

The Matol Diet

Healthy weight loss of 3 lbs per week

- ▶ Helps maintain muscle mass.*
- ▶ Promotes vitality and energy.*
- ▶ Re-establishes pancreatic function (insulin).*
- ▶ Modified protocol for type 1 diabetics.*



The Matol Diet has its roots in a protein blend that was developed by Dr. G Blackburn from Harvard Medical School in 1973. This protein blend was later significantly improved by Dr. Tran Tien Chanh, an M.D. and doctor in nutrition, biology and sports medicine whose medical practice at the time focused primarily on high performance athletes. Dr. Chanh reformulated the protein blend with the objective to maintain the athletes' muscle mass. A team of scientists incorporated this superior biological value protein blend into a unique, pH-regulating and energizing botanical, vitamin and mineral weight loss regimen. The Matol Diet is totally safe and healthy and averages a weight loss of 3 lbs per week.

EXCESS INSULIN AT THE ROOT OF MOST WEIGHT PROBLEMS

Most weight problems have one thing in common: an overproduction of insulin. Insulin is a hormone that not only regulates blood sugar levels, it also makes you gain weight. How? It transforms the fat and sugars (carbohydrates) we eat into fat cells when there is an excess of insulin in the blood. This occurs over time as a result of a diet grossly disproportionate in its share of saturated fats and carbohydrates, much like the North American diet. The Matol Diet can help restore the body's ability to metabolize sugars properly, quickly and safely.



HOW THE MATOL DIET WORKS FOR YOU

Weight Loss: The body has three sources of energy: carbohydrates, protein and fat. It burns carbohydrates as its first source of energy. Once the body has depleted its carbohydrate reserves, it will simultaneously use its protein and fat reserves for energy. Matol protein foods and the daily supplement regimen help maintain muscle mass and energy while encouraging the body to draw from its fat reserves for energy.*

Skin Revitalization: The Matol Diet revitalizes and tones the skin while restoring its elasticity.

Superior Protein Supplement: Because the body is primarily composed of protein, such as our vital organs, muscle tissue, skin, nails and hair, Matol protein foods are an excellent supplement for maintaining good health and a strong immune system.*

THE MATOL DIET: QUICK, SAFE, HEALTHY AND DELICIOUS!

The Matol Diet features delicious protein foods, select natural foods and a complete nutritional supplementation program. This regimen is spearheaded by Km[®], a pH-balancing mineral supplement*. Keeping the body's pH level in check while metabolizing fat is critical to healthy weight loss. What's more, Km[®] provides essential minerals and phyto-elements, many of which are known for their anti-inflammatory and antioxidant properties.

The other three nutritional supplements, Calcium & Magnesium, Optimum Omega-3 and MegaVitamins, ensure that you receive optimal nutrition throughout the diet providing you with all of the essential vitamins, minerals and trace minerals normally added to the foods that are temporarily restricted on the Matol Diet.

Quick, safe and healthy with lasting results, the Matol Diet features a large variety of delicious high biological value protein foods that have a very high absorption rate of 95%. Matol protein foods average 19 grams of protein per serving and contain all ten essential amino acids derived from isolates of whey, soy and/or albumin from eggs.

MATOL PROTEIN FOODS

- ▶ Low in fat, calories and carbohydrates.
- ▶ Formulated with just the right amount of protein to sustain your muscle mass.
- ▶ Available in a wide variety of delicious food choices.
- ▶ Individually wrapped for freshness and a long shelf-life.
- ▶ Convenient and easy to prepare.
- ▶ Ideal for healthy snacks and meals on the run.



Sara Smysniuk - Lost 90 pounds
Independent Associate



Ginette Quesnel - Lost 75 pounds
Independent Associate



Robin Skanes - Lost 37 pounds
Independent Associate



Sherry Medina - Lost 99 pounds
Independent Associate



Kevin Linden - Lost 51 pounds
Independent Associate



John Riga - Lost over 200 pounds
Independent Associate



*These statements have not been evaluated by the FDA. The product is not intended to diagnose, cure, prevent or treat any disease.

Results not typical. Individual results may vary.

The Matol Diet

The Modern Treatment For Healthy Weight Loss - Lose 3 Pounds Per Week

The 4 Stages of the Matol Diet Plan

STAGE 1

Follow Stage 1 until you've reached 80% of your weight loss goal.

Breakfast: 1 Matol protein food with tea or coffee with 30 ml/1 oz of milk. (artificial sweetener permitted)

Lunch: 1 Matol protein food with vegetables and unlimited salad.*

Supper: 1 portion of protein* with vegetables and unlimited salad.*

Snack: 1 Matol protein food of your choice, after supper.

*Refer to select vegetable and recommended protein lists.

If, during the first 3 days of the Matol Diet, you cannot contain your hunger, you can safely eat an additional 1 or 2 low carb Matol Diet protein foods.

STAGE 3

14-day gradual reintroduction of healthy carbohydrates and healthy fats.

Breakfast: 1 portion of protein* PLUS 1 portion from each of the food groups - healthy carbohydrates, fruits and healthy fats.†

Lunch: 1 portion of protein* with vegetables and unlimited salad.*

Supper: 1 portion of protein* with vegetables and unlimited salad.*

*Refer to select vegetable and recommended protein lists.

†Refer to the 3 food groups list.

STAGE 2

Follow Stage 2 until you have lost the remaining 20% of your weight loss goal.

Breakfast: 1 Matol protein food with tea or coffee with 30 ml/1 oz of milk. (artificial sweetener permitted)

Lunch & Supper: 1 portion of protein* with vegetables and unlimited salad.*

Snack: 1 Matol protein food of your choice, after supper

*Refer to select vegetable and recommended protein lists.

STAGE 4

Conscious eating for the rest of your life!

Breakfast: 1 portion of protein* PLUS 1 portion from each of the food groups - healthy carbohydrates, fruits and healthy fats.†

Lunch: 1 portion of protein* with fiber-rich vegetables and unlimited salad* PLUS 1 portion from the healthy fats food group.†

Supper: 1 portion of protein* with fiber-rich vegetables and unlimited salad* PLUS 1 portion from each of these food groups - healthy carbohydrates and fruits.†

In case of cravings, increase your consumption of Matol protein foods or animal/plant-based protein.

*Refer to select vegetable and recommended protein lists.

†Refer to the 3 food groups list.

IMPORTANT NOTES

- Season your food with sea salt as the Matol Diet is low in sodium.
- Drink at least 8 glasses (250 ml/8 oz each) of water per day.
- Because of their higher carbohydrate content, limit the Matol Diet cakes, pancakes, oatmeal and chili to 1 per day and the Matol Protein Bar to 1-2 per week.

DAILY REGIMEN OF NUTRITIONAL SUPPLEMENTS

Km®: 2 tablespoons (30 ml), twice a day, at any hour, morning and night.

Optimum Omega-3: 4 capsules daily, at any time.

MegaVitamins: 4 caplets daily, with water, preferably in the morning.

Calcium & Magnesium: 1 tablespoon (15 ml) twice a day, with meals.

Note: If on medication, take vitamins and minerals 2 hours prior or 4 hours after with a little food.

Notice: The Matol Diet is not recommended for people with a dysfunctional liver or dysfunctional kidneys and women who are pregnant or breast-feeding. However, they can use the products as supplements. For weight reduction, use only as directed in the Matol Diet Plan. People with gastrointestinal conditions (colitis, Crohn's disease, diverticulitis, IBS, etc.) should not start the diet while symptomatic. People with chronic diseases should consult their health care provider before starting the diet.

Visit www.matol.com for detailed information.

MODIFIED MATOL DIET PROTOCOL FOR TYPE 1 DIABETICS

Stage 1 and 2: In addition to following Stage 1 and 2, add 1 food item from each of the 3 food groups (healthy carbohydrates, healthy fats and fruits) to your daily menu.

Stage 3: In addition to following Stage 3, add 1 food item from each of 2 food groups (healthy carbohydrates and healthy fats) to your daily menu.

Stage 4: The same as Stage 4 of the Matol Diet.

The Recommended Protein List

1 portion = approximately 20 grams of protein (1 Matol protein food or other protein sources)

Animal source: 200g/7 oz of poultry, fish and seafood or 150g/5 oz of lean meats.

Lean cuts of beef, veal, pork and lamb and wild game: filet, flank, lean ground, sirloin, tenderloin, roast, round, rump
Giblets (poultry) and offal (beef, pork, etc.): heart, liver, sweetbreads, kidneys, etc.

Poultry: 2 eggs, skinless chicken, turkey, quails, wild birds

Fish: bass, brill, cod, devil fish, gudgeon (blob), haddock, hake, halibut, perch, pike, ray, salmon, shark, smelt, red snapper, sole, swordfish, trout, tuna, turbot, whiting

Seafood: clams, crab, lobster, mussels, oysters, scallops, scampi, shrimp, squid, etc.

Stage 4 Variations

Plant source: 1 1/2 cups of beans, 2 cups of tofu, etc.

Beans: Red kidney, lima, lentils, broad, chick peas, etc.

Select Vegetables List

Unlimited: alfalfa sprouts, bok/pak choy, celery, cucumber, daikon, fennel, salad (all varieties), radish, seaweed, soy bean sprouts, spinach.

One portion per meal (up to 2 cups): asparagus, beet greens, broccoli, cabbage (collard greens, nappa, red, savoy), cauliflower, celeriac, fiddle heads, garlic, leeks, mushrooms, raw onions and shallots, Swiss chard, green peppers, turnip, zucchini.

Once or twice a week: 1/2 avocado, brussels sprouts, eggplant, 2-3 hearts of palm, orange and red peppers, sauerkraut, snow peas, string beans (yellow and green), tomatoes and squash (summer).

Seasonings

There are endless possibilities to vary the taste of your foods. Sea salt, pepper, garlic, fresh or dried ginger, zest of lemon or lime, your favorite spices, fresh or dried herbs, chili peppers, curry, curcuma, hot mustard or hot mustard powder, wasabi powder, even soy or tamarind sauce, sparingly. You can vary the taste of your Matol Diet puddings with cinnamon, nutmeg, a drop of rose water, fresh ginger, unsweetened coco powder, and again, the list goes on and on. Be cautious of commercial condiments with hidden sugar content.

The 3 Food Groups

Group 1: Healthy Carbohydrates: 2 slices of whole grain bread, 2 oz of whole grain sugar-free cereal, 5 oz of whole grain pasta, brown rice, cooked legumes (chickpeas, pinto, lentils, etc.) and corn, 1 medium potato. Stage 4 only: 2 pancakes, 1 medium muffin made from whole grain flour, etc.

Group 2: Fruits: 1 apple, banana, fresh fig, orange, nectarine, tangerine, peach, mango or passion fruit, 2 apricots or plums, 7 oz of fresh berries, papaya, melon or pineapple, 1-2 kiwis, 10 cherries or grapes, 1/2 a grapefruit.

Group 3: Healthy Fats: 1 sugar-free yogurt, 6 oz low fat milk, 2 oz low fat cheese (20% or less - exception: 4 oz cottage cheese), 1 avocado. Stage 4 only: a small handful of assorted nuts and seeds.

Nutrition Facts

Butterscotch Flavored Pudding Preparation

Preparación para Pudín
con sabor a caramelo

Nutrition Facts Información Nutricional	
Serving Size 1 packet / Tamaño de la porción por sobrecito (25 g / 0.9 oz) Servings Per Box / Porciones por caja 7	
Amount Per Serving / Cantidad por porción	
Calories / Calorías 90	
% Daily Value* / % Valor diario*	
Total Fat / Grasa total 0 g	0%
Saturated Fat / Grasa saturado 0 g	0%
Trans Fat / Grasa trans 0 g	
Cholesterol / Colesterol 10 mg	3%
Sodium / Sodio 290 mg	12%
Total Carbohydrate / Hidratos de carbono 2 g	1%
Dietary Fiber / Fibra dietética 1 g	4%
Sugars / Azúcares 0 g	
Protein / Proteína 18 g	36%
Vitamin A / Vitamina A 0% • Vitamin C / Vitamina C 10%	
Calcium / Calcio 50%	Iron / Hierro 4%

* Percent Daily Values are based on a 2,000 calories diet. Your daily values may be higher or lower depending on your calories needs.
* El porcentaje de valores diarios está basado en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores, dependiendo de su necesidad de calorías.

