

Blue denotes new item or supplier

Wholy Living 6 Month Suggested Supply Form ~ Spring 2024

Red weight denotes

¹ Organic ALL GRAINS ARE NON-GMO ² Chemical Free *store 6 to 18 months only	Weight (lbs)	Price (\$)	Qty	Total Cost
Prairie Gold ² — hard white spring wheat berries high protein, Excellent gluten content for fluffy bread	5 / 50	8 / 55	4 bags	220
Bronze Chief ² — hard red spring wheat, robust flavor, sprouts well HARD RED WHEAT ORGANIC great nutty flavor	5 / 50 25	8 / 50 37		
Kamut ¹ - Egyptian ancient grain, wheat substitute, soft bread	5 / 25 / 50	12 / 48 / 82	2 - 50#	164
Spelt — most easily digested, complete protein WHEAT MT 50#	5 1/2 ²⁵ *1/ 50 ²	14 / 49 / 112	2 - 50#	224
Soft White Pastry Berries ¹ — ORG perfect for pie crusts, cookies, muffins, angel food cakes	25 / 50	30 / 57	1	30
7 Grain Mix — Wholy Living mix of Bronze Chief, Prairie Gold & Spelt with Organic Grains ~ Oat Groats, Soft White, Rye, Barley	35 PAIL	55	2	110
9 Grain Mix Rolled w/ Flax Seed - great for granola & hot cereal	5 / 25	8 / 33		
Natural White Unbleached Flour ² THE BEST!	25 / 50	38 / 70		
Regular Rolled Oats OR Quick Rolled Oats Circle your choice	25 / 50	32 / 60		
Certified Organic Rolled Oats ¹ GLUTEN FREE Rolled Oats,*	25 / 50 25	48.50 / 84 44		
Corn - Whole for corn bread ¹ — Organic - non GMO GF	5 / 25	10 / 33	1	10
Oat Groats ¹ — roll your own oats in the Roller Flaker	5 / 25 / 50	11 / 46 / 85	1	85
Whole Rye ¹	5 / 25	9 / 36	1	9
Hulled Barley ^{*1} — Oregon Grown, ORGANIC	5 / 25	6 / 28	2 - 5#	12
Sorghum Grain ¹ - GF baking, add 1 T arrowt / cup sorghum flour	5 / 25	9 / 40		
Buckwheat groats ¹ - GF good sprouts & pancakes	5 / 25	16 / 68		
White Quinoa (Keenwa) ¹ Mill for flour, cook like rice GF Tri-colored Quinoa ¹ :just looks & tastes so much better than white!	5 / 25	15 / 78 19 / 91	1	91
Millet ¹ — serve like rice, restores alkaline balance to body	5 / 25	11 / 48	11	
Brown Rice ¹¹ * grown in TX & LA - long grain ORG Lundberg Organic Brown Rice	25 5 / 25	56 16 / 80	2/5#	32
Brown Rice * grown in TX & LA Basmati Brown Rice, Lundberg, Eco Farmed LUNDBERG RICE ~ GOURMET WILD BLEND	5 / 25	33 13 / 66 27 / 125	1	27
Yellow Popcorn ¹ — Organic, Delicious, FEW 'Old Maids' Multicolored Popcorn ¹ — Organic, Better tasting than plain Yellow	5 / 25	14 / 45 14 / 53	2 - 5#	28
Einkorn ¹ — soft, flavorful wheat alternative for sensitive bellies Amaranth ¹ — organic GF	5 / 25 5 / 25	22 / 82 16 / 70		
TEFF—Iron rich, mill into flour or cook as a porridge GF	5 / 25	13 / 50		
Emmer - organic ancient grain ~ hybrid of spelt & einkorn	5 / 25	13 / 66		

SEEDS ~ NUTS ~ SWEETENERS ~ OILS	Weight (lbs)	Price (\$)	Qty	Total Cost
Chia Seeds - Black Organic Hemp Hearts - complete protein, Omegas, Energizing!	1 / 5 8 oz	6 / 20 9	1	20
Golden Flax Seeds ¹² — lowers cholesterol, omega oils ORG	5 / 25	15 / 77	1	77
Pumpkin Seeds ¹ - Medium size, protein rich, eliminates parasites! Chop & use in bread, trail mix Organic	5	27.50	2	55
Sesame Seeds — natural , make your own tahini, ORG	5	26	1	26
Sunflower Seeds - raw, unsalted, shelled, Organic USA	5 / 25	20 / 88	1	88
Almond - excellent quality ~ Raw ~ non pariel SLICED ~ SLIVERED (Circle your choice)	5 2.5	Raw 30 16	1 2	62
Cashews — raw pieces, roast for 15 minutes at 225	5	39		
Hazelnuts - whole, super food, Raw, absolutely delicious! Peanuts - Dry roasted - delicious - make your own pb	OREGAN 5	38 19		
Pecans — medium pieces OR halves	2.5	26	2	52
Walnut Pieces — halves & pieces, soak & dehydrate Brazil Nuts ~ 1/day provides your daily selenium needs!	5 2.5	20 30	1 each	50
Peanut Butter, Creamy or Crunchy better than Adams, Salted (circle your choice)	35	112	1	112
Peanut Butter, CREAMUNCHY just peanuts, no stir no salt	Gallon	46	1	
Agave Syrup ¹ - Organic LIGHT COLORED sweeter than Honey - low glycemic, good choice for diabetics	1 gal	49	2	98
Honey - Raw Clover ~ New supplier New Sizes Orange Blossom Honey, Raw New flavor!	2# / 12# 3# / 12#	14 / 71 19 / 71		
Maple syrup ¹ — Grade A, dark, organic, delicious	Quart / gal	26 / 86		
Molasses — Old Fashioned Sweet Table	Quart / gal	12 / 42	2	24
Evaporated Cane Juice Sugar ¹ - use 1/3 less, better than Refined. Mix w/ molasses for fabulous brown sugar	5 / 25 / 50	11 / 47 / 93	1	93
Coconut Oil - no odor or flavor , just pure organic coco oil!	1/2 gal 1 or 5 gal	10 21 / 92		
Coconut Oil - Expeller Pressed Virgin - Org Coconut Oil with fragrance & flavor	32 oz 1 or 5 gal	21 32 / 154	1	32
Shortening ¹ - Organic Palm Fruit, 18 month shelf life	4.5 / 33	20 / 105	1	20
OLIVE OIL Extra Virgin, Organic - Excellent quality	Qt / Gallon	30 / 70	2	140
Sunflower Oil—Organic, expeller pressed, non GMO	Gallon	44	1	44
Castor Oil ~ Organic, very healing New healthy oil!	Quart	19	2	28
TOTAL PAGE 1			2063	

BAKING ESSENTIALS & DRIED FRUIT PRODUCTS

	Weight	Price	Qty	Total
Arrowroot Powder-use like cornstarch & in deodorant Cornstarch Organic	1 / 5 1	7.50 / 24 7	1	7
Baking Powder Rumford — no aluminum, fast acting! Baking Soda - no aluminum	4# 1 / 5 lb#	25 3.50 / 12	1 1	37
Chips ~ Milk Chocolate - addicting!	5	38	1	38
Allergy Minimal Dark Chocolate - organic Mini Sweet Dark Chocolate Chips ~ NEW	5	38 38	2 1	76 38
Chips ~ White chocolate ORGANIC	2.5# / 5	24 / 45		
Chips ~ Peanut Butter , ECJ Sugar sweetened	5	44		
Cocoa Powder—10-12% Dutch cocoa, not bitter, use 1/3 less	2.5 org	15	1	15
Dough Enhancer — extends shelf life, soft bread * soon NLA. Sunflower Lecithin ~ Sorry price skyrocketed! Use D En	1 16 oz	10 33	1	10
SAF Yeast—makes 80 loaves of bread	1	8	4	32
Vegalene Pan Spray — Aerosol, lasts & lasts!!!	14 oz	8.50	2	17
Vital Wheat Gluten - adds lightness to bread! (5# not organic)	Org 27 oz / 5	16 / 44	2	32
Pure Vanilla Powder & LIQUID — 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 2 extracts	44
Nutritional Yeast - adds incredible nutrients to baked goods	1 / 5	9 / 49		
Apples ~ Diced infused w/ cinnamon & sugar * soon NLA.	5 / 10	48 / 85	1	48
Cherries - Dried Bing , very yummy from CA.	5	60		
Coconut - chipped, larger pieces, organic , unsweetened	2.5	10	1	10
Coconut—shredded like Almond Joy texture, organic, unsw	5	15	1	15
Cranberries - sweetened w/apple juice EVERYONE'S FAV.	5	33	1	33
Dates - pieces rolled in oat flour (5# is out of stock since fall) Whole Dates - pitted Noor Deglet NEW & DELICIOUS!	30 5 ORG	115 28	1	28
FIGS - blond, good snack & male food Turkish ~ Organic	1 / 5	11 / 46	1	11
Mango Slices, Dried ORGANIC ~ Sa delicious! 20 minerals w/ flavonoids & anti-oxidants, eye health properties	1 / 5	15 / 66	1	66
Raisins - golden, sulfured Thompson seedless raisins	5	22 22	1	22

SOUP FIXINS' ~ SEASONINGS ~ BEVERAGES

DRY BEANS ~ 5# & 25# SIZE ~ PREMIUM USA GROWN ~ best we can order	Weight In pounds	Price	Quantity	Total Cost
Black Beans - Organic	5 / 25	10 / 50	1	9
Red Kidney - non Organic	5 / 25	10 / 40	1	10
Pinto ~ Organic	5 / 25	14 / 59	1	14
Garbanzo - Organic	5 / 25	15 / 59	1	15
Green Split Peas - Organic	5 / 25	10 / 42	1	10
5# Great Northern, Organic / Navy Beans - 25# not organic	5 org / 25	15 / 40		
13 Bean Fiesta Mix—prepare with broth & veg stew mix	5 / 25	13 / 52		
Green Lentils—Organic Red Lentils - Organic	5 / 25 5 / 25	12 / 62 14 / 66	1 each	26
Beef Broth Mix– All below good for soup or hot drink Chicken Broth Mix - Vegetable Broth Mix	1	7.50	1 each	22.50
Dehydrated Veggies-carrots, celery, tomatoes, peppers Add to soups, rice. Run in coffee mill & use powder in dips, bread and crackers! So good!	1	13	1	26
MASHED POTATOES ~ organic - 37 one cup servings. Devilbiss Farm German Butterball or Yukon Gold Potatoes!!!	5 25	21 30		
Celtic Sea Salt ¹ —80 trace minerals, pure, fine ground	1 / 5	12 / 61		
COARSE CRYSTALS ~ Celtic Sea Salt - Will dissolve in liquids PINK Himalayan	5	30 13		
PINK Himalayan Salt - raw, pure, high mineral & iron content 1# is fine ~ 5 & 50#ers more like small crystals	2.5 / 5 / 15	5 / 10 / 26	1	10
SEASONINGS! Ranch Dressing Mix, Taco, Montreal Steak, Pizza, Italian, Onion Soup Mix Circle your choices	1	9	5	45
Ceylon Cinnamon ~ both cinnamons are ORGANIC*	1	16	1	16
Cayenne Pepper - Organic - 140K HU	1	12		
Black Pepper ~ Slugs don't like it! Use in your garden! Not org	1	14	1	14
Garlic OR Onion Granules ~ ORGANIC	1	14	1 @	28
Dandy Blend Instant Herbal Coffee Substitute ORG ~ delicious, Robust flavor.	100 grams 900 grams	12 47	1	12
Buttermilk Powder ~ use in mixes or baking..	5	18		

TOTAL CONSUMABLES PAGES 2 & 3 901.50

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	11 Rd 10 Square		
5.3 gal rectangular pail with hinged lid ~ looks like square pail—holds 35#	11		
1 Gallon Pail & Lid - White - Handy when dividing out large bags etc 2 Gallon Pail with or without Gamma - White ~ Great 'PANTRY' size pail	5 7 / 10		
Gamma Lids — screw on lid for 6 gal. pail ~ Various Colors	9		
1 / 2 Gallon 'Squatty' Wide Mouth Jars with lids - Set of 6	27		
Gallon Storage Jars Case of 4 with lids ~ Perfect for storing soaked grains	27		
HALF GALLON CANNIN JARS with LIDS & RINGS ~ Set of 6 NEW!	22.50		

