



Thank you for making LivingAfterWLS part of your long-term success with weight loss surgery. LivingAfterWLS is committed to supporting you in this life-long journey by giving you the empowerment tools you need to thrive in your new life.

www.livingafterwls.com

We offer the following products to help you succeed in your lifetime weight management:

5 Day Pouch Test Owner's Manual

"Fix your Weight Loss Surgery Tool:

Take control in 5 easy days."

by Kaye Bailey

~~\$24.95~~ **SALE!! \$22.95**

A Collection of Neighborhood Recipes

"LivingAfterWLS: A safe haven circle of friends"

Edited by Kaye Bailey

\$18.00

The You Have Arrived Spice & Seasoning Blends

All natural specially formulated herb & spice blends to provide flavor and nutrition to your high protein diet.

Signature Seasoning Blend - 4 ounces - \$4.65

An aromatic no-sodium mixture of savory, sweet and citrus flavors including onion, garlic, citrus, spices and oils

Savory Provence Blend - 4 ounces - \$5.25

All herbs with a Mediterranean essence: no-sodium contains rosemary, thyme, savory, lavender and other herbs.

Poultry Seasoning - 4 ounces - \$4.65

Light and savory blend of onion, bell peppers, garlic and light hint of citrus. Contains sodium.

Grilling Blend - 4 ounces - \$4.35

The smoky flavor of paprika with garlic & onion nicely compliment grilled vegetables or protein. Contains sodium.

Finishing Salt - 6 ounces - \$3.95

Lightly flavored high quality kosher salt for a finishing touch. Helpful in reducing free-pour sodium intake.

You Have Arrived Seasoning Collection - 1 Jar of Each Blend - \$18.85 (save \$4.00)

You Have Arrived Seasoning Sample Collection - 1 ounce of Each Blend - \$4.40

Feed the Carb Monster Soup Mixes - \$12.95 - Introductory Price!

Vegetable Soup & Tomato Basil Soup Mixes - 16 (1-cup) servings - .81 cents/serving

-Complete Order Form on Reverse-

Or visit our online store at www.LivingAfterWLS.com or www.5daypouchtest.com

Mail Order & Payment to:
 LivingAfterWLS, LLC
 PO Box 311
 Evanston, WY 82931

Ship to:

(Optional)
 Email Address:

OFFICE USE:

Received:
 Fulfilled:
 Tracking #:
 Packager:

Qty.	Item Description	Price	Total
	Books & Publications:		
	5 Day Pouch Test Owner's Manual with Free 2009 Success Kit	\$22.95	
	A Collection of Neighborhood Recipes with FREE Seasoning Sample	\$18.00	
	Walk Your Way to Fitness Guide & Daily Log	\$4.65	
	You Have Arrived Seasoning Blends		
	You Have Arrived Seasoning Collection	\$18.85	
	You Have Arrived Sample Seasoning Package	\$4.40	
	Signature Seasoning Blend (4 Ounces)	\$4.65	
	Savory Provence Blend (4 Ounces)	\$5.25	
	Poultry Seasoning Blend (4 Ounces)	\$4.65	
	Grilling Blend (4 Ounces)	\$4.35	
	Finishing Salt (6 Ounces)	\$3.95	
	Feed the Carb Monster Soup Mixes		
	Vegetable Soup Mix - 8 (1 cup) servings Tomato-Basil Soup Mix - 8 (1 cup) servings FREE sample Finishing Salt	*Introductory Price!! 12.95	
	Misc. Items		
	2009 "You Can Do This" Success Kit	\$3.65	
	Four Rules Refrigerator Magnet	\$1.95	
	Sub-Total:		
	Shipping & Handling - Flat Rate - Select One		
	<i>United States Orders:</i>	\$6.95	
	<i>Outside the United States</i>	\$15.95	
	Total Enclosed	----	

Please present payment in form of check or money order.
 We do not accept cash.
 Credit Cards and PayPal are accepted online at LivingAfterWLS.com