



Stynchula Wellness
 lastdiet@me.com
703-204-1220

Drinks:	Qty.
Blueberry, Cranberry, Pomegranate	
Chocolate Drink Mix	
Cappucino Drink Mix	
Wildberry Yogurt Drink	
Orange Drink	
Peach Mango Drink	
Pink Lemonade Drink	
Pina Colada Drink	
Vanilla Drink	
Breakfast:	
Apple Oatmeal	
Maple Oatmeal	
Chocolatey Chip Pancakes	
Pancake Mix	
Cereal Flakes	
Omlet (HERB & CHEESE OR PLAIN)	
Crispy Cereal	
Lunch:	
Chicken Patty	
Broccoli & Cheese Soup	
Tomato-Basil Soup	
Mushroom Soup	
Chicken Noodle Soup	
Chicken Soup	
Leek Soup	
Vegetable Chili *R	
Chicken a la King	
Potato Puree	
Rotini	
Tomato-Basil Rotini	
Meal Replacements	
Strawberry Drink	
Vanilla Drink	
Chocolate Drink	

Savory Snacks:	Qty.
BBQ Soy Crisps	
Garlic & Herb Soy Crisps	
Salt & Vinegar Crisps	
BBQ Soy Nuts	
Southwest Cheese Curls *R	
Dill Pickle Zippers *R	
Sweet Snacks:	Qty.
Cookies & Cream Bar *R	
Cookie Dough Swirl Bar *R	
Apple Cinnamon Puffs *R	
Peanut Soy Puffs *R	
Chocolate Soy Puffs *R	
Raspberry Chocolatey Bar *R	
Cranberry Granata Bar *R	
Vanilla & Peanut Bar *R	
Caramel & Vanilla Bar *R	
Peanut Butter Chocolate Bar *R	
Peanut Butter Crunch Bar *R	
Double Chocolate Brownie *R	
Orange Wafers *R	
Strawberry Wafers *R	
Lemon Wafers *R	
Triple Chocolate Wafers *R	
Caramel Nut Bar *R	
Chocolate Mint Bar *R	
Coconut bars *R	
Puddings and Gelatin	
Cherry Gelatin	
Raspberry Gelatin	
Banana Pudding	
Raspberry Mousse	
Butterscotch Pudding	
Milk Chocolate Pudding	
Dark Chocolate Pudding	
Vanilla Pudding	
PRE-MADE Caramel Pudding	
PRE-MADE Chocolate Pudding	

Ready-Made	Price	Qty.
Chocolate Drink (6)	\$ 30.50	
Vanilla Drink (6)	\$ 30.50	
Mango Drink (8)	\$ 38.00	
Strawberry-Banana (6)	\$ 30.50	
Cappuccino (6)	\$ 30.50	
Yogurt, Vanilla,Almond (8)	\$ 38.00	
Vitamins & Minerals	Price	Qty.
Multi-Vitamin	\$ 30.00	
Omega 3	\$ 35.00	
Cal-Mag	\$ 25.00	
Potassium Citrate	\$ 13.60	
Digestive Enzymes	\$ 24.00	
Anti-Oxidants	\$ 32.95	
CALM-flavored	\$ 23.95	
CALM	\$ 22.95	
Maple Syrup	\$ 7.00	
Ideal Salt	\$ 5.00	
Shaker	\$ 8.00	
Mangosteen Enhancer	\$ 9.00	
Sea Salt	\$ 2.50	
Senna	\$ 7.00	

Boxes: _____

Pre-Mades: _____

Vitamins: _____

Sub-Total: _____

Tax: _____

TOTAL: _____

Pick Up Date: _____

NAME: _____

Prices: Box=\$29.25 Package=\$4.35