SWEET TOOTH ~ HEALTHIER SWEET TREATS			
Item	Price	Quantity	Total
Dark Chocolate Coconut Chews— Like a mounds but Better!! Milk Chocolate Rainbow Drops ~ vegetable juice colored, unlike MnMs	1 / 5	15 / 75 11 / 50	
Palmer Trail Mix 1 ~ Slivered Almonds, Sunflower & Pumpkin Seeds (all 3 soaked & dehydrated) , with Chipped Coconut & Dark Chocolate Chips	2	15	
Palmer Trail Mix 2 ~ Dry Roasted Peanuts, Rainbow Drops, Golden Raisins, Soaked & Dehydrated Pumpkin & Sunflower Seeds	2	15	
GLUTEN FREE & COCONUT ITEMS	Size	Price	Quantity / Total
Coconut Sugar - RAW, ORGANIC, Extremely low glycemic index, nutrient rich Granular NEW SIZE	5 / 27	24 / 107.50	/
Coconut Aminos - RAW, ORG ~ Great soy sauce substitute	16.9 oz /30 oz	13 / 21	1 / 21
Coconut Cream Powder - mix w/water for smoothies, shakes, coffee	1/3	12 / 31	/
Almond Meal / Flour - super quality	5	29	/
Coconut Flour - ORGANIC GF	5	12	
Bob's Red Mill 1 to 1 Baking flour, Gluten Free at its best! Hassle Free! ING: Rice, Sorghum, Tapioca, Potato Starch, Xanthan Mix NEW	4 / 25	14 / 78	
Gelatin, Beef ~ (unflavored) use in yogurt & make your own JELLO!	1	17	
APPLE CIDER VINEGAR ~ ORGANIC NEW	Quart / Gal	6 / 19	1 / 19
Xanthan Gum ~ GF baking essential ~ Org, non GMO NEW	5 oz	10	
Tapioca Flour - use in GF mixes Potato Starch	5 22 oz / 5	12 5 / 20	

CHICAGO METALLIC PANS & NORPRO KITCHEN TOOLS & SPROUT INFO			
With Sure-Glaze finish INTEGRATED into the Pan!			
Bread Pan - Regular 8" Loaf Pan ~ 1# Loaf	18		
Bread Pans - Long 12" Loaf Pan ~ 1.5 # Loaf	20		
Cookie Sheets OR Mini Loaf Pan 5 5/8"	18 / 9		
Man - Size Muffin Pan - 6 place - Mini Quiche, Pizza, Cakes!	39		
BAKING MAT fits perfectly In COOKIE SHEET PAN - bakes best cookies!	15		
BAKING TOOL SET ~ Jumbo Silicone Work Mat /Dough Divider, Scraper Stainless Steel 2 C Scoop - scoop flour or melt butter! Use it much	10 / 7 / 10 25 Set		
DIGITAL SCALE ~ Weigh dough, ingredients, proportions in grams, #, oz	25		
MESH COLANDER ~ 10" diameter stainless steel, essential to rinse grains	25		
COOKIE SCOOPS ~ three sizes ~ 1 1/2 t, 1 1/2 T, 4 T Oval Spatula FAV!	18 each /13		
PASTA EQUIPMENT ~ Pasta Roller makes 3 kinds of pasta 4# SEMOLINA FLOUR perfect for Pasta!	55 10		
SILICONE MAT WITH PIE CRUST GUIDES	12		
THERMOMETER — For breads, meats, poultry - digital or needle face	12		
BREAD BAGS 100 in pack with Twisties	8.50	3	25.50
TOTAL NON CONSUMABLES			

MY THOUGHTS DEVELOPING THE 6 MONTH SUPPLY LIST...

