

Wholy Living Suggested 6 Month Supply List ~ FALL 2016 Please make any substitutions that suit your tastes!
Read our explanation of the 6 Month Supply on page 3!

¹ Organic ALL GRAINS ARE NON-GMO ² Certified Chemical Free *store 6 months or less	Weight (lbs)	Price (\$)	Qty	Total Cost
Prairie Gold ² — hard white spring wheat berries high protein, Excellent gluten - versatile for baking 50# = 50 loaves	5 / 50 45 (Pail)	8 / 36 / 45	4 bags	144
Bronze Chief Wheat ² — hard red spring wheat, more robust flavor than Prairie Gold	5 / 50 45 (Pail)	8 / 32 / 42		
KAMUT ¹ — Egyptian grain, wheat substitute, soft bread NEW 50#	5 / 25 / 50	12 / 46 / 86	2 -50#	172
Spelt ¹ — most easily digested, good bread, complete protein, healing food when ill	5 / 50 45 (Pail)	12 / 62 / 70	3-50#	186
Soft White Pastry Berries ² — perfect for pie crusts, cookies, muffins, angel food cakes	25 / 50 45 (Pail)	36 / 39 47		
7 Grain Mix ² — unique blend of hard wheat, oats, soft white, rye, triticale, barley and spelt	25 / 45 (Pail)	32 / 66	1-45#	132
7 Grain Mix Rolled w/ Flax Seeds ² - great for granola & hot cereal	8 / 50	20 / 62	1	20
Natural White Unbleached Flour ²	25 / 50	23 / 41		
Regular Rolled Oats OR Quick Rolled Oats (circle preference)	25 / 50	28 / 41		
Certified Organic Rolled Oats or GF Organic Rolled (circle) NEW	50	66		
Corn - Whole for corn bread - Organic - non GMO	25	40		
Oat Groats ¹ * - roll your own oats in the Roller Flaker	5 / 25 / 50	10 / 43 / 60	1-50#	60
Whole Rye ¹	5 / 25	11 / 28		
Hulled Barley from Delta Junction — great milled or in soups	5 / 25	7.50 / 21		
Hulled Barley - Oregon grown, Organic	5 / 25	11 / 42	2 5#	22
Buckwheat groats ¹ - gluten free, good sprouts & pancakes	5 / 25	16 / 66	1-5#	16
Quinoa (Keenwa) ¹ White red & tri colored are available GF	5 / 25 tri colored	17 / 70 wh 23 / 104	2-5#	46
Millet ¹ — serve like rice, excellent for restoring alkaline balance to the body, alias 'bird seed' NEW SIZE	5 / 25 / 50	11./ 42 / 58	1	11
Brown Rice ¹ * Lundberg Family grown in CA - long grain Cooks in BRK in 15 minutes ORGANIC	5 / 25	16 / 66		
Brown Rice ¹ * Lundberg Family grown in CA - long grain Cooks in BRK in 15 minutes. ECO FARMED Limited Chemicals	5 / 25	10 / 44	1	44
Yellow Popcorn - Organic, Delicious, FEW 'Old Maids'	5 / 25	13 / 42		
Einkorn ~ soft, flavorful wheat substitute for sensitive bellies NEW ANCIENT GRAIN	5 / 25	24 / 100		

