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| ***TU FUENTE DE SALUD***  FORMATO DE PEDIDO SEMANA **[1ª]**  **tiendafuentesalud@gmail.com**  **descarga 628 526 554** descarga **868919633** | | | | | ***LISTADO DE PRODUCTOS***  ***FRUTA VERDURA GRANELES***  ***PANADERÍA LÁCTEOS*** | | | |
| ***PRODUCTOS*** | | | ***KILOS*** | | ***UNIDADES O***  ***MANOJOS*** | ***OBSERVACIONES*** | | |
| ***VERDUDA y HORTALIZAS*** | | | | | | | | |
| **Acelgas verdes** | | |  | |  |  | | |
| **Acelgas rojas** | | |  | |  |  | | |
| **Achicoria** | | |  | |  | ***Novedad*** | | |
| **Ajos secos Spring** | | |  | |  |  | | |
| **Ajos tiernos** | | |  | |  |  | | |
| **Apio largo** | | |  | |  | ***Manojo*** | | |
| **Berenjena negra** | | |  | |  |  | | |
| **Boniato** | | |  | |  |  | | |
| **Brócoli** | | |  | |  |  | | |
| **Calabacín** | | |  | |  |  | | |
| **Calabaza Cacahuete** | | |  | |  |  | | |
| **Cebolla blanca Reca** | | |  | |  |  | | |
| **Cebolla roja** | | |  | |  |  | | |
| **Cebolla tierna blanca** | | |  | |  |  | | |
| **Cebolla tierna roja** | | |  | |  |  | | |
| **Chirivia** | | |  | |  | ***Novedad*** | | |
| **Cilantro** | | |  | |  |  | | |
| **Coliflor** | | |  | |  |  | | |
| **Colinabos** | | |  | |  | ***Novedad*** | | |
| **Colirrábano** | | |  | |  |  | | |
| **Colirrábano morado** | | |  | |  |  | | |
| **Col Khale verde** | | |  | |  |  | | |
| **Col Khale roja** | | |  | |  |  | | |
| **Col Lombarda** | | |  | |  |  | | |
| **Col Picuda** | | |  | |  | ***Novedad*** | | |
| **Col Rizada** | | |  | |  |  | | |
| **Escarola rizada** | | |  | |  |  | | |
| **Espinacas** | | |  | |  |  | | |
| **Hinojo bulbo** | | |  | |  |  | | |
| **Lechuga Baby** | | |  | |  |  | | |
| **Lechuga Maravilla** | | |  | |  |  | | |
| **Lechuga Roble Rojo** | | |  | |  |  | | |
| **Lechuga Romana** | | |  | |  |  | | |
| **Lechuga Trocadero** | | |  | |  |  | | |
| **Nabo Daikon** | | |  | |  |  | | |
| **Pack choi** | | |  | |  | ***Novedad*** | | |
| **Patata blanca** | | |  | |  |  | | |
| **Patata roja** | | |  | |  |  | | |
| **Perejil** | | |  | |  |  | | |
| **Pepino corto** | | |  | |  |  | | |
| **Pimiento rojo** | | |  | |  |  | | |
| **Pimiento verde** | | |  | |  |  | | |
| **Pimiento Palermo verde** | | |  | |  | ***Novedad*** | | |
| **Puerros kg.** | | |  | |  |  | | |
| **Rabanitos** | | |  | |  |  | | |
| **Remolacha amarilla manojos** | | |  | |  |  | | |
| **Remolacha roja kg** | | |  | |  | ***Novedad*** | | |
| **Rúcula** | | |  | |  |  | | |
| **Tomate cherry** | | |  | |  |  | | |
| **Tomate ensalada** | | |  | |  |  | | |
| **Tomate Pera** | | |  | |  |  | | |
| **Tomate Rebelion** | | |  | |  | ***Novedad*** | | |
| **Zanahoria kg** | | |  | |  |  | | |
| **Zanahorias manojo** | | |  | |  |  | | |
| ***Frutas de Temporada*** | | | | | | | | |
| **Aguacate Fuerte** | | |  | |  |  | | |
| **Caqui rojo brillante** | | |  | |  |  | | |
| **Chirimoyas** | | |  | |  | ***Novedad*** | | |
| **Kiwi Gold (amarillo) Zespri** | | |  | |  |  | | |