List of Ingredients

Milk protein concentrate, soy protein isolate, natural flavor, sea salt, xanthan gum, beta-carotene, caramel, sucralose, silicon dioxide, acesulfame potassium, canthaxanthin.

Lista de ingredientes

Concentrado de proteínas lácteas, aislados de proteínas de soja, sabor natural, sal marina, goma xantano, betacaroteno, caramelo, sucralosa, dióxido de silicón, acesulfame de potasio, cantaxantina.

Nutrition Facts	
Total Fat / Grasa total	0 g
Saturated Fat / Grasa saturado	0 g
Cholesterol / Colesterol	10 mg
Sodium / Sodio	290 mg
Total Carbohydrate / Hidratos de carbono	2 g
Dietary Fiber / Fibra dietética	1 g
Protein / Proteína	18 g

Chocolate Flavored Pudding Preparation

Preparación para Pudín
con sabor a chocolate

Nutrition Facts Información Nutricional	
Serving Size 1 packet / Tamaño de la porción por sobrecito (32 g / 1.1 oz) Servings Per Box / Porciones por caja 7	
Amount Per Serving / Cantidad por porción	
Calories / Calorías 110 Calories From Fat / Calorías provenientes de grasa 10	
% Daily Value* / % Valor diario*	
Total Fat / Grasa total 1.0 g	2%
Saturated Fat / Grasa saturado 0 g	0%
Trans Fat / Grasa trans 0 g	
Cholesterol / Colesterol 10 mg	3%
Sodium / Sodio 160 mg	7%
Total Carbohydrate / Hidratos de carbono 3 g	1%
Dietary Fiber / Fibra dietética 1 g	4%
Sugars / Azúcares 0 g	
Protein / Proteína 20 g	40%
Vitamin A / Vitamina A 0% • Vitamin C / Vitamina C 50%	
Calcium / Calcio 250%	Iron / Hierro 20%

* Percent Daily Values are based on a 2,000 calories diet. Your daily values may be higher or lower depending on your calories needs.
* El porcentaje de valores diarios está basado en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores, dependiendo de su necesidad de calorías.

List of ingredients

Milk protein concentrate, cocoa, soy protein isolate, artificial flavor, sea salt, xanthan gum, caramel, sucralose, silicon dioxide.

Lista de ingredientes

Concentrado de proteínas lácteas, cacao, aislados de proteínas de soja, sabor artificial, sal marina, goma xantano, caramelo, sucralosa, dióxido de silicón.

Nutrition Facts	
Total Fat / Grasa total	1.0 g
Saturated Fat / Grasa saturado	0 g
Cholesterol / Colesterol	10 mg
Sodium / Sodio	160 mg
Total Carbohydrate / Hidratos de carbono	3 g
Dietary Fiber / Fibra dietética	1 g
Protein / Proteína	20 g

Vanilla Flavored Pudding Preparation

Preparación para Pudín
con sabor a vainilla

Nutrition Facts Información Nutricional	
Serving Size 1 packet / Tamaño de la porción por sobrecito (25 g / 0.9 oz) Servings Per Box / Porciones por caja 7	
Amount Per Serving / Cantidad por porción	
Calories / Calorías 90 Calories From Fat / Calorías provenientes de grasa 10	
% Daily Value* / % Valor diario*	
Total Fat / Grasa total 1.0 g	2%
Saturated Fat / Grasa saturado 0 g	0%
Trans Fat / Grasa trans 0 g	
Cholesterol / Colesterol 10 mg	3%
Sodium / Sodio 240 mg	10%
Total Carbohydrate / Hidratos de carbono 2 g	1%
Dietary Fiber / Fibra dietética 1 g	4%
Sugars / Azúcares 0 g	
Protein / Proteína 18 g	36%
Vitamin A / Vitamina A 0% • Vitamin C / Vitamina C 10%	
Calcium / Calcio 50%	Iron / Hierro 4%

* Percent Daily Values are based on a 2,000 calories diet. Your daily values may be higher or lower depending on your calories needs.
* El porcentaje de valores diarios está basado en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores, dependiendo de su necesidad de calorías.

List of ingredients

Milk protein concentrate, soy protein isolate, natural flavor, sea salt, xanthan gum, caramel, sucralose, silicon dioxide, beta-carotene, acesulfame potassium.

Lista de ingredientes

Concentrado de proteínas lácteas, aislados de proteínas de soja, sabor natural, sal marina, goma xantano, caramelo, sucralosa, dióxido de silicón, betacaroteno, acesulfame de potasio.

Nutrition Facts	
Total Fat / Grasa total	1.0 g
Saturated Fat / Grasa saturado	0 g
Cholesterol / Colesterol	10 mg
Sodium / Sodio	240 mg
Total Carbohydrate / Hidratos de carbono	2 g
Dietary Fiber / Fibra dietética	1 g
Protein / Proteína	18 g

Maple Flavored Oatmeal Preparation

Preparación para avena con
sabor a miel de arce

Nutrition Facts Información Nutricional	
Serving Size 1 packet / Tamaño de la porción por sobrecito (38 g / 1.3 oz) Servings Per Box / Porciones por caja 7	
Amount Per Serving / Cantidad por porción	
Calories / Calorías 150 Calories From Fat / Calorías provenientes de grasa 20	
% Daily Value* / % Valor diario*	
Total Fat / Grasa total 2.0 g	3%
Saturated Fat / Grasa saturado 1.0 g	5%
Trans Fat / Grasa trans 0 g	
Cholesterol / Colesterol 0 mg	0%
Sodium / Sodio 140 mg	6%
Total Carbohydrate / Hidratos de carbono 12 g	4%
Dietary Fiber / Fibra dietética 3 g	12%
Sugars / Azúcares 0 g	
Protein / Proteína 18 g	36%
Vitamin A / Vitamina A 0% • Vitamin C / Vitamina C 2%	
Calcium / Calcio 90%	Iron / Hierro 25%

* Percent Daily Values are based on a 2,000 calories diet. Your daily values may be higher or lower depending on your calories needs.
* El porcentaje de valores diarios está basado en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores, dependiendo de su necesidad de calorías.

