

# ORDER FORM

FAX: 07 3274 2979 EMAIL: info@dietfactory.com.au

NAME: \_\_\_\_\_

CARD TYPE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CARD NUMBER: \_\_\_\_\_

PHONE: \_\_\_\_\_ MOBILE: \_\_\_\_\_

EXPIRY: \_\_\_\_\_

## SOUPS \$2.50 ea

- 1 Vegetable (GF)(V)
- 2 Pumpkin (GF)
- 3 Potato & Leek (GF)
- 4 Chicken, Corn & Veg (GF)

## SNACK MEALS \$4.00 ea

- 5 Meat & Potato Pie (GF)
- 6 Spaghetti
- 7 Macaroni Cheese (V)
- 8 Creamy Chicken & Rice
- 9 Beef Lasagne
- 10 Chicken & Cashews with Rice
- 11 Beef Honey Soy & Hokkien Noodles

## REGULAR MEALS

- 12 Beef Stroganoff (GF)
- 13 Cottage Pie (GF)
- 14 Beef Casserole (GF)
- 15 Chilli Con Carne (GF)
- 16 Spaghetti (GF)
- 17 Roast Beef (GF)
- 18 Steak Kidney (GF)
- 19 Meatloaf
- 20 Corned Beef
- 21 Meatballs
- 22 Sausages (GF)
- 23 Beef Lasagne
- 24 Roast Pork (GF)

- 25 Sweet & Sour Pork
- 26 Beef Enchilada Stack(GF)
- 27 Chicken Enchilada (GF)
- 28 Roast Chicken (GF)
- 29 Chicken A La King
- 30 Chicken Cacciatore (GF)
- 31 Roast Turkey (GF)
- 32 Lamb Casserole (GF)
- 33 Roast Lamb (GF)
- 34 Fish Fillet (GF)
- 35 Tuna Bake
- 36 Sundried Tomato Pasta
- 37 Tortilla Stack (GF) (V)

## MAIN MEALS

- 38 Beef Stroganoff (GF)
- 39 Cottage Pie (GF)
- 40 Beef Casserole (GF)
- 41 Chilli Con Carne (GF)
- 42 Spaghetti Bolognese (GF)
- 43 Roast Beef (GF)
- 44 Meatloaf
- 45 Corned Beef
- 46 Meatballs
- 47 Sausages (GF)
- 48 Beef Lasagne
- 49 Beef Rendang
- 50 Teriyaki Beef
- 51 Braised Lamb Shanks (GF)
- 52 Steak Diane (GF)
- 53 Porcupines (GF)
- 54 Steak & Mushroom (GF)

- 55 Roast Pork (GF)
- 56 Sweet & Sour Pork
- 57 Beef Enchilada Stack (GF)
- 58 Chicken Enchilada (GF)
- 59 Roast Chicken (GF)
- 60 Chicken a la King
- 61 Honey Soy Chicken
- 62 Satay Chicken
- 63 Honey Mustard Chicken (GF)
- 64 Chicken Apricot (GF)
- 65 Gourmet Chicken Pattie
- 66 Chicken Schnitzel
- 67 Chicken Cacciatore (GF)
- 68 Roast Turkey (GF)
- 69 Lamb Casserole (GF)
- 70 Lamb Satay

- 71 Roast Lamb (GF)
- 72 Veal Tortellini
- 73 Minted Lamb Pattie
- 74 Fish Fillet (GF)
- 75 Seafood Marinara
- 76 Tuna Bake
- 77 Crumbed Fish
- 78 Salmon Pattie
- 79 Sundried Tomato Pasta
- 80 Tortilla Stack (GF) (V)
- 81 Macaroni Cheese (V)
- 82 Vegetarian Bake (V)
- 83 Veg. Korma Curry (V)
- 84 Veg Lasagne (V)
- 85 Fettuccine Provencale (V)

## Herb Blend Infusions \$15.00 each

- Weight Control Blend (100g)
- Cleanse Blend (100g)
- Balance Blend (100g)
- Stress Less Blend (100g)
- Refresh Blend (100g)

