

Name:

Phone #:

Email Address:

Start Diet On:

Order _____ Servings from Sections 1-6

SECTION 1: Breakfast

Item	Servings	Order #	Price	Item	Servings	Order #	Price
Oatmeal - Apple n Cinnamon	5		\$6.75	Cereal - Cinnamon Toast Crunch	1		\$3.50
Oatmeal - Maple n' Brown Sugar	5		\$6.75	Cereal - Dark Chocolate	1		\$3.50
				Cereal - Fruity Flavor	1		\$3.50
Pancakes - Golden Delicious	7		\$9.50	Cereal - Chocolate Peanut Butter	1		\$3.50
Southwest Egg Scramble	7		\$14.00	Protein Pastry - Chocolate Cake (20g)	1		\$4.00
Cheddar & Bacon Egg Scramble	7		\$14.00	Protein Pastry - Birthday Cake (20g)	1		\$4.00
				Protein Pastry - Strawberry (20g)	1		\$4.00
Cereal Bar - Chocolate Peanut Butter	1		\$3.50	Protein Pastry - Blueberry (20g)	1		\$4.00
Cereal Bar - Double Chocolate	1		\$3.50	Protein Pastry - Brown Sugar (20g)	1		\$4.00
Cereal Bar - Marshmallow	1		\$3.50	Protein Pastry - Cherry Crumble (20g)	1		\$4.00
Cereal Bar - Blueberry Muffin	1		\$3.50	Protein Pastry - Smores (20g)	1		\$4.00
				Protein Sweet Roll - Cinnamon (20g)	1		\$4.00
				Protein Sweet Roll - Chocolate (20g)	1		\$4.00
				Protein Sweet Roll - Wild Berry (20g)	1		\$4.00
				Protein Sweet Roll - Caramel Sticky Bun (20g)	1		\$4.00

SECTION 2: Lunch

Item	Servings	Order #	Price	Item	Servings	Order #	Price
Soup - Beef Bouillon	7		\$15.25	Light Entrée- Alfredo Chicken Pasta	7		\$15.25
Soup - Chicken Bouillon	7		\$15.25				
Soup - Beef with Pasta	7		\$15.25	Vegetarian Chili w/Beans	7		\$10.75
Soup - Cream of Tomato	7		\$15.25				
Soup - Cream of Chicken	7		\$15.25	Mashed Potatoes- Garlic	7		\$15.25
Soup - Homestyle Chicken with Noodles	7		\$9.50	Mashed Potatoes- Sour Cream & Chives	7		\$15.25
				Mashed Potatoes- Bacon Cheddar	7		\$15.25

SECTION 3: Dinner

Item	Servings	Order #	Price	Item	Servings	Order #	Price
Vegetarian Sloppy Joe	7		\$10.75	Pasta - Cheesesteak Pasta	7		\$10.75
				Pasta - Macaroni & Cheese	3		\$7.25
				Pasta - Nacho Cheese	7		\$10.75
				Pasta - Fettucini Alfredo	3		\$7.25
Entrée - Vegetable Stew w/ Beef	1		\$8.25	Jerky 2.5 oz- Chipotle Cracked Pepper (25g)	1		\$8.40
Entrée - Turkey Chili w/ Beans (20g)	1		\$8.25	Jerky 2.5 oz- Original Beef (25g)	1		\$8.40
Entrée - Rotini Chicken Alfredo	1		\$8.25	Jerky 2.5 oz- Turkey Teriyaki (25g)	1		\$8.40
Entrée - Chicken Pasta Parmesan	1		\$8.25	Jerky 2.5 oz- Chicken Honey BBQ (25g)	1		\$8.40
				Jerky 2.5 oz- Chicken Korean BBQ (25g)	1		\$8.40
				Jerky 2.5 oz- Asian Style Teriyaki (25g)	1		\$8.40
Creamy Chicken Flavored Rice	7		\$12.75				
Zesty Taco Rice	7		\$12.75				

SECTION 4: Snacks- Drinks/Gelatin

Item	Servings	Order #	Price
Smoothie - Strawberry Crème	7		\$10.50
Shake/Pudding - Chocolate	7		\$10.50
Shake/Pudding - Chocolate Mint	7		\$10.50
Shake/Pudding - Dark Chocolate	7		\$10.50
Shake/Pudding - Mocha	7		\$10.50
Shake/Pudding - Vanilla	7		\$10.50
Shake/Pudding -Chocolate Hazelnut	7		\$10.50
Variety Shake/Pudding/Smoothie:	7		\$10.50
** items included: Chocolate, Mint, Dark Choco, Vanilla, Mocha, Strawberry			
Shake/Pudding - Chocolate Peanut Butter	7		\$15.25
Hot Drink - Mint Hot Chocolate	7		\$12.50
Hot Drink - Cappuccino	7		\$15.25
Hot Drink - Vanilla Cappuccino	7		\$15.25
Hot Drink - Hot Chocolate	7		\$15.25
Hot Drink - Hot Chocolate w/ mellow	7		\$15.25