List of ingredients

Oat flakes, milk protein concentrate, soy protein isolate, whey protein isolate, artificial and natural flavor, sea salt, sodium bicarbonate, xanthan gum, silicon dioxide, sucralose, acesulfame potassium.

Lista de ingredientes

Copos de avena, concentrado de proteínas lácteas, aislados de proteínas de soja, aislados de proteínas de suero, sabor artificial y natural, sal marina, bicarbonato de sodio, goma xantano, dióxido de silicón, sucralosa, acesulfame de potasio.

Nutrition Facts	
Total Fat / Grasa total	2.0 g
Saturated Fat / Grasa saturado	1.0 g
Cholesterol / Colesterol	0 mg
Sodium / Sodio	140 mg
Total Carbohydrate / Hidratos de carbono	12 g
Dietary Fiber / Fibra dietética	3 g
Protein / Proteína	18 g

Nutrition Facts

Cappuccino Flavored
Drink Preparation
Preparación para bebida
con sabor a capuchino

Nutrition Facts Información Nutricional	
Serving Size 1 packet / Tamaño de la porción por sobrecito (26 g / 0.9 oz) Servings Per Box / Porciones por caja 7	
Amount Per Serving / Cantidad por porción	
Calories / Calorías 90 Calories From Fat / Calorías provenientes de grasa 10	
% Daily Value* / % Valor diario*	
Total Fat / Grasa total 1.0 g	2%
Saturated Fat / Grasa saturado 0 g	0%
Trans Fat / Grasa trans 0 g	
Cholesterol / Colesterol 0 mg	0%
Sodium / Sodio 120 mg	5%
Total Carbohydrate / Hidratos de carbono 5 g	2%
Dietary Fiber / Fibra dietética 3 g	12%
Sugars / Azúcares 0 g	
Protein / Proteína 18 g	36%
Vitamin A / Vitamina A 0% • Vitamin C / Vitamina C 15%	
Calcium / Calcio 45% • Iron / Hierro 4%	

* Percent Daily Values are based on a 2,000 calories diet. Your daily values may be higher or lower depending on your calories needs.
* El porcentaje de valores diarios está basado en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores, dependiendo de su necesidad de calorías.

List of ingredients

Milk protein concentrate, whey protein isolate, skim milk powder, caramel, natural flavor, instant decaffeinated coffee, sea salt, xanthan gum, acesulfame potassium, silicon dioxide, sucralose.

Lista de ingredientes

Concentrado de proteínas lácteas, aislados de proteínas de suero, leche descremada en polvo, caramelo, sabor natural, café descafeinado instantáneo, sal marina, goma xantano, acesulfame de potasio, dióxido de silicio, sucralosa.

Total Fat / Grasa total	2,000	2,500
Saturated Fat / Grasa saturado	Less than / menos de 20 g	80 g
Cholesterol / Colesterol	Less than / menos de 300 mg	30 g
Sodium / Sodio	Less than / menos de 2,400 mg	300 mg
Total Carbohydrate / Hidratos de carbono	Less than / menos de 300 g	2,400 mg
Dietary Fiber / Fibra dietética	25 g	375 g
Protein / Proteína	35 g	30 g
	50 g	65 g

Yogurt & Fieldberry Flavored
Drink Preparation
Preparación para bebida con
sabor a yogurt y moras del campo

Nutrition Facts Información Nutricional	
Serving Size 1 packet / Tamaño de la porción por sobrecito (27 g / 1.0 oz) Servings Per Box / Porciones por caja 7	
Amount Per Serving / Cantidad por porción	
Calories / Calorías 130 Calories From Fat / Calorías provenientes de grasa 5	
% Daily Value* / % Valor diario*	
Total Fat / Grasa total 1.0 g	1%
Saturated Fat / Grasa saturado 0 g	0%
Trans Fat / Grasa trans 0 g	
Cholesterol / Colesterol 0 mg	0%
Sodium / Sodio 130 mg	5%
Total Carbohydrate / Hidratos de carbono 14 g	5%
Dietary Fiber / Fibra dietética 1 g	4%
Sugars / Azúcares 0 g	
Protein / Proteína 18 g	36%
Vitamin A / Vitamina A 0% • Vitamin C / Vitamina C 15%	
Calcium / Calcio 50% • Iron / Hierro 4%	

* Percent Daily Values are based on a 2,000 calories diet. Your daily values may be higher or lower depending on your calories needs.
* El porcentaje de valores diarios está basado en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores, dependiendo de su necesidad de calorías.

List of ingredients

Milk protein concentrate, whey protein isolate, artificial and natural flavor, albumin (egg white protein), ascorbic acid, sea salt, xanthan gum, microcrystalline cellulose, citric acid, dehydrated blueberry, raspberry and strawberry, acesulfame potassium, sucralose, silicon dioxide.

Lista de ingredientes

Concentrado de proteínas lácteas, aislados de proteínas de suero, sabor natural y artificial, albúmina (proteína de clara de huevo), ácido ascórbico, sal marina, goma xantano, celulosa microcristalina, ácido cítrico, arándano, frambuesa y fresa deshidratados, acesulfame de potasio, sucralosa, dióxido de silicio.

