

# Allergens Guide



This guide is meant as a reference only. Always refer to product labels prior to enjoyment. Note that products are manufactured in a facility that processes milk, soy, eggs, wheat, tree nuts, and peanuts.



## Products that do NOT contain SOY:

Peanut Butter Chocolate Keto Bar

Chocolate Keto Bar

Plant Base Mix

Smoothie Base Mix

Chocolate Indulgence Flavor Pack

Vanilla Bean Flavor Pack

Blueberry Flavor Pack

California Dreaming Strawberry Flavor Pack

Orange Creamsicle Flavor Pack

Pina Colada Flavor Pack

VLC Chocolate Smoothie Mix

VLC Vanilla Smoothie Mix

Mixed Berry Shake Mix

Chocolate Shake Mix

Vanilla Shake Mix

Strawberry Banana Smoothie Mix

Hot Chocolate Drink Mix

Chocolate Drink Mix

Cappuccino Decaf Drink Mix

Cran-Grape Drink Mix

Strawberry Kiwi Drink Mix

Blue Raspberry Drink Concentrate

Grape Drink Concentrate

Green Tea & Cranberry Drink Concentrate

Mixed Berry Drink Concentrate

Pomegranate Drink Concentrate

All Natural Vanilla Pudding/Shake Mix

All Natural Chocolate Pudding/Shake Mix

All Natural Mocha Pudding/Shake Mix

All Natural Salted Caramel Pudding/Shake Mix

Caramel Cafe Latte Pudding/Shake Mix

Hot Base Mix

Country Chicken & Vegetable Soup Flavor Pack

Farmhouse Cheddar and Broccoli Soup Flavor Pack

Creamy Tomato Soup Flavor Pack

Creamy Mushroom Soup Flavor Pack

Cheese & Chive Egg Scramble Mix

Bacon & Cheddar Egg Scramble Mix

Cream of Vegetable Soup Mix

Broc 'n Cheese Soup Mix

Lemon & Herbs Pasta Sauce

Tex Mex Pasta Sauce Pack

Garlic & Herbs Pasta Sauce Pack

Apple Cinnamon Oatmeal

Maple Brown Sugar Oatmeal

Vanilla MCT Coffee Creamer

Proti Anytime! Vanilla Drink

Proti Anytime! Chocolate Drink

Vanilla VLC Ready Drink

Chocolate VLC Ready Drink

Vanilla Mug Cakes

Pancakes

Strawberry Banana Gelatin



### Products that do NOT contain MILK:

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Plant Base Mix	Mixed Berry Drink Concentrate	Strawberry Banana Gelatin
Blue Raspberry Drink Concentrate	Pomegranate Drink Concentrate	Fusilli High Protein Pasta
Grape Drink Concentrate	Tangy Tomato Zippers	Orzo High Protein Pasta
Green Tea & Cranberry Drink Concentrate	Chipotle BBQ Zippers	Vegetable Chili Mix
	Salt & Vinegar Zippers	BBQ Chips



### Products that are verified GLUTEN FREE

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*N.B. Products in this section are tested for gluten. The majority of our products do not contain gluten ingredients but are not tested. Products that certainly contain gluten are listed in the next section.*

Chocolate Crisp VLC Bar	Mixed Berry Shake Mix	Garlic & Herbs Pasta Sauce Pack
Strawberry Shortcake VLC Bar	Chocolate Shake Mix	Country Chicken & Vegetable Soup Flavor Pack
Lemon Crisp VLC Bar	Vanilla Shake Mix	Farmhouse Cheddar and Broccoli Soup Flavor Pack
Fluffy Vanilla Crisp VLC Bar	Vanilla VLC Ready Drink	Creamy Tomato Soup Flavor Pack
Fluffy Nutter Crisp Bar	Chocolate VLC Ready Drink	Creamy Mushroom Soup Flavor Pack
Salted Toffee Pretzel VLC Bar	Plant Base Mix	
Peanut Butter Chocolate Keto Bar	Smoothie Base Mix	
Chocolate Keto Bar	Hot Base Mix	
	Lemon & Herbs Pasta Sauce	
	Tex Mex Pasta Sauce Pack	



