

Sourdough Girls and Wholy Living Price List & Order Form ~ Fall 2018 prices subject to change

¹ Organic ALL GRAINS ARE NON-GMO ² Certified 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 / 40		
Bronze Chief ² — hard red spring wheat, more robust flavor, best for sprouting	5 / 50	8 / 37		
Kamut ¹ — Egyptian grain, wheat substitute, soft bread Einkorn—Organic, Heirloom, makes beautiful sourdough Red Fife Wheat	5 / 25 / 50 5 / 25 5 / 50	12 / 40 / 72 20 / 90 20 / 90		
Spelt ² easily digested, good bread, complete protein, alkaline	5 / 50	12 / 69		
Soft White Pastry Berries ¹ — ORG perfect for pie crusts, cookies, muffins, angel food cakes	25 50	30 50		
7 Grain Mix ² — unique blend of hard wheat, oats, soft white, rye, triticale, barley and spelt	25	33		
7 Grain Mix Rolled w/ Flax Seeds ² - great for granola & hot cereal	8 / 50	20 / 67		
Natural White Unbleached Flour ² THE BEST available! Pizza Flour, Italian type 00, white, organic	25 / 50 50	25 / 46 65		
Regular Rolled Oats OR Quick Rolled Oats (circle preference)	25 / 50	25 / 46		
Certified Organic Rolled Oats ¹ Or GLUTEN FREE Rolled Oats Steel Cut oats, organic Oat Groats ¹ — roll your own oats in the Roller Flaker	50 5 / 25 5 / 25 / 50	73 11 / 40 10 / 45 / 75		
Corn - Whole for corn bread ¹ — Organic - non GMO GF	5 / 25 / 50	10 / 40		
Whole Rye ¹	5 / 25	9 / 27		
Hulled Barley from Delta Junction — great milled or in soups Hulled Barley ¹ — Oregon Grown, ORGANIC	5 / 25	8 / 21 10 / 44		
Sorghum Grain ¹ - GF Mix; add 1T arrowrt per cup sorghum flour	5 / 25	11 / 42		
Buckwheat groats ¹ - gluten free, good sprouts & pancakes	5 / 25	16 / 72		
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 / 74 20 / 93		
Amaranth— Organic, GF Millet ¹ — serve like rice, excellent for restoring alkaline, GF	5 5 / 25	13 11 / 47		
Brown Rice ¹ Lundberg - Long grain, ORGANIC Brown Rice— Lundberg— Long Grain, Eco Farmed	5 / 25	16 / 64 10 / 45		
Brown Rice— Basmati, Lundberg, Eco Farmed Brown Rice— Short Grain, Lundberg, Eco Farmed	5 / 25	12 / 51 10 / 38		
White Rice— Basmati OR Jasmine, ORGANIC, GF White Rice— Basmati, ECO Farmed, GF WILD RICE BLEND, Lundberg, great in soups , side dish	5 / 25	17 / 75 13 / 55		
Yellow Popcorn ¹ — Organic, Delicious, FEW 'Old Maids' Multicolored Popcorn ¹ — Organic, Better tasting, great gift idea	5 / 25	11 / 47 12 / 50		

