

# Wholy Living Price List & Order Form ~ Spring 2020

<sup>1</sup> <b>Organic</b> <sup>2</sup> <b>Chemical Free</b>	<b>ALL ITEMS ARE NON-GMO</b>	Weight (lbs)	Price (\$)	Qty	
Prairie Gold <sup>2</sup> — hard white spring wheat berries high protein, Excellent gluten content for fluffy bread		5 / 50	8 / 42		
Bronze Chief <sup>2</sup> - hard red spring wheat, robust flavor, sprouts well Hard Red Wheat <b>ORG</b> - Great nutty flavor <b>NEW</b>		5 / 50 50	8 / 40 53		
Kamut <sup>1</sup> - Egyptian ancient grain, wheat substitute, soft bread		5 / 25 / 50	12 / 42 / 74		
Spelt <sup>2</sup> — most easily digested, good bread, complete protein, Alkaline grain		5 / 25 / 50	10 / 48 / 72		
Soft White Pastry Berries <sup>1</sup> — ORG perfect for pie crusts, cookies, muffins, angel food cakes		5 / 50	24 / 47		
7 Grain Mix — Wholy Living mix of Bronze Chief, Prairie Gold & Spelt with ORGANIC Oat Groats, Soft White, Rye, Barley		<b>35 PAIL</b> <b>NEW</b>	49		
7 Grain Mix Rolled - great for granola & hot cereal <b>ORG</b>		25	45		
Natural White Unbleached Flour <sup>2</sup> THE BEST available!		10 / 50	10 / 46		
Regular Rolled Oats OR Quick Rolled Oats (circle preference)		25 / 50	25 / 46		
Certified Organic Rolled Oats <sup>1</sup> Or GLUTEN FREE Rolled Oats		50	70		
Corn - Whole for corn bread <sup>1</sup> - Organic - non GMO GF		5 / 25	8 / 28		
Oat Groats <sup>1</sup> — roll your own oats in the Roller Flaker ORG		5 / 25 / 50	10 / 38 / 75		
Whole Rye ORG		5 / 25	9 / 26		
Hulled Barley from Delta Junction — great milled or in soups Hulled Barley <sup>1</sup> — Oregon Grown, ORGANIC		5 / 25	28 10 / 31		
Sorghum Grain <sup>1</sup> - GF baking, add 1T arrowrt/cup sorghum flour		<b>NEW</b> 5 / 25	11 / 29		
Buckwheat groats <sup>1</sup> - GF, good sprouts & pancakes ORG		5 / 25	16 / 64		
White Quinoa (Keenwa) <sup>1</sup> - Mill for flour, cook like rice GF Tri-colored Quinoa <sup>1</sup> :just looks & tastes so much better than white!		5 / 25	18 / 84 19 / 84		
Millet <sup>1</sup> — serve like rice, excellent for restoring alkaline balance to the body, alias 'bird seed' GF		5 / 25	9 / 33		
Brown Rice <sup>1</sup> Lundberg Family grown in CA - long grain Cooks in Sizzle in 15 minutes <b>ORGANIC GF</b>		5 / 25	16 / 66		
Brown Rice - Lundberg Family grown in CA - long grain Cooks in Sizzle in 15 min. <b>ECO FARMED</b> Limited Chemicals		5 / 25	10 / 50		
Yellow Popcorn <sup>1</sup> — Organic, Delicious, FEW 'Old Maids' Multicolored Popcorn <sup>1</sup> — Organic, Better tasting than plain Yellow		5 / 25	13 / 47 13 / 50		
<b>Einkorn</b> <sup>1</sup> — soft, flavorful wheat alternative for sensitive bellies Ancient grain, use = parts with Spelt for soft bread		5 / 25	21 / 90		
<b>Amaranth</b> <sup>1</sup> — <b>organic GF</b>		5	14		
<b>TEFF</b> - Iron rich, mill info flour, make porridge GF <b>NEW</b>		5	14		
<b>EMMER</b> - ancient grain, bread-gluten rich <b>NEW</b>		5 / 25	13 / 50		

