

1-800-695-2241
HEALTHY-EATING.COM
10AM-5PM CENTRAL MON-FRI

Special Discounts on All Frozen Items on page 1 & 2!!

Order 2 items at a time, save 5%
(Includes Tofurky Roast.)

Buy larger cases and save!
(Call for pricing)

Tofurky Roast

(Serves 4)

Have a bird-free holiday, but with all the flavor and trimmings you always enjoyed. A complete 26-oz. tofu roast (made from organic non-GMO soybeans), stuffed with herbed brown and wild rice stuffing. Comes with 14 oz. Tofurky Giblet Gravy. Serves 4.



T407 Tofurky Roast & Gravy \$39.99
 T407G2 Tofurky Toast & 2 Gravies \$42.99

Roast Only

Just the delicious Tofurky without trimmings.

T461 Tofurky Roast 26 oz. \$34.99

FIELD ROAST

Field Roast Celebration Roasts

857417 Celebration Roast, three 1 lb. roasts \$51.99
 8574172 Celebration Roast, six 1 lb. roasts \$90.99

Field Roast Sausage Links

An artisan vegan sausage with sizzle, texture, and personality--made using traditional, old-country, sausage making practices. 4 servings per package, 6 pkgs/case.

857441 Italian Field Roast, 12.95 ozs \$69.99
 857458 Mexican Chipotle, 12.95 oz \$69.99
 857433 Smoked Apple Sage, 12.95 oz \$69.99
 FR400 Sausage Variety Pack, 2 each flavor \$69.99

PERISHABLE FOOD DELIVERY GUIDELINES

Perishable food will be **invoiced separately** from any other nonperishable items in your order.

These are frozen products packed in ice and shipped by 2-day service directly to you.

Shipments will be made once a week **for Thursday delivery**. We must receive your order by the end of the day on a Monday.

It's vital that you receive your frozen food shipment a day or two after we send it out in order to ensure that your food arrives in good shape.

If you are not always home during the day, please consider having your order delivered to your work address or other commercial address. If someone else is to receive the order, include their name in the shipping address.

Be sure that the telephone number you provide is where you can be reached during the day. You can also give us a cell phone or work number.

If you are sending perishable foods to someone else, include their daytime phone or cell phone number in an address line of the recipient's address. Please let them know a perishable shipment is on its way to them so they will be looking out for it and store it properly when it arrives. We MUST have the phone number of the destination to help the express service make a timely delivery.

Keep track of the day you have requested your delivery to be made. If you have not received your shipment by 5:00 pm that day, please call us — 800-695-2241 (or 931-964-2209 after 6 pm Central).

Inspect the contents of your package as soon as it arrives. We must hear from you within 7 days of delivery to process a claim for damage and/or loss. If there is visible damage to the outside, please keep all packaging in case the delivery company wants to inspect it.

WF = Wheat-free K = Kosher
 LS = Low sodium NV = Not vegan

Place separate orders for your frozen items and nonperishable items.

Frozen items are sent separately. Individual shipping and handling charges will apply.

WF = Wheat-free

NV = NOT VEGAN

LS = Low Sodium

K / U = kosher

VEGEUSA MEAT SUBSTITUTES

NEW! Vegan Ham Roll

A vegan ham that looks, tastes, and handles like real meat. Firm, moist, and slices beautifully into foldable portions. Also great for soups or any traditional ham recipe. 41 oz (16 servings)

V35434 Vegan Ham Roll \$47.99

VEGUSA VEGAN "LAND" OR "SEA"

VARIETY PACKS

Vegan "Sea" Pack: Two boxes each Vegan Shrimp, Tuna Rolls, and Fish Fillets

V2001 Vegan "Sea" Pack \$59.99

Vegan "Land" Pack: One box each Kung Pao Chicken, Orange Chicken, Chicken Tikka Masala, and Lamb Vindaloo, and 2 boxes Sparerib Cutlets,.

V10012 Vegan "Land" Pack \$57.99

Vegan Chicken Tikka Masala

Bite-sized vegan chunks marinated in aromatic spices and served in a lighty spiced masala sauce. A great dish for anyone just starting out with Indian cuisine. Four servings per package/ six 10.5 oz packages per case. Contains soy, wheat, onions, garlic.

V30135 6/10.5 oz \$61.99

Vegan Kung Pao Chicken

Rich with all of the spicy, savory flavor of the traditional favorite. Just add chopped vegetables and peanuts to taste. Contains soy. WF Four servings per box, 6 boxes per case.

V351252 6/10.5 oz \$60.99

Vegan Lamb Vindaloo

The spicy, pungent curry originally from Goa, on the southwest coast of India. Tender lamb-style chunks in a warm and exotic vindaloo sauce. Ready to heat and serve. Four servings per package/six 10.5-oz packages per case. Contains soy, wheat, onions, garlic.

V30209 6/10.5 oz \$61.99

Vegan Shrimp

Made from a variety of vegetable gums, these are soy-free and wheat-free, with a light flavor and a sweet chili sauce that comes with it.

357012 6/10.5 oz \$61.99

Vegan Tuna Rolls

With a light tuna-like flavor, perfect for sandwiches, casseroles, or tuna-style appetizers. Each package contains two 5.25 oz rolls / 2 servings per roll

356386 6 boxes/10.5 oz \$59.99

Vegan Orange Chicken

A Chinese favorite, made with real kumquat juice, orange juice and orange peel. Contains soy. Four servings per box, 6 boxes per case.

V30452 6/10.5 oz \$59.99

Vegan Citrus Spare Rib Cutlets

With a slightly sweet and spicy citrus sauce that has a distinctive kick. Contains soy. WF Four servings per box, 6 boxes per case.

V30202 6/10.5 oz \$59.99

Vegan Fish Fillets

Pan fry, grill, bake, or saute. Done in a few minutes to flaky perfection. Contains soy, whey. WF. Five servings per box, 6 boxes per case.

V30252 6/10.5 oz \$59.99

Vegetarian Ginger Chicken

Perfect by itself or over a garden salad. Comes with separate ginger basil sauce. Contains soy, whey. WF, NV Five servings per box, 6 boxes per case.

V30302 6/10.5 oz \$59.99

THE MAIL ORDER CATALOG FOR HEALTHY EATING SPRING-SUMMER 2012

TURTLE ISLAND FOODS

GOURMET SAUSAGES

Gourmet Sausages Made from non-GMO soy and vital wheat gluten. Each case contains six 14-ounce packages (4 large sausages per pkg).

Tofurky Kielbasa

T6032 Tofurky Kielbasa (6/14 oz) \$52.99

Tofurky Beer Brats

T6012 Tofurky Beer Brats (6/14 oz) \$52.99

Tofurky Sweet Italian Sausage

T6022 Tofurky Italian Sausage, (6/14 oz) \$52.99

Gourmet Sausage Variety Packs

Kielbasa, Beer Brats, and Sweet Italian Sausage.

Large Case (4 pkgs each, 12 total) TV600 \$89.99

Small Case (2 pkgs each, 6 total) TV6002 \$52.99

DELI SLICES

Tofurky Deli Slices

Made from non-GMO soy and vital wheat gluten. Low-fat, vegan, thin slice, no nitrates or MSG.

six 5.5-oz packages per item.

NEW! T4282 Bologna Deli Slices \$42.99

TIF4232 Italian Deli Slices \$42.99

T4262 Roast Beef Deli Slices \$42.99

T4202 Original Style Deli Slices \$42.99

T4212 Hickory Smoked Slices \$42.99

T4222 Peppered Deli Slices \$42.99

NEW! TIF4232 Pepperoni Deli Slices (4 oz pkgs) \$42.99

Deli Slices Variety Packs

Large Case (2 pkgs each flavor except pepperoni, 12 total) TV400 \$59.99

Small Case (1 pkg each flavor except pepperoni, 6 total) TV4002 \$42.99

TEMPEH STRIPS

Marinated Tempeh Strips

Ready to toss in a pan for a stir fry, sandwich, soup, or salad.

