

**Wholy Living Suggested 6 Month Supply List ~ Spring 2018 Please make any substitutions that suit your tastes!**  
**Read our explanation of the 6 Month Supply on page 3!**

| <sup>1</sup> <b>Organic</b> <b>ALL GRAINS ARE NON-GMO</b><br><sup>2</sup> <b>Certified Chemical Free</b> *store 6 months or less            | 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<br>45 (Pail) | 8 / 39 / 49          | 4 bags       | 156        |
| Bronze Chief <sup>2</sup> — hard red spring wheat, more robust flavor, best for sprouting,  | 5 / 50<br>45 (Pail) | 8 / 36 / 47          |              |            |
| Kamut <sup>1</sup> — Egyptian grain, wheat substitute, soft bread   | 5 / 25<br>/ 50      | 15 / 40<br>/ 72      | 2 - 50#      | 144        |
| Spelt <sup>1</sup> — most easily digested, good bread, complete /protein, Alkaline grain  | 5 / 50<br>45 (Pail) | 12 / 68 /<br>73.50   | 2 - 50#      | 147        |
| Soft White Pastry Berries <sup>2</sup> — perfect for pie crusts, cookies, muffins, angel food cakes   | 50<br>45 (Pail)     | 43 / 49.50           |              |            |
| 7 Grain Mix <sup>2</sup> — unique blend of hard wheat, oats, soft white, rye, triticale, barley and spelt                                   | 25 /<br>45 (Pail)   | 32 / 69              | 1 pail       | 69         |
| 7 Grain Mix Rolled w/ Flax Seeds <sup>2</sup> - great for granola & hot cereal  | 8 / 50              | 20 / 65              |              |            |
| Natural White Unbleached Flour <sup>2</sup>   | 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 <sup>1*</sup> - roll your own oats in the Roller Flaker  | 5 / 25 / 50         | 10 / 45 / 73         | 1 - 50       | 73         |
| Whole Rye <sup>1</sup>  | 5 / 25              | 11 / 27              |              |            |
| Hulled Barley from Delta Junction — great milled or in soups<br>Hulled Barley - Oregon Grown, ORGANIC                                       | 5 / 25              | 7.50 / 21<br>10 / 44 | 2 - 5#       | 20         |
| Sorghum Grain - GF baking, add 1 T arrowrt / cup sorghum flour  | <b>NEW</b> 5 / 25   | 11 / 42              |              |            |
| Buckwheat groats <sup>1</sup> - gluten free, good sprouts & pancakes  | 5 / 25              | 17 / 72              |              |            |
| White Quinoa (Keenwa) <sup>1</sup> - Mill for flour, cook like rice GF<br>Tri-colored Quinoa—just looks & tastes so much better than white! | 5 / 25              | 18 / 73<br>20 / 93   | 1 each<br>5# | 38         |
| Millet <sup>1</sup> — serve like rice, excellent for restoring alkaline balance to the body, alias 'bird seed' GF                           | 5 / 25              | 11 / 47              |              |            |
| Brown Rice <sup>11*</sup> Lundberg Family grown in CA - long grain<br>Cooks in BRK in 15 minutes <b>ORGANIC GF</b>                          | 5 / 25              | 16 / 67              | 1 - 25#      | 67         |
| Brown Rice <sup>1*</sup> Lundberg Family grown in CA - long grain<br>Cooks in BRK in 15 minutes. <b>ECO FARMED</b> Limited Chemicals        | 5 / 25              | 10 / 46              |              |            |
| Yellow Popcorn - Organic, Delicious, FEW 'Old Maids'  | 5 / 25              | 14 / 47              |              |            |
| <b>Einkorn</b> ~ soft, flavorful wheat for sensitive bellies<br><b>Ancient grain, soft bread, lower gluten</b>                              | 5 / 25              | 20 / 90              |              |            |
| <b>Amaranth - organic GF</b>  | 5                   | 13                   |              |            |

