



### MEAL ORDER FORM

Member Name \_\_\_\_\_ Order date \_\_\_\_\_

Delivery Date: **SATURDAY, December 9th, 2017**

**Breakfast:** Indicate Quantity

\_\_\_\_\_ Protein Waffles (2), \$8.00

**Healthy Gourmet:** Indicate Quantity

\_\_\_\_\_ Chicken & Veggie Curry with Basmati Rice, \$11.50

\_\_\_\_\_ Turkey Meatloaf, Healthy Mashed Potatoes & Green Beans, \$11.50

\_\_\_\_\_ Beef Burrito Bowl, \$11.50

\_\_\_\_\_ Slow Cooked Pork, Roasted Potatoes, & Broccoli, \$11.50

NOTES: \_\_\_\_\_

**Clean & Lean:** Indicate Quantity

\_\_\_\_\_ Steak, \$11.50

\_\_\_\_\_ Ground Turkey, \$10.00

\_\_\_\_\_ Salmon, \$11.50

\_\_\_\_\_ Chicken, \$10.00

\_\_\_\_\_ Cod, \$10.00

NOTES: \_\_\_\_\_

Order may be picked up on the selected date after 11:00 am and payment will be due at time of pick-up to Grand Fitness by card on file or alternate credit card. Members may not be called upon delivery but will be charged for any meals not picked up.

Member Signature \_\_\_\_\_

**DON'T FORGET TO RETURN YOUR BAG!**