PHD

WEIGHT LOSS

PHD Weight Loss
& Nutrition

Maintenance Shopping List

Breakfast Items

Cereals & Granola

Nutrition Facts
1 Serving Per Bag
Serving Size 1 Bag (22g)

Amount Per Serving	
Calories	100
Calories from Fat	30
	% DV*
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 7mg	2%
Sodium 30mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 16g	32%
Vitamin A	0%
Vitamin C	0%
Calcium	25%
Iron	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Available at
www.thecerealschool.com

Nutrition Facts
7 servings per container
Serving size ¾ Cup (28g)

Amount Per Serving	
Calories	110
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 5g	27%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 60mg	2%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	24%

Available at www.magicspoon.com

Nutrition Facts
About 7 servings per container
Serving size 1/3 cup (35g)

Amount per serving	
Calories	160
	% Daily Value*
Total Fat 12g	14%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 200mg	9%
Total Carbohydrate 10g	4%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Erythritol 4g	
Protein 9g	18%

www.highkey.com

PHD WEIGHT LOSS

Nutrition Facts

15 serving per container
Serving size 1/2 Cup (37g)

Amount per serving
Calories

Total Fat 4.5g	
Saturated Fat 1g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 130mg	
Total Carbohydrate 14g	
Dietary Fiber 12g	
Total Sugars 0g	
Includes 0g Added Sugars	
Protein 12g	

Available at www.julianbakery.com, Amazon

*1 Serving to be paired with choice of yogurt pictured below.
Available at www.thrivemarket.com

PHD WEIGHT LOSS

Nutrition Facts	
About 7 servings per container	
Serving size	**1/3 cup (35g)**
Amount per serving	
Calories	**170**
	% Daily Value*
Total Fat 14g	18%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 140mg	6%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Erythritol 4g	
Protein 9g	18%

Nutrition Facts	
10 servings per container	
Serving size	**1/2 Cup (30g)**
Amount Per Serving	
Calories	**160**
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 11g	53%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	20%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron .6mg	4%
Potassium 350mg	8%

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

www.highkey.com

Available at Thrive Market

Nutrition Facts	
About 6 servings per container	
Serving size	**1/2 Cup (36g)**
Amount Per Serving	
Calories	**110**
	% Daily Value*
Total Fat 5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 9g	32%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 11g	22%
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1.6mg	9%
Potassium 30mg	1%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS

Catalina Flour (Pea Protein, Potato Fiber, Non-GMO Corn Fiber, Chicory Root Fiber, Guar Gum), Tapioca Flour, Organic High Oleic Sunflower Oil, Baking Powder, Natural Flavors, Fruit and Vegetable Juice for Color, Calcium Carbonate, Stevia Extract

MAY CONTAIN: Milk, Tree Nuts, Peanut
STORAGE: For maximum freshness use within 3 weeks after opening. Store in a cool, dry place.

Available at https://us.catalinacrunch.com/ & Whole Foods, Fresh Market, Amazon, Costco

PHD WEIGHT LOSS

Nutrition Facts

20 servings per container

Serving size **1/8 cup (28g)**

Amount Per Serving

Calories **180**

	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 10mg	**0%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 3g	**11%**
Total Sugars 4g	
Includes 3g Added Sugars	**6%**
Protein 5g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 1.2mg	6%
Potassium 150mg	4%

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Available at Whole Foods, Amazon, Walmart

PHD WEIGHT LOSS

Pancakes & Waffles

Nutrition Facts

Serving Size 1 cookie (20g)
Servings per container 12
Calories 100
Fat Cal. 30

Amount/Serving	%DV	Amount/Serving	%DV*
Total Fat 7g	**11%**	**Total Carb.** 9g	**3%**
Sat. Fat 1.5g	**8%**	Dietary Fiber 2g	**8%**
Trans Fat 0g		Sugars 2g	
Cholest. 0mg	**0%**	**Protein** 3g	**10%**
Sodium 170mg	**7%**		

Vitamin A 0% • Vitamin C 0% • Calcium 4% • 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	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb.		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ALMOND FLOUR, CHOCOLATE CHIPS, (EVAPORATED CANE JUICE,

Available at Amazon, Walmart

Nutrition Facts

Serving Size 35 g
Servings Per Container 8

Amount Per Serving	% Daily Values*
Total Fat 11	**14%**
Saturated Fat 2.0g	**11.0%**
Trans Fat 0.0g	
Cholesterol 120.0mg	**40.0%**
Sodium 350.0mg	**15.0%**
Total Carbohydrates 10	**4%**
Dietary Fiber 5.0g	**18.0%**
Sugars 0.0g	
Protein 9.0g	
Calcium 20.0%	Iron 10.0%

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

Available at www.thrivemarket.com & Target and most local grocery stores

PHD WEIGHT LOSS

Available at your local grocery store.
Flavors: Stick to KETO Original & KETO Chocolate Chip

Nutrition Facts

3 servings per container

Serving size **2 waffles (48g)**

Amount per serving

Calories	**160**
	% Daily Value*
Total Fat 12g	**16%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 90mg	**29%**
Sodium 170mg	**7%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 3g	**9%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 5g	
Vitamin D 0mcg	0%
Calcium 145mg	10%
Iron 1mg	6%
Potassium 165mg	4%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients: Eggs, High Oleic Sunflower Oil, Organic Coconut Flour, Cassava Starch, Tigernut Flour, Buttermilk, Leavening (Monocalcium Phosphate, Sodium Bicarbonate), Skim Milk Yogurt Powder (Skim Milk, Cultures), Psyllium Husk Powder, Spice.
Contains: EGGS, MILK, COCONUT.

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Nutrition Facts

About 26 servings per container
Serving size About 1 Scoop (28g)

Amount per serving

Calories	**100**
	% Daily Value*
Total Fat 0.5g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 115mg	**5%**
Total Carbohydrate <1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 23g	**46%**

Vit. D 0mcg 0% • Calcium 290mg 20%
Iron 0.1mg 0% • Potassium 80mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Available at GNC & The Vitamin Shoppe

PHD WEIGHT LOSS

Grab n Go Meals

Nutrition Facts

Serving Size 1 Egg'Wich (99g)
Servings Per Container 1

Calories	160.00
Total Fat	10.00 g
Saturated Fat	3.50 g
Trans Fat	0.00 g
Cholesterol	225.00 mg
Sodium	360.00 mg
Total Carbohydrate	3.00 g
Dietary Fiber	0.00 g
Protein	15.00 g

Other Flavors: Chicken Apple Sausage
Available at Sprouts

Nutrition Facts

Serving Size 130.00 g
Servings Per Container 1

Amount Per Serving	
Calories	290
	% Daily Value
Total Fat 21g	32%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 240mg	80%
Sodium 310mg	13%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 16g	

Other Flavors: Bacon & Cheese, Bell Pepper & Cheese, Spinach & Bell Pepper.
Available at Costco, Target, Kroger

PHD WEIGHT LOSS

Nutrition Facts

4 servings per container

Serving size 1 SANDWICH (149g)

Amount Per Serving

Calories 450

	% Daily Value*
Total Fat 35g	45%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 210mg	70%
Sodium 790mg	34%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 22g	

Not a significant source of vitamin D, calcium, iron, and potassium

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Available at Amazon and walmart.com

PHD
WEIGHT LOSS

Available at iHerb.com,
Wildway.com, Walmart

NUTRITION FACTS

4 Servings Per Container
Serving Size 1 Packet (50g)

Amount Per Serving	
Calories	**280**
	% Daily Values*
Total Fat 19g	24%
Saturated Fat 3g	15%
Trans Fat 0g	
Polyunsaturated Fat 10g	
Monounsaturated Fat 6g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 10g	36%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 2mg	10%
Potassium 113mg	2%

Nutrition Facts

Serving Size 2 cooked links(40g)
Servings Per Container 6
Calories 100
Calories From Fat 70
*Percent Daily Values are based on a 2,000 calorie diet.

Amount/Serving	%Daily Value*	Amount/Serving	%Daily Value*
Total Fat 8g	**12%**	**Total Carbohydrate** 0g	**0%**
Saturated Fat 3g	**15%**	Dietary Fiber 0g	**0%**
Cholesterol 25mg	**9%**	Sugars 0g	
Sodium 230mg	**10%**	**Protein** 7g	

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%

Other Flavors: Spicy
Available at Whole Foods, Central Market

PHD WEIGHT LOSS

Breakfast Protein

Available at Whole Foods, Central Market

Serving Size: 11 g
Serving Per Container: ABOUT 10
Amount Per Serving

Calories: 30

Calcium

Calories From Fat 20Cal

Cholesterol 5mg

Dietary Fiber 0g

Iron

Protein 2g

Saturated Fat 1g

Sodium 230mg

Sugars 0g

Total Carbohydrate 0g

Total Fat 2g

Available at your local grocery store

Nutrition Facts

About 3.5 servings per container
Serving size 3 links (59g)

Amount per serving
Calories 150

	% Daily Value*
Total Fat 12g	**15%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 400mg	**17%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 11g	

Vitamin D 0.59mcg 2% • Calcium 5.5mg 0%
Iron 0.58mg 4% • Potassium 193mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PHD
WEIGHT LOSS

Grab n Go Drinks

COLD-BREW

Nutrition Facts

Serving Size 1 bottle (12 fl oz)

Amount Per Serving	
Calories 170	Calories from Fat 80
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 8g	35%
Sodium 100mg	4%
Total Carbohydrates 8g	5%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 12g	17%
Calcium 15% •	Iron 15%

Not a significant source of trans fat, cholesterol, vitamin A or vitamin C

* Percent daily value based on a 2,000 calorie diet

Other Flavors: Dark Chocolate, Hazelnut Chocolate, Mint Chip, Vanilla Spice.
Available on Amazon, Target, Central Market

PHD WEIGHT LOSS

Nutrition Facts

Serving Size: 1 Bottle (340g)
Servings Per Container: 1

Amount Per Serving	
Calories 80	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 20mg	**1%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 10g	

Nutrition Facts

Serv. Size: 1 can (6 fl.oz.),
Amount Per Serving:
Calories 35, **Total Fat** 1g (1% DV), Sat. Fat 1g (5% DV), Trans Fat 0g **Cholest.** 5mg (2% DV), **Sodium** 5mg (0% DV), **Total Carb.** 1g (0% DV), Fiber 0g (0% DV), Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 5g (10% DV), Vit. D 0mcg (0%

Other Flavors: Original, Hazelnut, Vanilla
Available at www.shop.drinksupercoffee.com, Amazon, Walmart , Central Market

Nutrition Facts

7 servings per container
Serving size **1 Packet (23.5g)**

Amount Per Serving **Calories**	**80**
	% Daily Value
Total Fat 1g	**1%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 220mg	**10%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 1g	**4%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 15g	**30%**

Available at www.wholesomeprovisions.com

PHD WEIGHT LOSS

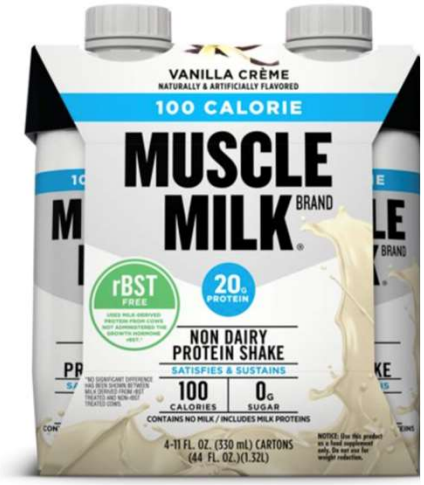
Nutrition Facts

4 servings per container
Serving size 1 shake (325 mL)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 390mg	17%
Total Carb. 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Incl. 0g Added Sugars	0%
Protein 30g	60%

Other Flavors: Vanilla & Chocolate
Available at Walmart, Amazon, Target



Nutrition Facts

Serving Size 11 fl. oz. (330mL)
Servings per Container 1

Calories	100
Total Fat	1.5g
Saturated Fat	0.5g
Trans Fat	0g
Polyunsaturated Fat	0g
Monounsaturated Fat	0g
Cholesterol	10mg
Sodium	190mg
Potassium	610mg
Total Carbohydrate	5g
Dietary Fiber	4g
Sugars	0g
Protein	20g

Other Flavors: Chocolate, Vanilla, Mocha Latte.
Available at Walmart, Amazon, Target

Nutrition Facts

Serving size 1 Shake (325 mL)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 6g	
Cholesterol 10mg	3%
Sodium 200mg	9%
Total Carbohydrate 7g	3%
Dietary Fiber 5g	18%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 15g	30%

Other Flavors: Banana, Chocolate, Mocha Latte, Café Latte, Strawberry, Cookies 'N Crème.
Available at Walmart, Amazon, Target

PHD WEIGHT LOSS

Almond & Coconut Milks

Nutrition Facts
Serving Size 1 cup (240 mL)
Servings Per Container 4

Amount Per Serving	
Calories 30	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Potassium 160mg	5%
Total Carbohydrate 1g	0%
Dietary Fiber <1g	4%
Sugars 0g	
Protein 1g	

Nutrition Facts
4 servings per container
Serving size 1 cup (240mL)

Amount Per Serving	
Calories	**40**
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 2g	1%
Dietary Fiber <1g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	

Nutrition Facts
Serving Size 1 cup (240 mL)
Servings Per Container 8

Amount Per Serving	
Calories 30	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Potassium 160mg	5%
Total Carbohydrate 1g	0%
Dietary Fiber <1g	4%
Sugars 0g	
Protein 1g	

Nutrition Facts
Serving Size 1 cup (240 mL)
Servings Per Container 4

Amount Per Serving	
Calories 40	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Potassium 170mg	5%
Total Carbohydrate 1g	0%
Dietary Fiber <1g	4%
Sugars 0g	
Protein 1g	

Available at your local grocery store

PHD WEIGHT LOSS

Nutrition Facts

6 servings per container
Serving size 8 fl oz (240 mL)

Amount per serving
Calories 45

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	

Nutrition Facts

4 Servings Per Container
Serving size 8 fl oz (240mL)

Amount per serving
Calories 35

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	

Nutrition Facts

Serving Size 1 cup (240mL)
Servings Per Container 4

Amount Per Serving
Calories 45 Calories from Fat 40

	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 4g†	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 40mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 0g	

Vitamin A	10%	• Vitamin C	0%
Calcium	10%	• Iron	0%
Vitamin D	30%	• Folate	6%
Vitamin B_{12}	50%	• Magnesium	10%
Zinc	4%	• Selenium	8%

*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	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts

5 servings per container
Serving size 1/3 Cup (80mL)

Amount Per Serving
Calories 150

	% Daily Value*
Total Fat 15g	19%
Saturated Fat 14g	68%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 17mg	<1%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	

Vitamin D 0mcg 0% • Calcium 11mg <1%
Iron 3mg 14% • Potassium 103mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Available at your local grocery store

pHD
WEIGHT LOSS

Milk

Nutrition Facts

Serving Size 1 cup (240 mL)
Servings Per Container About 7

Amount Per Serving	
Calories 150 Calories from Fat 80	
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 120mg	**5%**
Potassium 400mg	**11%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 0g	**0%**
Sugars 6g	
Protein 13g	**26%**

Vitamin A 20%	• Calcium 40%
Vitamin D 25%	• Riboflavin 20%
Vitamin B12 20%	• Phosphorus 25%
Magnesium 6%	• Zinc 10%

Not a significant source of Vitamin C & Iron

* Percent Daily Values are based on a 2,000 calorie diet.

