

Wholy Living 6 Month Suggested Supply Order Form ~ Spring 2022

Of course, make all the changes you want for your family's needs!

| 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 / 45 | 4 bags | 180 |
| Bronze Chief ² — hard red spring wheat, robust flavor, sprouts well HARD RED WHEAT ORGANIC great nutty flavor | 5 / 50 5 / 25 / 50 | 8 / 43 8 / 27 / 53 | | |
| Kamut ¹ - Egyptian ancient grain, wheat substitute, soft bread | 5 / 25 / 50 | 12 / 46 / 78 | 2 - 50# | 156 |
| Spelt — most easily digested, good bread, complete .protein, Alkaline grain | 5 ¹ / 25 ¹ / 50 ² | 10 / 43 / 78 | 2 - 50# | 156 |
| Soft White Pastry Berries ¹ — ORG perfect for pie crusts, cookies, muffins, angel food cakes | 25 | 24 / 47 | | |
| 7 Grain Mix — Wholy Living mix of Bronze Chief, Prairie Gold & Spelt These Organic Grains ~ Oat Groats, Soft White, Rye, Barley | 35 PAIL | 50 | 1 | 50 |
| 9 Grain Mix Rolled w/ Flax Seed - great for granola & hot cereal | 5 / 25 | 8 / 28 / 52 | | |
| Natural White Unbleached Flour ² THE BEST! 25# returns | 25 / 50 | 27 / 50 | | |
| Regular Rolled Oats* OR Quick Rolled Oats* (circle preference) | 25 / 50 | 28 / 52 | | |
| Certified Organic Rolled Oats ¹ Or GLUTEN FREE Rolled Oats,* | 25 / 50 | 40 / 78 | | |
| Corn - Whole for corn bread ¹ — Organic - non GMO GF | 5 / 25 | 8 / 28 | 1 | 8 |
| Oat Groats ¹ — roll your own oats in the Roller Flaker | 5 / 25 | 10 / 38 | 2 | 76 |
| Whole Rye ¹ | 5 / 25 | 9 / 31 | 1 | 9 |
| Hulled Barley from Delta Junction* — great milled or in soups Hulled Barley ¹ — Oregon Grown, ORGANIC | 5 / 25 | 30 10 / 31 | 2 - 5# | 20 |
| Sorghum Grain ¹ - GF baking, add 1 T arrowt / cup sorghum flour | 5 / 25 | 9 / 31 | | |
| Buckwheat groats ¹ - GF good sprouts & pancakes | 5 / 25 | 16 / 64 | | |
| 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 | 18 / 79 20 / 96 | 1 | 96 |
| Millet ¹ — serve like rice, excellent for restoring alkaline balance to the body, alias 'bird seed' GF | 5 / 25 | 10 / 46 | | |
| Brown Rice ^{11*} Lundberg Family grown in CA - long grain Cooks in Sizzle in 15 minutes ORGANIC GF | 5 / 25 | 12 / 66 | | |
| Brown Basmati Rice ^{1*} Lundberg Family grown in CA - ECO FARMED Limited Chemicals WILD RICE - 12% protein, delicious, stores long term | 5 / 25 5 / 25 | 10 / 46 43 / 165 | 1 - 25# | 46 |
| Yellow Popcorn ¹ — Organic, Delicious, FEW 'Old Maids' Multicolored Popcorn ¹ — Organic, Better tasting than plain Yellow | 5 / 25 | 14 / 47 14 / 50 | 2 - 5# | 28 |
| Einkorn ¹ — soft, flavorful wheat alternative for sensitive bellies Ancient grain, use = parts with Spelt for soft bread Amaranth ¹ — organic GF NEW SIZE | 5 / 25 5 / 25 | 21 / 99 14 / 53 | | |
| TEFF —Iron rich, mill into flour or cook as a porridge GF Emmer ¹ - ancient grain for bread, good gluten content | 5 5 | 13 / 50 13 | 1 | 13 |

