

**THE MAIL ORDER CATALOG FOR HEALTHY EATING**

Spring-Summer 2009

**PLUS . . . delicious, quick-to-cook vegetarian meat substitutes, low in fat & high in soy protein**

**Be sure to check our great selection of health and nutrition books —all at half price or less!**

THE MAIL ORDER CATALOG FOR HEALTHY EATING  
PO BOX 180  
SUMMERTOWN, TN 38483

**S A T I S F A C T I O N   G U A R A N T E E D**

**1-800-695-2241**

**Vegetarian & Organic Food Cookbooks**  
**Personal Care Products**  
**Veggie Pet Products • Organic Foods**

THE SPROUTMAN RECOMMENDS



**Sprout Seeds & Equipment**

**NEW PRODUCTS!**

- Field Roast Deli Slices, Sausages, Celebration Roasts
- MimicCreme NonDairy Cream Substitute
- SoyQuick Premier Milk Maker
- Road's End Vegan Organic Instant Mashed Potatoes

Prsrt Std  
U.S. POSTAGE  
**PAID**  
SUMMERTOWN,  
TN  
PERMIT # 6

**SHOP ONLINE** [www.healthy-eating.com](http://www.healthy-eating.com)

**GIFT BASKETS**

**Large Gift Basket**

A sampling of jerkies, vegetarian pâté, miso soup, Ezekiel sprouted grain pasta, mac 'n cheese, vegan cheese sprinkles, gravies, and more! Gift wrapped. All vegan products.



LGB Large Gift Basket \$43.99

**Small Gift Basket**



Jerkies, vegetarian pâté, Ezekiel sprouted grain pasta, gummy bears, mac 'n cheese, gravies, miso soup, and more! Gift wrapped. All vegan products.

SGB Small Gift Basket \$29.99

Our gift baskets are decoratively wrapped and delivered to your friends and family.

**Mother's Day Gift Basket**

Treat Mom with a special collection of popular bodycare products: a variety of liquid and bar castile soaps, lotion, Aura Cacia Foaming Bath, Aloha Bay Trip Light Jar Candles, and more. Gift wrapped. All vegan products. (order by May 1st)

BCGB Mother's Day Gift Basket \$19.95



**Easter Gift Basket**

Delight a special someone this Easter with delicious treats made from wholesome ingredients. Includes vegan jelly beans, gummy swirls, gummy bears, Panda candy, and Terra Nostra Chocolate Ricemilk Bar. (order by April 3)

EGB Vegan Easter Gift Basket - \$24.95

Chocolate-Free Easter Gift Basket  
Gourmet carob bar replaces the chocolate bar  
CFEGB Chocolate-Free Easter Gift Basket \$24.95

(substitutions may be made for gift basket items due to availability)

Sproutman supplies, pages 6-7!



