

Wholy Living Price List & Order Form ~ Spring 2018

| 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 content for fluffy bread | 5 / 50 45 (Pail) | 8 / 39 / 49 | | |
| Bronze Chief ² — hard red spring wheat, more robust flavor, best for sprouting, | 5 / 50 45 (Pail) | 8 / 36 / 47 | | |
| Kamut ¹ — Egyptian grain, wheat substitute, soft bread | 5 / 25 / 50 | 15 / 40 / 72 | | |
| Spelt ¹ — most easily digested, good bread, complete /protein, Alkaline grain | 5 / 50 45 (Pail) | 12 / 68 / 73.50 | | |
| Soft White Pastry Berries ² — perfect for pie crusts, cookies, muffins, angel food cakes | 50 45 (Pail) | 43 / 49.50 | | |
| 7 Grain Mix ² — unique blend of hard wheat, oats, soft white, rye, triticale, barley and spelt | 25 / 45 (Pail) | 32 / 69 | | |
| 7 Grain Mix Rolled w/ Flax Seeds ² - great for granola & hot cereal | 8 / 50 | 20 / 65 | | |
| Natural White Unbleached Flour ² | 25 / 50 | 24 / 45.50 | | |
| Regular Rolled Oats OR Quick Rolled Oats (circle preference) | 25 / 50 | 25 / 46 | | |
| Certified Organic Rolled Oats Or GLUTEN FREE Rolled Oats, | 50 | 73 | | |
| Corn - Whole for corn bread - Organic - non GMO GF | 25 | 40 | | |
| Oat Groats ^{1*} - roll your own oats in the Roller Flaker | 5 / 25 / 50 | 10 / 45 / 73 | | |
| Whole Rye ¹ | 5 / 25 | 11 / 27 | | |
| Hulled Barley from Delta Junction — great milled or in soups Hulled Barley - Oregon Grown, ORGANIC | 5 / 25 | 7.50 / 21 10 / 44 | | |
| Sorghum Grain - GF baking, add 1 T arrowrt / cup sorghum flour | NEW 5 / 25 | 11 / 42 | | |
| Buckwheat groats ¹ - gluten free, good sprouts & pancakes | 5 / 25 | 17 / 72 | | |
| White Quinoa (Keenwa) ¹ - Mill for flour, cook like rice GF Tri-colored Quinoa—just looks & tastes so much better than white! | 5 / 25 | 18 / 73 20 / 93 | | |
| Millet ¹ — serve like rice, excellent for restoring alkaline balance to the body, alias 'bird seed' GF | 5 / 25 | 11 / 47 | | |
| Brown Rice ^{11*} Lundberg Family grown in CA - long grain Cooks in BRK in 15 minutes ORGANIC GF | 5 / 25 | 16 / 67 | | |
| Brown Rice ^{1*} Lundberg Family grown in CA - long grain Cooks in BRK in 15 minutes. ECO FARMED Limited Chemicals | 5 / 25 | 10 / 46 | | |
| Yellow Popcorn - Organic, Delicious, FEW 'Old Maids' | 5 / 25 | 14 / 47 | | |
| Einkorn ~ soft, flavorful wheat for sensitive bellies Ancient grain, soft bread, lower gluten | 5 / 25 | 20 / 90 | | |
| Amaranth - organic GF | 5 | 13 | | |

