

Office Use Only

Notes: \_\_\_\_\_

Citadel: Yes OR No

Paid: \_\_\_\_\_

# Transform

Your Habits  
Your Health  
Your Life

## **ACTIVE** Wednesday 6:00 PM Meal Replacement (MR) Order Form

Name: \_\_\_\_\_ Pick up Date: \_\_\_\_\_ MRN: \_\_\_\_\_

\*Prescribed Number of Products per Week : \_\_\_\_\_/wk

**(You are required to order your prescribed number of products each week through week 20)**

Type	Selection	Number of MR (circle # below)	Number of MR per selection (write # below)
Powder Shakes (\$16.45/Box of 7 servings)	Vanilla <sup>(100)</sup>	7 – 14 – 21- 28	_____
	Chocolate <sup>(101)</sup>	7 – 14 – 21- 28	_____
	Strawberry <sup>(102)</sup>	7 – 14 – 21- 28	_____
Ready - To –Drink (\$18.76/box of 7 servings)	Vanilla <sup>(103)</sup>	7 – 14 – 21- 28	_____
	Chocolate <sup>(104)</sup>	7 – 14 – 21- 28	_____
	Strawberry <sup>(105)</sup>	7 – 14 – 21- 28	_____
Bars (\$16.31/Box 7 servings)	Cinnamon <sup>(119)</sup>	7 – 14 – 21- 28	_____
	Berry <sup>(123)</sup>	7 – 14 – 21- 28	_____
	Fudge Graham <sup>(124)</sup>	7 – 14 – 21- 28	_____
	Peanut Butter <sup>(125)</sup>	7 – 14 – 21- 28	_____
	Mint Chocolate <sup>(128)</sup>	7 – 14 – 21- 28	_____
Soup (\$18.48/box of 7 servings) Limit 2 box per week	Tomato <sup>(106)</sup> Or	7 – 14	_____
	Chicken <sup>(107)</sup>	7 – 14	_____

\*Key: 1 Box = 7 Products

42 Products per wk	6 products/day
49 Products per wk	7 products/day
56 Products per wk	8 products/day
63 Products per wk	9 products/day
70 Product per wk	10 products/day

Total Products/Wk: \_\_\_\_\_

I am planning to be absent on this day: \_\_\_\_\_

Please visit our website at: <http://kp.org/redwoodcity/weightmanagement>