bread	\$9.00	50g (1 slice)	
Carbwise (Slice of life) bread mix	Carbwise (Slice of life) bread mix	\$10.99	1 slice (50G.)	
Wheat Protein Isolate 5000	Wheat protein Isolate 5000, 454g bags	\$8.99	9g	Baking application
Wheat Protein Isolate 8000	Wheat protein Isolate 5000, 454g bags	\$8.99	9g	Baking application
<u>Cereals/Shake</u>				
Smaps Cereals Dixie Carb	Sweet Maple 1 lb / 8 lb	\$18.59	1/2 cup / 1/3 cup	Case 8Lb = \$86.99
Sensato Hot Cereal	Hot Cereal – 4 Flavors	\$12.19	1/2 cup	Box (12) \$131.69
Sensato Granola	Nut & Flax Granola - 3 Flavors	\$12.19	1/2 cup	Box (12) \$131.69
Black Soy beans	Eden organic black soy beans	\$4.29	1/2 Cup / 1.5 Cups	Box(12) for \$46.49
Nutracleanse	Extra Fiber for Constipation 1 kg	\$30.00	1/4 cup / 1/3 cup	
Bob's Red Mill Ground flax	Organic Golden Flax seed Meal - 32 oz bag	\$11.59	1 tbsp	
Chia Seeds	High Fiber high protein chia -340g	\$11.99	1/2 tbsp	
Life Source Food-oat fiber	Oat Fiber 500 - 1lb bag (454 gr)	\$6.89	Unlimited	
Flaxy	Add to Salad, Soups, Yogurt or Hot Cereal	\$8.49	1-2 tbsp	
ChocoRite Protein Shake	New tasty flavors-1 lb	\$21.19	1 Scoop	
ChocoRite Protein Shake Natural	New tasty flavors-1 lb Natural	\$23.29	1 Scoop	
Pure Protein Shake (Can)	Vanilla or Chocolate Can Protein Shake	\$4.19	1/2 can / 1 can	Box (12) \$45.29
Pure Protein Shake 35g (Can)	Banana	\$4.19	1 can	Box (12) \$45.29
<u>Bars/Candy/Snacks</u>				
Candy	Lifesavers 5 flavours/Pep-o-mint/Wint-o-green	\$3.29	2 pieces	Box (12) \$35.49
Candy	GoLightly	\$2.99	2 pieces	
Ricola Cough Drops	2 Flavors Green Tea, Mountain Herb	\$3.99	2 Pieces	
Atkinson's Candy	Peanut butter and toasted coconut	\$3.62	3 pieces	Box(12)=\$35.49
Nestle Sugar Free Nips	Caramel	\$3.73	2 pieces	Box (12) \$36.69
Werther's Candy	Original / Caramel (Coffee/Mint/Apple/Chocolate)	\$3.29	2 pieces	Box (12) \$34.49
Jelly Belly	Assorted / Sour	\$4.49	7-8 pieces	Box (12) \$42.99
Pur Gums Vegan	6 Flavors Bubblegum Pomegranate,Cinnamon	\$1.59	2 Pieces	Box (12) = \$17.29
Pur Mints Vegan	5 Flavors Peppermint, Mojito Lime, Tangerine	\$2.39	2 Pices	Box (12) = \$25.99
Xylitol Lollipops	Natural Assorted lollipops	\$14.29	1 Piece	
Gummy Bears	Sugar-Free Gummy Bears / Jelly Belly	\$4.49	4 pieces	
Gummy Bears	Sugar-Free Gummy Bears	\$2.75	4 pieces	5 Pound Bulk \$53.99
Vines Licorice	Sugar Free Strawberry / Black Licorice	\$3.73	1 piece	
Vitamin Gum	Peppermint / Spearmint / Cinnamon	\$1.49	4 pieces	Box (6) \$8.29 / 12 Box \$89.99
Trident Layers Gum	5 Flavours	\$1.75	Unlimited	Box(12) \$17.99
Hershey's Candies	Jolly Ranchers	\$5.49	2-3 pieces	Box (12) \$59.29
Hershey Chocolate	Milk, dark or peanut butter cup	\$5.49	2-3 pieces	Box (12) \$59.29
Hershey Chocolate	Resses's peanut butter cup	\$5.49	2-3 pieces	Box(12)=\$59.29
Hershey peppermint	Peppermint patty	\$5.49	1 pc	Box (12) \$59.29

