

CONSUMABLES				
¹ Organic — ² Certified Chemical Free — All grains are non-GMO — * Use within 6 months	Weight (lbs)	Unit Price	Quantity	Total Cost
Prairie Gold² — hard white spring wheat berries high protein/gluten—versatile for baking. 50# =50 loaves	5	8.00		
	50	43.00	3	129.00
	45 (pail)	52.00	1	52.00
Bronze Chief Wheat² — hard red spring wheat, more robust flavor than Prairie Gold	5	8.00		
	50	43.00		
	45 (pail)	51.00		
Kamut¹ — Egyptian grain, wheat substitute, soft bread	5	10.00		
	25	38.50	3	115.50
Spelt¹ — most easily digested, good bread, complete protein, healing food when ill	5	12.00		
	50	62.00	2	124.00
	45 (pail)	64.00		
Soft White Pastry Berries² — perfect for pie crusts, cookies, muffins, angel food cakes	50	45.00		
	45 (pail)	52.00		
7-Grain Mix² — unique blend of hard wheat, oats, soft wheat, rye, triticale, barley and spelt	25	45.00	1	45.00
	48 (pail)	79.00		
7-Grain Mix Rolled^{*2} — great for granola and hot cereal	3	8.00		
	50	56.50		
Regular Rolled Oats*	25	27.00		
	50	48.00		
Quick Oats*	25	27.00		
	50	48.00		
Certified Organic Regular Rolled Oats^{*1}	50	62.00		
Oat Groats^{*1} — roll your own oats with the Roller Flaker	25	30.00		
	50	57.00	1	57.00
Millet¹ — serve like rice, excellent for restoring alkaline balance to the body, alias ‘bird seed’	5	10.00		
	25	32.00		
Whole Rye¹	25	25.00	1	25.00
Yellow Corn¹	25	25.00	1	25.00
Hulled Barley^{*1} — great milled or in soups	5	9.00		
	25	31.00	1	31.00
Quinoa¹ (pronounced Keenwa) Can be milled for flour or cooked like rice	5	22.00		
	25	75.00		
Amaranth¹ — can be milled for flour or cooked like rice	5	17.00		
Buckwheat Groats¹ — gluten free, good sprouts & pancakes	5	15.00		
	25	54.00		

CONSUMABLES				
¹ Organic — ² Certified Chemical Free — All grains are non-GMO — * Use within 6 months	Weight (lbs)	Unit Price	Quantity	Total Cost
Natural White Unbleached Flour ²	5	8.00		
	50	47.00		
11-Bean Fiesta Mix — prepare with broth & vegetable stew blend in BRK. Cooks in 30 minutes.	25	47.00	1	47.00
Black Turtle Bean ¹	25	35.00		
Red Kidney Bean ¹	25	39.00		
Pinto Beans ¹	25	38.00		
Great Northern Beans ¹	25	39.00		
Garbanzo Beans ¹	25	38.00		
Green Split Peas ¹	25	33.00		
Brown Rice ¹ — long grain	25	44.00	2	88.00
Dehydrated Potato Shreds	10 (pail)	40.00	1 of your choice	40.00
Dehydrated Potato Slices	10 (pail)	40.00		
Dehydrated Veggies — carrots, celery, tomatoes, peppers	5	47.00	1	47.00
	30	225.00		
Beef Vegetarian Broth Mix — no MSG	1	7.50	1	7.50
Chicken Vegetarian Broth Mix — no MSG	1	7.50	1	7.50
Vegetable Vegetarian Broth Mix — no MSG	1	7.50	1	7.50
Cheese Powder — for popcorn & soups	4	22.00		
Celtic Sea Salt ¹ — 80 trace minerals, pure, fine	1	11.50		
	5	37.50	1	37.50
Real Salt — similar to Celtic but harvested in Utah	26 oz	10.00		
Arrowroot Powder — use like cornstarch	1	6.00	1	6.00
Cayenne Pepper — 140,000 HU	1	9.00		
Vanilla — pure, powdered	1.5	20.00	1	20.00
Pure Almond Extract	8 oz	10.00	1	10.00
Real Maple Extract — add ¼ tsp to 12 oz of agave for fabulous maple syrup	4 oz	8.00	1	8.00
Whole Eggs — powdered, 54 servings = 7 dozen eggs, use in mixes	2.2	22.00		