Available at your local grocery store.

USE SPARINGLY! We prefer you stick with unsweetened Almond, coconut, or macadamia nut milk!

PHD WEIGHT LOSS

Creamers

Supplement Facts
Serving Size 2 Scoops (24 g)
Servings Per Container About 12

	Amount Per Serving	% Daily Value
Calories	140	
Calories from Fat	80	
Total Fat	9 g	14%*
Saturated Fat	9 g	45%*
Total Carbohydrate	4 g	1%*
Total Sugars	1 g	**
Protein	10 g	
Sodium	55 mg	2%
Collagen peptides (from bovine hide)	10 g	**

*Percent Daily Values (DV) are based on a 2,000 calorie diet
**Daily Value not established.

Other Flavors: Mocha, Vanilla, Peppermint Mocha
available at Walmart, Amazon, Target, your local grocery store

Nutrition Facts
13 Servings Per Container
Serving Size 3 TBSP

Amount Per Serving	
Calories	**50**
	% Daily Values*
Total Fat 5g	8%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 10mg	0%
Total Carbohydrate	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%

Other Flavors: Sweet Cream, Vanilla, Hazelnut
Available at
www.shop.drinksupercoffee.com

Nutrition Facts
About 32 servings per container
Serving size 1 Tbsp (15mL)

Amount per serving	
Calories	**50**
	% Daily Value*
Total Fat 5g	**7%**
Saturated Fat 3.5g	**17%**
Cholesterol 20mg	**7%**
Sodium 5mg	**0%**
Total Carbohydrate <1g	**1%**
Protein 1g	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts
About 63 servings per container
Serving size 2 Tbsp (30mL)

Amount per serving	
Calories	**40**
	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 15mg	**4%**
Sodium 15mg	**1%**
Total Carbohydrate 1g	**1%**
Dietary Fiber 0g	**0%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Available at your local grocery store

PHD WEIGHT LOSS

Nutrition Facts

Serving Size 1 Tbsp (15 mL)
Servings Per Container About 32

Amount Per Serving	
Calories 10	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Sat Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carb <1g	**0%**
Dietary Fiber 0g	**0%**
Sugars <1g	
Protein 0g	

Nutrition Facts

50 servings per container
Serving size **1 tbsp (15 mL)**

Amount per serving	
Calories	**10**
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 15mg	**1%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 0g	

Available at your local grocery store

PHD WEIGHT LOSS

Yogurt

Serving size	1 Cup (150 g)
Amount per serving	
Calories	**140**
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 460mg	19%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 19g	

Available at local grocery stores

Nutrition Facts
Serving Size 1 Cup (227g)
Servings Per Container about 4

Amount Per Serving	
Calories 210	Calories from Fat 100
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 80mg	3%
Total Carbohydrate 7g	2%
Fiber 0g	0%
Sugars 7g	
Protein 20g	40%

Vitamin A 8% • Vitamin C 0%
Calcium 25% • Iron 0%

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

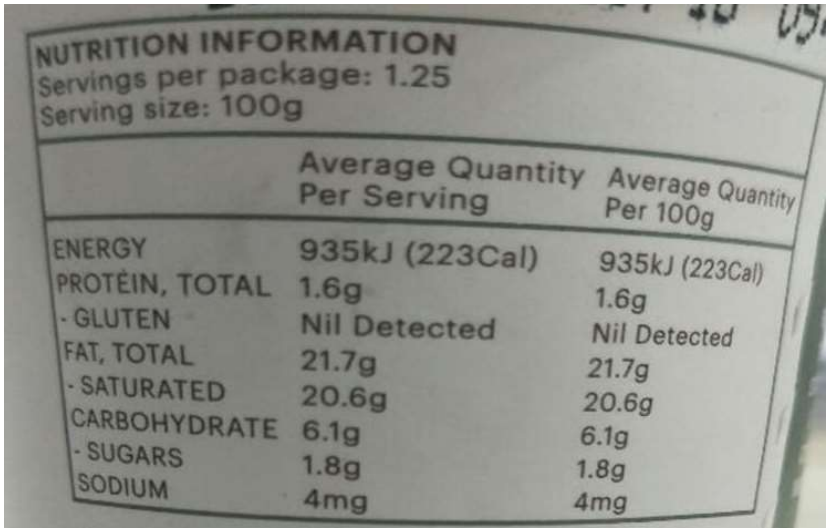
Available at your local grocery stores

Available at Walmart, Target, Kroger.

Serving Size: 1 Container (150g)
Calories 80

Amount per Serving	
Total Fat 2g	
Saturated Fat 1g	
Trans Fat 0g	
Cholesterol < 5mg	
Sodium 35mg	
Total Carbohydrate 3g	
Dietary Fiber 0g	
Total Sugars 2g	
Incl. 0g Added Sugars	
Protein 12g	

PHD WEIGHT LOSS



NUTRITION INFORMATION
Servings per package: 1.25
Serving size: 100g

	Average Quantity Per Serving	Average Quantity Per 100g
ENERGY	935kJ (223Cal)	935kJ (223Cal)
PROTEIN, TOTAL	1.6g	1.6g
- GLUTEN	Nil Detected	Nil Detected
FAT, TOTAL	21.7g	21.7g
- SATURATED	20.6g	20.6g
CARBOHYDRATE	6.1g	6.1g
- SUGARS	1.8g	1.8g
SODIUM	4mg	4mg

Nutrition Facts

Serving size 1 container (150g)
Servings per container 1

Amount Per Serving
Calories 160

	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 10mg	**0%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 4g	**14%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 11g	

Available at your local grocery store

PHD
WEIGHT LOSS

Nutrition Facts

Serving Size 1 Cup (225g)
Servings Per Container About 4

Amount Per Serving	
Calories 220 Calories from Fat 100	
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 7g	**34%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 90mg	**4%**
Total Carbohydrate 10g	**3%**
Dietary Fiber 0g	**0%**
Sugars 7g	
Protein 21g	**42%**
Vitamin A 8% • Vitamin C 0%	
Calcium 25% • Iron 0%	

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

Available at your local grocery store

PHD WEIGHT LOSS

Lunch Items

Protein Sources

Protein SOUPS

Protein Sources

Nutrition Facts

Serving Size 4 oz
Servings Per Container About 2

Amount Per Serving	
Calories 250.0	Calories from Fat 140.0
	% Daily Values*
Total Fat 17g	**26%**
Saturated Fat 4.0g	**20.0%**
Trans Fat 0.0g	
Cholesterol 0.0mg	**0.0%**
Sodium 390.0mg	**16.0%**
Total Carbohydrates 5g	**2%**
Dietary Fiber 1.0g	**4.0%**
Sugars 0.0g	
Protein 20.0g	

Nutrition Facts

About 2.5 servings per container
Serving size 3 oz. (84g)

	Per serving		Per container	
Calories	**120**		**320**	
		% DV*		% DV*
Total Fat	2.5g	3%	7g	9%
Saturated Fat	1g	5%	2g	10%
Trans Fat	0g		0g	
Cholesterol	70mg	23%	185mg	62%
Sodium	400mg	17%	1060g	46%
Total Carb.	1g	0%	3g	1%
Dietary Fiber	0g	0%	0g	0%
Total Sugars	1g		1g	
Incl.Added Sugars	1g	2%	1g	2%
Protein	23g		61g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	7mg	0%	17mg	2%
Iron	0mg	0%	1mg	6%
Potassium	283mg	6%	756mg	15%

Available at Target, Whole Foods

Available at Amazon, Whole Foods

Other Flavors: Lemon Pepper, Herb & Garlic, Hickory.
Available at Walmart, HEB, Target

Nutrition Facts

Serv. Size: 1 Pouch (74g)
Servings Per Container: 1

Amount Per Serving	
Calories 70	Calories from Fat 10
	% Daily Values*
Total Fat 1g	**2%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 35mg	**10%**
Sodium 620mg	**26%**
Potassium 190mg	**5%**
Total Carbohydrate 0g	**0%**
Fiber 0g	**0%**
Protein 15g	**27%**

Nutrition Facts

Serving Size: 1 link (85g)
Servings: 4
Calories 160
Calories From Fat 90

Amount Per Serving	% DV*	Amount Per Serving	% DV*
Total Fat 10g	**15%**	**Total Carbohydrate** 1g	**0%**
Saturated Fat 1.5g	**8%**	Dietary Fiber 1g	**4%**
Trans Fat 0g		Sugars 0g	
Cholesterol 70mg	**23%**	**Protein** 12g	

Other Flavors: Chicken & Apple, Spinach & Feta, Sweet Italian.
Available at Amazon, Whole Foods

PHD WEIGHT LOSS

4 servings per container

Serving Size 2 oz (57 g)

AMOUNT PER 2 OZ

Calories 90

Calories from Fat 50

% DV*	
8%	**Total Fat** 5g
5%	Saturated Fat 1g
	Trans Fat 0g
2%	**Cholesterol** 7mg
21%	**Sodium** 500mg
0%	**Total Carbohydrates** 0g
0%	Dietary Fiber 0g
	Sugars 0g
	Protein 11g

Available at Whole Foods

Nutrition Facts

2.0000 Servings Per Container (Santa Catarina Tuna Filet in Oregano & Oil, 4 ct)

Serving Size 2.10 Oz(60g)

Amount Per Serving

Calories 106

	% Daily Value*
Total Fat 9g	14%
Saturated Fat 0.3g	
Trans Fat 0g	
Cholesterol 6mg	
Sodium 270mg	11%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Protein 16g	

Tuna! Other Flavors: Thyme, Mediterranean, Olive Oil
Available at Central Market

Calories 120

Calories from Fat 70

% DV*	
11%	**Total Fat** 7g
8%	Saturated Fat 1.5g
	Trans Fat 0g
7%	**Cholesterol** 20mg
5%	**Sodium** 120mg
0%	**Total Carbohydrates** 0g
0%	Dietary Fiber 0g
	Sugars 0g
	Protein 13g

Sardines! Other Flavors: Olive Oil, Lemon
Available at Whole Foods

Nutrition Facts
Servings: 1.5 (Drained)
Serv. size: 3 ounces (85g),
Calories per serving 200,
Total Fat 14g (18% DV), Sat. Fat 2g (10% DV), *trans* Fat 0g, **Cholest.** 20mg (7% DV), **Sodium** 180mg (8% DV), **Total Carb.** 0g (0% DV), Fiber 0g (0% DV), Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 20g (40% DV),

Available at
www.thrivemarket.com

PHD WEIGHT LOSS

Nutrition Facts

Serving Size 4 pieces (85g)
Servings Per Container: About 1

Amount Per Serving	
Calories 300 Calories from Fat 220	
	% Daily Value*
Total Fat 25g	**38%**
Saturated Fat 12g	**62%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 360mg	**15%**
Total Carbohydrate 2g	**1%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 17g	**34%**

Available at Walmart, HEB, Target

Nutrition Facts

Serving Size 21 g
Servings Per Container 6

Amount Per Serving	
Calories 70.0	Calories from Fat 50cal
	% Daily Values*
Total Fat 6g	**8%**
Saturated Fat 4.0g	**20.0%**
Trans Fat 0.0g	
Cholesterol 20.0mg	**7.0%**
Sodium 160.0mg	**7.0%**
Total Carbohydrates 0g	**0%**
Dietary Fiber 0.0g	**0.0%**
Sugars 0.0g	
Protein 5.0g	

