

Johns Hopkins Healthful Eating, Activity & Weight Program

Meal Replacement Order Form

Quant.	Shakes	Quant.	High-Protein Shakes (HP)
	Vanilla Shake Mix \$20.00 7-Packet Carton – approx. \$2.85 per shake		HP Vanilla Shake Mix \$25.00 6-Packet Carton – approx. \$4.15 per shake
	Ready-to-Drink Vanilla Shakes \$90.00 27 Pak Case – approx. \$3.30 per shake	NA	HP Ready-to-Drink Vanilla Shakes \$80.00 16 Bottle Case – approx. \$5.00 per shake
	Chocolate Shake Mix \$20.00 7-Packet Carton – approx. \$2.85 per shake		HP Chocolate Shake Mix \$25.00 6-Packet Carton – approx. \$4.15 per shake
	Ready-to-Drink Chocolate Shakes \$90.00 27 Pak Case – approx. \$3.30 per shake		HP Ready-to-Drink Chocolate Shakes \$80.00 16 Bottle Case – approx. \$5.00 per shake
	Strawberry Shake Mix (QL) \$20.00 7-Packet Carton – approx. \$2.85 per shake		HP Ready-to-Drink Strawberry Shakes \$95.00 27 Pak Case – approx. \$3.50 per shake
	Ready-to-Drink Strawberry Shakes \$90.00 27 Pak Case – approx. \$3.30 per shake		HP Ready-to-Drink Caramel Shakes \$95.00 27 Pak Case – approx. \$3.50 per shake

Quant.	Bars	Quant.	Soups
	Peanut Butter Chocolate Bar \$22.00 7-Packet Carton – approx. \$3.10 per bar		Vegetable Soup Mix \$21.00 7-Packet Carton – approx. \$3.00 per soup
	Chocolate Bar \$22.00 7-Packet Carton – approx. \$3.10 per bar		Tomato Soup Mix \$21.00 7-Packet Carton – approx. \$3.00 per soup
	Apple Cinnamon Bar \$22.00 7-Packet Carton – approx. \$3.10 per bar	NA	Chicken Soup Mix \$21.00 7-Packet Carton – approx. \$3.00 per soup

Quant.	Specialty Packs	
	7-Day Starter Pack \$150.00 This pack contains a complete 7-day supply of product to replace two meals and three snacks each day as part of a meal replacement plan (1250 calories). It includes a variety of the OPTIFAST® products listed above (typically at least one of each item) so you can explore which products work best for your needs and taste preferences. Included with the pack is a shaker bottle that you can help get the best results when blending the shake mixes, and comes in a reusable carrying tote. The Starter Pack is a great option for people new to OPTIFAST® -- approx. \$21 per day.	
	14-Day 1200-Calorie Pack \$205.00 This pack contains a complete 14-day supply of product to replace two meals and three snacks each day as part of a 1200 calorie per day meal plan. You will receive shake mixes to replace two meals and two snacks (4 shakes total) and bars to replace one snack each day (1 bar total) – approx. \$14.60 per day. From the following flavor options, you need to identify a total of 8 shake cartons and 2 bar cartons. 8 Shake Mixes: ____ Vanilla ____ Chocolate ____ Strawberry (QL) 2 Bars: ____ PB Choc. ____ Chocolate ____ Apple Cin.	
	14-Day 1500-Calorie Pack \$245.00 This pack contains a complete 14-day supply of product to replace two meals and three snacks each day as part of a 1500 calorie per day meal plan. You will receive shake mixes to replace two meals and two snacks (5 shakes total) and bars to replace one snack each day (1 bar total) – approx. \$17.50 per day. From the following flavor options, you need to identify a total of 10 shake cartons and 2 bar cartons. 10 Shake Mixes: ____ Vanilla ____ Chocolate ____ Strawberry (QL) 2 Bars: ____ PB Choc. ____ Chocolate ____ Apple Cin.	
	12-Day “Liver Shrink” Pack \$320.00 This pack contains over a 12-day supply of product to fully replace all of your food – three meals and three snacks each day (1000 calories). This pack is often used prior to weight loss surgery. You will receive shake mixes to replace all meals (6 total shakes per day) – approx. \$26.50 per day. Included with the pack is a shaker bottle that you can help get the best results when blending the shake mixes, and comes in two reusable carrying totes. From the following flavor options, you need to identify a total of 12 shake cartons and 2 high-protein (HP) shake cartons. 12 Shake Mixes: ____ Vanilla ____ Chocolate ____ Strawberry (QL) 2 HP Shake Mixes: ____ Vanilla ____ Chocolate	

