



Dear Valued Customer,

Happy New Year to all of you LoCarbers out there! Now that the holidays are over, it's time for us all to take our "New Year Resolutions" seriously and start eating healthily. We have a full line of delicious breads, bagels and buns from Carb Krunchers as well as wraps and pitas from Toufayan Bakery. Limits on all breads have been lifted. You may now order as many as you would like.

We have prepared some new gift selections for your favorite low carb family and friends that are sure to please. Both selections contain Chocolate Dreams and Wishes SF Chocolate Cups. We are the only site on the internet that carries Chocolate Dreams and Wishes Chocolate Cups. Be sure to stock up on these delicious SF chocolates.

Our Perishables Policies remain the same: **WE GUARANTEE NEXT DAY SHIPPING ONLY.** To lessen the possibility of spoilage, please take your breads in as soon as they arrive. Many of our customers have their package shipped to their workplace. Please freeze your breads in freezer wrap or freezer bags

Tracking Numbers: We are now processing shipping labels in advance. Your order will ship in your regular shipping day which may not be the date that the label is created. You will receive a tracking number from us when your label is created. This does not mean that your order has shipped. If the tracking information states: "This message was sent to you at the request of LocarbDiner.com to notify you that the electronic shipment information below has been transmitted to UPS. The physical package(s) may or may not have actually been tendered to UPS for shipment. To verify the actual transit status of your shipment, click on the tracking link below or contact LocarbDiner.com directly." Once the tracking number changes from "Billing Information Received" to actual shipping data, your order has shipped and you will be sent an update from UPS.

Out-of-stocks: If we are out of breads, we will hold your order until the out-of-stocks have come in. THIS IS TEMPORARY!

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. If you wish us to send your back orders later, there will be an additional charge for shipping the additional package to you.

Please continue to follow the posted limits on breads, onion pockets, hamburger and hot dog buns. 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!**

Remember, we only guarantee perishables against spoilage if shipped via UPS Next Day Air. Please do not ask us to replace or credit your account for spoilage.

Our ordering deadline for breads and bagels is 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.

Due to insurance and health reasons we no longer are able ship large orders in heavy oversized boxes; if your order is too large to fit in one box, it will be split into two shipments. Additional shipping charges may apply. As a guideline, we can fit up to 12 breads into 1 box. We are sorry for the inconvenience.

YOUR DELIVERY DATE: 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 form at checkout. We are unable to print out a shipping label without an area code or a valid email address.

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

- We prefer that you place your order on our web site: www.LoCarbDiner.com. 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 until you reach us. 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**. Please consult this schedule if you have ordered breads, brownies or chocolate.
- **PLEASE 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! (Be sure to include the actual order that was emailed to you from the LoCarbDiner, not your credit card receipt! Please 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; please add UPS Quantum View in your email "whitelist."

PLEASE NOTE OUR NEW PHONE NUMBER (BELOW).

Nina and Ruth
www.LoCarbDiner.com
240-595-6504 (office) / 888-451-4719 (toll-free)
information@locarbDiner.com

DEADLINE FOR ORDERS CONTAINING BREAD, BAGELS OR BUNS:
Monday, 8am. We will do our best to try to ship orders that come in after the deadline, but cannot guarantee.
Only Next Day Orders are guaranteed against spoilage and are shipped as late as Thursday if received by Wednesday, 8am.



www.LoCarbDiner.com
 Toll Free: 1-888-451-4719 • Local: 1-240-595-6504
 Email: 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!
 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!

DINER FEATURES!