Total Fat / Grasa total	2,000	2,500
Saturated Fat / Grasa saturado	Less than / menos de 20 g	80 g
Cholesterol / Colesterol	Less than / menos de 300 mg	30 g
Sodium / Sodio	Less than / menos de 2,400 mg	300 mg
Total Carbohydrate / Hidratos de carbono	Less than / menos de 300 g	2,400 mg
Dietary Fiber / Fibra dietética	25 g	30 g
Protein / Proteína	50 g	65 g

Peach-Mango Flavored
Drink Preparation
Preparación para bebida con
sabor a durazno y mango

Nutrition Facts Información Nutricional	
Serving Size 1 packet / Tamaño de la porción por sobrecito (24 g / 0.8 oz) Servings Per Box / Porciones por caja 7	
Amount Per Serving / Cantidad por porción	
Calories / Calorías 90	
% Daily Value* / % Valor diario*	
Total Fat / Grasa total 0 g	0%
Saturated Fat / Grasa saturado 0 g	
Trans Fat / Grasa trans 0 g	
Cholesterol / Colesterol 0 mg	0%
Sodium / Sodio 45 mg	2%
Total Carbohydrate / Hidratos de carbono 4 g	1%
Dietary Fiber / Fibra dietética 1 g	4%
Sugars / Azúcares 0 g	
Protein / Proteína 18 g	36%
Vitamin A / Vitamina A 0% • Vitamin C / Vitamina C 4%	
Calcium / Calcio 10% • Iron / Hierro 0%	

* Percent Daily Values are based on a 2,000 calories diet. Your daily values may be higher or lower depending on your calories needs.
* El porcentaje de valores diarios está basado en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores, dependiendo de su necesidad de calorías.

List of ingredients

Whey protein isolate, citric acid, malic acid, natural flavor, beta-carotene, acesulfame potassium, sucralose, caramel, silicon dioxide, canthaxanthin.
Contains milk ingredients.

Lista de ingredientes

Aislados de proteína de suero, ácido cítrico, ácido málico, sabor natural, betacaroteno, acesulfame de potasio, sucralosa, caramelo, dióxido de silicio, cantaxantina.
Contiene ingredientes derivados de la leche.

Total Fat / Grasa total	2,000	2,500
Saturated Fat / Grasa saturado	Less than / menos de 20 g	80 g
Cholesterol / Colesterol	Less than / menos de 300 mg	30 g
Sodium / Sodio	Less than / menos de 2,400 mg	300 mg
Total Carbohydrate / Hidratos de carbono	Less than / menos de 300 g	2,400 mg
Dietary Fiber / Fibra dietética	25 g	375 g
Protein / Proteína	35 g	30 g
	50 g	65 g

Cocoa Flavored
Drink Preparation
Preparación para
bebida con sabor a cacao

Nutrition Facts Información Nutricional	
Serving Size 1 packet / Tamaño de la porción por sobrecito (33 g / 1.1 oz) Servings Per Box / Porciones por caja 7	
Amount Per Serving / Cantidad por porción	
Calories / Calorías 120 Calories From Fat / Calorías provenientes de grasa 10	
% Daily Value* / % Valor diario*	
Total Fat / Grasa total 1.0 g	2%
Saturated Fat / Grasa saturado 1.0 g	5%
Trans Fat / Grasa trans 0 g	
Cholesterol / Colesterol 10 mg	3%
Sodium / Sodio 230 mg	10%
Total Carbohydrate / Hidratos de carbono 7 g	2%
Dietary Fiber / Fibra dietética 3 g	12%
Sugars / Azúcares 0 g	
Protein / Proteína 20 g	40%
Vitamin A / Vitamina A 0% • Vitamin C / Vitamina C 4%	
Calcium / Calcio 130% • Iron / Hierro 70%	

* Percent Daily Values are based on a 2,000 calories diet. Your daily values may be higher or lower depending on your calories needs.
* El porcentaje de valores diarios está basado en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores, dependiendo de su necesidad de calorías.

List of ingredients

Milk protein concentrate, cocoa, whey protein isolate, skim milk powder, natural and artificial flavor, sea salt, xanthan gum, sucralose, silicon dioxide, acesulfame potassium.

Lista de ingredientes

Concentrado de proteínas lácteas, cacao, aislados de proteína de suero, leche descremada en polvo, sabor natural y artificial, sal marina, goma xantano, sucralosa, dióxido de silicio, acesulfame de potasio.

Total Fat / Grasa total	2,000	2,500
Saturated Fat / Grasa saturado	Less than / menos de 20 g	80 g
Cholesterol / Colesterol	Less than / menos de 300 mg	30 g
Sodium / Sodio	Less than / menos de 2,400 mg	300 mg
Total Carbohydrate / Hidratos de carbono	Less than / menos de 300 g	2,400 mg
Dietary Fiber / Fibra dietética	25 g	375 g
Protein / Proteína	50 g	65 g

Nutrition Facts

Leek Flavored Soup Preparation

Preparación para sopa con sabor a puerros

Nutrition Facts Información Nutricional	
Serving Size 1 packet / Tamaño de la porción por sobrecito (27 g / 1 oz) Servings Per Box / Porciones por caja 7	
Amount Per Serving / Cantidad por porción	
Calories / Calorías 90 Calories From Fat / Calorías provenientes de grasa 10	
% Daily Value* / % Valor diario*	
Total Fat / Grasa total 1.0 g	2%
Saturated Fat / Grasa saturado 0 g	0%
Trans Fat / Grasa trans 0 g	
Cholesterol / Colesterol 0 mg	0%
Sodium / Sodio 1 020 mg	42%
Total Carbohydrate / Hidratos de carbono 2 g	1%
Dietary Fiber / Fibra dietética 1 g	4%
Sugars / Azúcares 1 g	
Protein / Proteína 18 g	36%
Vitamin A / Vitamina A 0%	Vitamin C / Vitamina C 0%
Calcium / Calcio 6%	Iron / Hierro 15%

Total Fat / Grasa total	2,500	80g
Saturated Fat / Grasa saturado	2,000	20g
Cholesterol / Colesterol	65g	25g
Sodium / Sodio	Less than / menos de 300mg	300mg
Total Carbohydrate / Hidratos de carbono	Less than / menos de 2,400mg	2,400mg
Dietary Fiber / Fibra dietética	300g	375g
Protein / Proteína	25g	30g
	50g	65g

List of ingredients

Soy protein isolate, sea salt, onion powder, natural flavor, leek powder, potassium chloride, sodium bicarbonate, yeast extract, xanthan gum, silicon dioxide.