Cold Drink - Wildberry	7		\$12.50
Cold Drink - Peach Mango	7		\$15.25
Cold Drink - Cran Grape	7		\$15.25
Cold Drink - Pineapple Orange	7		\$15.25
Cold Drink - Lemon Razzy	7		\$15.25

Gelatin - Raspberry	7		\$15.25
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Protein20 - Cherry**	1		\$4.00
Protein20 - Mixed Berry**	1		\$4.00
Protein20 - Tropical Coconut**	1		\$4.00
Protein20 - Dragonfruit Blackberry**	1		\$4.00
Protein20 - Strawberry Banana	1		\$4.00
Protein20 - Strawberry Watermelon**	1		\$4.00
Protein20 - Orange Mango**	1		\$4.00
Protein20 - Peach Mango**	1		\$4.00
**Items include no artificial sweetners			

Item	Servings	Order #	Price
Nectar - Cappuccino (23g)	1		\$2.50
Nectar - Carribbean Cooler (23g)	1		\$2.50
Nectar - Chocolate Truffle (23g)	1		\$2.50
Nectar - Crystal Sky (23g)	1		\$2.50
Nectar - Double Stuffed Cookie (23g)	1		\$2.50
Nectar - Fuzzy Navel (23g)	1		\$2.50
Nectar - Lemon Tea (23g)	1		\$2.50
Nectar - Roadside Lemonade (23g)	1		\$2.50
Nectar - Strawberry Kiwi (23g)	1		\$2.50
Nectar - Strawberry Mousse (23g)	1		\$2.50
Nectar - Twisted Cherry (23g)	1		\$2.50
Nectar - Vanilla Bean Torte (23g)	1		\$2.50
Nectar - Wild Grape (23g)	1		\$2.50
Nectar - Tangy Mango (23g)	1		\$2.50
Isopure - 16oz Apple Melon (32g)	1		\$7.10
Isopure - 16oz Blue Raspberry (32g)	1		\$7.10
Isopure - 16oz Alpine Punch (32g)	1		\$7.10
Isopure - 16oz Lemonade (32g)	1		\$7.10

Core Power - Chocolate (26g)	1		\$4.25
Core Power - Vanilla (26g)	1		\$4.25
Core Power - Strawberry Banana (26g)	1		\$4.25
Core Power - Elite Vanilla (42g)	1		\$4.75
Core Power - Elite Chocolate (42g)	1		\$4.75
Core Power - Elite Strawberry (42g)	1		\$4.75
Unjury RTD- Chocolate (20g)	1		\$3.00
Unjury RTD- Vanilla (20g)	1		\$3.00
Quest RTD- Salted Caramel (30g)	1		\$4.00

