

## 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 Sprouting Kit (Sampler) \$36**

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



### **Free Shipping**

#### **Includes:**

- 1 oz Broccoli Seeds
- 2 oz Radish Seeds
- 8 oz Mung Bean Seeds
- 16 oz Lentil Seeds

### **Why Sprouts?**

- Sprouts are easy to grow at home
- Only takes 3-7 days to produce
- Sprouts are among the most nutrient-dense, anti-inflammatory, and immune-system-boosting foods on earth.

As the seed is nutritionally activated through the process of soaking and sprouting, the breakdown and germination make the nutritional properties more bioavailable to us when we consume them and about **20-100 times** more nutrient-dense than their adult plant.

This variety pack of sprouting seeds will be enough for you to get started with sprouting at home and provide enough sprouts to supplement with for 1-2 people for a few weeks. **Add these sprouts to salads, sandwiches, smoothies, or just to snack on! They are delicious and you will love them!**

We constantly seek out the highest quality, NON-GMO seeds for sprouting for your convenience.

**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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