Hershey's Caramel	Caramel Filled Chocolates	\$5.49	1 piece	Box (12) \$59.29
Russell Stover Chocolate New	Caramel, Pecan Delight, Assorted, Coconut	\$3.59	1 piece	
Simon Coll Chocolate	Milk / Dark Chocolate	\$1.99 / L \$6.69	3 squares	Reg. L\$62.99 Bx(10) S \$25.99 Bx(14)
Heart Chocolate	Cinnamon & Bitter Melon Extract (CMX)	\$3.99	1 pieces	Take 1 piece 3x daily
Chocolate Torino	Torino Swiss Milk / Dark Truffle Filling	\$5.79	2 pieces	Box (18) = \$ 89.99
Healthsmart 5ct Bar/Truffle	5 Flavors Chocolate / 2 Flavors 5X28g.	\$9.59	1/2 bar / 1 bar	Box (12) \$103.59
Healthsmart Bar Value Pack	Pretzel / Pecan Cluster / Tripal Cho. Fudge	\$10.44	1 piece	Box (12) \$113.18
Healthsmart Protein Bars 32g	3 Flavours	\$8.49	1 bar	Box (6) \$46.99
Healthsmart ProteinBars 64g	8 Flavours, Pistachio etc.	\$4.29	1/2 bar	Box(12) = \$45.72
Chocorite Protein Bar 34g/32gChoc	7 flavours Salted Caramel etc.	\$1.79	1/2 bar / 1 bar	Box(16) \$25.99
Atkins Snack	Choco Peanut Nougat Bar	\$12.95	1/2 Bar	Case(6) = \$73.99
Atkins Meal/Granola	Choco Chip Granola, Peanut Fudge Granola	\$13.25	1/2 Bar	
Atkins Indulge	Choc Caramel Mousse, Peanut Caramel Cluster	\$11.95	1/2 Bar	
Atkins Day Break/Snack Bar	Snack / Day Break bar - 5 flavours	\$9.95	1/2 bar	\$2.19 Single Case(6)=\$55.99
Atkins Day Break/Snack Bar	Snack / Day Break bar - 8 Packs	\$14.79	1/2 bar	\$2.09 Single Case(6)=\$83.99
Atkins Indulge	Pecan Caramel Cluster, PB Cups, Nut Chew	\$8.49	1/2 bar	\$1.89 Single Case(6)=\$47.99
Atkins Advantage Meal / Granola	(Pretzel / Peanut butter granola)	\$11.95	1/2 bar	\$2.69 Single Case(6)=\$67.99
Grenade Carb Killa Protein Bar	Caramel Chaos, Cookies & Cream, Choco Crunch, Dark Min	\$3.99	1/2 bar / 1 bar	Box(12) \$41.99 New Peanut Nutter
Battle Bites	2 Flavors Cookies n Cream, Choco Coconut	\$3.79	1/2 Bar	Box (12) = \$41.99
Doctor's Diet Bars	Doctor's CarbRite Diet Bars 12 Flavours	\$2.52	1/2 bar	Box(12) = \$27.27