### Products that contain GLUTEN

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Vanilla Wafer	Hot Chocolate Drink Mix	Apple Cinnamon Oatmeal
Mocha Wafer	Chicken Noodle Soup Mix	Maple Brown Sugar Oatmeal
Dark Chocolate Wafer	Brown Bread	Chocolate Sandwich Cookies
Lemon Wafer	Chocolate & Caramel Granola Snacks	Fusilli High Protein Pasta
Raspberry Wafer		Orzo High Protein Pasta



### Products that contain WHEAT

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Vanilla Wafer

Mocha Wafer

Dark Chocolate Wafer

Lemon Wafer

Raspberry Wafer

Chocolate & Caramel Granola Snacks

Chocolate Sandwich Cookies

Fusilli High Protein Pasta

Orzo High Protein Pasta

Brown Bread

Chicken Noodle Soup Mix



### Products that contain EGGS

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Fluffy Vanilla Crisp VLC Bar

Fluffy Nutter Crisp Bar

Fluffy Toffee Pretzel VLC Bar

Chocolate Crisp VLC Bar

Strawberry Shortcake VLC Bar

Lemon Crisp VLC Bar

Cocoa Mint Bar

Choc-A-Lot Chip Bar

Peanut Butter Cup Bar

Strawberry Drink VHP

Chocolate Drink VHP

Vanilla Drink VHP

Chicken Noodle Soup Mix

Chocolate Sandwich Cookies

Fusilli High Protein Pasta

Orzo High Protein Pasta

Pancakes

Vanilla Mug Cakes



### Products that contain TREE NUTS

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Choc-A-Lot Chip Bar

Peanut Butter Chocolate Keto Bar

Chocolate Keto Bar

Chocolate Crisp VLC Bar

Strawberry Shortcake VLC Bar

Lemon Crisp VLC Bar

Fluffy Vanilla Crisp VLC Bar

Fluffy Nutter Crisp Bar

Salted Toffee Pretzel VLC Bar

Chocolate & Caramel Granola Snacks

Pancakes

Vanilla Mug Cakes



### Products that contain COCONUT

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Coconut Crunch VLC Bar

Vanilla Mug Cakes

Pancakes



## Products that contain PEANUTS

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Caramel Nut Bar

Choc-A-Lot Chip Bar

Peanut Butter Cup Bar

Fluffy Nutter Crisp VLC Bar

Chocolate Keto Bar

Peanut Butter Chocolate Keto Bar

Chocolate Soy Puffs

Caramel Peanut Soy Puffs



## Products that contain Soy

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Caramel Nut Bar

Cocoa Mint Bar

Peanut Butter Cup Bar

Choc-A-Lot Chip Bar

Chocolate Crisp VLC Bar

Strawberry Shortcake VLC Bar

Lemon Crisp VLC Bar

Fluffy Vanilla Crisp VLC Bar

Fluffy Nutter Crisp Bar

Salted Toffee Pretzel VLC Bar

Coconut Crunch VLC Bar

Vanilla Wafer

Mocha Wafer

Dark Chocolate Wafer

Lemon Wafer

Raspberry Wafer

Chocolate Soy Puffs

Caramel Peanut Soy Puffs

Southwest Egg Scramble Mix

Lemon Raspberry Smoothie Mix

Café Latte Smoothie Mix

Peach Mango Smoothie Mix

Strawberry Drink VHP

Chocolate Drink VHP

Vanilla Drink VHP

Orange Drink Mix

Berry Blast Drink Mix

Pink Lemonade Drink Mix

Peach Mango Drink Mix

Lemon Drink Mix

Chocolate Pudding/Shake Mix

Vanilla Pudding/Shake Mix

Strawberry Pudding/Shake Mix

Mocha Pudding & Shake Mix

Orange Creamsicle Pudding & Shake Mix

Dark Chocolate Pudding/Shake Mix

Lemon Raspberry Pudding/Shake Mix

Strawberry Banana Pudding & Shake Mix

Cream of Chicken Flavored Soup Mix