SEEDS ~ NUTS ~ SWEETENERS ~ OILS	Weight (lbs)	Price (\$)	Qty	Total Cost
Chia Seeds - Black or WHITE, Organic, Omega-3 Rich	1 / 5	8 / 26		
Golden Flax Seeds ² — lowers cholesterol, omega oils	5 / 25	7 / 30		
Pumpkin Seeds ¹ - Medium size, protein rich, eliminates parasites! Chop & use in bread, trail mix Organic	5	20		
Sesame Seeds — natural , make your own tahini, ORG	5	18		
Sunflower Seeds - raw, unsalted, shelled, Organic	5 / 25	17 / 70		
Almond - CHOOSE: Raw , Slivered, Dry Roasted or Sliced NEW—Dry Roasted/Salted Almonds	5	35		
Cashews — raw pieces, roast for 15 minutes at 225	5	38		
Hazelnuts - whole, super food, Raw, absolutely delicious! Peanuts - Dry roasted or Salted, make pb or snack	5	49 15		
Pecans — medium pieces OR halves (circle your choice)	2.5 / 5	35 / 60		
Walnut Pieces — large OR small pieces (circle your choice) Brazil Nuts - NEW SIZE	5 2.5	36 28		
Peanut Butter, Creamy or Crunchy , NATURAL Peanut Butter, Creamy or Crunchy, ORGANIC Peanut Butter, Homogenized/No Stir, Creamy (sugar added)	35 22 35	94 112 99		
Peanut Butter, CREAMUNCHY, NO Salt, Natural Peanut Butter— Organic , CREAMY or CRUNCHY, NO salt Peanut Butter— Natural, Creamy or Crunchy, Salted	Gallon	42 64 46		
Agave Syrup ¹ - Organic Dark Amber	1 gal	47		
Honey ¹ - Raw Organic , Clover Honey, Mountain Wildflower — delicious, full of enzymes,	1 gal 1 gal / 40#	75 59 / 155		
Maple syrup ¹ — Grade A, dark, organic, delicious	1 gal	77		
Molasses — Old Fashioned Sweet Table	32 oz/ 1 gal	8 / 26		
Molasses - Blackstrap	32 oz/ 1 gal	8 / 24		
Sugar- Evaporated Cane ¹ - use 1/3 less, Mix w/ molasses for fabulous brown sugar	5 / 50	9 / 74		
Coconut Sugar, Organic , Gluten free, Raw, nutrient rich Xylitol - alternative sugar made of birch	5 5	24 30		
Coconut Oil - organic, no odor or flavor , refined Coconut Oil - Extra Virgin, organic, Non refined, coco-nutty	1 or 5 gal	34 / 133 51 / 190		
Shortening ¹ - Organic Palm Fruit, 18 month shelf life	1 gallon / 33	23 / 86		
Olive Oil - Extra Virgin, Organic - Excellent quality Sunflower Oil- expeller pressed, non GMO	Gallon	43 30		
Avocado Oil, Expeller pressed, Grapeseed Oil, high heat oil, omega 6	quart 25 oz	17 11		
TOTAL PAGE 1				

BAKING ESSENTIALS & DRIED FRUIT PRODUCTS

	Weight	Price	Qty	Total
Arrowroot Powder-use like cornstarch & in deodorant	1 / 5	7 / 15		
Baking Powder Rumford — no aluminum, fast acting! Baking Soda	5 lb 5 lb	20 10		
Chips ~ Milk Chocolate - addicting! Chips—Stevia Sweetened , 55%	5 / 25 9 oz	28 / 130 7		
Chips ~ Dark Chocolate or Semi Sweet - organic Contains Organic Soy and/or Dairy	5	34		
Chips ~ Vanilla cane sugar sweetened Chips— Peanut Butter, cane sugar sweetened	5	24 29		
Chips— Dark or Semi Sweet, DAIRY AND SOY FREE, organic Choose MINI , Chunks or Regular Chips	2.5 / 5	22 / 40		
Cocoa Powder—10-12% Dutch cocoa, Cocoa Powder— Organic, Fair Trade, Non Alkali	5	20 33		
Dough Enhancer — contains Genetically Modified ingredients	1 / 5	8 / 28		
Sunflower Lecithin— substitute for Dough Enhancer,	16 oz	8		
SAF Yeast—makes 80 loaves of bread	1	5		
Non GMO Vegalene, lasts and lasts....	21 oz	10.50		
Vital Wheat Gluten	1# / 5 lb	5 / 17		
Pure Vanilla Powder use tsp for tsp Vanilla Extract, Organic, 16 oz. , NEW and ORGANIC	1.5# Powder 16 oz	25 24		
Pure Almond Extract Liquid or Powder, use tsp for tsp	8 oz Liquid 1.5# Powder	12 20		
Real Maple Extract—add 1/4 tsp to 12 oz of agave for fabulous maple syrup use tsp for tsp	8 oz 1.5# Powder	12 20		
Nutritional Yeast - adds incredible nutrients to baked goods	1 / 5	13 / 46		
Apples Rings, Soft & chewy ~ great snack or rehydrate	5	36		
Apricots - diced, sulfured, in rice flour Or WHOLE	5	21		
Cherries - Dried Bing , non sulphured	5	56		
Coconut - chipped, larger pieces, organic , unsweetened	5 / 25	21 / 84		
Coconut—shredded like Almond Joy texture, organic, un sw Cranberries - sweetened w/apple juice	5	22 28		
Dates - pieces rolled in oat flour Dates— whole, pitted, organic, deglet noor, unsulphured	5 / 30 5	15 / 73 25		
FIGS - white soft & chewy, good snack NEW , no sulphur Mango, Organic, Dried, NO sulphur/No sugar NEW Peaches, yellow, natural, unsulphured Pears, Organic, unsulphured	1 / 5 2.5 2.5 2.5	10 / 42 32 28 31		
Golden Raisins - sulfured Thompson seedless raisins, unsulphured Flame Raisins— made from red grapes, unsulphured Currant Raisins— unsulphured, looks like small raisins	5	20 23 19 16		

