NEW DIRECTIONS
Health and Wellness

Name		**Date**		***Date & time of pick up***	
Reducing ☐		*Adapting* ☐		*Maintenance* ☐	

New Directions Meal Replacements

$28/box = 7 meal replacements ∴ Mark the quantity of boxes beside each selection

Original	***Natural***	***Advanced***
**Pudding & Shake* *Aspartame or Sucralose Sweetened*	*Naturally colored & flavored* *Stevia & Monk Fruit Sweetened*	***New!*** *Sucrolose Sweetened* *Increases satiety*
Shakes	**Shakes**	**Shakes**
Chocolate	Chocolate	Double Chocolate
Chocolate with Fiber	Chocolate with Fiber	Very Vanilla
Vanilla	Vanilla	Café Mocha
Vanilla with Fiber	Vanilla with Fiber	Cappuccino
Mocha	Mocha	Hot Chocolate
Hot Cocoa	Hot Cocoa	Pineapple Apricot
Pineapple Apricot	Pineapple Apricot	Strawberry Crème
Strawberry	Strawberry	
Chocolate Salted Caramel*	Mixed Berry Smoothie	**Puddings**
Chocolate Mint*		Very Chocolate
Puddings	**Puddings**	Creamy Vanilla
Chocolate	Chocolate	Zesty Lemon
Vanilla	Vanilla	
Lemon with Fiber	Lemon with Fiber	**Soups**
Soups	**Soups**	Hearty Cream of Chicken
Cream of Chicken	Cream of Chicken	Cheesy Broccoli
Cheddar Broccoli	Cheddar Broccoli	Spicy Tortilla
Tortilla Soup	Tomato Basil	

NEW DIRECTIONS
Health and Wellness

Fiber Supplements **$8 per box / 10 packets in each box** *1 fiber supplement/day in addition to meal replacements*
Cherry Jello
Chicken Bouillon
Mixed Fruit Drink
Peach Drink

Cups
Shaker Cup with lid $.50 ea
Blender Bottle $4 ea

Balance Body Composition Scale $75
Bioimpedance analysis
Track weight, BMI, body fat, lean mass, hydration, and visceral fat.
Sync with our new app, ND Health
Invitation only to download, iPhone & Android users.

Meal Replacement Bars

recommended for Adapting and Maintenance Phases

Higher carb - may inhibit weight loss and ketosis; 2 bars = 1 meal replacement

$28 for 2 boxes; 7 bars per box

Original
Peanut Butter Bar
Oatmeal Cinnamon Bar

Advanced
Chocolate Fudge Bar
Salted Caramel Bar