SEEDS ~ NUTS ~ SWEETENERS ~ OILS New Items	Weight (lbs)	Price (\$)	Qty	Total Cost
Chia Seeds - Black - Organic	1 / 5	8 / 20	1	20
Golden Flax Seeds ¹ — lowers cholesterol, omega oils	5 ¹ / 25 ¹	7 / 30	1	30
Pumpkin Seeds ¹ - Medium size, protein rich, eliminates parasites! Chop & use in bread, trail mix Now Org	5 ORE GROWN	26	2	52
Sesame Seeds — natural , granola, bread	5	19		
Sunflower Seeds - raw, unsalted, shelled	5 / 25	12 / 53	1	53
Almond - excellent quality ~ Raw ~ non pariel Slivered, great for baking, cold cereals, trail mixes	5	Raw 35 Slivered 35 Roasted 35	1 1 1	35 35 35
Brazil Nuts ~ selenium, B vitamins, GF ~ NEW	5	36	1	36
Cashews — raw pieces, roast for 15 minutes at 225	5	34.50		
Hazel Nuts ~ super food, whole,& raw NEW	5	54		
Peanuts - Dry roasted - delicious - make your own p b	5	13		
Pecans — medium pieces or HALVES (circle choice) NEW	5	52		52
Walnut Pieces — ready for baking	5	25	1	25
Peanut Butter, Creamy - better than Adams, salted	35	94		
Peanut Butter, Crunchy- better than Adams, salted	35	94	1	94
Agave Syrup ¹ - Organic Dark Amber sweeter than Honey - low glycemic, good choice for diabetics	1 gal	44	1	44
Honey ¹ - Raw Organic , Strong Flowery Flavor	1 gal	62		
Honey, Mountain Wildflower — delicious, full of enzymes, minimally processed	1 gal / 40#	55 / 140	1	55
Maple syrup ¹ — Grade B, organic, delicious	1 gal	76		
Molasses — Old Fashioned Sweet Table	1 gal	20	1	20
Molasses - Blackstrap	1 gal	20		
Evaporated Cane Juice Sugar ¹ - use 1/3 less, better than Refined. Mix w/ molasses for brown sugar NEW 25#	25 / 50	51 / 71	1	71
Coconut Oil - organic, no odor or flavor	1 or 5 gal	32 / 122		
Coconut Oil - Extra Virgin, organic - smells & tastes like coconut - I use it for deodorant & face cream	1 or 5 gal	52 / 225	2	104
Shortening ¹ - Organic Palm Fruit, 18 month shelf life	5# pail / 33	16 / 81	1	16
OLIVE OIL Extra Virgin, Organic - Excellent quality	Gallon	42	2	84
TOTAL PAGE 1				1714.00

BAKING ESSENTIALS & DRIED FRUIT PRODUCTS				
	Weight	Price	Qty	Total
Arrowroot Powder-use like cornstarch & in deodorant	1 / 5	6 / 17	1	6
Baking Powder Rumford — no aluminum, fast acting!	5 lb	19	1	19
Chips ~ Milk Chocolate - addicting!	5 / 25	26 / 120	1	26
Chips ~ Dark Chocolate - organic	5	31	1	31
Chips ~ Vanilla ECJ Sugar sweetened	5	24		
Chips ~ Peanut Butter , ECJ Sugar sweetened	5	28		
Cocoa Powder—10-12% Dutch cocoa	5	20	1	20
Dough Enhancer — extends shelf life, soft bread	1 / 5	7.50 / 27.50	1	27.50
SAF Yeast—makes 80 loaves of bread	1	5	4	20
Vegalene Pan Spray — Aerosol, lasts & lasts!!!	14 oz	8.50	3	25.5
Vital Wheat Gluten	1# / 5 lb	6 / 17	1	17
Pure Vanilla Powder & NEW ~ LIQUID — use same t for tsp	8 oz Liquid 1.5# Powder	15 / 25	1	25
Pure Almond Extract Liquid or Powder? Love at 1st SNIFF!	8 oz Liquid 1.5# Powder	12 / 20		
Real Maple Extract—add 1/4 tsp to 12 oz of agave for fabulous maple syrup Love at 1st SNIFF!	8 oz 1.5# Powder	12 / 20	1	20
Nutritional Yeast - adds incredible nutrients to baked goods	1 / 5 NEW	12 / 45		
Apple Slices, soft BACK AGAIN!	5	35	1	35
Apricots - diced, sulphered, in rice flour	5	24		
Cherries, unsweetened Dried Bing from CA	5	57		
Coconut - chipped, larger pieces, organic , unsweetened NEW 25# SIZE	5 / 25	21 / 87	1	21
Coconut—shredded like Almond Joy texture, organic, un sw	5	21		
Cranberries - sweetened w/apple juice	5	38	1	38
Dates - pieces rolled in oat flour	5 / 30	15 / 69		
Raisins - Golden, sulphured	5	18	1	18

