



# HMR at Home® Order Form

Mail this form to: Tidewater Bariatrics  
1405 Kempsville Road  
Chesapeake, VA 23320

Date: \_\_\_\_\_

Previously Purchased:  Yes  No

If no, how did you hear about us? \_\_\_\_\_

Or call to order: (757) 644-6819

Or fax your order: (757) 819-6778

Or email your order: hmr@twb4u.com

<b>Billing Address/Shipping Address</b> Your Name _____ Address _____ <small>(Sorry, UPS cannot deliver to P.O. Boxes)</small> City _____ State/Zip _____ Daytime phone number _____ Email _____	<b>Payment Information</b> Method of payment (please check one): <input type="checkbox"/> VISA <input type="checkbox"/> MC <input type="checkbox"/> AMEX <input type="checkbox"/> DISCOVER    Expiration date: MO ____ YR ____ Please write in your credit card number below: _____ / _____ / _____ AUTHORIZED SIGNATURE _____ <small>(Required if using this order form and a credit card)</small>
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Description	Quantity	Unit Price	Total	A LA CARTE DIET FOOD ORDERS	Quantity	Unit Price	Total
<b>STAFF USE ONLY</b>				<b>HMR SHAKES AND SOUP</b>			
Healthy Solutions® Program Materials				HMR 70 Plus Chocolate (18 serv.)		\$38.50	
HMR Healthy Shakes® Program Materials				HMR 70 Plus Vanilla (18 serv.)		\$38.50	
Healthy Sol. Weekly Progress Chart				HMR 120 Chocolate (12 serv.)		\$22.00	
HMR Healthy Shakes Weekly Progress Chart				HMR 120 Vanilla (12 serv.)		\$22.00	
Maintenance Weekly Summary Form				HMR 800 Chocolate (18 serv.)		\$38.50	
Your Best Strategies Card				HMR 800 Vanilla (18 serv.)		\$38.50	
				HMR 500 Chocolate (18 serv.)		\$36.50	
				HMR 500 Vanilla (18 serv.)		\$36.50	
				HMR 500 Chicken Soup (18 serv.)		\$36.50	
				<b>HMR ENTREES</b>			
				Beef Pot Roast		\$3.50	
				Beef Stroganoff		\$3.50	
				Chicken with Barbecue Sauce		\$3.50	
				Cheese & Basil Ravioli <i>(Vegetarian)</i>		\$3.50	
				Chicken Creole		\$3.50	
				Chicken Pasta Parmesan		\$3.50	
				Five-Bean Casserole <i>(Vegetarian)</i>		\$3.50	
				Lasagna with Meat Sauce		\$3.50	
				Mexican-Style Bean & Beef Enchiladas		\$3.50	
				Mushroom Risotto <i>(Vegetarian)</i>		\$3.50	
				Pasta Fagioli <i>(Vegetarian)</i>		\$3.50	
				Savory Chicken		\$3.50	
				Turkey Chili with Beans		\$3.50	
				Vegetable Stew with Beef		\$3.50	
				<b>HOT CEREAL</b>			
				HMR Multigrain Hot Cereal (18 serv.)		\$38.50	
				<b>BENEFIT® BARS</b>			
				Chocolate Chocolate Bar (24 bars)		\$30.00	
				Blueberry Bar (24 bars)		\$30.00	
				Honey Graham Bar (24 bars)		\$30.00	
				Peanut Butter Bar (24 bars)		\$30.00	
				<b>SUBTOTAL</b>			
				<b>ADJUSTMENT (if applicable)</b>			
				<b>TAX (if applicable)</b>			
				<b>SHIPPING CHARGES</b>			
				<b>GRAND TOTAL</b>			

**HMR at Home Delivery (Staff use only)**  
 Sign Up for Auto Delivery:  Yes  No  
 Day of week (circle one): M T W TH F  
 Date of first re-order: \_\_\_\_\_

Expedited Shipping:  Yes  No  
(see reverse for charges)



