





# MEAL PLAN ORDER FORM

date: \_\_\_\_\_

	MON	TUES	WED	THUR	FRI	SAT
Whole wheat pasta	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Vegetables – 100g</b>						
Butternut squash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Carrots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Broccoli	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Seasonal mix	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Sauces – 2 oz</b>						
Franks RedHot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chimichurri	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tomato	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
BBQ	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pesto	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**DF** dairy free   **GF** gluten free   **V** vegetarian

### CAREIT PICK-UP LOCATION

- CRESTWOOD 9672 – 142 Street, Edmonton
- FOX ONE 10230 – 104 Street, Edmonton
- HAMPTONS 5236 – 199 Street, Edmonton
- ST. ALBERT #105 – 140 Bellerose Drive, St. Albert

**PICK-UP DAY** *two for 5 & 6 day plans*    Monday    Wednesday    Friday

### PRE-AUTHORIZED CREDIT CARD

*If you aren't comfortable sending electronically, we can call to collect your information.*

Please mark one    VISA    Master Card

Account Number \_\_\_\_\_

Expiry Date \_\_\_\_\_ / \_\_\_\_\_   3 Digit Code \_\_\_\_\_

Card Holder Name \_\_\_\_\_

Signature \_\_\_\_\_

I hereby acknowledge that I have read and understood the terms and conditions of this plan.

### TERMS & CONDITIONS

The Careit Fit Meal Plan has a three (3) day per week and a four (4) week minimum commitment. Forms must be submitted 48 hours before your pick up day or we will repeat the last week's order. Pre-authorized credit card payments will be charged weekly for a minimum of four (4) weeks or when you cancel the program. Any changes or cancellation to the meal plan must be emailed to **meals@careit.ca** 48 hours before pick-up day. Early cancellation penalties will be charged using Option 1 as a base.

**For further information on each meal item and about the plan please visit [careit.ca/mealplans](http://careit.ca/mealplans)**