



MEAL ORDER FORM

Member Name _____ Order date _____

Delivery Date: SATURDAY, SEPTEMBER 9th

Breakfast: Indicate Quantity

_____ Protein Waffles (2), \$8.50

Healthy Gourmet: Indicate Quantity

_____ Lemon Rosemary Chicken, \$11.50

_____ Balsamic Marinated Flank Steak, \$11.50

_____ Beef Burrito Bowl, \$11.50

_____ Slow Cooked Pork, \$11.50

NOTES: _____

Clean & Lean: Indicate Quantity

_____ Steak, \$11.50

_____ Ground Turkey, \$10.00

_____ Salmon, \$11.50

_____ Chicken, \$10.00

_____ Cod, \$10.00

NOTES: _____

CLEAN TREATS:

_____ Protein Donuts, 1/2 dozen \$18

Order may be picked up on the selected date after 11:00 am and payment will be due at time of pick-up to Grand Fitness by card on file or alternate credit card. Members may not be called upon delivery but will be charged for any meals not picked up.

Member Signature _____

Don't forget to return your bag!