

# Healthy Living Natural Foods

## Bulk PLU's

| <b>PLU</b> | <b>Product</b>      |
|------------|---------------------|
| 100        | RED LENTILS         |
| 101        | GREEN LENTILS       |
| 102        | YELLOW SPLIT PEAS   |
| 103        | BLACK BEANS         |
| 104        | ADZUKI BEANS        |
| 105        | PINTO BEANS         |
| 106        | CHICK PEAS          |
| 107        | KIDNEY BEAN         |
| 108        | GR. SPLIT PEA       |
| 109        | GREAT N BEAN        |
| 110        | NAVY BEAN           |
| 111        | SOY BEANS           |
| 112        | MUNG BEANS          |
| 113        | 7BEAN/BARLEY        |
| 115        | SUNFLOWER SD.       |
| 116        | POPCORN             |
| 117        | RICE ELBOWS         |
| 118        | RICE SPIRALS        |
| 119        | ALL PURP W.W. FLOUR |
| 120        | VEGGIE ELBOWS       |
| 121        | VEG CONFETTI        |
| 122        | VEGGIE SHELLS       |
| 123        | SMALL VEG. SHELLS   |
| 124        | MIDEAST COUSCOUS    |
| 125        | SEMOLINA COUSCOUS   |
| 126        | W.W. COUSCOUS       |
| 127        | PEARLED BARLEY      |
| 128        | HULLED BARLEY       |
| 129        | KASHA               |
| 130        | WHEAT FLAKES        |
| 131        | BULGUR              |
| 132        | BULGUR FINE         |
| 133        | WHEAT BERRIES WHT.  |
| 134        | WHEAT BERRIES RED   |
| 135        | BLACK EYED PEAS     |
| 136        | STEEL CUT OAT       |
| 137        | FRENCH LENTILS      |
| 138        | QUINOA              |
| 139        | MILLET              |
| 140        | CORN GRITS          |
| 141        | SEA SALT            |
| 143        | RAW PINENUTS        |
| 145        | SPRINKLES           |
| 2003       | RAW ALMONDS         |
| 2005       | SLIVERED ALMONDS    |
| 2006       | SLICED ALMONDS      |

| <b>PLU</b> | <b>Product</b>       |
|------------|----------------------|
| 2008       | TAMARI ALMONDS       |
| 2009       | BRAZIL NUTS          |
| 2010       | RAW CASHEWS          |
| 2012       | PISTACHIO MEATS R/S  |
| 2013       | CASHEW R/S           |
| 2014       | CASHEW R/NS          |
| 2015       | RAW HAZELNUTS        |
| 2016       | RAW MACADAMIA NUTS   |
| 2017       | MIXED NUTS R/S       |
| 2018       | PECAN HALVES         |
| 2019       | BLANCHED PEANUTS     |
| 2020       | PEANUTS R/S          |
| 2021       | MANGO                |
| 2022       | PISTACHIO R/S        |
| 2023       | PISTACHIO R/NS       |
| 2024       | WALNUT HALVES        |
| 2027       | ALMONDS R/NS         |
| 2028       | R/S PUMPKIN SEEDS    |
| 2029       | PUMPKIN SEEDS        |
| 2030       | HULLED SESAME        |
| 2031       | UNHULLED SESAME      |
| 2033       | TAMARI SUNNIES       |
| 2034       | PRETZEL NUGGETS      |
| 2036       | COARSE SEA SALT      |
| 2037       | GARLIC PARSLEY RIB.  |
| 2038       | SPINACH ROTINI       |
| 2040       | SEMO SPAGHETTI       |
| 2041       | HEALTHY LIVING MIX   |
| 2042       | BIONATURAE 3-COLOR   |
| 2043       | RYE FLOUR            |
| 2044       | VEG. CORKSCREWS      |
| 2045       | W.W. SPAGHETTI       |
| 2046       | W.W. UDON            |
| 2047       | ANIMAL COOKIES       |
| 2048       | LIMA BEANS           |
| 2049       | RASPBERRY PRETZELS   |
| 2050       | ORIENTAL RICE SNACKS |
| 2051       | BERRY CHUNKS         |
| 2052       | CAROB CHUNKS         |
| 2053       | WOODSTOCK MALTBALLS  |
| 2054       | CHOC. GINGER         |
| 2055       | CRYSTAL. GINGER      |
| 2056       | CRYSTAL. GINGER      |
| 2057       | RAW PISTACHIO MEATS  |
| 2058       | LICORICE             |
| 2059       | WASABI PEAS          |
| 2060       | CHOC. PRETZELS       |
| 2061       | YOGURT PRETZELS      |
| 2062       | SESAME CRUNCH        |
| 2063       | CAROB PEANUTS        |

| <b>PLU</b> | <b>Product</b>            |
|------------|---------------------------|
| 2064       | SPICY PISTACHIO           |
| 2065       | SWT. CAROB CHIPS          |
| 2066       | MAPLE CASHEWS             |
| 2067       | DARK CHOC. CHIPS          |
| 2068       | MIXED NUTS R/NS           |
| 2069       | NONFAT DRY MILK           |
| 2070       | REAL SALT                 |
| 2071       | SUCANAT                   |
| 2072       | DARK BROWN SUGAR          |
| 2073       | LIGHT BROWN SUGAR         |
| 2074       | FRUCTOSE                  |
| 2075       | POWDERED SUGAR            |
| 2076       | SUGAR                     |
| 2077       | TURBINADO                 |
| 2078       | GRANULATED MAPLE          |
| 2079       | BUCKWHEAT FLOUR           |
| 2081       | PITTED KALAMATA           |
| 2082       | GARLIC STUFFED            |
| 2083       | PITTED GREEN OLIVE        |
| 2084       | BLACK KALAMATA            |
| 2085       | COCONUT CHIPS             |
| 2086       | SHREDDED COCONUT          |
| 2088       | ALMOND BUTTER             |
| 2089       | HONEY R/S PEANUTS         |
| 2090       | BLANCHED ALMONDS          |
| 2100       | B&J VANILLA HAZELNUT      |
| 2101       | BROWN FLAX                |
| 2102       | GOLDEN FLAX               |
| 2107       | MAPLE ROASTED WALNUTS     |
| 2109       | BIG BUZZ                  |
| 2110       | RED EYE ROAST             |
| 2112       | COLOMBIAN                 |
| 2114       | BALSAMIC VINEGAR          |
| 2115       | R/S SOYNUTS               |
| 2116       | SESAME STICKS             |
| 2117       | SUNNY FRUIT SLICES        |
| 2118       | VANILLA EXTRACT           |
| 2119       | YOGURT PNUT CLUSTERS      |
| 2120       | WILD YAM ROOT             |
| 2121       | TARRAGON LEAF             |
| 2122       | TAPIOCA PEARLS            |
| 2123       | MULLING SPICE             |
| 2124       | MATCHA GREEN TEA          |
| 2125       | ANISE SEED WHOLE          |
| 2126       | CRUSHED RED CHILI PEPPERS |
| 2127       | GARLIC FLAKES             |
| 2128       | ONION GRANULES            |
| 2129       | GARLIC POWDER             |
| 2130       | DARK STAR                 |
| 2131       | WHITE PEPPER              |

