

LifeSource
natural foods

**EAT WELL
BE HAPPY**

**ORGANIC LARGE
AVOCADOS**



2 for \$5

Recipe
INSIDE

**ORGANIC
FUZZY KIWIS**



69¢/ea

**ORGANIC
YELLOW ONIONS**



99¢/lb

**ORGANIC
RED POTATOES**



99¢/lb

ORGANIC LIMES



2 for \$1

LifeSource
natural foods

**FOOD
FAIR**

& PLANT SALE

SATURDAY MAY 4

**FREE SAMPLES
& LIVE MUSIC
11AM-3PM**

**20% OFF
REGULAR PRICED ITEMS
ALL DAY!**

Organic Produce · On Sale 4/25 - 5/1



CREAMY AVOCADO PASTA SALAD

Makes 6 Servings

- 16 oz einkorn or whole wheat short pasta
 - 1 red onion
 - 2 Tbsp balsamic vinegar
 - 1 pint cherry tomatoes
 - 1 Tbsp olive oil
 - Salt and pepper, to taste
 - 4 oz feta cheese
 - Dressing
 - 1 large or 2 small avocados, peeled and pitted
 - 1 cup fresh spinach
 - 1 cup fresh basil
 - ½ cup walnuts
 - ¼ cup nutritional yeast
 - 2 Tbsp fresh cilantro
 - 1 Tbsp fresh parsley
 - 1 lime, juiced
 - 3 cloves garlic, peeled and smashed
 - Salt, to taste
 - 1 (12 oz) can full fat coconut milk
1. Put a pot of salted water on to boil. Cook pasta to al dente, according to package directions, then drain, rinse, and set aside.
 2. Preheat the oven to 350°F. Line a baking sheet with a silicone mat or parchment paper to ease cleanup. Slice cherry tomatoes in half. Toss with olive oil and a sprinkle of salt. Bake for 20-25 minutes in the preheated oven.
 3. Slice red onions thin and marinate in balsamic vinegar and a pinch or two of black pepper.
 4. To make the dressing, combine avocados, nutritional yeast, spinach, walnuts, basil, parsley, cilantro, lime juice, garlic, black pepper, and salt to taste in a blender. Add coconut milk, starting by pouring only the cream off the top and adding the liquid slowly as necessary to get a smooth dressing. Taste and adjust seasonings if desired.
 5. Pour dressing over the pasta, topping with the tomatoes, marinated onions, and feta. Serve warm or chilled.



**ORGANIC
HONEYCRISP APPLES**
\$1.29/lb

Northwest
GROWN



**ORGANIC
CARA CARA
ORANGES**
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**MAKE ORANGE
BARS TONIGHT!**



**ORGANIC
SUGAR SNAP PEAS**
\$5.99

12 OZ
PKG

Organic Produce · On Sale 4/25 - 5/1



GERMAN POTATO SALAD

Makes 6 Servings

- 2 lbs fingerling or small red potatoes, chopped
- 4 slices thick cut bacon, cut into 1 inch pieces
- 1 cup red onion, chopped
- 1 jalapeño, finely chopped
- 1/3 cup white balsamic vinegar
- 1 Tbsp apple cider vinegar
- 1 Tbsp whole grain mustard
- 1 tsp black pepper
- 1/2 tsp salt, plus more for the potato water
- 1/4 cup parsley, chopped

1. Place potatoes in a large pot, and cover with water. Over high heat, bring to a boil. Reduce heat to medium and simmer until potatoes are tender, about 8 minutes. Drain.
2. In a skillet, cook bacon until crispy, remove from skillet. Drain all but 1 or 2 Tbsp of bacon grease, cook red onion until fragrant and translucent. Add jalapeño, cook and stir for about 1 minute. Remove from heat.
3. Whisk together vinegar, mustard, pepper, and salt. Add to the skillet with cooked onion, stir until slightly thickened.
4. In a bowl, gently toss together potatoes, dressing mixture, bacon, and fresh parsley. Serve warm or chilled.

Tropical Shrimp Ceviche

Makes 4 Servings

- 1/2 lb fresh pink bay salad shrimp
- 1/2 cup red onion, finely chopped
- 1/2 cup pineapple, 1/4-inch dice
- 1/2 cup mango, 1/4-inch dice
- 1 kiwi, peeled, 1/4-inch dice
- 1 avocado, 1/4 inch-dice
- 1/2 cup cilantro
- 1 serrano pepper, finely chopped
- 2 tbsp lime juice
- 2 tbsp orange juice
- 1/2 tsp black pepper
- 1/4 tsp kosher salt

1. Place shrimp, onion, pineapple, mango, kiwi, avocado, cilantro, and serrano pepper, in a bowl.
2. Add lime and orange juice. Season to taste with salt and pepper. Gently toss to coat.
3. Enjoy with tortilla chips or top fish tacos.



