

## Wholy Living Suggested 6 Month Supply List ~ FALL 2020 ~ Please make any substitutions that suit your tastes!

<sup>1</sup> Organic <b>ALL GRAINS ARE NON-GMO</b> <sup>2</sup> Chemical Free <b>*store 6 to 18 months only</b>	Weight (lbs)	Price (\$)	Qty	Total Cost
Prairie Gold <sup>2</sup> — hard white spring wheat berries high protein, Excellent gluten content for fluffy bread	5 / 50	8 / 42	4 bags	168
Bronze Chief <sup>2</sup> — hard red spring wheat, more robust flavor, best for sprouting HARD RED WHEAT ORGANIC great nutty flavor <b>NEW</b>	5 / 50	8 / 40\ 50		
Kamut <sup>1</sup> - Egyptian ancient grain, wheat substitute, soft bread	5 / 25 / 50	12 / 42 / 74	2 - 50#	128
Spelt — most easily digested, good bread, complete .protein, Alkaline grain	5 <sup>1</sup> / 25 <sup>1</sup> / 50 <sup>2</sup>	10 / 48 / 71	2 - 50#	142
Soft White Pastry Berries <sup>1</sup> — ORG perfect for pie crusts, cookies, muffins, angel food cakes	25 / 50	24 / 46	1	24
7 Grain Mix — Wholy Living mix of Bronze Chief, Prairie Gold & Spelt These Organic Grains ~ Oat Groats, Soft White, Rye, Barley	<b>35 PAIL NEW</b>	49	1	49
9 Grain Mix Rolled w/ Flax Seed - great for granola & hot cereal	5 / 25 / 50	8 / 28 / 52		
Natural White Unbleached Flour <sup>2</sup> THE BEST available!	10 / 50	10 / 46		
Regular Rolled Oats* OR Quick Rolled Oats* (circle preference)	25 / 50	24 / 44		
Certified Organic Rolled Oats <sup>1</sup> Or GLUTEN FREE Rolled Oats,*	50	70		
Corn - Whole for corn bread <sup>1</sup> — Organic - non GMO GF	5 / 25	8 / 28	1	8
Oat Groats <sup>1</sup> — roll your own oats in the Roller Flaker	5 / 25 / 50	10 / 38 / 73	1 - 50	73
Whole Rye <sup>1</sup>	5 / 25	9 / 28	1	9
Hulled Barley from Delta Junction* — great milled or in soups Hulled Barley <sup>1</sup> — Oregon Grown, ORGANIC	5 / 25	28 10 / 30	2 - 5#	20
Sorghum Grain <sup>1</sup> - GF baking, add 1 T arrowrt / cup sorghum flour	5 / 25	11 / 29		
Buckwheat groats <sup>1</sup> - gluten free, good sprouts & pancakes	5 / 25	16 / 64		
White Quinoa (Keenwa) <sup>1</sup> - Mill for flour, cook like rice GF Tri-colored Quinoa <sup>1</sup> :just looks & tastes so much better than white!	5 / 25	18 / 82 19 / 84	1 each 5#	37
Millet <sup>1</sup> — serve like rice, excellent for restoring alkaline balance to the body, alias 'bird seed' GF	5 / 25	9 / 33	1	9
Brown Rice <sup>1</sup> * Lundberg Family grown in CA - long grain Cooks in Sizzle in 15 minutes <b>ORGANIC GF</b>	5 / 25	16 / 66		
<b>Brown Basmati Rice</b> <sup>1</sup> * Lundberg Family grown in CA - <b>NEW</b> <b>ECO FARMED</b> Limited Chemicals <b>WILD RICE</b> - 12% protein, delicious, stores long term <b>NEW</b>	5 / 25 5	12 / 53 39	1 - 25#	53
Yellow Popcorn <sup>1</sup> — Organic, Delicious, FEW 'Old Maids' Multicolored Popcorn <sup>1</sup> — Organic, Better tasting than plain Yellow	5 / 25	14 / 47 14 / 50	1 - 5#	14
Einkorn <sup>1</sup> — soft, flavorful wheat alternative for sensitive bellies Ancient grain, use = parts with Spelt for soft bread Amaranth <sup>1</sup> — organic GF	5 / 25 5	21 / 99 14		
<b>TEFF</b> —Iron rich, mill into flour or cook as a porridge <b>Emmer<sup>1</sup></b> - ancient grain for bread, good gluten content	5 5	14 13	1	14