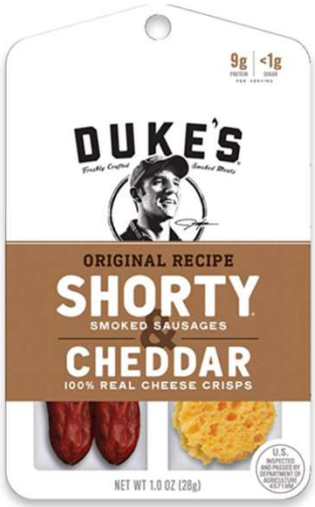
Other Flavors: Gouda, White Cheddar, Mozzarella Available at Walmart, HEB, Target

Nutrition Facts

Serving Size 1.50 oz
Servings Per Container 4

Amount Per Serving	
Calories 180	
	% Daily Value
Total Fat 13g	**20%**
Saturated Fat 9g	**45%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 390mg	**16%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 13g	

Other Flavors: Cheddar, Jarlsberg
Available at HEB, Costco



Nutrition Facts

12 servings per container
Serving size 1 package (28g)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 12g	**15%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 440mg	**19%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars less than 1g	
Includes less than 1g Added Sugars	**1%**
Protein 9g	**18%**

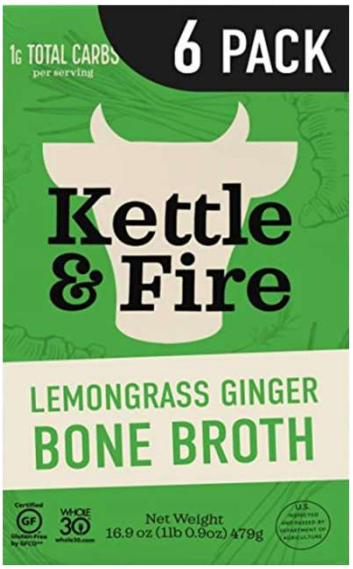
Vitamin D 0mcg 0% • Calcium 70mg 6%
Iron 0.4mg 2% • Potassium 110mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Other Flavors: Hatch Green Chile & Asiago
Available at Walmart, HEB, Target

PHD
WEIGHT LOSS

Protein SOUPS

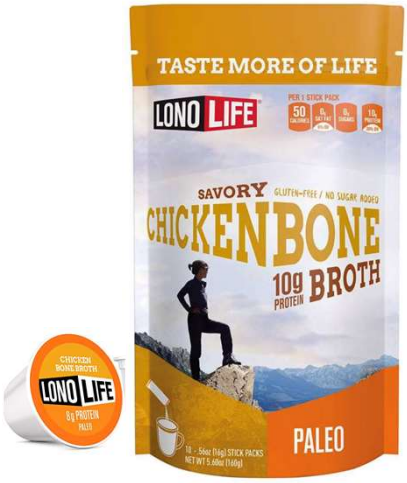


Nutrition Facts

Serving Size 1 cup (240g)
Servings Per Container 2

Amount Per Serving	
Calories 45	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol <5mg	1%
Sodium 560mg	23%
Potassium 115mg	3%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 10g	4%

Other Flavors: Turmeric Ginger, Mushroom Chicken, Coconut Curry.
Available at Amazon, Walmart, HEB



Nutrition Facts

10 servings per container
Serving size
1 stick pack (16g)

Amount per serving	
Calories	**50**
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 700mg	29%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 10g	20%

Other Flavors: Grass Fed Beef, Savory Chicken, Chicken, Thai Curry
Available at Amazon, Walmart, HEB

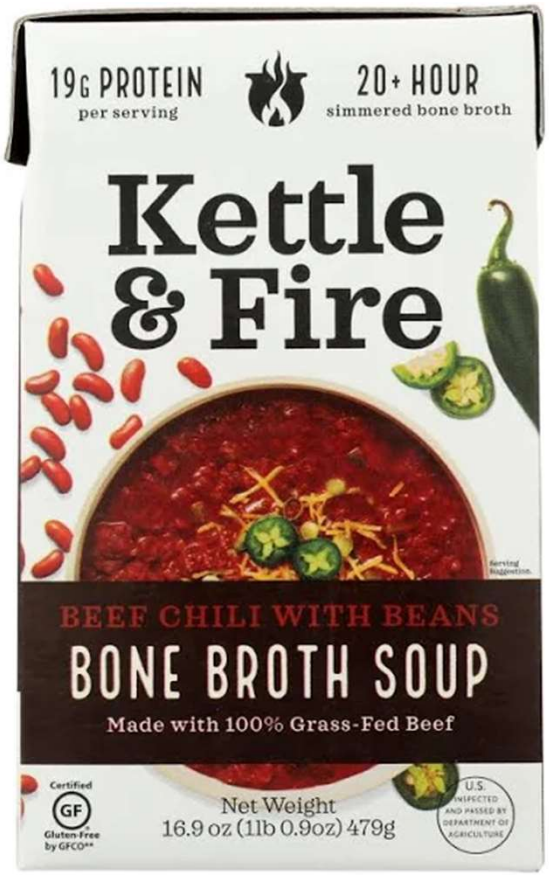
Nutrition Facts

Serv. size 1 package
Calories per serving 150

Amount/serving	% DV*	Amount/serving
Total Fat 15g	19%	**Total Carb.** 0g
Sat. Fat 12g	60%	Fiber 0g
Trans Fat 0g		Total Sugars 0g
Cholest. 20mg	7%	Incl. 0g Added Sugars
Sodium 260mg	11%	**Protein** 10g

Available at Walmart, Target, Sprouts

PHD WEIGHT LOSS



Nutrition Facts

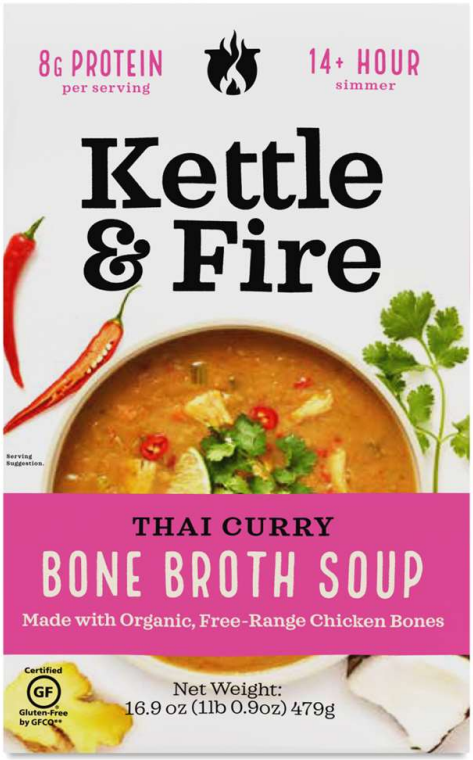
About 2 servings per container

Serving size **1 cup (245g)**

Amount per serving	
Calories	**250**
	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 3.5g	**18%**
Trans Fat 0.5g	
Cholesterol 40mg	**13%**
Sodium 570mg	**25%**
Total Carbohydrate 22g	**8%**
Dietary Fiber 6g	**21%**
Total Sugars 3g	
Includes 1g Added Sugars	**2%**
Protein 18g	
Vitamin A	8%
Vitamin C	10%
Calcium	20%
Iron	10%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Available at Target, Walmart.



Nutrition Facts

2 servings per container

Serving size **1 cup (245g)**

Amount Per Serving	
Calories	**150**
	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 8g	**40%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 610mg	**27%**
Total Carbohydrate 7g	**3%**
Dietary Fiber 3g	**11%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein 8g	**16%**
Vitamin D 0mcg	0%
Calcium 51mg	4%
Iron 1mg	6%
Potassium 434mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Available at Whole Foods, Amazon, Fresh Market, your local grocery store.

PHD WEIGHT LOSS

Crunchy Snacks & More

- Chips & Crisps
- Dehydrated Treats
- Pork Rinds
- Nuts & Seeds
- Jerky

Nutrition Facts
Serving Size 1 oz (28 g)

Amount Per Serving	
Calories 186	
	% Daily Value*
Total Fat 19g	24%
Saturated Fat 4g	21%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 4g	8%
Vitamin A 0% • Vitamin C	0%
Calcium 3% • 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.

Available at Amazon

Nutrition Facts
5 servings per container
Serving size 1 oz (28g/about 24 nuts)

Amount per serving	
Calories	**170**
	% Daily Value*
Total Fat 15g	20%
Saturated Fat 1g	6%
Trans Fat 0g	
Polyunsaturated Fat 3.5g	
Monounsaturated Fat 10g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	10%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	5%

ther Flavors: Garlic, Herb & Olive Oil,
ea Salt, Rosemary & Sea Salt.
Available at Amazon, Walmart, Target

Other Flavors: Spicy
Available at Amazon

Nutrition Facts
40 servings per container
Serving size
1 oz (28g/about 1/4 cup)

Amount per serving	
Calories	**180**
	% Daily Value*
Total Fat 18g	23%
Saturated Fat 1.5g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars less than 1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.8mg	4%
Potassium 120mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts
Serving Size 30 g
Servings Per Container About 15

Amount Per Serving	
Calories 180cal	Calories from Fat 120cal
	% Daily Values*
Total Fat 15	19%
Saturated Fat 1.5g	7.00%
Trans Fat 0g	
Cholesterol 0.00mg	0.00%
Sodium 0mg	0.00%
Total Carbohydrates 1	0%
Dietary Fiber 1g	4.00%
Sugars 0g	
Protein 10	

Available at Target, Walmart.

PHD
WEIGHT LOSS

Nutrition Facts

about 2.5 servings per container

Serving size 12 crisps (30g)

	Per serving		Per container	
Calories	**140**		**320**	
		% DV*		% DV*
Total Fat	10g	13%	24g	31%
Saturated Fat	2.5g	13%	6g	30%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	470mg	20%	1100mg	48%
Total Carb.	8g	3%	18g	7%
Dietary Fiber	2g	7%	6g	21%
Total Sugars	1g		1g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	5g		11g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	13mg	2%	31mg	2%
Iron	1mg	6%	3mg	15%
Potassium	45mg	0%	106mg	2%

Other Flavors: Spicy Jalepeno, Black Pepper.
Available at Walmart, HEB, Target

Nutrition Facts

About 3 servings per container

Serving size 7 pops (28g)

	Per serving		Per package	
Calories	**150**		**450**	
		% DV*		% DV*
Total Fat	9g	12%	28g	36%
Saturated Fat	1g	5%	3g	15%
Trans Fat	0g		0g	
Polyunsaturated Fat	2.5g		8g	
Monounsaturated Fat	6g		17g	
Cholesterol	0mg	0%	0mg	0%
Sodium	280mg	12%	840mg	37%
Total Carb.	9g	3%	28g	10%
Dietary Fiber	4g	14%	12g	43%
Total Sugars	1g		3g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	7g	8%	20g	24%

Other Flavors: Broccoli & Cheddar, Sour Cream & Onion.
Available at Amazon, www.madeinnature.com.

Nutrition Facts

About 2 servings per container

Serving size About 23 crisps (28g)

	Per serving		Per container	
Calories	**150**		**300**	
		% Daily Value*		% Daily Value*
Total Fat	11g	14%	21g	27%
Saturated Fat	7g	35%	14g	70%
Trans Fat	0g		0g	
Cholesterol	35mg	12%	65mg	22%
Sodium	340mg	15%	670mg	29%
Total Carbohydrate	1g	0%	3g	1%
Dietary Fiber	0g	0%	0g	0%
Total Sugars	0g		0g	
Includes Added Sugars	0g	0%	0g	0%
Protein	12g	24%	24g	48%

Other Flavors: Asiago & Pepper Jack, Cheddar, Bacon BBQ, Tomato Basil.
Available at Walmart, HEB, Target.

PHD WEIGHT LOSS

Nutrition Facts

12 servings per container
Serving size 1 packet (43g)

Calories 230

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for a general nutrition advice.

	% Daily Value*
Total Fat 16g	**21%**
Saturated Fat 8g	**40%**
Polyunsaturated Fat 2g	
Monounsaturated Fat 4.5g	
Cholesterol less than 5mg	**2%**
Sodium 110mg	**5%**
Total Carbohydrate 15g	**5%**
Not a significant source of trans fat, added sugars and vitamin D.	

	% Daily Value*
Dietary Fiber 2g	**7%**
Total Sugars 2g	
Sugar Alcohol 10g	
Protein 10g	**20%**
Calcium 120mg	10%
Iron 0.7mg	4%
Potassium 150mg	4%
Vitamin E 3.5mg	25%

Other Flavors: Dark Chocolate Truffle, Chocolate Jalepeno, Cookies & Cream, Espresso
Available on Amazon, Walmart, GNC

Nutrition Facts

1 Serving per container
Serving size 1 Bag (21g)

Amount per serving
Calories 90

	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 95mg	**4%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 0g	**0%**
Total Sugars 4g	
Includes 3g Added Sugars	**6%**
Protein 12g	**24%**

Other Flavors: Dark & Milk Chocolate, Pizza, Sriracha, Nacho Cheese
Available at Walmart, Amazon, Target

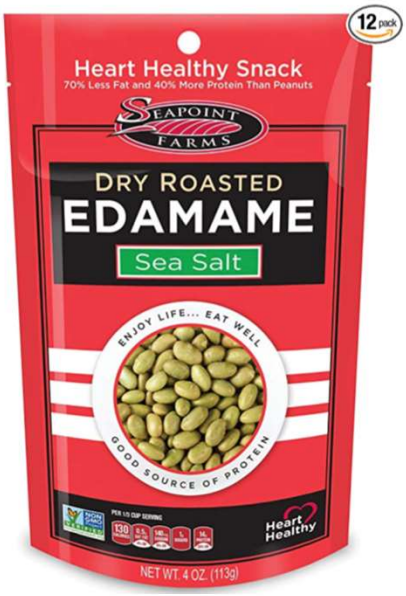
PHD
WEIGHT LOSS

Nutrition Facts

Serving Size 1.00 oz
Servings Per Container 2

Amount Per Serving	
Calories 130	
	% Daily Value
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	12%
Sugars 2g	

Other Flavors: Kool Ranch, Zesty Nacho, Mango Habanero, Original. Available at Amazon, Target, Central Market.