T156 Maple Bacon Strips, 5/7 oz \$37.99

T150 Coconut Curry Strips, 5/7 oz \$37.99

T151 Sesame Garlic Strips, 5/7 oz \$37.99

Marinated Tempeh Strips Variety Pack

2-4 pkgs each Sesame and Bacon, 1-2 pkgs Curry

TV500 Large Case Strips (10 pkgs total) \$55.99

TV5002 Small Case Strips (5 pkgs total) \$37.99

WORTHINGTON FROZEN FOODS

All NV, Kosher Dairy

Worthington Meatless Deli Rolls

Meatless Chicken One roll (4-lb)=99 servings.
9264192 Meatless Chicken Roll, 1 \$55.69

Wham 72-oz roll (111 servings)
9266192 Wham, one 72 oz \$55.69

Meatless Smoked Turkey
One 4-lb. rolls (99 servings)
9271162 Meatless Smoked Turkey, 1 \$55.69

Meatless Deli Roll Variety Pack
One roll each of Meatless Chicken, Wham, and Smoked Turkey (12.5 lb total).
WF800 Meatless Deli Roll Variety Pack \$150.99

Chic-ketts 8 servings per 1 lb roll
9265042 Chic-ketts, case of 3/1 lb rolls \$47.99

Dinner Roast
This delicious entrée comes in its own baking pan. Three roasts per case, 10 servings per roast.
927414 Dinner Roast, three 2-lb \$73.99

Leanies
Fry 'em up in a skillet or boil 'em like hot dogs.
267202 Leanies, 4/12 oz pkgs \$47.99

Stakelets
Vegetarian pattie that can be served as a main entree, in sandwiches. 4 Stakelets per package
9277042 Stakelets, case of 6/10 oz \$54.99

Stripples About 18 strips per 5 oz. box
9270012 Stripples, case of 6/5 oz \$53.99

Heritage Health Meatless Foods
The exact same Worthington formulations you've enjoyed for years, now being repackaged under the Heritage Health brand. All NV, Kosher Dairy

Heritage Health Meatless Deli Slices
Half-case packs (6 pkgs—pricing on full cases is available on request)

HH200 Meatless Chicken Deli Slices, 6 pkgs, \$87.99

HH203 Meatless Turkey Deli Slices, 6 pkgs, \$87.99

HH201 Meatless Corned Beef Deli Slices, 6 pkgs, \$87.99

HH202 Meatless Ham Deli Slices, 6 pkgs, \$87.99

Meatless Deli Slices Variety Pack
A sampling of four of your favorite meatless deli flavors: chicken, corned beef, ham, and turkey. These one-pound packages (24 slices per package) are now twice the size of the former Worthington packages, so you'll save even more by buying in bulk!

Large Pack contains 3 packages each flavor;
Small Pack contains 2 packages each chicken and turkey, one package ham, one package corned beef.

51315 Large Deli Variety Pack, 12 pkgs, \$164.99

513152 Small Deli Variety Pack, 6 pkgs, \$87.99

See page 1 for information on shipping dates, discount pricing, and tips for receiving a perishable shipment.

WORTHINGTON/LOMA LINDA

These healthful meat substitutes from **Worthington Foods** are shelf stable in cans and require no refrigeration. Quick and easy to prepare; most are heat and serve. **K**



WF201	Veja-links (10)	NV LS	19 oz	\$6.79
WF203	Chili (with beans)		20 oz	\$5.19
WF204	Multigrain Cutlets		20 oz	\$6.79
WF205	FriChik (Fried chicken type product)	NV	12.5 oz	\$5.99
WF206	Diced Chik (Similar to diced chicken breast)	NV	13 oz	\$5.99
WF207	Saucettes (10 sausage style links)	NV	19 oz	\$6.79
WF210	Choplets (Similar to boneless pork chops)		20 oz	\$6.79
WF211	Prime Stakes (Salisbury steak style patties)	NV	13 oz	\$5.99
WF212	Vegetable Skalops (Similar to sea scallops)		20 oz	\$6.79
WF217	Super-Links (8 large mild Polish sausage style links)	NV	19 oz	\$6.79
WF218	Vegetable Steaks (Large beef strip steak-style)		20 oz	\$6.79

Loma Linda Foods

With less than 5 grams of fat per serving, these are great for lunch and dinner. Shelf-stable in cans. (from the makers of Worthington) **K**



WF305	Tender Bits (Similar to large chunks of marinated chicken)		19 oz	\$6.79
WF306	Tender Rounds with Gravy (Small vegetarian meatballs)	NV	19 oz	\$6.79
WF601	Big Franks (50% less fat than beef dogs)		20 oz	\$6.79
WF603	Fried Chik'n w/ Gravy (Chunks with light gravy)	NV	13 oz	\$5.99
WF604	Linkettes (10 vegetarian hot dogs)		20 oz	\$6.79
WF605	Little Links (Vegetarian sausage links)		14 oz	\$6.79
WF607	Redi-Burger (A veggie burger loaf that can be sliced)		19 oz	\$6.79
WF608	Swiss Stake w/ Gravy (Pre-sliced patties w/ savory gravy)	NV	13 oz	\$5.99
WF609	Vege-Burger	LS	19 oz	\$6.79

Heritage Health Vegan Corn Dogs
Made with classic vegan hot hogs, 4 hand-dipped corn dogs per box/5 boxes per case; 20 corn dogs in all. Bake in the oven or microwave.

HH214 Vegan Corn Dogs \$55.99

Heritage Health VegeFish Fillet
Breaded and ready to heat and serve in minutes. 6 crispy veggie fish fillets per box/5 boxes per case. 30 veggie fish fillets in all. NV

HH223 VegeFish Fillet \$61.99

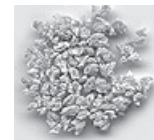
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10AM-5PM CENTRAL MON-FRI

TEXTURED SOY PROTEIN & CONCENTRATE

All Textured Soy Protein and Soy Concentrate Products on this page are Low Sodium, Wheat-Free, and Gluten-Free. Textured soy concentrates have the sugar from the soybean removed and more digestible than textured soy protein with the same nutrition.

Unflavored Granules WF GF (Poultry Style / Regular)

165-118	1 lb.	\$ 6.19
165-1185	5 lb.	\$22.99
165-11810	10 lb.	\$39.99
165-11825	25 lb.	\$79.99



Unflavored Strips WF GF (Poultry Style / Super chunks)

Approx. 1" across and 1/8-1/4" thick.

165-109	1 lb.	\$ 6.19
165-1095	5 lb.	\$22.99
165-10910	10 lb.	\$39.99
165-10925	25 lb.	\$79.99



Unflavored Chunks WF GF

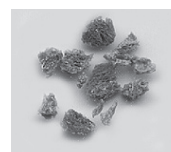
About 1/2" wide and 1/4-1/2" thick.

165-114	1 lb.	\$ 6.19
165-1145	5 lb.	\$22.99
165-11410	10 lb.	\$39.99
165-11425	25 lb.	\$79.99



Unflavored Ground "Beef" Colored WF GF

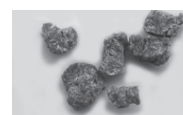
165-218	1 lb.	\$ 6.19
165-2185	5 lb.	\$24.49
165-21810	10 lb.	\$43.49
165-21825	25 lb.	\$79.49



Unflavored Strip "Beef" Colored WF GF

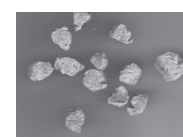
Approx. 1" x 1/2" x 1/4"

165-205	1 lb.	\$ 6.19
165-2055	5 lb.	\$24.49
165-20510	10 lb.	\$43.49
165-20525	25 lb.	\$79.49



Unflavored Chunk "Beef" Colored WF GF

165-203	1 lb.	\$ 6.19
165-2035	5 lb.	\$24.49
165-20310	10 lb.	\$43.49
165-20325	25 lb.	\$79.49



Chicken Cutlets WF GF

Approx. 3" x 1 1/2" (greatest width) before hydrating - approx 45 cutlets per 1/2 pound. Quick-hydrating.