Krunchy Melts Meringues	5 Flavors of Meringues	\$6.49	8 pieces / 8 pieces	Box (12) \$ 66.99
Halva	Marble / Vanilla – 300g box	\$6.99	1/12 of box	max. 1 serving/day
Halva	Gift Box - Single Servings	\$7.99	1 packet	max. 1 serving/day
Halva	With Fiber - 400g box	\$8.99	1/12 of box	max. 1 serving/day
Halva	Vanilla Packet	2 for \$1	1 packet	max. 1 serving/day
Halva Mini packets	Mini packets	\$5.69	2 packets	NEW
La Noubia Marshmallow	From Belgium - Make S'mores!	\$2.69	2 pieces	
Nick's Sticks	Beef / Turkey	\$4.49	1 stick	Box(25)=\$99.99
Ostrim Jerky	Pepper, teriyaki flavor	\$2.49	1/2 piece	Box(10)=\$22.49
Ostrim Stix	BBQ, Natural, pepper flavor sticks	\$2.49	1/2 stick	Box(10)=\$22.49
Lowrey's Pork Rinds	Original / Spicy	\$1.79	1/2 bag	Box (18) \$ 28.99
Pumpkorn	Pumpkin Seeds -Sea Salt, Original, Chile	\$3.29	2 Tbsp	
Eden Pumpkin Seed	Spicy / Dry Roasted	\$5.69	2 Tbsp	
Dry Roasted Edamame	Lightly Salted / Spicy Wasabi	\$3.09	2 tbsp / 5 <i>tbsp</i>	Box (12) \$33.39
Grok Cheese 24g.	Classico / Deciso / Rosmarino / Novello 24g	\$2.89	5-6 pieces	Box(24) \$61.99
Moon Cheese Snack	cheddar, gouda, pepper	\$5.69	5-6 pieces	Box (12) \$61.99
Kale Chips	Spicy Curry Lime Only	\$7.99	20 pieces	
Kale Chips	Chive / Cheddar / Curry/Peppercorn / Pink Salt	\$7.99	20 pieces	
Blue Diamond Almond 23g	Smokhouse Almond / Roasted Salted	\$1.49	1/2 bag	Box (18) = \$23.99
Blue Diamond Almond 43g	Wasabi & Soy Sause flavour	\$3.29	1/4 bag	Box (12) = \$35.99
Blue Diamond Almond 170g	Jalapeno / Lime & Chili / Salted	\$6.99	12-13 pieces	New Tin packs
Quest Chips	BBQ Flavours New	\$4.49	1/2 bag / serving	Box (8) = \$32.49, Check Sodium
Quest Tortilla Style Protein chips	2 Flavours	\$4.49	1/4 bag / 1/2 bag	case(8) \$32.49
<u>Bread/Cheese/Cake/Dessert</u>				
PowerFlax Bread	Low Carb Bread – Keep Frozen!	\$8.99	1 slice	6 for \$43.99
PowerFlax Bagel	Low Carb Bagel – Keep Frozen!	\$9.99	1/2 bagel / 1 <i>bagel</i>	