Nutrition Facts

About 4 servings per container
Serving size **1/3 cup (30g)**

Amount per serving	
Calories	**130**
	% Daily Value*
Total Fat 5g	**7%**
Saturated Fat 0.5g	**4%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 140mg	**6%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 6g	**22%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 14g	**20%**

Other Flavors: Wasabi, Lightly Salted. Available at Amazon, Walmart, Target

Can be found at Target, Thrive Market

Nutrition Facts

About 5 servings per container
Serving size **1⅓ pieces (5g)**

Amount Per Serving	
Calories	**25**
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 65mg	**3%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 1g	**4%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	2%
Iron 0.4mg	2%
Potassium 70mg	2%

*The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ORGANIC SEAWEED, ORGANIC

PHD WEIGHT LOSS

Nutrition Facts
Serving Size 1/2 oz. (14g)
Servings Per Container 5

Amount Per Serving	
Calories 80	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 140mg	**6%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 7g	Not a significant source of protein.

Vitamin A 0% • Vitamin C 2%
Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

Other Flavors: Kool Ranch, Zesty Nacho, Mango Habanero, Original.
Available at Thrive Market, Publix, Sam's Club, Walmart, most local grocery stores

Other Flavors: Sea Salt, Smokehouse BBQ, En Fuego, Jalapeno Cheddar, Chili & Salt

Nutrition Facts
About 2 servings per container
Serving size: about 14 pieces (28.3g)

Amount per serving **Calories**	**170**
	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 9g	**45%**
Trans Fat 0g	
Cholesterol 40mg	**13%**
Sodium 390mg	**17%**
Total Carbohydrates 1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 11g	
Vitamin D 0mcg	0%
Calcium 329mg	25%
Iron 0mg	0%
Potassium 32mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts
About 2 servings per container
Serving size: about 14 pieces (28.3g)

Amount per serving **Calories**	**170**
	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 9g	**45%**
Trans Fat 0g	
Cholesterol 40mg	**13%**
Sodium 360mg	**16%**
Total Carbohydrates 2g	**1%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 10g	
Vitamin D 0mcg	0%
Calcium 377mg	30%
Iron 0mg	0%
Potassium 33mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts
About 2 servings per container
Serving size: about 14 pieces (28.3g)

Amount per serving **Calories**	**170**
	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 9g	**45%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 350mg	**15%**
Total Carbohydrates 1g	**0%**
Dietary Fiber 1g	**4%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 11g	
Vitamin D 0mcg	0%
Calcium 349mg	25%
Iron 0mg	0%
Potassium 38mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Available at most local grocery stores, Amazon, Publix, Target, Walmart, most local grocery store.

PHD
WEIGHT LOSS

Nutrition Facts
Serving Size 1 package

Amount Per Serving	
Calories 180	Calories from Fat 120
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 450mg	**19%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 1g	**4%**
Sugars Less than 1g	
Protein 13g	**25%**

Other Flavors: Turkey-Peanuts-Cheddar
Available on Amazon, Target, Walmart

Nutrition Facts
Serving Size 1 pack (30.6g)
Servings Per Container 7.0

Amount Per Serving	
Calories 180.0	Calories from Fat 170cal
	% Daily Values*
Total Fat 16	**20%**
Saturated Fat 2.0g	**10.0%**
Trans Fat 0.0g	
Cholesterol 0.0mg	**0.0%**
Sodium 55.0mg	**2.0%**
Total Carbohydrates 8	**3%**
Dietary Fiber 2.0g	**9.0%**
Sugars 0.0g	
Protein 6.0g	

Available on Amazon, Target, Walmart

Available on Amazon, Target, Walmart

Nutrition Facts
Serving Size 1 Bag (18g)
Servings Per Container 32

Amount Per Serving	
Calories 100	Fat Cal. 80
	% DV*
Total Fat 9g	**14%**
Sat. Fat 0.5g	**3%**
Trans Fat 0g	
Polyunsat. Fat 2g	
Monounsat. Fat 5g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Potassium 130mg	**4%**
Total Carb. 3g	**1%**
Dietary Fiber 2g	**8%**
Sugars 1g	
Protein 4g	

PHD
WEIGHT LOSS

Nutrition Facts	
Serving Size 1 oz (28g)	
Servings Per Container About 2	
Amount Per Serving	
Calories 70	Calories from Fat 10
	% Daily Value
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 500mg	21%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 14g	26%
Vitamin A 0% •	Vitamin C 0%
Calcium 2% •	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

Other Flavors: Spicy Jalapeno, Black Pepper. Available at Walmart, HEB, Target

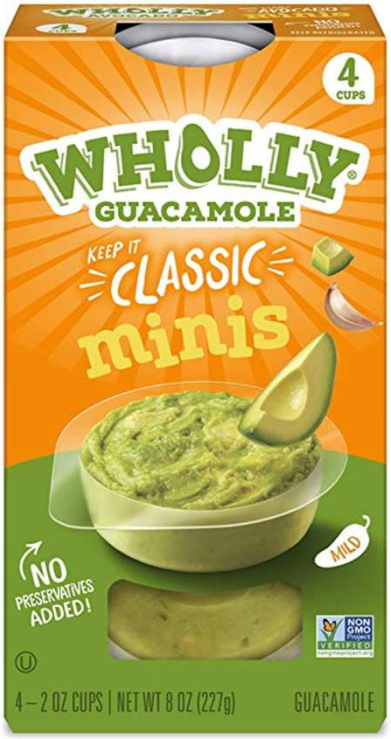
Nutrition Facts	
1 serving per container	
Serving size 1 Package (28g)	
Amount per serving	
Calories	**130**
	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 40mg	**13%**
Sodium 350mg	**15%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 8g	**16%**

Other Flavors: Hot & Spicy, Original, Hickory Peach BBQ. Available on Amazon

Nutrition Facts	
Serving Size: 1 bar (43g)	
Serving Per Container: 12	
	Amount Per Serving
Calories	80
Fat Cal.	30
Total Fat	3 g
Saturated Fat	2.5 g
Trans Fat	0 g
Cholest.	40 mg
Sodium	390 mg
Total Carb	2 g
Fiber	0 g
Sugars	0 g
Protein	12 g

Other Flavors: Chicken Sriracha, Wagyu Beef. Available at Walmart, Amazon, Target

PHD WEIGHT LOSS



Nutrition Facts

4 servings per container
Serving size 1 mini cup (57g)

Amount per serving
Calories 120

	% Daily Value*
Total Fat 11g	**14%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 270mg	**12%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 3g	**11%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 1g	

Other Flavors: Spicy
Available at Amazon, Walmart, Target

Nutrition Facts

Serving Size 1 BG
Servings Per Container 1

Amount Per Serving

Calories 140

	% Daily Value
Total Fat 5g	**8%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 340mg	**14%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 1g	**4%**
Protein 19g	

Other Flavors: BBQ, Chili Lime, Nacho Cheese, Ranch.
Available at Walmart, Amazon, Target

PHD WEIGHT LOSS

Nutrition Facts
Serving Size: 6 Pork Skins (14g)
Servings Per Container: 16

Amount Per Serving	
Calories 70	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 200mg	**8%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 10g	

Other Flavors: Himalayan Pink Salt, Spicy BBQ, Mango Habanero, Jalapeno.
Available at Amazon

Nutrition Facts
1 servings per container
Serving size **1 pouch (42g)**

Amount per serving	
Calories	**230**
	% Daily Value*
Total Fat 20g	**26%**
Saturated Fat 10g	**50%**
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 6g	
Cholesterol 0mg	**0%**
Sodium 60mg	**3%**
Total Carbohydrate 13g	**5%**
Dietary Fiber 6g	**21%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Sugar Alcohol 3g	
Protein 5g	

Other Flavors: Coffee & MCT, Cacao Coconut, Macadamia Coconut.
Available at www.superfat.com

Nutrition Facts

Serving Size 2 Tablespoons (28g)
Servings Per Container 16

Calories 170.00	
Calories from Fat 130.00	
Total Fat 15.00 g	
Saturated Fat 1.00 g	
Trans Fat 0.00 g	
Cholesterol 0.00 mg	
Sodium 25.00 mg	
Total Carbohydrate 7.00 g	
Sugars 3.00 g	
Dietary Fiber 3.00 g	
Protein 6.00 g	

Other Flavors: Chocolate Espresso, Cinnamon, Gingerbread.
Available at Amazon, Central Market

PHD
WEIGHT LOSS

Nutrition Facts

Serving Size 1 Packet (1.0 Fl Oz)
Servings Per Container

Calories 210.00	
Total Fat 22.00 g	
Saturated Fat 4.00 g	
Trans Fat 0.00 g	
Cholesterol 0.00 mg	
Sodium 30.00 mg	
Total Carbohydrate 4.00 g	
Sugars 2.00 g	
Dietary Fiber 3.00 g	
Protein 2.00 g	

Other Flavors: Macadamia & Pecan, Coconut & Macadamia, Macadamia & Sea Salt.
Available at Amazon, GNC

Nutrition Facts

10 servings per container
Serving size
1 pack (32g)

Calories per serving	**190**
	% Daily Value*
Total Fat 15g	**19%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 105mg	**5%**
Total Carb. 7g	**3%**
Dietary Fiber 2g	**7%**
Total Sugars 3g	
Incl. 0g Added Sugars	**0%**
Protein 9g	**11%**

Other Flavors: Maple, Vanilla
Available at Amazon, www.rxbar.com

Serving Size	**1 packet**
AMOUNT PER 1 PACKET	
Calories	**188**
Calories from Fat 160	
% DV*	
28%	**Total Fat** 18g
10%	Saturated Fat 2g
	Trans Fat 0g
0%	**Cholesterol** 0mg
0%	**Sodium** 0mg
2%	**Total Carbohydrates** 6g
8%	Dietary Fiber 2g
	Sugars 1g
	Protein 5g

Available at Whole Foods

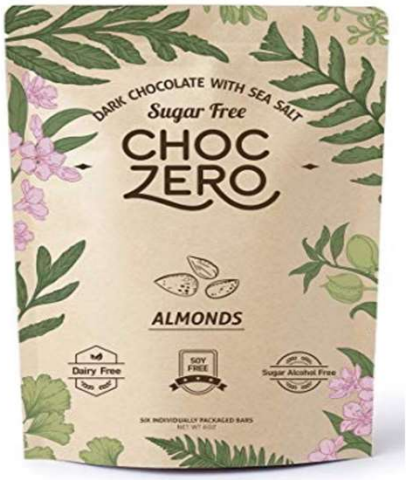
PHD WEIGHT LOSS

Low Carb Treats

- Ice Cream
- Chocolate
- Candy
- Jello & Pudding

Portions do really matter here. If you eat more than one serving, it is no longer "low sugar/lower carb". It quickly becomes high carb and will knock you out of fat burn. Often "low carb/keto" claiming treats are only such if you eat ONE serving. Don't trust the claims. Look at the label with the goal of <15 grams carbs per serving.

Low Carb Treats



Nutrition Facts

6 servings per container

Serving size	1 Ounce
Amount Per Serving	
Calories	**120**
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 15g	5%
Dietary Fiber 13g	46%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 1g	2%

Other Options: Peanut, Pecan, Hazelnut. Available at www.choczero.com

Nutrition Facts

Serving Size 1/2 Cup (64g)
Servings Per Container 4

Amount Per Serving	
Calories 70	Calories from Fat 20
	% Daily Values*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 115mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugars 6g	
Sugar Alcohol 5g	
Protein 5g	10%

Other Flavors: Cookies & Cream, Blueberry Crumble, PB & Jelly Available at Target, Walmart, HEB.