Easy Guacamole

Makes 4 Servings

- 2 ripe avocados, halved and pitted
- 1/4 cup red onion, finely chopped
- 1 cup cherry tomatoes, quartered
- 2 Tbsp cilantro, chopped
- 1 jalapeño, finely chopped
- 3 cloves garlic, minced
- 2 Tbsp fresh lime juice
- 1/2 tsp pepper
- 1/2 tsp salt

Scoop avocado into a medium sized bowl. Mash with a fork to desired consistency. Fold in remaining ingredients until combined. Serve with tortilla chips.



LONELY LANE FARMS
**GROUND PORK
 CHORIZO SAUSAGE**



\$9.49

16 oz | Save \$2

CHORIZO MAC & CHEESE

Makes 6 Servings

- 16 oz short pasta (we used conchiglie)
 - 16 oz ground chorizo
 - 1 large onion, chopped
 - 2 Tbsp butter
 - 3 Tbsp unbleached white flour
 - 1 tsp smoked paprika
 - ½ tsp onion powder
 - ½ tsp garlic powder
 - ½ tsp cayenne (optional)
 - ½ tsp black pepper
 - 1 cup heavy cream
 - 1 cup whole milk or half & half
 - ¼ cup cream cheese
 - 6 oz provolone, shredded
 - 6 oz sharp cheddar, shredded
1. Cook pasta according to package directions to al dente (about 9 minutes). Drain and set aside.
 2. In a large heavy bottomed pot, cook chorizo over medium high heat until almost done. About 6 minutes. Add onion and cook until onion is tender and chorizo is done, about 8 minutes. Remove from the pot and set aside. Drain excessive grease.
 3. In a small bowl, whisk together flour, paprika, onion powder, garlic powder, cayenne, and black pepper.
 4. Melt butter in a saucepan over medium heat. Stir in flour and spice mixture, cooking and stirring for about 4 minutes. Whisk in cream and milk, stirring until smooth. Whisk in cream cheese until smooth, then add shredded cheese in little handfuls until smooth and creamy.
 5. Stir in pasta and cooked chorizo. Serve hot.



DE LA CALLE
**CRAFT FERMENTED
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Hot · Medium · Mild

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Mozzarella · Italian Blend
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GREEN VALLEY
 CREAMERY

**LACTOSE FREE
 SOUR CREAM**

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12 oz | Save \$2

SMART CHICKEN
BONELESS SKINLESS
CHICKEN BREAST

\$9.49/lb

Save \$1/lb



CHICKEN SKEWERS WITH GUASACACA

Makes 4 Servings

Chicken Skewers

- 1 lb boneless chicken breast or thighs, cut into 1-inch wide strips
- 1 lime, juiced
- 1 Tbsp olive oil
- 1 Tbsp Worcestershire sauce
- 1 tsp chili powder
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp smoked paprika
- ½ tsp kosher salt
- ½ tsp black pepper
- ¼ tsp cayenne
- 4 bamboo skewers, soaked at least 30 minutes

Guasacaca

- 1 large or 2 small avocados, chopped
- ½ red onion, chopped
- 2 jalapenos, chopped
- 1 lime, juiced
- 1 small green bell pepper, chopped
- 3 cloves garlic
- ½ cup cilantro
- ½ cup parsley
- 2 Tbsp red wine vinegar
- 1 Tbsp olive oil
- Salt and pepper to taste

1. Place chicken and all other skewer ingredients in a bowl. Mix together thoroughly, so chicken is well coated. Cover and allow to marinate for at least 1 hour.
2. Divide chicken between 4 skewers. Grill or broil on high for 5 or 6 minutes on each side, or until cooked through.
3. Place all of the guasacaca ingredients in a high powered blender and blend until smooth. Serve with chicken skewers.

DELI HOURS

8 AM - 5 PM

BREAKFAST & LUNCH

SERVED UP FRESH EVERY DAY!



Over 1000 items on Sale! · 4/25 - 5/15

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NORMANDY**
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CADIA



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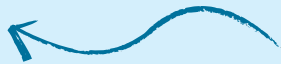
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Everyday Value

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Look for the Signs!



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GREEN BEANS

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16 oz



CADIA
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16 oz



CADIA
ORGANIC FROZEN
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16 oz



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15 oz | Save \$1.20



SIGGI'S
ICELANDIC YOGURT

\$1.29

4.4-5.3 oz | Save \$1

MANGO LASSI SMOOTHIE BOWL

Makes 1 Servings

- 1 cup frozen mango
- 1/2 cup frozen banana
- 1/2 cup vanilla yogurt
- 1/4-1/2 cup plant-based milk, or more if desired
- 1 Tbsp honey (optional)
- 1/2 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- 1/8 tsp ground cardamom
- Toppings: fresh blueberries, dragon fruit, shredded coconut, hemp seeds, and chia seeds

1. Place frozen mango and banana in a blender. Pulse until fruit is broken up into pieces the size of rice grains.
2. Add yogurt, 1/4 cup milk, honey, cinnamon, nutmeg, and cardamom. Blend until smooth, adding a little more milk if needed to get the blender going.
3. Serve immediately with your favorite toppings.