Great Low Carb Bread	Lo Carb breads- different flavours	\$12.49	1 slice	Box (12) = \$118.99
Great Low Carb Bagels	Lo Carb bagels- different flavours	\$12.49	1/2 bagel	Box (12) = \$118.99
Power Slice Bread		\$7.99	1 Slice	
Slice Of Life (Carbwise) Bread		\$12.79	1 Slice	
Great Low Carb Hot Dog Bun	Low Carb buns - Hot dog bun / Hamburger	\$12.49	1/2 bun / 1 bun	Box (12) = \$118.99
Flax Cinnamon Bun (6)	Cranberry / Walnut Cinnamon Bun	\$15.99	1/3 bun	\$4.99 Single / 6 Packs \$91.14
Smart Bun	Plain / Sesame Gluten Free (New Pack of 6)	\$13.49	1 bun	2.49 Single
Smart Cake	Chocolate/Cinnamon/Coconut/Tangerine/Lemon	\$4.49	2 cakes	8 packs=\$33.99
Tofu Shirataki Noodle	Spaghetti/Fettuccine	\$2.39	1/2 bag	Box (12) \$24.99
Allegro Block 4%	Block Cheese /Cheddar 270g	\$7.49	1/12 of pack	
Allegro Block 4%	Block Cheese Jalapeno/Herbs&Spices 270g	\$7.49	1/12 of pack	
Chatila Cheesecake	Strawberry / Chocolate	\$4.69	1/2 package / 1 package	New Patient Not reco. Box(12)\$49.99
Donuts	Low Carb Doughnuts,Cream Filled Van/Choc	\$1.79	1/2 Donut / 1 Donut	Box(12)=\$18.99 New Lemon/Lemon
Etoile chocolate cake	Cake with chocolate icing layer on top	\$9.99	1/4 cake / 1/2 cake	Box(4)\$37.99
Sunflower Kitchen	Basil Pesto	\$5.59	1 Tbsp	
Sunflower Kitchen	Baba ghanouj 227g	\$3.19	1 Tbsp	
Garlic Incredible Spread	Soya Bean Oil Based Garlic Spread	\$8.25	1 tbsp	\$13.75/1 lb , \$24.99/2 lb
<u>Seasonings/Sauces</u>				
<u>Joseph's Maple Syrup</u>	Sugar Free Syrup	\$6.09	2 Tbsp	
Nature's Hollow	Maple Syrup	\$8.79	1 tbsp / 2 tbsp	
Nature's Hollow-Honey	Sugar free Honey Substitute	\$10.99	1 tbsp / 2 tbsp	14 Oz = \$10.99
Hershey Syrup	Chocolate	\$8.19	1 Tbsp	
Natur's Hollow Jam	5 Flavours	\$8.49	1 Tbsp	
Grenade Carb Killa Protein Spre:	Grenade Carb Killa Protein Spread	\$12.99	1 Tbsp	Box(6) = \$73.99
La Nouba Fruit Spread	4 Berries/Apricot/Blueberry/Cherry/Orange/Strawberry	\$7.58	1/2 Tbsp	
Nutilight Spreads	Almond / Hazelnut / Dark Chocolate	\$10.99	1/2 Tbsp	
Nutilight protein Spreads	Peanut Dark Chocolate / Hazelnut Dark chocolate	\$11.99	1/2 Tbsp	
Peanut Butter Packet	PB2 Powdered Peanut Butter	\$1.65	1 Tbsp	Box (12) \$17.99
Peanut Butter Jar	PB2 Powdered Peanut Butter	\$7.69	1 tbsp	Box (12) \$82.99 New 1 Lb=\$10.99
Hummus Dip	Garlic/Jalapeno/Pepper/Tomato/Trad.	\$5.50	1tbsp / 2 tbsp	
Wildwood Aioli Mayo	Zesty garlic spread	\$9.25	1 Tbsp	
Apple Cider Vinaigrette	Apple Cider Splash	\$7.99	1-2 tbsp	
Maple Grove	Raspberry / Balsamic Dressing	\$5.29	1 Tbsp	Box (12) \$57.19
Heinz Ketchup	Reduced sugar same taste	\$5.49	1/2 Tbsp	
Seal Sama Sauce	Low sodium Teriyaki sauce	\$9.29	1 tbsp	NEW Box (12) 99.99
Frontera Enchilada sauce	green chill medium/red chilli mild	\$4.61	1 Tbsp	Box (6) \$24.96
Green Mountain Salsa	Hot/medium/mild	\$8.99	1 tbsp	Box (6) \$48.99
Crazy Mooskies BBQ Sauce	5 Flavors Original, Crazy Hot	\$7.99	2 Tbsp	
Wingtime Buffalo sauce	Medium/Mild	\$9.45	1 Tbsp	
Guy's BBQ Sauce	Original/Hot/Smokey Garlic/S. Bacon/Spicy	\$6.59	1 Tbsp	
G Hughes Steak Sauce	Sugar Free Steak Sauce	\$9.49	1 Tbsp	
G Hughes BBQ Sauce	8 Flavours	\$8.79	1 Tbsp	
G Hughes Ketch up	Ketch up	\$8.79	1/2 Tbsp	
Joanne 's Hot Sauce	Hot Sauce	\$8.99	1 Tsp	
Hot Mamas	BBQ Sauces	\$7.99	1tsp / 2 tsp (To Taste)	

