



EAT WELL BE HAPPY

**ORGANIC
CAULIFLOWER**
2 for \$5



ORGANIC KALE
Green · Lacinato · Purple
\$1.99/ea



**ORGANIC KENT
MANGOES**

\$2.49/ea



**ORGANIC
COSMIC CRISP
APPLES**

\$1.29/lb



**LOCAL ORGANIC
GREEN ZUCCHINI**

\$2.49/lb



**ORGANIC
CANTALOUPE**

99¢/lb



Organic Produce · On Sale 8/1 - 8/7



CAULIFLOWER PIZZA CRUST

Makes 2 Servings

- 1 head cauliflower,
 - 1 Tbsp olive oil
 - 1 (4 oz) log chèvre
 - ¼ cup gluten free flour blend (optional)
 - 1 egg
 - 1 tsp garlic powder
 - 1 tsp Italian seasoning
 - Salt and pepper to taste
 - ½ cup pizza sauce, or to taste
 - 1 cup shredded mozzarella cheese
 - ½ bunch fresh basil
1. Preheat the oven to 425°F. Line a large baking sheet with parchment or a silicone mat.
 2. Toss cauliflower florets with olive oil and a sprinkle of salt and pepper. Spread out on the prepared baking sheet, and roast in the preheated oven for 20 minutes, stirring after ten.
 3. Allow the cauliflower to cool enough to handle. If you have a masticating juicer, run the florets through to squeeze out all of the liquid, reserving the cauliflower pulp. If you don't have a juicer, florets can be chopped or riced. Squeeze out the liquid with a square of folded cheesecloth or nut milk bag.
 4. Add cauliflower pulp, chèvre, egg, and seasonings to a bowl and mix until all ingredients are incorporated. Add the gluten free flour a little at a time until mixture forms a ball. Mixture will be very sticky!
 5. Place dough on a parchment lined baking sheet and pat into a ¼-inch thick circle. Bake at 425°F for 30 minutes. Flip the pizza crust and add pasta sauce, mozzarella, and any other toppings desired. Bake for another 10 minutes. Allow to cool 5 minutes before sprinkling with fresh basil and serving.



**ORGANIC
FUZZY KIWIS**
\$2.99/lb



**ORGANIC
HONEYDEW**
99¢/lb

**MAKE MELON
MARGARITAS**



LOCAL ORGANIC CHARD
Green · Red · Rainbow
\$1.99/ea

Organic Produce · On Sale 8/1 - 8/7



CHICKEN TACOS WITH MANGO SALSA

Makes 8 Tacos

Tacos

- 1 lb boneless skinless chicken breast
- 2 Tbsp lime juice
- 2 Tbsp olive oil
- 2 cloves garlic, minced
- 2 tsp chili powder
- 1/2 tsp smoked paprika
- 1/2 tsp onion powder
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1/4 tsp cayenne
- 1/4 tsp red pepper flakes
- 8 corn tortillas

Salsa

- 1 mango, peeled and chopped
- 1 jalapeño, seeded and finely chopped
- 1/2 cup red onion, finely chopped
- 1/4 cup cilantro, chopped
- 1 tsp lime juice
- Salt and pepper, to taste

1. For more even cooking, pound chicken breast to an even thickness, about 3/4 to 1 inch thick.
2. Add chicken, lime juice, olive oil, garlic, and spices to a bowl. Toss to coat and allow to marinate while you prepare the salsa.
3. Mix all salsa ingredients together in a small bowl. Set aside.
4. Cook chicken over medium heat in a large skillet until done, about 6-7 minutes each side. Remove from heat, allow to rest 5 minutes and shred with a fork.
5. While chicken is resting, heat tortillas per package instructions.
6. Serve shredded chicken with mango salsa on warm tortillas.

