



INTRODUCING
The Super Healthy...

All of our soups and entrees will be shipped frozen to your doorstep!



HOME DELIVERY



Healthy Salad Dressings - \$5.95 pt. \$9.95 qt.

- Chef John's Famous Tahini Dressing
- Peanut Butter Sesame Dressing
- Strawberry Tahini Dressing
- Agave Mustard Dressing



Delicious Low-Fat Vegan Soups - \$3.95pt. \$6.95 qt.

- Split Pea
- Mushroom Barley
- Fabulous Five Bean
- White Bean Escarole
- Garden Vegetable Miso
- Creamy Sweet Potato with Corn and Kale
- Curried Lentil
- Winter Squash
- Golden Miso with Tofu
- Cream of Broccoli with Cheddar

Our nutritious Detox Potassium Broth - \$3.50qt

Gourmet Vegetarian Entrees - \$5.95 each or 2 for \$10.95

- Lasagne Bolognese
- Grilled Vegetable Lasagna
- Three Bean Enchiladas
- Lentil Stew with Quinoa
- Seitan Peppersteak with Edamame Rice
- Vegetarian Sloppy Joe's
- Eggplant Parmesan
- Sweet Potato Souffle
- Stuffed Peppers with Florentine Rice
- Baked Ziti Marinara



Scrumptious Vegan Cookies - \$4.95 dozen

- Peanut Butter Cookies
- Oatmeal Raisin Cookies
- Carrot, Walnut, Raisin Cookies
- Organic Dark Chocolate Chip Peanut Butter Cookies

SIGN UP FOR OUR WEIGHT LOSS MEAL PLAN (SHIPPED EVERY TWO WEEKS OR MONTHLY) AND SAVE 10%.

SEE OTHER SIDE FOR MORE DETAILS.

**To Order Call 1-800-373-7718 or
Order On-line at www.regencyhealthspa.com
E-mail us at regencyspacuisine@yahoo.com**

Florida residents add sales tax. Handling and Shipping Charges may apply.

REGENCY SPA CUISINE MEAL PLAN SPECIALS

The discount is available to anyone who orders once per month or more.

Single Person Slim Down (2 weeks of savory, healthy meals)

1 quart of our delicious salad dressing of your choice	\$6.95 retail
7 pints of our vegan soups, your choice, mix and match (1 of each or pick your favorites totaling 7)	\$27.65 retail
4 quarts of our famous Detox Potassium Broth	\$14.40 retail
14 entrees	\$83.30 retail
1 dozen cookies	\$4.95 retail
Total retail	\$137.25

Special Package Price - 10% DISCOUNT only\$125.00 plus S&H

Two Person - 2 Week Meal Plan

1 quart of dressing.....	\$6.95 retail
7 quarts of vegan soups (you pick your favorites)	\$48.65 retail
6 quarts of Detox Potassium Broth.....	\$21.00 retail
28 entrees your choice.....	\$166.60 retail
2 dozen cookies (you pick em).....	\$9.90 retail
Total retail	\$253.10

Special Package Price - 10% DISCOUNT only\$227.00 plus S&H

Our Recommendations for:

A Healthy Nutritious Day

Fresh fruit and or oatmeal for breakfast

A large salad for lunch

A small salad for dinner

Combine a serving of the soup or entrees with your salads for a complete meal

Have a nice cup of warm potassium broth once a day between meals

One cookie a day for a treat to yourself!

Please remember to drink your water.

We recommend ½ ounce of water per pound of body weight.

(Divide your weight in half. That's a correct amount of water intake)