SOUP FIXINS' ~ SEASONINGS ~ DAIRY

DRY BEANS ~ 5# & 25# SIZE ~ USA GROWN	Weight In pounds	Price	Quantity	Total Cost
Black Beans - Organic	5 / 25	12 / 54		
Red Kidney - Organic	5	14		
Pinto ~ Organic	5 / 25	12 / 52		
Garbanzo - Organic	5 / 25	12 / 54		
Green Split Peas —OR YELLOW split Peas, Organic	5 / 25	9 / 38		
Great Northern - Organic	5 / 25	13 / 60		
13 Bean Fiesta Mix—prepare with broth & dehydrated veggies in BRK in 30 minutes for a quick nutritious soup	5 / 25	13 / 51		
Green Lentils—Organic Red Lentils, organic, from turkey or us Black lentils, organic	5 / 25	13 / 55 14 / 62 14		
Beef Broth Mix— All below good for soup or hot drink, NO MSG Chicken Broth Mix - Vegetable Broth Mix	1	7.50		
Dehydrated Veggies-carrots, celery, tomatoes, peppers, spinach Add to soups, rice. Run in coffee mill & use powder in dips, bread and crackers! So good!	1	11		
Dehydrated Potato Shreds OR Slices in Pail - rehydrates quickly, Use as hash browns, add to soup ~ delicious!	7	45		
Celtic Sea Salt ¹ —80 trace minerals, pure, fine ground	1 5	9 49		
Celtic Sea Salt Crystals - Coarse crystals. Will dissolve in liquids	5	24		
PINK Himalayan Salt - raw, pure, high mineral & iron content	40oz / 5 22	8 / 15 50		
Real Salt, from Utah, fine Seasoning Salt with real salt	26 oz 1 lb	9 9		
Buttermilk Powder— use for light, fluffy baking	5	16		
Morning Moos Milk Flavored Protein Powder - Milk or Chocolate (Chocolate comes in #10 cans only!) #10 Can makes 5.5 gal 35# Pail makes 50 gal	#10 Can 35# Pail	20 can 170 pail		
Whole Milk Powder, Organic	26 oz / 5 lb	17 / 50		
Coconut Milk Powder, Organic ,contains NO dairy	1 5	16 55		
Apple Cider Vinegar— Raw, Organic	32oz 1gal 5 gal	6 20 75		

<p align="center">Sizzle Pressure Pots by BRK Lifetime Guarantee– 10 Year Free Replacement Parts ~ Stainless Steel for all cooking surfaces except in oven ~Save Time and Energy –cook in half the time, easy cleanup ~One Handed Locking Lid –open your lid at anytime during cooking</p>			
	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		
Meat Trivet - I use it for everything except soup & cooking grains	12.50		
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 (more treats available at pickup)			
Dark Chocolate Coconut Chews— Like a mounds but Better!! Organic 'Reese's' milk chocolate peanut butter cups	1	10 10	
Milk Chocolate Rainbow Drops– uses vegetable or fruit dyes, like M&M's Yogurt covered Raisins OR Pretzels, choose which one Watermelon Rings, Organic (no corn syrup!)	1 / 5 8 oz	8 / 38 8 / 35 5	
Specialty Gluten Free	Size	Price	Quan / Total
Almond Flour– Fine, Blanched Almond Flour– Fine, Natural	5	37 30	/
Coconut Aminos - RAW, ORGANIC Great soy sauce substitute Braggs Liquid Aminos– soy based Potato Starch Tapioca Flour	16.oz / 1 gal 16 oz / 1 gal 22oz / 25 5 / 25	11 / 57 9 / 34 6 / 63 14 / 54	/
Spices			
Cinnamon, Ground, Organic Cumin Ground, Organic Cayenne, 140, 000 HU, HOT Curry, Mild, Organic Chili Powder, medium	1	10 13 11 10 8	
Garlic, Powder or Granules, Please CHOOSE, Organic	1	14	
Italian Seasoning, for spaghetti, lasagna, etc. Onion, Minced, Powder, OR Granules, Organic , PLEASE CHOOSE	1	9 13	
Pepper, Ground OR Whole Black, PLEASE CHOOSE, Organic Ranch	1	24 7.50	
Seasoning Salt, with Real Salt, No MSG use like Lawry's, Taco Seasoning Turmeric, Ground, Organic	1	9 9 15	
TOTAL CONSUMABLES	Page 3		