## Slim Down Herbal Infusion \$9.50 each

## Fast Track Shakes

**\$24.99 - 7 day supply (7 drinks)**

Plus Postage \$10.00 if not ordering with programme

- Vanilla (350g)
- Chocolate (350g)

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 \_\_\_\_\_  
 EXPIRY: \_\_\_\_\_

## OUR PROGRAMS

### FULL WEIGHT LOSS PROGRAMMES

	1000 Cal	1200 Cal	1500 Cal	1800 Cal	2100 Cal
7 Day Plan	\$125.00 <input type="checkbox"/>	\$131.00 <input type="checkbox"/>	\$144.00 <input type="checkbox"/>	\$162.00 <input type="checkbox"/>	\$172.00 <input type="checkbox"/>
5 Day Plan	\$96.00 <input type="checkbox"/>	\$103.00 <input type="checkbox"/>	\$113.00 <input type="checkbox"/>	\$128.00 <input type="checkbox"/>	\$140.00 <input type="checkbox"/>

### MAINTENANCE AND CONVENIENCE PLANS

	7 DAY	1000 Cal	1200 Cal	1500 Cal	1800 Cal	2100 Cal
Lunches & Dinners	\$108.00 <input type="checkbox"/>	\$115.00 <input type="checkbox"/>	\$127.00 <input type="checkbox"/>	\$141.00 <input type="checkbox"/>	\$155.00 <input type="checkbox"/>	
Breakfast & Lunches	\$78.00 <input type="checkbox"/>	\$82.00 <input type="checkbox"/>	\$89.00 <input type="checkbox"/>	\$103.00 <input type="checkbox"/>	\$115.00 <input type="checkbox"/>	
Breakfast & Dinners	\$93.00 <input type="checkbox"/>	\$102.00 <input type="checkbox"/>	\$105.00 <input type="checkbox"/>	\$106.00 <input type="checkbox"/>	\$122.00 <input type="checkbox"/>	

### DINNER ONLY OPTIONS

	Regular Meals	Large Meals
7 Dinners	-	\$72.00 <input type="checkbox"/>
10 Dinners	\$80.00 <input type="checkbox"/>	\$101.00 <input type="checkbox"/>
14 Dinners	\$110.00 <input type="checkbox"/>	\$130.00 <input type="checkbox"/>
21 Dinners	-	\$192.00 <input type="checkbox"/>
28 Dinners	-	\$255.00 <input type="checkbox"/>

	5 DAY	1000 Cal	1200 Cal	1500 Cal	1800 Cal	2100 Cal
Lunches & Dinners	\$88.00 <input type="checkbox"/>	\$94.00 <input type="checkbox"/>	\$101.00 <input type="checkbox"/>	\$110.00 <input type="checkbox"/>	\$125.00 <input type="checkbox"/>	
Breakfast & Lunches	\$68.00 <input type="checkbox"/>	\$71.00 <input type="checkbox"/>	\$75.00 <input type="checkbox"/>	\$87.00 <input type="checkbox"/>	\$105.00 <input type="checkbox"/>	
Breakfast & Dinners	\$78.00 <input type="checkbox"/>	\$83.00 <input type="checkbox"/>	\$85.00 <input type="checkbox"/>	\$86.00 <input type="checkbox"/>	\$120.00 <input type="checkbox"/>	

## SNACK PACKS

Make your preferred choices below:

7 Pack - \$9.45

14 Pack - \$18.90

- |  |   |
|--|---|
| <input type="checkbox"/> Millennium mix                          | <input type="checkbox"/> Healthy hikers nut mix   |
| <input type="checkbox"/> Special blend Trail mix                 | <input type="checkbox"/> Sunshine fruit & nut mix |
| <input type="checkbox"/> Tropical temptation                     | <input type="checkbox"/> Deluxe nut mix           |
| <input type="checkbox"/> Yoghurt macadamia apricot bar           | <input type="checkbox"/> Rice cracker salad mix   |
| <input type="checkbox"/> Yoghurt honey pistachio & cranberry bar | <input type="checkbox"/> Bow tie pretzels         |
| <input type="checkbox"/> Healthy nut bar                         | <input type="checkbox"/> Fruit cake               |
| <input type="checkbox"/> Yogi fruit & nut mix                    |   |