



Healthy Eating = Healthy Living



Breads	Price	Order	FLAX - 4LB Bag	Price	Order
Multigrain - 2lb	\$ 4.50		Regular	\$12.00	
Dark Rye Flax - Caraway - 2lb	\$ 5.50		Flax w/ Soya	\$13.00	
100% Wholewheat - 2lb	\$ 4.50		Golden	\$14.00	
Cinnamon - 2lb	\$ 4.50		COOKIES		
Cheddar Cheese - 2lb	\$ 4.50		Carribbean Queen (Rum/Raisin)	\$ 6.25	
Herb and Garlic	\$ 4.50		Power Flax - Sesame LC	\$ 7.25	
Raisin - 2lb	\$ 4.50		Power Flax - Chocolate - LC	\$ 7.25	
Low Carb 4g net carbs - 2lb	\$ 8.00		Power Flax - LC	\$ 7.25	
Ultra Low Carb 1g net carbs - 2lb	\$ 8.00		Chocolate Dreamland - Splenda	\$ 6.25	
Poppy Seed Strudel - 2-3lb	\$12/kg		Real Deal (Oatmeal Flax raisin) Sp	\$ 6.25	
Piroshki			Flax Machine - Splenda	\$ 6.25	
Potato & Onion - 8 Pack	\$ 7.00		Apple Cranberry Oatmeal - Splend	\$ 6.25	
Cheddar Cheese - 8 Pack	\$ 7.00		Sesame flax brittle - Maltitol	\$ 6.25	
Broccoli & Potato - 8 Pack	\$ 7.00		Peanut Butter Flax - Splenda	\$ 7.25	
Lean Beef - 8 Pack	\$ 8.00		Maple Walnut Granola	\$ 6.25	
Vareniki - Mini Perogies			Almond Granola	\$ 6.25	
Cheddar Cheese - 4lb	\$ 14.00		Apple Raisin Granola	\$ 6.25	
Cheddar Cheese - 1Kg	\$ 8.00		Apple Black Currant Oatmeal	\$ 6.25	
Potato & Onion - 4lb	\$ 12.00		Apple Cranberry Oatmeal	\$ 6.25	
Potato & Onion - 1Kg	\$ 7.00		Power Flax Hi-Performance	\$ 7.25	
Pelmeni - Mini Meat Dumplings			Honey I'm Home	\$ 7.25	
Pork - 4lb frozen	\$ 16.00		Honey Raisin	\$ 7.25	
Pork - 1Kg frozen	\$ 9.00		Real Deal (Oatmeal Flax raisin)	\$ 6.25	
Chicken - 4lb frozen	\$ 16.00		Peanut Butter	\$ 6.25	
Chicken - 1Kg frozen	\$ 9.00		Flax Machine - Gluten Free	\$ 6.25	
100% Beef - 4lb frozen	\$ 16.00		Soy Flax - Gluten Free	\$ 6.25	
100% Beef - 1Kg frozen	\$ 9.00		Happy Colon - Gluten Free	\$ 7.25	
Miscellaneous			Flax-o-Roon - Gluten Free	\$ 7.25	
Low Carb Donuts w/ Splenda - 8pk	\$ 8.50		Power Flax Brittle - Gluten Free	\$ 7.25	
Cranberry Muffin Tops - 6 pk	\$ 8.00		Sesame Flax Cranberry Brittle	\$ 7.25	
Chocolate Cranberry Buns - 6pk	\$ 8.00		Spicy Flax Snaps	\$ 7.25	
Low Carb Cheese Scones - 6 pk	\$ 8.00		Sesame Flax Snaps	\$ 7.25	
Sugar free Chocolate Truffles - 500 grams	\$ 17.50		Flax Rye Loaf Chips	\$ 7.25	
Lean Chick. Breast Kolbassa (dbl Smoke)	1.70/100 gr		Totals		
Lean Kolbassa (Dbl Smoked w/ Garlic)	1.70/100 gr				
Borscht Soup (Vegetarian) 1.7Litre Jar	\$ 10.00		Notes		
Cabbage Rolls (Beef) - 5 pk	\$ 12.00				
Sugar Free Chocolate w/flax - milk	\$ 6.25				
Sugar Free Chocolate w/flax - dark	\$ 6.25				
Totals					

rsquare.com

Check out their website for all these great products and more !!

Order Date:
Name:
Phone # :

To Order: (604)703-0456 Phone
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chilliwackwaterstore@telus.net

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