

Quick Order Form for Take Shape For Life

Choose the 4 week Variety Pack **OR** customize your own package by choosing a total of **20** boxes of meals to get a 4-week supply. The meals are all interchangeable. 1 box contains 7 meals.

Order in one of three ways:

1. Complete this form and as a courtesy, I will place your first order for you.
2. You can call the Take Shape for Life company at 800-572-4417. **Coach # is 725704080 when asked.**
3. Order online at www.drpearson.tsfl.com Click Shop TSFL to begin.

Name on card _____ Date _____

Billing/ Shipping Address _____ Phone _____

City _____ State _____ Zip _____

Email _____

Circle one:
 Visa/MC/Amex _____ Expiration: ____/____ Security code _____

*BeSlim Club Order = Free Shipping + 1 week Free boxes on your first order when you order 3 weeks of meals plus rewards on future orders. No sign up fees and cancel at anytime time.

4-WEEK (20 boxes) VARIETY PACKAGES (Put together by company as a sampler- no substitutions possible)
 ___ Variety of "Favorites" Meals ___ Variety of "On the Go" Meals ___ Gluten free Meals ___ Variety of Chocolate items

BREAKFAST ITEMS
 Consider minimum of 4 boxes:

OATMEAL
 ___ Apple Cinnamon
 ___ Blueberry
 ___ Maple & Brown Sugar
 ___ Peach

EGGS
 ___ Original Style (Egg Whites)
 ___ Southwest Style (Egg Whites)

PANCAKES
 ___ Original Flavor
 ___ Chocolate Chip
 ___ Spiced

CEREAL (eat dry or with almond milk)
 ___ Mixed Berry
 ___ Cinnamon and Brown Sugar

HOT DRINKS
 ___ Hot Cocoa
 ___ Cappuccino
 ___ Chai Latte

COLD FRUIT DRINKS
 Consider minimum of 1 box:
 ___ Tropical Punch Fruit Drink
 ___ Cranberry Mango Fruit Drink
 ___ Orange Blend
 ___ Pineapple Mango Smoothie
 ___ Triple Berry Smoothie

SHAKES
 Consider minimum of 4 boxes:

SHAKES
 ___ French Vanilla
 ___ Dutch Chocolate
 ___ Strawberry
 ___ Orange Crème
 ___ Mocha
 ___ Banana

ANTIOXIDANT SHAKES
 ___ Dark Chocolate Antioxidant
 ___ Cherry Pomegranate Antioxidant

"READY TO GO" ITEMS
 Consider minimum of 10 boxes:

BARS
 ___ Chocolate Mint Crunch Bar
 ___ Peanut Butter Crunch Bar
 ___ Caramel Crunch Bar
 ___ Chocolate Crunch Bar
 ___ Oatmeal Raisin Crunch
 ___ Lemon Meringue Crunch
 ___ Cinnamon Roll Crunch Bar
 ___ Fruit & Nut Crunch Bar
 ___ S'More Crunch Bar
 ___ Strawberry Crunch Bar
 ___ Peanut Butter Choc Chip Chewy Bar
 ___ Cookie Bar Chewy Bar

PRETZEL STICKS
 ___ Honey Mustard
 ___ Cinnamon

PUFFS & BITES
 ___ Chili Nacho Puffs
 ___ Parmesan Puffs
 ___ BBQ Bites
 ___ Cheese Pizza Bites

SOUPS/HOT MEALS
 Consider minimum of 2 boxes:

___ Tomato Basil Bisque
 ___ Vegetarian Chili
 ___ Chicken & wild rice Soup
 ___ Chicken Noodle Soup
 ___ Maryland Crab Soup
 ___ Beef Vegetable Soup
 ___ Vegetarian Sloppy Joe
 ___ Macaroni and Cheese
 ___ Ziti Marinara
 ___ Garlic Mashed Potatoes
 ___ Sour Crm/Chive Mashed Potato

DESSERT ITEMS
 Consider minimum of 3 boxes:

PUDDING
 ___ Banana
 ___ Chocolate
 ___ Vanilla

SOFT SERVE ICE CREAM
 ___ Mango
 ___ Chocolate Mint
 ___ Coffee
 ___ Peanut Butter

OTHER
 ___ Brownie
 ___ Chocolate Chip Soft Bake
 ___ Blueberry Muffin Soft Bake
 ___ Gingerbread Soft Bake

Medifast 4-Week “Favorites” Package:

Boxes of Bars/Puffs/Pretzels:

1 Caramel Crunch
1 Chocolate Mint Crunch
1 S'More Crunch
1 Oatmeal Raisin Crunch
1 Chocolate Crunch
1 Peanut Butter Crunch
1 Parmesan Cheese Puffs
1 Honey Mustard Pretzel Sticks

Boxes of Shakes:

1 Dutch Chocolate
1 French Vanilla
1 Strawberry Crème

Boxes of Cereal/Pancakes:

1 Cinnamon & Brown Sugar Cereal
1 Mixed Berry
1 Chocolate Chip Pancakes

Boxes of Soups/Hot Meals:

1 Chicken Noodle
1 Macaroni & Cheese
1 Vegetarian Sloppy Joe

Other Boxes:

1 Chocolate Chip Soft Bake
1 Brownie
1 Chocolate Pudding

Medifast 4-Week “On-the-Go” Package:

Boxes of Bars:

1 Caramel Crunch
1 Chocolate Mint Crunch
2 S'More Crunch
1 Oatmeal Raisin Crunch
1 Chocolate Crunch
2 Peanut Butter Crunch
1 Lemon Meringue Crunch
1 Fruit & Nut Crunch
1 Strawberry Crunch
1 Cinnamon Roll Crunch

Boxes of Cereal:

1 Cinnamon & Brown Sugar Cereal
1 Mixed Berry

Boxes of Bites:

1 BBQ Bites
1 Cheese Pizza Bites

Boxes of Puffs:

1 Parmesan Cheese Puffs
1 Chili Nacho Cheese Puffs

Boxes of Pretzels:

1 Honey Mustard Pretzel Sticks
1 Cinnamon Pretzel Sticks

Medifast 4-Week Gluten Free Package:

Boxes of Shakes:

2 Dutch Chocolate Shakes
1 French Vanilla Shake
1 Mocha Shake
1 Strawberry Shake

Boxes of Cereal/Pancakes

1 Cinnamon & Brown Sugar Cereal
1 Mixed Berry Cereal
1 Original Pancake
1 Chocolate Chip Pancake

Boxes of Soup:

1 Vegetarian Sloppy Joe
1 Chicken & wild rice

Boxes of Puffs:

1 Parmesan Cheese Puffs
1 Chili Nacho Cheese Puffs

Other Boxes:

1 Vanilla Pudding
1 Chocolate Pudding
2 Brownie
1 Chocolate Chip Soft Bake
1 Peanut Butter Soft Serve
1 Chocolate Mint Soft Serve

Medifast 4-Week Variety of Only Chocolate Flavored Products:

Assortment of Chocolate flavored Bars, Chocolate Chip Pancakes.
Chocolate Pudding, Hot Cocoa, Brownie and Soft serve