IDEAL PROTEIN

New Atkins Bake Mix	Enjoy all the baked foods you love, even when you're living low carb. With Atkins All Purpose Baking Mix, you can bake delicious breads, muffins, pancakes, biscuits—even cookies. Contains Wheat gluten, whole grain soy flour, modified wheat starch, unprocessed wheat bran. CONTAINS WHEAT AND SOY. 20g Protein / 1g Sugar / 150 Calories / 5g net carbs	9.79
Almased	Two weeks on Almased can change your life! Lose up to 14 lbs. and reset your metabolism!	33.95
Almased Starter Kit	Save when you buy 3 cans!	96.85
Gluten Relief	From AST Enzymes. Gluten Relief breaks down gluten in wheat, barley and rye, and casein in dairy products. Relieves indigestion, gas, bloating, constipation & diarrhea. 90 veg. capsules.	24.99 NEW!
Serracor-NK	Diabetes, high blood pressure & heart disease have been linked to chronic inflammation. Serracor-NK from AST Enzymes provides Circulatory & Inflammation Support. 300 vegetarian caps.	124.99 NEW!
Floracor-GI	Floracor-GI® is a revolutionary blend of probiotics, prebiotics and enzymes especially formulated to help maintain a proper balance of intestinal microflora, inhibit pathogenic bacteria and prevent the overgrowth of yeast organisms, mainly Candida. 180 vegetarian capsules.	84.98 NEW!
Full Strength Exclzyme	ormulated to support the body's healthy response to inflammation and overall metabolic health. Total body inflammation support, Healthy blood circulation & cleansing, Recovery from muscle soreness, Joint and tendon health. 450 vegetarian capsules.	99.95 NEW!
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.	7.59 Kosher
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. 2 delicious flavors: Chocolate Caramel or Peanut Butter Chocolate.	1.79 BAR 15.29 BOX of 9
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. 2 delicious flavors: Chocolate Caramel or Peanut Butter Chocolate.	1.79 BAR 15.29 BOX of 9
Oh Yeah! Protein Wafer Bars—Single	2 sticks per package. 14 grams of protein per package. These delicious protein-rich wafers are perfect for an "on the go" protein crunch. Keep frozen in the freezer for a delicious snack.	1.62 BAR
OhYeah! Protein Wafer Bars	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, Chocolate Peanut Butter or Chocolate Chocolate.	13.99 BOX

GIFTS and BLUE PLATE SPECIAL!

Chocolate Cup Gift Tin*	Seven Decadently Delicious Chocolate Dreams and Wishes SF cups in assorted flavors. Packed in a festive tin. Perfect for your favorite Low Carbing Family Member or Friend. Personalized card included. *Available exclusively at the LoCarbDiner! Enjoy these beautiful handmade gourmet sugar free chocolate cups. 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. Available in following flavors: DARK CHOCOLATE FLAVORS: Dark Choc, Dark Choc Raspberry, Dark Choc Crunch, Dark Choc Pecan, Dark Choc Coconut. MILK CHOCOLATE FLAVORS: Milk Choc Milk Choc Raspberry, Milk Choc Crunch, Milk Choc Pecan, Milk Choc Coconut.	19.99 NEW!
Assorted Chocolate Gift Tin	Two Absolutely Decadent Chocolate Dreams & Wishes SF Choc Cups, Four Mouth-watering Assorted Ross SF Choc Bars, Two Delightful CHOCOLITE Chocolate Bars, Two Succulent Judy's Vanilla Caramels, One Outstanding Chocolate Travelers Tin (DARK CHOC ONLY) with 16 SF Chocolate Wedges, topped with a Handful of Colorful SF Hard Candies top this delicious Assorted Chocolate Gift Tin for your Sweetheart, Sweet Family Member or BFF. Specify Choc Cup Flavors in Comments Box at Checkout: Dark Chocolate, Dark Choc Coconut, Dark Choc Malt Crunch, Dark Choc Pecan, Dark Choc Raspberry, Milk Choc Coconut, Milk Choc Malt Crunch, Milk Choc Pecan, Milk Choc Raspberry. Personalized card included.	19.99 NEW!
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. PERFECT BIRTHDAY OR HOLIDAY GIFT! STOCK UP; WHEN THEY ARE GONE, THEY ARE GONE	2.99
Chocolate Dreams & Wishes by the Box	Save on a box of 9 delicious cups. Full stock of all flavors available! PERFECT BIRTHDAY OR HOLIDAY GIFT! STOCK UP; WHEN THEY ARE GONE, THEY ARE GONE.	25.99
Decadent Desserts Combo	Save when you buy our combo: 1 Chocolate and 1 Almond Bake Mix. Recipes included in your order. (Cheesecake Mix is no longer available.)	11.89
LoCarbDiner Gift Certificates	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. Call if you would like another amount or to order in multiples	10.00 NEW!