| <b>SEEDS ~ NUTS ~ SWEETENERS ~ OILS</b>   | Weight (lbs)                     | Price (\$)           | Qty    | Total Cost |
|---|----------------------------------|----------------------|--------|------------|
| Chia Seeds - Black - Organic  | 1 / 5                            | 8 / 26               |        |            |
| Golden Flax Seeds <sup>1</sup> — lowers cholesterol, omega oils   | 5 <sup>1</sup> / 25 <sup>1</sup> | 7 / 30               | 1      | 7          |
| Pumpkin Seeds <sup>1</sup> - Medium size, protein rich, eliminates parasites! Chop & use in bread, trail mix <b>Organic</b> | 5                                | 18                   | 2      | 36         |
| Sesame Seeds — natural , make your own tahini, ORG  | 5                                | 19                   | 2      | 38         |
| Sunflower Seeds - raw, unsalted, shelled, Organic USA   | 5 / 25                           | 17 / 73              | 1 - 25 | 73         |
| Almond - excellent quality ~ Raw ~ non pariel<br>Slivered, great for baking, cold cereals, trail mixes                      | 5                                | Raw 36<br>Sliver 33  | 2      | 66         |
| Cashews — raw pieces, roast for 15 minutes at 225   | 5                                | 38                   |        |            |
| Hazelnuts - whole, super food, Raw, absolutely delicious!<br>Peanuts - Dry roasted - delicious - make your own pb           | 5                                | 49<br>15             | 1      | 49         |
| Pecans — <b>medium pieces OR halves</b> (circle your choice)  | 2.5 / 5                          | 35 / 65              | 1      | 35         |
| Walnut Pieces — <b>large OR small pieces</b> (circle your choice)   | 5                                | 38 small<br>38 large | 1      | 38         |
| Peanut Butter, <b>Creamy or Crunchy</b> better than Adams,<br>Salted (circle your choice )                                  | 35                               | 93                   | 1      | 93         |
| Peanut Butter, CREAMUNCHY no stir <b>NEW</b>  | Gallon                           | 42                   |        |            |
| Agave Syrup <sup>1</sup> - Organic Dark Amber sweeter than<br>Honey - low glycemic, good choice for diabetics               | 1 gal                            | 46                   | 2      | 92         |
| Honey <sup>1</sup> - Raw Organic , Clover   | 1 gal                            | 74                   |        |            |
| Honey, Mountain Wildflower — delicious, full of enzymes,<br>minimally processed   | 1 gal / 40#                      | 59 / 155             | 2      | 118        |
| Maple syrup <sup>1</sup> — Grade A, dark, organic, delicious  | 1 gal                            | 77                   |        |            |
| Molasses — Old Fashioned Sweet Table  | 1 gal                            | 25                   | 1      | 25         |
| Molasses - Blackstrap   | 1 gal                            | 21                   |        |            |
| Evaporated Cane Juice Sugar <sup>1</sup> - use 1/3 less, better than<br>Refined. Mix w/ molasses for brown sugar            | <b>5</b> / 50                    | <b>9</b> / 72        | 1      | 72         |
| Xylitol - alternative sugar made of birch syrup   | 5                                | 30                   |        |            |
| Coconut Oil - organic, no odor or flavor  | 1 or 5 gal                       | 37 / 150             | 1      | 37         |
| Coconut Oil - Extra Virgin, organic - smells & tastes<br>like coconut - I use it for deodorant & face cream                 | 1 or 5 gal                       | 48 / 185             | 1      | 48         |
| Shortening <sup>1</sup> - Organic Palm Fruit, 18 month shelf life   | 5 / 33                           | 16 / 78              | 1      | 16         |
| OLIVE OIL Extra Virgin, Organic - Excellent quality   | Gallon                           | 46                   |        |            |
| SUNFLOWER OIL expeller pressed, non GMO <b>NEW</b>  | Gallon                           | 28                   | 3      | 78         |
| <b>TOTAL PAGE 1</b>   |                                  |                      |        | 1635       |

