

Wholy Living Suggested 6 Month Supply List ~ FALL 2017 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,	5 / 50 45 (Pail)	8 / 36 / 45	4 bags	144
Bronze Chief Wheat ² — hard red spring wheat, more robust	5 / 50 45 (Pail)	8 / 32 / 44		
Kamut ¹ — Egyptian grain, wheat substitute, soft bread NEW 50#	5 / 25 / 50	15 / 40 / 72	2 - 50s	144
Spelt ¹ — most easily digested, good bread, complete protein,	5 / 50 45 (Pail)	12 / 65 / 70	2 - 50s	195
Soft White Pastry Berries ² — perfect for pie crusts, cookies, muffins, angel food cakes	50 45 (Pail)	40 / 47		
7 Grain Mix ² — unique blend of hard wheat, oats, soft white, rye, triticale, barley and spelt	25 / 45 (Pail)	31 / 65	1 pail	65
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	21 / 42		
Regular Rolled Oats OR Quick Rolled Oats (circle preference)	25 / 50	23 / 42		
Certified Organic Rolled Oats Or GLUTEN FREE Rolled Oats,	50	66		
Corn - Whole for corn bread - Organic - non GMO	25	40		
Oat Groats* - roll your own oats in the Roller Flaker	5 / 25 / 50	10 / 43 / 71	1 - 50	71
Whole Rye ¹	5 / 25	11 / 27		
Hulled Barley from Delta Junction — great milled or in soups	5 / 25	7.50 / 21		
Hulled Barley - Oregon grown, Organic	5 / 25	10 / 42	2	20
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	17 / 77 20 / 87	1 each	37
Millet ¹ — serve like rice, excellent for restoring alkaline balance to the body, alias 'bird seed'	5 / 25 / 50	11 / 42 / 78	2	22
Brown Rice ^{11*} Lundberg Family grown in CA - long grain Cooks in BRK in 15 minutes ORGANIC	5 / 25	16 / 65		
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 - 25	44
Yellow Popcorn - Organic, Delicious, FEW 'Old Maids'	5 / 25	14 / 44		
Einkorn ~ soft, flavorful wheat for sensitive bellies Ancient grain, soft bread, lower gluten	5 / 25	20 / 89		

SEEDS ~ NUTS ~ SWEETENERS ~ OILS	Weight (lbs)	Price (\$)	Qty	Total Cost
Chia Seeds - Black - Organic	1 / 5	8 / 25		
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 Organic	5	15	2	30
Sesame Seeds — natural , make your own tahini, ORG	5	19	1	19
Sunflower Seeds - raw, unsalted, shelled, Organic	5 / 25	17 / 65	1	65
Almond - excellent quality ~ Raw ~ non pariel Slivered, great for baking, cold cereals, trail mixes	5	Raw 34 Sliver 34	2	68
Brazil Nuts— Raw, whole Cashews — raw pieces, roast for 15 minutes at 225	5	49 34		
Hazelnuts, whole, super food, Raw, absolutely delicious! Peanuts - Dry roasted - delicious - make your own pb	5	51 12	1	51
Pecans — medium pieces OR halves (circle your choice)	5	55		
Walnut Pieces — ready for baking	5	30 small 38 large	1	30
Peanut Butter, Creamy or Crunchy better than Adams, Salted (circle your choice)	35	93		
Peanut Butter, CREAMUNCHY no stir NEW	Gallon	43.50	2	43.50
Agave Syrup ¹ - Organic Dark Amber sweeter than Honey - low glycemic, good choice for diabetics	1 gal	46	2	92
Honey ¹ - Raw Organic , Clover	1 gal	73		
Honey, Mountain Wildflower — delicious, full of enzymes, minimally processed	1 gal / 40#	57 / 149	1	57
Maple syrup ¹ — Grade B, organic, delicious	1 gal	79		
Molasses — Old Fashioned Sweet Table	1 gal	25	1	25
Molasses - Blackstrap	1 gal	21		
Evaporated Cane Juice Sugar ¹ - use 1/3 less, better than Refined. Mix w/ molasses for brown sugar	25 / 50	51 / 70	1	70
Coconut Oil - organic, no odor or flavor	1 or 5 gal	39 / 153		
Coconut Oil - Extra Virgin, organic - smells & tastes like coconut - I use it for deodorant & face cream	1 or 5 gal	48 / 191	1	48
Shortening ¹ - Organic Palm Fruit, 18 month shelf life	5# pail / 33	16 / 83	1	116
OLIVE OIL Extra Virgin, Organic - Excellent quality	Gallon	44	1	44
SUNFLOWER OIL expeller pressed, non GMO NEW	Gallon	28	1	28
TOTAL PAGE 1				1514

BAKING ESSENTIALS & DRIED FRUIT PRODUCTS				
	Weight	Price	Qty	Total
Arrowroot Powder-use like cornstarch & in deodorant	1 / 5	8 / 14	1	8
Baking Powder Rumford — no aluminum, fast acting!	5 lb	19	1	19
Chips ~ Milk Chocolate - addicting!	5 / 25	26 / 125	1	26
Chips ~ Dark Chocolate - organic	5	31	1	31
Chips ~ Vanilla ECJ Sugar sweetened	5	24		
Chips ~ Peanut Butter , ECJ Sugar sweetened	5	29		
Cocoa Powder—10-12% Dutch cocoa	5	21	1	21
Dough Enhancer — extends shelf life, soft bread Sunflower Lecithin ~ substitute for DE, to avoid soy—works!	1 / 5 16 oz NEW	7.50 / 27.50 7.50	2	15
SAF Yeast—makes 80 loaves of bread	1	5	4	20
Vegalene Pan Spray — Aerosol, lasts & lasts!!! Coconut Oil Vegalene NEW Non GMO Vegalene NEW	14 oz 17 oz 21 oz	8.50 9.50 10.50	2	17
Vital Wheat Gluten	1# / 5 lb	5 / 17	1	17
Pure Vanilla Powder & NEW ~ LIQUID — use same t for tsp	8 oz Liquid 1.5# Powder	20 / 25	1	20
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	24		
Cherries - Dried Bing - we should be able to supply it now!	5	56		
Coconut - chipped, larger pieces, organic , unsweetened	5 / 25	21 / 82	1	21
Coconut—shredded like Almond Joy texture, organic, un sw	5	21		
Cranberries - sweetened w/apple juice	5	26	1	26
Dates - pieces rolled in oat flour	5 / 30	17 / 95		
Raisins - golden, sulfured	5	24.50		

SOUP FIXINS ~ SEASONINGS ~ DAIRY				
DRY BEANS ~ 5# & 25# SIZE ~ PREMIUM	Weight In pounds	Price	Quan- tity	Total Cost
Black Beans - Organic	5 / 25	12 / 36	1	12
Red Kidney - Organic	5 / 25	18 / 52	1	18
Pinto ~ Organic (Non organic pinto 25# \$40)	5 / 25	14 / 47	1	14
Garbanzo - Organic (non org, GMO free \$40)	5 / 25	16 / 53	1	16
Green Split Peas - Organic (non org, GMO free \$29)	5 / 25	12 / 37	1	12
Great Northern - Organic (non org, GMO free \$48)	5 / 25	15 / 41	1	15
13 Bean Fiesta Mix—prepare with broth & veg stew blend in BRK in 30 minutes	5 / 25	13 / 48		
Green Lentils—Organic	5 / 25	13 / 55	1	13
Beef Broth Mix- All below good for soup or hot drink Chicken Broth Mix - Vegetable Broth Mix Circle your choice	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	11	1	11
Dehydrated Potato Dices Pail - great in spud casseroles	10	50		
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 / 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	5 / 15 / 50	1	15
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	2	18
Seasonings:, ORGANIC : Garlic OR Onion Granules	1	13		
Buttermilk Powder- use for light/fluffy baking	5	15		
Morning Moos Milk Flavored Protein Powder - Delicious, Easy to Digest	#10 Can = 5 gal Pail makes 50 gal	20 can 135 pail	3	405
Morning Moos Chocolate Flavored Protein Powder- delicious hot or cold	#10 Can = 5 gal Pail makes 50 gal	20 can 125 pail	1	20
TOTAL CONSUMABLES PAGES 2 & 3				951.50

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		
Original BRK P 6 LITER Pressure Cooker with Lids (Pressure and Glass lid)	189		
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 NEW	1 / 5	8/ 35 10 / 49	2 / 16
Milk Chocolate Rainbow Drops— uses vegetable or fruit dyes, like M&Ms	1 / 5	9 / 40	
Yogurt Covered Raisins	1 / 5	8 / 35	
Palmer Trail Mix : Slivered Almonds, Dark Chocolate chips, pumpkin seeds, sunflower seeds, coconut chips, Grab and Go, leave in glove box for a snack on the go	1 / 5	8 / 35	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	2 / 22
Coconut Milk Powder - mix with water for smoothies, shakes, Ice cream, Hot chocolate	1 / 5	11 / 50	/
Almond Meal / Flour - super quality	5	28	/
Xylitol - alternative sugar made of birch syrup	5	30	/
Gelatin- Beef (unflavored) use in yogurt, homemade jello NEW	1	11	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		
1 Gallon Pail & Lid - White - Handy when dividing out large bags etc	5		
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	12		
Bread Pans - Long 12" Loaf Pan ~ 1.5 # Loaf	18		
Cookie Sheets OR Mini Loaf Pan 5 5/8"	18 / 8		
Man - Size Muffin Pan - 6 place - Mini Quiche, Pizza, Cakes!	26		
Bread Bags—100 per package. I use them for many things!	8.50	2	17

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			
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!	299 NEW 45	Rose gold, black, red, blue, green, silver, white	
Nutrimill Classic — Lifetime Warranty, 16 C drawer canister, variable speed & texture / Bagger	199 / 35		
Nutrimill Plus - quiet, compact storage, red accents, large canister	199		
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 MKER 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 Sausage Stuffer-3 tube sizes L'Chef Meat Grinder ` coarse/fine disk, stuffer, light weight	149 50 79	Grinder Stuffer 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 for every Bosch owner!	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 Extra Fruit Leather Trays set of 10 Set of 2 Extra Trays	170 10 25		
L 'EQUIP XL Super Centrifugal Juicer ~ Black OR White	125	Black or White	
RED PERSONALIZED BLENDER with 2 Smoothie Jars and bonus Seed Jar ~ blades also fit canning jar! NEW	49		

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
Wednesday, October 4th ~ 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		1514.00
Page 2	+	951.50
Consumable Subtotal	=	2465.50
Subtract Savings	-	247.00
Consumable Total	=	2218.50
Total non Consumables	+	17
Bosch & L'Chef	+	
Final Total	=	\$2235.50

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