Lista de ingredientes

Aislados de proteínas de soja, sal marina, cebolla en polvo, sabor natural, puerros en polvo, cloruro de potasio, bicarbonato de sodio, extracto de levadura, goma xantano, dióxido de silicona.

Chicken Flavored Soup Preparation

Preparación para sopa con sabor a pollo

Nutrition Facts Información Nutricional	
Serving Size 1 packet / Tamaño de la porción por sobrecito (28 g / 1 oz) Servings Per Box / Porciones por caja 7	
Amount Per Serving / Cantidad por porción	
Calories / Calorías 100 Calories From Fat / Calorías provenientes de grasa 10	
% Daily Value* / % Valor diario*	
Total Fat / Grasa total 1.0 g	2%
Saturated Fat / Grasa saturado 0 g	0%
Trans Fat / Grasa trans 0 g	
Cholesterol / Colesterol 0 mg	0%
Sodium / Sodio 420 mg	18%
Total Carbohydrate / Hidratos de carbono 3 g	1%
Dietary Fiber / Fibra dietética 1 g	4%
Sugars / Azúcares 1 g	
Protein / Proteína 20 g	40%
Vitamin A / Vitamina A 0%	Vitamin C / Vitamina C 0%
Calcium / Calcio 20%	Iron / Hierro 50%

Total Fat / Grasa total	2,500	80g
Saturated Fat / Grasa saturado	2,000	20g
Cholesterol / Colesterol	65g	25g
Sodium / Sodio	Less than / menos de 300mg	300mg
Total Carbohydrate / Hidratos de carbono	Less than / menos de 2,400mg	2,400mg
Dietary Fiber / Fibra dietética	300g	375g
Protein / Proteína	25g	30g
	50g	65g

List of ingredients

Soy protein isolate, artificial and natural flavor, sea salt, potassium chloride, spices (celery, curcuma, odorless garlic, onion, ground white pepper, parsley, mustard), sodium bicarbonate, yeast extract, xanthan gum, silicon dioxide, beta-carotene.

Lista de ingredientes

Aislados de proteínas de soja, sabor natural y artificial, sal marina, cloruro de potasio, especias (apio, curcuma, ajo sin olor, cebolla, pimienta blanca molida, perejil, mostaza), bicarbonato de sodio, extracto de levadura, goma xantano, dióxido de silicona, betacaroteno.

Chocolate & Raspberry Crunch Bars

Serving Size 1 bar (40 g/1.4 oz)
Servings Per Container 7

Nutrition Facts	
Serving Size 1 bar (40 g/1.4 oz) Servings Per Container 7	
Amount Per Serving	
Calories 140 Calories from Fat 35	
% Daily Value*	
Total Fat 4 g	6%
Saturated Fat 2 g	10%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 220 mg	9%
Total Carbohydrate 15 g	5%
Dietary Fiber 3 g	12%
Sugars 6 g	
Maltitol 3 g	
Protein 15 g	30%
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65 g	80 g
Sat Fat	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2,400 mg	2,400 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g
Protein	50 g	65 g

Allergy information: Manufactured in a facility that also processes wheat, milk, peanuts and tree nuts.

List of ingredients
Soy nuggets (soy protein isolate, rice starch), chocolate coating (maltitol, chocolate liquor (processed with alkali), cocoa butter, inulin, soy lecithin, natural flavor), agave syrup, soy protein nuggets (isolate soy protein, brown rice) liquid polydextrose, brown rice syrup, isolated soy protein, dextrose, dextrin, high oleic sunflower oil, natural flavor, beet juice, soy lecithin.

List of ingredients
Oat bran flour, calcium caseinate, oat bran, whey protein, soybean protein, cocoa powder, CitriSweet™ (oligofructose, fructose, vegetable protein isolate, natural flavors), albumin (white egg protein), natural flavor, potassium bitartrate, sodium bicarbonate, sea salt, silicon dioxide. Contains milk, soybean and egg ingredients.

Lista de ingredientes
Harina salvado de avena, caseinato de calcio, salvado de avena, proteína de suero de leche, proteína de soja, cacao en polvo, CitriSweet™ (oligofructosa, fructosa, aislados de proteínas vegetales, sabores naturales), albúmina (proteína de clara de huevo), sabor natural, bitartrato de potasio, bicarbonato sódico, sal marina, dióxido de silicio. Contiene ingredientes de leche, soja y huevo.

Flatbread / Pancake Preparation

Preparación para Pan plano / Crepa

Nutrition Facts Información Nutricional	
Serving Size 1 packet / Tamaño de la porción por sobrecito (39 g / 1.4 oz) Servings Per Box / Porciones por caja 7	
Amount Per Serving / Cantidad por porción	
Calories / Calorías 140 Calories From Fat / Calorías provenientes de grasa 15	
% Daily Value* / % Valor diario*	
Total Fat / Grasa total 1.5 g	2%
Saturated Fat / Grasa saturado 0 g	0%
Trans Fat / Grasa trans 0 g	
Cholesterol / Colesterol 0 mg	0%
Sodium / Sodio 210 mg	9%
Total Carbohydrate / Hidratos de carbono 13 g	4%
Dietary Fiber / Fibra dietética 2 g	8%
Sugars / Azúcares 0 g	
Protein / Proteína 18 g	36%
Vitamin A / Vitamina A 0%	Vitamin C / Vitamina C 8%
Calcium / Calcio 15%	Iron / Hierro 6%

Total Fat / Grasa total	2,500	80g
Saturated Fat / Grasa saturado	2,000	20g
Cholesterol / Colesterol	65g	25g
Sodium / Sodio	Less than / menos de 300mg	300mg
Total Carbohydrate / Hidratos de carbono	Less than / menos de 2,400mg	2,400mg
Dietary Fiber / Fibra dietética	300g	375g
Protein / Proteína	25g	30g
	50g	65g

List of ingredients

Oat bran flour, calcium caseinate, oat bran, milk protein concentrate, soy protein isolate, albumin (egg white protein), sea salt, silicon dioxide.