| **Kiwi verde** | | |  | |  | ***Nacional*** | | |
| **Kumquat** | | |  | |  | ***Novedad*** | | |
| **Limón Fino** | | |  | |  | ***Producción propia*** | | |
| **Mandarinas Clemenules** | | |  | |  | ***Producción propia*** | | |
| **Manzana Fuji** | | |  | |  |  | | |
| **Manzana Golden** | | |  | |  |  | | |
| **Manzana Royal Gala** | | |  | |  |  | | |
| **Naranjas Navelina** | | |  | |  | ***Producción propia*** | | |
| **Pera Conferencia Rincón de Soto** | | |  | |  |  | | |
| **Papaya Canaria** | | |  | |  |  | | |
| **Plátano Canario** | | |  | |  |  | | |
| **Pomelo Rojo Star Ruby** | | |  | |  |  | | |
| ***Setas y Champis. CONDIMENTARIAS, AROMÁTICAS RAÍCES SECAS. Germinados*** | | | | | | | | |
| **Setas Shiitake** | | |  | |  |  | | |
| **Champiñón Portobello** | | |  | |  |  | | |
| **Cúrcuma fresca** | | |  | |  |  | | |
| **Jengibre fresco** | | |  | |  |  | | |
| **Laurel** | | |  | |  | ***Producción propia*** | | |
| **Romero** | | |  | |  | ***Producción Propia*** | | |
| **Salvia** | | |  | |  | ***Producción Propia*** | | |
| **FRUTOS SECOS - HUEVOS Y OTROS** | | | | | | | | |
| **Dátil Medjoul** | | |  | |  |  | | |
| **Dátil rama** | | |  | |  |  | | |
| **Huevos - Media docena Bio** | | |  | |  |  | | |
| **Huevos- Media docena Camperos** | | |  | |  |  | | |
| ***GRANELES*** | | | | | | | | |
| **ALGAS DESHIDRATADAS**  **PVP/kg** | | | | | **ENDULZANTES PVP/kg** | | | |
| **Alga Wakame 52€** | | |  | | **Xilitol 12.95€** | | |  |
| **Alga Espagueti de mar 40.00€** | | |  | | **Panela 4.50€** | | |  |
| **Alga Kombu 4 0.00€** | | |  | | **Azúcar caña Golden 3.55€** | | |  |
| **FRUTA DESHIDRATADA**  **PVP/kg** | | | | |  | | |  |
| **Arándano rojo 22.10€** | | |  | | **HARINAS PVP/kg** | | | |
| **Higo cuello de dama 8.90€** | | |  | | **Harina blanca Espelta 3.30€** | | |  |
| **Ciruela sin hueso de Agen 17.80€** | | |  | | **Harina int. Khorasan 3.30€** | | |  |
| **Pasa sultana 9.40€** | | |  | | **Harina int. Centeno 2.75€** | | |  |
| **Orejón de Albaricoque 13.85€** | | |  | | **Harina semi Espelta 3.30€** | | |  |
| **Tomate seco en orejones 25.00€** | | |  | | **Harina de Fuerza 2.50€** | | |  |
| **LEGUMBRES** | | |  | | **Harina trigo sarraceno s/g 4.65€** | | |  |
| **Alubia blanca** | | |  | | **Harina Avena s/g** | | |  |
| **Alubia pinta** | | |  | | **Harina Arroz s/g** | | |  |
| **Alubia Negra 4.95€** | | |  | |  | | |  |
| **Azuki 5.20€** | | |  | | **Harina Centeno** | | |  |
| **Garbanzo Pedrosillano 5.30€** | | |  | | **Harina Garbanzos** | | |  |
| **Garbanzo Lechoso** | | |  | | **Harina Maiz** | | |  |
| **Lenteja Beluga “caviar” 7.10€** | | |  | | **Harina Blanca Trigo** | | |  |
| **Lenteja Pardina 5,35€** | | |  | | **DESAYUNOS** | | | |
| **Lenteja Roja 4.90€** | | |  | | **Muesli *quinoa, avena, copos de maíz y chocolate fruta* 11 €** | | |  |
| **Lenteja castellana 4,50€** | | |  | | **Leche Coco Polvo 30.75€** | | |  |
|  | | |  | | **Copos Avena Inte. finos 3.00€** | | |  |
|  | | |  | | **Copos Avena Gruesos 3.00€** | | |  |