PROTEIN BARS/SHAKES/SNACKS

Ideal Protein Products	Highly-Effective and safe Medical Weight Loss Plan. Please call! Perfect for those on low carb, diabetics and those in need of bariatric products.	CALL!!!
Smarte Carb Protein Bar	Completely delicious and awesomely nutritious with a low glycemic response and 20g of protein. These bars are crispy and absolutely delicious with no trans fats or hydrogenated oils. 3 points on Weight Watchers—2g net [peanut butter] and 3g net [chocolate black cherry].	1.99 BAR 21.99 BX of 12
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. 2 delicious flavors: Chocolate Caramel or Peanut Butter Chocolate.	1.79 BAR 15.29 BOX of 9
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Oh Yeah! Protein Wafer Bars—Single	2 sticks per package. 14 grams of protein per package. These delicious protein-rich wafers are perfect for an "on the go" protein crunch. Keep frozen in the freezer for a delicious snack.	1.62 BAR
OhYeah! Protein Wafer Bars	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, Chocilte Peanut Butter or Chocolate Chocolate.	13.99 BOX

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.

Carb Krunchers Breads	Delicious LoCarb breads from New York. Available in Plain, Rye and Cinnamon Raisin. Order 4 or more and save!	6.99 Kosher
Carb Krunchers Bagels	Delicious LoCarb bagels from New York. Available in Plain, Everything, Cinnamon Raisin, Sesame, Onion and Cinnamon Raisin. Order 4 or more and save!	6.99 Kosher
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.	6.99 Kosher
Carb Krunchers Hamburger Buns 6 Pk	Delicious locarb hamburger buns. 5.7g net carbs per bun.	6.99 Kosher
Carb Krunchers Hot Dog buns 6 Pk	Delicious locarb hot dog buns. 5.7g net carbs per bun.	
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 Kosher
Toufayan Bakeries Large Wraps	Delicious low carb wraps from Toufayan Bakeries. 7 net carbs per full pita. 5 pieces per pack.	3.99 Kosher

CEREALS/PANCAKES/PASTAS

Ideal Protein Products	Highly-Effective and safe Medical Weight Loss Plan. Please call! Perfect for those on low carb, diabetics and those in need of bariatric products.	CALL!!!
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

BAKING/COOKING

Carbalose Flour-3# Foil Pouch	Low Carb Protein Flour by Tova Industries for your low carb baking. Unlike CarbQuik, which has added ingredients (leavening, salt, oil, etc.) Carbalose Flour can be used in your favorite recipes as a flour replacement.	14.49
New Atkins Bake Mix	Enjoy all the baked foods you love, even when you're living low carb. With Atkins All Purpose Baking Mix, you can bake delicious breads, muffins, pancakes, biscuits—even cookies. Contains Wheat gluten, whole grain soy flour, modified wheat starch, unprocessed wheat bran. CONTAINS WHEAT AND SOY. 20g Protein / 1g Sugar / 150 Calories / 5g net carbs	9.79
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 NEW!
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 NEW!
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 NEW!
Carbquik Bake Mix—3 lb. Box	Save on the most popular bake mix in the low carb industry!	16.99
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
Decadent Desserts 6oz Bake Mix	Single-serving [6oz.] can of Decadent Desserts Bake mix. Sugar-free. Sweetened with xylitol. O-U Kosher Certified. Available in Almond and Chocolate.	6.99 Kosher GF
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 Kosher
Perfect Sweet Sweetener [Xylitol] 2#	Perfect for travel and for trying out the product before buying the larger 16 or 32 oz sizes.	16.97 Kosher

MEALTIME FOODS

Ideal Protein Products

Highly-Effective and safe Medical Weight Loss Plan. Please call! Perfect for those on low carb, diabetics and those in need of bariatric products.

CALL!!!

