

DR. ROBERTUS

Diet & Weight Control

Product Order Form

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Order date: _____ Notes: _____

Full Name: _____ Pick-up date: _____

Drinks

	Qty	Code	Product		Qty	Code	Product
		CA03110	Blueberry & Cran-Granata Flavoured Drink			CA03135	Pina Colada Drink
		CA03115	Cappuccino Drink			CA03105	Pineapple & Banana Flavoured Drink
		CA03120	Chocolate Drink			CA03125	Pink Lemonade Drink
		CA06105	Chocolate Drink UHT (ready to drink)			CA03145	Vanilla Drink Mix
		CA03100	Orange Flavoured Drink			CA06100	Vanilla Drink UHT (ready to drink)
		CA03130	Peach & Mango Flavoured Drink			CA03140	Wildberry Yogurt Flavoured Drink
		CA06110	Mango Flavoured Drink (ready to drink)			CA03150	Lemon Tea Drink Mix
		CA06115	Strawberry-Banana Drink (ready to drink)			CA06120	Cappuccino Drink UHT (ready)

Breakfast (restricted items are highlighted)

	Qty	Code	Product		Qty	Code	Product
		CA02100	Crispy Cereal			CA02105	Plain Crepe
		CA02125	Maple Flavoured Oatmeal			CA02102	Cereal Flakes
		CA02130	Omelet Mix			CA02120	Raspberry Jelly
		CA02135	Fine Herbs and Cheese Omelet				

Lunch (restricted items are highlighted)

	Qty	Code	Product		Qty	Code	Product
		CA02185	Broccoli & Cheese Flavoured Soup Mix			CA02155	Tomato & Basil Flavoured Soup
		CA02150	Chicken Flavoured Soup			CA02165	Vegetable Chili
		CA02145	Leek Flavoured Soup			CA02220	Tomato & Basil Rotini Pasta
		CA02140	Mushroom Soup			CA02190	Mashed Potatoes Puree
		CA02205	Chicken Noodle Soup			CA02195	Chicken Flavoured Patty Mix
		CA02200	Chicken a la King Pottage (NEW)			CA02210	Rotini Pasta

Lunch or Snacks (Puddings)

	Qty	Code	Product		Qty	Code	Product
		CA01335	Banana Pudding			CA06210	Vanilla Pudding UHT (ready to serve)
		CA01300	Butterscotch Pudding			CA01325	Milk Chocolate Pudding
		CA06216	Chocolate Pudding UHT (ready to serve)			CA01330	Lemon Pudding
		CA01320	Dark Chocolate Pudding			CA01310	Vanilla Pudding

Snacks (Chips & Nuts) (restricted items are highlighted)

	Qty	Code	Product		Qty	Code	Product
		CA04102	Sea Salt & Vinegar Crisp			CA04115	White Cheddar Ridges
		CA04215	Dill Pickle Zippers			CA04310	Sour Cream & Onion Soy Puffs
		CA04104	BBQ Crisps			CA04112	Garlic & Fine Herbs Soy Crisps
		CA04110	Southwest Cheese Flavoured Curfs			CA04206	Soy Nuts - BBQ

Sweet Snacks (Bars, Cookies, Puffs) (restricted items are highlighted)

	Qty	Code	Product		Qty	Code	Product
		CA05230	Caramel Nut Bars			CA05215	Vanilla Peanut Bars
		CA05207	Choco Peanut Butter Bar			CA05235	White Choco Caramel Crunch Bars
		CA05105	Choco-Raspberry Bars			CA04400	Raspberry Chocolate Bar (1/wk)
		CA05115	Cookies-n-Cream Bars			CA05211	Cookie Dough Swirl Bar
		CA05225	Cran-Granata Bars			CA05208	Choco Mint Flavoured Bar
		CA04119	Double Chocolate Brownie			CA04123	Lemon Wafer
		CA05110	Lemon Poppy Seed Bars			CA04130	Orange Wafer
		CA05205	Milk Chocolate Bars			CA04315	Apple and Cinnamon Soy Puffs
		CA05240	Peanut Butter Crunch Bars			CA04300	Soy Puffs - Chocolate
		CA04122	Triple Chocolate Wafers			CA04325	Peanut Soy Puffs
		CA04125	Strawberry Wafer			CA04320	Lemon Soy Puffs