| <b>PLU</b> | <b>Product</b>            |
|------------|---------------------------|
| 2132       | BOLIVIAN                  |
| 2133       | FRENCH ROAST              |
| 2134       | MEXICAN                   |
| 2135       | FENNEL SEED POWDER        |
| 2136       | OG SPIRULINA              |
| 2137       | SUMMER SAVORY LEAF        |
| 2138       | FENUGREEK SEED            |
| 2139       | STEVIA                    |
| 2140       | PICKLING SPICE            |
| 2141       | B&J BRAZILIAN             |
| 2142       | GARLIC SALT               |
| 2144       | B&J RISE AND SHINE BLEND  |
| 2145       | FRENCH DECAF              |
| 2147       | BREAKFAST DECAF           |
| 2149       | MIND BODY SOUL            |
| 2151       | ETHIOPIAN                 |
| 2154       | CAFE PERU                 |
| 2157       | BREAKFAST BLEND           |
| 2159       | LOVE BUZZ                 |
| 2160       | FRENCH ROAST              |
| 2161       | ETHIOPIAN HARRAR          |
| 2163       | MOKA JAVA                 |
| 2164       | B&J "FLAVOR OF THE MONTH" |
| 2165       | B&J OG COLOMBIAN          |
| 2167       | B&J OG PERUVIAN           |
| 2168       | B&J OG SUMATRAN           |
| 2169       | B&J OG ESPRESSO           |
| 2170       | B&J OG FRENCH ROAST       |
| 2171       | B&J HEALTHY LIVING BLEND  |
| 2172       | B&J VT BREAKFAST BLEND    |
| 2173       | B&J OG FRNCH RST. DEC.    |
| 2177       | ARTISAN DARK              |
| 2900       | JOLLY BEANS               |
| 2901       | RAW PISTACHIO             |
| 2902       | AMARANTH                  |
| 2903       | BARBARA'S FIG BARS        |
| 2904       | MACADAMIA NUTS R/S        |
| 2905       | GREEN TEA DECAF           |
| 2906       | R/S PECANS                |
| 2907       | CHOCOLATE COVERED CHER    |
| 300        | WHITE BASMATI             |
| 301        | BROWN BASMATI             |
| 302        | INDIAN W. BASMATI         |
| 303        | ARBORIO RICE              |
| 304        | HARVEST PILAF             |
| 305        | WILD RICE BLEND           |
| 306        | WHITE JASMINE             |
| 307        | SUSHI RICE                |
| 308        | SWEET BROWN RICE          |
| 309        | BROWN JASMINE             |

| <b>PLU</b> | <b>Product</b>          |
|------------|-------------------------|
| 310        | CANADIAN JUMBO          |
| 311        | LONG GRAIN WHITE        |
| 312        | LONG GRAIN BROWN        |
| 313        | SHORT GRAIN BROWN       |
| 314        | TVP                     |
| 315        | PANCAKE MIX             |
| 316        | SOY PROTEIN POWDER      |
| 318        | WILD RICE SES. STICK    |
| 319        | TOASTED CORN            |
| 320        | HIT THE TRAIL           |
| 321        | ENERGY POWER TRAIL MIX  |
| 322        | TRAIL MIX               |
| 323        | CAROB MINT RICE         |
| 324        | CAROB RICE CAKE         |
| 325        | CHERRY VANILLA DREAM    |
| 326        | CRANBERRY HARVEST       |
| 327        | CHOC. NUT CRUNCH        |
| 329        | HUMMUS DIP MIX          |
| 330        | NATURE BURGER MIX       |
| 331        | TABOULI MIX             |
| 332        | INSTANT REFRIED         |
| 333        | FALAFEL MIX             |
| 334        | PEANUT BUTTER STOCK     |
| 335        | ELBOWS                  |
| 336        | WHITE SPELT FLOUR       |
| 337        | PENNE                   |
| 338        | ORZO                    |
| 340        | NE.N.B. MUESLI          |
| 341        | MAPLE PECAN             |
| 342        | SUPER NUTTY             |
| 343        | LOWFAT APPLE CINN       |
| 344        | COUNTRY PUMPKIN         |
| 345        | COCONUT ALMOND          |
| 346        | LOWFAT BANANA CR.       |
| 347        | LF STRAWBERRY/RASPBERRY |
| 348        | BLUEBERRY FLAX          |
| 349        | GINGER SNAP             |
| 350        | FRUIT MUESLI            |
| 351        | FRENCH VANILLA ALM.     |
| 352        | CRANBERRY ORANGE        |
| 353        | HONEY NUTS              |
| 354        | RASP AND CREAM          |
| 355        | NE SUPER NATURAL        |
| 356        | SAVE THE FOREST         |
| 357        | PECAN SPLENDOR          |
| 358        | SPELT FLOUR             |
| 359        | WHEY PRO POWDER         |
| 360        | SOY FLOUR               |
| 361        | QUICK OATS              |
| 362        | WHITE PASTRY FLOUR      |