CHOCOLATE SWEET TREATS

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 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 are zero (0) on the Glycemic Index. DARK CHOCOLATE FLAVORS: Dark Chocolate, Dark Chocolate Raspberry, Dark Chocolate Crunch, Dark Chocolate Pecan, Dark Chocolate Coconut. MILK CHOCOLATE FLAVORS: Milk Chocolate Milk Chocolate Raspberry, Milk Chocolate Crunch, Milk Chocolate Pecan, Milk Chocolate Coconut. PERFECT BIRTHDAY OR HOLIDAY GIFT!	2.99
STOCK UP; WHEN THEY ARE GONE, THEY ARE GONE		
Chocolate Dreams & Wishes by the Box	Save on a box of 9 delicious cups. PERFECT BIRTHDAY OR HOLIDAY GIFT! STOCK UP; WHEN THEY ARE GONE, THEY ARE GONE.	25.99
Chocolate Cup Gift Tin*	Seven Decadently Delicious Chocolate Dreams and Wishes SF cups in assorted flavors. Packed in a festive tin. Perfect for your favorite Low Carbing Family Member or Friend. Personalized card included. *Available exclusively at the LoCarbDiner! Enjoy these beautiful handmade gourmet sugar free chocolate cups. 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. Available in following flavors: DARK CHOCOLATE FLAVORS: Dark Choc, Dark Choc Raspberry, Dark Choc Crunch, Dark Choc Pecan, Dark Choc Coconut. MILK CHOCOLATE FLAVORS: Milk Choc Milk Choc Raspberry, Milk Choc Crunch, Milk Choc Pecan, Milk Choc Coconut.	19.99 NEW!
Assorted Chocolate Gift Tin	Two Absolutely Decadent Chocolate Dreams & Wishes SF Choc Cups, Four Mouth-watering Assorted Ross SF Choc Bars, Two Delightful CHOCOLITE Chocolate Bars, Two Succulent Judy's Vanilla Caramels, One Outstanding Chocolate Travelers Tin (DARK CHOC ONLY) with 16 SF Chocolate Wedges, topped with a Handful of Colorful SF Hard Candies top this delicious Assorted Chocolate Gift Tin for your Sweetheart, Sweet Family Member or BFF. Specify Choc Cup Flavors in Comments Box at Checkout: Dark Chocolate, Dark Choc Coconut, Dark Choc Malt Crunch, Dark Choc Pecan, Dark Choc Raspberry, Milk Choc Coconut, Milk Choc Malt Crunch, Milk Choc Pecan, Milk Choc Raspberry. Personalized card included.	19.99 NEW!
Smarte Carb Protein Bar	Completely delicious and awesomely nutritious with a low glycemic response with 20g of protein. These bars are crispy and absolutely delicious with no trans fats or hydrogenated oils. 3 points on Weight Watchers—2g net [peanut butter] and 3g net [chocolate black cherry].	1.99 BAR 21.99 BX of 12
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
Ross Chocolate Bars	Each delicious 1.2 oz. Bar is made from rich Belgian chocolate. You will surely enjoy this bar! Dairy Free. Kosher Certified. Dark Chocolate, White Chocolate, Dark Chocolate Almond, Milk Chocolate, and Milk Chocolate Almond.	1.77 Kosher
Ross Chocolate Bars—BOX	Delicious Belgian Chocolate bars from Ross Chocolates! Enjoy our special pricing on full boxes of 12 bars. Kosher Certified!	19.99 Kosher
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

READY-BAKED GOODIES

Carb Krunchers Breads	Delicious LoCarb breads from New York. Available in Plain, Rye and Cinnamon Raisin. Order 4 or more and save!	6.99 Kosher
Carb Krunchers Bagels	Delicious LoCarb bagels from New York. Available in Plain, Everything, Cinnamon Raisin, Sesame, Onion and Cinnamon Raisin. Order 4 or more and save!	6.99 Kosher
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.	6.99 Kosher
Carb Krunchers Hamburger Buns 6 Pk	Delicious locarb hamburger buns. 5.7g net carbs per bun.	6.99 Kosher
Carb Krunchers Hot Dog buns 6 Pk	Delicious locarb hot dog buns. 5.7g net carbs per bun.	
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 Kosher
Toufayan Bakeries Large Wraps	Delicious low carb wraps from Toufayan Bakeries. 7 net carbs per full pita. 5 pieces per pack.	3.99 Kosher
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.	2.69 Kosher
Sugar-Free Low Carb Brownies—Case of 12	Save on a case! 6 of each flavor or let us know how you would like us to divide up your order. Indicate preferences in comments box at checkout!	29.99 Kosher

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 you order 20 or more! Save further on a case of 30!!!	2.55 Kosher
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 Kosher