Nutrition Facts

Serving Size 0.50 cup
Servings Per Container 4

Amount Per Serving	
Calories 150	
	% Daily Value
Total Fat 14g	22%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 15mg	1%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 2g	

Other Flavors: Butter Pecan, Peanut Butter Fudge, Coconut Almond Swirl, Cherry Chip. Available at HEB, Kroger

PHD WEIGHT LOSS

Nutrition Facts

About 2 servings per container
Serving size **About 8 pieces (30g)**

Amount per serving	
Calories	**140**
	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 140mg	**6%**
Total Carbohydrate 10g	**4%**
Dietary Fiber 2g	**7%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Erythritol 6g	
Protein 4g	**8%**

Other Flavors: Double Chocolate Brownie, Snickerdoodle.
Available at Amazon, www.highkey.com

Nutrition Facts

Serving Size 30.00 g
Servings Per Container 3

Amount Per Serving	
Calories 130	
	% Daily Value
Total Fat 11g	**17%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Sodium 50mg	**2%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 6g	**24%**
Protein 3g	

Available at Amazon, www.lilys.com

Nutrition Facts
1 serving per container
Serving size 1 brownie (2oz)
Calories per serving 120

Amount/serving	%DV	Amount/serving	%DV
Total Fat 10g	13%	Total Carb. 20g	7%
Sat. Fat 0g	0%	Fiber 9g	32%
Trans Fat 0g		Total Sugars 0g	
Cholest. 0mg	0%	Sugar Alcohol 10g	
Sodium 132mg	2%	Protein 5g	10%
Vitamin D 0% • Potassium 0% • Calcium 0% • Iron 0%			

Available at Amazon, www.thinslimfoods.com

PHD WEIGHT LOSS

Nutrition Facts

30 servings per container
Serving size 1 piece (14g/0.5 oz)

Amount per serving	
Calories	**90**
	% Daily Value *
Total Fat 8g	10%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 2g Added Sugars	3%
Protein 1g	

Available at Costco, www.chocxo.com

Serving Per Container: 1
Amount Per Serving

Calories: 90	
Added Sugars 0g	
Calcium 48mg	
Cholesterol 0mg	
Dietary Fiber 28g	
Iron 2mg	
Potassium 1mg	
Protein 3g	
Saturated Fat 0g	
Sodium 15mg	
Total Carbohydrate 35g	
Total Fat 0g	
Total Sugars 3g	

Available at Amazon, Central Market, GNC, Target

Nutrition Facts

Serving size ¼ package (12g)
Servings per container 4

Amount Per Serving	As Packaged	½ Cup (100ml) Prepared*
Calories	25	70
Calories from Fat	0	0
	% Daily Values**	
Total Fat 0.1g***	0%	0%
Saturated Fat 0g	0%	0%
+Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 300mg	13%	15%
Total Carbohydrate 10g	3%	5%
Dietary Fiber 1.7g	6%	6%
Sugar 0g		
Sugar Alcohols 4g		
Protein 0g		

Available at Walmart, Amazon

NUTRITION FACTS

Serving size: 0.17 OZ (5 g)
Servings per sachet: 4

Amount Per Serving	1 Serv as Packaged
Calories	5
Calories from Fat	0
	% DV**
Total Fat 0g*	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 22mg	1%
Total carbohydrates <1g	0%
Starch 0g	
Sugar 0g	
Polyols 2g	
Dietary Fiber <1g	2%
Protein 0g	

Available at Whole Foods, Amazon

Other Flavors: Chocolate

Other Flavors: Raspberry, Lime, Black Cherry, Orange, Peach

Nutrition Facts

3 servings per container
Serving Size 1 oz (28g/1/3 of bar)

Amount Per Serving	
Calories	**180**
	% DV*
Total Fat 13g	17%
Sat. Fat 8g	40%
Trans Fat 0g	
Cholest. 0mg	0%
Sodium 0mg	0%
Total Carb. 11g	4%
Dietary Fiber 4g	14%
Total Sugars 3g	
Incl. 3g Added Sugars	6%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.5mg	8%
Potassium 260mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Available at your local grocery store

PHD WEIGHT LOSS

Low Carb Swaps

- Pizza Crust
- Sandwich Thins
- Pasta Substitutes
- Riced Veggies & Zoodles
- Tortillas
- Breads

Healthy Carb Swaps

Nutrition Facts

6 servings per container
Serving size 1/3 Crust (45g)

Amount Per Serving	
Calories	**120**
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 6g	2%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	

Available at Whole Foods & Walmart

Other Flavors: Sweet Red Pepper, Italian, Plain

Total Fat 6g	9%
Saturated Fat 3g	15%
Cholesterol 85mg	28%
Sodium 310mg	13%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Includes 0g Added Sugars	
Protein 10g	

Other Flavors: Italian, Original. Available at Amazon, Whole Foods, www.solasweet.com.

Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Cholesterol 35mg	12%
Sodium 130mg	5%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Includes 0g Added Sugars	
Protein 4g	

Other Flavors: Jalapeno, Original. Available at Amazon, Whole Foods, www.solasweet.com.

PHD WEIGHT LOSS

Nutrition Facts

14 servings per container

Serving size 1 slice (28g)

Amount per serving	
Calories	**60**
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
Cholesterol 10mg	3%
Sodium 150mg	7%
Total Carbohydrates 7g	2%
Dietary Fiber 4g	16%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 5g	7%

Other Flavors: Deliciously Seeded, Sweet & Buttery, Sweet Oat.
Available at Amazon, www.solasweet.com.

Nutrition Facts

Serving Size 1 Pita (1 oz.) 28.3g

Servings per container 8

Amount Per Serving	
Calories 50	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	18%
Sugars 0g	
Protein 5g	

Available at Walmart, Target, HEB.

PHD WEIGHT LOSS

Nutrition Facts

Serving Size 1 slice prepared (18g mix)
Servings Per Container 12

	Per Serving		As Prepared	
Calories	**90**		**130**	
	% Daily Value*		**% Daily Value***	
Total Fat	7g*	**9%**	11g	**14%**
Saturated Fat	0.5g	**3%**	2.5g	**13%**
Trans Fat	0g		0g	
Cholesterol	0mg	**0%**	50mg	**17%**
Sodium	105mg	**5%**	120mg	**5%**
Total Carbohydrate	6g	**2%**	6g	**2%**
Dietary Fiber	5g	**14%**	5g	**14%**
Total Sugars	1g		1g	
Added Sugars	0g	**0%**	0g	**0%**
Protein	3g		4g	

Other Flavors: Lemon Muffin, Butter Pecan Cookie, Carrot Cake.
Available at Amazon

Nutrition Facts

Serving Size 1/2 oz. (14g)
Servings Per Container 24

Amount Per Serving	
Calories 80	Calories from Fat 45
	%Daily Value*
Total Fat 5g	**8%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 260mg	**13%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 10g	Not A Significant Source Of Protein

Other Flavors: Unseasoned, Italian, Spicy Cajun, Stupid Hot.
Available at Amazon

PHD WEIGHT LOSS

Nutrition Facts

About 32 servings per container
Serving size 2 Tbsp (14g)

Amount Per Serving	
Calories	**80**
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0mg	0%
Potassium 90mg	2%
Vitamin E 2mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

Serving Size:1 Almond Tortilla
Servings:1

AmountPerServing	
Calories 120	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 4g	

*Percent Daily Values are based on a 2,000 calorie diet.

Available at your local grocery store

Serving size = 1. Anything more will knock you out of fat burn.

PHD WEIGHT LOSS

Serving Size	1.00 tortilla(36g)
Amount Per Serving	
Calories	**50**
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Potassium 104mg	2%
Total Carbohydrate 11g	4%
Dietary Fiber 8g	29%
Total Sugars 0g	
Protein 5g	

Available at Amazon, HEB.

Nutrition Facts

Serving Size: 1 wrap (14g)
Servings Per Container: 7

Amount Per Serving	
Calories 70	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000-calorie diet.

Available at Thrive Market

Other Flavors: Turmeric

PHD WEIGHT LOSS

Nutrition Facts

About 13 servings per container
Serving size ¾ cup frozen (85g)
½ cup prepared

Amount per serving
Calories 20

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 0mg	0%
Potassium 164mg	4%
Vitamin C 41mg	45%

Available at your local grocery store

Available at your local grocery store

Nutrition Facts

4 servings per container
Serving size 3/4 cup (85g)

Amount per serving
Calories 15

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	

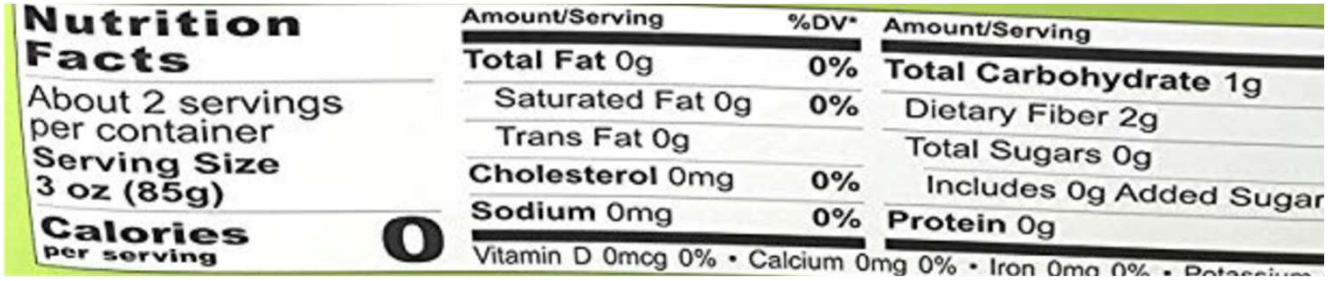
Other Flavors: Spaghetti Squash, Butternut Squash, Beets, Carrot

PHD WEIGHT LOSS

Available at Thrive Market, most local grocery stores

Other Flavors: Angel Hair, Macaroni, Spinach Fettucine

Other Options: Fettuccini, Capellini, Angel Hair, Rice. Available at Amazon, www.thrivemarket.com



PHD
WEIGHT LOSS

Sweeteners

- Stevia Drops
- Swerve Sweeteners
- Monk Fruit
- Allulose

Sweeteners

Available at Amazon, Walmart, Publix, most local grocery stores

Nutrition Facts

Serving Size: 5 drops (0.208 ml) per 8 oz. of liquid or to taste
Servings Per Bottle: 288

Amount Per Serving	
Calories 0	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugar 0g	**0%**
Protein 0g	**0%**

Not a significant source of Vitamin A, Vitamin C, Calcium, and Iron

*Percent Daily Values are based on 2,000 calorie diet

Ingredients: Purified Water, Organic Stevia Leaf Extract, Natural Flavors, Vanilla Extract

SWERVE SUGAR REPLACEMENTS

Types: Granular, confectioners, and Brown

Available at Amazon, most local grocery stores

Nutrition Facts

85 servings per container
Serving Size 1 tsp (4g)

Amount per serving
Calories 0

	% Daily Value*
Total Fat 0g	**0%**
Sodium 0g	**0%**
Total Carb 4g	**1%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Erythritol 4g	
Protein 0g	**0%**

Nutrition Facts

113 servings per container
Serving Size 1 tsp (3g)

Amount per serving
Calories 0

	% Daily Value*
Total Fat 0g	**0%**
Sodium 0g	**0%**
Total Carb 3g	**1%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Erythritol 3g	
Protein 0g	**0%**

Nutrition Facts

85 servings per container
Serving Size 1 tsp (4g)

Amount per serving
Calories 0

	% Daily Value*
Total Fat 0g	**0%**
Sodium 0g	**0%**
Total Carb 4g	**1%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Erythritol 4g	
Protein 0g	**0%**

PHD WEIGHT LOSS

Nutrition Facts

about 78 servings per container

Serving size 1 tsp (4g)

Amount per serving

Calories 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Allulose 4g	
Protein 0g	0%

Available on Amazon

Nutrition Facts

85 Servings Per Bag

Serving Size 1 tsp (4g)

Amount Per Serving

Calories 0

	% Daily Values*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
E□ective Carbohydrate 0g	0%
Sugars 0g	0%
Erythritol 4g	0%
Protein 0g	0%
Vitamin D 0mg	0%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PHD WEIGHT LOSS

Stay Hydrated

Ultima

Superieur

UCAN

NUUN

LMNT

pink lemonade

Nutrition Facts

Serving size 1 Scoop / Stickpack

Amount per serving

Calories 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Calcium 65mg	6%
Potassium 250mg	6%
Vitamin C 100mg	110%
Phosphorus 70mg	6%
Magnesium 100mg	25%
Zinc 1mg	8%
Manganese 0.2mg	8%
Chloride 78mg	4%

Not a significant source of Vitamin D and Iron

Ingredients: citric acid, magnesium citrate, potassium phosphate, potassium aspartate, calcium citrate, natural flavors, calcium ascorbate, salt, rebaudioside A (organic stevia leaf extract), color blend (beet juice and annatto extract), zinc citrate, manganese citrate and cherry juice powder.

Other Flavors: Raspberry, Blue Raspberry, Cherry Pomegranate, Watermelon, Lemonade, Grape, Orange

*Purchase through PHD Client Area portal for free shipping

Supplement Facts:

Serving Size: 2.8 grams (approx. 1 scoop)
Servings Per Container: 70

	Amount Per Serving:	% Daily Value:
Calories	**10**	
Total Carbohydrate	2 g	1%*
Vitamin C (as Acerola Berry Extract)	70 mg	78%
Calcium (as Tri-Calcium Citrate)	35 mg	3%
Potassium (as Tri-Potassium Citrate)	160 mg	3%
Stevia Leaf Extract	60 mg	†
Pink Himalayan Sea Salt	25 mg	†
Bamboo Stem Extract	25 mg	†
Trace Ionic Sea Minerals	12 mg	†

* Daily Value is based on a 2,000-calorie diet.
† Daily value not established.

Other ingredients: Organic Rice Syrup Solids, Non-GMO Citric Acid, Natural Watermelon Flavor.

Other flavors: Fresh Citrus, Grape, Lime Blueberry, Raspberry
Available in client portal PHD Website: www.myphdweightloss.com

*Purchase through PHD Client Area portal for free shipping

PHD
WEIGHT LOSS

Nutrition Facts

30 servings per container
Serving size 1 scoop(3g)

Calories per serving 0

Amount/Serving	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%

Amount/Serving	% Daily Value*
Total Carbohydrate <1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin D 0% • Calcium 2% • Iron 0% • Potassium 2% • Magnesium 15% • Chloride 6%

Ingredients: Sodium citrate, citric acid, magnesium phosphate, natural flavors, potassium citrate, salt, Rebaudioside A (stevia extract), tricalcium phosphate.
Manufactured in a facility that also processes milk, soy, egg, wheat, peanuts and tree nuts.
Manufactured for The UCAN Company, Woodbridge, CT, 06525, USA

Available at Amazon
Other Flavors: Orange, Berry, Watermelon, Lemon Lime

SUPPLEMENT FACTS

Serving Size 16 fl oz (475ml)
Servings Per Tab 1

Amount Per Serving
Calories 8
Calories from Fat 0

	%Daily Value*
Total Fat 0g	
Sodium 359mg	14%
Potassium 101mg	2%
Total Carb 1g	1%
Sugars 0g	
Protein 0g	
Vitamin C 38mg	62%
Riboflavin .5mg	30%
Calcium 13mg	2%
Magnesium 25mg	6%

*Percent Daily Values are based on a 2000 calorie diet.