| SEEDS ~ NUTS ~ SWEETENERS ~ OILS | Weight (lbs) | Price (\$) | Qty | Total Cost |
|--|---------------------|--------------------|--------|------------|
| Chia Seeds - Black Organic / Informative Chia Booklet Hemp Hearts -complete protein, Omegas, Energizing! | 1 / 5 10 oz | 5 / 19 / 5 6.50 | 1 | 19 |
| Golden Flax Seeds ² — lowers cholesterol, omega oils | 5 / 25 | 8 / 35 | 1 | 35 |
| Pumpkin Seeds ¹ - Medium size, protein rich, eliminates parasites! Chop & use in bread, trail mix Organic | 5 | 31 | 2 | 62 |
| Sesame Seeds — natural , make your own tahini, ORG | 5 | 17 | 1 | 17 |
| Sunflower Seeds - raw, unsalted, shelled, Organic USA | 5 / 25 | 18 / 77 | 1 - 25 | 77 |
| Almond - excellent quality ~ Raw ~ non pariel Choose SLICED ~ ROASTED & DICED ~ SLIVERED Circle your choice | 5 5 2.5# | Raw 35 35 18 | 2 1 | 88 |
| Cashews — raw pieces, roast for 15 minutes at 225 | 5 / 25 | 27 / 137 | | |
| Hazelnuts - whole, super food, Raw, absolutely delicious! Peanuts - Dry roasted - delicious - make your own pb | 5 | 42 17 | | |
| Pecans — medium pieces OR halves | Pieces 5 / halves 5 | 40 / 60 | | |
| Walnut Pieces — halves & pieces, soak & dehydrate Brazil Nuts NEW SIZE | 5 2.5 | 31 27 | 2 1 | 89 |
| Peanut Butter, Creamy or Crunchy better than Adams, Salted (circle your choice) | 35 | 90 | 1 | 90 |
| Peanut Butter, CREAMUNCHY just peanuts, no stir no salt | Gallon | 42 | | |
| Agave Syrup ¹ - Organic LIGHT COLORED sweeter than Honey - low glycemic, good choice for diabetics | 1 gal | 40 | 2 | 80 |
| Honey ¹ - Raw Organic , Clover | 1 gal | 59 | | |
| Honey, Wildflower — delicious, full of enzymes, minimally processed | 1 gal / 40# | 63 / 172 | 1 | 63 |
| Maple syrup ¹ — Grade A, dark, organic, delicious | 1 gal | 90 | | |
| Molasses — Old Fashioned Sweet Table | 1 gal | 29 | 1 | 29 |
| Molasses - Blackstrap | 1 gal | 24 | | |
| Evaporated Cane Juice Sugar ¹ - use 1/3 less, better than Refined. Mix w/ molasses for fabulous brown sugar | 5 / 25 / 50 | 9 / 43 / 87 | 1 | 87 |
| Xylitol - alternative sugar made of birch syrup | 5 | 36 | | |
| Coconut Oil - organic, no odor or flavor , just pure coco oil! | 1 or 5 gal | 40 / 160 | | |
| Coconut Oil - Extra Virgin - Org Coconut fragrance & flavor | 1 or 5 gal | 87 / 280 | 1 | 87 |
| Shortening ¹ - Organic Palm Fruit, 18 month shelf life | 4.5 / 33 | 20 / 84 | | |
| OLIVE OIL Extra Virgin, Organic - Excellent quality | Gallon | 48 | 1 | 48 |
| Sunflower Oil —Organic, expeller pressed, non GMO | Gallon | 39 | 2 | 78 |
| TOTAL PAGE 1 | | | | 1786 |

| 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 | 25 | | |
| Mason 1 / 2 Gallon Storage / Canning Jars - Case of 6 with lids & rings | 25 | | |
| 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!! | 1 / 5 | 12 / 60 | 3 / 36 |
| Milk Chocolate Rainbow Drops— uses vegetable or fruit dyes, like M&Ms Yogurt covered Raisins - back by popular demand! | 1 / 5 | 8 / 40 8 / 36 | 2 / 16 |
| 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 / 27 | 22 / 115 | / |
| Coconut Aminos - RAW, ORG ~ Great soy sauce substitute | 16.9 oz / 30 oz | 11 / 18 | 1 / 18 |
| Coconut Cream Powder - 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 | 61 | |
| Tapioca Flour - use in GF mixes Potato Starch | 5 / 50 22 oz | 14 / 66 5 | |
| Gelatin, Beef ~ (unflavored) use in yogurt & make your own JELLO! | 1 | 11 | |

| CHICAGO METALLIC PANS & NORPRO KITCHEN TOOLS & SPROUT INFO | | | |
|---|-----------------------|---|-------|
| 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 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 | 20 | | |
| 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 5# SEMOLINA FLOUR perfect for Pasta! | 45 10 | | |
| 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 | 3 | 25.50 |
| TOTAL NON CONSUMABLES | | | |