CONSUMABLES				
¹ Organic — ² Certified Chemical Free — All grains are non-GMO — * Use within 6 months	Weight (lbs)	Unit Price	Quantity	Total Cost
SAF Yeast — makes 80 loaves of bread	1	5.00	5	25.00
Vital Wheat Gluten	27 oz	9.00		
	5	17.50		
Dough Enhancer — extends shelf life, makes soft bread	1	7.50		
	5	22.00	1	22.50
Rumford Baking Powder — no aluminum	5	18.50	1	18.50
Cocoa Powder — 10-12% Dutch cocoa	5	33.00		
Vegalene Pan Spray — Aerosol, lasts & lasts!!!	14 oz	8.50	3	25.50
Shortening ¹ — Organic, Palm Fruit, 18 month shelf life	30	82.00		
Coconut Oil ¹ — Organic	1 gal	38.00		
	5 gal	140.00	1	140.00
Coconut Oil ¹ — Organic, extra virgin	1 gal	60.00		
	5 gal	250.00		
Milk Chocolate Chips — addicting!!!	5	20.00		
	25	100.00		
Sugar ¹ — organic evaporated cane juice	25	47.00		
	50	79.00	1	79.00
Agave Syrup ¹ — Organic Dark Amber sweeter than honey	1 gal	40.00	1	40.00
Molasses — blackstrap	1 gal	20.00		
Molasses — sweet table	1 gal	20.00		
Maple Syrup ¹ — Grade B, organic, delicious	1 gal	89.00		
Honey ¹ — raw, organic	1 gal	70.00		
Mountain Wildflower Honey — full of enzymes, minimally processed	1 gal	45.00	1	45.00
	3.5 gal	130.00		
Golden Flax Seeds — lowers cholesterol, essential oils	5 ¹	13.00		
	25 ¹	35.00	1	35.00
Sunflower Seeds — raw, unsalted, shelled	5	17.00	1	17.00
	25 ¹	49.00		
Sesame Seeds — natural	5	17.00		
Almonds, whole — excellent quality raw	5	30.00	1	30.00
Almonds, whole — dry roasted	5	33.00		
Almonds, slivered	5	30.00		
Cashews — raw pieces, roast for 15 minutes at 225	5	40.00	1	40.00

CONSUMABLES				
¹ Organic — ² Certified Chemical Free — All grains are non-GMO — * Use within 6 months	Weight (lbs)	Unit Price	Quantity	Total Cost
Pecans — medium pieces	2	30.00		
	5	55.00		
Peanuts — dry roasted, unsalted	5	22.00		
Walnut Pieces — ready for baking	5	37.00		
Creamy Peanut Butter — natural, better flavor than Adams, salted	35	130.00	1 of your choice	130.00
Crunchy Peanut Butter — natural, better flavor than Adams, salted	35	130.00		
Apple Rings —unsulphured	5	30.00		
Chopped Dates — rolled in oat flour	5	14.00		
	30	55.00		
Dried Apricots — baking or hot cereal	5	26.00	1	26.00
Dried Cranberries — sweetened with apple juice	5	35.00	1	35.00
Golden Raisins	5	20.00		
Coconut — sweetened, flaked	5	25.00	1	25.00
Swiss Whey Milk Powder — milk flavored, delicious, full of calcium, easy to digest, NO hydrogenated oils Can makes 5.5 gallons, Pail makes 50 gallons	Can	20.00		
	Pail	120.00	3	360.00
Morning Moos Chocolate Milk Powder — NO hydrogenated oils, terrific hot or cold, flavors hot cereal	Can	20.00	1	20.00
	Pail	110.00		
Bread Bags	100 count	7.00	2	14.00
Total for 6-month supply				2057.00
Less 10% discount, if ordered by Friday, March 30, 2012 and paying with cash or by check				205.70
Consumables Grand Total				1851.30