VEGAN MUSHROOM SCALLOP PASTA WITH KALE

Makes 4 Servings

- 8 oz linguine, cooked until almost al dente (about 5 minutes), 1 cup pasta water reserved
- 1 lb trumpet mushrooms, the largest you can find
- 2 Tbsp butter or vegan butter
- 1 Tbsp olive oil
- 1 shallot, minced
- 1 head black garlic, minced
- 1 cup dry white wine
- 1 meyer lemon, zest and juice
- 1 small bunch kale, stemmed and torn into bite sized pieces
- 2 Tbsp slivered almonds, toasted

1. Slice the trumpet mushroom stems into 1 inch thick rounds. Mince the caps and set aside.
2. Melt butter and olive oil in a large cast iron skillet over medium heat. Sear mushroom scallops for 3 minutes on each side, or until golden. Remove from the skillet and set aside.
3. Add shallot and garlic to the skillet, saute for 1 minute. Stir in minced mushroom, cook for an additional minute. Deglaze with wine, scraping up any browned bits. Cook until reduced by half, about 3 to 5 minutes.
4. Stir in lemon juice and zest. Bring to a boil. Add kale, cook until wilted. Add pasta, mushroom scallops, almonds, and a splash of pasta water. Toss until evenly coated, cooking until kale and pasta is tender, and sauce is thickened. Season with salt and pepper, to taste.





**Everyday Low Prices
Look for the Signs!**

**CADIA
EXTRA VIRGIN
OLIVE OIL**

\$8.99

500 ml



**CADIA
ORGANIC
LONG GRAIN RICE**

White · Brown

\$4.99

32 oz



**CADIA
ORGANIC
FROZEN VEGGIES**

\$3.89

16 oz



**CADIA
ORGANIC
CANNED BEANS**

Black · Garbanzo · Pinto
Kidney · Great Northern

\$1.29

15 oz



**CAPELLO'S
GRAIN FREE
RAVIOLI**

Butternut Squash
Five Cheese · Gnocchi
Spinach & Cheese

\$6.99

9.9 oz | Save \$5



**ANNIE'S
HOMEGROWN
SELECT
MAC & CHEESE**

Mix and Match!

4 for \$5

6 oz | Save \$2.24/ea



**TASTY BITE
PROTEIN BOWLS**

Indian · Mexican
Mediterranean

\$2.99

8.8 oz | Save \$2.80



**ORGANIC VALLEY
SLICED ORGANIC
CHEESE**

Provolone · Muenster
Baby Swiss

\$4.49

6 oz | Save \$2.50



**ALEC'S ICE CREAM
A2+REGENERATIVE
ORGANIC ICE CREAM**

Matcha Chocolate
Tahitian Vanilla
Mint Chocolate
Blueberry Lavender

\$5.49

14 oz | Save \$4.50





MULAY'S GROUND SAUSAGE

Mild or Hot Italian
Chorizo · Breakfast

\$8.99

15-16 oz | Save \$1.80

SAUSAGE AND PINTO BEAN SOUP

Makes 6 Servings

- 1 lb ground Italian sausage
- 2 Tbsp butter
- 1 medium yellow onion, chopped
- 4 garlic cloves, minced
- 3 carrots, chopped
- 3 ribs celery, chopped
- 2 Tbsp tomato paste
- 2 tsp Italian seasoning
- 1 tsp smoked paprika
- 1/2 tsp red chili flakes (optional)
- 4 cups pinto beans, cooked and drained
- 4 cups chicken broth
- 2 Tbsp Worcestershire sauce
- 1 bunch kale, stemmed and chopped
- Salt and pepper, to taste

1. Sauté sausage until browned over medium heat in a 6 quart Dutch oven. Remove from the pan, set aside.
2. Melt butter over medium heat. Sauté onion until just translucent. Add garlic, cook until just fragrant. Stir in carrots, celery, tomato paste, Italian seasoning, paprika, and chili flakes. Sauté until vegetables are just tender, about 5 minutes.
3. Add beans and broth. Bring to a boil, reduce heat to low and simmer for about 20 minutes, to let all the flavors get to know each other. Add cooked sausage and kale, simmer for an additional 3-5 minutes or until kale is tender. Taste and add salt and pepper or adjust other seasonings if desired. Serve hot with cornbread. Enjoy!



HONEY MAMA'S REFRIGERATED TRUFFLE BARS

Your Choice

\$3.49

2.5 oz | Save \$3.50



ODYSSEY ELIXIR SPARKLING ENERGY + FOCUS

With Lion's Mane & Cordyceps

2 for \$5

12 fl oz | Save \$1.49/ea



SILVER HILLS SPROUTED POWER BAGELS

Plain · Everything
Sesame Sunflower
Cinnamon Raisin

\$3.99

14 oz | Save \$3



BACH FLOWER ESSENCES PET RESCUE REMEDY

\$10.99

10ml | Save \$7



SEVENTH GENERATION DISH WASHING SOAP

Citrus · Lavender
Free & Clear

\$3.49

19 oz | Save \$2

Over 1000 items on Sale! · 8/1 - 8/14

SPICY PINEAPPLE BOTANICAL MARGARITA

Makes 2 Servings

- Habanero Simple Syrup
- 1 habanero pepper, seeded and quartered
 - ½ cup organic granulated cane sugar
 - ½ cup filtered water
 - 2 oz orange juice (about one orange)
 - 4 oz Wilderton's Lustre Botanical Spirit
 - Habanero simple syrup, to taste

- Mocktail
- 4 oz lime juice (about 4 limes)
 - 4 oz pineapple juice (about 8 oz fresh pineapple)
 - Ice
 - Lime wedges, for serving

Habanero Simple Syrup

1. In a small saucepan, stir together peppers, sugar, and water over medium high heat.
2. Bring to a low boil, reduce heat to medium low.
3. Simmer for 12 minutes, or until syrup is slightly thickened.
4. Allow to cool covered for 30 minutes, then strain out the peppers. Store the syrup in a sealed container in the fridge until ready to use.

Mocktail

5. Pour juices, simple syrup, and Botanical Spirit into a shaker with ice. Shake until chilled and serve over ice with a wedge of lime.



BEER & WINE



WILDERTON NON-ALCOHOLIC SPIRITS

Lustre · Earthen
Bittersweet Apertivo

\$32.99

750ml | Save \$2



MONCARO SANGIOVESE

\$8.99

750ml | Save \$1



MCBETH VINEYARDS RIESLING

\$18.99

750ml | Save \$3



MCBETH VINEYARDS PINOT GRIS 2020

\$17.99

750ml | Save \$2



RED BAND WINERY WALLA WALLA GRENACHE

\$12.99

750ml | Save \$2



KEELER ESTATE PINOT GRIS

\$19.99

750ml | Save \$2



LAGUNITAS HOPPY REFRESHER

Non Alcoholic

\$5.99

4 pk | Save \$4

On Sale! · 8/1 - 8/14



SMART CHICKEN
ORGANIC
WHOLE FRYERS

\$3.49/lb

Save \$1.30/lb



EASY ROAST CHICKEN

- 4 lb whole chicken
- 1 Tbsp kosher salt
- 1 lemon, quartered
- 1 head garlic, halved crosswise
- Small bunch fresh thyme
- 2 Tbsp butter, melted
- Pepper, to taste

1. Remove chicken from the refrigerator 30 minutes before you plan to cook. Preheat the oven to 425°F.
2. Pat chicken dry. Rub inside and out with salt. Stuff with lemon, garlic, and thyme sprigs.
3. Tie chicken legs together, tuck wing tips under.
4. Brush with butter, sprinkle with pepper.
5. Place on a rack in a shallow roasting pan, and roast uncovered for about 1 hour and 15 minutes, or until a thermometer inserted into the thickest part of the thigh reads 165°F.
6. Remove from the oven. Allow to rest about 15 minutes before carving.

LIFESOURCE KITCHEN HOURS

8 AM - 5 PM

.....
 BREAKFAST & LUNCH

**SERVED UP
 FRESH
 EVERY DAY!**





**JUSTIN'S
NUT BUTTERS**

Honey Almond
Classic Almond
Chocolate Hazelnut

\$7.99

16 oz | Save \$6

ALMOND BUTTER COOKIES

Makes 3 Dozen Cookies

- 1 cup butter, cut into cubes
- 1½ cups all purpose flour, spooned and leveled
- ¾ tsp baking soda
- ½ tsp baking powder
- ¼ tsp kosher salt
- ½ cup brown sugar
- ½ cup granulated sugar
- 2 eggs
- 1 cup almond butter
- 1 tsp vanilla extract
- 1 cup chocolate chips

