

Body Studio Eat-Rite Order Form

Body Studio's Eat-Rite Rapps:

All Burger, Chicken, Sausage, Chicken nuggets, Chicken Patties, Steak Strips, Chicken Strips are Soy Protein Products & Cheese is low-fat

Indicate number of Rapps, in box provided

Arizona Rapp N Roll: rice, chicken, cheese, corn, sauce, flour tortilla \$5.00
Calories-285, Protein-18g, Carbs-33, Fat-2g, Sodium-325mg, Fiber-5g

Colorado Rapp N Roll: brown rice, BBQ burger, peppers, tomato, cheese, flour tortilla \$5.00
Calories-265, Protein-24g, Carbs-25, Fat-4g, Sodium-125mg, Fiber-6g

Idaho Rapp N Roll: potatoes, cheese, sausage, sauce, flour tortilla \$5.00
Calories-265, Protein-24g, Carbs-35, Fat-5g, Sodium-210mg, Fiber-5g

Texas Rapp N Roll: creamy pinto beans, cheese, salsa, flour tortilla \$5.00
Calories-265, Protein-25g, Carbs-40, Fat-5g, Sodium-125mg, Fiber-6g

Low-Carb Rapps:

California Chk'n Rapp N Roll: chicken strips, peppers, cheese, sauce, wheat tortilla \$5.00
Calories-210, Protein-30g, Carbs-8, Fat-2g, Sodium-135mg, Fiber-4g

Florida Rapp N Roll: imitation crab, coleslaw, spicy salsa, wheat tortilla \$5.00
Calories-225, Protein-28g, Carbs-10, Fat-6g, Sodium-135mg, Fiber-4g

Hawaii Rapp N Roll: chicken, pineapple, mushrooms, Asian veg., cheese, wheat tortilla \$5.00
Calories-220, Protein-35g, Carbs-8, Fat-3g, Sodium-135mg, Fiber-4g

Italian Rapp N Roll: pizza sauce, burger, olives, mushrooms, cheese, wheat tortilla \$5.00
Calories-225, Protein-30g, Carbs-9, Fat-2g, Sodium-130mg, Fiber-4g

Nevada Rapp N Roll: BBQ chicken, sauce, mixed peppers, cheese, wheat tortilla \$5.00
Calories-220, Protein-40g, Carbs-8, Fat-3g, Sodium-135mg, Fiber-3g

Texas Steak Rapp N Roll: steak strips, peppers, cheese, salsa, wheat tortilla \$5.00
Calories-220, Protein-32g, Carbs-9, Fat-2g, Sodium-130mg, Fiber-4g

Carolina Rapp N Roll: chicken, white sauce, broccoli, carrots, cheese, tomato tortilla \$5.00
Calories-220, Protein-35g, Carbs-9, Fat-3g, Sodium-130mg, Fiber-5g

Montana Rapp N Roll: beef pieces, BBQ sauce, peas, carrots, cheese, tomato tortilla \$5.00
Calories-210, Protein-34g, Carbs-9, Fat-2g, Sodium-125mg, Fiber-5g

New Mexico Rapp N Roll: chipotle beef, peppers, black beans, cheese, tomato tortilla \$5.00
Calories-205, Protein-24g, Carbs-12, Fat-5g, Sodium-130mg, Fiber-7g

Breakfast Rapp-N-Roll: egg, red bell pepper, potatoes, cheddar, spices, tomato tortilla \$5.00
Calories-190, Protein-20g, Carbs-12, Fat-5g, Sodium-110mg, Fiber-7g

Country Style Breakfast Rapp-N-Roll: egg, soy bacon, potatoes, cheddar, wheat tortilla \$5.00
Calories-220, Protein-30g, Carbs-10, Fat-4g, Sodium-120mg, Fiber-6g

Body Studio's Eat-Rite Meals:

Please indicate number of meals in box provided

Baked Tuna casserole: noodles, tuna, cheese, baked in a casserole \$5.00
Calories-209, Protein-10g, Carbs-20g, Fat-2g, Sodium-220mg, Fiber-4g

Crusty Baked Mac-n-Cheese: baked casserole of macaroni & cheese \$5.00
Calories-212, Protein-10g, Carbs-20g, Fat-4g, Sodium-210mg, Fiber-3g

Penne Pasta Dinner: penne noodles, tomatoes, spices, chicken nuggets \$5.00
Calories-270, Protein-17g, Carbs-27g, Fat-2g, Sodium-290mg, Fiber-4g