# HMR at Home® Diet Kit Contents

Healthy Solutions Quick Start™ Diet Kit with complete program materials and 3 weeks of HMR diet foods			Ongoing Two-week Healthy Solutions® Diet Orders	
Shakes:	Standard Order	Lactose-free Order	Standard Order	Lactose-free Order
<b>Vanilla/Chocolate mix</b>	3 cans HMR 120 Vanilla 2 cans HMR 120 Chocolate 1 box HMR 70 Plus Chocolate	2 boxes HMR 70 Plus Vanilla 2 boxes HMR 70 Plus Chocolate	2 cans HMR 120 Vanilla 2 cans HMR 120 Chocolate	1 box HMR 70 Plus Vanilla 1-2 boxes HMR 70 Plus Chocolate
<b>All Chocolate</b>	5 cans HMR 120 Chocolate 1 box HMR 70 Plus Chocolate	4 boxes HMR 70 Plus Chocolate	4 cans HMR 120 Chocolate	2-3 boxes HMR 70 Plus Chocolate
<b>All Vanilla</b>	5 cans HMR 120 Vanilla 1 box HMR 70 Plus Vanilla	4 boxes HMR 70 Plus Vanilla	4 cans HMR 120 Vanilla	2-3 boxes HMR 70 Plus Vanilla
<b>HMR Entrees</b>	3 Beef Pot Roast 4 Beef Stroganoff 3 Cheese & Basil Ravioli w/ Tomato Sauce 3 Chicken Creole 4 Chicken Pasta Parmesan 3 Chicken w/ Barbecue Sauce w/ Rice & Beans 2 Five-Bean Casserole 5 Lasagna with Meat Sauce 2 Mexican-Style Bean & Beef Enchiladas	3 Mushroom Risotto 2 Pasta Fagioli 3 Savory Chicken 4 Turkey Chili with Beans 3 Vegetable Stew with Beef  <i>Note: Entree selections can be customized if you have special dietary needs.</i>	2 Beef Pot Roast 3 Beef Stroganoff 2 Cheese & Basil Ravioli w/ Tomato Sauce 2 Chicken Creole 2 Chicken Pasta Parmesan 2 Chicken w/ Barbecue Sauce w/ Rice & Beans 1 Five-Bean Casserole 3 Lasagna with Meat Sauce 1 Mexican-Style Bean & Beef Enchiladas	1 Mushroom Risotto 2 Pasta Fagioli 2 Savory Chicken 3 Turkey Chili with Beans 2 Vegetable Stew with Beef  <i>Note: Entree selections can be customized if you have special dietary needs.</i>

HMR Healthy Shakes® Diet Kit with complete program materials and 2 weeks of HMR weight-loss shakes			Ongoing Two-week HMR Healthy Shakes Orders	
Shakes:	Standard Order	Lactose-free Order	Standard Order	Lactose-free Order
<b>Vanilla/Chocolate mix</b>	2 cans HMR 120 Vanilla 1 can HMR 120 Chocolate 1 box HMR 70 Plus Chocolate	1 box HMR 70 Plus Vanilla 2 boxes HMR 70 Plus Chocolate	2 cans HMR 120 Vanilla 1 can HMR 120 Chocolate 1 box HMR 70 Plus Chocolate	1 box HMR 70 Plus Vanilla 2 boxes HMR 70 Plus Chocolate
<b>All Chocolate</b>	3 cans HMR 120 Chocolate 1 box HMR 70 Plus Chocolate	3 boxes HMR 70 Plus Chocolate	3 cans HMR 120 Chocolate 1 box HMR 70 Plus Chocolate	2-3 boxes HMR 70 Plus Chocolate
<b>All Vanilla</b>	3 cans HMR 120 Vanilla 1 box HMR 70 Plus Vanilla	3 boxes HMR 70 Plus Vanilla	3 cans HMR 120 Vanilla 1 box HMR 70 Plus Vanilla	2-3 boxes HMR 70 Plus Vanilla

## Ordering Information

**SAVE 10% ON YOUR ORDERS AND GET FREE SHIPPING!** To make sure that you don't run out of food and interrupt your weight loss, we offer an automatic shipping service. When you sign up for the HMR at Home Program, you receive 10% off and free shipping on all Healthy Solutions® Kit orders. With automatic re-orders, you'll never have to worry about running out of food. Cancel membership or change your order any time. Ask for details.

**SHIPPING IN THE CONTIGUOUS U.S.** We ship most orders within 2 business days of receipt of your order. Most orders are shipped UPS Ground from our distribution center in New York. Please allow 3-10 business days for delivery. Refer to chart below for charges.

**EXPEDITED SHIPPING.** Allow 3-5 business days for expedited delivery in the contiguous United States. Refer to chart below for charges.

**SHIPPING OUTSIDE THE CONTIGUOUS U.S.** Different charges apply for shipments to Alaska, Hawaii, Puerto Rico, Virgin Islands, U.S. Territories, and APO/FPO boxes. Allow 3-5 business days for shipping to Alaska, Hawaii, and Puerto Rico. Allow 7-14 business days delivery to Virgin Islands, U.S. Territories, and APO/FPO boxes. Refer to chart below for charges. We regret that we cannot ship to foreign countries.

**HOLIDAY SHIPPING SCHEDULE.** To ensure timely delivery, please place your order one week prior to any national holiday.

SHIPPING & HANDLING CHARGES		EXPEDITED/OUTSIDE CONTIGUOUS U.S. SHIPPING & HANDLING CHARGES	
Order value	Charge	Order value	Charge
Up to \$199.99	\$9.95	Up to \$150.00	\$ 25.00
\$200.00 and over	FREE	\$150.01-\$299.99	\$ 35.00
		\$300.00-\$499.99	\$ 50.00
		\$500.00 and over	\$100.00