| <b>PLU</b> | <b>Product</b>             |
|------------|----------------------------|
| 363        | ROLLED OATS                |
| 364        | OAT BRAN                   |
| 365        | WHEAT BRAN                 |
| 366        | NUTRITIONAL YEAST SMALL    |
| 367        | NUTRITIONAL YEAST LARGE    |
| 368        | WHEAT GLUTEN               |
| 369        | CHICK PEA FLOUR            |
| 370        | YELLOW CORNMEAL            |
| 371        | WHITE RICE FLOUR           |
| 372        | BR. RICE FLOUR             |
| 373        | MASA HARINA                |
| 374        | SIX GRAIN FLOUR            |
| 375        | WHITE BREAD FLOUR          |
| 376        | WW BREAD FLOUR             |
| 377        | WW PASTRY FLOUR            |
| 378        | SEMOLINA FLOUR             |
| 379        | WHITE FLOUR                |
| 380        | WHITE FLOUR W/GERM         |
| 381        | KING ARTHUR BREAD FLOUR    |
| 500        | NAT.PATH FLAX PLUS W/PUMP. |
| 501        | R/S ALMONDS                |
| 502        | VANILLA MACAROON           |
| 504        | HEMP PLUS                  |
| 505        | MAPLE PECANS               |
| 506        | PEANUT BUTTER PRETZELS     |
| 508        | WOODSTOCK CRAN. PECAN      |
| 510        | CHERRY VANILLA             |
| 511        | BUTTERFLY PNUT VANILLA     |
| 525        | MAPLE SYRUP"B"             |
| 526        | OLIVE OIL                  |
| 527        | TAMARI                     |
| 528        | HONEY                      |
| 529        | PEANUT BUTTER              |
| 531        | CANOLA OIL                 |
| 534        | MAPLE SYRUP "A" FANCY      |
| 550        | CHOC. COV. RAISIN          |
| 551        | CHOC. SUNDROP              |
| 553        | CHOC. COV. ESPRESSO        |
| 554        | COCOA ALMONDS              |
| 555        | ENGLISH TOFFEE             |
| 556        | CHOC. PEANUTS              |
| 557        | PEANUT SUNDROPS            |
| 558        | CAROB RAISINS              |
| 559        | YOGURT RAISINS             |
| 561        | COCONUT HAYSTACK           |
| 562        | YOGURT ALMONDS             |
| 563        | PECAN CARAMELS             |
| 564        | CAROB ALMONDS              |
| 565        | CHOC. ALMONDS              |
| 566        | RAW CASHEW PIECES          |

| <b>PLU</b> | <b>Product</b>        |
|------------|-----------------------|
| 700        | AGAR AGAR             |
| 701        | ALFALFA LEAF          |
| 702        | ALFALFA SEED          |
| 703        | ALLSPICE BERRY        |
| 704        | ALLSPICE POWDER       |
| 706        | STAR ANISE            |
| 707        | ARROWROOT             |
| 708        | ASAFOETIDA            |
| 709        | BAKING POWDER         |
| 710        | BAKING SODA           |
| 711        | BASIL                 |
| 712        | BAY LEAF              |
| 713        | BROCCOLI SEED         |
| 714        | CAJUN BLACKENED       |
| 715        | CARAWAY SEED          |
| 716        | CARDAMOM POD          |
| 717        | CARDAMOM SEED POWDER  |
| 719        | CAYENNE               |
| 720        | CELERY SEED           |
| 723        | CHILI PEPPERS         |
| 724        | FIESTA CHILI          |
| 725        | CHIVES                |
| 727        | CILANTRO LEAF         |
| 728        | CINNAMON POWDER       |
| 729        | CINNAMON STICKS       |
| 730        | CLOVES                |
| 731        | CLOVE POWDER          |
| 732        | CORN STARCH           |
| 733        | CORIANDER POWDER      |
| 734        | CORIANDER SEED        |
| 735        | CREAM OF TARTAR       |
| 736        | CUMIN SEED POWDER     |
| 737        | CUMIN SEED            |
| 738        | CURRY POWDER          |
| 739        | DILL SEED             |
| 740        | DILL WEED             |
| 743        | FENNEL SEED           |
| 746        | FENUGREEK SEED POWDER |
| 747        | GARAM MASALA          |
| 748        | GARLIC GRANULES       |
| 752        | GINGER ROOT POWDER    |
| 753        | GINGER ROOT           |
| 754        | GUAR GUM              |
| 755        | HERBES DE PROVENCE    |
| 756        | ITALIAN SEASONING     |
| 757        | JUNIPER BERRIES       |
| 758        | KAVA KAVA ROOT        |
| 759        | KELP POWDER           |
| 760        | LEMON GRASS           |
| 761        | LEMON PEEL            |