Lista de ingredientes

Harina de avena, caseinato de calcio, salvado de avena, concentrado de proteínas lácteas, aislados de proteínas de soja, albúmina (proteína de clara de huevo), sal marina, dióxido de silicona.

Chocolate Flavored Cake / Pancake Preparation

Preparación para queque / crepa con sabor a chocolate

Nutrition Facts Información Nutricional	
Serving Size 1 packet / Tamaño de la porción por sobrecito (44 g / 1.6 oz) Servings Per Box / Porciones por caja 7	
Amount Per Serving / Cantidad por porción	
Calories / Calorías 170 Calories From Fat / Calorías provenientes de grasa 20	
% Daily Value* / % Valor diario*	
Total Fat / Grasa total 2 g	3%
Saturated Fat / Grasa saturado 0 g	0%
Trans Fat / Grasa trans 0 g	
Cholesterol / Colesterol 0 mg	0%
Sodium / Sodio 220 mg	9%
Total Carbohydrate / Hidratos de carbono 15 g	5%
Dietary Fiber / Fibra dietética 2 g	8%
Sugars / Azúcares 0 g	
Protein / Proteína 20 g	40%
Vitamin A / Vitamina A 0%	Vitamin C / Vitamina C 8%
Calcium / Calcio 15%	Iron / Hierro 6%

Total Fat / Grasa total	2,500	80g
Saturated Fat / Grasa saturado	2,000	20g
Cholesterol / Colesterol	65g	25g
Sodium / Sodio	Less than / menos de 300mg	300mg
Total Carbohydrate / Hidratos de carbono	Less than / menos de 2,400mg	2,400mg
Dietary Fiber / Fibra dietética	300g	375g
Protein / Proteína	25g	30g
	50g	65g

List of ingredients

Oat bran flour, calcium caseinate, oat bran, whey protein, soybean protein, cocoa powder, CitriSweet™ (oligofructose, fructose, vegetable protein isolate, natural flavors), albumin (white egg protein), natural flavor, potassium bitartrate, sodium bicarbonate, sea salt, silicon dioxide. Contains milk, soybean and egg ingredients.

Lista de ingredientes

Harina salvado de avena, caseinato de calcio, salvado de avena, proteína de suero de leche, proteína de soja, cacao en polvo, CitriSweet™ (oligofructosa, fructosa, aislados de proteínas vegetales, sabores naturales), albúmina (proteína de clara de huevo), sabor natural, bitartrato de potasio, bicarbonato sódico, sal marina, dióxido de silicio. Contiene ingredientes de leche, soja y huevo.

Nutrition Facts

Three Cheese and Fine Herbs Flavored Omelet

Tortilla francesa con sabor a tres quesos y hierbas finas

Nutrition Facts Información Nutricional

Serving Size 1 packet / Tamaño de la porción por sobrecito (28 g / 1.0 oz)
Servings Per Box / Porciones por caja 7

Amount Per Serving / Cantidad por porción	
Calories / Calorías 100	
% Daily Value* / % Valor diario*	
Total Fat / Grasa total 0.5 g	1%
Saturated Fat / Grasa saturado 0 g	0%
Trans Fat / Grasa trans 0 g	
Cholesterol / Colesterol 0 mg	0%
Sodium / Sodio 150 mg	6%
Total Carbohydrate / Hidratos de carbono 3 g	1%
Dietary Fiber / Fibra dietética 1 g	4%
Sugars / Azúcares 0 g	
Protein / Proteína 20 g	40%
Vitamin A / Vitamina A 0% • Vitamin C / Vitamina C 4%	
Calcium / Calcio 6% • Iron / Hierro 2%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.
* El porcentaje de valores diarios está basado en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores, dependiendo de su necesidad de calorías.

List of ingredients

Albumin (white egg protein), milk protein concentrate, soy protein concentrate, dehydrated red and green pepper, natural flavor, onion powder, sea salt, potassium chloride, fine herbs, beta-carotene, garlic powder, silicon dioxide.

Lista de ingredientes

Albúmina (proteína de clara de huevo), concentrado de proteínas lácteas, concentrado de proteínas de soja, pimientos rojos y verdes deshidratados, sabor natural, cebolla en polvo, sal marina, cloruro de potasio, hierbas finas, betacaroteno, ajo en polvo, dióxido de silicona.

Crispy Rice Cereal

Cereal de Arroz Crujiente

Nutrition Facts Información Nutricional

Serving Size 1 packet / Tamaño de la porción por sobrecito (29 g / 1.0 oz)
Servings Per Box / Porciones por caja 7

Amount Per Serving / Cantidad por porción	
Calories / Calorías 110	Calories From Fat / Calorías provenientes de grasa 5
% Daily Value* / % Valor diario*	
Total Fat / Grasa total 0.5 g	1%
Saturated Fat / Grasa saturado 0 g	0%
Trans Fat / Grasa trans 0 g	
Cholesterol / Colesterol 0 mg	0%
Sodium / Sodio 210 mg	9%
Total Carbohydrate / Hidratos de carbono 7 g	2%
Dietary Fiber / Fibra dietética 0 g	0%
Sugars / Azúcares 1 g	
Protein / Proteína 18 g	36%
Vitamin A / Vitamina A 0% • Vitamin C / Vitamina C 0%	
Calcium / Calcio 35% • Iron / Hierro 10%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.
* El porcentaje de valores diarios está basado en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores, dependiendo de su necesidad de calorías.

