

**IDEAL PROTEIN FOOD and SUPPLEMENT ORDER FORM**

**Dr. Ronald C. Wichin DC**

104 Elden Street #14 Herndon, VA 20171

703.834.1910 - phone **703.834.2609** - fax

<b>DRINKS</b>	Box	Price
Blueberry, Cranberry & Pomegranate		\$29.00
Pineapple & Banana		\$29.00
Chocolate		\$29.00
Cappuccino		\$29.00
Peach & Mango		\$29.00
Wildberry Yogurt		\$29.00
Pink Lemonade		\$29.00
Pina Colada		\$29.00
Orange		\$29.00
Vanilla		\$29.00
<b>READY MADE</b>	Carton	
Vanilla Drink UHT (6)		\$30.25
Chocolate Drink UHT (6)		\$30.25
Cappuccino UHT (6)		\$30.25
Mango Smoothie (1)		\$4.75
Strawberry-Banana (1)		\$4.75
Vanilla Yogurt Almond (1)		\$4.75
UHT Premade Chocolate Pudding		\$30.25
UHT Premade Caramel Pudding		\$30.25
UHT Premade Vanilla Pudding		\$30.25
<b>SNACKS - PUDDINGS</b>	Box	
Banana		\$29.00
Butterscotch		\$29.00
Milk Chocolate		\$29.00
Dark Chocolate		\$29.00
Vanilla		\$29.00
Cherry Gelatin		\$29.00
Raspberry Mousse		\$29.00
Raspberry Jelly		\$29.00
<b>SNACKS - BARS &amp; PUFFS</b>	Box	
Choco-Coconut *R		\$29.00
Choco-Raspberry *R		\$29.00
Lemon Poppyseed *R		\$29.00
Vanilla Peanut Crunch *R		\$29.00
Choco Peanut Butter *R		\$29.00
Chocolate Mint *R		\$29.00
Cranberry Granata *R		\$29.00
Peanut Butter Crunch *R		\$29.00
Cookies n Cream *R		\$29.00
Caramel Crunch *R		\$29.00
Caramel Nut *R		\$29.00
Cookie Dough Swirl*R		\$29.00
Chocolate Coated Soy Puffs *R		\$29.00
Peanut Butter Soy Puffs *R		\$29.00
Apple Cinnamon Soy Puffs *R		\$29.00
Orange Chocloate Wafers *R		\$30.25
Lemon Wafers *R		\$30.25
Triple Chocolate Wafers *R		\$30.25
Strawberry Wafers *R		\$30.25
<b>SNACKS - SALTY</b>	Box	
Soy Nuts -BBQ not restricted		\$29.00
Dill Pickle Zippers *R		\$29.00
Southwest Cheese Curls *R		\$29.00
Garlic and Soy Chips (not restricted)		\$29.00
Barbeque Soy Chips (not restricted)		\$29.00
Salt and Vinegar Soy Chips (not restricted)		\$29.00
White Cheddar Ridges *R		\$29.00