Hot Mamas	Hot Spice Rub	\$8.99	1 tsp / 2 tsp (To Taste)	5 new flavour spice
Hot Mamas	Hot Spice Spices 110g	\$9.99	1 tsp / 2 tsp (To Taste)	
Portugallo Sauces	5 Flavours	\$6.29	1 Tbsp	20mg Sodium bottle 3 Tbsp Serving, Case(12) = \$63.99
BBQ Spice Rub	Hank Daddy's BBQ Spice Rub	\$6.99	1/2 tsp / 1 tsp (To Taste)	
Go Veggie	Parmesan Flavour Topping	6.69	1 Tbsp	
Mt. Olive Relish	No Sugar Added Sweet Relish	\$4.99	1 Tbsp	

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

Noodles/Mixes

Egg White	Egg White 500g. New	\$3.99	Unlimited	Keep Refrigerated
Shirataki Noodle	Shirataki White / Black (Yam noodles)	\$3.25	1/3 of bag	
Shirataki Musubi	Musubi noodles	\$1.89	Unlimited	12 for \$21.99 / 30 for \$47.99
Miracle Noodle	Yam Noodle Fettuccine/Angel Hair/Rice/ garlic	\$2.99	Unlimited	Box(12)=\$34.49
NuPasta	Spaghetti, Fettuccine, Angel Hair	\$3.49	Unlimited	Reg. \$3.49 Case (8) \$25.99
Organic Konjac Noodles	Rice / Spagetti / Noodle	\$4.99	1 pack	Box (6) = \$27.99
Kelp Noodle	Gluten Free Sea Vegetable	\$6.29	1/3 bag	Reg \$6.29 Box (12) \$66.99
Freezies	Sugar Free Freezies	\$7.49	1 / Serving	
Jello Light	8 flavours	\$1.99	Unlimited	Box (20) \$35.89
Juicy Gels Snack	4-pack of ready-made Jello	\$2.19	1 pack	Case (12) \$24.99
Soy Curls	Butler Soy Curls - Non GMO, 100% Natural	\$5.99	1/2 Cup / 1.5 Cups	Measured dry, Case (12) \$63.99

Seasonings/Sauces/Dressing

Parkay Spray	Vegetable oil spray	\$6.99	1 Tsp	Box (12)=\$69.99
Bouillon Cube	Low Sodium Organic Vegetable Bouillon	\$4.25	1 Cube	Box (15) \$57.99
Chicken Broth	Low Sodium Organic Chicken Broth	\$6.19	1 Cup	Box (12) \$49.99
Fire in the kitchen spice	8 great flavours	\$8.49	1/2 tsp	Reg \$8.49 NEW! 12 for \$94.99
Xanthan Gum	Thickener for Soups, Sauces, Gravies	\$10.49	Unlimited	
Half Salt	Half Salt – 50% Sodium, 50% Potassium	\$4.99	to taste	Buy 12 Get 1 Free
Fresh Dressing	Green Goddess/Caesar/Lemon Garlic/Wicked C	\$7.49	1 Tbsp	Reg. \$7.49
Waldenfarm Natural	8 flavours of Natural Vinagrettes	\$5.49	1 Tbsp	Box (6) \$29.99 (keep in the FRIDGE)
Waldenfarm	Calorie Free Fruit Spreads / Dips	\$5.39	1 tbsp	Box (6) = \$29.99 no mixing
Waldenfarm	Calorie Free Sauces / Dressing / Syrups	\$5.39	1 tbsp / serving	Box (6) = \$29.99- no mixing
Waldenfarm Singles	Italian/Ranch/Honey Dijon/Bacon Ranch/Thousa	\$0.50	1/2 package	6 for \$2.75 12 for \$5.00
Kikkoman Sauces	Teriyaki and Soy Sauce	\$5.19	to taste	591mL =\$8.99
Garlic Box Splash	Chili lime chicken/ Garlic steak / Horseradish Ga	\$5.99	1 Tbsp	
Da Vinci	10 different flavours of syrup	\$11.99	2 Tbsp	Pump \$2.69 coffe liquer