<b>SEEDS ~ NUTS ~ SWEETENERS ~ OILS</b>	Weight (lbs)	Price (\$)	Qty	Total Cost
Chia Seeds - Black Organic <b>Hemp Hearts</b> -complete protein, Omegas, Energizing!	1 / 5 <b>NEW</b> 10 oz	5 / 19 6.50	1	5
Golden Flax Seeds <sup>2</sup> — lowers cholesterol, omega oils	5 / 25	8 / 32	1	32
Pumpkin Seeds <sup>1</sup> - Medium size, protein rich, eliminates parasites! Chop & use in bread, trail mix <b>Organic</b>	5	24	2	48
Sesame Seeds — natural , make your own tahini, ORG	5	17	1	17
Sunflower Seeds - raw, unsalted, shelled, Organic USA	5 / 25	18 / 69	1 - 25	69
Almond - excellent quality ~ Raw ~ non pariel Slivered, great for baking, cold cereals, trail mixes <b>Diced, Roasted ~ Almond butter, toppings, snack NEW</b>	5 Sliver & roast 2.5# is \$20	Raw 35 Slivered 36 Diced 34	1 1 1	105
Cashews — raw pieces, roast for 15 minutes at 225	5	37		
Hazelnuts - whole, super food, Raw, absolutely delicious! Peanuts - Dry roasted - delicious - make your own pb	5	38 16		
Pecans — <b>medium pieces OR halves</b>	Pieces 5 / halves 5	44 / 55	1	44
Walnut Pieces — halves & pieces, soaking & dehydrate Brazil Nuts <b>NEW SIZE</b>	5 2.5	32 27	2	64
Peanut Butter, <b>Creamy or Crunchy</b> better than Adams, Salted (circle your choice )	35	84	1	84
Peanut Butter, CREAMUNCHY just peanuts, no stir no salt	Gallon	42		
Agave Syrup <sup>1</sup> - Organic Dark Amber sweeter than Honey - low glycemic, good choice for diabetics	1 gal	53	1	53
Honey <sup>1</sup> - Raw Organic , Clover	1 gal	48		
Honey, Mountain Wildflower — delicious, full of enzymes, minimally processed	1 gal / 40#	56 / 130	2	112
Maple syrup <sup>1</sup> — Grade A, dark, organic, delicious	1 gal	75		
Molasses — Old Fashioned Sweet Table	1 gal	24	1	24
Molasses - Blackstrap	1 gal	21		
Evaporated Cane Juice Sugar <sup>1</sup> - use 1/3 less, better than Refined. Mix w/ molasses for fabulous brown sugar	5 / 25 / 50	9 / 43 / 81	1	81
Xylitol - alternative sugar made of birch syrup	5	36		
Coconut Oil - organic, no odor or flavor , just pure coco oil!	1 or 5 gal	30 / 110		
Coconut Oil - Extra Virgin - Org Coconut fragrance & flavor	1 or 5 gal	46 / 182	1	46
Shortening <sup>1</sup> - Organic Palm Fruit, 18 month shelf life	4.5 / 33	19 / 84		
OLIVE OIL Extra Virgin, Organic - Excellent quality	Gallon	30	1	30
Sunflower Oil —Organic, expeller pressed, non GMO	Gallon	27	1	27
<b>TOTAL PAGE 1</b>			1589	

