



# YOU WILL LOVE OUR NEW BREADS!

**NEW BAGEL FLAVORS: WHOLE WHEAT, WHOLE WHEAT EVERYTHING and MARBLE!**

**Please read this before calling or writing to us!  
Most of your questions are answered here!**

As you may know, the distributor for our breads had changed; they still used the same bakery. We were contacted by another baking company that specializes in kosher, low carbohydrate baked goods. They were able to develop bagels for us that were even better than the bagels that we have been carrying. We took the bagel samples on a weekend trip with us along with lots of cream cheese. WOW! ...we could not believe how delicious they were! We think that you will agree. Carb counts and nutritional are the same, so you don't have to worry about getting used to a new bread or cutting back on consumption. The new bakery is baking exclusively for us, so we have lifted the limits on the bagels; They are working on developing the breads for us; you will receive the new bagels, but the breads, onion pockets, hamburger and hot dog buns will continue to come from our original bakery. Remember, we continue to have problems with getting the breads that we need to fill your orders. **WE CANNOT RAISE THESE LIMITS; PLEASE DO NOT ASK! Please continue to follow the posted limits on breads, onion pockets, hamburger and hot dog buns. Please feel free to order as many bagels as you wish!** To ensure that your breads stay tasty to the last bite, please repackage all breads in freezer bags and freeze them immediately! **For best results, do not microwave!**

Our out-of-stock policies remain the same: If we are out of breads, we will hold your order until the out-of-stocks have come in. If your order does not arrive at your home or office according to our **Perishables Delivery Schedule**, please check with us; there is a good chance that your breads are on back-order and your order will ship as soon as the breads come back into stock. Remember, we only guarantee perishables against spoilage if they are shipped via UPS or FedEx Next Day Air. Please do not ask us to replace or credit your account for spoilage if you have ordered ground shipping and your zip code is more than 1 shipping day away from 20901.

**We order our breads early Monday morning which makes our ordering deadline for breads and perishables Monday, 8am. If you have missed the deadline, we will try our best to ship your order if it will arrive by the end of the week on Friday.**

**You can help in the following ways:**

- **Please check our policies page for your delivery date. Orders are shipped depending on the order that they were received and by zip code. Please contact us by email as we cannot provide this information over the phone. Please put complete information (including area code) in the billing/shipping information blocks. Our software will not permit us to print out a shipping label without an area code or valid email address.**

**ORDERING HOURS BY PHONE—6pm-9pm Monday through Friday**

- Please try to place your order on the web. However, if you are having trouble placing your order, have questions about products or your dieting regime, or do not have an internet connection, we would be happy to assist you. We no longer accept MONEY ORDERS as a form of payment. If you would like to pay by ELECTRONIC CHECK, please call between 6 pm and 9 pm, and we will place your order for you. If you do not reach us, please **do not leave a message** as our voice mail box is unattended; please be sure to call again. Please ensure that your caller ID is entered into your phone.

**YOUR ORDER CONFIRMATION**

- If you do not receive a copy of your order via email along with a confirmation of your credit card charge (2 emails), then your order has not gone through. Please wait for a screen that says **THANK YOU FOR YOUR ORDER!** in big red letters. If you see an error message on the final screen, your order has not gone through. Please look for error messages and try to correct the information. If you are not able to do this, please email us and we will do our best to get your order to confirm.
- We try to fill special requests, however, this can delay the shipping of your order.

**While waiting for your order:**

- **Please check your email for your tracking number or for any messages from us.** Please provide us with a correct daytime phone number; we may need to reach you about your order. If you cannot find information from us or from UPS about your tracking number, please email us after checking your INBOX as well as your SPAM folder. If breads are on back order, your order will be shipped as soon as your items have arrived at our warehouse and/or according to our **Perishables Shipping Schedule** (if you have ordered breads, brownies or chocolate).
- **But please be sure to write us if it has been a very long time and you have not received your package.** It is possible that your order has been damaged or lost in transit. UPS is a very reliable shipper, but things do happen on occasion! (Be sure to include the actual order that was emailed to you from the LoCarbDiner, not your credit card receipt! Be sure to include your order confirmation in the BODY of your EMAIL so that we can easily track your order.)
- Please check our **Perishables Shipping Schedule** on our **Policies Page** (<http://locarbdiner.com/policies.html>). This will answer your questions about which day of the week your order will ship.
- Please check your email frequently for emails from us and for tracking numbers that are automatically sent to you from UPS.
- Please be sure that you enter your email correctly in the space provided when you place your order and make sure that UPS Quantum View is entered into your email "whitelist."

**Please note our new phone number (below) and thank you so much for your understanding and cooperation.**

Nina and Ruth  
www.LoCarbDiner.com  
240-595-6504  
888-451-4719  
information@locarbdiner.com

**Deadline for orders containing Bread: Monday, 8am. We will do our best to try to send orders out that come in after the deadline, but cannot guarantee. Only Next Day Orders are guaranteed.**

**Due to the unreliability of the USPS, we are no longer carrying Desserts of Distinction Cheesecakes. When the company changes to a more reliable shipper, we will add them to our inventory.**



[www.LoCarbDiner.com](http://www.LoCarbDiner.com) / Silver Spring, MD  
 Toll Free: 1-888-451-4719 • Local: 1-240-595-6504  
 Email: [information@locarbdiner.com](mailto:information@locarbdiner.com)  
 Web-Only. We Do Not Have A Storefront.