<b>SEEDS ~ NUTS ~ SWEETENERS ~ OILS</b>	Weight (lbs)	Price (\$)	Qty	Total Cost
Chia Seeds - Black Organic <b>Hemp Hearts</b> -complete protein, Omegas, Energizing!	1 / 5 <b>NEW</b> 10 oz	8 / 19 6.50		
Golden Flax Seeds <sup>2</sup> — lowers cholesterol, omega oils	5 / 25	8 / 32		
Pumpkin Seeds <sup>1</sup> - Medium size, protein rich, eliminates parasites! Chop & use in bread, trail mix <b>Organic</b>	5 <b>Oregon-ORG</b>	21 60		
Sesame Seeds — natural , make your own tahini, ORG	5	13		
Sunflower Seeds - raw, unsalted, shelled, Organic USA	5 / 25	18 / 71		
Almond - excellent quality ~ Raw ~ non pariel Slivered, great for baking, cold cereals, trail mixes <b>Diced, Roasted ~ Almond butter, toppings, snack NEW</b>	5 Sliver & roast 2.5# is \$20	Raw 35 Slivered 40 Diced 38		
Cashews — raw pieces, roast for 15 minutes at 225	5	38		
Hazelnuts - whole, super food, Raw, absolutely delicious! Peanuts - Dry roasted - delicious - make your own pb	5	38 14		
Pecans — <b>medium pieces OR halves</b> (circle your choice)	5	Pieces 45 Halves 55		
Walnut Pieces — halves & pieces, soaking & dehydrate Brazil Nuts <b>NEW SIZE</b>	5 2.5	35 27		
Peanut Butter, <b>Creamy or Crunchy</b> better than Adams, Salted (circle your choice )	35	88		
Peanut Butter, CREAMUNCHY just peanuts, no stir no salt	Gallon	42		
Agave Syrup <sup>1</sup> - Organic Dark Amber sweeter than Honey - low glycemic, good choice for diabetics	1 gal	53		
Honey <sup>1</sup> - Raw Organic , Clover	1 gal	50		
Honey, Mountain Wildflower — delicious, full of enzymes, minimally processed	1 gal / 40#	56 / 141		
Maple syrup <sup>1</sup> — Grade A, dark, organic, delicious	1 gal	76		
Molasses — Old Fashioned Sweet Table	1 gal	26		
Molasses - Blackstrap	1 gal	22		
Evaporated Cane Juice Sugar <sup>1</sup> - use 1/3 less, better than Refined. Mix w/ molasses for fabulous brown sugar ORG	5 / 25 / 50	9 / 43 / 83		
Xylitol - alternative sugar made of birch syrup	5	36		
Coconut Oil - organic, no odor or flavor	1 or 5 gal	30 / 112		
Coconut Oil - Extra Virgin - Org Coconut fragrance & flavor	1 or 5 gal	46 / 180		
Shortening <sup>1</sup> - Organic Palm Fruit, 18 month shelf life	4.5 / 33	22 / 84		
OLIVE OIL Extra Virgin, Organic - Excellent quality	Gallon	33.50		
Sunflower Oil – Organic, expeller pressed, non GMO	Gallon	30		