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 ~ 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.
- 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 for powdered sugar. Let rest in a jar for a few days before using it.
- Beans, veggies, coconut aminos & broth mixes for soups & stews.

| 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 | 345 259 | Black, Red , White, Silver, Gold, Blue, Green | |
| 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 | | |
| ICE CREAM MAKER fits UNIVERSAL PLUS, not the older models | 59 | | |
| SPIRALIZER with 3 blades - fill your Bosch bowl with home made veggies noodles | 55 | | |
| Bosch Slicer/Shredder — 10 cup bowl with grating, slicing, & French fry stainless steel blades Whisk Whip for light mixtures ~ New Dough Hook Oversize Slicer/Shredder sits on Bosch Bowl. with Slicing & Grating Blades. Add the Julienne | 135 15 75 30 | Slicer Shredder Dough Hook Oversize S / S Julienne | |
| Bosch Meat Grinder — heavy-duty work horse L'Chef Meat Grinder - coarse/fine disk, stuffer, light weight | 159 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 | 32 27 22 22 | 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 | 119 30 | Fd Proc Juicer | |
| Bosch Blender — 6 C workhorse, a MUST | .85 | | |
| PASTA ROLLER SET ~ 3 roller attach directly to Bosch Wide-lasagna, angel hair, fettuccini | 229 | | |
| L'EQUIP Dehydrator Filter Pro w/ digital timer & temp settings Set of 4 ~ Yogurt Cups or Silicone Fruit Leather Sheets Set of 2 Extra Trays | 155 15 25 | | |
| Immersion Blender with 5 blades, storage case, mixing cup, light weight, Stainless Steel construction, heat resistant, with Speed Dial Precision ~ easy clean up under the faucet! NEW | 99 | | |

| 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 \$1172 Value | \$1069 Or \$255 4 paymts | |
| Universal Plus, Nutrimill Classic KITCHEN PKG~ Blender, Dough Hook, Wire Whips, Cookie Paddles, Slicer/Shredder, Roller Flaker, Hook Extender, and Bowl Scraper \$1082 Value | \$990 Or \$238 4 paymts | |
| Bread Making Starter Kit - Supplies for 20 loaves of Bread ~ 2 Regular Loaf Pans, Vegalene, SAF, Sunflower Lecithin, 10# Prairie Gold, 5# @ Spelt & Kamut, Thermometer Bread Bags, Salt, Whole Grains DVD \$117.50 Value | 99 | |
| Nutrimill Classic Package ~ Mill., Bagger, \$278 Value | 259 | |
| Soaking & Dehydrating Package ~ Filter Pro, 4 gal Jars Large Mesh Colander, Big Mouth Slicer/Dicer, Fruit Leather Trays \$250 Value | 229 | |
| Deluxe Pkg + Soaking & Dehydrating Pkg ~ purchase both & get the Bread Starter Kit for \$50 \$1539.50 Value \$1069 + \$229 + \$50 = \$1299 | 1348 Or \$337 4 paymts | |

Please return this form by **April 4th, to save 10% on consumables with cash or check payment or 7% with credit card, picking up in south central. Outlying areas use that \$\$ for extra shipping.**

Margaret Loew
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Palmer 99645
745-5639
www.whollyliving.com
Make checks payable to Margaret
Margaret@whollyliving.com

| | |
|-----------------------|---------|
| Page 1 | 1786 |
| Page 2 | +820.50 |
| Consumable Subtotal | 2606.50 |
| Subtract Savings | -261 |
| Consumable Total | 2345.50 |
| Total non Consumables | +25.50 |
| Bosch & L'Chef | + |
| Final Total | =2371 |

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