VAN'S
FROZEN WAFFLES
Blueberry · Original
Gluten Free Original

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9 oz | Save \$2



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Save 50¢/lb



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Save 70¢/lb



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Save \$2/lb

ORGANIC MULTI
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\$1.99/lb

Save 50¢/lb



ORGANIC
CHAMOMILE

\$38.99/lb

Save \$9/lb



ONLY
\$2.44/oz

Over 1000 items on Sale! · 4/25 - 5/15

Vendor Spotlight: Terry Naturally®



The Brand You Can Trust!

The Terry Naturally brand of products combines the best of science and nature to deliver high-quality, proven nutritional supplements. Developed by founder and president Terry Lemerond, our products are created with the intent of improving the health of America, one person at a time.

Our goal is to inspire you to make lasting changes to your health with products you can trust. We believe in formulating health products that go above and beyond industry standards. We source non-GMO ingredients whenever possible and utilize thoughtfully harvested herbal ingredients in our products. The Terry Naturally brand of supplements is safe, powerful, and effective, and delivers results you can count on.

We believe no matter who you are, our premium products can help you live your healthiest life possible.



#1



selling brand[^]

Our products sell, because they work!

[†]Occasional muscle pain or inflammation due to exercise or overuse

[^]SPINSScan Condition Specific Supplements Other (Brand Rank), 52-week data, based on Total Aggregate Unit Sales for Terry Naturally brand products.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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Natural Factors



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Women's or Women's 50+

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AROMATHERAPY
MIST**

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ANCIENT NUTRITION

R.A.N.C.H. Project

Regenerative Agriculture • Nutrition • Climate Health

As farming practices have evolved over time, its impact on the environment has become a serious concern. The idealistic scene we may picture when thinking about a healthy farm—lush crops, green grasses and grazing animals—is not at all common these days. Modern farming methods are contributing to an increase of greenhouse gas emissions and have hindered the quality of our foods and health.

That's exactly why Ancient Nutrition co-founders Jordan Rubin and Dr. Josh Axe have decided to start walking the talk when it comes to investing in regenerative agriculture with our R.A.N.C.H. Project. The founders are on a mission to be part of the solution, not the problem.

Our R.A.N.C.H. Project stands for Regenerative Agriculture, Nutrition and Climate Health, and it's focused on the work we're doing on our 4,000-acre Beyond Organic Ranch (which is home to Heal the Planet Farm) and our headquarters, The Center for Regenerative Agriculture.

This project is rooted in Ancient Nutrition's ongoing mission to transform the health of all individuals with nature's most powerful superfoods. We believe in creating the change we want to see, and we rely on organic farms (including our own) for many of our ingredients.

With regenerative agriculture, the farm becomes more resilient and biodiverse, with enriched soil and better water quality. Regenerative agriculture adopts principles and practices that aim to rehabilitate and enhance the entire farm ecosystem. This results in crops that are rich in nutrients, as nature intended.

We are also entering into a scientific research partnership with Rodale Institute, a pioneering organic regenerative research farm in Pennsylvania and founder of the Organic and Regenerative movements, to validate our efforts to "Heal the Planet and Feed the World."

Starting this year, Ancient Nutrition will dedicate 1 percent of revenue to these

efforts and begin the first stage of a 14-year project to definitively demonstrate a plan that will revolutionize environmental regeneration and healthy food production, with important elements including water conservation, carbon cycling, and soil microbiome diversity and viability.

We have big goals for the next two years. By 2024, we plan to:

Become carbon negative

Plant one million superfood-bearing perennial trees, bushes, vines and shrubs (called Million Member Forest Initiative) that will grow superfoods, some of which will be used as ingredients in Ancient Nutrition products

Reduce our plastic waste by 25 percent and transition to more sustainable solutions

Protect biodiversity by banking seeds and diverting waste that might otherwise go to landfills

Support like-minded organizations like Mully Children's Family in Kenya and the Rodale Institute in their missions

In 2021, we planted 250,000 native superfood bearing trees, vines, shrubs and plants. We've composted 444,000 pounds of eggshells, collected 5.5 million gallons of rainwater across our two properties, and have reduced our plastic use by 25 percent, which saved over 72,600 pounds of plastic.

Now that you have a better understanding of what we've been doing to help heal the planet and save the world with superfoods, you may be wondering how you can join us to make a difference. Starting this year, Ancient Nutrition is dedicating 1 percent of revenue to the R.A.N.C.H. Project and our partnership with Rodale Institute.

Together we will measure and improve soil health, water quality, livestock health, carbon sequestration and more. When you purchase our products, you're participating in this important and impactful work, plus getting us closer to planting one million trees by 2024!



Jordan Rubin and Kitt, a member of the LifeSource Wellness Team, at Beyond Organic Ranch in 2023.



ANCIENT NUTRITION
TURMERIC
Regenerative
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\$27.99
90 cap | Save \$7

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