CC10	1/2 lb	\$6.99
CC101	1 lb	\$12.99
CC105	5 lb	\$58.99
CC1018	20 lb	\$218.99



Chicken Strips WF GF

Approx. 1 1/2-2" long before hydrating.

CSC10	1/2 lb	\$6.99
CSC101	1 lb	\$12.99
CSC105	5 lb	\$58.99



Response® Dark Textured Flakes WF GF

157-272	1 lb	\$ 6.19
157-2725	5 lb	\$24.49
157-27210	10 lb	\$43.49
157-27225	25 lb	\$79.49

ORGANIC Textured Soy, p 8
Gravies Seasonings, p. 4

FLAVORED TEXTURED SOY PROTEIN

Flavored Ground Poultry Style

AG201	1 lb.	\$ 7.69	WF, GF
AG2015	5 lb.	\$23.99	
AG20110	10 lb.	\$38.99	
AG20125	25 lb.	\$65.99	

Flavored Chunk Poultry Style

CK141	1 lb.	\$ 7.69	WF, GF
CK1415	5 lb.	\$23.99	
CK14110	10 lb.	\$38.99	
CK14125	25 lb.	\$65.99	

Flavored Pepperoni Bits WF, GF

AG205	1 lb.	\$ 7.69
AG2055	5 lb.	\$23.99
AG20510	10 lb.	\$38.99
AG20525	25 lb.	\$65.99

Flavored Ground Beef Style

164-424	1 lb.	\$ 6.99	WF, GF
164-4245	5 lb.	\$28.99	
164-42410	10 lb.	\$54.99	
164-42425	25 lb.	\$99.99	

Flavored Chunk Beef Style

164-410	1 lb.	\$ 6.99	WF, GF
164-4105	5 lb.	\$28.99	
164-41010	10 lb.	\$54.99	
164-41025	25 lb.	\$99.99	

Soft Bacon Style Crumbles

HDT107	1 lb.	\$ 7.69
HDT1075	5 lb.	\$23.99
HDT10710	10 lb.	\$38.99
HDT10725	25 lb.	\$65.99

Crunchy Bacon Bits

AG208	1 lb.	\$ 7.69	WF, GF
AG2085	5 lb.	\$23.99	
AG20810	10 lb.	\$38.99	
AG20825	25 lb.	\$65.99	

Vegetarian Seafood Bits

SF101	1 lb.	\$7.69	WF, GF
SF1015	5 lb.	\$23.99	
SF10110	10 lb.	\$38.99	
SF10125	20 lb.	\$65.99	

Flavored Ham Bits

H140	1 lb.	\$ 7.69
H145	5 lb.	\$23.99
H1410	10 lb.	\$38.99
H1425	25 lb.	\$65.99

Flavored Sausage Crumble

S104	1 lb.	\$ 7.69
S1045	5 lb.	\$23.99
S10410	10 lb.	\$38.99
S10425	25 lb.	\$65.99

Vegetarian Sloppy Joe Mix

AG206	1 lb.	\$7.69
AG2065	5 lb.	\$23.99
AG20610	10 lb.	\$38.99
AG20625	25 lb.	\$65.99

STARTER PACKS

Vegan Starter Kit

Vegan jerky, textured soy, broth mix, Ener-G Egg Replacer, Parma parmesan substitute, Chreese sauce mix, vegan gravy mix, and *Becoming Vegan*
SAMV \$46.99

Raw Starter Kit

One pound each of Garden Salad Mix, Crunchy Bean Mix, and Mung Beans, plus *Sprouts: The Miracle Food*, and *Raw Foods Made Easy for 1 or 2 People*.
SAMR \$43.99

WF = Wheat-free NV = NOT VEGAN
GF = Gluten-free LS = Low Sodium **K** / **U** = kosher

SAMPLER PACKS

Soyfoods Sampler QQ101 \$46.99

Includes cookbooks: *Soyfoods Cookery*, *The TVP® Cookbook*, a variety of textured soy proteins, Harvest Direct PROTEAN, soy nut butter, soy pudding, vegetarian jerky and broth, soymilk, more.

Meatless Sampler QQ102 \$34.99

Includes cookbooks: *New Farm Vegetarian Cookbook*, *The TVP® Cookbook*, plus textured vegetable protein, Harvest Direct PROTEAN, vegetarian broth mix, instant gluten flour, Veggie Ribs.

Chicken-Style Sampler QQ103 \$39.99

Includes cookbook: *New Farm Vegetarian Cookbook*, Chicken Cutlets, instant gluten flour, vegetarian chicken broth mix, fri chik, chicken-style breading mix, more.

FAQ: Textured Soy Protein

What is it? Textured soy protein is a food product made from soybeans. It is produced from soy flour after the soybean oil has been extracted, then cooked under pressure, extruded, and dried.

What's in it? The main ingredient is soy flour. Our unflavored textured soy protein products have absolutely no added coloring, flavoring, or preservatives. The Response flakes have vitamins added (see the package labels for a listing). The flavored products are 100% vegetarian—no flavorings from animal products. The main food elements are protein, carbohydrates and very little fat. Unflavored textured soy protein is essentially fat-free, since it is defatted during the manufacturing process. The fat content in flavored textured soy proteins varies.

Textured soy protein is a complete protein, containing the essential amino acids. It is high in isoflavones, shown to reduce cholesterol and cancer rates.

How long will it keep?

- Store flavored and unflavored textured soy proteins in a dry, air-tight container. Flavored varieties store for up to one year; unflavored stores indefinitely.
- Once rehydrated, textured soy protein must be stored in refrigerator or freezer.

How much does it make?

- A 1 lb. bag makes about 12 servings, equal to 3 lbs. of ground beef.
- 1 dry cup of textured soy protein granules is equivalent to ¾ pound after rehydrating.

How do I prepare it?

- 1 dry cup of textured soy protein reconstitutes with 1 cup boiling liquid. (Let stand for 10 minutes.)
- Unflavored textured soy protein takes on the flavors of other seasonings.
- Our Vegetarian Broth Mixes are great for flavoring textured soy proteins.
- Protean™ Mixes just need cold water to mix. They have seasonings already included.

Where can I find recipes?

See *The TVP Cookbook* and *I Can't Believe It's Not Meat* in the books section.

TEXTURED SOY PROTEIN NUTRITIONAL INFORMATION

Approximate values per 25 g dry textured soy*
(¼ cup granules, ⅜ cup unflavored slices, heaping ¼ cup beef-colored chunks or slices)

70 cal, 13 g protein, 0.25 g fat, 4.5 g fiber, 8 g carbohydrates

*Actual values will vary by a few percent between unflavored and flavored varieties and between textured soy proteins and textured soy concentrates. This amount counts as 1 point on the Weight Watchers Program.

KOSHER DESIGNATIONS

All our textured proteins and concentrates are certified kosher and parve with the **U** symbol. Our repackaging operation has not been certified kosher. Certain select sizes of kosher products that have not been repackaged are marked with either **K** or **U**.