List of ingredients

Soy protein isolate, skim milk, rice flour, whey protein isolate, milk protein concentrate, silicon dioxide, sucralose.

Lista de ingredientes

Aislados de proteínas de soja, leche descremada, harina de arroz, aislados de proteínas de suero, concentrado de proteínas lácteas, dióxido de silicio, sucralosa.

Vegetable Chili Preparation Preparación Chili con Vegetales

Nutrition Facts Información Nutricional

Serving Size 1 packet / Tamaño de la porción por sobrecito (33 g / 1.2 oz)
Servings Per Box / Porciones por caja 7

Amount Per Serving / Cantidad por porción	
Calories / Calorías 120	Calories From Fat / Calorías provenientes de grasa 25
% Daily Value* / % Valor diario*	
Total Fat / Grasa total 3 g	5%
Saturated Fat / Grasa saturado 0 g	0%
Trans Fat / Grasa trans 0 g	
Cholesterol / Colesterol 0 mg	0%
Sodium / Sodio 530 mg	22%
Total Carbohydrate / Hidratos de carbono 13 g	4%
Dietary Fiber / Fibra dietética 4 g	16%
Sugars / Azúcares 3 g	
Protein / Proteína 12 g	24%
Vitamin A / Vitamina A 4% • Vitamin C / Vitamina C 8%	
Calcium / Calcio 6% • Iron / Hierro 10%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.
* El porcentaje de valores diarios está basado en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores, dependiendo de su necesidad de calorías.

List of ingredients: Textured soy (soy protein concentrate, caramel), dehydrated vegetables (pre-cooked red beans, onions, red bell peppers and garlic), modified starch, hydrolyzed wheat, soy and corn protein (autolyzed yeast extract, partially hydrogenated cottonseed and soybean oil), tomato powder, sunflower oil, sugar, spices, guar gum, citric acid and sulphites. Manufactured on equipment that processes wheat, peanuts, tree nuts and seeds.

Lista de ingredientes: Soya texturada (concentrado de proteína de soya, caramelo), vegetales deshidratados (frijoles colorados precocido, cebollas, pimientos rojos y ajo), almidón modificado, trigo hidrolizado, proteína de soya y maíz (extracto de levadura, aceite parcialmente hidrogenado de semilla de algodón y de soja), tomate en polvo, aceite de girasol, azúcar, especias, goma guar, ácido cítrico y sulfitos. Fabricado en equipos que elaboran trigo, cacahuates, nueces y semillas.

Raspberry Flavored Gelatin

Gelatina con sabor a frambuesa

Nutrition Facts Información Nutricional

Serving Size 1 packet / Tamaño de la porción por sobrecito (26 g / 0.9 oz)
Servings Per Box / Porciones por caja 7

Amount Per Serving / Cantidad por porción	
Calories / Calorías 100	
% Daily Value* / % Valor diario*	
Total Fat / Grasa total 0 g	0%
Saturated Fat / Grasa saturado 0 g	0%
Trans Fat / Grasa trans 0 g	
Cholesterol / Colesterol 0 mg	0%
Sodium / Sodio 35 mg	1%
Total Carbohydrate / Hidratos de carbono 2 g	1%
Dietary Fiber / Fibra dietética 0 g	0%
Sugars / Azúcares 0 g	
Protein / Proteína 20 g	40%
Vitamin A / Vitamina A 0% • Vitamin C / Vitamina C 0%	
Calcium / Calcio 2% • Iron / Hierro 2%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.
* El porcentaje de valores diarios está basado en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores, dependiendo de su necesidad de calorías.

List of ingredients

Hydrolyzed collagen, gelatin, sugarbeet powder, citric acid, natural and artificial flavor, potassium citrate, sucralose, tricalcium diphosphate.

Lista de ingredientes

Colágeno hidrolizado, gelatina, polvo de remolacha, ácido cítrico, sabor natural y artificial, citrato potásico, sucralosa, fosfato tricálcico.

Amount Per Serving / Cantidad por porción	
Calories / Calorías 2,500	
% Daily Value* / % Valor diario*	
Total Fat / Grasa total 80 g	160%
Saturated Fat / Grasa saturado 20 g	40%
Cholesterol / Colesterol 300 mg	600%
Sodium / Sodio 2,400 mg	100%
Total Carbohydrate / Hidratos de carbono 300 g	600%
Dietary Fiber / Fibra dietética 25 g	50%
Protein / Proteína 65 g	130%

Caramel Peanut Delight Bars

Nutrition Facts

Serving Size 1 bar (41 g/1.5 oz)
Servings Per Container 7

Amount Per Serving	
Calories 160	Calories from Fat 45
% Daily Value*	
Total Fat 5 g	8%
Saturated Fat 3 g	15%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 95 mg	4%
Potassium 90 mg	3%
Total Carbohydrate 15 g	5%
Dietary Fiber 1 g	4%
Sugars 4 g	
Sugar Alcohol 8 g	
Protein 15 g	30%

Vitamin A 0% • Vitamin C 0%
Calcium 6% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65 g	80 g
Sat Fat	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2,400 mg	2,400 mg
Potassium	3,500 mg	3,500 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g
Protein	50 g	65 g

List of ingredients

Protein blend (soy protein isolate, hydrolyzed gelatin, casein, whey protein isolate, milk protein concentrate), sugar, modified palm and palm kernel oil, cocoa, glycerin, maltitol syrup, water, peanuts, maltitol, milk mineral concentrate, natural and artificial flavors, malted milk powder (wheat), fructooligosaccharide, sunflower oil, butter, pectin, mono- and diglycerides, cream, salt, soy lecithin, gellan gum, DATEM (diacetyl tartaric ester of mono- and diglycerides), sucralose, sodium phosphate, sodium citrate, carrageenan, tocopherols.

May contain traces of tree nuts.

Allergy: Contains soy, milk, peanuts, and wheat.