\*New products

**WHAT'S WHERE IN OUR CATALOG**

Alive Health Guides	15	*Dairy substitutes	2, 5	Mayonnaise substitutes	5	<b>Soy milk</b>	5
Agar flakes	9	Dehydrator	7	<b>Meat substitutes</b>	1-4	*Soy milk machine	5
Agave nectar	8	Deli slices	1-2	<b>Milk, soy &amp; nondairy beverages</b>	5, 9	Soy nut butter	9
<b>Alternative health books</b>	13	Dip mixes, organic	8	Miso, organic	8	Soy protein isolate	5
Discount	16-17	Dog food, vegetarian	10	Miso soup mixes	8	Sprout books	6, 12, 14
Apple cider vinegar, organic	8	Dried fruit, organic	8	Multivitamin, vegan	10	Sprout seeds & sprouters	6-7
Arrowroot powder	9	Dried sea vegetables	9	Nacho cheese, dairy-free	5	Sprouts, dehydrated	6, 7
<b>Baking supplies</b>	8-9	Dr. Bronner's castile soaps	10	Neti pots & supplies	10	Stevia	9
Baking powder	9	Edamame, roasted	8	Nondairy beverages	5	Superfoods	7
Bars, snack	9	<b>Egg substitutes</b>	5	Nut butters	9	Sushi kit	9
Bath products	10	Emer'gen C powder	10	<b>Nutritional yeast</b>	5	Sushi rice	9
Beans, organic/soy	8	<b>Entrees, instant meatless</b>	1-2, 4, 9	<b>Organic products</b>	8-9	Sweeteners	8, 9
BioBags	10	Environmental books	17	Parmesan, nondairy	5	Tempeh burgers	1
Bragg Liquid Aminos	9	Ezekiel Bread	2	*Pasta meals, cheeseless	5	Tempeh starter	4
Breading mix	4	Ezekiel Sprouted Grain Pasta	8	Pâtés, vegetarian	8	<b>Textured soy protein</b>	3-4, 8
Broth mixes	4	*Field Roast	1	Pero coffee substitute	9	Thai foods	9
Brown rice syrup	8	Flax oil capsules	10	<b>Personal care products</b>	10	Tofurky Roasts	1
Burger mixes	4	Flaxseed	5, 7	Pet food, vegan	10	Tofurky Franks & Links	1
Burger press	4	Frozen foods	1-2	pH kit	10	Tongue cleaner	10
Burgers, Super	1	Gardening books	15	Pickler	7	Vegan vitamins & supplements	10
Candles, travel	10	Gel, vegetarian	9	Produce storage bags	10	Vegetarian cookbooks	12, 14
Carob chips	9	Gift baskets	cover	Pudding & pie mixes	9	Vegetarian information	13, 15
Candies, raw, vegan & veggie	9	Ginger, pickled	9	Quinoa	8	Veggie Ribs Mix	4
Cafix coffee substitutes	9	<b>Gluten (seitan)</b>	4	Ramen	9	VegeUSA Meat Substitutes	1
Castile soaps	10	Goji berries	7	Raw foods	6-7	Vinegar	8, 9
Celtic salt	7	Grapefruit seed extract	10	Raw foods cookbooks	6, 12, 14	Vitamins, vegan	10
<b>Cheese substitutes</b>	2, 5	Gravy mixes	4, 8	*Raw milk maker	5	Wasabi powder	9
Cheese dip, dairy-free	5	Hempseed	8	Sampler packs	cover, 7, 8	Wheat berries	6
Chocolate, raw	7	Home design books	16	Sausage seasoning	3	Wheatgrass grower (trays)	7
Chocolate bars, organic	8	Hydrogen peroxide, food-grade	7	Salt mill	7	Wheat grass juicer	7
Chocolate, vegan	7, 8, 9	Indian foods	9	Salt, neti pot	10	Wheatgrass products	7
Chocolate chips	9	Insect repellent, natural	10	Salt	7, 9	Whipped cream, soy	5
<b>Cleaning supplies</b>	11	Jel, vegetarian	9	Sea vegetables	9	Worcestershire sauce, vegan	8
Cocoa	8	Jelly beans, vegetarian	8	<b>Seitan (gluten)</b>	4	Worthington foods	2
Coconut, milk, organic: oil, shredded	9	Jerky, vegetarian	4	Shopping bags	11	Yoga books, videos	18
Coconut juice (nonorganic)	9	Juicer	7	Shortening, vegan	8	Yogurt cheese maker	5
Coffee, fair-trade	9	<b>Kitchen appliances</b>	5, 7	Shrimp, vegan	1	Yogurt makers	5
Coffee, organic soy	9	Lecithin granules	8	<b>Snacks</b>	8, 9	All food products listed in our catalog are vegan, unless marked NV	
Coffee substitutes	9	<b>Lifestyle &amp; natural living books</b>	13, 17, 19-20	Soap, ayurvedic, castile	10	K or U indicates kosher product	
Colloidal silver	10	Liquid aminos	9	Soba noodles	9	WF - Wheat-free processed food	
<b>Cookbooks</b>	12-13	Loma Linda products	2	Soybeans, organic	8		
Allergies, special diets	12	Low-carb pastas	8	Soy cheese	2		
Discount	14-15			Soy coffee	10		