Quant.	Other Products	Patient Information
NA	Shaker Bottle \$12.00	Name: _____
NA	Reusable Tote \$6.00	Phone: (____) _____
		Order Date: ____/____/20_____
		Requested Pick Up Time: Tuesday at _____



















**Prices subject to change (prices effective 03/26/2021)

The Johns Hopkins Healthful Eating, Activity & Weight Program provides **contact-less product pick up every Tuesday** outside at Green Spring Station from 9AM to 6PM. Orders must be placed by Friday at 12 PM for pick up the following Tuesday by sending a MyChart message with this completed form attached. Staff will contact you by phone to charge your credit card on the Monday prior to your pick up. Products shaded in dark gray are currently unavailable. QL indicates products with quantity limits. Sales typically limited to a 14-day supply.

ALL SALES ARE FINAL – NO REFUNDS OR EXCHANGES.

10753 Falls Rd, Suite 305
Lutherville, MD 21093
410-616-7420

Johns Hopkins Healthful Eating, Activity & Weight Program
Additional Product Information

Shakes		High-Protein Shakes (HP)	
	<p><u>Vanilla Shake Mix</u> 7-Packet Carton https://www.optifast.com/products/optifastr-shake-mix</p>		<p><u>HP Vanilla Shake Mix</u> 6-Packet Carton https://www.optifast.com/products/optifast-hpr-shake-mix</p>
	<p><u>Ready-to-Drink Vanilla Shakes</u> 27 Pak Case https://www.optifast.com/products/optifastr-ready-drink-shakes</p>		<p><u>HP Ready-to-Drink Vanilla Shakes</u> 16 Bottle Case https://www.optifast.com/products/optifast-hpr-ready-drink-shake</p>
	<p><u>Chocolate Shake Mix</u> 7-Packet Carton https://www.optifast.com/products/optifastr-shake-mix</p>		<p><u>HP Chocolate Shake Mix</u> 6-Packet Carton https://www.optifast.com/products/optifast-hpr-shake-mix</p>
	<p><u>Ready-to-Drink Chocolate Shakes</u> 27 Pak Case https://www.optifast.com/products/optifastr-ready-drink-shakes</p>		<p><u>HP Ready-to-Drink Chocolate Shakes</u> 16 Bottle Case https://www.optifast.com/products/optifast-hpr-ready-drink-shake</p>
	<p><u>Strawberry Shake Mix</u> 7-Packet Carton https://www.optifast.com/products/optifastr-shake-mix</p>		<p><u>HP Ready-to-Drink Strawberry Shakes</u> 27 Pak Case https://www.optifast.com/products/optisourcer-very-high-protein-drink</p>
	<p><u>Ready-to-Drink Strawberry Shakes</u> 27 Pak Case https://www.optifast.com/products/optifastr-ready-drink-shakes</p>		<p><u>HP Ready-to-Drink Caramel Shakes</u> 27 Pak Case https://www.optifast.com/products/optisourcer-very-high-protein-drink</p>
Bars		Soups	
	<p><u>Peanut Butter Chocolate Bar</u> 7-Packet Carton https://www.optifast.com/products/optifastr-bar</p>		<p><u>Vegetable Soup Mix</u> 7-Packet Carton https://www.optifast.com/products/optifastr-soup-mix</p>
	<p><u>Chocolate Bar</u> 7-Packet Carton https://www.optifast.com/products/optifastr-bar</p>		<p><u>Tomato Soup Mix</u> 7-Packet Carton https://www.optifast.com/products/optifastr-soup-mix</p>
	<p><u>Apple Cinnamon Bar</u> 7-Packet Carton https://www.optifast.com/products/optifastr-bar</p>		<p><u>Chicken Soup Mix</u> 7-Packet Carton https://www.optifast.com/products/optifastr-soup-mix</p>