



12189 W. 64th Ave, #102
Arvada, CO 80004

303-424-9549 www.arvadasportandspine.com

IDEAL PROTEIN ORDER FORM

NAME: _____

DATE: _____

Estimated pick up time: _____

Fax to: 303-424-7389

email to: support@arvadasportandspine.com

NON-RESTRICTED		QTY		NON- RESTRICTED		QTY
1952	Chocolate Smoothie Mix		\$4.55	1954	Ready to Serve Chocolate Pudding	\$5.41
1952	Vanilla Smoothie Mix		\$4.55	1954	Ready to Serve Mango Shake	\$5.41
1952	Berry Breakfast Smoothie Mix		\$4.55	1954	Ready to Serve Chocolate Shake	\$5.41
1952	Berry Pomegranate Drink Mix		\$4.55	1954	Ready to Serve Vanilla Shake	\$5.41
1952	Orange Drink Mix		\$4.55	1954	Ready to Serve Strawberry Banana Shake	\$5.41
1952	Peach Mango Drink Mix		\$4.55			
1952	Maple Oatmeal		\$4.55		RESTRICTED	QTY
1952	Crispy Cereal		\$4.55	1952	Cookie Dough Protein Swirl Bar	\$4.55
1952	Cheese Omelet Mix		\$4.55	1952	Caramel Peanut Protein Bar	\$4.55
1952	Chocolate Chip Pancake Mix		\$4.55	1952	Chocolate Almond Protein Bar	\$4.55
1952	Golden Pancake Mix		\$4.55	1952	Chocolate Coconut Protein Bar	\$4.55
1952	Mushroom Soup Mix		\$4.55	1952	Cranberry Pomegranate Protein Bar	\$4.55
1952	Tomato Basil Soup Mix		\$4.55	1952	Mint Cocolate Crisp Protein Bar	\$4.55
1952	Broccoli Cheese Soup Mix		\$4.55	1952	Peanut Butter Protein Bar	\$4.55
1952	Chicken Noodle Soup Mix		\$4.55	1952	Double Chocolate Brownie	\$4.55
1952	Rotini Pasta		\$4.55	1954	Dill Pickle Zippers	\$5.41
1952	Mashed Potato Mix		\$4.55			
1952	Vegetable Chili Mix		\$4.55		SUPPLEMENTS	
1952	Vegetable Bolognese Spaghetti Mix		\$4.55	300	Multi-Vita (60 caps)	#####
1952	Macaroni and Cheese		\$4.55	301	Cal-Mag (120 caps)	#####
1952	Raspberry Gelatin Mix		\$4.55	####	Potassium Citrate (60 caps)	#####
1952	Dark Chocolate Pudding Mix		\$4.55	####	Omega 3 Plus (60 caps)	#####
1952	Vanilla Pudding Mix		\$4.55	318	Natura Enzymes (60 caps)	#####
1954	Vanilla Crispy Squares		\$5.41	1000	Natura Anti-Oxy (60 caps)	#####
1954	Chocolate Crispy Squares		\$5.41	####	Senna (Laxative)	\$8.00
1954	Chocolate Puffs		\$5.41			
1954	Sea Salt Vinegar Crisps		\$5.41		OTHER	
1954	Barbecue Crisps		\$5.41	####	"My Ideal Recipes" Cookbook (Phase 1 & 2)	#####
1954	Vanilla Wafers		\$5.41	####	"Taste the Freedom" Cookbook (Phase 4)	#####
1954	Triple Chocolate Wafers		\$5.41	451	Shaker	\$8.00
1954	Strawberry Wafers		\$5.41	950	Sea Salt (1 shaker)	\$5.00
1954	Orange Creme Wafers		\$5.41			
1954	Nacho Cheese Doratos		\$5.41			
1954	Ranch Dorados		\$5.41			
MEAL REPLACEMENT (Phase 3 & 4)						
1954	Chocolate		\$5.41			
1954	Vanilla		\$5.41			
1954	Strawberry		\$5.41			

Total # of Packets:	0
Total Dollars Packets:	##
Total Supplements & Other:	##
Per box discount @ \$1 per box	
Total Due (before tax)	\$0.00

All sales are final. No exchanges, returns, or refunds.

Discontinued: Southwest Cheese Curls, Pina Colada Smoothie Mix, White Cheddar Ridges, Raspberry Crunch Bar
Vanilla Peanut Bar, Chocolate Coconut Bar