Protein Drinks/Teas/Mints/Sweetener/Supplements

GP8 Sportwater	Advanced hydration	\$1.99	Unlimited	
GP8 Sportwater	Advanced hydration, With Nozzle	\$3.00	Unlimited	
Almond Breeze 946 ml	Original/Vanilla/Chocolate/coconut/coc vanilla	\$3.99	1/2 Cup	
Almond Breeze 1.89 L	Original/Vanilla	\$7.79	1/2 Cup	
Waldenfarm Coffee Cream	5 flavour Coffee Cream	\$5.49	1 Tbsp	Reg \$5.49 NEW
Steaz Iced Tea	3 Flavors Raspberry, Mnago Peach	\$2.73	1 Can	Box (12) = \$29.38
Fizzique Protein Water	3 Flavors Tropical Limon, Strawberry	\$4.29	1 Can	Box (12) = \$46.99
Snaple Bottle473ml/1.89L	Peach/Lemon/Half and Half/Raspberry flavor	\$2.19/\$5.99 (1.89L)	1 bottle / 473 ml	Box (12) = \$24.99
Frannie's Soda Pop 1L	7 Flavours , Calorie Free	\$1.69	Half Bottle	Box (12) = \$18.99 New!
Frannie's Soda Pop Can	7 Flavours , Calorie Free	\$0.99	1Can	8Packs=\$6.69, Case (24) = \$18.99
4C Totally Light Drink Mix	Assorted Flavours / Energy Drink Mix	\$8.79	1 pack	

Arizona Iced Tea Drink Mix	Green Tea with Ginseng/Lemon/Peach/Lemonade	\$4.79	Unlimited	
True drink mix	Powdered fruit-Lemon Or Lime	\$6.29	Unlimited	
Splenda Packet	90 Individual Splenda Packets	\$3.99	Unlimited	
NOW Erythritol	1LB Bag of The Best Natural Sweetener	\$12.99	Unlimited	
Now Monk Fruit Sweetner	Liquid Sweetner	\$16.97	Unlimited	
NOW Stevia	Stevia Extract Packets (100 packs)	\$10.99	Unlimited	
Xylitol Sweetener	1 Lb of Natural Sweetner	\$13.99	Unlimited	
Sugaresque	No calorie alternative to sugar	\$6.99	Unlimited	
Stemmler's Pepperstix	Beef + Pork (Regular / Hot)	\$6.49	1 Stick	
Stemmler's Pepperstix	Turkey	\$6.99	1 Stick	
Stemmler's Sausages	Pork Sausages	\$8.49	1 Sausage	
Stemmler's sausages	Breakfast pork sausage	\$6.19	2 pieces	
Stemmler's Mini sausages	Breakfast Italian sausage	\$6.19	2 Sausages / 3 Sausages	
Stemmler'S Mini sausages	Turkey Leek with Garlic Mini sausages	\$6.99	2 Sausages / 3 Sausages	New!
Stemmler's Patty	Maple Sausages Patty	\$4.19	1 patty / serving	New!
Isopure Plus	Zero Carb Whey Protein Drink	\$3.29	1 bottle	Case (6bottles) \$17.79
Nectar protein shake	8 Flavors Syntrax Nectar Protein 2lb	\$67.69	1 Scoop	
CarbThin Whey Protein	Whey Protein Shake – 1Lb Bag	21.19	1 scoop	
Atlant Light Protein Shake Mix	Atlant Light Protein Shake Mix	24.99	1-2 Scoop	
Now Pea Protein	Pea Protein Unflavoured 2 lb	\$31.99	1/2 Scoop	
Isopure Whey protein	IsoPure Whey Protein - Assorted – 3Lb	\$86.99	1 Scoop/day	
Protein Shake	Protein Single Serve Pack	\$1.99	1 Bag / serving	
Diesel Protein Shake	7 new tasty flavors -2 lbs	\$48.99	1 Scoop/day	5lb Jar \$94.99
Now Soy Protein 2Lb	Soy Protein Unflavoured 2 lb	\$32.99	1 Scoop/day	New!!
NOW Senna Tea	Laxative High fiber Tea (25 bags)	\$7.99	1bag / day	
Natrol Biotin/Chromium	Regulate glucose metabolism	\$14.69	Dosage on bottle	
Nature's Iron	Natures Way	\$10.99	Dosage on bottle	
NOW Flax Oil	Omega 3, 6, 9 with FlaxOil	\$22.99	Dosage on bottle	
NOW Omega	Omegas 3,6,9	\$26.29	Dosage on bottle	
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 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 Amino Complete	Contains a balanced blend of amino acid	\$33.79	Dosage on bottle	
Now Gluco. & Chondroitin	Support Healthy Joint Structures	120 Caps = \$31.99	Dosage on bottle	180 caps = \$43.99
Now Hair	Hair , Skin \$ Nails Supplement (90)	\$31.49	Dosage on bottle	
Now Omega 3	Cardiovascular Support	\$9.97	Dosage on bottle	
Now Probiotic-10 25 Billion		\$31.97	Dosage on bottle	
Now Fiber 3 Supplement		\$20.49	Dosage on bottle	
Now Water Out	supports healthy urinary tract function	\$16.79	2 capsules 2X times/day	
Now Melatonin 3mg Cap	Helthy sleep cycle	\$7.99	1 capsule near bedtime	
Diurex 100 Capsules	Water pills, excess water weight	\$19.99	Take 3 Caps, once daily	
Gout Relief 60 Capsules	Anti-inflammatory properties to help painful disease.	\$19.99	2 Capsules once day, with guidance from Doctor	
Colon Cleanser	Green Elephant's Colon Cleanser	\$24.99	1-2 Tbsp	
Blender Bottle	100% leak-proof seal	\$10.99	Mix Well	