## Product Price List:

**JOIN OUR EMAIL LIST TO RECEIVE SPECIALS AND UPDATES FOR PRODUCTS.**

**IDEAL PROTEIN DIET PLAN WITH PERSONALIZED COACHING AND A WEEKLY MEAL PLAN—CALL!**

**NEW at the Diner: TRADITIONAL NY BAGELS (still low carb!) from our NEW BAKERY (you have to try them to believe them!)  
 BREADS, BAGELS, PITAS, WRAPS & ROLLS! CHOCOLATE DREAMS & WISHES CUPS BY THE CUP OR CASE! STOCK UP NOW!**

**PLEASE NOTE OUR NEW PHONE NUMBER — 1-240-595-6504!**

### NEW AT THE DINER!

**IDEAL PROTEIN—Now available only by phone. Please call 1-888-451-4719 or 240-595-6504 if you want to order Ideal Protein Products or start this fabulous new weight loss program now!**

### DINER ADDITIONS!

<b>LCD Bagels 6 Pk (no limits!)</b>	<b>Delicious NY-style LoCarb Bagels. Flavors: Plain, Whole Wheat, Whole Wheat Everything, Sesame, Everything,, Cinnamon Raisin, Onion. Made with Kosher Ingredients.</b>	<b>6.99 NEW!</b>
Whey Low Type D Granular—2 lb bag	The World's Ultimate Sugar Replacement for Diabetics! This unique blend is the ideal sugar replacement for Type 1 and Type 2 Diabetics who need to control after-meal blood sugar levels most carefully. Treat yourself to all the wonderful goodies you long for without sacrificing taste! This patented blend of natural fruit sugar and milk sugar offers the lowest glycemic index for diabetics (GI less than 12 vs. 100 for glucose) with a slightly higher caloric value than Whey Low® Granular! When baking, use a 10-degree lower oven temperature to control premature browning. Suitable for Diabetics. 2-lb reclosable Stand-Up Bag.	<b>12.99 NEW!</b>
Whey Low Powder—2 lb bag	Get ready for your holiday low carbohydrate baking by using the World's Ultimate Powdered Sugar Replacement! Just try it in your favorite recipes and you'll quickly see why! A proprietary blend of three powdered all-natural sugars, this new sweetener is ideal for low-calorie and low-carb dieters, for diabetics, and for the health-conscious. It is great for preparing frostings, candies, fudge and for dusting donuts, fruits and cakes. It tastes and performs in all foods like confectioner's sugar. 2-lb reclosable Stand-Up Pouch. 1g net carbs/1 tsp. (serving size)	<b>13.99 NEW!</b>
Whey Low® Granular—2#	The World's Ultimate Sugar Substitute! Tastes great without the artificial taste or side effects of artificial sweeteners. Net Carbs = 1g per tsp.	<b>11.98 NEW!</b>
Whey Low® Granular Packets 120 Ct.	The World's Ultimate Sugar Replacement now in a convenient-to-carry packet! Great for travel or for those on the go! Three Whey Low® Granular Packets are equivalent to two level teaspoons of sugar! 0.8g net carbs per serving.	<b>9.99 NEW!</b>
Big Train Hot Chocolate Bulk Can	Save on Big Train's yummy hot chocolate when you purchase the mix in large can. Sweetened with Erythritol (all natural) and sucralose.	24.99
GG Scandinavian Fiber Sprinkles	Now, you can easily add high fiber to yogurt, breakfast cereals, smoothies, salads and your favorite recipes. GG Sprinkles is packaged for easy access in a 10.6 ounce (300 g) wide-mouthed tub. A serving of 3 tablespoons (30 servings per tub) contains 5g dietary fiber (20% of recommended daily needs) and has only 2 net carbs and 12 calories. It boasts low GI, is Kosher and, has everything that our original product, GG Bran Crispbread crackers, has to offer. For our diabetic customers Sprinkle is a convenient and hassle-free way to add the desired amount of fiber into your low sugar meals.	7.59
GG Bran Crispbread	2g Net Carb GG Scandinavian Bran Crispbread made with 85% unprocessed bran has only 12 calories per slice and is low on the glycemic index. Also low fat. Perfect for any dietary approach! Save when your order 20 or more! Save further on a case of 30!!!	2.55 Kosher
OhYeah! Protein Wafers	The crisp crunch of a protein bar has never sounded so good! The OhYeah! Protein Wafer sandwiches a smooth, creamy filling with light, snappy layers and smothers the whole delectable bar in a scrumptious coating for a new way to get your RDA of protein. 9 bars per box. Available in Vanilla Cream or Chocolate Chocolate.	13.99
Snacks For Life SF Cookies	Enjoy these delicious soft and chewy sugar-free cookies from Snacks For Life. Chocolate Chip, Oatmeal or Almond. <b>Kosher</b>	2.49 <b>NEW!</b>
Snacks For Life SF Cookies—cs of 12	Save on a case of 12! Assorted case with 3 of each flavor or choose the combination that you would like to have. <b>Kosher</b>	26.98 <b>NEW!</b>

### BLUEPLATE SPECIAL!

**Chocolate Dreams & Wishes by the Box** Save on a box of 9 delicious cups. Full stock of all flavors available! **25.99**

### PROTEIN BARS/SHAKES/SNACKS

<b>Ideal Protein Products</b>	<b>Highly-Effective and safe Medical Weight Loss Plan.</b> Please call! Perfect for those on low carb, diabetics and those in need of bariatric products.	<b>CALL!!!</b>
Supreme Protein Carb Conscious Snack Bar	15 grams of high quality Whey Protein Isolate in a delicious quadruple layer bar. chocolate caramel, Peanuts and Caramel with 3g net carbs. This fabulous bar from Prosource has 0% Trans Fats and 100% flavor. Contains maltitol & sucralose. 3 delicious flavors: Chocolate Caramel, Peanut Butter Chocolate and Rocky Road.	1.79 <b>BAR</b> 15.29 <b>BOX of 9</b>
Supreme Protein Carb Conscious Snack Bar	15 grams of high quality Whey Protein Isolate in a delicious quadruple layer bar. chocolate caramel, Peanuts and Caramel with 3g net carbs. This fabulous bar from Prosource has 0% Trans Fats and 100% flavor. Contains maltitol & sucralose. 3 delicious flavors: Chocolate Caramel, Peanut Butter Chocolate and Rocky Road.	1.79 <b>BAR</b> 15.29 <b>BOX of 9</b>
OhYeah! Protein Wafers	The crisp crunch of a protein bar has never sounded so good! The OhYeah! Protein Wafer sandwiches a smooth, creamy filling with light, snappy layers and smothers the whole delectable bar in a scrumptious coating for a new way to get your RDA of protein. 9 bars per box. Available in Vanilla Cream or Chocolate Chocolate.	13.99
Go Lower Nut Bar	Past Best By Date Special. The fabulously delicious GO LOWER bar from England. These incredibly healthy nut-based bars are made from only the finest nuts and seeds which are held together with a delicious fiber-based (inulin) sweetener called oligofructose. Available in raspberry.	2.19 30.51
Jim's PermaLean Protein Bar	Only 2g Net Carbs per bar. At only two grams of sugar and 2 grams of fat and 190 calories you can enjoy every bite! Rare Blend of Protein Includes Whey along with Soy and Caseinate! No Transfatty Acids! No Hydrogenated Oils! No Fractionated Oils! Naturally Flavored! No Artificial Sweeteners! All Natural Vitamin E! Flavors: Chocoholic Chocolate!	2.49
Jim's PermaLean Protein Bars—BOX	An overwhelming customer favorite: Delicious chocolate & brown rice crisps smothered in melt-in-your-mouth dark chocolate is unbelievably decadent. Just two grams of sugar and 190 calories you can enjoy every bite! 21 Grams of protein in a bar! You'll never be able to eat another cardboard nutrition bar again. Chocoholic Chocolate!	28.99