| SEEDS ~ NUTS ~ SWEETENERS ~ OILS | Weight (lbs) | Price (\$) | Qty | Total Cost |
|---|----------------------------------|----------------------|-----|------------|
| Chia Seeds - Black - Organic | 1 / 5 | 8 / 26 | | |
| Golden Flax Seeds ¹ — lowers cholesterol, omega oils | 5 ¹ / 25 ¹ | 7 / 30 | | |
| Pumpkin Seeds ¹ - Medium size, protein rich, eliminates parasites! Chop & use in bread, trail mix Organic | 5 | 18 | | |
| Sesame Seeds — natural , make your own tahini, ORG | 5 | 19 | | |
| Sunflower Seeds - raw, unsalted, shelled, Organic USA | 5 / 25 | 17 / 73 | | |
| Almond - excellent quality ~ Raw ~ non pariel Slivered, great for baking, cold cereals, trail mixes | 5 | Raw 36 Sliver 33 | | |
| Cashews — raw pieces, roast for 15 minutes at 225 | 5 | 38 | | |
| Hazelnuts - whole, super food, Raw, absolutely delicious! Peanuts - Dry roasted - delicious - make your own pb | 5 | 49 15 | | |
| Pecans — medium pieces OR halves (circle your choice) | 2.5 / 5 | 35 / 65 | | |
| Walnut Pieces — large OR small pieces (circle your choice) | 5 | 38 small 38 large | | |
| Peanut Butter, Creamy or Crunchy better than Adams, Salted (circle your choice) | 35 | 93 | | |
| Peanut Butter, CREAMUNCHY no stir NEW | Gallon | 42 | | |
| Agave Syrup ¹ - Organic Dark Amber sweeter than Honey - low glycemic, good choice for diabetics | 1 gal | 46 | | |
| Honey ¹ - Raw Organic , Clover | 1 gal | 74 | | |
| Honey, Mountain Wildflower — delicious, full of enzymes, minimally processed | 1 gal / 40# | 59 / 155 | | |
| Maple syrup ¹ — Grade A, dark, organic, delicious | 1 gal | 77 | | |
| Molasses — Old Fashioned Sweet Table | 1 gal | 25 | | |
| Molasses - Blackstrap | 1 gal | 21 | | |
| Evaporated Cane Juice Sugar ¹ - use 1/3 less, better than Refined. Mix w/ molasses for brown sugar | 5 / 50 | 9 / 72 | | |
| Xylitol - alternative sugar made of birch syrup | 5 | 30 | | |
| Coconut Oil - organic, no odor or flavor | 1 or 5 gal | 37 / 150 | | |
| Coconut Oil - Extra Virgin, organic - smells & tastes like coconut - I use it for deodorant & face cream | 1 or 5 gal | 48 / 185 | | |
| Shortening ¹ - Organic Palm Fruit, 18 month shelf life | 5 / 33 | 217.50 / 78 | | |
| OLIVE OIL Extra Virgin, Organic - Excellent quality | Gallon | 46 | | |
| SUNFLOWER OIL expeller pressed, non GMO NEW | Gallon | 28 | | |

| BAKING ESSENTIALS & DRIED FRUIT PRODUCTS | | | | |
|---|-----------------------------------|---------------|-----|-------|
| | Weight | Price | Qty | Total |
| Arrowroot Powder-use like cornstarch & in deodorant | 1 / 5 | 8 / 15 | | |
| Baking Powder Rumford — no aluminum, fast acting! | 5 lb | 20 | | |
| Baking Soda NEW | 1 / 5 lb | 3 / 10 | | |
| Chips ~ Milk Chocolate - addicting! | 5 / 25 | 28 / 130 | | |
| Chips ~ Dark Chocolate - organic | 5 | 32 | | |
| Chips ~ Vanilla ECJ Sugar sweetened | 5 | 24 | | |
| Chips ~ Peanut Butter , ECJ Sugar sweetened | 5 | 29 | | |
| Cocoa Powder—10-12% Dutch cocoa ORGANIC | 5 | 30 | | |
| Dough Enhancer — extends shelf life, soft bread | 1 / 5 | 7.50 / 27.50 | | |
| Sunflower Lecithin ~ substitute for DE, to avoid soy—works! | 16 oz | 7.50 | | |
| SAF Yeast—makes 80 loaves of bread | 1 | 5 | | |
| Vegalene Pan Spray — Aerosol, lasts & lasts!!! Non GMO Vegalene | 14 oz 21 oz | 8.50 10.50 | | |
| Vital Wheat Gluten | 1# / 5 lb | 5 / 17 | | |
| Pure Vanilla Powder & NEW ~ LIQUID — use same t for tsp | 8 oz Liquid 1.5# Powder | 20 / 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 | | |
| Nutritional Yeast - adds incredible nutrients to baked goods | 1 / 5 | 13 / 48 | | |
| Apples Rings, Soft & chewy ~ great snack or rehydrate | 5 | 35 | | |
| Apricots - diced, sulfured, in rice flour | 5 | 19 | | |
| Cherries - Dried Bing - we should be able to supply it now! | 5 | 56 | | |
| Coconut - chipped, larger pieces, organic , unsweetened | 5 / 25 | 21 / 84 | | |
| Coconut—shredded like Almond Joy texture, organic, un sw | 5 | 24 | | |
| Cranberries - sweetened w/apple juice | 5 | 26 | | |
| Dates - pieces rolled in oat flour | 5 / 30 | 17 / 95 | | |
| FIGS - ORGANIC, black, soft & chewy, good snack & male food NEW | 1 / 5 | 12 / 55 | | |
| Raisins - golden, sulfured | 5 | 20 | | |
| Thompson seedless raisins NEW | 5 | 20 | | |

| SOUP FIXINS' ~ SEASONINGS ~ DAIRY | | | | |
|---|--|--------------------|----------|---------------|
| | Weight In pounds | Price | Quantity | Total Cost |
| DRY BEANS ~ 5# & 25# SIZE ~ PREMIUM USA GROWN ~ best we can order | | | | |
| Black Beans - Organic | 5 / 25 | 12 / 43 | | |
| Red Kidney - Organic | 5 / 25 | 18 / 55 | | |
| Pinto ~ Organic (Non organic pinto 25# \$40) | 5 / 25 | 14 / 51 | | |
| Garbanzo - Organic (non org, GMO free \$40) | 5 / 25 | 16 / 58 | | |
| Green Split Peas - Organic (non org, GMO free \$29) | 5 / 25 | 12 / 40 | | |
| Great Northern - Organic (non org, GMO free \$48) | 5 / 25 | 15 / 49 | | |
| 13 Bean Fiesta Mix—prepare with broth & veg stew blend in BRK in 30 minutes | 5 / 25 | 13 / 51 | | |
| Green Lentils—Organic | 5 / 25 | 13 / 55 | | |
| Beef Broth Mix— All below good for soup or hot drink Chicken Broth Mix - Vegetable Broth Mix Circle your choices | 1 | 7.50 | | |
| Dehydrated Veggies-carrots, celery, tomatoes, peppers Add to soups, rice. Run in coffee mill & use powder in dips, bread and crackers! So good! | 1 | 11 | | |
| Dehydrated Potato Slices Pail - great in spud casseroles | 7 | 45 | | |
| Dehydrated Potato Shreds Pail - rehydrates quickly, good as hash browns, add to soup ~ delicious! | 7 | 45 | | |
| Celtic Sea Salt ¹ —80 trace minerals, pure, fine ground | 1 / 5 | 9 / 43 | | |
| Celtic Sea Salt Crystals - coarse crystals. Will dissolve in liquids | 5 | 24 | | |
| PINK Himalayan Salt - raw, pure, high mineral & iron content 1# is fine ~ 5 & 50#ers more like small crystals | 1 / 5 / 22 | 7 / 15 / 50 | | |
| Real Salt—similar to Celtic but harvested in Utah | 26 oz / 25 | 9 / 85 | | |
| SEASONINGS! Montreal Steak, Pizza, Italian, Cinnamon Ranch Dressing Mix, Circle your choice (s) | 1 | 9 | | |
| Seasonings:, ORGANIC : Garlic OR Onion Granules | 1 | 13 | | |
| Buttermilk Powder- use for light/fluffy baking | 5 | 16 | | |
| Morning Moos Milk Flavored Protein Powder - Delicious, Easy to Digest | #10 Can makes 5.5 gal 35# Pail makes 50 gal | 20 can 165 pail | | |
| Morning Moos Chocolate Flavored Protein Powder- delicious hot or cold | #10 Can Makes 3.5 gal | 24 can | | |
| TOTAL CONSUMABLES PAGES 2 & 3 | | | | |