Sicilian Lasagna: baked lasagna, burger, tomato sauce, cheeses \$5.00
Calories-210, Protein-17g, Carbs-21g, Fat-4g, Sodium-310mg, Fiber-4g

Southern Style Dinner: chicken patty, mashed potatoes, corn, gravy \$5.00
Calories-264, Protein-24g, Carbs-25g, Fat-4g, Sodium-234mg, Fiber-4g

Spinach & Cheese Ravioli: ravioli, red pepper, tomato sauce \$5.00
Calories-220, Protein-16g, Carbs-20g, Fat-3g, Sodium-270mg, Fiber-6g

Spaghetti Robusto with Meatballs: whole-grain pasta, low-fat cheese, tomato sauce \$5.00
Calories-189, Protein-15g, Carbs-19g, Fat-5g, Sodium-120mg, Fiber-4g

Burgers\Sandwiches:

Western Burger: burger patty, mixed bell pepper, onion & sauce on whole wheat bun \$4.75
Calories-225, Protein-24g, Carbs-25g, Fat-3g, Sodium-140mg, Fiber-6g

Chik-Wich Salad Sandwich: soy chicken chunks, mixed veggies & sauce on whole wheat bun \$4.75
Calories-220, Protein-23g, Carbs-25g, Fat-4g, Sodium-150mg, Fiber-7g

The Rite Hogi Sandwich: wheat bun, soy patty, diced veggie & tomato sauce topping \$4.75
Calories-225, Protein-24g, Carbs-18g, Fat-4g, Sodium-150mg, Fiber-8g

Low-Carb Meals:

- Ameri-Mex Fajitas: chili, tomatoes, burger bell peppers, tortilla chips \$5.00
Calories-195, Protein-25g, Carbs-5g, Fat-3g, Sodium-110mg, Fiber-3g
- Marsala Italiano: chicken patty, vegetables, cheese, sauce \$5.00
Calories-210, Protein-28g, Carbs-10g, Fat-3g, Sodium-175mg, Fiber-5g
- Mexican Enchilada: enchilada sauce, burger, olives, cheese, wheat tortilla \$5.00
Calories-190, Protein-18g, Carbs-5g, Fat-5g, Sodium-130mg, Fiber-2g
- Pacific Rim Spring Roll: Asian vegetables, egg roll, sauce \$5.00
Calories-180, Protein-14g, Carbs-6g, Fat-2g, Sodium-125mg, Fiber-2g

Low-Carb/Gluten Free Meals:

- GF Pasta Pesto: corn & rice noodles with garlic, Parmesan, basil, parsley \$5.00
Calories-215, Protein-10g, Carbs-25g, Fat-4g, Sodium-180mg, Fiber-2g
- GF Spaghetti Classico: Corn & Rice pasta, low- fat cheese, soy crumble, tomato sauce \$5.00
Calories-185, Protein-14g, Carbs-19g, Fat-5g, Sodium-145mg, Fiber-3g
- GF Parma Bake: Italian sauce, mushrooms, broccoli, burger, cheese \$5.00
Calories-195, Protein-27g, Carbs-5g, Fat-3g, Sodium-115mg, Fiber-2g
- GF Shepard's Pie: burger, vegetables, sauce, mashed potato topping \$5.00
Calories-210, Protein-14g, Carbs-7g, Fat-2g, Sodium-140mg, Fiber-3g
- GF Tamale Pie: burger, bell peppers, sauce, spices, corn meal topping \$5.00
Calories-220, Protein-14g, Carbs-8g, Fat-2g, Sodium-130mg, Fiber-3g
- GF Western Skillet: stake strips, flame roast peppers, vegetables, sauce \$5.00
Calories-180, Protein-25g, Carbs-7g, Fat-0g, Sodium-125mg, Fiber-4g
- GF Brunch New Orleans: egg whites, jack cheese, vegetables, tomato sauce \$5.00
Calories-170, Protein-18g, Carbs-10g, Fat-4g, Sodium-120mg, Fiber-6g

