



EAT WELL BE HAPPY

WALCHLI FARMS
**ORGANIC
WATERMELONS**
79¢/lb



WATERMELON BELLINI

Makes 4 Servings

- 2 cups chilled watermelon, chopped
 - 1 lime, juiced
 - 8 basil leaves
 - 3 Tbsp simple syrup, or to taste
 - 12 oz chilled sparkling wine or seltzer
1. Add the watermelon to a blender. Pulse until smooth. Pour through a strainer if desired.
 2. In a pitcher, gently muddle the basil leaves with the lime juice. Add the watermelon juice, stir, and taste. Add simple syrup and sparkling wine. Stir and serve.

Make these for a group by doubling or tripling the recipe! Taste the watermelon before adding the simple syrup—you'll want to adjust depending on the sweetness of the fruit.



**ORGANIC
HONEYCRISP
APPLES**

\$1.29/lb



**ORGANIC
SWEET CORN**

99¢/ea



**ORGANIC
GREEN BEANS**

\$2.99/lb



**ORGANIC
YELLOW ONIONS**

\$1.19/lb



Organic Produce · On Sale 8/29 - 9/4



VEGAN CARAMELIZED ONION DIP

- 1 cup raw cashews
- 3 cups water
- 2 tbsp lemon juice
- 2 tsp apple cider vinegar
- ½ tsp nutritional yeast
- Pinch salt
- 2 yellow onions, chopped
- 3 Tbsp vegan butter
- 3 cloves garlic, smashed and minced
- 2 tsp vegan Worcestershire sauce
- 1 tsp onion powder
- ½ tsp garlic powder
- 2 Tbsp green onions, minced
- 1 Tbsp fresh parsley, chopped
- ¼ tsp cayenne pepper, optional
- Salt and pepper, to taste

Vegan Sour Cream

1. Boil cashews in 3 cups of water for 15 minutes. Remove from heat and cover. Allow to soak for 1 hour. Drain, reserving liquid.
2. To a blender, add cashews, ½ cup of the reserved cashew liquid, the lemon juice, apple cider vinegar, nutritional yeast, and pinch of salt. Blend until smooth. Taste, and adjust seasonings if desired. Chill until ready to use.

Caramelized Onions

3. Melt vegan butter in a 12-inch skillet over medium heat. Add onions and a sprinkle of salt, cook and stir until fragrant and translucent, about 7 minutes. Stir in garlic, cook for an additional minute. Reduce heat to medium low, stirring frequently until caramelized, about 30 minutes. Splash with a little water if onions begin to stick. Allow to cool.

Dip

4. In a bowl, mix together vegan sour cream, caramelized onions, vegan Worcestershire, garlic powder, onion powder, green onions, parsley, cayenne, and salt and pepper. Mix until thoroughly combined.
5. Taste, adjust seasoning if desired. Serve chilled with potato chips.



**ORGANIC
STARKRIMSON PEARS**

\$2.49/lb



LADYBUG

**ORGANIC YELLOW
& RED POTATOES**

\$3.99/ea

**3 LB
BAGS**



**ORGANIC YUMI
WATERMELON**

89¢/lb

Organic Produce · On Sale 8/29 - 9/4



CHICKEN TACO SOUP

Makes 6 Servings

- 1 Tbsp olive oil
 - 1 medium yellow onion, chopped
 - 1 red bell pepper, diced
 - 2 jalapenos, minced (optional)
 - 4 cloves garlic, grated
 - 1 (14.5 oz) can fire roasted tomatoes
 - 1 (15 oz) can black beans, drained and rinsed
 - 1 (4 oz) can green chiles
 - 2 Tbsp taco seasoning
 - Smoked salt and black pepper, to taste
 - 4 cups beef broth
 - ½ lb grilled chicken breast (about 2 fillets), shredded
 - 1 cup grilled corn, cut from the cob
 - Juice of 1 large lime
 - Corn chips, cotija cheese, sour cream, diced avocado, and chopped cilantro, for serving
1. In a large, heavy bottomed pot, heat olive oil over medium heat. Saute onion until it starts to soften and become translucent. Add bell pepper, jalapenos, and garlic. Cook and stir for an additional minute.
 2. Add a splash of broth or water to deglaze the pan, scraping up any browned bits. