



HMR at Home® Order Form

Mail this form to: Tidewater Bariatrics
1405 Kempsville Road
Chesapeake, VA 23329

Date: _____

Previously Purchased: Yes No

If no, how did you hear about us? _____

Or call to order: 757-644-6819

Or fax your order: 757-644-6816

Or email your order: hmr@twb4u.com

Billing Address/Shipping Address	Payment Information
Your Name _____ Address _____ <small>(Sorry, UPS cannot deliver to P.O. Boxes)</small> City _____ State/Zip _____ Daytime phone number _____ Email _____	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>

Description	Quantity	Unit Price	Total	A LA CARTE DIET FOOD ORDERS	Quantity	Unit Price	Total
STAFF USE ONLY				HMR SHAKES AND SOUP			
Healthy Solutions® Program Materials				HMR 70 Plus Chocolate (18 serv.)		\$40.50	
HMR Healthy Shakes® Program Materials				HMR 70 Plus Vanilla (18 serv.)		\$40.50	
Healthy Sol. Weekly Progress Chart				HMR 120 Chocolate (12 serv.)		\$23.00	
HMR Healthy Shakes Weekly Progress Chart				HMR 120 Vanilla (12 serv.)		\$23.00	
Maintenance Weekly Summary Form				HMR 800 Chocolate (18 serv.)		\$40.50	
Your Best Strategies Card				HMR 800 Vanilla (18 serv.)		\$40.50	
				HMR 500 Chocolate (18 serv.)		\$38.50	
				HMR 500 Vanilla (18 serv.)		\$38.50	
				HMR 500 Chicken Soup (18 serv.)		\$38.50	
HMR AT HOME DIET KITS (See reverse for kit contents)				HMR ENTREES			
HEALTHY SOLUTIONS QUICK START™ DIET KIT (3-week kit)				HMR ENTREES			
• Chocolate/Vanilla Mix		\$309.50		Beef Pot Roast		\$3.50	
• All Chocolate		\$309.50		Beef Stroganoff		\$3.50	
• All Vanilla		\$309.50		Chicken with Barbecue Sauce		\$3.50	
• Lactose-free Choc./Vanilla Mix		\$316.00		Cheese & Basil Ravioli <i>(Vegetarian)</i>		\$3.50	
• Lactose-free All Chocolate		\$316.00		Chicken Creole		\$3.50	
• Lactose-free All Vanilla		\$316.00		Chicken Pasta Parmesan		\$3.50	
HMR HEALTHY SHAKES DIET KIT (2-week kit)				HMR ENTREES			
• Chocolate/Vanilla Mix		\$109.50		Five-Bean Casserole <i>(Vegetarian)</i>		\$3.50	
• All Chocolate		\$109.50		Lasagna with Meat Sauce		\$3.50	
• All Vanilla		\$109.50		Mexican-Style Bean & Beef Enchiladas		\$3.50	
• Lactose-free Choc./Vanilla Mix		\$121.50		Mushroom Risotto <i>(Vegetarian)</i>		\$3.50	
• Lactose-free All Chocolate		\$121.50		Pasta Fagioli <i>(Vegetarian)</i>		\$3.50	
• Lactose-free All Vanilla		\$121.50		Savory Chicken		\$3.50	
				Turkey Chili with Beans		\$3.50	
				Vegetable Stew with Beef		\$3.50	
PB2 POWDERED PEANUT BUTTER				HOT CEREAL			
PB2		\$6.99		HMR Multigrain Hot Cereal (18 serv.)		\$40.50	
PB2 with Chocolate		\$6.99		BENEFIT® BARS			
				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	
HMR at Home Delivery (Staff use only)				SUBTOTAL			
Sign Up for Auto Delivery: <input type="checkbox"/> Yes <input type="checkbox"/> No							
Day of week (circle one): M T W TH F				ADJUSTMENT (if applicable)			
Date of first re-order: _____				TAX (if applicable)			
				SHIPPING CHARGES			
				GRAND TOTAL			

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
Vanilla/Chocolate mix	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
All Chocolate	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
All Vanilla	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
HMR Entrees	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
Vanilla/Chocolate mix	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
All Chocolate	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
All Vanilla	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