SOUP FIXINS ~ SEASONINGS ~ MILK					
DRY BEANS ~ 5# & 25# SIZE ~ PREMIUM	Weight In pounds	Price	Quantity	Total Cost	
Black Turtle - Organic	5 / 25	16 / 39	1	16	
Red Kidney - Organic (non org, GMO free \$59)	5 / 25	18 / 69	1	18	
Pinto ~ Organic (non org, GMO free \$40)	5 / 25	15 / 46	1	15	
Garbanzo - Organic (non org, GMO free \$35)	5 / 25	19 / 51	1	19	
Green Split Peas - Organic (non org, GMO free \$28)	5 / 25	12 / 35			
Great Northern - Organic (non org, GMO free \$48)	5 / 25	16 / 53	1	16	
Green Lentils ~ Organic by popular request NEW	5 / 25	15 / 45	1	15	
13 Bean Fiesta Mix—prepare with broth & veg stew blend in BRK in 30 minutes	5 / 25	12 / 48	1	12	
Vegetable Broth Mix - Good for soups and hot drink!	1	7.50	1	7.5	
Beef Broth Mix - Good for soups and hot drink!	1	7.50	2	15	
Chicken Broth Mix - Good for soups and hot drink!	1	7.50	2	15	
Dehydrated Veggies-carrots, celery, tomatoes, peppers Add to soups, rice. Run in coffee mill to use as flavoring	1	12	2	24	
Dehydrated Potato Slices Pail - great in spud casseroles	10	70			
Dehydrated Potato Shreds Pail - rehydrates quickly, good as hash browns, add to soup ~ delicious!	10	50			
Celtic Sea Salt ¹ —80 trace minerals, pure, fine ground	1 / 5	9 / 45			
Celtic Sea Salt Crystals - coarse crystals. Will dissolve in liquids	5	23			
PINK Himalayan Salt - raw, pure, high mineral & iron content ~ hand mined in Pakistan	1 / 5 / 22 NEW	5 / 14 / 50	2	28	
Real Salt—similar to Celtic but harvested in Utah	26 oz / 25	9 / 75			
SEASONINGS! Garlic granules, Montreal Steak, Pizza, Italian, Cinnamon, Ranch Dressing Mix, Cayenne Circle your choice (s)	1 NEW	9			
Buttermilk Powder - use for light & fluffy baking (ORG option) NEW	5	14/ org 35	1	14	
Morning Moos Milk Flavored Protein Powder - Delicious, Easy to Digest ~ Pail makes 50 gallons	#10 Can = 5 gal	18 can 130 pail	3	390	
Morning Moos Chocolate Flavored Protein Powder- delicious hot or cold ~ Pail makes 50 gal	#10 Can = 5 gal	18 can 120 pail			
TOTAL PAGE 2 & 3		Total 1025.50	72 (Pg 3)	+	953.50

SIZZLE PRESSURE POTS by B / R / K
Lifetime Guarantee ~ 10 year free replacement parts

- All Pots are 18 / 10 Stainless Steel to be used on any cooking surface, but not in the oven.
- Save Energy ~ Pressure cook in half the time!
- Save Time ~ Quick Cooking, Easy Clean up, even burned food! (I KNOW)
- Access your Pressurized Pot anytime! With one handed Lid Locking System!
- Frozen Chicken Breast done in 10 minutes! Shred in Bosch Bowl with wire whips!
- Beans ~ soft and ready for soup in 30 to 45 minutes
- Perfect Wedding, Mother's Day, Birthday or Just Because Gift to last a Lifetime!

Circle your color choice	Price	Quantity	Total
Four Liter Pot with Pressure Lid <i>orange green black</i>	129		
Six Liter Pot with Pressure Lid <i>orange green black</i>	139		
Eight Liter Pot with Pressure Lid <i>orange green black</i>	149		
Ten Liter Pot with Pressure Lid <i>orange green black</i>	159		
Original B / R / K 6 Liter Pot with Pressure & glass Lids	189		

* My gift to you with each Sizzle Purchase ~ 12 inch Bamboo Spoon

SWEET TOOTH HEALTHIER TREATS

	Size #	Price	
<i>Dark Chocolate Coconut Chews - like a Mounds, but OHH so much better!</i> <i>Dark Chocolate Coconut Almonds ~ All Natural (Circle Choice) NEW</i>	1 / 10	10 / 90	3 / 30
Milk Chocolate Rainbow Drops ~ another healthier treat than M n Ms —no food dyes! <i>Yogurt Covered Raisins, too! (Circle Choice) NEW</i>	1 / 5	8 / 37.50	
<i>Palmer Trail Mix ~ Slivered almonds, dark choc chip, pumpkin seeds, sunflower seeds, Chipped Coconut ~ Grab & GO! Real Energy Food</i>	1 / 5	6 / 25	1 / 25

Peruse the BOOKSHELF when you visit the Granary!