## BAKING ESSENTIALS & DRIED FRUIT PRODUCTS

	Weight	Price	Qty	Total
Arrowroot Powder-use like cornstarch & in deodorant	1 / 5	7.50 / 16		
Baking Powder — no aluminum, fast acting! <b>NEW SIZE</b> Baking Soda - no aluminum	5* 1 / 5 lb	20 3.50 / 10		
Chips ~ Milk Chocolate - addicting!	5 / 25	29 / 145		
Chips ~ Dark Chocolate - <b>organic</b> <b>Allergy Minimal Dark Chocolate - organic</b> <b>NEW</b>	5	33 35		
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, not bitter, use 1/3 less	5 / org	23 / 35		
Dough Enhancer — extends shelf life, soft bread Sunflower Lecithin ~ substitute for DE, to avoid soy—works!	1 ORG 16 oz	7.50 12		
SAF Yeast—makes 80 loaves of bread	1	5		
Vegalene Pan Spray — Aerosol, lasts & lasts!!!	14 oz	8.50		
Vital Wheat Gluten - Really adds lightness to bread! 2 - 4 T	1# / 5 #*	5 / 17		
Pure Vanilla Powder & <b>LIQUID</b> — use same t for tsp	8 oz 1.5# Powder	24 / 25		
Pure Almond Extract Liquid or Powder? Love at 1st SNIFF!	8 oz 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		
<b>Nutritional Yeast</b> - adds incredible nutrients to baked goods	1 / 5	13 / 48		
Apples Rings, Soft & chewy ~ great snack or rehydrate <b>NEW SIZE</b>	8 oz / 5	5 / 45		
Apricots - diced, sulfured, rolled in rice flour	5	17		
Cherries - Dried Bing , very yummy from CA.***	5	57		
Coconut - chipped, larger pieces, organic , unsweetened	5 / 25	24 / 75		
Coconut—shredded like Almond Joy texture, organic, unsw	5	20		
Cranberries - sweetened w/apple juice EVERYONE'S FAV.	5	28		
Dates - pieces rolled in oat flour	5 / 30	16 / 76		
FIGS - white soft & chewy, good snack & male food <b>NEW</b>	1 / 5	12 / 55		
Raisins - golden, sulfured Thompson seedless raisins	5	21 20		

## SOUP FIXINS' ~ SEASONINGS ~ DAIRY

	Weight In pounds	Price	Quantity	Total Cost
DRY BEANS ~ 5# & 25# SIZE ~ PREMIUM USA GROWN ~ best we can order				
Black Beans - Organic	5 / 25	13 / 51		
Red Kidney - Organic ***	5 / 25	16 / 65		
Pinto ~ Organic	5 / 25	14 / 54		
Garbanzo - Organic	5 / 25	15 / 54		
Green Split Peas - Organic	5 / 25	10 / 39		
Great Northern - Organic ***	5 / 25	15 / 51		
13 Bean Fiesta Mix—prepare with broth & veg stew blend in BRK in 30 minutes***	5 / 25	13 / 49		
Green Lentils - Organic <b>Red Lentils - Organic</b> <b>NEW</b>	5 / 25 5 / 25	13 / 50 14 / 55		
Beef Broth Mix– All below good for soup or hot drink Chicken Broth Mix - Vegetable Broth Mix <span style="float: right;">Circle your choices</span>	1	7.50		
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		
Dehydrated Potato Shreds in Pail - rehydrates quickly, Use as hash browns, add to soup ~ delicious!	7	41		
Celtic Sea Salt 1 —80 trace minerals, pure, fine ground	1 / 5	8 / 49		
Celtic Sea Salt Crystals - coarse crystals. Will dissolve in liquids	5	24		
<b>PINK Himalayan Salt</b> - raw, pure, high mineral & iron content 1# is fine ~ 5 & 50#ers more like small crystals	2.5 / 5 / 22	7 / 13 / 52		
<b>SEASONINGS! Montreal Steak, Pizza, Italian, Cinnamon Ranch Dressing Mix,</b> <span style="float: right;"><b>Circle your choice (s)</b></span>	1	9		
Seasonings:, ORGANIC : Garlic OR Onion Granules	1	13		
Buttermilk Powder– use for light, fluffy baking	5	16		
Morning Moos Milk Flavored Protein Powder - Delicious, Easy to Digest	#10 Can Makes 4 gal 30# Pail makes 35 gal	20 can 140 pail		
Morning Moos Chocolate Flavored Protein Powder- delicious hot or cold	#10 Can Makes 5 gal	20 can		
Dandy Blend Herbal Instant 'Coffee' - ORGANIC <b>NEW</b> Vit A & C, iron & calcium rich, full flavor ~ I like it!	3.5 oz Makes 50 cups	10		