Double Chocolate Brownie *R		\$29.00
Choclate Caramel Mug Cake (not restricted)		\$29.00
<b>BREAKFAST</b>	Box	Price
Choc Chip Pancake Mix (not restricted)		\$29.00
Plain Pancake Mix (not restricted)		\$29.00
Fine Herb & Cheese Omelet		\$29.00
Omelete Mix (plain)		\$29.00
Crispy Cereal		\$29.00
Maple Oatmeal not restriccted		\$29.00
Cereal Flakes *R		\$29.00
Apple Oatmeal not restricted		\$29.00
<b>LUNCH</b>	Box	
Chicken Ala King		\$29.00
Chicken Noodle Soup		\$29.00
Chicken Soup (creamy)		\$29.00
Broccoli Cheese Soup		\$29.00
Leek Soup		\$29.00
Tomato-Basil Soup		\$29.00
Mushroom Soup		\$29.00
Chicken Patty		\$29.00
Vegetable Chili *R		\$29.00
Potato Puree		\$29.00
Macaroni and Cheese *R		\$29.00
Rotini Pasta		\$29.00
<b>VITAMINS &amp; MINERALS</b>	Bottle	
Multi-Vita (60 caps)		\$29.00
Cal-Mag (120 caps)		\$25.00
Potassium Citrate (60 caps)		\$13.00
Pro Omega 60 ct		\$24.00
Pro Omega 180 ct		\$67.00
Pro Omega Liquid w/Vit D		\$66.00
<b>SUPPLEMENTS</b>	Bottle	
Anti-Oxy		\$33.00
Pro Biotic Flora Health		\$25.00
Senna		\$9.00
Digestive Enzymes		\$24.00
<b>MISC.</b>	Qty.	
Ideal Protein Shaker		\$8.00
Ideal Salt		\$4.00
My Ideal Recipes Cookbook (Phase 1)		\$29.95
Taste The Freedom Cookbook (Phase 4)		\$29.95
Walden Farms Products (see reverse side)		\$4.99
IP Mangosteen Water Enhancer		\$7.50
IP Tangerine Water Enhancer		\$7.50
Stevita Water Flavoring (Orange)		\$7.00
Chocolate Bar		\$4.20

\_\_\_ Boxes @ \$28.00 ea: \_\_\_\_\_

\_\_\_ Pre-Made Drink Boxes @ \$29.50 ea: \_\_\_\_\_

\_\_\_ Pre-Made Mango @ \$4.25 ea: \_\_\_\_\_

\_\_\_ Strawberry Banana @ \$4.90 ea: \_\_\_\_\_

Total for Vitamins/Misc: \_\_\_\_\_

Total for Walden Farms: \_\_\_\_\_

**Total Amount Due:** \_\_\_\_\_

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<b>Walden Farm Salad Dressings</b>	Qty	Price
Bacon Ranch		\$4.99
Balsamic Vinaigrette		\$4.99
Bleu Cheese		\$4.99
Caesar		\$4.99
Chipotle Ranch		\$4.99
Coleslaw		\$4.99
Creamy Bacon - Bottle		\$4.99
Creamy Bacon - Packets		\$4.99
Creamy Italian		\$4.99
Honey Dijon		\$4.99
Italian - Bottle		\$4.99
Italian - Packets		\$4.99
Ranch - Bottle		\$4.99
Ranch - Packets		\$4.99
Raspberry Vinaigrette		\$4.99
Russian		\$4.99
Sesame Ginger		\$4.99
Thousand Island - Bottle		\$4.99
Thousand Island - Packets		\$4.99
Super Fruit Balsamic Vinaigrette		\$4.99
Honey Balsamic Vinaigrette		\$4.99
French		\$4.99
Zesty Italian		\$4.99
<b>Walden Farms Fruit Spreads</b>		
Apple Butter		\$4.99
Raspberry		\$4.99
Ranch Dip		\$4.99
French Onion Dip		\$4.99
Strawberry		\$4.99
<b>Walden Farms Syrups</b>		
Strawberry Syrup		\$4.99
Blueberry Syrup		\$4.99
Caramel		\$4.99
Chocolate		\$4.99
Pancake		\$4.99
<b>Walden Farms Dips/Spreads/Sauces</b>		
Alfredo Sauce		\$4.99
BBQ Sauce - Original		\$4.99
BBQ Sauce - Thick & Spicy		\$4.99
BBQ Sauce - Honey Barbeque		\$4.99
BBQ Sauce- Hickory Smoked		\$4.99
Garlic & Herb Pasta Sauce		\$4.99
Ketchup		\$4.99
Honey Mustard Mayo		\$4.99
"Amazin' " Mayo		\$4.99
Chipotle Flavored Mayo		\$4.99
Tomato Basil Pasta Sauce		\$4.99

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