POLO
HEALTH + LONGEVITY CENTRE

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 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)	
	Baked Greek Chicken with Sautéed Fennel
	Shredded Chicken Chili

BEEF MEALS ($15.00+ GST)	
	Beef Meatballs
	Beef Chili

SEAFOOD MEALS ($15.00+ GST)	
	Blackened Mahi Mahi with Roasted Brussel Sprouts
	Lemon Dill Shrimp with Sautéed Cabbage

VEGETARIAN MEALS ($15.00 +GST)	
	Chinese Five Spice Tofu with Sautéed Bok Choy
	Sous Vide Egg Bite with Sautéed Spinach

TOTAL # OF MEALS: _____

Orders must be in by Thursday 6:00pm for delivery the following Monday, 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 Monday.

Deadline for orders is **Thursday at 6:00pm,** for **delivery the following Monday.**

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

PLEASE PHONE 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.