1. In a medium saucepan, cook butter over medium heat, stirring constantly. Butter will become foamy, and then turn a golden brown with a delicious nutty scent, about 5-8 minutes. Remove from heat and allow to cool slightly.
2. In a small bowl, whisk together flour, baking soda, baking powder, and kosher salt. Set aside.
3. Add browned butter, brown sugar, and white sugar to a large mixing bowl. Beat on medium until well combined, about 1 minute. Add eggs and vanilla, beat on medium speed until light and fluffy, another minute or 2. Beat in almond butter until completely mixed, 30 seconds to 1 minute.
4. Stir in flour mixture until combined. Fold in the chocolate chips. Cover and refrigerate for at least 1 hour.
5. Preheat the oven to 350°F. Line a baking sheet with parchment paper or a silicone mat. Scoop dough onto the prepared baking sheet by the tablespoonful. Bake for 11-13 minutes or until cookies are set and browned around the edges. Allow to cool on the baking sheet 5 minutes before removing to a rack.



**ORGANIC VALLEY
ORGANIC
HALF & HALF**

\$2.49

16 oz | Save \$1



**SIGGI'S
ICELANDIC
STYLE SKYR**

Your Choice!

\$1.49

4.4-5.3 oz | Save 80¢



**GREAT
VALUE**

**BOB'S RED MILL
HOMESTYLE
GRANOLA**

Your Choice!

\$3.49

11 oz | Save \$3.50



**USDA
ORGANIC**

**CROFTER'S
PREMIUM
FRUIT SPREADS**

Raspberry · Strawberry
Berry Harvest · Cherry
Mango · Peach

\$3.99

16.5 oz | Save \$3



**NON
GMO
Project
VERIFIED**

**MUSH
OVERNIGHT OATS**

Coffee Coconut
Blueberry · Strawberry
Apple Cinnamon

2 for \$4

5 oz | Save 79¢/ea

BULK DEPARTMENT DEALS

EQUAL EXCHANGE
ORGANIC FAIR TRADE
ETHIOPIAN COFFEE

\$10.49/lb

Save \$2.50/lb

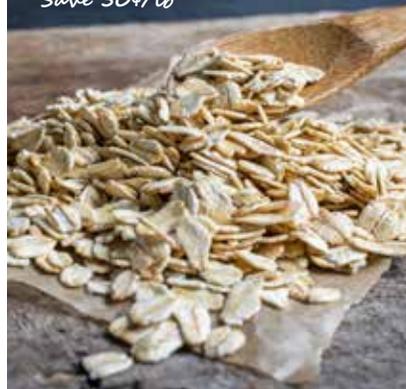


BRING YOUR
CONTAINER!

ORGANIC THICK
ROLLED OATS

\$1.99/lb

Save 50¢/lb



ORGANIC THOMPSON
GREEN RAISINS

\$3.49/lb

Save \$1/lb



ORGANIC
CRISPY BROWN
RICE PUFFS

\$5.99/lb

Save \$2/lb



ORGANIC BLACK
GARBANZO BEANS

\$3.99/lb

Save \$1.50/lb



ORGANIC
PINTO BEANS

\$1.99/lb

Save 50¢/lb



LOCAL ORGANIC
ELDERBERRIES

\$29.99/lb

Save \$10/lb



Close to
Home!

ONLY
\$1.87/oz



ORGANIC WHITE
BASMATI RICE

\$1.99/lb

Save 80¢/lb



ORGANIC POLENTA
CORNMEAL GRITS

\$8.49/lb

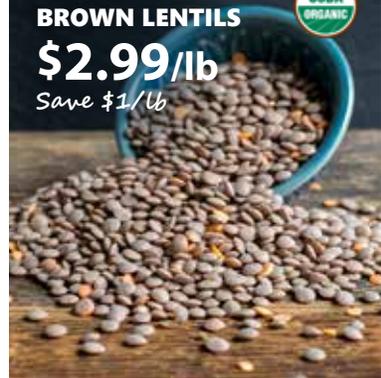
Save \$2/lb



ORGANIC
BROWN LENTILS

\$2.99/lb

Save \$1/lb



OREGON SOAP CO.
CUT YOUR OWN
BULK SOAP

\$15.99/lb

Save \$4/lb

Close to
Home!