*** ORDER 7 ADDITIONAL SERVINGS FROM THIS SECTION FOR THE DAY BEFORE SURGERY***

The Day Before Is Liquids Only

SECTION 5: Snacks- Sweet/Salty

Item	Servings	Order #	Price	Item	Servings	Order #	Price
Pretzels - Original Twists	1		\$1.75	Soy Puffs - Peanut Soy Snacks (15g)	7		\$16.25
Double Bites - Cheddar Cheese	1		\$1.75	Soy Puffs - Chocolate Covered	7	1	\$16.25
Double Bites - Honey Mustard	1		\$1.75	Soy Puffs - Berry Coated	7		\$16.25
Tasty Bites - Party Mix	1		\$1.75				
Tasty Bites - Pizza	1		\$1.75	Roasted Beans - Garlic & Onion	1		\$2.50
Proti BBQ Chips	1		\$2.50	Roasted Beans - Sea Salt	1		\$2.50
Proti Dill Pickle Chips	1		\$2.50	Roasted Beans - Sriracha	1		\$2.50
Proti Salt and Vinegar Chips	1		\$2.50	Roasted Beans - Wasabi	1		\$2.00
				Roasted Beans - Zesty Ranch	1		\$2.50
Quest Chips - Nacho Cheese Tortilla (18g)	1		\$3.75	Roasted Beans- Sweet Cinnamon	1		\$2.50
Quest Chips - Ranch Tortilla (19g)	1		\$3.75	Roasted Beans-Sweet Onion/Mustard	1		\$2.50
Quest Chips - Loaded Taco Tortilla (19g)	1		\$3.75	Roasted Beans-Mesquite BBQ	1		\$2.50
Quest Chips - Chili Lime Tortilla (20g)	1		\$3.75	Roasted Beans-Buffalo	1		\$2.00
Quest Chips - Cheddar and Sour Cream	1		\$3.75				
Quest Chips - Sour Cream and Onion	1		\$3.75				
Quest Cheddar Crackers	1		\$2.99	Jerky 1.25 oz- Chipotle Cracked Pepper (15g)	1		\$5.00
				Jerky 1.25 oz- Beef Original (15g)	1		\$5.00
Pizza Popped Chips (20g)	1		\$4.00	Jerky 1.25 oz- Turkey Teriyaki (15g)	1		\$5.00
BBQ Popped Chips (20g)	1		\$4.00	Jerky 1.25 oz- Chicken Honey BBQ (15g)	1		\$5.00
Ranch Popped Chips (20g)	1		\$4.00	Jerky 1.25 oz- Asian Style Teriyaki (15g)	1		\$5.00
Nacho Popped Chips (20g)	1		\$4.00				
Jalapeno Cheddar Popped Chips (20g)	1		\$4.00	Jerky Stick - Turkey Pepperoni	1		\$2.65
				Jerky Stick - Beef Original	1		\$2.65
				Jerky Stick - Chicken Honey BBQ Stick	1		\$2.65
Salt and Vinegar Zippers	7		\$15.00	Jerky Stick - Beef and Pork Jalapeno	1		\$2.65
Tangy Tomato Zippers	7		\$15.00	Jerky Stick - Buffalo Chicken with Pepperjack	1		\$2.65
				Jerky Stick - Italian Pepperjack Cheese	1		\$2.65

SECTION 6: Snacks- Bars/Wafers

Item	Servings	Order #	Price	Item	Servings	Order #	Price
Crispy - Cinnamon	7		\$17.75	Quest - Blueberry Muffin (20g)	1		\$4.00
Crispy - Double Berry	7		\$17.75	Quest - Caramel Chocolate Chunk (20g)	1		\$4.00
Crispy - Fudge Graham	7		\$17.75	Quest - Chocolate Brownie (20g)	1		\$4.00
Crispy - Dark Chocolate S'more	7		\$17.75	Quest - Choc Chip Cookie Dough (21g)	1		\$4.00
Crispy - Peppermint Cocoa Crunch	7		\$17.75	Quest - Double Chocolate Chunk (20g)	1		\$4.00
Crispy - Chocolate Almond	7		\$17.75	Quest - Lemon Cake (20g)	1		\$4.00
Crispy - Caramel Cocoa	7		\$17.75	Quest - Oatmeal Chocolate Chip (20g)	1		\$4.00
Crispy - Vanilla Caramel Crunch	7		\$17.75	Quest - White Choc Raspberry (20g)	1		\$4.00
Crispy- Peanut Butter Cup Bar	7		\$15.00	Quest - Chocolate Peanut Butter	1		\$4.00
Crispy - Berry Fluffy Bars	7		\$15.00	Quest - Smore (21g)	1		\$4.00
Crispy - Fluffy Nutter	7		\$15.00	Quest - Chocolate Mint (20g)	1		\$4.00
Crispy - Salted Toffee Pretzel Peanut	7		\$15.00	Quest - Apple Pie	1		\$4.00
Crispy - Remix Vanilla-Choco	7		\$15.00	Quest Hero Bar- Blueberry Cobbler	1		\$4.00
Crispy - Fluffy Lemon	7		\$15.00	Quest Hero Bar - Chocolate Caramel Pecan	1		\$4.00
Crispy - Coconut Bars	7		\$15.00	Quest Hero Bar - Chocolate Peanut Butter (18g)	1		\$4.00
Wafers- Chocolate	5		\$15.25	Built Bar- Brownie Batter (17g)	1		\$4.00
Wafers- Lemon	5		\$15.25	Built Bar - Churro (17g)	1		\$4.00
Wafers- Mocha	5		\$15.25	Built Bar - Mint Chip (17g)	1		\$4.00
Wafers- Raspberry	5		\$15.25	Built Bar - Salted Caramel (17g)	1		\$4.00
Wafers- Vanilla	5		\$15.25	Built Bar - Cookie Dough	1		\$4.00
				Built Bar - Coconut (17g)	1		\$4.00