|  | | |  | | **Muesli semillas *con seis semillas, fruta y avena* 10.00€** | | |  |
|  | | |  | | **Coco rallado 7.10€** | | |  |
| **ESPECIAS Y SUPLEMENTOS EN POLVO** | | | | | **Galletas avena con chocolate y naranja 14.60€** | | |  |
| **Comino en polvo 28.40€** | | |  | | **Galletas espelta jengibre y chía 14.60€** | | |  |
| **Pimentón dulce 32.80€** | | |  | | **Galletas de trigo sarraceno y algarroba 14.60€** | | |  |
| **Maca Mix (roja, blanca, Negra) 24.35€** | | |  | | **Rollos de espelta integral y naranja 14.60€** | | |  |
| **Cúrcuma polvo 9.00€** | | |  | | **Chips de coco 12.00€** | | |  |
| **Romero 9.50€** | | |  | | **Cacao polvo desgrasado 8.60€** | | |  |
| **Clavo 29.45€** | | |  | | **Arroz Hinchado 12.85€** | | |  |
| **Canela Ceylán molida 25.00€** | | |  | | **Corn Flakes Maíz 12.50€** | | |  |
| **Canela Ceylán rama 54.30€** | | |  | | **Corn Flakes Espelta 10.40€** | | |  |
| **Pimienta negra Grano 19.00€** | | |  | |  | | |  |
| **Jengibre polvo 32.10€** | | |  | |  | | |  |
| **Sal Himalaya fina 2.70€** | | |  | |  | | |  |
| **Orégano 31.40€** | | |  | |  | | |  |
| **Cúrcuma y pimienta 90/10% 9.10€** | | |  | | **ARROCES** | | | |
| **Pimienta molida 21.35€** | | |  | | **Arroz blanco redondo 4.30€** | | |  |
| **SEMILLAS OLEAGINOSAS Y GRANOS** | | | | | **Arroz semi redondo 4.55€** | | |  |
| **Trigo Sarraceno 4.50€** | | |  | | **Arroz Basmati Blanco 5.60€** | | |  |
| **Mijo 4.30€** | | |  | | **Arroz Basmati integral 5.00€** | | |  |
| **Pipas de Girasol 5.00€** | | |  | | **Arroz Rojo 5.85€** | | |  |
| **Pipas de Calabaza 12.45€** | | |  | | **Arroz exótico 5.50€** | | |  |
| **Sésamo crudo 5.70€** | | |  | | **Arroz Negro 5.75€** | | |  |
| **Cacahuete pelado crudo 6.90€** | | |  | | **SOPAS y PREPARADOS** | | | |
| **Cáñamo pelado 21.90€** | | |  | | **Sopa de verduras 10.00€** | | |  |
| **Linaza dorada 5.10€** | | |  | | **Sopa Quinoa – lent. roja 11.50€** | | |  |
| **Almendra cruda piel 18.00€** | | |  | | **Cous Cous trigo integral 4.60€** | | |  |
| **Almendra cruda SIN piel 21.00€** | | |  | | **TES E INFUSIONES** | | |  |
| **Almendra tostada sal 22.20€** | | |  | | **Cola de Caballo 47.00€** | | |  |
| **Maíz palomitas 3.95€** | | |  | | **Te Ayurveda 61.00€** | | |  |
| **Anacardo crudo 22.00€** | | |  | | **Te Blanco, Citronella… 70.40€** | | |  |
| **Piñones crudos 68.50€** | | |  | | **Te Matcha polvo 77.00€** | | |  |
| **Chía 8.50€** | | |  | | **Te Negro Pakistaní 51.50€** | | |  |
| **Pistacho crudo Cascara 23.00€** | | |  | | **Te Rooibos 44.00€** | | |  |
| **Quínoa 6.10€** | | |  | | **Te Verde Gunpowder 32.20€** | | |  |
| **Nueces mitades 19,50 €** | | |  | | **Romero 9.50€** | | |  |
| **Avellanas 17.50€** | | |  | | **Tomillo 17.15€** | | |  |
|  | | |  | | **Estevia hoja 40.50€** | | |  |
| ***SALSA DE SOJA (HOYU Y TAMARI Y VINAGRE*** | | | | | | | | |
| **Salsa de soja Tamari 8.50€ litro** | | |  | |  | | |  |
| **Vinagre de Módena 13.90€ litro** | | |  | |  | | |  |