### BREADS/ROLLS/BAGELS ETC.

**Please note that breads ship on Mondays, Tuesdays, Wednesdays and Thursdays. If it takes more than 1 day for your order to reach you please consider a shipping upgrade during warmer months. Only NEXT DAY Shipping is Guaranteed.**

<b>LCD Bagels (no limits!)</b>	<b>Delicious NY-style LoCarb Bagels. Flavors: Plain, Whole Wheat, Whole Wheat Everything, Sesame, Everything,, Cinnamon Raisin, Onion. Made with Kosher Ingredients.</b>	<b>6.99</b>
Toufayan Bakeries Pita Bread	Delicious low carb pita bread from Toufayan Bakeries. 9 grams of fiber and 7 net carbs per full pita. 6 pieces per pack.	3.99 <b>Kosher</b>
Toufayan Bakeries Large Wraps	Delicious low carb wraps from Toufayan Bakeries. 7 net carbs per full pita. 5 pieces per pack.	3.99 <b>Kosher</b>
Carb Krunchers Breads	Delicious LoCarb breads from New York. Available in Plain, Rye and Cinnamon Raisin. Limit 4 Plain Loaves. <b>Made with Kosher Ingredients.</b>	6.99
Carb Krunchers Onion Pockets	When is a roll not a roll...when it is a delicious Carb Krunchers Onion Pocket! This rectangular roll is loaded with onion. <b>Made with Kosher Ingredients.</b>	6.99
Carb Krunchers Hamburger Buns 6 Pk	Delicious locarb hamburger buns. 5.7g net carbs per bun. <b>Made with Kosher Ingredients.</b>	6.99
Carb Krunchers Hot Dog buns 6 Pk	Delicious locarb hot dog buns. 5.7g net carbs per bun. <b>Made with Kosher Ingredients.</b>	6.99
Toufayan Bakeries Pita Bread	Delicious low carb pita bread from Toufayan Bakeries. 9 grams of fiber and 7 net carbs per full pita. 6 pieces per pack.	3.99 <b>Kosher</b>
Toufayan Bakeries Large Wraps	Delicious low carb wraps from Toufayan Bakeries. 7 net carbs per full pita. 5 pieces per pack.	3.99 <b>Kosher</b>

### CEREALS/PANCAKES/PASTAS

<b>Ideal Protein Products</b>	<b>Highly-Effective and safe Medical Weight Loss Plan.</b> Please call! Perfect for those on low carb, diabetics and those in need of bariatric products.	<b>CALL!!!</b>
Hi Lo Cereal	Save on recently expired cereals--12/17/09. Hi-Lo™ is more than just a great tasting all-natural cereal...it's a tool that helps you feel full and maintain a lean body with a high protein, high fiber recipe that is moderate in carbohydrates and sugar. Look great, achieve better health, and Feel Your Best every day with Hi-Lo! Available in Maple Pecan.	3.37
Carbquik Bake Mix—3 lb. Box	Save on the most popular bake mix in the low carb industry!	16.99
Dreamfields Pasta	Tastes like the real thing! Spaghetti is the most popular type of all pastas and is suited for a wide variety of dishes. 5g net carbs per 2 oz. [dry] serving! Angel Hair, Spaghetti, Linguine, Lasagna, Rotini, Penne and Elbows.	3.99

Carba-Nada Fettuccine	Reduced-carb pasta from Al Dente cooks in just 3 minutes giving it a remarkably low glycemic index which slows the rate at which it is digested. It has a lower carb count—18g net carbs/serving as compared with regular pasta at 45g or more per serving. 18g net per 1-1/2 C [2oz. dry]. Egg, Roasted Garlic and Basil. NOT APPROPRIATE FOR INDUCTION.	4.79 <b>NEW!</b>
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## BAKING/COOKING