Cream of Mushroom Soup Mix

Italian Tomato Soup Mix

Chicken Noodle Soup Mix

Cream of Chicken Soup Mix Fortified

Fusilli High Protein Pasta

Orzo High Protein Pasta

Vegetable Chili Mix

Brown Bread

Chocolate Sandwich Cookies

Chocolate & Caramel Granola Snacks

Tangy Tomato Zippers

Chipotle BBQ Zippers

Salt & Vinegar Zippers

Sour Cream & Fine Herbs Zippers

BBQ Chips

Dill Pickle Chips

Sea Salt & Vinegar Chips

Spicy Nacho Cheese Chips

Ranch Chips



## Products that contain MILK:

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Caramel Nut Bar	Orange Creamsicle Flavor Pack	Strawberry Banana Pudding /Shake Mix
Cocoa Mint Bar	Pina Colada Flavor Pack	Dark Chocolate Pudding /Shake Mix
Peanut Butter Cup Bar	VLC Chocolate Smoothie Mix	Lemon Raspberry Pudding/Shake Mix
Choc-A-Lot Chip Bar	VLC Vanilla Smoothie Mix	All Natural Vanilla Pudding /Shake Mix
Chocolate Crisp VLC Bar	Strawberry Drink VHP	All Natural Chocolate Pudding /Shake Mix
Strawberry Shortcake VLC Bar	Chocolate Drink VHP	All Natural Mocha Pudding /Shake Mix
Lemon Crisp VLC Bar	Vanilla Drink VHP	All Natural Salted Caramel Pudding /Shake Mix
Fluffy Vanilla Crisp VLC Bar	Orange Drink Mix	Cream of Chicken Soup Mix
Fluffy Nutter Crisp VLC Bar	Berry Blast Drink Mix	Cream of Mushroom Soup Mix
Salted Toffee Pretzel VLC Bar	Pink Lemonade Drink Mix	Cream of Vegetable Soup Mix
Coconut Crunch VLC Bar	Peach Mango Drink Mix	Italian Tomato Soup Mix
Peanut Butter Chocolate Keto Bar	Lemon Drink Mix	Broc 'n Cheese Soup Mix
Chocolate Keto Bar	Cran-Grape Drink Mix	Chicken Noodle Soup Mix
Vanilla Wafer	Strawberry Kiwi Drink Mix	Hot Base Mix
Mocha Wafer	Mixed Berry Shake Mix	Country Chicken & Vegetable Soup Flavor Pack
Dark Chocolate Wafer	Chocolate Shake Mix	Farmhouse Cheddar and Broccoli Soup Flavor Pack
Lemon Wafer	Vanilla Shake Mix	Creamy Tomato Soup Flavor Pack
Raspberry Wafer	Strawberry Banana Smoothie Mix	Creamy Mushroom Soup Flavor Pack
Chocolate Soy Puffs	Lemon Raspberry Smoothie Mix	Cream of Chicken Soup Mix Fortified
Caramel Peanut Soy Puffs	Café Latte Smoothie Mix	Southwest Egg Scramble Mix
Hot Chocolate Drink Mix	Mango Smoothie Mix	Cheese & Chive Egg Scramble Mix
Chocolate Drink Mix	Vanilla Pudding/Shake Mix	
Cappuccino Decaf Drink Mix	Strawberry Pudding/Shake Mix	
Smoothie Base Mix	Chocolate Pudding/Shake Mix	
Chocolate Indulgence Flavor Pack	Caramel Café Latte Pudding /Shake Mix	
Vanilla Bean Flavor Pack	Mocha Pudding/Shake Mix	
Blueberry Flavor Pack	Orange Creamsicle Pudding /Shake Mix	
California Dreaming Strawberry Flavor Pack		

Bacon & Cheddar Egg  
Scramble Mix

Proti Anytime! Vanilla Drink

Proti Anytime! Chocolate  
Drink

Vanilla VLC Ready Drink

Chocolate VLC Ready Drink

Brown Bread

Chocolate Sandwich Cookies

Chocolate & Caramel Granola  
Snacks

Apple Cinnamon Oatmeal

Maple Brown Sugar Oatmeal

Pancakes

Vanilla Mug Cakes

Lemon & Herbs Pasta Sauce

Tex Mex Pasta Sauce Pack

Garlic & Herbs Pasta Sauce  
Pack

Sour Cream & Fine Herbs  
Zippers

Dill Pickle Chips

Sea Salt & Vinegar Chips

Spicy Nacho Cheese Chips

Ranch Chips

Vanilla MCT Coffee Creamer