NEW GLUTEN FREE & COCONUT ITEMS

	Size	Price	Quantity / Total
Coconut Sugar - RAW, ORGANICE Extremely low glycemic index, nutrient rich	5 / 25	20 / 87	/
Coconut Aminos - RAW, ORGANIC Great soy sauce substitute NEW LARGER SIZE replaces the 8 oz	16.9 oz / gallon	11 / 56	2 / 22
Coconut Milk Powder - mix with water for smoothies, shakes, Ice cream, Hot chocolate NEW	1 / 5	11 / 50	/
Almond Meal / Flour - super quality	5	28	/
Xylitol - alternative sugar made of birch syrup	5	30	/

STORAGE CONTAINERS & KITCHEN TOOLS

Item	Price	Quantity	Total
6 gal. round white pail with lid or purchase the gamma lid 4 gal. square white pail with lid	9 Rd 7 Squ		
1 Gallon Pail & Lid - White - Handy when dividing out large bags etc	4.50		
Gamma Lids — screw on lid for 6 gal. pail ~ Various Colors	9		
BREAD BAGS 100 in pack with Twisties	8.50	3	25.50
NEW Ceramic Butter Bell ~ keep butter fresh at room temp	9		
NEW BIG MOUTH CHOPPER / SLICER ~ Better than the Alligator! Two dicing sizes & one slicer, stainless steel blades, self contained!	45		
Alligator Garlic Mincer—quick chop garlic cloves	7.50		
TOTAL NON CONSUMABLES			25.50

MY THOUGHTS CONCERNING THE 6 MONTH SUPPLY LIST...

Grains & real whole foods fill & sustain our bellies. This list is designed to make:

- 1 batch of bread/week using Prairie Gold, Spelt & KAMUT
- Rolled Oat Groats & 7 Grain Mix for hot cereal, cookies & granola bars.
- Spelt, Brown Rice & Barley mixed together equally for 'All Purpose' Flour for baked goods like cookies, cakes, pies, muffins etc.
- 7 Grain Rolled with Flax for home made granola
- Enough Morning Moos Powder for 2 gallons / week
- Fun foods like nuts, baking chips, seeds & dried fruit for cereals, granola bars, trail mixes, & baking. HINT: Margaret's trail mix is equal parts of dark chocolate chips, coconut chips, pumpkin seeds, sunflower seeds & nuts.
- When I make a large batch of hot cereal with oat groats & 7 grain whole, (which I also use for cookies & granola bars) I chop up pumpkin seeds, sunflower seeds, flax seeds & add sesame seeds.
- Mix our Evaporated Cane Juice Sugar & Molasses together for your own brown sugar, the ABSOLUTE BEST you have ever tasted.
- Beans, veggies, coconut aminos & broth mixes for soups & stews.

This is a bunch of money, keep in mind, these foods are REAL, WHOLE ingredients, that truly feeds & nourishes the body. This are NOT the SAD diet, Standard American Diet that leads to obesity & a myriad of health problems. Our foods are an investment for LIFE! We make most of own convenience foods & basically purchase dairy & produce from the grocery.

Again, this is what we love to eat. Feel free to customize this list to you family's taste buds.