Sizzle Pressure Pots by BRK
Lifetime Guarantee– 10 Year Free Replacement Parts
~ Pots are Stainless Steel for all cooking surfaces except in oven
~Save Time and Energy –cook in half the time, easy cleanup
~Take pot to the cabin/camping, no power needed!
~One Handed Locking Lid –open your lid at anytime during cooking
~Frozen chicken breast in 10 min. then shred in Bosch w/wire whips
~Perfect Gift for Mothers Day, Graduation, Wedding, etc

| | Price | Quantity | Total |
|---|--------------|----------|-------|
| 4 Liter Pot with Pressure Lid Green Black Orange (choose one) | 129 | | |
| 6 Liter Pot with Pressure Lid Green Black Orange (choose one) | 139 | | |
| 8 Liter Pot with Pressure Lid Green Black Orange (choose one) | 149 | | |
| 10 Liter Pot with Pressure Lid Green Black Orange (choose one) | 159 | | |
| Meat Trivet - I use it for everything except soup & cooking grains | 12.50 | | |
| Perforated Basket ~ I use it all the time food to keep from scorching | 40 | | |
| Non-perforated Basket ~ cook custards etc in Sizzle | 40 | | |

Sweet Tooth Healthier Treats

| | | | |
|--|-------|--------------------|--|
| Dark Chocolate Coconut Chews— Like a mounds but Better!! Organic 'Reeses' milk chocolate mini chips in stock again! | 1 / 5 | 10 / 35 10 / 49 | |
| Milk Chocolate Rainbow Drops— uses vegetable or fruit dyes, like M&Ms | 1 / 5 | 9 / 40 | |
| Palmer Trail Mix : Slivered Almonds, Dark Chocolate chips, pumpkin seeds, sunflower seeds, Grab and Go, leave in glove box for a snack. | 1 / 5 | 8 / 35 | |

Gluten Free & Coconut Items

| | Size | Price | Quantity / Total |
|--|---------------------------|------------------|------------------|
| Coconut Sugar - RAW, ORGANIC, Extremely low glycemic index, nutrient rich | 5 / 25 | 23 / 88 | / |
| Coconut Aminos - RAW, ORGANIC Great soy sauce substitute | 16.9 oz / gallon | 11 / 57 | / |
| Coconut Milk Powder - mix with water for smoothies, shakes, ice cream Hot chocolate | 1 / 5 | 11 / 50 | / |
| Almond Meal / Flour - super quality | 5 | 28 | / |
| Coconut Flour - back by popular demand , ORGANIC GF | 5 / 25 | 15 / 66 | |
| GF All Purpose Flour - garb bean, potato & tapioca starch, sorghum, fava bean flour | 25 NEW | 49 | |
| Tapioca Flour - Potato Starch use in GF mixes BOTH NEW | 5 / 25 pail 22 oz / 25 | 6 / 28 4 / 63 | |
| Gelatin, Beef ~ (unflavored) use in yogurt & make your own JELLO! | 1 | 11 | |

