



NEW DIRECTIONS
Health and Wellness

<u>Name:</u> _____	<u>Date:</u> _____	<u>*Pick up Time:</u> _____
<u>Reducing</u> _____	<u>Adapting</u> _____	<u>Maintenance</u> _____

New Directions Meal Replacements

Mark the quantity beside each selection

7 meal replacements included in a box, \$28 • Shake in a bottle sold individually \$4.50 each

<u>Original</u>	<u>Natural</u>	<u>Advanced</u>
<i>Aspartame or Sucralose Sweetened</i>	<i>Stevia & Monk Fruit Sweetened</i>	<i>Sucralose Sweetened</i>
<i>*Pudding & Shake</i>	<i>Naturally colored & flavored</i>	<i>Increases Satiety, includes Prebiotics</i>
Shakes	Shakes	Shakes
Chocolate	Chocolate	Double Chocolate
Chocolate with Fiber	Chocolate with Fiber	Very Vanilla
Shake in a Bottle <i>sold individually \$4.50 ea</i>	Vanilla	Café Mocha
Chocolate with Fiber	Vanilla with Fiber	Cappuccino
Vanilla	Mocha	Hot Chocolate
Vanilla with Fiber	Hot Cocoa	Pineapple Apricot
Mocha	Pineapple Apricot	Strawberry Crème
Hot Cocoa	Strawberry	Shake in a Bottle <i>sold individually \$4.50 ea</i>
Pineapple Apricot	Mixed Berry Smoothie	Chocolate Salted Caramel
Strawberry	Puddings	Puddings
Chocolate Salted Caramel*	Chocolate	Very Chocolate
Chocolate Mint*	Vanilla	Creamy Vanilla
Puddings	Lemon with Fiber	Zesty Lemon
Chocolate	Soups	Soups
Vanilla	Cream of Chicken	Hearty Cream of Chicken
Lemon with Fiber	Cheddar Broccoli	Cheesy Broccoli
Soups	Tomato Basil	Spicy Tortilla
Cream of Chicken		
Cheddar Broccoli		
Tortilla Soup		

Fiber Supplements \$8 per box / 10 packets in each box

1 fiber supplement/day in addition to meal replacements

Cherry Jello

Chicken Bouillon

Mixed Fruit Drink

Cups

Shaker Cup with lid \$.50 ea

Blender Bottle \$4 ea

Balance Body Composition Scale \$75

Bioimpedance analysis

Track weight, BMI, body fat, lean mass, hydration, and visceral fat.

Sync with our clinic's app, Emailed invitation required to download upon request or ND Program start | Apple Store & Google Play

ND Health



Meal Replacement Bars

recommended for Adapting and Maintenance Phases

2 bars = 1 meal replacement

Higher carb may inhibit weight loss and ketosis

\$28/2 boxes includes 14 meal replacement bars

Original

Peanut Butter Bar

Oatmeal Cinnamon Bar

Advanced

Chocolate Fudge Bar

Salted Caramel Bar