



<u>Name:</u>	<u>Date:</u>	<u>*Pick up Time:</u>
<u>Reducing</u>	<u>Adapting</u>	<u>Maintenance</u>

## New Directions Meal Replacements

Mark the quantity beside each selection

\$28/box includes 7 meal replacements • Shake in a bottle sold individually \$4.50 each

<u><b>Original</b></u>	<u><b>Natural</b></u>	<u><b>Advanced</b></u>
<i>Aspartame or Sucralose Sweetened</i> <i>*Pudding &amp; Shake</i>	<i>Stevia &amp; Monk Fruit Sweetened</i> <i>Naturally colored &amp; flavored</i>	<i>Sucralose Sweetened</i> <i>Increases Satiety, includes Prebiotics</i>
<b>Shakes</b>	<b>Shakes</b>	<b>Shakes</b>
Chocolate	Chocolate	Double Chocolate
Chocolate with Fiber	Chocolate with Fiber	Very Vanilla
<b>New! Shake in a Bottle</b>	Vanilla	Café Mocha
Chocolate with Fiber	Vanilla with Fiber	Cappuccino
Chocolate Salted Caramel	Mocha	Hot Chocolate
Vanilla	Hot Cocoa	Pineapple Apricot
Vanilla with Fiber	Pineapple Apricot	Strawberry Crème
Mocha	Strawberry	<b>Puddings</b>
Hot Cocoa	Mixed Berry Smoothie	Very Chocolate
Pineapple Apricot	<b>Puddings</b>	Creamy Vanilla
Strawberry	Chocolate	Zesty Lemon
Chocolate Salted Caramel*	Vanilla	<b>Soups</b>
Chocolate Mint*	Lemon with Fiber	Hearty Cream of Chicken
<b>Puddings</b>	<b>Soups</b>	Cheesy Broccoli
Chocolate	Cream of Chicken	Spicy Tortilla
Vanilla	Cheddar Broccoli	
Lemon with Fiber	Tomato Basil	
<b>Soups</b>		
Cream of Chicken		
Cheddar Broccoli		
Tortilla Soup		



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

### 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*

*Invitation to download, iPhone & Android users.*

ND Health



### Meal Replacement Bars

**recommended for Adapting and Maintenance Phases**

2 bars = 1 meal replacement

**Higher carb may inhibit weight loss and ketosis**

\$28/2 boxes includes 14 meal replacement bars

#### Original

Peanut Butter Bar

Oatmeal Cinnamon Bar

#### Advanced

Chocolate Fudge Bar

Salted Caramel Bar