| **Aceite oliva Virgen Extra 5 lts. 51.50€** | | |  | |  | | |  |
| ***Puedes traer tu envase para comprar la cantidad que desees. Se recomienda***  ***un envase de boca ancha para facilitar el llenado*** | | | | | | | | |
| ***PANADERIA LA SUBIRANA*** | | | | | | | | |
| **Pan Clásico 2.65€** |  | | | **Muffin Clásico (unidad) 1.70€** | | |  | |
| **Pan Espelta 3.95€** |  | | | **Cookies nuez choco ( 4 u) 4.65€** | | |  | |
| **Pan Semillas 3.95€** |  | | | **Cookies Choco (1 ud) 1.60€** | | |  | |
| **Pan Integral 2.85€** |  | | | **Empanadillas (unidad) 1.75€** | | |  | |
| **Pan Centeno 3.50€** |  | | | **Galletas Avena (unidad) 1€** | | |  | |
| **Monas (unidad) 1.20€** |  | | | **Bizcocho de aceite, almendra y semillas amapola 3.75€** | | |  | |
| **Monas Choco (unidad) 1.40€** |  | | | **Brownie doble (porción) 4.75€** | | |  | |
| **Barra de trigo 1.00€** |  | | | **Bolsa de magdalenas 2.25€** | | |  | |
| **Panecillos Viena (bolsa 4 u) 1.80€** |  | | | **Bocadillo Rústico (mini) 0 .40€** | | |  | |
| ***PANADERIA RINCON DEL SEGURA*** | | | | | | | | |
| **Molde cortado**  **Espelta integral 770g**  **4.10€** |  | | | **Hogaza de Espelta**  **blanca 1,1Kg**  **5.80€** | | |  | |
| **Molde Kamut cortado**  **integral 770g**  **4,20€** |  | | | **Crujientes de semillas**  **(envasado)**  **3.25€** | | |  | |
| **Molde cortado Espelta semillas integral 770g**  **4.30€** |  | | | **Pan molde cortado trigo sarraceno y pasas**  **4,00€** | | |  | |
| **Molde cortado de**  **trigo integral 770g**  **3.15€** |  | | | **Molde cortado avena y sarraceno**  **3,45€** | | |  | |
| **Molde cortado**  **centeno 770g**  **3.75€** |  | | | **Molde cortado de trigo sarraceno  3,65€** | | |  | |
| ***LACTEOS DE CABRA EL CANTERO*** | | | | | | | | |
| ***El Cantero de Letur***  ***(Letur, Albacete)*** | | | | | | | | |
| **Leche cabra pasteut. entera 4.75€** |  | | | **Yogur cabra arándano 2x125g**  **2,756 €** | | |  | |
| **Leche cabra pasteurizada Semi 4.75€** |  | | | **Yogur de cabra con mango y vainilla 2x125g 2.75€** | | |  | |
| **Leche Vaca entera**  **3.65€** |  | | | **Kéfir Agua con mango 2.60€** | | |  | |
| **Kéfir de cabra 2x125g**  **2.35€** |  | | | **Kéfir de Agua 2.50€** | | |  | |
| **Yogur de cabra 400ml 3.65€** |  | | | **Yogurt de oveja 400ml 3.90€** | | |  | |
| **Kéfir de cabra 400ml 3.65€** |  | | | **Kéfir de oveja 400ml 3.95€** | | |  | |
| **Consultar web para encargar otras referencias**  [**https://elcanterodeletur.com**](https://elcanterodeletur.com) | | | | | | | | |
| **Yogures Veganos Sojade  400ml** | | | | **Biogurt y kéfir**  **vegano sin azúcar añadido  400ml** | | | | |
| **Fresa 3.95€** | |  | | **Kéfir Almendra 3.95€** | | |  | |
| **Soja Natural sin azúcar 3.30€** | |  | | **Kéfir Coco. No stock** | | |  | |
| **Mantequillas** | | | | **Margarina vegetal de coco** | | | | |
| **Matenquilla Xanceda 175 gr. 4.20€** | |  | | **Vitaquell coco 250 gr. 4.80€** | | |  | |
| **Mantequilla s/sal 250 gr** | |  | | **Queso feta oveja y cabra 150g 5.50€** | | |  | |