Not a significant source of other nutrients.

Available at Amazon, Walmart, Target, Harris Teeter, most local grocery stores

PHD WEIGHT LOSS

Nutrition Facts

12 servings per container

Serving size **1 stick pack**

Amount per serving	Citrus Salt (6g)		Raspberry Salt (6g)		Orange Salt (6g)	
Calories	**10**		**10**		**10**	
		% Daily Value*		% Daily Value*		% Daily Value*
Total Fat	0g	**0%**	0g	**0%**	0g	**0%**
Saturated Fat	0g	**0%**	0g	**0%**	0g	**0%**
Trans Fat	0g		0g		0g	
Cholesterol	0mg	**0%**	0mg	**0%**	0mg	**0%**
Sodium	1000mg	**43%**	1000mg	**43%**	1000mg	**43%**
Total Carbohydrate	2g	**1%**	2g	**1%**	2g	**1%**
Dietary Fiber	0g	**0%**	0g	**0%**	0g	**0%**
Total Sugars	0g		0g		0g	
Includes Added Sugars	0g	**0%**	0g	**0%**	0g	**0%**
Protein	0g	**0%**	0g	**0%**	0g	**0%**
Vitamin D	0mcg	0%	0mcg	0%	0mcg	0%
Calcium	0mg	0%	0mg	0%	0mg	0%
Iron	0mg	0%	0mg	0%	0mg	0%
Potassium	200mg	4%	200mg	4%	200mg	4%
Magnesium	60mg	15%	60mg	15%	60mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INSTRUCTIONS:
Mix 1 stick pack with 16oz of water.

...or get creative and send us your ideas for how to stay salty at ideas@DrinkLMNT.com

Ingredients: Salt (Sodium Chloride), Citric Acid, Magnesium Malate, Potassium Chloride, Natural Flavors, Stevia Leaf Extract.

Ingredients: Salt (Sodium Chloride), Citric Acid, Magnesium Malate, Potassium Chloride, Natural Flavors, Stevia Leaf Extract.

Ingredients: Salt (Sodium Chloride), Citric Acid, Magnesium Malate, Potassium Chloride, Natural Flavors, Stevia Leaf Extract.

Available at Amazon

Other Flavors: Orange, citrus, raspberry, chocolate

Condiments, Marinades, and Dressings

- Everyday Condiments
- Amino Acids
- Marinara Sauces
- Pasta Sauces
- Dips
- GOOD FOR YOUR GUT

Nutrition Facts Servings: About 16, **Serv. size: 1 Tbsp (15g),** Amount per serving:
Calories 15, Total Fat 0g (0% DV), Sat. Fat 0g (0% DV), *Trans* Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 220mg (10% DV), **Total Carb.** 3g (1% DV), Fiber 0g (0% DV), Total Sugars 3g (Incl. 2g Added Sugars, 4% DV), **Protein** 0g, Vit. D (0% DV), Calcium (0% DV), Iron (0% DV), Potas. (0% DV).

Nutrition Facts

Serving Size 1 Tbsp (15 g)

Servings Per Container 21

Amount Per Serving

Calories 10

	% Daily Value*
Total Fat 0g	%
Sodium 105mg	**5**%
Total Carbohydrates 2g	**1**%
Total Sugars 1g	
Added Sugars 0g	%
Protein 0g	

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

Available at Amazon, Target, Walmart, Thrive Market, Whole Foods, your local grocery store.

PHD WEIGHT LOSS

Nutrition Facts
Serving Size 2 Tbsp (30g)
Servings Per Container 12

Amount Per Serving	
Calories 90	Calories from Fat 80
	% Daily Value *
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 170mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 0g	
Vitamin A 0% •	Vitamin C 2%
Calcium 0% •	Iron 0%

* % Daily Values based on 2,000 calorie diet.

Available at Amazon, Walmart, Thrive Market, Whole Foods, your local grocery store.
Other Flavors: Vinaigrette, Apple Cider Vinaigrette

Nutrition Facts
189 servings per container
Serving size 1 tsp (5mL)

Amount per serving
Calories 5

	% Daily Value
Total Fat 0g	0%
Sodium 310mg	13%
Total Carbohydrate 0g	0%
Protein 1g	<1%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron and potassium.

Nutrition Facts
about 40 servings per container
Serving size 1 Tbsp. (18g)

Amount per serving
Calories 10

	% DV*
Total Fat 0g	0%
Sodium 980mg	41%
Total Carbohydrate <1g	0%
Protein 2g	
Potassium 130mg	2%

Not a significant source of Sat. Fat, Trans Fat, Cholest., Fiber, Total Sugars, Added Sugars, Vitamin D, Calcium and Iron.

*%DV = % Daily Value

Available at Walmart, Thrive Market, Whole Foods, your local grocery store.

Nutrition Facts
About 23 servings per container
Serving Size 1 Tbsp (15g)

Amount per serving
Calories 15

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 0mg	0%
Potassium 1mg	0%

Available at Thrive Market, Whole Foods, Fresh Market, Target, Walmart.
Other Flavors: Hot & Mild

PHD WEIGHT LOSS

Nutrition Facts

Serving Size 1/2 Cup (125g)

Servings Per Container About 5

Amount Per Serving

Calories 50

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 480mg	21%
Total Carbohydrates 8g	3%
Dietary Fiber 1g	4%
Total Sugars 5g	
Added Sugars 0g	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.4mg	2%
Potassium 315mg	6%

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

Available at Amazon, Thrive Market, Whole Foods, Walmart, your local grocery store

Nutrition Facts

About 6 servings per container

Serving size ½ cup (125g)

Amount Per Serving

Calories 70

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	

Vitamin D 0mg 0% · Calcium 7mg 0%

Iron 1mg 6% · Potas. 240mg 6%

*The %Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

MANUFACTURED FOR:

Nutrition Facts

about 5 servings per container

Serving Size 1/2 cup (125g)

Amount per serving

Calories 80

	% Daily Value*
Total Fat 6g	7%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	19%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	5%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.2mg	0%
Potassium 370mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PHD
WEIGHT LOSS

Nutrition Facts

Serving Size 1/2 Cup (125g)

Servings Per Container About 5

Amount Per Serving

Calories 110

	% Daily Value*
Total Fat 7g	**9**%
Saturated Fat 1g	**5**%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 4.5g	
Cholesterol 0mg	**0**%
Sodium 310mg	**13**%
Total Carbohydrates 9g	**3**%
Dietary Fiber 2g	**7**%
Total Sugars 6g	
Added Sugars 0g	**0**%
Protein 2g	
Vitamin D 0mcg	**0**%
Calcium 0mg	**0**%
Iron 0.7mg	**4**%
Potassium 405mg	**8**%

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

Available at Amazon, Thrive Market, Whole Foods, Walmart, your local grocery store

Nutrition Facts

Serving Size 1/4 Cup (61g)

Servings Per Container About 7

Amount Per Serving

Calories 60

	% Daily Value*
Total Fat 4.5g	**6**%
Saturated Fat 1g	**5**%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 3g	
Cholesterol 0mg	**0**%
Sodium 350mg	**15**%
Total Carbohydrates 4g	**1**%
Dietary Fiber 0g	**0**%
Total Sugars <1g	
Added Sugars 0g	**0**%
Protein <1g	
Vitamin D 0mcg	**0**%
Calcium 0mg	**0**%
Iron 0mg	**0**%
Potassium 0mg	**0**%

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

PHD
WEIGHT LOSS

Nutrition Facts

6 servings per container

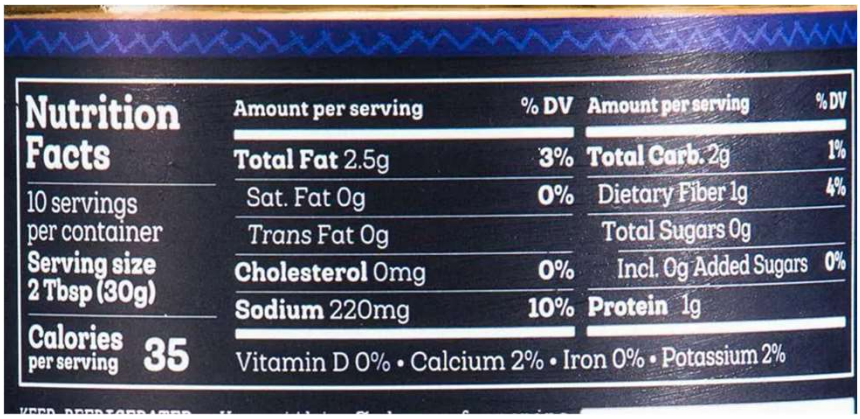
Serving size **1/2 cup (125g)**

Amount per serving

Calories **25**

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 310mg	**14%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 2g	**6%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein 1g	

Other Flavors: Roasted Garlic Marinara, Rustic Tomato Basil.
Available at Walmart, World Market



Nutrition Facts	Amount per serving	% DV	Amount per serving	% DV
10 servings per container	**Total Fat** 2.5g	3%	**Total Carb.** 2g	1%
Serving size 2 Tbsp (30g)	Sat. Fat 0g	0%	Dietary Fiber 1g	4%
	Trans Fat 0g		Total Sugars 0g	
	Cholesterol 0mg	0%	Incl. 0g Added Sugars	0%
	Sodium 220mg	10%	**Protein** 1g	
Calories per serving 35	Vitamin D 0% • Calcium 2% • Iron 0% • Potassium 2%			

Available at Amazon, Whole Foods, your local grocery store
Other Flavors: Spicy Blanco

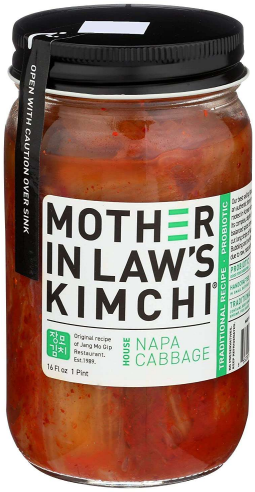
Nutrition Facts Servings: About 10, **Serv. size: 2 Tbsp (28g),** Amount per serving: **Calories 110, Total Fat** 12g (15% DV), Sat Fat 1.5g (8% DV), *Trans* Fat 0g, Polyunsat. Fat 1.5g, Monounsat. Fat 8g, **Cholest.** 10mg (3% DV), **Sodium** 280mg (12% DV), **Total Carb.** 2g (1% DV), Fiber 0g (0% DV), Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, Vit. D (0% DV), Calcium (0% DV), Iron (2% DV), Potas. (2% DV).

Nutrition Facts Servings: About 9, **Serv. size: 2 Tbsp (30g),** Amount per serving: **Calories 120, Total Fat** 12g (15% DV), Sat Fat 1.5g (8% DV), *Trans* Fat 0g, Polyunsat. Fat 0g, Monounsat. Fat 8g, **Cholest.** 10mg (3% DV), **Sodium** 310mg (13% DV), **Total Carb.** 2g (1% DV), Fiber 0g (0% DV), Total Sugars 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 0g, Vit. D (0% DV), Calcium (0% DV), Iron (0% DV), Potas. (0% DV).

Available at Amazon, Whole Foods, Fresh Market, most local grocery stores

PHD WEIGHT LOSS

GOOD FOR YOUR GUT



Nutrition Facts Servings: 16, **Serv. Size: 1 oz (28g),** Amount Per Serving: **Calories 10**, **Total Fat** 0g (0% DV), Sat. Fat 0g (0% DV), *Trans* Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 150mg (7% DV), **Total Carb.** 2g (1% DV), Fiber 0g (0% DV), Total Sugars <1g (Incl. 0g Added Sugars, 0% DV), **Protein** 1g, Vit. D (0% DV), Calcium (4% DV), Iron (0% DV), Potas. (0% DV).

Available at Whole Foods, Thrive Market, Amazon

Available at Whole Foods, Publix, Target, most local grocery stores

Other Flavors: Curry, Gnar Gnar, Whiskey Dill

Available at your local grocery store

Nutrition Facts
15 servings per container
Serving size 2 Tbsp (30g)

Amount per serving	
Calories	**5**
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 51mg	2%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PHD WEIGHT LOSS

Protein Powders

- All of our favorite protein powders

Strawberries and Cream

Supplement Facts

Serving Size: 1 scoop (30.4g)
Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Calories	100	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	**
Cholesterol	3 mg	1%
Total Carbohydrate	2 g	<1%
Dietary Fiber	0 g	0%
Total Sugars	1 g	**
Added Sugars	0 g	0%
Protein	24 g	
Calcium	115 mg	9%
Iron	0.17 mg	1%
Sodium	89 mg	4%
Potassium	142 mg	3%

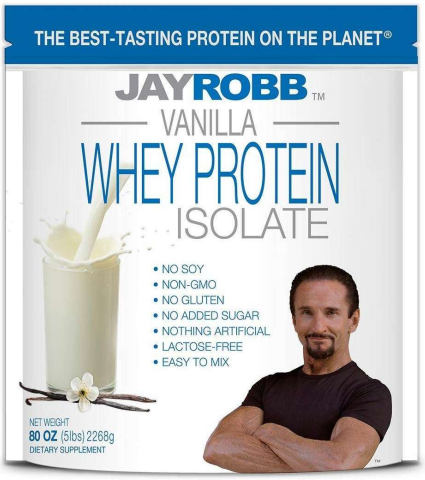
* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established

Other Ingredients: Whey Protein Isolate, Freeze Dried Strawberry (Fragaria x ananassa)(berry), Natural Flavors, Xanthan Gum, Beet Root Powder (for color), Stevia Leaf Extract, Sodium Chloride, Monk Fruit Extract, Sunflower Lecithin.