TVP® Cookbook Dorothy R. Bates

Recipes using TVP® (texturized vegetable protein): granular, flake, and chunk—even a delicious TVP mincemeat pie
- WF, S, NA - 90 pgs - #990795 - \$8.95 **\$8.05**

Flavored Textured Soy Protein Starter Pack

1 lb. each: flavored ground beef, beef chunks, ground poultry, chunk poultry styles. TVPK-03 \$25.99

Organic Sample Pack WF

1lb. each: small and medium bits. OVPI01M \$10.29

The Complete Textured Soy Protein Starter Pack WF

You will receive a copy of *The TVP Cookbook*, one-pound samples of unflavored beef chunks, strips, and granules, unflavored plain granules, strips, and chunks, soy concentrate flakes. TVPK-04 \$43.99

Butler Soy Curls

Unflavored textured shreds, perfect for fajitas, barbecue, stir fries, and more. Size from 1" x ½" and smaller. Soak in warm water, season, and serve. Makes about 1½ lbs. reconstituted (8 servings). Made from nonGMO soybeans.

B0048 Butler Soy Curls, 8 oz \$4.29

ORGANIC TEXTURED SOY BITS

Made with organic soybeans using a manufacturing process certified by the Organic Growers and Buyers Association. Small bits are about the size of our Unflavored Granules. Medium Bits are larger chunks, great for chili and pot pies. Because no chemicals are used to grow or process the soybeans used in this organic product, please expect variations in size and color from one order to the next.
WF LS

OVPI01	Small Bits	1 lb	\$6.29
OVPI015	Small Bits	5 lbs	\$25.99
OVPI0110	Small Bits	10 lbs	\$46.99
OVPI0120	Small Bits	20 lbs	\$77.99
OVPI02	Medium Bits	1 lb	\$6.29
OVPI025	Medium Bits	5 lbs	\$25.99
OVPI0210	Medium Bits	10 lbs	\$46.99
OVPI0220	Medium Bits	20 lbs	\$77.99

Organic Textured Soy Sample Pack WF

Try our Organic Mini-Pak. One pound each of small bits and medium bits. LS

OVPI01M Organic Sample Pack \$10.29

MEAT SUBSTITUTE MIXES

Dixie Diner Meatless Mixes

230255	Sloppy Joe Mix, WF, 6 servings	\$7.99
230260	Chicken (Not) 'n Dumplings, 4 servings	\$9.89
230169	Tangy Meatloaf Mix WF, 5 servings	\$9.39
230190	Chicken (Not!) Salad Mix WF, LS, 6 servings	\$7.79
230965	Ham (Not!) minced WF, 12 servings	\$8.89
230470	Tuna (Not!) Kit, 8 half cup servings	\$7.79
230420	Tenderloin Tips & Mushrooms WF, 4 servings (includes noodles, sauce, etc.)	\$8.49

Harvest Direct Protean™ Mixes

These mixes are fat-free, cholesterol-free, and animal-free. Each 4-ounce package is a complete mix; just add water. (Contains either HVP or HSP.)

PRO100	Soy Burger Mix WF
PRO200	Soy Taco WF,LS
PRO400	Soy Ball & Loaf WF
PRO500	Soy Chili WF
PRO600	Soy BBQ WF,LS

Protean™ Mixes (any combination)

1-11 packages	\$2.99 ea
12-23 packages	\$2.89 ea
24 or more packages	\$2.79 ea

Flavored Crumble & Bit Sampler

One pound each of ham chiplets, sausage crumble, pepperoni bits, vegetarian sloppy joe mix, and soft bacon crumbles. TVPK 07 \$36.99

Beef Colored Textured Soy Protein Starter Pack WF

Includes one-pound samples of three beef-colored unflavored textured soy protein varieties: ground beef, beef chunks, and beef strips. Makes 9 pounds of finished textured soy protein. TVPK-01 \$17.99

VEGETARIAN JERKY

Turtle Island Tofurky Jerky is back!

Made with no preservatives or liquid smoke, marinated overnight and smoked. K

TIF002	Original Tofurky Jerky	2 oz	\$2.99
TIF003	Peppered Tofurky Jerky	2 oz	\$2.99

Save on these great bulk packs!

TIF004	12-pak Original Jerky	24 oz	\$35.59
TIF005	24-pak Original Jerky	48 oz	\$55.99
TIF006	12-pak Peppered Jerky	24 oz	\$35.59
TIF007	24-pak Peppered Jerky	48 oz	\$55.99

Tofurky Jerky Sample Pack

Six 2-ounce packages of both flavors (12 total)

TIFSAMP	Tofurky Jerky Sample Pack		\$35.99
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Tofurky Lunchbox

Eliminate your need for throwaway paper and plastic sacks. These beautifully embossed, one-of-a-kind collector lunchboxes are sure to bring fun to the school or workplace lunch table. Includes two Happy Tofurky Day buttons, a Tofurky sticker, 5 Tofurky temporary tattoos, and two 55-cents-off coupons for Tofurky products. TLB



Tofurky Lunchbox on sale for \$12.95

Primal Strips K

A moist meatless jerky. Each flavor is made with its own unique base: soy, seitan, or shiitake mushroom. Only 3-4 g fat per 1-oz serving. No MSG, no GMOs.

1-oz packages - \$1.49 each

J004	Seitan Thai Peanut
J005	Seitan Mesquite Lime
J006	Soy Texas BBQ
J001	Seitan Teriyaki
J002	Shiitake Mushroom Hot & Spicy
J003	Soy Hickory Smoke

Stonewall's Jerquee

An imitation dried beef snack with a chewy texture. Hot and spicy like real jerkies.

all 1.5 oz. - \$2.29 each

24 or more (any combination) - only \$2.09 each

SJ101	Mild	SJ105	Teriyaki Beef
SJ102	Wild	SJ106	Hot Pastrami
SJ103	Spicy Chicken	SJ107	Barbecue
SJ104	Peppy Pepperoni		

BREADING, GRAVIES

Chicken-Style Breading Mix

One pound of mix covers 16 pounds! Contains unbleached white flour and all-vegetarian seasonings.

CHBRD1	Chick Breading Mix	1 lb	\$8.99
CHBRD5	Chick Breading Mix	5 lbs	\$29.99

Leahey Vegan Gravy Mixes

20 g, all flavors contain onion - \$1.69 ea

89700	No Beef Brown Gravy
89717	No Chicken Golden Gravy

GLUTEN-FREE

L1074	Gluten-Free No Beef Brown Gravy
L1073	Gluten-Free No Chicken Golden Gravy
L1075	Gluten-Free No Beef Mushroom Gravy

Jerky, Seitan, Egg Substitutes FLAXSEED • BROTH & GRAVY MIXES

SEITAN

Bill's Best Seitan Minit-Meat

Already-flavored mixes great for sandwich patties, barbecue, and much more. Makes six 3 1/2 oz steaks or patties. Contains wheat gluten, soy flour, torula yeast, onion, salt. (Chik flavor contains garlic).

83197	Minit-Beaf, 5.4 oz	\$4.99
92897	Minit-Chik, 5.4 oz	\$4.99

Companion Foods Prepared Seitan

Low-carb (3g or less per serving), delicious, ready-to-eat vegetarian meat substitute made from wheat gluten. No preservatives or artificial colorings. Imported from Taiwan

10415	Braised Bean Curd, 8 oz	\$2.49
10413	Curry Braised Seitan Tidbits, 10 oz	\$2.49
10390	Buddha's Delight, 10 oz.	\$2.39
10392	Peking Roast Duck, 10 oz	\$2.49
10391	Seitan Tidbits, 10 oz	\$2.49

Seitan Quick Mix

An easy-to-use mix from Chef Ron Pickarski (author of *Eco-Cuisine* and *Friendly Foods*), reduces the cooking time compared to traditional methods of making seitan. LS HD31 6 oz \$2.89

Veggie Ribs Mix LS

Add peanut or soy nut butter and margarine or butter, along with your favorite barbecue sauce. Each package makes 5 servings. AG01 5 oz. \$2.89

Order by the case and save!

12 boxes = \$2.79 ea 24 boxes = \$2.69 ea

GLUTEN FLOUR

Regular Instant Gluten Flour

Bulk flour you mix with water and form into desired shape. Flavor with vegetarian broths or seasonings.

GLUT1	Instant Gluten Flour	1 lb	\$ 5.49
GLUT5	Instant Gluten Flour	5 lbs	\$20.89
GLUT10	Instant Gluten Flour	10 lbs	\$37.39
GLUT25	Instant Gluten Flour	25 lbs	\$74.79

Using Instant Gluten Flour

Gluten is the protein from wheat, used in Asian countries for centuries for making meat substitutes. It is also called "seitan" (say-tan), the Japanese term for cooked gluten. Unlike textured soy protein, which comes preshaped in various sizes, you can shape gluten into any shape or size for your recipes, even giant roasts or mock poultry!

This is not a high gluten wheat flour—it's all gluten with the starch removed (vital wheat gluten). Just add liquid ingredients, spices, and stir; no kneading or rinsing necessary. Use like raw gluten made the old fashioned way.

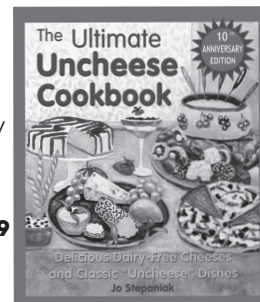
Each pound of instant gluten makes about 3 lbs. or 5 cups raw gluten. Per serving (1/3 cup cooked plain): 80 calories, 22.5 gm. protein, 0.5 gm. fat

1-800-695-2241
HEALTHY-EATING.COM
10AM-5PM CENTRAL MON-FRI

Ultimate Uncheese Cookbook

Joanne Stepaniak

The long-awaited follow-up to the classic *Uncheese Cookbook*. Packed with current information on how to construct a nutritious, dairy-free diet, and pitfalls of dairy foods. Dozen of all-new recipes and many updates of traditional favorite "uncheeses." - S, WF, NA - 192 pgs - #671516 - \$48.95 - \$16.39



EGG SUBSTITUTES

Ener-G Egg Replacer WF, K LS

Use in everything from ice cream to sponge cake. Comes with several recipes.

EF448	Egg Replacer	16 oz	\$6.99
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Great source of Omega-3 fatty acids!

Golden Organic Flaxseed

Flaxseed is the best vegetarian source of omega 3 fatty acids that protect against heart disease, cancer, skin and intestinal problems, and sore joints. Grind whole flaxseed and add to cereal, baked goods, and shakes. (For delicious recipes, see *Flax - The Super Food* in our book section)

FLAX1	Golden Flaxseed	1 lb	\$5.99
FLAX2	Golden Flaxseed	2 lbs	\$10.59
FLAX5	Golden Flaxseed	5 lbs	\$25.29
FLAX25	Golden Flaxseed	25 lbs	\$109.99

SOY PROTEIN ISOLATE

Add to shakes and smoothies or use in any of your favorite baking recipes. Each pound of isolate makes about 5 1/4 cups; a tablespoon of isolate contains 5 gm. of soy protein. (Repackaged kosher product) LS

HDSP1	Soy Protein Isolate	1 lb	\$9.79
HDSP1-5	Soy Protein Isolate	5 lbs	\$37.39
HDSP1-10	Soy Protein Isolate	10 lbs	\$69.29
HDSP1-25	Soy Protein Isolate	25 lbs	\$148.49

BROTH MIXES

Vegetarian Broth Mix

Adds flavor with less sodium (<450 mg. per serving). No animal products or preservatives. 8.8 oz jar makes 50 cups broth.

CB15	"Chicken" Style Broth	8.8 oz	\$8.99
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Vogue VegeBase Vegetable Broth Mix

A delicious low-sodium (140 mg per serving) broth mix made with organic ingredients (contains onion). Makes 20-25 one-cup servings. LS

911669	Vogue Vegetable Broth Mix	4 oz	\$5.29
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Bill's Best Seasonings

All vegan, no MSG, black/white pepper, sugar, fillers.

Chik'Nish Seasoning - Poultry-style flavoring, light golden color. Makes 38 cups. 41591 11 oz \$6.99

Beaf Seasoning - Brown, beef-style (soy flour, yeast, herbs) Makes 33 cups. 52096 9.5 oz. LS \$7.59

Vegex Beefy Flavoring - 30472 14 oz \$16.99

NUTRITIONAL YEAST

Red Star Vegetarian Support Formula

The original, good-tasting nutritional supplement (T-6635+), rich in B vitamins (including B₁₂), with no added whey or sweeteners. Great as a topping or in recipes. Suitable for yeast-free diets with a shelf life of at least 18 months. (Repackaged kosher product)

NY1	Nutritional Yeast	1 lb.	\$13.69
NY5	Nutritional Yeast	5 lbs	\$44.99
NY15	Nutritional Yeast	15 lbs	\$131.99

NONDAIRY MILK & CREAM

MimicCreme

Cream substitute to use in making ice cream, shakes, frozen desserts, puddings, soups, cream sauces, and more! Great for soy-free, dairy-free, and gluten-free diets—made from almonds and cashews. No refrigeration required until opened.

New size!

I00372 Unweetened MimicCreme, 16 oz. \$3.99

Better Than Milk WF

This luscious tofu nondairy beverage mix comes in a convenient canister, and is rich in calcium and natural B₁₂ and cholesterol free. Makes 7-8 quarts.

BTM02 Original Flavored LS 25.9 oz \$14.95

Organic Soymilk Powder WF LS

One pound of powder makes about 5 quarts. Per cup of milk (3 Tbsp. powder): 58 calories, protein 5g, carbohydrates 3g, fat 3g - from non-GMO beans. (Repackaged kosher product)

DV02	Organic Soymilk Powder	1 lb	\$8.79
DV025	Organic Soymilk Powder	5 lbs	\$35.99
DV0210	Organic Soymilk Powder	10 lbs	\$65.99
DV0225	Organic Soymilk Powder	25 lbs	\$130.99

WHIPPED SOY CREAM

SoyaToo! Whipped Soy Cream

Enjoy vegan, saturated fat-free topping. No refrigeration necessary until opened.

SOYA Whipped Soy Cream canister, 7 oz \$6.89

SOYMILK MAKER

SoyQuick™ Premier Milk Maker

The latest version of the best-selling SoyQuick milk machine. You have complete control to make vegan milk from soybeans or any sort of grain or seed. Use dried dates or raisins for sweetening right in the machine. Make milk pulp-free or with all the pulp. A revolutionary new design without a filter—for easier clean up (30 secs. or less). Makes milk in 20 minutes or less. Comes with recipes for 25 milks: soy, rice, multigrain, nuts, and mung beans. Also, instructions for making tofu and soy yogurt from soymilk. Recommended enthusiastically by cookbook authors Marie Oser and Bryanna Clark Grogan.

SQ930 SoyQuick Premier Milk Maker \$179.95



Dairy Substitutes

NUTRITIONAL YEAST • "CHREESE"
NONDAIRY BEVERAGES • ETHNIC FOODS

CHEESE SUBSTITUTES

Nacho Mom's Vegan Queso

An office favorite, with lots of zip and chunks of tomatoes and chiles. And the whole 16-ounce jar has only 160 calories! No soy, dairy, gluten, nuts, fat, or cholesterol.

UVQ16 Vegan Queso, 16 oz \$5.49

With the flavors of fire-roasted tomatoes and smoky chipotle peppers—lots of kick!

FRQ16 Vegan Fire-Roasted Queso, 16 oz \$5.95

Spicy creamy, all-natural, black bean-vegan cheese dip

NEW! NVQ16 Nacho Mom's "Voodoo" Bean Queso Dip 16 oz \$5.49

Parma! Parmesan Substitute LS

Made from organic raw walnuts, Vegetarian Support Formula nutritional yeast, and sea salt. Shaker container. Also Garlicky Green Parma! with kelp, garlic, and more. (25 calories and 1.5 g fat per Tbsp serving)

PAI40	Parma! 3 oz	\$4.99
PAI70	Parma! 7 oz	\$7.99
PAG35	Garlicky Parma! 3 oz	\$4.99

Vegan Grated Soy Parmesan WF

This Parmesan cheese alternative is low in fat and calories, casein-free and cholesterol-free.

2I2589 Vegan Soy Parmesan LS 4 oz \$4.49

Leahey Macaroni and Cheese

Great to serve anyone who's reluctant to give up cheese. A vegan mix that tastes so much like the original, you'll be convinced it contains dairy! 3 servings (3 cups cooked) - 97 cal, 2 g fat per serv. **New Low Price!**

L1090 Leahey Macaroni & Cheese, 5.8 oz \$2.99

Now, also available as gluten-free!

L1092 Gluten-Free Mac & Cheese WF, 5.8 oz \$2.99

Leahey Cheese Sauce

The amazing cheese sauce found in Leahey Mac & Cheese, now available for use on your favorite pasta, over baked potatoes, in soups, Mexican dishes, and more! Each package makes five 1-cup servings

L1095 Leahey Cheese Sauce, 8 oz \$6.39

ROAD'S END VEGAN PASTA & CHREESE

Pasta & "chReese" Meals

All-organic pasta, herbs, spices, Red Star Nutritional Yeast. Each package makes 3 servings. K

REO001 Mac & chReese 6.5 oz \$2.99

REO006 Alfredo-Style Mac & chReese WF 6 oz \$2.99

6 or more meals only \$2.19 each!

Dairy-Free "chReese" Packets

Single-serving packets (1.1-ounce) of chReese sauce for meals, toppings. Each packet makes 1/3 to 1/2 cup sauce. K

REO257 Original chReese Packets \$1.89

REO254 Wheat-Free chReese Packets \$1.89

REO256 Mozzarella-style chReese Packets \$1.89

REO253 Wheat-Free Alfredo-Style Mac & chReese Packets \$1.89

6 or more packets only \$1.79 each!

Bulk Road's End chReese Sauces

Each 1-pound bag equals 15 packets (5-7 c. sauce) K

REB01 Original chReese, 1 lb \$15.59

REB02 Mozzarella-style chReese, 1 lb \$15.59

THE MAIL ORDER CATALOG FOR HEALTHY EATING SPRING-SUMMER 2012

Nutritional Yeast Cookbook

Joanne Stepaniak

Here are all the secrets to making delicious substitutes for meat, eggs, dairy with nutritional yeast - NA- 144 pgs - #670382 - \$42.95 - \$10.95



LEAHEY GLUTEN-FREE SOUP MIXES

Vegan, gluten-free, preservative free, ready in minutes! Single serve packets. Contain onion and garlic.

L1087 GF Vegan Broccoli Cheese Soup, 48 g \$2.19

L1088 GF Vegan Chicken Rice Soup, 40 g \$2.09

SOYNUT BUTTER

Soynut Butters WF LS

All flavors contain 7-8 g soy protein, 30-40 mg soy isoflavones per 2 Tbsp. serving.

SNB01 Creamy Soynut Butter K 15 oz \$6.99

SNB02 Crunchy Soynut Butter K 15 oz \$6.99

ETHNIC CUISINE

Jyoti Cuisine India

Ready to heat and serve. Each item comes in a can.

Chhole - Chickpeas cooked in a tangy sauce, fragrant spices, hot ginger, peppers. L4615 15 oz. \$3.69

Sambar - Yellow Lentils (toor dal) in a masterpiece soup/entree from south India, with eggplant, bell peppers, onions and carrots. I5615 15 oz. \$3.69

Karhi - Potato dumplings in buttermilk sauce with chickpea flour and spices NV 02610 15 oz. \$3.69

Dal - Made with urad (a small black bean) and rajma (a large red bean), as an entree or soup, with onion and spices. NV 16615 15 oz. \$3.69

Saag - Mustard greens and spinach, with onions, ginger, peppers, lemon 01610 15 oz. \$3.69

Matar-Paneer - Peas and fresh cheese cubes in a spicy tomato-onion sauce. NV 03610 15 oz. \$3.69

Classic Masala - A versatile sauce for vegetables made with fresh onions and crushed tomatoes (North India Style) I2610 10 oz. \$2.99

COOKING INGREDIENTS

650520 Wasabi Powder K LS, 2.5 oz \$8.19

06245 Bragg Liquid Aminos LS 32 oz \$10.39

500115 Agar Flakes LS 1 oz \$10.39

SUSHI RICE & KIT

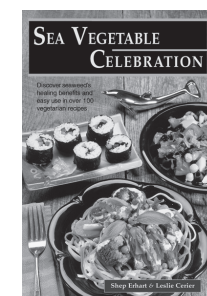
Sushi Starter Kit

Includes 2 lbs. sushi rice, nori sheets, wasabi powder, sushi mat, and instructions. SUKIT \$26.99

Lundberg Organic White Sushi Rice LS

46342 Organic White Sushi Rice 2 lb \$5.35

MC09 Toasted Nori Sheets LS, 7 \$6.39



Sea Vegetable Celebrations
Shep Erhart and Leslie Cerier
Fabulous recipes from the folks at
Maine Coast Sea Vegetables. Learn
to use kelp, dulse, wakame, and
other nutritious ocean crops in soups,
salads, dips, desserts, more. color
photos - E, D, S, WF, NA - 128 pages -
#671230 - \$44.95 - \$12.69



SPROUTMAN'S[®] ORGANIC SPROUTING SEEDS

"Sprouts are the World's Most Nutritious Vegetables" -Sproutman

Our sprouting seeds are independently certified as organically grown by OCIA and QAI. Both certifiers are also accredited with the USDA Organic program. But just being organic is not good enough! They also have to be good sprouting seeds. Our seeds are carefully selected according to their taste, size, growth rate, germination, hull drop-off, resistance to root rot, amount of hard seed, and foreign matter. Because of the unpredictable nature of agriculture, some seeds may



sometimes not be available as organic. Any substitutions will be pesticide-free. You can inquire about our current stock when you place your order.

For maximum shelf life, store seeds in tightly sealed glass jars. For more details, refer to Sproutman's books on this page and in the book section.

Due to fluctuations in crop harvests, the price of sprouting seed is subject to change without notice.

TRY THESE SPECIAL MIXTURES OF SPROUTING SEEDS!!

Salad Mix - Alfalfa, red clover, radish, and canola, perfect for sandwiches and salads

MIX3	Salad Mix	1 lb.	\$ 10.99
MIX35	Salad Mix	5 lb.	\$ 46.99
MIX310	Salad Mix	10 lb.	\$ 87.99
MIX325	Salad Mix	25 lb.	\$205.99

Crunchy Bean Mix, a mix of green peas, garbanzo beans, red and green lentils

MIX2	Crunchy Bean Mix	1 lb.	\$ 6.99
MIX25	Crunchy Bean Mix	5 lb.	\$ 29.99
MIX210	Crunchy Bean Mix	10 lb.	\$ 55.99
MIX225	Crunchy Bean Mix	25 lb.	\$ 130.99

Beginner's Dozen - 1 pound each alfalfa, clover, Crunchy Bean Mix, fenugreek, Garden Salad Mix, green lentil, green snow pea, mung, radish, red lentil, and sunflower. Also 4 oz. broccoli.

SPRTSAMP Beginner's Dozen, a \$97 value **ONLY \$85.99**

Adzuki - A cousin of mung. Use similarly.