| BAKING ESSENTIALS & DRIED FRUIT PRODUCTS  |                                   |               |        |       |
|---|-----------------------------------|---------------|--------|-------|
|   | Weight                            | Price         | Qty    | Total |
| Arrowroot Powder-use like cornstarch & in deodorant   | 1 / 5                             | 8 / 15        | 1      | 8     |
| Baking Powder Rumford — no aluminum, fast acting!   | 5 lb                              | 20            | 1      | 20    |
| Baking Soda <b>NEW</b>  | 1 / 5 lb                          | 3 / 10        | 1      | 3     |
| Chips ~ Milk Chocolate - addicting!   | 5 / 25                            | 28 / 130      | 1      | 28    |
| Chips ~ Dark Chocolate - <b>organic</b>   | 5                                 | 32            | 1      | 32    |
| Chips ~ <b>Vanilla</b> ECJ Sugar sweetened  | 5                                 | 24            |        |       |
| Chips ~ <b>Peanut Butter</b> , ECJ Sugar sweetened  | 5                                 | 29            |        |       |
| Cocoa Powder—10-12% Dutch cocoa <b>ORGANIC</b>  | 5                                 | 30            | 1      | 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          | 2      | 15    |
| SAF Yeast—makes 80 loaves of bread  | 1                                 | 5             | 4      | 20    |
| Vegalene Pan Spray — Aerosol, lasts & lasts!!!<br>Non GMO Vegalene                              | 14 oz<br>21 oz                    | 8.50<br>10.50 | 1      | 8.5   |
| Vital Wheat Gluten  | 1# / 5 lb                         | 5 / 17        | 1      | 17    |
| Pure Vanilla Powder & <b>NEW ~ LIQUID</b> — use same t for tsp                                  | <b>8 oz Liquid</b><br>1.5# Powder | 20 / 25       | 1 pdr  | 25    |
| Pure Almond Extract Liquid or Powder? Love at 1st SNIFF!  | 8 oz Liquid<br>1.5# Powder        | 12 / 20       |        |       |
| Real Maple Extract—add 1/4 tsp to 12 oz of agave for<br>fabulous maple syrup Love at 1st SNIFF! | 8 oz<br><b>1.5# Powder</b>        | 12 / 20       | 1 pdr  | 20    |
| <b>Nutritional Yeast</b> - 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       | 1      | 21    |
| Coconut—shredded like Almond Joy texture, organic, un sw  | 5                                 | 24            |        |       |
| Cranberries - sweetened w/apple juice   | 5                                 | 26            | 1      | 26    |
| Dates - pieces rolled in oat flour  | 5 / 30                            | 17 / 95       |        |       |
| <b>FIGS - ORGANIC, black, soft &amp; chewy, good snack &amp; male<br/>food</b> <b>NEW</b>       | 1 / 5                             | 12 / 55       | 1      | 12    |
| Raisins - golden, sulfured  | 5                                 | 20            | 1 each | 40    |
| Thompson seedless raisins <b>NEW</b>  |                                   | 20            |        |       |