TOTAL CONSUMABLES PAGES 2 & 3

<p align="center"><b>Sizzle Pressure Pots by BRK</b>  <b>Lifetime Guarantee– 10 Year Free Replacement Parts</b>  <b>~ Pots are Stainless Steel for all cooking surfaces except in oven</b>  <b>~Save Time and Energy –cook in half the time, easy cleanup</b>  <b>~Take pot to the cabin/camping, no power needed!</b>  <b>~One Handed Locking Lid –open your lid at anytime during cooking</b>  <b>~Frozen chicken breast in 10 min. then shred in Bosch w/wire whips</b>  <b>~Perfect Gift for Mothers Day, Graduation, Wedding, etc</b></p>			
	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>QUICK CLACK PRO ~ 2 Sauce pans, 2 Skillets, 4 lids, Removable handles ~ From prep to stove top or oven, serve, store - 12 piece set ALL STAINLESS STEEL by BRK! Perfect compliment to Sizzles</b>	<b>175 NEW</b>		
<b>Sweet Tooth Healthier Treats</b>			
Dark Chocolate Coconut Chews— Like a mounds but Better!! Organic 'Reeses' milk chocolate mini chips <b>in stock again!</b>	1 / 5	10 / 47 10 / 49	
Milk Chocolate Rainbow Drops— uses vegetable or fruit dyes, like M&Ms Yogurt covered Raisins - back by popular demand!	1 / 5	8 / 40 7 / 33	
<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	
<b>Gluten Free &amp; Coconut Items</b>	Size	Price	Quantity / Total
Coconut Sugar - RAW, ORGANIC, Extremely low glycemic index, nutrient rich	5 / 22	21 / 87	/
Coconut Aminos - RAW, ORG ~ Great soy sauce substitute <b>NEW SIZE</b>	16.9 oz /30 oz	11 / 18	/
<b>Coconut Cream Powder</b> - mix w/water for smoothies, shakes, coffee	1 / 3	11 / 30	/
Almond Meal / Flour - super quality	5	33	/
Coconut Flour - <b>back by popular demand</b> , ORGANIC GF	5	16	
GF All Purpose Flour - garb bean, potato & tapioca starch, sorghum, fava bean flour	<b>25 NEW</b>	65	
Tapioca Flour - use in GF mixes Potato Starch	6 oz org / 50 22 oz / 5	4 / 60 5 / 15	
Sorghum Grain ~ add to GF mixes w/ 1 T arrowroot or egg white / C flour	5 / 25 NEW	10 / 40	
Gelatin, Beef ~ (unflavored) use in yogurt & make your own JELLO!	1	11	

<b>STORAGE CONTAINERS &amp; KITCHEN TOOLS</b>			
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 <b>NEW</b>		
1 Gallon Pail & Lid - White - Handy when dividing out large bags etc 2 Gallon Pail & Lid - White ~ Great 'PANTRY' size pail	5 10 <b>NEW</b>		
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		
<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	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		
<b>BAKING TOOL SET</b> ~ 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		
<b>Digital Scale</b> ~ 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		
PASTA EQUIPMENT ~ Pasta Roller makes 3 kinds of pasta 5# Semolina flour	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		
Ceramic Butter Bell ~ keep butter fresh at room temp	9		
<b>BIG MOUTH CHOPPER / SLICER</b> ~ Better than the Alligator! Two dicing sizes & one slicer, stainless steel blades, self contained!	<b>45</b>		
Bamboo Utensils (stirring) Bamboo Cutting Board 12 x 10 / 16 x 12	7 17 / 20		
Tortilla Press 8" for nice size Tortillas Organic Corn Masa to make tamales Ask for recipe & how to!!!	26 12 for 5#		
<b>TOTAL NON CONSUMABLES</b>			