BS22	Adzuki	1 lb	\$ 5.99
BS225	Adzuki	5 lb	\$ 25.99
BS2210	Adzuki	10 lb	\$ 47.99
BS2225	Adzuki	25 lb	\$111.99

Arugula - Spicy, garlic-flavored - call for availability

BS05	Arugula	1 lb	\$ 19.49
BS055	Arugula	5 lb	\$ 79.99

Alfalfa, Golden - Tender, upright, mellow flavor

BS05	Golden Alfalfa	1 lb	\$ 10.99
BS055	Golden Alfalfa	5 lb	\$ 46.99
BS0510	Golden Alfalfa	10 lb	\$ 87.99
BS0525	Golden Alfalfa	25 lb	\$205.99

Broccoli - High sulphoraphane content

95774	Broccoli	4 oz	\$ 7.99
BS141	Broccoli	1 lb	\$24.99

Broccoli Blend - (1/3 broccoli, 1/3 broccoli raab, 1/3 canola)

BS23	Broccoli Blend	1 lb	\$ 13.99
BS235	Broccoli Blend	5 lb	\$ 58.99

Buckwheat - Tall white shoot with buttery four-clover leaf.

BS06	Buckwheat	1 lb	\$ 5.99
BS065	Buckwheat	5 lb	\$ 24.99
BS0610	Buckwheat	10 lb	\$ 44.99
BS0625	Buckwheat	25 lb	\$104.99

Chia - Gelatinous, with a mild flavor - call for availability

BS12	Chia	1 lb	\$ 14.99
BS125	Chia	5 lb	\$ 63.99

Chives - Sensational green garlic taste

95772	Chives	4 oz	\$ 14.99
BS151	Chives	1 lb	\$ 39.49

Clover, Red - Piquant cousin of alfalfa

BS07	Red Clover	1 lb	\$ 8.99
BS075	Red Clover	5 lb	\$ 37.99
BS0710	Red Clover	10 lb	\$ 71.99
BS0725	Red Clover	25 lb	\$168.99

Fenugreek - Tall, aromatic relative of alfalfa

BS18	Fenugreek	1 lb.	\$ 8.99
BS185	Fenugreek	5 lb.	\$ 37.99
BS1810	Fenugreek	10 lb.	\$ 71.99
BS1825	Fenugreek	25 lb	\$168.99

Garbanzo - Hardy, small, white.

BS17	Garbanzo	1 lb.	\$ 6.99
BS175	Garbanzo	5 lb.	\$ 28.99
BS1710	Garbanzo	10 lb.	\$ 55.99
BS1725	Garbanzo	25 lb.	\$130.99

Kamut - Nonallergic wheat alternative. Grass, sprout bread.

BS19	Kamut	1 lb.	\$ 6.49
BS195	Kamut	5 lb.	\$ 26.99
BS1910	Kamut	10 lb.	\$ 51.99
BS1925	Kamut	15 lb.	\$121.99

Lentil, French Baby Green - Small in size, big in flavor, crunchy

BS09	French Lentils	1 lb	\$ 6.49
BS095	French Lentils	5 lb	\$ 27.99
BS0910	French Lentils	10 lb	\$ 51.99
BS0925	French Lentils	25 lb	\$121.99

Lentil, Red - Crisp with bright orange color

BS16	Red Lentil	1 lb.	\$ 6.99
BS165	Red Lentil	5 lb.	\$ 28.99
BS1610	Red Lentils	10 lb	\$ 55.99
BS1625	Red Lentils	25 lb	\$130.99

Mung Beans - Crunchy, almost sweet

BS10	Mung Beans	1 lb	\$ 6.99
BS105	Mung Beans	5 lb	\$ 24.99
BS1010	Mung Beans	10 lb	\$ 55.99
BS1025	Mung Beans	25 lb	\$130.99

Pea, Green Snow - For tall pea shoots or snack

BS08	Green Snow Pea	1 lb	\$ 5.99
BS085	Green Snow Pea	5 lb	\$ 24.99
BS0810	Green Snow Pea	10 lb	\$ 44.99
BS0825	Green Snow Pea	25 lb	\$104.99

WHEATGRASS GROWER



A 3-tray system for growing wheatgrass with or without soil. Grows at normal room temperature and light. Each tray yields up to 1 lb wheatgrass for 15 servings of wheatgrass juice. Expandable up to 10 trays. Comes with spray bottle for easy watering, greenhouse lids, 1 1/2 lbs organic wheatgrass seeds, and instruction booklet - 10" x 14" x 24"

SM350	Wheatgrass Grower, 3-tray	\$108.95
SM301	Add-On Wheatgrass tray	\$32.95

Order an extra 5 lbs of wheatgrass seed when you order your Grower, and save!
Grower w/ 5 lbs xtra Wheatgrass, WGKIT \$123.95

WHEAT BERRIES

Wheat, Hard red winter-for wheatgrass and bread

CWG5	Hard Wheat Berries	5 lb	\$18.99
CWG10	Hard Wheat Berries	10 lb	\$29.99
CWG25	Hard Wheat Berries	25 lb	\$66.99

Wheat, Soft White - Great for making rejuvelac, fermented drinks (see *Sproutman's Kitchen Garden Cookbook*), sprouted wheat breads, cookies.

SWG5	Soft White Wheat Berries	5 lb	\$18.99
SWG10	Soft White Wheat Berries	10 lb	\$29.99
SWG25	Soft White Wheat Berries	25 lb	\$66.99

Quinoa - Sprouts in 2 days, use in salads, sandwiches - call for availability

BS25	Quinoa	1 lb.	\$ 7.99
BS255	Quinoa	5 lb.	\$ 33.99
BS2510	Quinoa	10 lb.	\$ 63.99
BS2525	Quinoa	25 lb.	\$149.99

Radish -Mild radish taste

BS21	Radish	1 lb.	\$ 8.99
BS215	Radish	5 lb.	\$ 37.99
BS2110	Radish	10 lb.	\$ 71.99
BS2125	Radish	25 lb.	\$168.99

Soy - Highly digestible, ready in 2-3 days - call for availability

BS26	Soy	1 lb.	\$ 4.99
BS265	Soy	5 lb.	\$ 20.99
BS2610	Soy	10 lb.	\$ 39.99
BS2625	Soy	25 lb.	\$ 93.99

Spelt - Great for making sprout breads and crackers.

BS24	Spelt	1 lb.	\$ 5.99
BS245	Spelt	5 lb.	\$25.99
BS2410	Spelt	10 lb.	\$47.99
BS2425	Spelt	25 lb.	\$111.99

Sunflower, Black - Black shell, vigorous shoot, deep green head

BS11	Black Sunflower	1 lb	\$ 7.49
BS115	Black Sunflower	5 lb	\$ 31.99
BS1110	Black Sunflower	10 lb	\$ 59.99
BS1125	Black Sunflower	25 lb	\$139.99

See *Sproutman's sprouting supplies on the next page.*

1-800-695-2241
HEALTHY-EATING.COM
10AM-5PM CENTRAL MON-FRI

SPROUTING STARTER KIT!

New to sprouting? Save by buying everything you need to get started in our Sprouting Starter Kit. One pound each alfalfa and mung bean seed, one Sproutman Sprout Bag, *Sprouts: The Miracle Food*, and Sproutman's *Sprout Chart*. A \$44 value
SSK Sprouting Starter Kit \$39.95

SPROUTING EQUIPMENT

Freshlife Automatic Sprouter

You know sprouting is nutritious; it's fresh and delicious; now it's easy, thanks to the Freshlife Automatic Sprouter. No soil. No plumbing hook-ups. No jars. Water sprays out of the blue stain at top just like a water fountain. Don't worry, a cover keeps your counter dry. The automatic timer sprays the young plants approximately every 15 minutes.