Whey Low® Granular Packets 120 Ct.	The World's Ultimate Sugar Replacement now in a convenient-to-carry packet! Great for travel or for those on the go! Three Whey Low® Granular Packets are equivalent to two level teaspoons of sugar! 0.8g net carbs per serving.	9.99 <b>NEW!</b>
Whey Low Type D Granular-2 lb bag	The World's Ultimate Sugar Replacement for Diabetics! This unique blend is the ideal sugar replacement for Type 1 and Type 2 Diabetics who need to control after-meal blood sugar levels most carefully. Treat yourself to all the wonderful goodies you long for without sacrificing taste! This patented blend of natural fruit sugar and milk sugar offers the lowest glycemic index for diabetics (GI less than 12 vs. 100 for glucose) with a slightly higher caloric value than Whey Low® Granular! When baking, use a 10-degree lower oven temperature to control premature browning. Suitable for Diabetics. 2-lb reclosable Stand-Up Bag.	12.99 <b>NEW!</b>
Whey Low Powder-2 lb bag	Get ready for your holiday low carbohydrate baking by using the World's Ultimate Powdered Sugar Replacement! Just try it in your favorite recipes and you'll quickly see why! A proprietary blend of three powdered all-natural sugars, this new sweetener is ideal for low-calorie and low-carb dieters, for diabetics, and for the health-conscious. It is great for preparing frostings, candies, fudge and for dusting donuts, fruits and cakes. It tastes and performs in all foods like confectioner's sugar. 2-lb reclosable Stand-Up Pouch. 1g net carbs/1 tsp. (serving size)	13.99 <b>NEW!</b>
Whey Low® Granular—2#	The World's Ultimate Sugar Substitute! Tastes great without the artificial taste or side effects of artificial sweeteners. Net Carbs = 1g per tsp.	11.98 <b>NEW!</b>
Whey Low Gold--2#	The World's Ultimate Brown Sugar Substitute! Nothing else comes close! Just check out the aroma coming from your oven. This healthful patented blend of fruit sugar, table sugar, and milk sugar offers an amazing 70 to 80% lower glycemic index, 75% lower caloric value, and 75% lower effective carbohydrate (or net impact carbohydrate) count than sugar. Effective Net Carbs = 1g per tsp.	13.99
Belinda's Sugar Free Gelatin	Come taste the magic for yourself! One packet of each flavor: Cherry, Orange and Lemon. Sugar-Free gelatin sweetened with Splenda. 3 packets per package. 1/4 pkt. makes 1/2 cup. 5g net carbs per serving. Enjoy this universal dessert without the sugar or aspartame [which has been shown to spike blood glucose levels].	2.99 <b>NEW!</b>
Carbquik Bake Mix—3 lb. Box	Save on the most popular bake mix in the low carb industry!	16.99
Dixie Diner Honey Bran Muffin Mix	A real favorite—delicious honey bran muffins can also double as a dinner or sandwich roll! Just add sour cream along with eggs & butter. Low fat directions on the label too. Delicious and easy to make. Whip up a batch in less than 20 minutes. 4 net carbs never tasted so good. Keep on hand- great plain or with butter and La Nouba low carb jam. Save on 3 or more!	7.19
Big Train Choc Chip Brownie Mix	Try this fantastic brownie mix from Big Train. It is all natural and contains no sugar alcohols. Only 8g of net carbs per serving. 11 oz. bag.	5.99
Big Train Choc Chip Cookie Mix	Try this fantastic cookie mix from Big Train. It is all natural and contains no sugar alcohols. Only 7g net carbs for two 2-inch cookies. Sweetened with Lo Han Extract! 11 oz. bag.	5.99
Big Train Peanut Butter Cookie Mix	Try this fantastic peanut butter cookie mix from Big Train. It is all natural and contains no sugar alcohols. Only 5g net carb for two 2-inch cookies. Sweetened with Lo Han! 11 oz. bag.	5.99
Decadent Desserts 6oz Bake Mix	Single-serving [6oz.] can of Decadent Desserts Bake mix. Sugar-free. Sweetened with xylitol. O-U <b>Kosher</b> Certified. Available in Almond.	6.99 <b>Kosher GF</b>
Perfect Sweet Sweetener [Xylitol] 8oz.	Perfect sweet in an 8 oz. bag. Perfect for travel and for trying out the product before buying the larger sizes.	4.99 <b>Kosher</b>
Perfect Sweet Sweetener [Xylitol] 82#.	Perfect for travel and for trying out the product before buying the larger 16 or 32 oz sizes.	16.97 <b>Kosher</b>
Splenda Bakers Bag [9.7 Oz.]	Equivalent sweetness to five pounds of sugar. Easy-pouring resealable bag that stands up on the counter. Measures cup-for-cup like sugar.	10.49 <b>Kosher</b>

## MEALTIME FOODS

Ideal Protein Products	<b>Highly-Effective and safe Medical Weight Loss Plan.</b> Please call! Perfect for those on low carb, diabetics and those in need of bariatric products.	<b>CALL!!!</b>
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## CHOCOLATE SWEET TREATS

Supreme Protein Carb Conscious Snack Bar	15 grams of high quality Whey Protein Isolate in a delicious quadruple layer bar. chocolate caramel, Peanuts and Caramel with 3g net carbs. This fabulous bar from Prosource has 0% Trans Fats and 100% flavor. Contains maltitol & sucralose. 3 delicious flavors: Chocolate Caramel, Peanut Butter Chocolate and Rocky Road.	1.79 <b>BAR</b> 15.29 <b>BOX of 9</b>
Supreme Protein Carb Conscious Snack Bar	15 grams of high quality Whey Protein Isolate in a delicious quadruple layer bar. chocolate caramel, Peanuts and Caramel with 3g net carbs. This fabulous bar from Prosource has 0% Trans Fats and 100% flavor. Contains maltitol & sucralose. 3 delicious flavors: Chocolate Caramel, Peanut Butter Chocolate and Rocky Road.	1.79 <b>BAR</b> 15.29 <b>BOX of 9</b>
OhYeah! Protein Wafers	The crisp crunch of a protein bar has never sounded so good! The OhYeah! Protein Wafer sandwiches a smooth, creamy filling with light, snappy layers and smothers the whole delectable bar in a scrumptious coating for a new way to get your RDA of protein. 9 bars per box. Available in Vanilla Creme and Chocolate Chocolate.	13.99
Chocolate Dreams and Wishes SF Cups	We purchased the entire inventory of these incredible chocolate cups. Beautiful handmade gourmet sugar free chocolate cups from chocolate Dreams & Wishes are sweetened with erythritol (a natural sweetener) rather than maltitol. Each gourmet chocolate cup is 2 ounces and has more than 14 grams of fiber per cup. Each serving is 2g net carbs or less and rates zero (0) on the Glycemic Index. <b>PERFECT HOLIDAY GIFT! STOCK UP; WHEN THEY ARE GONE, THEY ARE GONE</b>	2.99
Chocolate Dreams & Wishes by the Box	Save on a box of 9 delicious cups. Full stock of all flavors available! <b>PERFECT HOLIDAY GIFT! STOCK UP; WHEN THEY ARE GONE, THEY ARE GONE.</b>	25.99
Judys Caramel Clusters	Delicious 1.5 oz. Caramel Clusters with Georgia Pecans or cashews wading in milk chocolate and caramel creaminess. The finest ingredients to make this sugar-free delight! Contains nuts and maltitol. Just 1g per delicious piece. Flavors: Pecan or Cashew.	2.49 <b>NEW!</b>
Maine Cottage Chocolate Bar	This premium, maltitol free chocolate is now available in just the right size to slip into a lunch bag, briefcase, or purse. Each bar is a 1.1 oz (30 g) portion. Save on 3 or more bars of each flavor! Milk Choc Crunch, Milk Choc, Dk Choc., Milk Chocolate Cinnamon Butterscotch, No maltitol!	2.49 <b>NEW!</b>
Maine Cottage Teenies	Teenies are made from gourmet, low glycemic chocolate to offer the ultimate in portion control with an average of 0.3 net carbs per luscious piece! They offer carb control with beauty since they are dressed in dramatic foils that are a delight to the eye and are special enough to serve to company. Use Teenies to wrap up a meal or to give a sensible boost when you need it most. Net wt. 3.16 oz (90 g) in 15-18 pieces, each Teenie is about 1/5th of a candy bar. Available in Milk Choc.	7.99 <b>NEW!</b>
Ross Chocolate Bars	Each delicious 1.2 oz. Bar is made from rich Belgian chocolate. You will surely enjoy this bar! Dairy Free. <b>Kosher</b> Certified. Dark Chocolate, White Chocolate, Dark Chocolate Almond, Milk Chocolate, and Milk Chocolate Almond.	1.77 <b>Kosher</b>
Ross Chocolate Bars—BOX	Delicious Belgian Chocolate bars from Ross Chocolates! Enjoy our special pricing on full boxes of 12 bars. <b>Kosher</b> Certified!	19.99 <b>Kosher</b>
CHOCOLITE Chocolate Bars	Finally! Great taste and about half the calories of the leading bar. Great for all diets including Weight Watchers as well as South Beach and Atkins! Available in Choc Pecan Cluster, Choc Peanut Chews, Choc Almond Fudge and Choc Crispy Caramel.	1.49 21.29