SMALL FLAKE
NUTRITIONAL YEAST

\$12.49/lb

Save \$3.50/lb



ORGANIC
ROASTED CASHEWS

Salted · Unsalted

\$16.99/lb

Save \$3/lb



Over 1000 items on Sale! · 8/1 - 8/14

LifeSource



**IRON FREE
BASIC MULTI**
Nutritional Support
\$12.49
60 tab | Save \$2.50



**WOMEN'S
ONCE DAILY**
Multivitamin
and Mineral
\$14.49
30 tab | Save \$2.50



**MEN'S
ONCE DAILY**
Iron Free Multivitamin
and Mineral
\$14.49
30 tab | Save \$2.50

Stop in and Enter to Win an Acure Gift Basket

Pick up a raffle ticket at the Wellness Counter by 8/28 for a chance to win this gift basket from Acure!



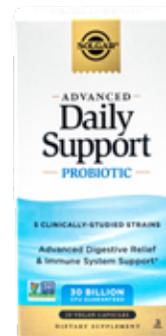
**CARLSON LABS
VERY FINEST
FISH OIL**
Lemon
\$20.99
6.76 oz | Save \$4



**COUNTRY LIFE
BONE SOLID**
Triple Action Bone Support
\$21.99
180 caps | Save \$13



**FLORA
SUPER-8
PROBIOTIC**
Support Healthy
Yeast Balance
\$18.99
30 caps | Save \$6.50



**SOLGAR
DAILY SUPPORT
PROBIOTIC**
Digestive & Immune Support
\$14.99
30 vcap | Save \$5



**ION BIOME
ION* GUT SUPPORT**
\$64.99
32 oz | Save \$10

LIFE EXTENSION



TMG 500 mg
Homocysteine
Level Support

\$9.99

60 vcap | Save \$3



BENFOTIAMINE 250
Fat & Water Soluble
Vitamin B1

\$19.99

120 vcap | Save \$4



SUPER K
Two Forms of K Plus K1

\$21.49

90 sg | Save \$3.50



**HOST DEFENSE
STAMETS 7**
Daily Immune Support

\$15.99

30 vcap | Save \$3



**VIBRANT HEALTH
U.T. VIBRANCE**

Crisis Intervention Formula

\$21.99

50 tabs | Save \$14



**NATROL
5-HTP
MOOD & STRESS**

100 mg Fast Dissolve

\$11.49

30 ct | Save \$6.50



**NAVITAS
SUPERFOOD
ADAPTOGEN BLEND**

\$10.99

6.3 oz | Save \$7.50



**SALUS
FLORAVITAL OR
FLORADIX**

\$21.99

8.5 fl oz | Save \$6

NATURAL FACTORS

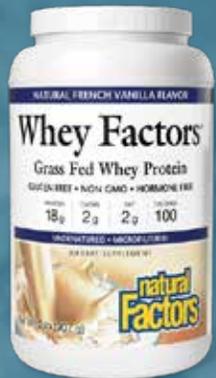


PROTEIN & GREENS

Vanilla Chai · Chocolate
Tropical · Unflavored

\$53.99

19.3-22 oz | Save \$10



WHEY PROTEIN

Unflavored · Vanilla
Strawberry

\$47.49

32 oz | Save \$5



WHEY PROTEIN

Unflavored · Vanilla
Strawberry

\$21.49

12 oz | Save \$3



SMARTY PANTS KIDS MULTIVITAMIN FIBER GUMMIES

\$23.99

120 ct | Save \$9



NATURAL VITALITY NATURAL CALM RASPBERRY LEMON

\$26.99

16 oz | Save \$5



NUUN HYDRATION ELECTROLYTE TABLETS

Immunity Orange Citrus
Vitamin Blueberry Pomegranate
Sport Lemon Lime
Sport Strawberry Lemonade

\$5.29

10-12 ct | Save \$3.70



TERA'S WHEY rBGH FREE VANILLA WHEY

\$17.99

12 oz | Save \$6



YOUTHEORY SHILAJIT Energy Support

\$17.99

60 vcap | Save \$11





**NORDIC NATURALS
NORDIC BERRIES
GUMMIES**
Cherry · Citrus

\$19.99

120 ct | Save \$6



**BACH FLOWER
ESSENCES
RESCUE REMEDY**

Original · Kids

\$13.99

10 ml | Save \$4



**TERRY
NATURALLY
CURAMED**

750mg

\$94.99

120 sg | Save \$19

BIOSIL

For glowing hair,
skin, and nails!