| <b>PLU</b> | <b>Product</b>        |
|------------|-----------------------|
| 762        | LICORICE ROOT         |
| 763        | LICORICE STICKS       |
| 764        | MACE POWDER           |
| 765        | MARJORAM              |
| 766        | MEXICAN SEASONING     |
| 768        | BROWN MUSTARD SEED    |
| 769        | YELLOW MUSTARD POWDER |
| 770        | YELLOW MUSTARD SEED   |
| 772        | NUTMEG GROUND         |
| 773        | NUTMEG WHOLE          |
| 774        | ONION FLAKES          |
| 775        | ONION POWDER          |
| 777        | ORANGE PEEL           |
| 778        | OREGANO               |
| 779        | PAPRIKA               |
| 781        | PARSLEY               |
| 783        | PAU D'ARCO BARK       |
| 784        | BLACK PEPPER          |
| 785        | BLACK PEPPERCORNS     |
| 786        | GOURMET PEPMILL       |
| 787        | 3-BERRY GRANOLA       |
| 788        | LEMON PEPPER          |
| 789        | PINK PEPPERCORN       |
| 791        | WHITE PEPPERCORNS     |
| 793        | POPPY SEED            |
| 794        | POULTRY SEASONING     |
| 796        | PUMPKIN PIE SPICE     |
| 797        | RADISH SEED           |
| 798        | WASABI POWDER         |
| 799        | ROSEMARY              |
| 800        | RUBBED SAGE           |
| 801        | SLIPPERY ELM          |
| 805        | VEGGIE BROTH POWDER   |
| 806        | TAPIOCA GRANULES      |
| 809        | THYME                 |
| 810        | TURMERIC              |
| 811        | VANILLA BEANS         |
| 812        | XANTHAM GUM           |
| 813        | ASSAM BLACK TEA       |
| 814        | EARL GREY             |
| 815        | ENGLISH BREAKFAST TEA |
| 817        | GUNPOWDER TEA         |
| 818        | KUKICHA TWIG TEA      |
| 820        | LEMON GINGER TEA      |
| 821        | o VEGGIE CAPSULES     |
| 822        | oo VEGGIE CAPSULES    |
| 824        | SPROUT SPREE          |
| 825        | SENCHA TEA            |
| 826        | DRAGON TEA            |
| 827        | GENMAICHA             |

| <b>PLU</b> | <b>Product</b>           |
|------------|--------------------------|
| 828        | CELERY SALT              |
| 900        | BLESSED THISTLE          |
| 901        | BURDOCK                  |
| 902        | CALENDULA                |
| 903        | CATNIP                   |
| 904        | CHAMOMILE                |
| 905        | COMFREY LEAF             |
| 906        | COMFREY ROOT             |
| 908        | DANDELION                |
| 909        | ECHINACEA ANG            |
| 910        | ECHINACEA PURP           |
| 911        | GOLDENSEAL               |
| 913        | HIBISCUS FLOWER          |
| 914        | HOREHOUND HERB           |
| 915        | LAVENDER                 |
| 916        | LEMON BALM               |
| 917        | MAPLE CASHEW GRANOLA     |
| 918        | MARSHMALLOW              |
| 919        | MILK THISTLE             |
| 920        | MOTHERWORT               |
| 921        | OATSTRAW                 |
| 922        | NETTLE LEAF              |
| 923        | PEPPERMINT               |
| 925        | RASPBERRY LEAF           |
| 926        | RED CLOVER               |
| 927        | ROSEHIPS                 |
| 928        | SCULLCAP                 |
| 929        | SPEARMINT                |
| 930        | RST. CHICORY ROOT        |
| 931        | UVA URSI                 |
| 932        | VALERIAN                 |
| 934        | YARROW HERB              |
| 935        | YERBA MATE               |
| 936        | PISTACHIO MULBERRY GRANO |
| 937        | VT ART OG JASMINE        |
| 938        | VT ART OG ROOIBOS        |
| 939        | VT ART OG CHAI MASALA    |
| 940        | PSYLLIUM SEED HUSK POWDE |