| SOUP FIXINS' ~ SEASONINGS ~ DAIRY   |                          |             |          |               |
|---|--------------------------|-------------|----------|---------------|
|   | Weight<br>In pounds      | Price       | Quantity | Total<br>Cost |
| DRY BEANS ~ 5# & 25# SIZE ~ PREMIUM USA<br>GROWN ~ best we can order  |                          |             |          |               |
| Black Beans - Organic   | 5 / 25                   | 12 / 43     | 1        | 12            |
| Red Kidney - Organic  | 5 / 25                   | 18 / 55     |          |               |
| Pinto ~ Organic (Non organic pinto 25# \$40 )   | 5 / 25                   | 14 / 51     | 1        | 14            |
| Garbanzo - Organic (non org, GMO free \$40)   | 5 / 25                   | 16 / 58     | 1        | 16            |
| 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     | 1        | 15            |
| 13 Bean Fiesta Mix—prepare with broth & veg stew<br>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 -   | 1                        | 7.50        | 1 each   |               |
| Vegetable Broth Mix   |                          |             |          |               |
|   |                          |             |          |               |
| Dehydrated Veggies-carrots, celery, tomatoes, peppers<br>Add to soups, rice. Run in coffee mill & use<br>powder in dips, bread and crackers! So good! | 1                        | 11          | 1        | 11            |
| Dehydrated Potato Slices Pail - great in spud casseroles  | 7                        | 45          |          |               |
| Dehydrated Potato Shreds Pail - rehydrates quickly, good as<br>hash browns, add to soup ~ delicious!  | 7                        | 45          |          |               |
| Celtic Sea Salt <sup>1</sup> —80 trace minerals, pure, fine ground  | 1 / 5                    | 9 / 43      |          |               |
| Celtic Sea Salt Crystals - coarse crystals. Will dissolve in liquids  | 5                        | 24          |          |               |
| <b>PINK Himalayan Salt</b> - raw, pure, high mineral & iron content<br>1# is fine ~ 5 & 50#ers more like small crystals                               | 1 / 5 / 22               | 7 / 15 / 50 | 2        | 30            |
| Real Salt—similar to Celtic but harvested in Utah   | 26 oz / 25               | 9 / 85      |          |               |
| <b>SEASONINGS! Montreal Steak, Pizza, Italian, Cinnamon<br/>Ranch Dressing Mix,</b> <b>Circle your choice (s)</b>                                     | 1                        | 9           | 2        | 18            |
| Seasonings:, ORGANIC : Garlic OR Onion Granules   | 1                        | 13          |          |               |
| Buttermilk Powder- use for light/fluffy baking  | 5                        | 16          |          |               |
| Morning Moos Milk Flavored Protein Powder - Delicious,<br>Easy to Digest  | #10 Can<br>makes 5.5 gal | 20 can      |          |               |
|   | 35# Pail<br>makes 50 gal | 165 pail    | 3        | 495           |
| Morning Moos Chocolate Flavored Protein Powder-<br>delicious hot or cold  | #10 Can<br>Makes 3.5 gal | 24 can      | 1        | 24            |
| <b>TOTAL CONSUMABLES PAGES 2 &amp; 3</b>  |                          |             |          | <b>960.50</b> |

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

**Sweet Tooth Healthier Treats**

|  |       |                    |                  |
|--|-------|--------------------|------------------|
| Dark Chocolate Coconut Chews— Like a mounds but Better!!<br>Organic 'Reeses' milk chocolate mini chips <b>in stock again!</b>                  | 1 / 5 | 10 / 35<br>10 / 49 | 1 / 10<br>1 / 10 |
| Milk Chocolate Rainbow Drops— uses vegetable or fruit dyes, like M&Ms  | 1 / 5 | 9 / 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             |                  |

**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          | 1 / 11           |
| <b>Coconut Milk Powder</b> - mix with water for smoothies, shakes, ice cream Hot chocolate | 1 / 5                     | 11 / 50          | /                |
| Almond Meal / Flour - super quality  | 5                         | 28               | /                |
| Coconut Flour - <b>back by popular demand</b> , ORGANIC GF                                 | 5 / 25                    | 15 / 66          | /                |
| <b>GF All Purpose Flour</b> - garb bean, potato & tapioca starch, sorghum, fava bean flour | 25 <b>NEW</b>             | 49               |                  |
| <b>Tapioca Flour</b> - <b>Potato Starch</b> use in GF mixes <b>BOTH NEW</b>                | 5 / 25 pail<br>22 oz / 25 | 6 / 28<br>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<br>4 gal. square white pail with lid | 9 Rd<br>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                |                 |             |
| <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   | 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.**