## OTHER SWEET TREATS

Ideal Protein Products	<b>Highly-Effective and safe Medical Weight Loss Plan.</b> Please call! Perfect for those on low carb, diabetics and those in need of bariatric products.	<b>CALL!!!</b>
Judys 4oz. Coconut Almond Brittle	An abundance of shaved fresh coconut and large whole almonds create a battle of the taste buds to win your heart. Contains maltitol.	4.29
Judys 4oz. Popcorn Nut Brittle	Smaller version of the Mixed Popcorn Brittle Tubes that you have enjoyed so much!	4.29
Judys Caramels	Delicious sugar-free caramels from the candy company that is synonymous with fresh! Less than 1g impact carbs per serving. 6.5 oz. package contains 8 servings. Flavors: Assorted, Vanilla, Vanilla Almond, Vanilla Pecan, English Toffee.	7.89
Irony Mints by Hint Mint	Low carb and sugar free mints from Hint Mint. Hint mints are made without gelatin or animal by-products.	1.99 <b>Kosher</b>

## READY-BAKED GOODIES

<b>LCD Bagels 6 Pk (no limits!)</b>	<b>Delicious NY-style LoCarb Bagels. Flavors: Plain, Whole Wheat, Whole Wheat Everything, Sesame, Everything,, Cinnamon Raisin, Onion. Made with Kosher Ingredients.</b>	<b>6.99</b>
Carb Krunchers Onion Pockets 6 Pk	When is a roll not a roll...when it is a delicious Carb Krunchers Onion Pocket! This rectangular roll is loaded with onion. Not certified Kosher but <b>made with Kosher Ingredients.</b>	6.99
	We think that you will enjoy this latest addition to our Carb Krunchers line. Not certified Kosher but <b>made with Kosher Ingredients.</b>	
Carb Krunchers Hamburger Bun 6 Pk	Delicious locarb hamburger bun. 5.7g net carbs per bun. <b>Made with Kosher Ingredients.</b>	6.99
Carb Krunchers Hot Dog Buns 6 Pk	Delicious locarb hot dog buns. 5.7g net carbs per bun. <b>Made with Kosher Ingredients.</b>	6.99
Snacks For Life SF Cookies	Delicious soft and chewy sugar-free cookies from Snacks For Life. Flavors: Chocolate Chip, Oatmeal or Almond.	2.49 <b>Kosher</b>
Snacks For Life SF Cookies—Case of 12	Save on a case of 12! Assorted case with 3 of each flavor or choose the combination that you would like to have.	26.98 <b>Kosher</b>
Sugar-Free Low Carb Brownies	Delicious brownies from Muffin Delite. Delicious 3 oz. brownie is available in Creamy Fudge Chocolate Chip, Creamy Walnut Chocolate Chip, and Coconut Rum.	2.69 <b>Kosher</b>
Sugar-Free Low Carb Brownies--Case of 12	Save on a case! 3 of each flavor or Assorted. Indicate preferences in comments box at checkout!	29.99 <b>Kosher</b>
Carb Krunchers Breads	Delicious LoCarb breads from New York. Available in Plain Multigrain, Rye Multigrain, and Cinnamon Raisin Multigrain. Please choose appropriate shipping method for your zip code. Not certified Kosher but <b>made with Kosher Ingredients.</b>	

## CRACKERS/CHIPS/SNACKS

GG Bran Crispbread	2g Net Carb GG Scandinavian Bran Crispbread made with 85% unprocessed bran has only 12 calories per slice and is low on the glycemic index. Also low fat. Perfect for any dietary approach! Save when your order 20 or more! Save further on a case of 30!!!	2.55 <b>Kosher</b>
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GG Scandinavian Fiber Sprinkles	Now, you can easily add high fiber to yogurt, breakfast cereals, smoothies, salads and your favorite recipes. GG Sprinkles is packaged for easy access in a 10.6 ounce (300 g) wide-mouthed tub. A serving of 3 tablespoons (30 servings per tub) contains 5g dietary fiber (20% of recommended daily needs) and has only 2 net carbs and 12 calories. It boasts low GI, is Kosher and, has everything that our original product, GG Bran Crispbread crackers, has to offer. For our diabetic customers Sprinkle is a convenient and hassle-free way to add the desired amount of fiber into your low sugar meals.	7.59 <b>Kosher</b>
Judys 4oz. Nut Brittle	Try these delicious Nut Brittles from Judys Candy Company. Coconut Almond and Mixed Nut	4.29
Judys 4oz. Popcorn Nut Brittle	Smaller version of the Mixed Popcorn Brittle Tubes that you have enjoyed so much!	4.29
Irony Mints by Hint Mint	Low carb and sugar free mints from Hint Mint. Hint mints are made without gelatin or animal by-products.	1.99 <b>Kosher</b>