**BIOSIL
+VITAMIN C**

\$32.99

60 vcap | Save \$13



**BIOSIL
HAIR & NAILS**

\$32.99

60 vcap | Save \$13



**BIOSIL
HEALTHY AGING**

\$32.99

60 vcap | Save \$13

ALL BIOSIL
ON SALE!

Wellness · On Sale 8/1 - 8/14



BADGER

**ANTI-BUG
SPRAY**

\$8.99

4 oz | Save \$3



CLEAR ZINC SUNSCREEN TIN

Adventure Sport SPF 50
Sport SPF 40

\$10.99

2.4 oz | Save \$4



MINERAL SUNSCREENS

Adventure Sport · Active
Sport · Baby · Kids

\$11.99

2.4 oz | Save \$5



ANDALOU FACE CREAM

Age Defying Lift & Firm
Brightening Renewal

\$18.99

1.7 oz | Save \$10



+PlusCBD BY CV SCIENCES DAILY TOPICAL 100MG CBD BALM

\$20.99

1.3 oz | Save \$9



EVERYONE 3 IN 1 SOAP

Original or Kids
Body Wash, Shampoo,
& Bubble Bath in One!

\$8.29

32 oz | Save \$4.70



ALAFFIA PEPPERMINT BLACK SOAP

\$6.79

16 oz | Save \$3.20



GIOVANNI SHAMPOO OR CONDITIONER

Weightless · Route 66
Smooth as Silk · Tea Tree
50/50 Balanced

\$8.99

6 oz | Save \$4.50

DR. BRONNER'S

TOOTHPASTE

Cinnamon · Anise
Spearmint · Peppermint

\$5.79

5 oz | Save \$1.20



RADIUS SOURCE TOOTHBRUSH

\$6.99

1 ct | Save \$4



DESERT ESSENCE TEA TREE MOUTHWASH

Original · Whitening

\$7.49

16 oz | Save \$3.50



SUKIN ORGANICS FOAMING FACIAL CLEANSER

\$6.79

4.23 oz | Save \$3.20



WILD CARROT SUN SALUTATION SERUM

\$15.99

.5 oz | Save \$6.50



CRYSTAL BODY ROLL-ON DEODORANT

Unscented · Lavender
Vanilla Jasmine

\$3.99

2.25 oz | Save \$2.50

BOIRON

CALENDULA GEL

Sunburn Season Essential

\$6.49

1.5 oz | Save \$2



ARNICA VALUEPACK

Gel or Cream

\$13.49

2.5-2.6 oz | Save \$2.50



SCHMIDT'S

DEODORANT

Your Choice

\$8.99

2.65 oz | Save \$5



Over 1000 items on Sale! · 8/1 - 8/14

EO ESSENTIAL OILS

Founded in 1995, we make consciously crafted, timeless self-care rituals using pure essential oils. All made with love, and without synthetic ingredients.

Responsibility

We're a family-owned B Corp built on honoring the well-being of all people and our planet. Our products are designed, developed and manufactured in Marin County, California, in a zero-waste, solar-powered facility.

Make Care & Take Care

It's our business to care for every body — including the people who make our products. We call it human-centered manufacturing — helping our team thrive at work and in life.

It's rare to control end-to-end product development, but our amazing team does it all in-house: designing, sourcing, formulating, testing and manufacturing.

Together: We've developed 750+ product formulas and 225+ bespoke essential oil blends.



EO
**HAND SANITIZER
WIPES**

Lavender

\$3.29

10 ct | Save \$1.50



EO
**HAND SANITIZER
SPRAY**

Lavender

\$3.29

2 oz | Save \$1.50



2649 Commercial St SE · 503-361-7973 · Open 8am-9pm · Eat Well Be Happy!