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		
1 Gallon Pail & Lid - White - Handy when dividing out large bags etc 2 Gallon Pail with Gamma - White ~ Great 'PANTRY' size pail	5 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	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	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 TOOL SET ~ Jumbo Silicone Work Mat /Dough Divider, Scraper NEW Stainless Steel 2 C Scoop	10 / 7 / 10 25 Set		
Digital Scale ~ Weigh dough, ingredients, proportions in grams, #, oz	25		
BAKING MAT fits perfectly In COOKIE SHEET PAN - bakes best cookies!	15		
COOKIE / ICE CREAM SCOOPS ~ three sizes ~ 1 1/2 t, 1 1/2 T , 4 T	18 each		
Deodorant Dispenser , roll on style, reusable - holds 2.5 oz Mix: 2/3 C liquefied coconut oil w/ 1/2 C baking soda & 1/2 C arrowrt	3 for 6		
PASTA EQUIPMENT ~ Pasta Roller makes 3 kinds of pasta 5# Semolina flour	45 5		
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		
Ceramic Butter Bell ~ keep butter fresh at room temp	9		
BIG MOUTH CHOPPER / SLICER ~ Better than the Alligator! Two dicing sizes & one slicer, stainless steel blades, self contained!	45		
Bamboo Utensils (stirring) Bamboo Cutting Board 12 x 10 / 16 x 12	7 17 / 20		
Tortilla Press 8" for nice size Tortillas Organic white Corn Masa to make tamales /corn tortillas	26 \$13 for 5#		
TOTAL NON CONSUMABLES			

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!	279 45	Rose gold, black, red, blue, green, charcoal, 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 ICE CREAM MAKER fits UNIVERSAL PLUS, not the older models	389 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 15 75 20 30	Slicer Shredder Dough Hook Oversize S / S French Fry Julienne	
Bosch Meat Grinder — heavy-duty work horse L'Chef Meat Grinder ` coarse/fine disk, stuffer, light weight	149 79	Heavy duty Light weight	
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 NEW Pasta Maker attaches to original Meat Grinder - 10 shapes	175 150		
Coffee / Seed / Herb Mill - flax, sunflower, sesame, grains	25		
L'EQUIP Dehydrator Filter Pro w/ digital timer & temp settings Extra Fruit Leather Trays set of 10 Set of 2 Extra Trays	125 12 25		
Roller Flaker / Family Mill Direct fit to Bosch Hand Base to manually mill or roll grains Adapter for Bosch	125 each item 35		
RED PERSONALIZED BLENDER with 2 Smoothie Jars and bonus Seed Jar ~ blades also fit canning jar! NEW	45		

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 \$1060 Value	\$999 Or \$250 4 paymts	
Artiste Mixer, Harvest Stone Mill, Dough Hook, Wire Whips, Cookie Paddles, Bowl Scraper, Meat Grinder Citrus Juicer, Slicer/Shredder, \$829 Value	\$759 Or \$190 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 \$117.50 Value	99	
Nutrimill Classic Package ~ Mill., Bagger, \$234 Value	219	
Soaking & Dehydrating Package ~ Filter Pro, 4 gal Jars Mesh Colander, Big Mouth Slicer/Dicer, 10 Fruit Leather Trays \$227 Value	209	
Deluxe Pkg + Soaking & Dehydrating Pkg ~ purchase both & get the Bread Starter Kit for \$50 \$1404.50 Value \$999 + \$219 + \$50 = \$1268	1268 Or \$317 4 paymts	

Please return this form by
Tuesday, October 2nd
 To receive 10 % off all consumables
 Payable by cash, check, paypal or credit card

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 www.wholyliving.com/
 We accept cash, credit card or check
 (payable to Sourdough Girls)

Page 1	
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Consumable Subtotal	=
Subtract Savings	-
Consumable Total	=
Total non Consumables	+
Bosch & L'Chef	+
Final Total	=

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