## DRINKS

Ideal Protein Products	<b>Highly-Effective and safe Medical Weight Loss Plan.</b> Please call! Perfect for those on low carb, diabetics and those in need of bariatric products.	<b>CALL!!!</b>
Flavor Shots Coffee Flavorings	Flavor by the pot...not by the pound. You can Flavor your Pot of coffee with Flavor Shot—No Sugar or Fats or Calories or Carbs or Caffeine. Just add one scoop or [2 T] along with your regular or decaf coffee and flavor a single pot of coffee with Flavor Shot. Available in French Vanilla, Bing Cherry.	9.99 <b>NEW!</b>
Baja Bob Margarita Dry Mixes	Refreshing Year Round. Mix with water. Makes one-half gallon. Sweetened with Splenda. Orig. Margarita & Strawberry Daiquiri. Splenda-sweetened drink mix.	4.95
Baja Bob Ready Mix	Fabulous! 33.8 oz. bottle. A shipping surcharge will be applied to large orders shipping to areas other than the East Coast. Original Margarita, Wild strawberry, Loco Lemon Sweet N Sour, Desert Lime, Havana Cabana Mojito, Pina Colada, Tropical Trouble Hurricane Mix.	6.49
Baja Bob Martini Mixes	Delicious Martini Mixes from a brand that you can trust! Baja Bob is famous for delicious Margarita and daiquiri mixes. Available in 4 delicious flavors. Sweetened with sucralose [Splenda]. Expedited shipping not available on this item. A shipping surcharge is in effect to orders shipping to areas beyond the East Coast.	6.49
Big Train Blended Ice Mocha Single	This delicious iced drink with only 2 grams net carbs per 16-ounce drink Big Trains Low Carb Mocha is a rich creamy delight for a controlled carbohydrate diet. No hydrogenated oils! No sugar added!	1.49
Big Train Blended Ice Mocha 5 Pack	This delicious iced drink with only 2 grams net carbs per 16-ounce drink Big Train's Low Carb Mocha is a rich, creamy delight for a controlled carbohydrate diet. 5 single-serve packets per box. No hydrogenated oils! No sugar added!	5.95
BT Blended Ice Mocha Bulk Can	This delicious iced drink with only 2 grams net carbs per 16-ounce drink. Each 1.85 lb. can makes 30 16oz drinks. No hydrogenated oils! No sugar added!	27.95
BT Blended Ice Vanilla Latte Single	This delicious iced drink with only 2 grams net carbs per 16-ounce drink is a rich creamy delight for a controlled carbohydrate diet. No hydrogenated oils! NSA!	1.49
BT Blended Ice Vanilla Latte 5 Pk	Never run out! Have the 5-pack box handy and save!	5.95
BT Blended Ice Van Latte Bulk Can	Each 1.85 lb. can makes 30 16oz drinks.	27.95
BT Blended Ice Caramel Bulk Can	Now you can enjoy Blended Ice Vanilla Latte and save. Each 1.85 lb. can makes 30 16oz drinks. No hydrogenated oils! No sugar added! Just 4g net carbs per serving.	27.95
Big Train Hot Chocolate Single	With only 4 grams of net carbs per 8 oz. drink, it's the rich creamy chocolate treat that works deliciously into your low carb lifestyle. 5 single-serve packets per box.	1.49
Big Train Hot Chocolate 5 Pack	Save on a 5-pack. Convenient for work; always handy! 5 single-serve packets per box.	5.95
Big Train Hot Chocolate Bulk Can	Save on Big Train's yummy hot chocolate when you purchase the mix in large can. Sweetened with Erythritol (all natural) and sucralose.	24.99
BT Low Carb Spiced Chai Single	Big Train's Low Carb Chai contains 4 grams of net carbohydrates per serving and the best part is that it tastes great!	1.29
BT Low Carb Spiced Chai Bulk Bag	SAVE! Try the bulk bag [10 servings] of this great Low Carb Spiced Chai.	7.99
BT Low Carb Spiced Chai Bulk Can	Save on the bulk 2 lb. can! Makes 56 drinks.	22.99
CarbSmart Sugar Free Drinks	Sipper Sweet is now labeled under CarbSmart label. Delicious Sugar Free hot and cold drinks from McStevens. Sweetened with sucralose. Flavors: Lemonade, Hot Cocoa.	4.99

## SYRUPS & TOPPINGS

La Nouba Jam	This is the best lo carb jam on the market! La Nouba spreads contain approx. 1 gram of net carbohydrates per tablespoon. Made with premium fruits it gives all the taste of a full fruit flavored spread with no added preservatives or sugars, colors or additives. Sweetened with maltitol. Strawberry, Blueberry, Raspberry, Apricot, Four Fruit & Cherry.	5.49
La Nouba Hazelnut Spread	La Nouba Chocolate spread has a very unique taste! Contains approximately 0.75 grams NET carbs per TBSP & has a creamy rich chocolate flavor. Contains maltitol. Compare to TWIST.	5.99 <b>NEW!</b>
Walden Farms Strawberry Syrup 12oz	Try this delicious fruit syrup from Walden Farms. Great topping for low carb waffles or pancakes or as a topping for your favorite low carb dessert or ice cream!	4.24 <b>Kosher GF</b>
Walden Farms Sugar Free Jam	Brand new fruit spread from the company that you know well—Walden Farms. Fat- and Sugar-Free and guaranteed delicious!	4.24 <b>Kosher</b>
Walden Farms Sugar Free Apple Butter	Brand new fruit spread from the company that you know well—Walden Farms. Fat- and Sugar-Free and guaranteed delicious! Splenda-sweetened and <b>Kosher!</b>	4.24 <b>Kosher</b>
Josephs Sugar-Free Maple Syrup	Delicious and sugar free syrup from Josephs. Endorsed by National Diabetes Outreach Association. Zero Net Carbs!	4.24 <b>Kosher</b>
Josephs Sugar-Free Maltitol Syrup	Sweeten with this great sugar free syrup from Josephs. Endorsed by National Diabetes Outreach Association. Zero Net Carbs! No flavoring; add your own sugar-free flavorings of your choice.	4.24 <b>Kosher</b>
Walden Farms Pancake Syrup [12 Oz.]	12 ounces of Pancake Syrup Pleasure	4.24 <b>Kosher</b>
Walden Farms Choc Syrup [12 Oz.]	The delicious ZERO CARB chocolate syrup that you have come to enjoy from the makers of Walden Farms.	4.24 <b>Kosher</b>
DaVinci Sugar Free Syrups	Long the leader in sugar-free syrups we have many flavors available. No Calories. No Carbs. Sugar Free. Great Taste. Sweetened with SPLENDA® Brand Sweetener, Davinci Sugar Free Flavored Syrups have the same world class flavor as their Classic Syrups but without the calories. SPLENDA is the only "zero" calorie sweetener made from real sugar and as a result, it tastes more like real sugar. Almond, Coconut, English Toffee, Green Tea with Yerba Matte Concentrate, Hazelnut, Irish Cream, Liquid Splenda Sweetening Syrup, Macadamia, Nut, Spiced Chai Concentrate.	7.99
Big Train Sugar Free Syrups	Try these sugar-free syrups from Big Train. Splenda-Sweetened. 25.4 ounce bottle. Hazelnut & Vanilla.	8.99
Walden Farms Zero Carb Dips	Try these delicious dips on your favorite desserts. SUGAR- and CARB-FREE. 12 oz. jar. Chocolate, Caramel and Marshmallow.	4.24 <b>Kosher</b>