## BAKING ESSENTIALS & DRIED FRUIT PRODUCTS

	Weight	Price	Qty	Total
Arrowroot Powder-use like cornstarch & in deodorant	1 / 5	7.50 / 16	1	7.5
Baking Powder Rumford — no aluminum, fast acting!	5 lb	20	1	20
Baking Soda - no aluminum	1 / 5 lb	3.50 / 10	1	3.5
Chips ~ Milk Chocolate - addicting!	5 / 25	29 / 145	1	29
Chips ~ Dark Chocolate - organic <b>Allergy Minimal Dark Chocolate - organic</b> NEW	5	33 35	1	33
Chips ~ <b>White chocolate ORGANIC</b> NEW	2.5# / 5	22 / 42		
Chips ~ <b>Peanut Butter</b> , ECJ Sugar sweetened	5	29		
Cocoa Powder—10-12% Dutch cocoa, not bitter, use 1/3 less	5 / org	23 / 35	1	23
Dough Enhancer — extends shelf life, soft bread	1	7.50		
Sunflower Lecithin ~ substitute for DE, to avoid soy—works!	16 oz	7.50	2	15
SAF Yeast—makes 80 loaves of bread	1	5	4	20
Vegalene Pan Spray — Aerosol, lasts & lasts!!!	14 oz	8.50	2	17
Vital Wheat Gluten - Really adds lightness to bread! 2 - 4 T	1# / 5 lb	5 / 17	2	10
Pure Vanilla Powder & <b>LIQUID</b> — use same t for tsp	8 oz Liquid 1.5# Powder	24 / 25	1 pdr	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 pdr	
<b>Nutritional Yeast</b> - adds incredible nutrients to baked goods	1 / 5	13 / 53		20
Apples Rings, Soft & chewy ~ great snack or rehydrate	5	47		
Apricots - diced, sulfured, rolled in rice flour	5	17		
Cherries - Dried Bing , very yummy from CA.	5	57		
Coconut - chipped, larger pieces, organic , unsweetened	5 / 25	24 / 88	1	24
Coconut—shredded like Almond Joy texture, organic, unsw	5	20		
Cranberries - sweetened w/apple juice EVERYONE'S FAV.	5	26	2	52
Dates - pieces rolled in oat flour	5 / 30	16 / 76		
<b>FIGS - white soft &amp; chewy, good snack &amp; male food</b> NEW	1 / 5	12 / 55	1	12
Raisins - golden, sulfured Thompson seedless raisins	5	21 20	1	21

## SOUP FIXINS' ~ SEASONINGS ~ DAIRY

DRY BEANS ~ 5# & 25# SIZE ~ PREMIUM USA GROWN ~ best we can order	Weight In pounds	Price	Quantity	Total Cost
Black Beans - Organic	5 / 25	13 / 52	1	13
Red Kidney - Organic	5 / 25	16 / 65	1	16
Pinto ~ Organic	5 / 25	14 / 52	1	14
Garbanzo - Organic	5 / 25	15 / 54	1	15
Green Split Peas - Organic	5 / 25	10 / 38		
Great Northern - Organic	5 / 25	15 / 51	1	15
13 Bean Fiesta Mix—prepare with broth & veg stew blend in BRK in 30 minutes	5 / 25	13 / 49		
Green Lentils—Organic	5 / 25	13 / 55	1 each	27
Red Lentils - Organic	5 / 25	14 / 72		
Beef Broth Mix— All below good for soup or hot drink Chicken Broth Mix - Vegetable Broth Mix	1	7.50	1 each	22.5
		Circle your choices		
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	1	11
Dehydrated Potato Shreds ~ Slices ~ <b>Gems in #10 Cans</b> - rehydrates quickly, use as hash browns, add to soup, make potato casseroles ~ delicious! <b>Gems are mashed potatoes.</b>	17 oz Slices 23 oz Shreds <b>48 oz Gems</b>	14 14 21	1	21
Celtic Sea Salt <sup>1</sup> —80 trace minerals, pure, fine ground	1 / 5	10 / 45.50		
Celtic Sea Salt Crystals - coarse crystals. Will dissolve in liquids	5	24		
<b>PINK Himalayan Salt</b> - raw, pure, high mineral & iron content 1 & 5# is super fine ~ 22# more like small crystals	2.5 / 5 / 22	7 / 13 / 50	1	13
<b>SEASONINGS! Montreal Steak, Pizza, Italian, Cinnamon Ranch Dressing Mix, Taco</b> Circle your choice (s)	1	9	5	45
Garlic OR Onion Granules ~ ORGANIC	1	13	1 @	26
Buttermilk Powder— use for light, fluffy baking	5	16	1	16
Morning Moos Milk Flavored Protein Powder - Delicious, Easy to Digest	#10 Can Makes 4 gal 30# Pail makes 30 gal	20 can 145 pail	2	190
Morning Moos Chocolate Flavored Protein Powder- delicious hot or cold	#10 Can Makes 5 gal	21 can		