Order by
Friday, March 30, 2012 and deduct:
10% from Consumable total when paying with cash or check
7% when paying with credit card

Non-Consumables			
Item	Unit Price	Quantity	Total Cost
Bosch Kitchen Machines & Grain Mills			
Bosch Plus Universal without Blender — Dough Hook and Wire Whips, 800 watts, 4 speeds	399.00		
Bosch Plus Universal with Blender — Dough Hook, Wire Whips, Cookie Paddles 800 watts, 4 speeds	489.00		
Slicer/Shredder — 10 cup bowl fits on mixer mount includes grating, slicing & French fry stainless steel blades	135.00		
Whisk Whip — for light mixtures	35.00		
Dough Hook — for Slicer/Shredder great for 1-2 loaf batches	15.00		
Meat Grinder — heavy-duty work horse	160.00		
Sausage Stuffer -3 tube sizes	50.00		
Cookie Paddles	15.00		
Cookie Paddles with metal whip drive	35.00		
Wire Whips	25.00		
Food Processor — 5-cup bowl fits on blender mount, chopping blade, 3 slicing and grating discs	120.00		
Hand Crank	10.00		
Blender — 6-cup power work horse, a must for every Plus owner	75.00		
Bowl Flour Sifter	90.00		
Nutrimill — Lifetime Warranty, drawer-style flour canister, variable speed & texture	279.00		
Bagger	60.00		
Roller / Flaker with Bosch adapter	130.00		
Roller / Flaker with hand base unit	165.00		
Family Grain Mill with Bosch adapter	130.00		
Family Grain Mill with hand base unit	165.00		
Roller / Flaker, Family Grain Mill Set with hand base unit and Bosch adapter	285.00		
BRK Gourmet Cookers			
Gourmet Pressure Cooker — Set 20 cm Couple Size — by B/R/K includes 2 pans with 3 lids, vegetable steamer	275.00		
Double Boiler	32.50		
Pasta Blanching Basket	37.50		
Vacuum Lid	30.50		
Pressure Lid	65.00		

Non-Consumables			
Item	Unit Price	Quantity	Total Cost
BRK Gourmet Cookers			
Gourmet Pressure Cooker Set — 24 cm Family Size — by B/R/K includes 2 pans with 3 lids, vegetable steamer	299.00		
Double Boiler	42.00		
Pasta Blanching Basket	47.50		
Vacuum Lid	31.50		
Pressure Lid	79.00		
Kitchen Tools			
Cloer Water Kettle	50.00		
L'Equip Juicer — Black	149.00		
L'Equip Juicer — White	149.00		
L'Equip RPM Blender	169.00		
L'Equip Stick Blender — 4 discs, whisk and chop nut butter bowl, an excellent food chopper	79.00		
L'Equip Dehydrator	160.00		
Coffee / Seed Mill	35.00		
Colander — red silicone with mesh bottom; great for rinsing soaked grains; collapsible	25.00		
Bread Pans — 1 pound size, Sure Glaze finish, commercial weight	12.00		
Bread Pans — 1.5 pound size, Sure Glaze finish, commercial weight	18.00		
Bread Pans — mini size	8.00		
Pizza Pan — Bakalon smooth finish, 16"	22.00		
Cookie Sheet — Sure Glaze finish	18.00		
Beaker — perfect for wet or dry ingredients	8.50		
Thermometer — for breads, meats, poultry	12.00		
Alligator Onion Cutter	20.00		
Alligator Mini-Mincer for garlic	17.00		
Alligator Slicer	37.50		
Alligator Stainless Steel with 3 interchangeable cutters for mincing, julienne, and French fry	99.00		
Pasta Roller — makes 3 kinds of tasty whole grain pasta	38.50		
Pasta Drying Rack	13.00		
Pasta Roller & Drying Rack Set	50.00		
Roller — double ended, for crackers & pie crusts	7.50		
Silicone Mat — with pie crust guide	12.00		
Solar Oven Sport Package with reflector	185.00		

