



Packaged Whole Foods You Find at Costco

- Himalayan Salt 5 lbs container @ \$9.99
- Organic Cold Pressed Coconut Oil/butter 54 fl Oz. container @ \$14.99
- Organic Extra Virgin Olive Oil 2 liter bottle, @ \$13.59-the draw back of this one is it's coming in plastic bottle:(
- Organic Pitted Dates, 2.5 lbs bag @ \$10.39
- Organic Black Mission Figs 32 oz. bag @ \$11.99
- Organic Raisins, two, 2 lbs bags @ \$9.39
- Organic Pine Nuts 1.5 lbs bag @ \$22.99
- Pecans, 2 lbs bag, @ \$12.59
- Organic Walnuts 2 lbs bag, @ \$19.99
- Almonds 3 lbs bag, @ \$17.99
- Organic Cashews 2 lbs container, @ \$16.99
- Organic Chia Seeds 2 lbs bag @ \$7.49
- Hemp Seeds 28 oz. bag @ \$11.99
- Organic Sweet Cherries Frozen, 3 lbs bag @ \$11.69
- Organic Mixed Berries Frozen, 3 lbs bag @ \$10.84
- Organic Mango Frozen 3 lbs bag, @ \$ \$9.99
- Organic Wild Blueberries 3 lbs bag, @ \$11.79



Mihaela Telecan's
HEALING
with **FOODS**
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