TOTAL CONSUMABLES PAGES 2 & 3

881.50

STORAGE CONTAINERS			
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 Square		
5.3 gal rectangular pail with hinged lid ~ looks like square pail—holds 35#	8.50		
1 Gallon Pail & Lid - White - Handy when dividing out large bags etc 2 Gallon Pail with Gamma - White ~ Great 'PANTRY' size pail	5 6		
Gamma Lids — screw on lid for 6 gal. pail ~ Various Colors	9		
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 storing soaked grains	25		

SWEET TOOTH HEALTHIER SWEET TREATS			
Item	Price	Quantity	Total
Dark Chocolate Coconut Chews— Like a mounds but Better!! Organic 'Reeses' milk chocolate mini chips <b>in stock again!</b>	1 / 5	10 / 47 10 / 49	1 / 47
Milk Chocolate Rainbow Drops— uses vegetable or fruit dyes, like M&Ms Yogurt covered Raisins - back by popular demand!	1 / 5	8 / 40 7 / 33	1 / 40
<b>Palmer Trail Mix</b> : Slivered Almonds, Dark Chocolate chips, pumpkin seeds, sunflower seeds, Grab and Go, leave in glove box for a snack.	1 / 5	8 / 35	
<b>GLUTEN FREE &amp; COCONUT ITEMS</b>	Size	Price	Quantity / Total
Coconut Sugar - RAW, ORGANIC, Extremely low glycemic index, nutrient rich	5	21	/
Coconut Aminos - RAW, ORG ~ Great soy sauce substitute <b>NEW SIZE</b>	16.9 oz /30 oz	11 / 18	1 / 18
<b>Coconut Cream Powder</b> - mix w/water for smoothies, shakes, coffee	1 / 3	11 / 30	/
Almond Meal / Flour - super quality	5	27	/
Coconut Flour - back by popular demand , ORGANIC GF	5	16	
GF All Purpose Flour - garb bean, potato & tapioca starch, sorghum, fava bean flour	25	65	
Tapioca Flour - use in GF mixes <b>BOTH NEW</b> Potato Starch	5 22 oz	14 5	
Sorghum Grain ~ add to GF mixes w/ 1 T arrowroot or egg white / C flour	5 / 25	10 / 29	
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 Square		
5.3 gal rectangular pail with hinged lid ~ looks like square pail—holds 35#	8.50 <b>NEW</b>		
1 Gallon Pail & Lid - White - Handy when dividing out large bags etc 2 Gallon Pail & Lid - White ~ Great 'PANTRY' size pail	5 10 <b>NEW</b>		
Gamma Lids — screw on lid for 6 gal. pail ~ Various Colors	9		
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		
<b>CHICAGO METALLIC COMMERCIAL PANS with Sure Glaze Finish</b>	<b>Integrated</b>	<b>Into the</b>	<b>Pan!</b>
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		
Bread Bags / 100	8.50	3	25.50

### MY THOUGHTS DEVELOPING 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
- Using the roller/flaker, process Oat Groats & 7 Grain Mix for hot cereal, granola, cookies & granola bars.
- Spelt, Brown Rice & Barley mixed together equally for 'All Purpose' Flour for baked goods like cookies, cakes, pies, muffins etc.
- 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, pumpkin seeds, sunflower seeds & nuts with some chipped coconut.
- 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. Run 1 C at a time in blender for 3 to 4 minutes or powdered sugar. Let rest in a jar for a few days before using it.
- Beans, veggies, coconut aminos & broth mixes for soups & stews.

This is an investment in 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 our own convenience foods & basically purchase dairy & produce from the grocery.