Non-Consumables			
Item	Unit Price	Quantity	Total Cost
Storage Containers			
Square Pail — 4 gallon size, white, with lid	7.00		
Round Pail — 6 gallon size, white, with lid	9.00		
Gamma Lids — screw on lid that fits 6 gallon pail, all Pantry Storage and Tower containers	9.00		
Pantry Storage Container — holds 50 pounds, stackable	50.00		
Pantry Storage Container — holds 75 pounds, stackable	60.00		
Pantry Tower Container — holds 140 pounds; dimensions are 14 x 14 x 28 inches	75.00		
Life Latch Pail & Lid — 3.5 gallon size, holds 25 pounds	10.00		
Life Latch Pail & Lid — 6 gallon size, holds 50 pounds	18.00		
Storage Jars — case of 6 half gallon jars with lids & rings	15.00		
Storage Jars — case of 4 gallon size jars with lids	24.00		
Books			
<i>Cooking & Baking with Fresh Flour</i> — Christine Downs	14.00		
<i>Cooking with Home Storage</i> — Peggy Layton	17.00		
<i>Country Beans</i> — Rita Bingham	18.00		
<i>Expanding Your Whole Grain Horizon</i> — DVDs & Notes from March 26, 2011	59.00		
<i>Expanding Your Whole Grain Horizon Set</i> — DVDs, Notes, Nourishing Traditions by Sally Fallon, and Whole Grain Breads by Peter Reinhardt	105.00		
<i>Healthy Recipes From the Heart of Our Homes</i> — Phyllis Stanley & Shirley Heinmets	26.50		
<i>Heath & Home</i> — Karey Swan	26.50		
<i>Kids Can Cook</i>	15.00		
<i>Laurel Kitchen's Bread Book</i> — Laurel Robertson	27.00		
<i>Margaret's Bread Class CD, Volume II</i> — Margaret Loew	10.00		
<i>Nourishing Traditions</i> — Sally Fallon	27.00		
<i>The Flax Cookbook</i> — Elaine McGee	17.00		
<i>The Maker's Diet</i> — Jordan Rubin	14.00		
<i>Master Cleanser</i> — Stanley Burroughs	6.50		

Non-Consumables			
Item	Unit Price	Quantity	Total Cost
Books			
<i>Lose Weight Have More Energy & Be Happier in 10 Days</i> - Peter Glickman <i>The Lemonade Diet—A Master Cleanse Audio CD—</i> Peter Glickman	17.00 book		
	17.00 CD		
	27.50 both		
<i>Nature's Farmacy, a Guide for the use of Essential Oils</i> — Lorene Forbes	50.00		
<i>Miracle of Coconut Oil / audio CD</i> — Bruce Fife	15.00 book		
	7.00 CD		
	20.00 both		
<i>Whole Foods for Seniors</i> — Kathleen O'Bannon	12.00		
<i>Whole Food Facts</i> — Evelyn Roehl	22.00		
<i>Whole Grain Breads</i> — Peter Reinhardt	27.00		
All 3 of the following booklets: <i>Super Breakfast Cereals</i> — Katharina Gustavs <i>Wonder Food Spelt</i> — Wigard Strehlow <i>Cooking w/ Powdered Milk</i> or <i>Powder Eggs</i> or <i>Beans & Rice</i> all by Peggy Layton	24.00		
	11.00		
	5.00		
	12.50		
Music CDs			
<i>Lifting Up His Majesty</i> — Ruth Jacobs, a collection of hymns	10.00		
<i>Living for His Glory</i> — Ruth Jacobs, a collection of hymns	10.00		
<i>Enjoying the Freedom</i> — Ruth Jacobs, patriotic music	10.00		
<i>Worth It All</i> — Ruth Jacobs, a collection of hymns	10.00		
<i>O How Love I Thy Law</i> — Ruth Jacobs, KJV Scripture Songs	10.00		