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 | | |
| 5.3 gal rectangular pail with hinged lid ~ looks like square pail—holds 35# | 8.50 NEW | | |
| 1 Gallon Pail & Lid - White - Handy when dividing out large bags etc 2 Gallon Pail with Gamma - White ~ Great 'PANTRY' size pail | 5 10 NEW | | |
| Gamma Lids — screw on lid for 6 gal. pail ~ Various Colors | 8 | | |
| 1 / 2 Gallon 'Squatty' Wide Mouth Jars with lids - Set of 6 | 25 | | |
| Mason 1 / 2 Gallon Storage / Canning Jars - Case of 6 with lids & rings | 19 | | |
| Gallon Storage Jars Case of 4 with lids ~ Perfect for soaking & storing | 25 | | |
| CHICAGO METALLIC COMMERCIAL PANS with Sure Glaze Finish | Integrated | Into the | Pan! |
| Bread Pan - Regular 8" Loaf Pan ~ 1# Loaf | 15 | | |
| Bread Pans - Long 12" Loaf Pan ~ 1.5 # Loaf | 18 | | |
| Cookie Sheets OR Mini Loaf Pan 5 5/8" | 18 / 9 | | |
| Man - Size Muffin Pan - 6 place - Mini Quiche, Pizza, Cakes! | 30 | | |
| BAKING TOOL SET ~ Jumbo Silicone Work Mat /Dough Divider, Scraper NEW Measuring Cups & Spoons Set / Stainless Steel 2 C Scoop | 10 / 7 10 / 10 29 Set | | |
| Digital Scale ~ Weigh dough, ingredients, proportions in gr, #, oz | 25 | | |
| BAKING MAT fits perfectly In COOKIE SHEET PAN - bakes best cookies! | 15 | | |
| COOKIE / ICE CREAM SCOOPS ~ three sizes ~ 1 1/2 t, 1 1/2 T, 4 T | 18 each | | |
| Deodorant Dispenser , roll on style, reusable - holds 2.5 oz Mix: 2/3 C liquefied coconut oil w/ 1/2 C baking soda & 1/2 C arrowrt | 3 for 6 | | |
| PASTA EQUIPMENT ~ Pasta Roller makes 3 kinds of pasta 5# Semolina flour | 45 5 | | |
| SILICONE MAT WITH PIE CRUST GUIDES | 12 | | |
| THERMOMETER — For breads, meats, poultry - digital or needle face | 10 | | |
| BREAD BAGS 100 in pack with Twisties | 8.50 | | |
| Ceramic Butter Bell ~ keep butter fresh at room temp | 9 | | |
| BIG MOUTH CHOPPER / SLICER ~ Better than the Alligator! Two dicing sizes & one slicer, stainless steel blades, self contained! | 45 | | |
| Bamboo Utensils (stirring) Bamboo Cutting Board 12 x 10 / 16 x 12 | 7 17 / 20 | | |
| Tortilla Press 8" for nice size Tortillas Organic Corn Masa to make tamales Ask for recipe & how to!!! NEW | 26 12 for 5# | | |
| TOTAL NON CONSUMABLES | | | |

| BOSCH & L'CHEF PRODUCTS | | | |
|---|-----------------------------------|--|--------------|
| Item | Price | Quantity Or Circle your Choice | Total |
| Nutrimill Harvest - Old fashioned Stone milling in stylish bamboo housing. Pick your accent color! Gluten free Kit (stone replacements) dual purpose mill! | 289 NEW 45 | Rose gold, black, red, blue, green, silver, white | |
| Nutrimill Classic — Lifetime Warranty, 16 C drawer canister, variable speed & texture / Bagger | 199 / 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 | 389 | | |
| ICE CREAM MAKER fits UNIVERSAL PLUS, not the older models | 49 | | |
| 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 L'Chef Meat Grinder ` coarse/fine disk, stuffer, light weight | 149 79 | Grinder NEW | |
| 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 | .75 | | |
| PASTA ROLLER SET ~ 3 roller attach directly to Bosch Wide-lasagna, angel hair, fettuccini NEW Pasta Maker attaches to original Meat Grinder | 175 150 | | |
| Coffee / Seed / Herb Mill - flax, sunflower, sesame, grains | 25 | | |
| L'EQUIP Dehydrator Filter Pro w/ digital timer & temp settings Extra Fruit Leather Trays set of 10 Set of 2 Extra Trays | 135 12 25 | | |
| Roller Flaker / Family Mill Direct fit to Bosch Hand Base to manually mill or roll grains Adapter for Bosch | 125 each item 35 | | |
| RED PERSONALIZED BLENDER with 2 Smoothie Jars and bonus Seed Jar ~ blades also fit canning jar! NEW | 45 | | |

| 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 \$1085 Value | \$999 Or \$250 4 paymts | |
| Universal Plus , Cookie Paddles & Roller Flaker & Harvest Stone Mill includes dough hook, wire whips, and dough hook extender. \$860 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 | 99 | |
| 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 \$237 Value | 219 | |
| Deluxe Pkg + Soaking & Dehydrating Pkg ~ .purchase both & get the Bread Starter Kit for \$50 \$1499 Value \$999 + \$219 + \$50 = \$1268 | 1268 Or \$317 4 paymts | |

Please return this form by
Monday, April 9th ~ 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

| | |
|-----------------------|---|
| Page 1 | |
| Page 2 | + |
| Consumable Subtotal | = |
| Subtract Savings | - |
| Consumable Total | = |
| Total non Consumables | + |
| Bosch & L'Chef | + |
| Final Total | = |

| | |
|----------|--------|
| Name: | |
| Address: | |
| City: | |
| Zip: | Phone: |
| Email: | |