<b>BOSCH &amp; L'CHEF PRODUCTS</b>			
<b>Item</b>	<b>Price</b>	<b>Quantity Or Circle your Choice</b>	<b>Total</b>
Nutrimill Harvest - Old fashioned Stone milling in stylish bamboo housing. Pick your accent color! Gluten free Kit (stone replacements) dual purpose mill! NUTRIMILL CLASSIC ~ White round workhorse	329 <b>NEW</b> 45 239	Black, Red, White, Silver, Gold	
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 <b>ICE CREAM MAKER fits UNIVERSAL PLUS, not the older models</b>	399  49		
<b>SPIRALIZER with 3 blades - fill your Bosch bowl with home made veggies noodles.</b> <b>VACUUM 4 C BLENDER - preserves nutrients, easy clean</b>	50 60		
Bosch Slicer/Shredder — 10 cup bowl with grating, slicing, & French fry stainless steel blades Whisk Whip for light mixtures ~ New Dough Hook <b>NEW Oversize Slicer/Shredder</b> sits on Bosch Bowl. with Slicing & Grating Blades. Add on blades ~ <b>CRINKLE</b> , French Fry & Julienne Are interchangeable in either model S / S	125 15 75 20 30	Slicer Shredder Dough Hook Oversize S / S Fr Fry / <b>CRINKLE</b> Julienne	
Bosch Meat Grinder — heavy-duty work horse L'Chef Meat Grinder ` coarse/fine disk, stuffer, light weight	149 79		
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 Pasta Maker attaches to original Meat Grinder - 10 shapes	175 189		
Coffee / Seed / Herb Mill - flax, sunflower, sesame, grains	25		
L'EQUIP Dehydrator Filter Pro w/ digital timer & temp settings Silicone Fruit Leather Sheets ~ set of 4 Set of 2 Extra Trays	145 15 25		
<b>Roller Flaker / Family Mill Direct fit to Bosch Hand Base to manually mill or roll grains Adapter for Bosch</b>	<b>125 each + item 35</b>	<b>*Subject to change when we get updated pricing</b>	

<b>Packages ~ Select one of these OR make up your own...Equip your Kitchen with THE best!</b>	<b>Unit Price</b>	<b>Total Cost</b>
<b>Universal Plus, Harvest Stone Mill DELUXE PKG~</b> Blender, Dough Hook, Wire Whips, Cookie Paddles, Slicer/Shredder, Roller Flaker, Hook Extender, and Bowl Scraper \$1132 Value	\$1020 Or \$255 4 paymts	
<b>Universal Plus, Nutrimill Classic KITCHEN PKG~</b> Blender, Dough Hook, Wire Whips, Cookie Paddles, Slicer/Shredder, Roller Flaker, Hook Extender, and Bowl Scraper \$1042 Value	\$950 Or \$238 4 paymts	
<b>Bread Making Starter Kit</b> - 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 \$117.50 Value	99	
<b>Nutrimill Classic Package ~ Mill., Bagger, \$234 Value</b>	259	
<b>Soaking &amp; Dehydrating Package ~ Filter Pro, 4 gal Jars Large Mesh Colander, Big Mouth Slicer/Dicer, Fruit Leather Trays</b> \$250 Value	<b>229</b>	
<b>Deluxe Pkg + Soaking &amp; Dehydrating Pkg ~ purchase both &amp; get the Bread Starter Kit for \$50</b> <b>\$1499.50 Value</b> \$1020 + \$229 + \$50 = \$1299	1299 <b>Or \$325</b> 4 paymts	

Please return this form by  
**Friday, October 2nd** ~ Rec' 7% savings for Credit Card sales or 10% savings when using cash or check,  
**on the consumables.**

Margaret Loew  
15091 Lazy Lady Lane  
Palmer AK 99645  
907-745-5639 home  
354-4115 cell  
margaret@wholyliving.com  
http://www.wholyliving.com/  
We accept cash, credit card or check

<b>Page 1</b>	1589.00
<b>Page 2</b>	+ 881.50
<b>Consumable Subtotal</b>	= 2470.50
<b>Subtract Savings</b>	- 247.00
<b>Consumable Total</b>	= 2223.50
<b>Total non Consumables</b>	+ 25.50
<b>Bosch &amp; L'Chef</b>	
<b>Final Total</b>	=2249.00

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