| <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!  | 289<br><b>NEW 45</b>              | 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<br><b>ICE CREAM MAKER fits UNIVERSAL PLUS, not the older models</b>   | 389<br><br><b>49</b>              |  |              |
| Bosch Slicer/Shredder — 10 cup bowl with grating, slicing, & French fry stainless steel blades<br>Whisk Whip for light mixtures ~ New Dough Hook<br><b>NEW Oversize Slicer/Shredder</b> sits on Bosch Bowl. with Slicing & Grating Blades. Add ons~ French Fry &/or Julienne Blades. Blades Are interchangeable in either model S / S | 125<br>60<br>15<br>75<br>20<br>30 | Slicer Shredder<br>Whisk<br>Dough Hook<br>Oversize S / S<br>French Fry<br>Julienne |              |
| Bosch Meat Grinder — heavy-duty work horse<br>L'Chef Meat Grinder ` coarse/fine disk, stuffer, light weight   | 149<br>79                         | Grinder<br><b>NEW</b>  |              |
| Cookie Paddles for Bosch with metal whip drive<br>Bowl Scraper cleans the bowl attaches to whip drive<br>Replacement Cookie paddles no metal drive<br>Replacement Wire Whips  | 35<br>32<br>25<br>15              | Cookie w/ drive<br>Bowl Scraper<br>Cookie no drive<br>Wire Whips                   |              |
| Flour Sifter - Super fine Flour or powdered sugar for Universal Plus or older Universal Model   | 90                                | Universal Plus<br>Older Univ   |              |
| Bosch Food Processor — 5 cup bowl fits on blender mount for slicing, grating & 'S' blade<br>Citrus Juicer - sits on Bowl motor mount  | 105<br>30                         | Fd Proc<br>Juicer  |              |
| Bosch Blender — 6 C workhorse, a MUST   | .75                               |  |              |
| PASTA ROLLER SET ~ 3 roller attach directly to Bosch Wide-lasagna, angel hair, fettuccini <b>NEW</b><br>Pasta Maker attaches to original Meat Grinder   | 175<br>150                        |  |              |
| Coffee / Seed / Herb Mill - flax, sunflower, sesame, grains   | 25                                |  |              |
| L'EQUIP Dehydrator Filter Pro w/ digital timer & temp settings<br>Extra Fruit Leather Trays set of 10<br>Set of 2 Extra Trays   | 135<br>12<br>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</b><br><b>35</b> |  |              |
| <b>RED PERSONALIZED BLENDER with 2 Smoothie Jars and bonus Seed Jar ~ blades also fit canning jar! NEW</b>  | <b>45</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><br>Blender, Dough Hook, Wire Whips, Cookie Paddles, Slicer/Shredder, Roller Flaker, Hook Extender, and Bowl Scraper<br>\$1085 Value                               | \$999<br>Or \$250<br>4 paymts              |                   |
| <b>Universal Plus , Cookie Paddles &amp; Roller Flaker &amp; Harvest Stone Mill</b> includes dough hook, wire whips, and dough hook extender.<br>\$860 Value  | \$819<br>Or \$205<br>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<br>\$103.50 Value | 99   |                   |
| <b>Nutrimill Classic Package ~ Mill., Bagger, \$264 Value</b>   | 235  |                   |
| <b>Soaking &amp; Dehydrating Package ~</b> Filter Pro, 4 gal Jars Mesh Colander, Big Mouth Slicer/Dicer, 10 Fruit Leather Trays<br>\$237 Value  | <b>219</b>                                 |                   |
| <b>Deluxe Pkg + Soaking &amp; Dehydrating Pkg ~</b> .purchase both & get the Bread Starter Kit for \$50<br>\$1499 Value \$999 + \$219 + \$50 = \$1268   | 1268<br><b>Or \$317</b><br><b>4 paymts</b> |                   |

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.**

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

|                        |          |
|------------------------|----------|
| Page 1                 | 1635     |
| Page 2 & 3 consumables | + 1017   |
| Consumable Subtotal    | = 2652   |
| Subtract Savings       | -265.20  |
| Consumable Total       | =2386.80 |
| Total non Consumables  | +        |
| Bosch & L'Chef         | +        |
| Final Total            | =        |

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