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

Stat Steady Cereal	Vanilla Almond/Maple Pecan	\$8.39	1/2 cup
Hot Cereal Dixie	Apple / Natural / Maple	\$7.79	1 packet
Now Crunchy Clusters	Cashew	\$11.99	4 pieces
Now Crunchy Clusters	Almond / Cran-blueberry	\$10.99	4 pieces

Bread / Crackers / Noodles / Mixes

Flax Crackers	Baked Flax Crackers – Maple Cinnamon	\$10.49	2 crackers / 5 crackers	
Melba Toast	All Natural Melba Toast – 3 Flavours	\$6.69	3 slices	
Shibolim crackers	Sesame, garlic, onion flavours	\$4.39	7 crackers	
La Noubia Waffles	Belgian Waffles Vanilla or chocolate	\$7.99	1 Pack / Choc1/2 Pack	
Joseph Lavash	Flat bread Wraps	\$4.49	1/2 piece	Refrigerate!
Joseph Pitas / Tortilla	High Protein Pita Bread / Tortilla	\$4.49	1 pita / wrap	Refrigerate!
La Tortilla	La Tortilla Wraps	\$5.99	1 wrap	Refrigerate!
Mama Lupes Wraps	Mama Lupes Wraps – Can Use as Roti	\$6.89	1 wrap	Refrigerate!
Dixie Diner Muffin Mix	Blueberry Flavour, Cinnamon swirl	\$11.39	1 muffin	Freeze extras
Dixie Diner Muffin Mix	Cranberry / Apple Cinnamon	\$11.39	1 muffin	Freeze extras
Dixie Diner Pancake Mix	Pancake Mix	\$9.39	2-4 pancakes	
Instant Mashers	Dixie diner classic mashed potato flavor	\$11.29	1/2 cup dry	
Ciao Carb Pastas	Fusilli	\$7.99	1 Bag / serving	Price changes on weight/Pack
Ciao Carb Pastas	Risoni	\$13.99	1 Bag / serving	Price changes on weight/Pack
Ciao Carb Pastas	Penne, Sedani Rigate,	\$9.49	1 Bag / serving	Price changes on weight/Pack
Ciao Carb Pastas	Tagliatelle	\$4.29	1 Bag / serving	
Mikee Chicken Marnade	Mikee Chicken Marnade	\$7.29	1 Tbsp	New!

