

## **ORDER YOUR SPROUT KITS AS SOON AS POSSIBLE FOR WEEK 3!**

Note: if you live near Waltham, you can buy your beginner kit from Betsy for \$25.

Beginner Eat To Thrive Kit : WHEATGRASS & SPROUTS & SOIL FOR 1 WEEK - \$54

<https://www.800wheatgrass.com/product/beginner-survival-sprouting-kit-copy/>

### **Includes:**

- 2 Reusable solid trays
- 1 Reusable tray with holes for drainage
- Potting soil with fertilizer in it
- Wheatgrass seed enough for 1 tray
- Sunflower seeds enough for 1 tray
- Mung bean seeds – 1/2 cup
- Lentil seeds – 1/2 cup
- Broccoli seeds – 3 tbsp
- Cheesecloth sufficient for sprouting in Mason jar or bowl

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IF YOU WANT TO GROW FOR MORE THAN 1 WEEK WE SUGGEST:

1) Wheatgrass grow kit: GROWS 4 TRAYS - \$84

<https://www.800wheatgrass.com/product/wheatgrass-grow-kit-with-light/>

### **Includes:**

- Growing supplies for 4 Trays of Wheatgrass
- OPTIONAL – Full Spectrum Grow Light (27W – \$40 value)
- 2 Plastic Black Trays – 10×20"
- Organic Compost Soil Mix (for 4 trays)
- Wheat Seeds – Highest Quality (for 4 trays)
- Spray Bottle (for misting)
- Detailed Growing Instructions (from the experts)

2) Sprouting kit: JUST SPROUTS NO SOIL FOR 1-2 MONTHS - \$69.50

<https://www.800wheatgrass.com/product/intermediate-survival-sprouting-kit/>

**Includes:**

Broccoli seeds

Radish seeds

Lentil seeds

3) Advanced sprouting kit: WHEATGRASS, SPROUTS & SOIL FOR 2 MONTHS - \$249.50

<https://www.800wheatgrass.com/product/advanced-survival-sprouting-kit/>

**Includes:**

- Growing supplies for:
  - 4 Trays of Wheatgrass ( ~ 3.2 lb wheat seed )
  - 5 Trays of Sunflower ( ~2 lb sunflower seed )
  - Broccoli Sprouts ( ~ 1.5 lb broccoli seed )
  - Radish Sprouts ( ~ 2 lb radish seed )
  - Lentil Sprouts ( ~3 lb lentil seed )
- Full Spectrum Grow Light (27W – \$40 value)
- 4 Plastic Black Trays – 10×20"
- Organic Compost Soil Mix (for 8 trays)
- Wheat, Broccoli, Sunflower, Radish & Lentil Seeds – Highest Quality
- Spray Bottle (for misting)
- Detailed Growing Instructions (from the experts)

For questions, please contact: Rebecca Matsil, Marketing Manager of Perfect Foods, Inc.  
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