## SAUCES/SOUPS/DRESSINGS

Ideal Protein Products	Delicious low carb soups available by phone only! Call!	<b>CALL!</b>
Garlic Gold 3.75 oz.	100% organic! Approximately 75 servings in our smallest bottle. Enjoy Garlic Gold for pennies a serving.	5.39
Garlic Gold 6.4 oz.	Just spoon it on and turn your meals in to an experience!	7.89
Walden Farms Barbeque Sauce	Summertime is the time for delicious barbecued meals. Zero carbs. Zero sugar. Gluten-Free. Flavors: Original, Thick N Spicy, Honey, or Hickory Smoked.	4.24 <b>Kosher</b>
Walden Farms Marinara Sauce	Zero Carbs and Zero Calories. 15 oz. bottle.	4.24 <b>Kosher</b>
Walden Farms Alfredo Sauce	Zero Carbs and Zero Calories. 15 oz. bottle.	4.24 <b>Kosher</b>
Walden Farms Dressings	No Carbs! Sugar Free! Cholesterol Free! Delicious! Thousand Island, Caesar, Ranch, Honey Dijon, Russian, Italian, Creamy Bacon.	4.24 <b>Kosher</b>
Walden Farms SF Mayo	New Walden Farms Calorie Free MAYO made "The Walden Way" is a delicious alternative to high calorie, high fat mayonnaise which can easily add 400 to 600 calories to a sandwich or tuna fish salad. Smooth and creamy, New Walden Farms MAYO is made with egg whites, lemon juice, white vinegar and other concentrated natural flavors, yet has no calories, fat, carbs, gluten or sugars of any kind. Don't deny yourself the satisfying taste of mayonnaise, enjoy delicious sandwiches, salads and appetizers. Switch and save hundreds, even thousands of calories every time, "The Walden Way."	4.24 <b>Kosher</b>
Walden Farms Dressing Packets	Ready to Serve Dressing Packets. Sugar Free, Zero Carbs. 6 1 oz. packets to a package. Convenient when traveling! Creamy Bacon, Honey Dijon.	4.24 <b>Kosher</b>

## SUPPLEMENTS/DIET AIDS

GG Bran Crispbread	2g Net Carb GG Scandinavian Bran Crispbread made with 85% unprocessed bran has only 12 calories per slice and is low on the glycemic index. Also low fat. Perfect for any dietary approach! Save when your order 20 or more! Save further on a case of 30!!!	2.55 <b>Kosher</b>
GG Scandinavian Fiber Sprinkles	Now, you can easily add high fiber to yogurt, breakfast cereals, smoothies, salads and your favorite recipes. GG Sprinkles is packaged for easy access in a 10.6 ounce (300 g) wide-mouthed tub. A serving of 3 tablespoons (30 servings per tub) contains 5g dietary fiber (20% of recommended daily needs) and has only 2 net carbs and 12 calories. It boasts low GI, is Kosher and, has everything that our original product, GG Bran Crispbread crackers, has to offer. For our diabetic customers Sprinkle is a convenient and hassle-free way to add the desired amount of fiber into your low sugar meals.	7.59 <b>Kosher NEW!</b>
Hoodia 2000 <b>GREAT WEIGHT LOSS AID!</b>	Timed Released South African Hoodia Gordonii. 1,000 mg. per tablet! A Sustained Released tablet it is dissolved in multiple layers up to eight hours. Unlike the other Hoodia products that work for just three hours, the Hoodia 2000TR works all day long to subdue your appetite! Hoodia Gordonii is a well known appetite suppressant.	34.95

## SPECIALS

Check back for current specials from the LoCarbDiner!

## BOOKS/REFERENZES

The Atkins Shopping Guide	All that you must know to stock your pantry with the right foods while avoiding products that are full of sugar and white flour.	7.50
The South Beach Diet	The Delicious doctor-designed foolproof plan for fast and healthy weight loss by Arthur Agatston. Hardcover.	12.95
South Beach Diet Cookbook	The complete and easy reference for all your favorite foods! If this is your 1st time on low carb or if you are returning to it, South Beach is made for people who love to eat [and cook]! More than 200 Recipes, South Beach Diet will change the way you cook and the way that you eat! Suggested price: \$25.95	19.95

Atkins for Life  
Fabulous Lo-Carb Cuisine

An excellent resource book. It is filled with practical advice and tips on how to make your low carbohydrate weight loss a permanent success.  
We are delighted to welcome local author Ruth Glick back to the LoCarbDiner bookshelves after a long absence!! Her recipes have appeared in Family Circle, Weight Watchers as well as Shape and Mademoiselle and the Washington Post Food Section. From shrimp bisque to BBQ ribs her recipes are easy to prepare and a delight to eat!  
If you liked Fast and Easy Vol. 1 you will love this one. Imagine eating Chess Pie for dessert! A low carb classic by BelindaSchweinhardt.  
Help Your Child or Teen Break Free of Junk Food and Sugar Cravings—for Life!

16.95  
12.95  
15.95  
13.95

More Fast & Easy Low Carb Recipes  
Carbohydrate-Addicted Kids

### GIFTS/GIFT BOXES

LoCarbDiner Gift Certificates

*Call if you would like another amount  
or to order in multiples*

The perfect solution when you just cannot find the right gift or you are short on time. Gift Certificates make a perfect gift for friends family as well as for business associates.  
Certificates do not expire but are not transferrable.