Bars / Candy / Snacks

Hershey Twizzlers	Hershey sugarfree Twizzlers	\$6.04	3 pieces	Box (12) \$59.29
Judy's English Toffee	Judy's English toffee	\$14.99	1 piece	
Battle Bites	7 Flavors Choco Caramel, Red Velvet	\$3.79	1/2 Bar	Box (12) = \$41.99
Warrior Crunch Protein Bar	5 Flavors Salted Caramel, Toasted Coconut	\$3.79	1/2 Bar	Box (12) = \$41.99
Atkins Meal/Granola	Peanut Butter Granola/ Blueberry Yogurt	\$11.95	1/2 Bar	
Quest bar	13 Flavours	\$3.50	1/2 bar / 1 bar	.Box(12)=\$41.99,
Healthsmart Protein Bar 34g	Assorted Protein Bars	\$1.79	1 bar	Box (16) = \$25.99
Protes Chips - 1 Oz	4 flavors Nacho, Sweet Chilli, BBQ and Coconut	\$3.49	1 Oz bag	Box(12)=31.99 (1 Oz)
Protes Chips - 4 Oz	4 flavors Nacho, Sweet Chilli, BBQ and Coconut	\$8.99	1 Oz	Reg. \$8.99, Box(12)=\$85.99 (4 Oz)
Protes Poopcorn 4 Oz	3 Flavors Sweet Cinnamon, White Cheddar	\$6.39	1/2 Cup	
Protes Pop Corn 1 Oz	3 Flavors Sweet Cinnamon, White Cheddar	\$2.49	1/2 cup	Box(24)=\$49.99
Atlant Protein Beans	2 Flavors Sea Salt, Garlic & Onion	\$4.19	2 Tbsp	
Grenade Biscuits	2 flavors Double Choco, Salted Caramel	\$2.99	1 Biscuit	Box (12) = \$32.99
Caffe D'Vita	Instant Cappuccino Mixes – 2 Flavours	\$12.39	2 tsp	Hot or Cold Cappuccino
Big Train Ice Latte Can	Vanilla / Chocolate / Caramel -1.89 lb cans	\$48.99	1 Scoop	
Big Train Hot Chocolate	2 lbs	\$48.99	1 Scoop	
Muscle Milk Light	Chocolate / Vanilla	\$4.99	1/2 package	Box (12) = \$53.99

Joanne 's Hot Sauce	Tamarind Flavor	\$8.99
Jok-N-AI	Chili Pepper Sauce	\$6.29
Jok-N-AI	Assorted Jams from New Zealand!	\$6.29
Chocolate Peanut Butter	Powdered Peanut Butter with chocolate/Pouch	\$1.65
Chocolate Peanut Butter	PB2 Powdered Peanut Butter with chocolate	\$7.69
True Lemon	Drink Mix, Original / Peach / Raspberry Lemonade	\$6.29
True Lime	Drink Mix, Black Cherry limeade	\$6.29
True Orange	Drink Mix, Mango Orange	\$6.29
Chocorite Sweet Nothing	5 Flavors Caramel Crispy, Pecan Cluster etc	\$5.49
SmartSweet Gummy Bears	Regular / Sour	\$4.49

Phase 2 1-2 tsps.

2 tbsp
1 tbsp
1 tbsp
1 Stix
1 Stix
1 Stix
2 Pieces
1/2 bag

Box (12) \$67.99
Box (12) \$67.99
Pouch pack Case (12) = \$17.99
Box (12) \$82.99, Bottle pack
Single=\$0.75, Box (12) = \$67.99
Single=\$0.75, Box (12) = \$67.99
Single=\$0.75, Box (12) = \$67.99
Box (24) = \$113.99
Box (12) = \$48.49

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 case specials when you buy 12 or more. Please see store for details.

July 25, 2019

Low Fat Nutrition

Buy online @ www.lowfatnutrition.com - FREE shipping over \$150 on orders delivered to Canada