

Protein Supplements

Goal Per Supplement:

- At least 12 grams protein
- Net carbs 10 grams or less

Journeylite Physician Protein Shakes

- Vanilla ready-to-drink
- Chocolate ready-to-drink
- Variety box shake/pudding

Journeylite Physician Hot Chocolate

- Variety hot chocolate
- Mocha hot chocolate
- Regular hot chocolate
- Cinnamon hot chocolate
- Hot chocolate w/ marshmallow
- Classic cappuccino
- Vanilla cappuccino

Journeylite Physician Fruit Drinks

- Lemonade
- Cran-Grape
- Wild Berry
- Pineapple Orange
- Lemon Razy
- Variety Box

Proti / VLC Bars

- Salted toffee pretzel
- Fluffy vanilla crisp
- Fluffy nutter
- Cookies and cream
- Zesty lemon crisp
- Cinnamon crunch
- Peanut butter cup