BOSCH & L'CHEF PRODUCTS
We also stock replacement parts. Call us **FIRST!**

Item	Price	Item Info	Total
Nutrimill Harvest - Old fashioned Stone milling in stylish bamboo housing. Pick your accent color!	299 WAS \$399	Red ~ Black Teal~ Gold Silver	
Nutrimill Plus - Quieter, Compact Storage, Stylish ~ Fine Flour to Coarse Flour. Mill Flour for the week & Store Mill	239		
NutriMill Classic — Lifetime Warranty, 16 C drawer canister, variable speed & texture / Bagger SPRING SALE PRICE	229 / 35		
Bosch Plus Universal , Dough Hook, Wire Whips — 800 watts, 4 speeds, automatic. Transmission, makes 6 Loaves & A base for ALL THESE ATTACHMENTS: DOUGH HOOK EXTENDER SPRING SALE PRICE	389 12.50		
Bosch Slicer/Shredder — 10 cup bowl with grating, slicing, & French fry stainless steel blades Whisk Whip for light mixtures ~ New Dough Hook NEW Oversize Slicer/Shredder sits on Bosch Bowl. with Slicing & Grating Blades. Add ons~ French Fry &/or Julienne Blades. Blades Are interchangeable in either model S / S	125 60 15 75 20 30	Slicer Shredder Whisk Dough Hook Oversize S / S French Fry Julienne	
Bosch Meat Grinder — heavy-duty work horse Sausage Stuffer-3 tube sizes Pasta Attachment ~ Create 10 kinds of Pasta	149 50 125	Grinder Stuffer Pasta Maker	
Cookie Paddles for Bosch with metal whip drive Bowl Scraper cleans the bowl attaches to whip drive Replacement Cookie paddles no metal drive Replacement Wire Whips	35 32 25 15	Cookie w/ drive Bowl Scraper Cookie no drive Wire Whips	
Flour Sifter - Super fine Flour or powdered sugar for Universal Plus or older Universal Model	90	Universal Plus Older Univ	
Bosch Food Processor — 5 cup bowl fits on blender mount for slicing, grating & 'S' blade Citrus Juicer - sits on Bowl motor mount	105 30	Fd Proc Juicer	
Bosch Blender — 6 C workhorse, a MUST for every Bosch owner!	75		
Coffee / Seed / Herb Mill - Very Stylish new look	30 UPGRADED		
L'EQUIP Dehydrator Filter Pro w/ digital timer & temp Extra Fruit Leather Trays set of 10 Set of 2 Extra Trays	145 10 25	SUMMER SALE	
L 'EQUIP XL Super Centrifugal Juicer ~ Black OR White	125	Black or White	
Roller Flaker OR Family Grain Mill w/ Bosch Adapter Either Roller or Grain Mill and Hand Base Full Set of Both Roller, Grain & Hand Base Adapter for Bosch Universal or Compact or Kitchen Aide	135 170 285 25		

Packages ~ Select one of these OR make up your own...Equip your Kitchen with THE best!	Unit Price	Total Cost
Universal Plus, Harvest Stone Mill DELUXE PKG~ Blender, Dough Hook, Wire Whips, Cookie Paddles, Slicer/Shredder, Roller Flaker, Hook Extender, and Bowl Scraper \$1133.50 Value	\$999 Or \$250 4 paymts	
Universal Plus , Cookie Paddles & Roller Flaker & Harvest Stone Mill includes dough hook, wire whips, and dough hook extender. \$892.50 Value	\$819 Or \$205 4 paymts	
Bread Making Starter Kit - Supplies for 20 loaves of Bread + 2 Regular Loaf Pans, Vegalene, SAF, 1# D Enh 10# Prairie Gold, 5# Spelt, 5# Kamut, Thermometer Bread Bags, Salt, Whole Grains DVD \$103.50 Value	95	
Nutrimill Classic Package ~ Mill., Bagger, \$264 Value	235	
Soaking & Dehydrating Package ~ Filter Pro, 4 gal Jars Mesh Colander, Big Mouth Slicer/Dicer, 10 Fruit Leather Trays \$275 Value	255	
Deluxe Pkg + Soaking & Dehydrating Pkg ~ .purchase both & get the Bread Starter Kit for FREE \$1475 Value \$999 + \$225 + \$50 = \$1274	1274 Or \$320 4 paymts	

Please return this form by
Wednesday, October 5, 2016 ~ Rec' 7% savings for Credit Card sales or 10% savings when using cash or check, on the consumables.

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We accept cash, credit card or check
(payable to Margaret Loew)

Page 1	1714.00
Page 2 & 3	+1025.50
Consumable Subtotal	2739.50
Subtract Savings	- 274.00
Consumable Total	\$ 2,465.50
Total non Consumables	+ 25.50
Bosch & L'Chef	+
Final Total	\$ 2,491.00

Name:		
Address:		
City:		
Zip:		Phone:
Email:		