DRINKS

Ideal Protein Products	Highly-Effective and safe Medical Weight Loss Plan. Please call! Perfect for those on low carb, diabetics and those in need of bariatric products.	CALL!!!
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 NEW!
Baja Bob Margarita Dry Mixes	Refreshing Year Round. Mix with water. Makes one-half gallon. Orig. Margarita & Strawberry Daiquiri. Splenda-sweetened drink mix.	4.95

**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 FREE OF CHARGE!**

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, Havana Cabana Mojito, Pina Colada.	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 Splenda.	6.49
Big Train Blended Ice Mocha Single	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. 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
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

SYRUPS & TOPPING

La Nouba Jam	This is the best low 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. Four Fruit, Strawberry, Blueberry, Raspberry, Apricot, Orange Marmalade & Cherry. Temporarily out of stock. 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.	5.49
La Nouba Hazelnut Spread	Sweetened with organic Agave, Steels delicious pie fillings are great as toppings or as a delicious "no sugar added" pie filling. Flavors: Blueberry, Apple, Peach and Cherry. 24 oz. jar.	9.59
Steels Gourmet Pie Fillings	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!	4.59 <i>Kosher</i>
Walden Farms Strawberry Syrup 12oz		GF
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! Grape, Blueberry/Strawberry, Raspberry, Apricot, Orange Marmalade.	4.59 <i>Kosher</i>
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 Kosher!	4.59 <i>Kosher</i>
Josephs Sugar-Free Maple Syrup	Delicious and sugar free syrup from Josephs. Endorsed by National Diabetes Outreach Association. Zero Net Carbs!	4.59 <i>Kosher</i>
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.	4.59 <i>Kosher</i>
Walden Farms Pancake Syrup [12 Oz.]	12 ounces of Pancake Syrup Pleasure.	4.59 <i>Kosher</i>
Walden Farms Choc Syrup [12 Oz.]	The delicious ZERO CARB chocolate syrup that you have come to enjoy from the makers of Walden Farms.	4.59 <i>Kosher</i>
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.	7.99
Walden Farms Zero Carb Dips	Try these delicious dips on your favorite desserts. SUGAR- and CARB-FREE. 12 oz. jar. Chocolate, Caramel and Marshmallow.	4.59 <i>Kosher</i>

SAUCES/SOUPS/DRESSINGS

Ideal Protein Products	Delicious low carb soups available by phone only! Call!	CALL!
Garlic Gold 6.4 oz.	100% organic! Enjoy Garlic Gold for pennies a serving. Just spoon it on and turn your meals in to an experience!	7.89
Steels Gourmet All Natural Ketchup	Sweetened with natural agave, each	
Steels Gourmet All Natural Teriyaki Sauce	Put "great taste" back into your meal with Steels Gourmet All Natural Teriyaki Sauce. Just 2.5 net carbs per serving (1 tsp.) Steels All Natural Teriyaki Sauce is Gluten Free	5.99 GF
Steels Gourmet All Natural Hoisin Sauce	Steels is back with all natural products sweetened with agave. Each 2 Tbsp. serving (30g) is only 5 net carbs and is "Gluten-Free!" 13.5 ounce bottle is a great value.	5.99 GF
Steels Gourmet Sesame Ginger Salad Dressing & Marinade	Naturally sweetened with organic Agave. Contains "wheat-free soy sauce, fresh ginger puree, garlic, onion, sesame seeds. Each serving (2 Tbsp.) is just 2g net carbs and is gluten free.	5.99 GF
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.	4.59 <i>Kosher</i>
Walden Farms Marinara Sauce	Zero Carbs and Zero Calories. 15 oz. bottle.	4.59 <i>Kosher</i>
Walden Farms Alfredo Sauce	Zero Carbs and Zero Calories. 15 oz. bottle.	4.59 <i>Kosher</i>
Walden Farms Dressings	No Carbs! Sugar Free! Cholesterol Free! Delicious! Thousand Island, Caesar, Honey Dijon, Italian, Creamy Bacon.	4.59 <i>Kosher</i>
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, Ranch.	4.24 <i>Kosher</i>