Other Flavors: Chocolate Peanut Butter Cup, Frosted Vanilla Cake, Rich Dutch Chocolate, Chocolate Brownie

Buy on PHD website (www.myphdweightloss.com) Client Portal Maintenance Tab for 10% off and free shipping. Super clean, grass-fed whey, and delicious tasting!

PHD WEIGHT LOSS



Supplement Facts
Serving Size: 1 scoop (30g)
Serving Per Container: 75 (approximate)

Amount Per Serving		%Daily Values †
Calories	110	
Calories From Fat	0	
Total Fat	0g	0%
Cholesterol	<5mg	<1%
Total Carbohydrate	2g	<1%
Sugars	<1g	*
Protein	25g	50%
Calcium	125mg	10%
Sodium	70mg	3%
Potassium	180mg	5%

† Percent Daily Values are based on a 2,000 calorie diet Your daily values may be higher or lower depending on your calorie needs.
* Not established

Available at Amazon, Wal Mart, Jay Robb Enterprises
Other Flavors: Chocolate

Nutrition Facts
Serving Size 2 scoops (28g)
Servings Per Container about 12

Amount Per Serving	
Calories 110	Calories from Fat 15
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 55mg	**18%**
Sodium 50mg	**2%**
Potassium 190mg	**5%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 20g	

Vitamin A 2% • Vitamin C 0%
Calcium 10% • Iron 10%

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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Available at Amazon, Wal Mart
Other Flavors: Vanilla

Nutrition Facts
About 24 servings per container
Serving size 1 Scoop (16.9g)

Amount per serving	
Calories	**80**
	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 60mg	**3%**
Total Carbohydrate 2g	**1%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 11g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.5mg	2%
Potassium 77mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Available at Amazon, Whole Foods, Harris Teeter, most local grocery stores
Other Flavors: Vanilla Coconut, Chocolate Coconut, Snicker Doodle, Unflavored, Chai Tea, Turmeric, Matcha Latte

PHD WEIGHT LOSS

Supplement Facts
Serving Size 2 Scoops (20 g)
Servings Per Container About 28

	Amount Per Serving	% Daily Value
Calories	70	
Protein	18 g	0%*
Vitamin C (ascorbic acid)	90 mg	100%
Sodium	110 mg	5%
Hydrolyzed collagen (from bovine hide)	20 g	**
Hyaluronic Acid (from sodium hyaluronate)	80 mg	**

*Percent Daily Values (DV) are based on a 2,000 calorie diet
**Daily Value not established

Available at Amazon, Costco, Target

Nutrition Facts
Serving Size 2 Scoops (46g)
Servings Per Container About 10

Amount Per Serving	
Calories 150 Calories from Fat 40	
	% Daily Value*
Total Fat 4g	6%
Saturated Fat <0.5g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Potassium 60mg	2%
Total Carbohydrate 15g	4%
Dietary Fiber 5g	20%
Sugars 0g	
Erythritol 5g	
Protein 21g	42%

Other Flavors: Creamy Chocolate Fudge
Available at Amazon, Target

Nutrition Facts
About 17 servings per container
Serving size 1/3 cup (27g)

Amount per serving	
Calories	**90**
	% Daily Value
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 70mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 20g	
Calcium 482mg	35%
Iron 1mg	6%
Potassium 186mg	4%

Other Flavors: Café Latte, Chocolate Truffle, Unflavored
Available at Amazon, Central Market.

PHD WEIGHT LOSS

Nutrition Facts

About 42 servings per container

Serving size 1 Scoop (21g)

Amount per serving	
Calories	**90**
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 10g	20%
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 1.3mg	8%
Potassium 176mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Available at Amazon, Whole Foods, Harris Teeter, most local grocery stores, Thrive Market.

Other Flavors: Vanilla Coconut

NUTRITION FACTS

Servings Per Container: 28

Serving Size: 1 Scoop (32g)

Amount Per Serving	
Calories	**120**
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 135mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber <1g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 25g	50%
Vitamin D 4mcg	20%
Calcium 138mg	10%
Iron 1mg	6%
Potassium 193mg	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.

Available at Amazon, Wal Mart, Target, Harris Teeter, The Vitamin Shoppe

Other Flavors: Vanilla Bean, Chocolate, Chocolate Peanut Butter, Lemon Sorbet, Unflavored, Cappuccino, Cookies & Cream

Available at Amazon, Wal Mart, Vega USA, The Vitamin Shoppe

Other Flavors: Vanilla, Chocolate, Cold Brew

Nutrition Facts

Serving size 1 scoop (29g)

Amount Per Serving	
Calories	**120**
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 20g	20%
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 4.6mg	25%
Potassium 90mg	2%
Vitamin A 60mcg	6%
Vitamin C 6mg	6%
Vitamin K 67mcg	60%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PHD WEIGHT LOSS

Protein Bars

Power Crunch

Nugo SLIM

Bulletproof

Quest

ONE

Dang

KIND

Raw Rev Glo

Think THIN

Atkins

Quest Cookie

Available at Amazon, Publix, Harris Teeter, Target, Wal Mart

Other Flavors: Cookies & Cream, S'more, Red Velvet, Chocolate Coconut, Salted Caramel, Strawberry Crème, Peanut Butter Crème, Triple Chocolate, Peanut Butter Fudge, French Vanilla, Chocolate Mint

Box Of 12 — **French Vanilla Creme**

Serving Size 1 Cookie (40 g)
Servings Per Box 12

Amount Per Serving		% DV*
Calories	195	
Calories From Fat	95	
Total Fat	11 g	17%
Saturated Fat	4 g	20%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	80 mg	3%
Potassium	100 mg	3%
Total Carbohydrate	10 g	3%
Dietary Fiber	1 g	4%
Sugars	5 g	
Protein	15 g	30%
Vitamin A		0%
Vitamin C		0%
Calcium		12%
Iron		1%

* Percent Daily Values (DV) are based on a 2,000 calorie diet

Ingredients

Proto Whey Proprietary Protein Blend (Proto Whey® [Micro Peptides From Extreme Hydrolyzed Whey Protein Fraction [55% Di & Tri Peptides], Maltodextrin, Sucralose], Whey Protein Isolate), Palm Oil, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Palm Kernel Oil, Dextrose, Nonfat Milk Powder, Natural And Artificial Flavors, Lecithin, Sucralose, Baking Soda, Salt, Soy Lecithin

Allergy Information: Contains Milk, Wheat, Soy. This Product Is Manufactured On Equipment That May Also Process Peanuts.

Available at Amazon, Wal Mart

Other Flavors: Dark Chocolate Crunchy Peanut Butter, Brownie Crunch, Dark Chocolate, Roasted Peanut Butter, Chocolate Mint, Toasted Coconut, Raspberry Truffle

Nutrition Facts

Serving size
1 bar (45g)

Calories per serving **170**

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 6g	8%	**Total Carbohydrate** 18g	7%
Saturated Fat 3g	15%	Dietary Fiber 6g	21%
Trans Fat 0g		Total Sugars 3g	
Cholesterol 0mg	0%	Includes 3g Added Sugars	6%
Sodium 210mg	9%	**Protein** 16g	32%

Vit. D 0mcg 0% • Calcium 70mg 6% • Iron 3.3mg 20% • Potas. 170mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PHD WEIGHT LOSS

Nutrition Facts

12 Servings Per Container

Serving Size **1 Bar (45g)**

Amount Per Serving

Calories **220**

	% Daily Value*
Total Fat 14g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 12g	12%

Other Flavors: Vanilla Shortbread, Fudge Brownie, Apple Pie, Cookie Dough.
Available at Walmart, Amazon, Target

NUTRITION FACTS

Serving Size 1 Bar (60g)
Servings Per Container 12

Amount/Serving	
Calories 180	
Total Fat 6g	
Saturated Fat 3.5g	
Trans Fat 0g	
Cholesterol 5mg	
Sodium 220mg	
Total Carbohydrate 24g	
Dietary Fiber 14g	
Total Sugars <1g	
Incl. 0g Added Sugars	
Erythritol 6g	
Protein 21g	

Other Flavors: Chocolate Donut, Strawberry Cheesecake, Peanut Butter Brownie, Maple Waffle.
Available at Target, Walmart, www.questnutrition.com

Nutrition Facts

12 servings per container

Serving size **1 bar (60g)**

Amount per serving

Calories **230**

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 6g	30%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1.5g	
Cholesterol 5mg	2%
Sodium 130mg	6%
Total Carbohydrate 24g	9%
Dietary Fiber 9g	32%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Sugar Alcohol 6g	
Protein 20g	40%

Other Flavors: Brownie, Lemon Cake, Blueberry Cobbler.
Available at Target, Walmart, www.questnutrition.com

Nutrition Facts

Serving size
1 Bar (40g)

Calories per serving **200**

Amount/serving	% DV*	Amount/serving	% DV*
Total Fat 15g	19%	**Total Carb.** 11g	4%
Sat. Fat 5g	25%	Fiber 7g	21%
Trans 0g		Total Sugars 2g	
Cholesterol 0mg	0%	Incl. 0g Added Sugars	0%
Sodium 125mg	5%	**Protein** 10g	

Vitamin D 0mcg 0% • Calcium 49mg 4% • Iron 2mg 10% • Potassium 177mg 4%

*Percent Daily Values are based on a 2,000 calorie diet.

Other Flavors: Cardamom Chai, Toasted Coconut, Lemon Matcha, Almond Vanilla.
Available at Walmart, Amazon, Target

PHD WEIGHT LOSS

DARK CHOCOLATE NUTS & SEA SALT

Nutrition Facts	Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
Serving size 1 bar (40g)	**Total Fat** 15g	**19%**	**Total Carb.** 16g	**6%**
	Sat. Fat 3g	**15%**	Fiber 7g	**25%**
	Trans Fat 0g		Total Sugars 5g	
	Polyunsaturated Fat 3.5g		Incl. 4g of Added Sugars	**8%**
	Monounsaturated Fat 7g		Sugar Alcohol 0g	
Calories per serving **180**	**Cholesterol** 0mg	**0%**	**Protein** 6g	
	Sodium 140mg	**6%**		

Vitamin D 0% • Calcium 4% • Iron 6% • Potassium 4%

Other Flavors: Maple Glazed Pecan & Sea Salt, Dark Chocolate Cinnamon Pecan.

Available at Walmart, Amazon, Target, your local grocery store

Nutrition Facts

Serving Size 46g 1bar
Servings Per Container 12

Amount Per Serving	
Calories 170	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 85mg	**3%**
Potassium 150mg	**4%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 14g	**55%**
Sugars 4g	
Protein 12g	**24%**

Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 40%
Vitamin K 6%	• Thiamin 4%
Riboflavin 2%	• Niacin 2%
Vitamin B6 2%	• Folate 2%
Magnesium 15%	• Manganese 15%
Copper 20%	• Phosphorus 15%
Selenium 4%	• Zinc 6%
Pantothenic Acid 2%	

* Percent Daily Values are based on a 2,000 calorie diet.