10.00 **NEW!**

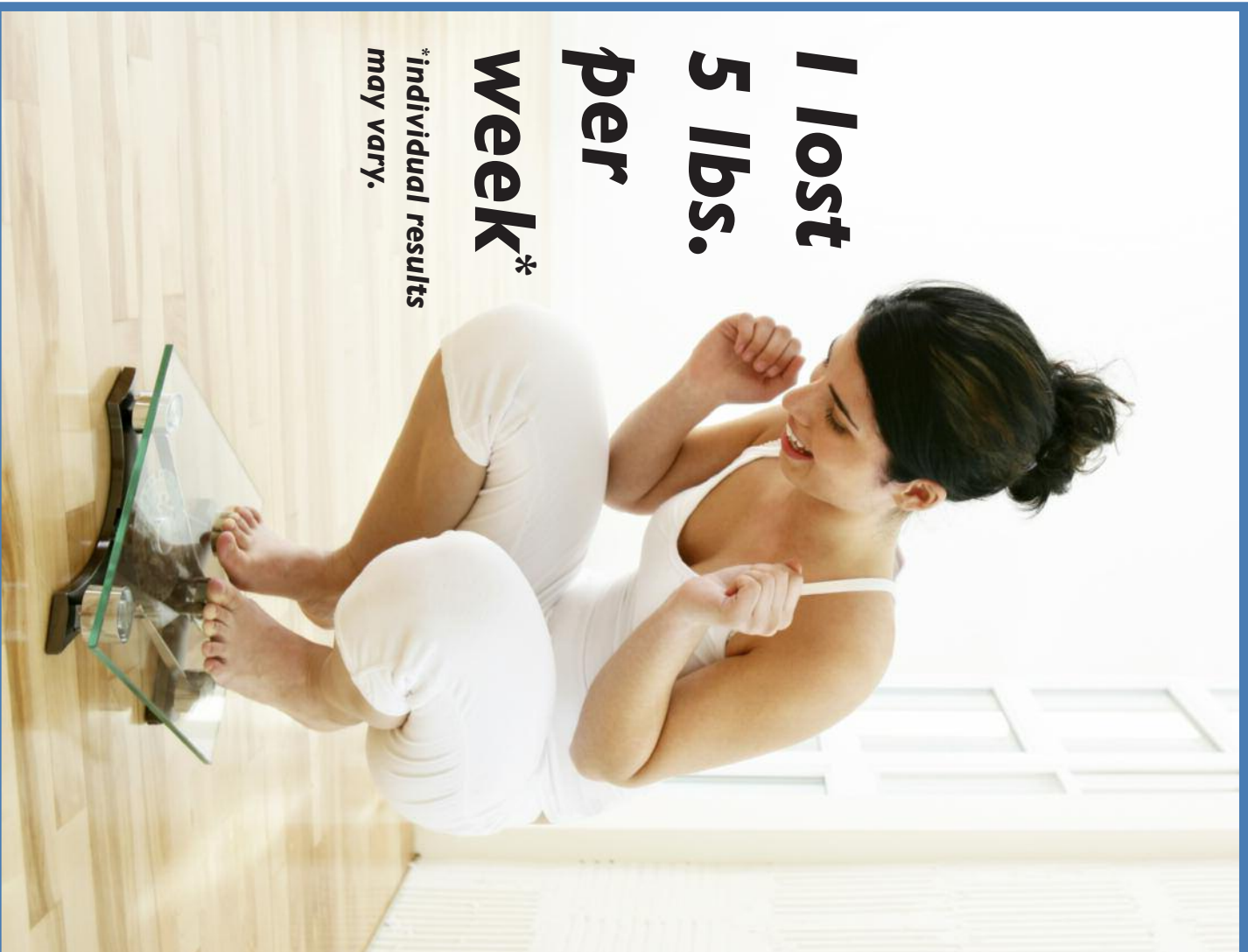
**LEGEND: GF=GLUTEN FREE; WF=WHEAT FREE; BAR=BARIATRIC PRODUCT**

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**TURN ANY OF OUR PRODUCTS INTO A GIFT BOX FOR YOUR FAVORITE PERSON!  
JUST INDICATE IN OUR COMMENTS BOX AT CHECKOUT THAT THE ORDER IS A GIFT.  
WE WILL INCLUDE A HANDSOME 4-COLOR ORIGINAL GIFT CARD WITH THE ORDER.**

## SHIPPING SCHEDULE

<b>MON - FRI 5-6 Days</b>	<b>MON. 4 Days</b>	<b>TUES. 3 Days (incl. 3 Day Select)</b>	<b>WEDS. 2 Days (incl. 2nd Day Air)</b>	<b>THURS. 1 Day (incl. Next Day Air)</b>
Western North Dakota, Montana, Idaho, New Mexico, Utah, Texas — (please check your individual zip codes!), Nevada, Northwest Arizona, Northern California, Oregon, Washington State.	Western Minnesota, Eastern North Dakota, Nebraska, Central and Western Kansas, Oklahoma, Texas — (please check your individual zip codes!), Arizona, Southern California, Western Colorado, Wyoming.	Northern Maine, Southern Georgia, Florida, Alabama, Mississippi, Louisiana, Arkansas, NE Texas, Missouri, Illinois, Iowa, Wisconsin, Minnesota, Eastern Kansas, Eastern Colorado, SE Wyoming.	Maine, New Hampshire, Vermont, Massachusetts, New York State, Connecticut, Western Pennsylvania, West Virginia, North Carolina, South Carolina, Georgia, Ohio, Illinois, Michigan, Indiana, Kentucky, Tennessee.	District of Columbia, Maryland, Virginia - (please check your individual zip codes!), Delaware, Eastern West Virginia, Eastern Pennsylvania, New Jersey, New York City.



**1 lost  
5 lbs.  
per  
week\***

*\*individual results  
may vary.*



- Successful European Weight Loss Method with Long-Lasting Results
- Experience Weight Loss of 3-7 lbs. per Week (individual results may vary)
- Reduce Body Fat while Maintaining Muscle Mass
- Personalized Diet & Nutrition Counseling
- Modified Program Available for Diabetics & Teens

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**1-888-451-4719**

or write: [information@LoCarbDiner.com](mailto:information@LoCarbDiner.com)