



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

NAME: _____ DATE: _____

EMAIL: _____ PHONE: _____

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)	
<input type="checkbox"/>	Baked Greek Chicken with Sautéed Fennel
<input type="checkbox"/>	Shredded Chicken Chili

BEEF MEALS (\$15.00+ GST)	
<input type="checkbox"/>	Beef Meatballs
<input type="checkbox"/>	Beef Chili

SEAFOOD MEALS (\$15.00+ GST)	
<input type="checkbox"/>	Blackened Mahi Mahi with Roasted Brussel Sprouts
<input type="checkbox"/>	Lemon Dill Shrimp with Sautéed Cabbage

VEGETARIAN MEALS (\$15.00 +GST)	
<input type="checkbox"/>	Chinese Five Spice Tofu with Sautéed Bok Choy
<input type="checkbox"/>	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 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.