Other Flavors: Crunchy Peanut Butter & Sea Salt, Chocolate Chip Cookie Dough, Creamy Peanut Butter & Sea Salt, Peanut Butter Dark Chocolate

Available at Amazon, Wal Mart, Public, Most local grocery stores

Nutrition Facts

Serving Size 1 Bar (60g)
Servings Per Container 10

Amount Per Serving	
Calories 230	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 190mg	**8%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 2g	**8%**
Sugars 0g	
Sugar Alcohol 12g	
Other Carb. 9g	
Protein 20g	**38%**

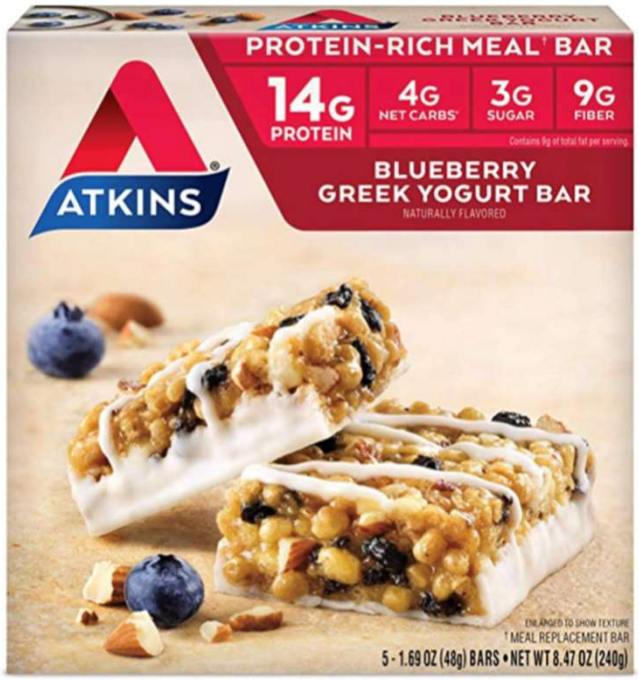
Vitamin A 0%	• Vitamin C 0%
Calcium 10%	• Iron 15%

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

Other Flavors: Lemon, Chocolate Strawberry, Creamy Peanut Butter, Chocolate Fudge, Brownie Crunch, Salted Caramel

Available at Amazon, Wal Mart

PHD WEIGHT LOSS



Nutrition Facts

Serving Size 1 Bar (48g)

Amount Per Serving	
Calories 200	**Fat Calories** 80
	% Daily Value
Total Fat 9g	**14%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3.5g	
Cholesterol 0mg	**0%**
Sodium 200mg	**8%**
Potassium 80mg	**2%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 9g	**36%**
Sugars 3g	
Glycerin 8g	
Protein 14g	**21%**

Other Flavors: Chocolate Peanut Butter Pretzel, Vanilla Pecan Bar, Peanut Butter Granola
Available at Walmart, Amazon, Target

Calories: 250

Added Sugars 0g

Calcium 150mg

Cholesterol 30mg

Dietary Fiber 9g

ERYTHRITOL 6g

Iron 0.4mg

Potassium 100mg

Protein 15g

Saturated Fat 10g

Sodium 220mg

Total Carbohydrate 19g

Total Fat 17g

Total Sugars 1g

Other Flavors: Chocolate Peanut Butter, Double Chocolate Chip, Peanut Butter, Snickerdoodle
Available on Amazon, Walmart, GNC, Target

PHD WEIGHT LOSS

NUTRITION FACTS

Serving Size: 1 bar (41g)
Servings Per Container: 16 servings

Amount Per Serving

Calories

Total Fat 17g
- Saturate Fat 5g
- Trans Fat 0g

Cholesterol 0mg

Sodium 170mg

Total Carbohydrate 9g
- Dietary Fiber 3g
- Total Sugars 1g
- Added Sugars 0g
- Sugar Alcohol 4g

Protein 12g

Available at Costco, www.ratiobar.com

PHD WEIGHT LOSS

Healthy Fats

Ghee → Butter → Olive Oil

Avocado Oil → MCT Oil → Beef Tallow

Pork Lard → Duck Fat → Coconut Oil

Healthy Fats

Nutrition Facts

20 servings per container
Serving Size **1 Tbsp (13g)**

Amount per serving	
Calories	**120**
	% Daily Value*
Total Fat 13g	**17%**
Saturated Fat 10g	**50%**
Trans Fat 0g	
Cholesterol 40mg	**13%**
Sodium 0mg	**0%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 0g	

Nutrition Facts

Serving Size - 1Tbsp (14g)
Servings Per Container 38

Amount Per Serving	
Calories 100	Calories from Fat 100
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 7g	35%
Trans Fat (g) 0g	
Cholesterol 40mg	13%
Sodium 65mg	3%
Total Carbohydrate 0g	0%
Protein 0g	

Available at your local grocery store

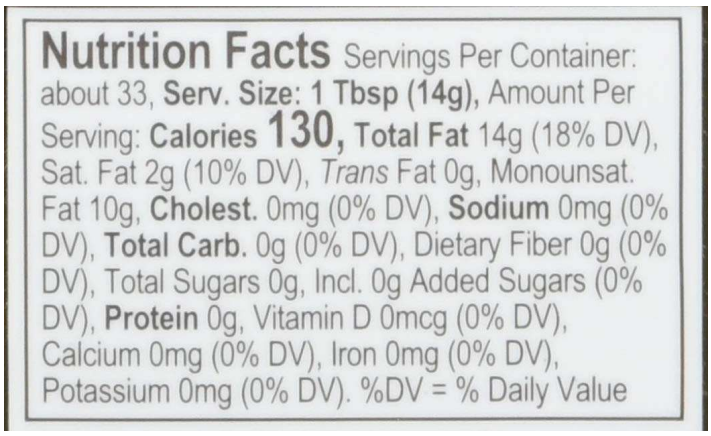
this oil shines in baked goods.

Nutrition Facts

33 Servings Per Container
Serving Size 1 Tbsp (15 mL)

Amount Per Serving	
Calories	**130**
	% Daily Value*
Total Fat 14g	**18%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated 11g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 0g	

Available at Walmart, Amazon, Whole Foods, Fresh Market, your local grocery store



Nutrition Facts Servings Per Container: about 33, **Serv. Size: 1 Tbsp (14g)**, Amount Per Serving: **Calories 130, Total Fat** 14g (18% DV), Sat. Fat 2g (10% DV), *Trans* Fat 0g, Monounsat. Fat 10g, **Cholest.** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carb.** 0g (0% DV), Dietary Fiber 0g (0% DV), Total Sugars 0g, Incl. 0g Added Sugars (0% DV), **Protein** 0g, Vitamin D 0mcg (0% DV), Calcium 0mg (0% DV), Iron 0mg (0% DV), Potassium 0mg (0% DV). %DV = % Daily Value

Available at Walmart, Amazon, Whole Foods, Fresh Market, Thrive Market, your local grocery store

PHD WEIGHT LOSS

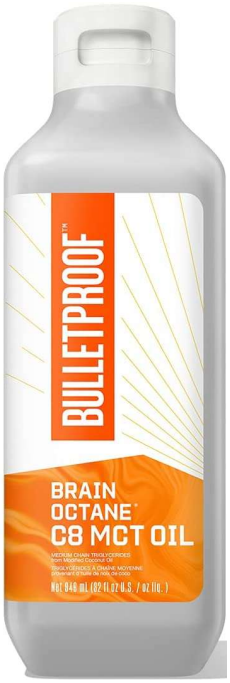
Supplement Facts

Serving Size 1 Tablespoon (15 mL)
Servings Per Container about 63

	Amount Per Serving	% Daily Value
Calories	100	
Calories from Fat	100	
Total Fat	14 g	22%*
Saturated Fat	14 g	70%*
Trans Fat	0 g	†
Polyunsaturated Fat	0 g	†
Monounsaturated Fat	0 g	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Available at Walmart, Amazon, Whole Foods, your local grocery store.



Nutrition Facts
Valeur nutritive

Per 1 tablespoon (15 ml)
Pour 1 cuillerée à soupe (15 ml)

Calories 130	% Daily Value* / % valeur quotidienne*
Fat / Lipides 14 g	19 %
Saturated / saturés 14 g + Trans / trans 0 g	70 %
Carbohydrates / Glucides 0 g	
Protein / Protéines 0 g	
Sodium 0 mg	0 %

Not a significant source of fibre, sugars, cholesterol, potassium, calcium or iron

Source négligeable fibres, sucres, cholestérol, potassium, calcium et fer

*5% is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Available Amazon, The Vitamin Shoppe, Walmart

Nutrition Facts
Serving Size 1 Tbsp (14g)
Servings Per Container 28

Amount Per Serving	
Calories 120	Fat Cal 120
	% Daily Value*
Total Fat 14g	22%
Saturated Fat 12g	60%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 0g	

Nutrition Facts
Serving Size 1 Tbsp (14g)
Servings Per Container 22

Amount Per Serving	
Calories 130	Fat Cal 130
	% Daily Value*
Total Fat 14g	21%
Saturated Fat 7g	33%
Trans Fat 1g	
Cholesterol 15mg	5%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	

Not a significant source of Vitamin A, Vitamin C, Calcium, and Iron

*Percent Daily Values are based on a 2,000 calorie diet.

Available at your local grocery store

Available at Thrive Market, Whole Foods, your local grocery store

PHD WEIGHT LOSS

Nutrition Facts

Serving Size 1 Tbsp (14 grams)
Servings Per Container: about 28

Amount Per Serving	
Calories 130	Calories from Fat 130
	%Daily Value*
Total Fat 14g	22%
Saturated Fat 4.5g	23%
Cholesterol 15mg	5%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Protein 0g	

Available at Thrive Market, Whole Foods, Walmart, your local grocery store

Nutrition Facts

22 servings per container
Serving size 1 Tbsp (14g)

Calories per serving 130

Amount per serving	% Daily Value	Amount per serving	% Daily Value
Total Fat 14g	**18%**	**Total Carb.** 0g	**0%**
Saturated Fat 4g	**20%**	Dietary Fiber 0g	**0%**
Trans Fat 0g		Total Sugars 0g	
Cholesterol 10mg	**3%**	Incl. 0g Added Sugars	**0%**
Sodium 0mg	**0%**	**Protein** 0g	

Vitamin D 4% • Calcium 0% • Iron 0% • Potassium 0%

Available at Thrive Market, Whole Foods, Walmart, your local grocery store

PHD
WEIGHT LOSS

Beverages

- Sparkling Waters
- Mineral Water
- Alcohol
- Everyday Beverages

Drink Responsibly

Available at your local grocery or liquor store

Nutrition Facts
1 serving per container
Serving size 1 can (473 mL/1 pt.)

Amount per serving
Calories 140

	% DV*
Total Fat 0g	0%
Sodium 25mg	1%
Total Carbohydrate 2g	1%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 0g	0%

Not a significant source of total fat, saturated fat, *trans* fat, cholesterol, dietary fiber, protein, vitamin D, calcium, iron and potassium.

*%DV = % Daily Value

CONTAINS LESS THAN 1% JUICE

Nutrition Facts
1 serving per container
Serving size 1 can (12 fl oz)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 0g	0%
Sodium 30mg	1%
Total Carbohydrate 2g	1%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 0g	0%

Not a significant source of saturated fat, *trans* fat, cholesterol, dietary fiber, vitamin D, calcium, iron, and potassium.

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts
1 serving per container
Serving size 12 FL.OZ. (355mL)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 2g	<1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	<1%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PHD
WEIGHT LOSS

Other Options: Rose, Syrah, Pinot Noir, Red Zinfandel, Pinot Grigio, Prosecco, Sauvignon Blanc.
Available at Central Market, www.fitvinewine.com

Dry Farm Wines:
Available
Dryfarmwines.com

PHD
WEIGHT LOSS

Nutrition Facts

Serving Size 4 Fl Oz

Servings Per Container 6

Amount Per Serving	
Calories 0	Calories from Fat 0
	% Daily Value
Total Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	
Sodium 55mg	2%
Total Carbohydrates 5g	2%
Sugars 0g	
Sugar Alcohol 4g	
Protein 0g	0%

* Percent Daily Values are based on a 2,000 calorie diet

Other Flavors: Dry Lemon Lime, Ginger Beer.
Available at Amazon

Nutrition Facts

17 servings per container

Serving size 1 TBSP (20g)

Amount Per Serving	
Calories	**32**
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 5mg	**0%**
Total Carbohydrate 15g	**6%**
Dietary Fiber 14g	**50%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 0g	**0%**

Other Flavors: Cucumber Mint, Ginger Lime.
Available at Amazon

amel
Available at www.choczero.com

PHD WEIGHT LOSS

PHD
WEIGHT LOSS

Nutritional value varies per flavor.
Use this label as a guide.

PHD
WEIGHT LOSS

Sports Nutrition & Fuel

PHD WEIGHT LOSS

Hydration Powders

Nut Butter Packs

Power Bars

Energy Gels

Supplement Facts

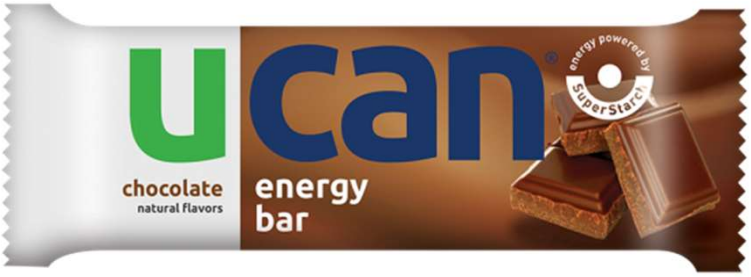
Serving Size 1 Scoop (7 g) (0.24 oz)
Servings Per Container About 45

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Sodium	140 mg	6%
Calcium	18 mg	2%
Magnesium	5 mg	1%
Potassium (as Potassium Citrate Monohydrate)	33 mg	1%
Zinc (as Zinc HVP Chelate)	0.16 mg	1%
Biotin	0.3 mcg	1%
Vitamin B12 (as Cyanocobalamin)	0.3 mcg	13%
Folate	12 mcg DFE (7 mcg Folic Acid)	3%
Niacin (as Nicotinic Acid)	0.3 mg	2%
Pantothenic Acid (as Calcium D-Pantothenate)	0.27 mg	5%
Vitamin B6 (as Pyridoxine Hydrochloride)	0.3 mg	18%
Riboflavin	0.3 mg	23%
Thiamine (as Thiamine Hydrochloride)	0.3 mg	25%
L-Leucine	1202 mg	**
L-Isoleucine	544 mg	**
L-Valine	544 mg	**
Glycine	460 mg	**
L-Glutamine	973 mg	**
Taurine	135 mg	**
Calcium Carbonate from *Lithothamnion spp.* (Aquamin™)	36.8 mg	**
Magnesium Citrate	13.6 mg	**
Choline (as Choline Bitartrate)	300 mcg	**
Inositol	300 mcg	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Other flavors: Peach Mango, Rainbow Twist, Blue Raspberry, Mixed Berry, White Freeze, Lemon-Lime, Grape
Available at Amazon, Target, GNC, The Vitamin Shoppe, Walmart, Harris Teeter

PHD
WEIGHT LOSS



PHD
WEIGHT LOSS

Helpful Tools

- Blenders, Veggie Spiralizers, Mandolins, etc..

Helpful Tools

SodaStream

Veggie Spiralizer

Veggie Chopper

Mandolin

Nutri Bullet

Food Scale

Sous Vide Wand

PHD WEIGHT LOSS