Supplements & Misc

	Qty	Code	Product		Qty	Code	Product
		CA10330	Multi-Vita			CA10360	Novi Lax
		CA10155	Cal Mag			CA30100	IP Shaker
		CA10436	Potassium Citrate			CA40195	Recipe Book Chef Verati
		CA25210	Sea Salt			CA10110	Anti-Oxy
		CA10195	Novi-Cure / Detoxification Kit			CA10215	Enzymes
		CA10378	Omega 3 Plus			CA10440	Probiotic 11 Billion
		CA25215	Ideal Salt			CA61005	Mangosteen Water

Dressings/Syrups

	Qty	Code	Product		Qty	Code	Product
		CA20210	Italian Dressing			CA20225	Ranch Dressing
		CA20110	Strawberry Spread			CA20245	Asian Dressing
		CA25105	Maple Flavoured Syrup			CA20325	Blueberry Spread
		CA20165	Original BBQ Sauce			CA20160	Miracle Mayo
		CA20200	Balsamic Dressing			CA20420	Ketchup
		CA20220	Thousand Island Dressing				

Preparation Instructions

Drinks

All Drinks Except Wildberry Yogurt	Pour 200 ml of very cold water into shaker, add content of one pack and mix. Never use hot water.
Wildberry Yogurt Drink	Pour 180 ml of very cold water into a shaker, add contents of one packet and shake vigorously until mixture is smooth. Never use hot water.

Breakfast

Plain Cereal	Pour 100 ml of very cold water into shaker, add content of one pack and mix. Never use hot water.
Chocolate Pancake and Muffin	For Pancake use Orange Pancake preparation instructions For Muffin: Pour 45 to 80 ml of very cold water into a shaker, add contents of one packet and shake vigorously until mixture is smooth. Preheat oven of 350 F and bake in a muffin pan for 10 minutes, or microwave in a microwave-safe cup for 30 seconds.
Plain Crepe	Pour 110 ml of cold water into a shaker, add contents of one packet and shake vigorously until mixture is smooth. Let batter rest for 1 to 3 minutes. Heat a non-stick skillet over medium heat and lightly grease with a drop of oil. Pour batter into skillet and cook on each side for 1 to 3 minutes.
Maple Oatmeal	Pour 80-100ml of warm water into a bowl, add contents of one packet. Do not use boiling water
Omelet	Pour 120 to 150 ml of cold water into a shaker, add contents of one packet and shake vigorously until mixture is smooth. Pour batter into a non-stick skillet and cook on stove top at medium heat.

Lunch

All Soups	Pour 230 ml of cold water into a shaker, add contents of one packet and shake vigorously until mixture is smooth. Heat in a microwave for 1 to 2 minutes or in a saucepan over medium heat. <i>Check frequently - do not overheat!</i>
Vegetable Chili and Spaghetti Bolognese	Stove Top: Pour 170 ml boiling water into a small saucepan, add contents of one packet and bring to a boil. Simmer for 10 to 15 minutes, stirring occasionally. Microwave: Pour 170 ml boiling water into a microwave-safe bowl, add contents of one packet and cook on high for 2 to 3 minutes, stirring occasionally. Hint: You can use kettle: Add dry content of one packet into a bowl or a mug, boil some water and pour about 50-100ml boiling water into content, stir. Keep stirring, the content will become thicker. Bring water in kettle to boil again and pour another small portion of water in the bowl, keep stirring, until the content starts getting thicker again. Repeat adding water and stirring until you get desired thickness of food.
Potato Puree or Soup	Pour 60 ml of very hot water (not boiled) into a bowl. Add contents of one packet and mix gently with a fork. For soup, pour 100 ml of very hot water (not boiled) into a bowl. Add contents of one packet and mix gently with a fork.
Soy or Chicken Patty	Empty contents of pouch into a small bowl. Add 1.5 oz. of cold water, mix and allow mixture to sit for 1 minute. Pour mixture into a lightly greased non-stick skillet, forming a patty of about 4 inches. Cook over medium heat for 2 to 3 minutes on each side.
Rotini Pasta	Pour 200-300 ml of cold water into a pot, add content of one pack and some salt to taste. Bring it to boil and boil 5-7min.

Snacks

Jello	Pour 150 ml of boiling water into a bowl, add contents of one packet and stir until completely dissolved. Refrigerate for 30 to 45 minutes.
Puddings	Pour 150 ml of very cold water into a shaker add contents of one packet and shake vigorously until mixture is smooth. The mixture must get thicker as you shake. Hint: Add an ice cube into water and shake it until the ice is gone before adding powder. Very cold water helps to get better consistency and puddings taste much better when cold. Hint: All chocolate puddings are thicker than non-chocolate ones. Experiment with 100-120 ml of water first with non-chocolate puddings, you can always add more and shake again.