<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!	329	Choose your color... Gold, black, red, white, silver	
Gluten free Kit (stone replacements) dual purpose mill!	45		
Nutrimill Classic - Larger hopper, quiet	239		
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	399		
<b>ICE CREAM MAKER fits UNIVERSAL PLUS, not the older models</b>	<b>49</b>		
<b>SPIRALIZER with 3 blades - fill your Bosch bowl with home made veggies noodles.</b>	<b>50</b>		
<b>VACUUM 4 C BLENDER - preserves nutrients, easy clean</b>	<b>60</b>		
Bosch Slicer/Shredder — 10 cup bowl with grating, slicing, & French fry stainless steel blades	125	Slicer Shredder Dough Hook Oversize S / S Fr Fry / <b>CRINKLE</b> Julienne	
Whisk Whip for light mixtures ~ New Dough Hook	15		
<b>NEW Oversize Slicer/Shredder</b> sits on Bosch Bowl. with Slicing & Grating	75		
Blades. Add on blades ~ <b>CRINKLE</b> , French Fry & Julienne	20		
Are interchangeable in either model S / S	30		
Bosch Meat Grinder — heavy-duty work horse	149		
L'Chef Meat Grinder ` coarse/fine disk, stuffer, light weight	79		
Cookie Paddles for Bosch with metal whip drive	35	Cookie w/ drive Bowl Scraper Cookie no drive Wire Whips	
Bowl Scraper cleans the bowl attaches to whip drive	32		
Replacement Cookie paddles no metal drive	25		
Replacement Wire Whips	15		
Flour Sifter - Super fine Flour or powdered sugar	90	Fits all Bosches!	
Bosch Food Processor — 5 cup bowl fits on blender mount for slicing, grating & 'S' blade	105	Fd Proc	
Citrus Juicer - sits on Bowl motor mount	30	Juicer	
Bosch Blender — 6 C workhorse, a MUST	75		
PASTA ROLLER SET ~ 3 roller attach directly to Bosch	175		
Wide-lasagna, angel hair, fettuccini			
Pasta Maker attaches to original Meat Grinder - 10 shapes	189		
Coffee / Seed / Herb Mill - flax, sunflower, sesame, grains	25		
L'EQUIP Dehydrator Filter Pro w/ digital timer & temp settings	125		
Extra Fruit Leather Trays set of 4	14		
Set of 2 Extra Trays	25		
<b>Roller Flaker / Family Mill Direct fit to Bosch</b>	<b>125 each</b>		
<b>Hand Base to manually mill or roll grains</b>	<b>85</b>		
<b>Adapter for Bosch or Kitchen Aide or Compact Bosch</b>	<b>35</b>		
<b>RED PERSONALIZED BLENDER with 2 Smoothie Jars and bonus Seed Jar ~ blades also fit canning jar!</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> Blender, Dough Hook, Wire Whips, Cookie Paddles, Slicer/Shredder, Roller Flaker, Hook Extender, and Bowl Scraper \$1132 Value	\$1029 Or \$258 4 paymts	
<b>Artiste Mixer, Harvest Stone Mill,</b> Dough Hook, Wire Whips, Cookie Paddles, Bowl Scraper, Meat Grinder Citrus Juicer, Slicer/Shredder, \$829 Value	\$759 Or \$190 4 paymts	
<b>Bread Making Starter Kit - Supplies for 20 loaves of</b> 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	
<b>Nutrimill Classic Package ~ Mill., Bagger, \$274 Value</b>	259	
<b>Soaking &amp; Dehydrating Package ~ Filter Pro, 4 gal Jars</b> Mesh Colander, Big Mouth Slicer/Dicer, 10 Fruit Leather Trays \$247 Value	<b>229</b>	
<b>Deluxe Pkg + Soaking &amp; Dehydrating Pkg ~ purchase both</b> & get the Bread Starter Kit for \$50 \$1458Value \$1029 + \$229 + \$50 = \$1268	1308 <b>Or \$327</b> 4 paymts	

Kanji Christian  
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 Submit orders via phone or email:  
[truth@faithandaction.net](mailto:truth@faithandaction.net)  
 Or on our website [www.wholyliving.com](http://www.wholyliving.com) - choose  
 the Cordova drop point  
  
 Prices include shipping to Palmer. Extra ship-  
 ping charges will be applied on a per/pound  
 basis. Will do our best to find the best rates!  
 We accept cash or check

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:		