



DR. POLO'S POUND-A-DAY WEIGHT LOSS PRE-PACKAGED MEALS ORDER FORM

NAME: _____ DATE: _____

EMAIL: _____ PHONE: _____

ONE WEEK, 14 MEALS (MINIMUM ORDER OF 7 MEALS)

Each meal (excluding soups) contains 100 grams of protein, and complies with Dr. Polo's Pound A Day Weight Loss Program.

PLEASE INDICATE YOUR MEAL CHOICES WITH QUANTITIES BELOW:

CHICKEN MEALS (\$15.00 + GST)	
	Curry Chicken Wrap with Swiss Chard
	Chicken Chili

VEGETARIAN MEALS (\$15.00 + GST)	
	Tofu Wrap with Swiss Chard
	Spinach Frittata

BEEF MEALS (\$15.00 + GST)	
	Italian Meatballs with Tomato Sauce
	Beef Chili

SOUPS – NO PROTEIN (\$7.00 + GST)	
	Tomato Basil Soup
	Asparagus Soup

SEAFOOD MEALS (\$15.00 + GST)	
	Shrimp Skewers with Roasted Brussel Sprouts
	Lemon Cod with Roasted Brussel Sprouts

TOTAL # OF MEALS: _____

Orders must be in by Friday at 6:00pm for delivery the following Friday, and must be picked up from the clinic.

ALL MEALS ARE INTENDED TO BE EATEN WITHIN 3 DAYS TO ENSURE OPTIMAL FRESHNESS
MEALS MUST BE FROZEN IF EATEN BEYOND THE 3 DAY FRESHNESS MARK. _____ (INITIAL)



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CREDIT CARD INFORMATION

PLEASE CIRCLE: VISA MASTERCARD AMERICAN EXPRESS

CREDIT CARD NUMBER: _____

FULL NAME ON CARD: _____

EXPIRY DATE (MM/YY): _____ / _____ SECURITY CODE (3 digits): _____

PLEASE NOTE:

Meals will be delivered to the clinic for pickup on Friday.

Deadline for orders is **FRIDAY AT 6:00PM**, for delivery the following Friday.

ALL MEALS MUST BE PRE-ORDERED, PRE-PAID, AND ARE FINAL SALE.

PLEASE CALL THE CLINIC AT 604.544.POLO (7656) TO PREPAY FOR YOUR MEALS.

***PLEASE BRING YOUR OWN BAGS WHEN PICKING UP MEALS
– THE CLINIC DOES NOT PROVIDE BAGS –***

Unfortunately, we do not have a delivery service available. All meals must be picked up from the clinic.

Polo Health + Longevity Centre will try its best to keep food items as listed. However, this may not always be possible. We will communicate any and all produce substitutions as quickly as possible through social media outlets. Unfortunately, at this time Polo Health + Longevity Centre is unable to make any ingredient substitutions, additions, or deletions, and all meals are prepared as is. There will be no exceptions.