SUPPLEMENTS/DIET AIDS

Almased	Two weeks on Almased can change your life! Lose up to 14 lbs. and reset your metabolism!	33.95
Almased Starter Kit	Save when you buy 3 cans!	96.85
Gluten Relief	From AST Enzymes. Gluten Relief breaks down gluten in wheat, barley and rye, and casein in dairy products. Relieves indigestion, gas, bloating, constipation & diarrhea. 90 veg. capsules.	24.99 <i>NEW!</i>
Serracor-NK	Diabetes, high blood pressure & heart disease have been linked to chronic inflammation. Serracor-NK from AST Enzymes provides Circulatory & Inflammation Support. 300 vegetarian caps.	124.99 <i>NEW!</i>
Floracor-GI	Floracor-GI® is a revolutionary blend of probiotics, prebiotics and enzymes especially formulated to help maintain a proper balance of intestinal microflora, inhibit pathogenic bacteria and prevent the overgrowth of yeast organisms, mainly Candida. 180 vegetarian capsules.	84.98 <i>NEW!</i>
Full Strength Exolzyme	ormulated to support the body's healthy response to inflammation and overall metabolic health. Total body inflammation support, Healthy blood circulation & cleansing, Recovery from muscle soreness, Joint and tendon health. 450 vegetarian capsules.	99.95 <i>NEW!</i>
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.	2.55 <i>Kosher</i>
GG Scandinavian Fiber Sprinkles	Perfect for any dietary approach! Save when your order 20 or more! Save further on a case of 30!!! TEMPORARILY OUT OF STOCK	
	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.	7.59 <i>Kosher</i>
	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.	<i>NEW!</i>
Hoodia 2000	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

GREAT WEIGHT LOSS AID!

BOOKS/REFERENCES

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	An excellent resource book. It is filled with practical advice and tips on how to make your low carbohydrate weight loss a permanent success.	16.95
Fabulous Lo-Carb Cuisine	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!	12.95
More Fast & Easy Low Carb Recipes	If you liked Fast and Easy Vol. 1 you will love this one. Imagine eating Chess Pie for dessert! A low carb classic by Belinda Schweinhart.	15.95
Carbohydrate-Addicted Kids	Help Your Child or Teen Break Free of Junk Food and Sugar Cravings—for Life!	13.95

GIFTS/GIFT BOXES

LoCarbDiner Gift Certificates	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. Call if you would like another amount or to order in multiples	10.00 <i>NEW!</i>
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Chocolate Cup Gift Tin*

Seven Decadently Delicious Chocolate Dreams and Wishes SF cups in assorted flavors. Packed in a festive tin. Perfect for your favorite Low Carb Family Member or Friend. Personalized card included. *Available exclusively at the LoCarbDiner! Enjoy these beautiful handmade gourmet sugar free chocolate cups. 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. Available in following flavors: DARK CHOCOLATE FLAVORS: Dark Choc, Dark Choc Raspberry, Dark Choc Crunch, Dark Choc Pecan, Dark Choc Coconut. MILK CHOCOLATE FLAVORS: Milk Choc Milk Choc Raspberry, Milk Choc Crunch, Milk Choc Pecan, Milk Choc Coconut.

19.99 **NEW!**

Assorted Chocolate Gift Tin

Two Absolutely Decadent Chocolate Dreams & Wishes SF Choc Cups, Four Mouth-watering Assorted Ross SF Choc Bars, Two Delightful CHOCOLITE Chocolate Bars, Two Succulent Judy's Vanilla Caramels, One Outstanding Chocolate Travelers Tin (DARK CHOC ONLY) with 16 SF Chocolate Wedges, topped with a Handful of Colorful SF Hard Candies top this delicious Assorted Chocolate Gift Tin for your Sweetheart, Sweet Family Member or BFF. Specify Choc Cup Flavors in Comments Box at Checkout: Dark Chocolate, Dark Choc Coconut, Dark Choc Malt Crunch, Dark Choc Pecan, Dark Choc Raspberry, Milk Choc Coconut, Milk Choc Malt Crunch, Milk Choc Pecan, Milk Choc Raspberry. Personalized card included.