Gluten Free Meals

- Americana Meatloaf: Gluten free! Meatloaf, mashed potatoes, gravy & peas \$5.00
Calories-210, Protein-17g, Carbs-21g, Fat-4g, Sodium-310mg, Fiber-4g
- Fiesta California: Gluten free! Rice baked with cheese, corn, peas, carrots, & chicken \$5.00
Calories-224, Protein-23g, Carbs-19g, Fat-2g, Sodium-120mg, Fiber-5g
- Stroganoff Supreme: Gluten free! Stake strips, creamy sauce, mushrooms, rice \$5.00
Calories-280, Protein-20g, Carbs-18g, Fat-3g, Sodium-225mg, Fiber-5g
- Mediterranean Risotto: Gluten free! Layered rice, cheese, & minced veggies \$5.00
Calories-170, Protein-17g, Carbs-19g, Fat-5g, Sodium-120mg, Fiber-4g

Body Studio's Eat-Rite Pizzas:*All Pizzas are Low-Carb & All Cheeses are Low-Fat Indicate number of pizzas in box provided*

Pizza Chicago UNO: deep-dish pizza soy-crust, cheese, red sauce Calories-210, Protein-25g, Carbs-7g, Fat-6g, Sodium-125mg, Fiber-2g <input type="checkbox"/>	\$5.00
Pizza Chicago DUO: deep-dish pizza soy-crust, cheese, soy sausage, red sauce Calories-210, Protein-30g, Carbs-6g, Fat-5g, Sodium-135mg, Fiber-2g <input type="checkbox"/>	\$5.00
Pizza Chicago TRE: deep-dish soy-wheat crust, cheese, mushrooms, red sauce Calories-210, Protein-20g, Carbs-7g, Fat-4g, Sodium-125mg, Fiber-3g <input type="checkbox"/>	\$5.00
Pizza Chicago QUATRO: deep-dish pizza soy-crust, cheese, onions, garlic, white sauce Calories-215, Protein-22g, Carbs-6g, Fat-6g, Sodium-135mg, Fiber-3g <input type="checkbox"/>	\$5.00
Pizza Chicago CINCO: deep-dish wheat soy-crust, cheese, pineapple, tangy sauce Calories-215, Protein-25g, Carbs-8g, Fat-6g, Sodium-130mg, Fiber-3g <input type="checkbox"/>	\$5.00
Pizza Chicago SEI: deep-dish soy-wheat crust, cheese, pesto sauce Calories-200, Protein-25g, Carbs-6g, Fat-6g, Sodium-140mg, Fiber-2g <input type="checkbox"/>	\$5.00
Pizza Chicago SIETE: deep-dish soy-wheat crust, soy sausage, low-fat jack cheese, salsa Calories-210, Protein-30g, Carbs-6g, Fat-6g, Sodium-145mg, Fiber-3g <input type="checkbox"/>	\$5.00
Pizza Chicago OTTAVO: deep-dish soy-wheat crust, low fat cheese egg & soy bacon Calories-215, Protein-33g, Carbs-5g, Fat-6g, Sodium-140mg, Fiber-3g <input type="checkbox"/>	\$5.00

Body Studio's Eat-Rite Breakfast & Snack Items:*Indicate number of packages in box provided*

Crispy Bars: Mixed Cereal Bars, sweet with a slight vanilla flavor (<i>7 bars in package</i>) Calories-110, Protein-1g, Carbs-7g, Fat-1g, Sodium-110mg, Fiber-2g <input type="checkbox"/>	\$6.00
Oatmeal Raisin Squares: Butterscotch squares with raisins (<i>4 squares in package</i>) Calories-95, Protein-2g, Carbs-22g, Fat-2g, Sodium-75mg, Fiber-4g <input type="checkbox"/>	\$5.25
Assorted Muffins: 7 different fruit & bran muffins (<i>7 muffins in package</i>) Calories-100, Protein-2g, Carbs-15g, Fat-1g, Sodium-80mg, Fiber-3g <input type="checkbox"/>	\$7.50
Choc-o-holic Squares: Rich Chocolate squares made with fructose (<i>4 squares in package</i>) Calories-80, Protein-6g, Carbs-6g, Fat-2g, Sodium-75mg, Fiber-2g <input type="checkbox"/>	\$5.25
Choc-o-P\Nut Butter Squares: made with fructose (<i>4 squares in package</i>) Calories-80, Protein-6g, Carbs-6g, Fat-2g, Sodium-75mg, Fiber-2g <input type="checkbox"/>	\$5.25

Body Studio Snack Bar items:

NuGo Bar: protein snack bar assorted flavors Coffee, Chocolate, & Chocolate-Peanut Butter Flavors Indicate flavor choice: _____ Calories-170, Protein-11, Carbs-26g, Fat-3g, Sodium-170mg, Fiber-2.5g <input type="checkbox"/>	\$1.75
NuGo Bar: high-protein snack bar Chocolate-Banana flavor Calories-190, Protein-17, Carbs-25g, Fat-2.5g, Sodium-160mg, Fiber-1g <input type="checkbox"/>	\$1.75
NuGo Dark Bar: dark chocolate-coated, high-protein snack bar Dark Mocha Chocolate, Dark Chocolate Chip, or Dark Chocolate Mint Indicate flavor choice: _____ Calories-190, Protein-10g, Carbs-30g, Fat-5g, Sodium-70mg, Fiber-2g <input type="checkbox"/>	\$1.75
NuGo SmartCarb Bar: low-carb, high-protein snack bar Peanut Butter-Chocolate flavor Calories-170, Protein-21g, Carbs-7g, Fat-1g, Sodium-110mg, Fiber-2g <input type="checkbox"/>	\$2.00
NuGo Gluten-Free Bar: gluten free, high-protein snack bar Dark Chocolate Crunch & Trail Mix flavors Indicate flavor choice: _____ Calories-170, Protein-21g, Carbs-7g, Fat-1g, Sodium-110mg, Fiber-2g <input type="checkbox"/>	\$2.00
Turkey Snack Stick: mildly spicy, chewy turkey jerky stick <input type="checkbox"/> Calories-80, Protein-8g, Carbs-2g, Fat-4.5g, Sodium-430mg, Fiber-2g	\$1.00
Wow Cow Frozen Yogurt: 8oz carton to go <input type="checkbox"/> Flavors vary weekly Calories-120, Protein-2g, Carbs-28g, Fat-0g, Sodium-100mg, Fiber-0g	\$4.00
T's Mini-Cheesecakes: individual sized, fat-free cheesecakes <input type="checkbox"/> Lemon Poppy seed or Chocolate Cheesecake flavors Indicate flavor choice: _____ Calories-100, Protein-8g, Carbs-15g, Fat-.5g,	\$2.00
Rising Dough Cookies: big soft cookies made with no preservatives Double Chocolate Chip or Oatmeal Cranberry Raisin Indicate flavor choice: _____ Calories-200, Protein-6g, Carbs-42g, Fat-4g, Sodium-340mg, Fiber-10g <input type="checkbox"/> Calories-220, Protein-4g, Carbs-50g, Fat-1g, Sodium-300mg, Fiber-6g <input type="checkbox"/>	\$1.75

Name _____ Date _____
Phone number _____ email address _____

This order form is for pick-up orders only! No shipping.

Please Fax or turn in orders in before 10:00 AM, Wednesdays. Fax(650)212-3122

Total order:

Rapp N Rolls	\$5.00	x _____	= _____
Meals	\$5.00	x _____	= _____
Western Burger	\$4.75	x _____	= _____
Chik-Wich Salad Sandwich	\$4.75	x _____	= _____
Rite Hogi	\$4.75	x _____	= _____
Pizza Chicago	\$5.00	x _____	= _____
Package of 7 Crispy Bars	\$6.00	x _____	= _____
Package of 4 Chocoholic Squares	\$5.25	x _____	= _____
Package of 4 Choco-P\Nut Butter Squares	\$5.25	x _____	= _____
Package of 4 Oatmeal Squares	\$5.25	x _____	= _____
Package of 7 Muffins	\$7.50	x _____	= _____
NuGo Bar (Flavors) _____	\$1.75	x _____	= _____
NuGo Dark Chocolate Bar	\$1.75	x _____	= _____
NuGo SmartCarb Bar	\$2.00	x _____	= _____
NuGo Gluten-Free Bar(Flavors) _____	\$2.00	x _____	= _____
Turkey Snack Stick	\$1.00	x _____	= _____
Wow Cow Frozen yogurt	\$4.00	x _____	= _____
T's Mini-Cheesecakes	\$2.00	x _____	= _____
Rising Dough Cookies(Flavors) _____	\$1.75	x _____	= _____

Order Total \$ _____

Pick-up orders only! Order form not for shipping!

***For more information call 650-212-5000 or go to:
FOOD.BODYSTUDIOFORFITNESS.COM
WWW.BODYSTUDIOFORFITNESS.COM**