SECTION 7: Protein Powder Tubs

Item	Servings	Order #	Price	Item	Servings	Order #	Price
Nectar Natural - Fruit Punch (23g)	28		\$46.50	Unjury - Chocolate (21g)	15		\$30.95
Nectar Natural - Orange (23g)	28		\$46.50	Unjury - Vanilla (21g)	15		\$30.95
Nectar Natural - Vanilla (23g)	28		\$46.50	Unjury - Strawberry Sorbet (21g)	17		\$30.95
Nectar - Cappuccino (23g)	32		\$44.50	Unjury - Chicken Soup (21g)	16		\$36.15
Nectar - Chocolate Truffle (23g)	32		\$44.50	Unjury - Unflavored (21g)	15		\$30.95
Nectar - Double Stuffed Cookie (23g)	32		\$44.50	**Unjury Planted - True Chocolate (20g)	20		\$37.50
Nectar - Strawberry Mousse (23g)	32		\$44.50	**Unjury Planted - Unflavored (20g)	20		\$37.50
Nectar - Vanilla Bean Torte (23g)	32		\$44.50	(**Plant based protein powder)			
Nectar - Roadside Lemonade (23g)	32		\$44.50	**Protein Seasoning - Cashew Parmesan	5		\$8.99
Nectar - Twisted Cherry (23g)	32		\$44.50	**Protein Seasoning - Pink Salt and Pepper	5		\$8.99
Nectar - Fuzzy Navel (23g)	32		\$44.50	**Protein Seasoning - Herby Jalapeno	5		\$8.99
Peanut Butter - PB2 Regular	15		\$7.00	**Protein Seasoning - Superfood Topper	5		\$8.99
Peanut Butter - PB2 Chocolate	15		\$7.00	(**Plant Based Protein)			

SECTION 8: Vitamins

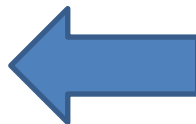
Item	Quantity	Order #	Price	Item	Quantity	Order #	Price
Multivitamin (soft chew) - Straw Watermelon	60		\$38.50	Calcium 500 mg Soft Chew - Caramel	90		\$43.00

Multivitamin (soft chew) - Dark Cherry	60		\$38.50
Multivitamin (soft chew) - Tropical Orange	60		\$38.50
Multivitamin (soft chew) - Black Grape	60		\$38.50
Multivitamin (soft chew) - Assorted Fruits	60		\$41.00
Multivitamin (caps) - Ultra Solo with Iron	30		\$31.00
Multivitamin (caps) - Ultra Solo with Iron	90		\$85.00
Multivitamin (caps)- Ultra Solo without Iron	30		\$29.00
Multivitamin (caps)- Ultra Solo without Iron	90		\$78.00
VITAMIN 3 PACK	1		\$63.00
Straw Watermelon Multi, Biotin Gummy, Probiotic			
Iron + C 45 mg (tablet)	60		\$21.00
Iron + C 29 mg (chewable)-Passion Fruit	90		\$41.00
DUODENAL SWITCH ONLY:			
High ADEK Multi Capsules	180		\$63.50
Multi-ADEK (chewable) - Mixed Fruit	60		\$51.00

Calcium 500 mg Soft Chew - Chocolate	90		\$43.00
Calcium 500 mg Soft Chew - Strawberry	90		\$43.00
Calcium 500 mg Soft Chew - Raspberry	90		\$43.00
Calcium 500 mg Soft Chew - Assorted	90		\$46.00
Vitamin A (dry) 10,000 IU	60		\$11.50
GHP Vitamin B12 500mcg tablet	100		\$12.75
Devrom	100		\$23.50
GHP Vitamin D3 (5,000 IU) capsule	90		\$9.00
GHP Fiber Gummies	60		\$11.50
GHP Hair, Skin & Nails capsule	60		\$12.25
GHP Magnesium	60		\$8.00
Probiotic GHP (capsule)	30		\$18.25
GHP Biotin - Strawberry Gummy	90		\$12.00
Multi Collagen - Unflavored (Not a Protein Source)	30		\$33.50
Multi Collagen - Chocolate (Not a Protein Source)	30		\$33.50

SECTION 9: Misc. Items							
Item	Order #	Price	Item	Servings	Order #	Price	
Exercise - Door Anchor	1	\$5.99	GHP Reusable Fabric Bag	1		\$2.93	
Exercise Band - Medium/Heavy 50lbs	1	\$15.00	Top 15 Sample Bag			\$29.00	
GHP Fitness Bag	1	\$30.50	Personal Blender	1		\$23.98	
Blender Bottle	1	\$7.00	Drink Bundle #1	51		\$77.75	
			Drink Bundle #2	43		\$85.00	

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