Grains & real whole foods fill & sustain our bellies, like no other food. Grains are designed by God to be the perfect food group! This list is designed to make:

- 1 batch of bread/week using Prairie Gold, Spelt & KAMUT ~ 5 loaves worth.
- 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., even Angel Food Cake.
- 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.
- When I make a large batch of hot cereal with oat groats & 7 grain whole, (which I also use in bread, 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 for 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 is 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 & purchase very little but dairy & produce from the grocery.

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

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! NUTRIMILL CLASSIC ~ White round workhorse	399	Black, White, Silver, Gold, Blue, Green, Red	
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	439		
Stainless Steel Bosch ~ Snobby looking Black Base w/ S/S bowl	499		
SPIRALIZER with 3 blades - fill your Bosch bowl with home-made veggie noodles. Zucchini, carrot, potato, or turnips!	55		
Large Oversize Slicer/Shredder sits on Bosch Bowl with Grating & Shredding blades. Fill your whole Bosch Bowl! Add Julienne blade	85	Oversize S / S	
	30	Julienne	
Bosch Meat Grinder — heavy-duty work horse	159		
Cookie / Cake Paddles for Bosch with metal whip drive	35	Cake w/ drive	
Bowl Scraper cleans the bowl attaches to whip drive	27	Bowl Scraper	
Replacement Cookie / Cake paddles no metal drive	22	Cookie no drive	
Replacement Wire Whips	15	Wire Whips	
Flour Sifter - Super fine Flour or powdered sugar for Universal Plus or older Universal Model	90	Universal Plus Older Univ	
Citrus Juicer - sits on Bowl motor mount	30		
Ice Cream Maker	65		
Bosch Blender — 6 C workhorse, a MUST	.85		
L'EQUIP Dehydrator Filter Pro w/ digital timer & temp settings	155		
Set of 4 ~ Yogurt Cups or Silicone Fruit Leather Sheets	15		
Set of 2 Extra Trays	25		
WonderMill Junior Hand Mill ~ a very high performance hand mill which is 2-3 times faster than the Family Mill. Produces super fine flour to really coarse cracked grain.. Nut butters, too!	350 Exciting New Hand Mill!		
FAMILY MILL or ROLLER/FLAKER Hand Base to manually mill or flake Adapter for Bosch or Kitchen Aide Family Mill, Roller Flaker, Hand Base & Bosch or	125 99 35 Set 360		
Coffee /Spice Mill with cleaning brush ~ choose white, copper, black or stainless NEW!	27.50		

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, Cake & cookie Paddles, Roller Flaker, Large Slicer & Bowl Scraper \$1210 Value	\$1099 Or \$275 4 paymts	
Bread Making Starter Kit - Supplies for 20 loaves of Bread ~ 2 Regular Loaf Pans, Vegalene, SAF, 10# Prairie Gold, 5# of both Spelt & Kamut, Thermometer,, Bread Bags, 1# Pink Salt, Whole Grains DVD all in a fancy bag! \$140 Value	129	
Soaking & Dehydrating Package ~ Filter Pro, 4 gal Jars, Large Mesh Colander, Big Mouth Slicer/Dicer, Fruit Leather Sheets, Apple Cider Vinegar & Soaking Pail \$281Value	265 or \$133 2 payments	
Deluxe Pkg + Soaking & Dehydrating Pkg ~ purchase both sets & get the Bread Starter Kit for \$65 (half price) \$1631 Value \$1099 + \$265 + \$65 = \$1419	1429 or \$358 4 payments	
BOSCH Chef Package ~ Spiralizer, Ice Cream Maker, Meat Grinder \$279 Value	\$249	

Please return this form by
Wednesday, April 3rd
save 10% on consumables with cash / check
payment or save 7 % with credit card .

Expect pick up in early May

Margaret Loew
15091 E Lazy Lady Lane
Palmer 99645

745-5639

www.whollyliving.com
Make check payable to Wholy Living

Page 1	2063.00
Page 2	+901.50
Consumable Subtotal	= 2964.50
Subtract Savings	-296.45
Consumable Total	= 2668.05
Total non Consumables	+25.50
Bosch & L'Chef	+
Final Total	=\$2690.55

Name:			
Address:			
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Email:			