19.99 **NEW!**

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

This list is provided for informational purposes only. We are not responsible for printing, typographical errors or information on our site or on our Product List. If you have questions, please call or email us. -A3

LOCARBDINER SHIPPING SCHEDULE

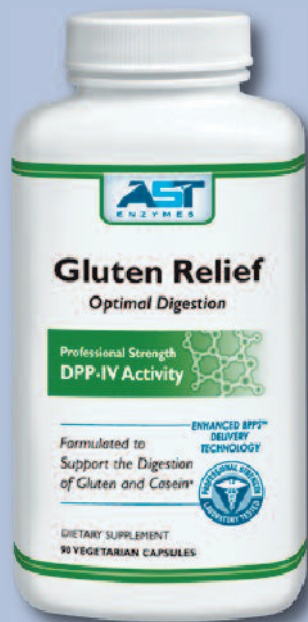
MON - FRI 5-6 Days	MON. 4 Days	TUES. 3 Days (incl. 3 Day Select)	WEDS. 2 Days (incl. 2nd Day Air)	THURS. 1 Day (incl. Next Day Air)
Western North Dakota, Montana, Idaho, New Mexico, Utah, Texas — (please check your individual zip codes!), Nevada, Northwest Arizona, Northern California, Oregon, Washington 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.

NO MATTER WHAT TIME OF YEAR WE ONLY GUARANTEE PERISHABLE SHIPMENTS SHIPPED BY NEXT DAY AIR.

**IF YOU ARE ORDERING BAGELS,
PLEASE CHOOSE EXPEDITED SHIPPING.**

THERE ARE NO EXCEPTIONS.

PLEASE DO NOT ASK US TO DO OTHERWISE.



Having Trouble Finding Sugar-Free, Gluten-Free Products?

GLUTEN RELIEF . . .

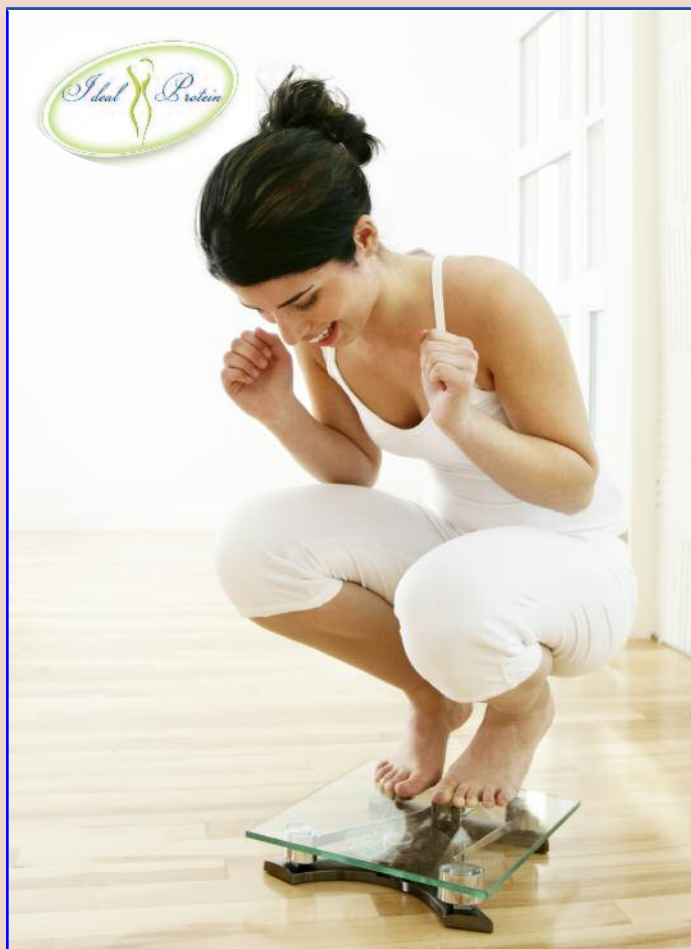
Broadens the Foods that You Can Enjoy **EVEN** if you have Gluten Sensitivities!

GLUTEN RELIEF . . .

- breaks down gluten in wheat, barley and rye, and casein in dairy products
- relieves indigestion, gas, bloating, constipation & diarrhea
- 90 vegetarian capsules
- \$24.99 (reg. \$29.99)

Sharon Nobles Lost 75 Pounds!*

**individual results may vary.*



IDEAL PROTEIN WEIGHT LOSS METHOD

- 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
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