

HARVEST FOODWORKS

Innovative Foods For A Changing World!

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IMPORTANT STATISTICS

30 DAY KIT \$549*

60 DAY KIT 999*

90 DAY KIT \$1449*

4 X 90DAYS \$5499*

*Prices include delivery within
 Canada by ground transport
 only and all taxes.

Weight of each
 30 day kit
 (approx) 30 lbs.

Cube of each 30
 day kit (approx)
 4.5 cubic feet.

Calories per 30
 day kit (approx)
 62000

Water req'd for
 each 30 day kit
 (approx) 10 gals.

-		FILL IN THE QUANTITY OF EACH ITEM YOU WOULD LIKE INCLUDED	30 DAYS	60 DAYS	90 DAYS
B R E A K F A S T		Flapjacks with real maple syrup			
		The <i>ultimate</i> scrambled egg mix			
		Mushroom and cheese omelette			
		Apple & Cinnamon Pancakes with syrup			
		Corn Biscuits with Apple Sauce			
		Multigrain cereal with malted milk			
TOTAL QTY OF 2 PORTION BREAKFASTS			30	60	90
L U N C H		Creamy Potato Soup			
		Tomato Vegetable Soup			
		Cheese and Broccoli Soup			
		Low Fat Lentil Soup			
TOTAL QTY OF 2 PORTION LUNCHESES			30	60	90
D I N N E R S		Write in			
		your choice			
		of any of			
		the Harvest			
		Entrees, or			
	leave the				
	choice to				
	us!				
TOTAL QTY OF 2 PORTION DINNERS			30	60	90

SHIP TO: _____

PAYMENT METHOD: _____
 CREDIT CARD NUMBER: _____ EXP _____

SIGNATURE: _____