Just add water and let the sprouter do all the work. No chemicals, ever. It's one week from seed to salad, every week of the year. 1 year warranty Weight & Size. 6 lbs 11.2" w x 11.2" D x 13.5" h.

FL2000 Freshlife Sprouter \$99.95

Freshlife Extra Sprouter Barrel

Add a second growing barrel to double your output.
FL2001 Freshlife Sprouter Barrel \$49.95

Store your trays of sprouts in this convenient produce bag - 10 bags per package

EVF03 Evert-Fresh Large Green Bags \$6.49

Sproutman's Freshlife Hand-Watering Sprouter

Enjoy the benefits of the Sproutman's Freshlife Automatic sprouter for less. Also can be used to grow micro greens up to 10 inches tall. Just water twice a day and benefit from Freshlife's large, roomy growing trays. Manual sprouter adapts perfectly to become the top barrel of a dual-layer Freshlife Automatic sprouter, if you want to expand later. Grows from 3/4 to 1.5 lbs of greens.

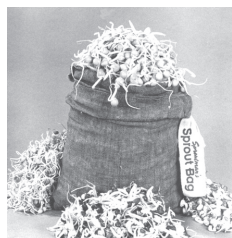


Includes growing barrel, top cover, 2 seed-growing trays, Sproutman's color instructions, and a connector tube for use with Freshlife Automatic Sprouter.

FL1000 - Freshlife 1000 Hand-Watering Sprouter \$69.95

Sproutman's Organic Hemp Sprout Bag

Made of durable hemp fiber; unlike cotton or burlap, never shrinks or molds. Lasts for years. Better and easier than jars with superior aeration and drainage. Unbreakable. Portable for camping and boating. Does not require light. Illustrated instructions. Try our 3 bag special. Sprouts anything; best for beans, grains.



SM-BAG Sproutman's Sprout Bag \$12.95

Sproutbag Special - 3 bags - only \$35.95

Wheatgrass, Sproutseed, Appliances, Raw Foods

SPROUT CAPSULES

Immunoquest Super Veggies Encapsulated Vegetable Sprouts

Organically grown and gently dehydrated. Complete sprouts, not extracts, with all the benefits of the entire sprout. No preservatives, fillers, flow enhancers. Free of E. coli, salmonella, and shigella. Packed in vegetarian capsules free of animal products, dyes, silicones. **Approx. 400mg sprouts per capsule.**

Appetite Control Blend Sprouts: A special blend of broccoli, radish, cabbage, mung bean and alfalfa. Decreases appetite. APP601 60 caps \$19.95

Brocco - Selenium: 100% encapsulated broccoli sprouts grown in selenium-rich medium. Provides anti-cancer sulforaphane. BSL601 60 caps \$19.95

Broccoli Plus Sprouts: With radish, cabbage, mung bean and alfalfa sprouts. BRPLUS 60 caps \$23.89

Flax Sprouts: With lignans to fight breast and colon cancer, fiber to fight cholesterol, omega-3 fatty acids fight heart attacks, arthritis. FLA601 60 caps \$19.95

Grains Blend Sprouts: Oat, barley and millet sprouts. Good source of grain sprout enzymes, phytonutrients and fiber. GRB601 60 caps \$16.95

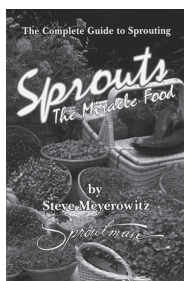
Salad Blend Sprouts: Radish, carrot, broccoli, onion, lettuce, cucumber, green pepper and tomato sprouts. Provides "pep." SAL601 60 caps \$17.95

Nutri-Vision: 100% pure bilberry, marigold petals, rose hips vitamin C, rhubarb, and sprouts of carrot, spinach, kale, marigold and broccoli Luteins help fight macular degeneration. Also phytonutrients and antioxidants. NUV601 60 caps \$23.89

BOOKS BY SPROUTMAN

Sprouts: The Miracle Food

A wealth of information on and techniques for sprouting a variety of seeds, beans, and grains. - 224 pgs - #736043 - \$42.95 - \$11.65



Sproutman's Kitchen Garden Cookbook

Basic information along with 250 recipes for breads, cookies, soups, salt substitutes, seed cheeses, and much more - 320 pgs - #736868 - \$44.95 - \$13.45

Sproutman's Sprout Chart

A wheel chart and field guide with 37 color photos, instructions, harvest times, recipes, taste, and nutrition information. #736159 - \$5.95 - \$5.35

Power Juices, Super Drinks

This book is organized to fit your needs. Find the juice blend to get the results you want. 414 pgs - #66528X - \$44.00 - \$12.59

Water: The Ultimate Cure

Discover why water is so important and which water is right for you. Reduce fatigue, joint pain, allergies, and depression - 96 pgs - #736205 - \$7.95 - \$7.15

Wheatgrass: Nature's Finest Medicine

Where to get wheatgrass, how to grow it, and use it. Nutrition research, history, retreats and more. 210 pgs - #736987 - \$44.95 - \$13.45

THE MAIL ORDER CATALOG FOR HEALTHY EATING SPRING-SUMMER 2012

RAW FOODS

Goji Berries

Wildcrafted Tibetan berries, a rich source of carotenoids, vitamin C, amino acids, and trace minerals.
HA101 Hunza Goji Berries, 12 oz \$16.49

Organic Raw Cacao Nibs

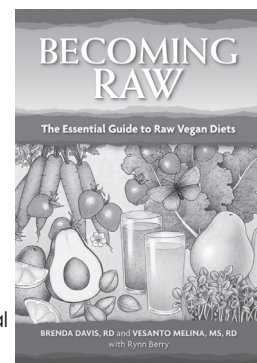
Rich in magnesium and other minerals and flavonoids. Add these to cereals, smoothies, baked goods.
HA102 Cacao Nibs, raw, 12 oz \$9.99

Organic Raw Agave Nectar

798354 Raw Blue Agave Nectar, 23.5 oz \$7.39

Becoming Raw: The Essential Guide to Raw Vegan Diets

Brenda Davis, RD, Vesanto Melina, MS, RD, Rynn Berry
The first authoritative look at the science behind raw vegan diets. Nutrition guidelines for meeting recommended intakes, the health benefits of raw diets, which raw claims have scientific backing. With over 45 recipes with nutritional analyses - 384 pgs - #672385 - \$24.95 - \$20.95



SPROUTING SUPPLIES

Evert-Fresh Green Bags

This large size is perfect for storing a whole FreshLife tray of finished sprouts in the refrigerator. 10 cnt
EVF03 Evert-Fresh Large Green Bags \$6.49

(Also see other sizes of Debbie Myers Green Bags, page 12)

Neptune's Harvest Seaweed Plant Food

Add more minerals and nutrition to your growing sprouts. Also good for backyard gardening.

NHK1 Neptune's Harvest, pint \$11.99

NHK2 Neptune's Harvest, quart \$17.99

Food-Grade Hydrogen Peroxide

8% strength—strong enough to protect against salmonella and E coli, yet safe for the environment. Use 2 capfuls to 1/2 cup in a Freshlife Sprouter to protect against contamination of sprouts.

FH01 16 oz. \$10.99

ProSeed Grapefruit Seed Extract

A multi-purpose extract used world-wide for many conditions, as a broad spectrum cleanser for vegetables. 268100 Liquid Concentrate 2 oz \$11.95

OUR BEST JUICER

SoloStar-II

Uses dual-stage juice extraction to get more juice from wheatgrass and a wider variety of fruits and vegetables than a single auger juicer.



Gentle low-rpm juicing process delivers even more of the essential nutrition from every drop.

SS9002 SoloStar-II Juicer \$269.00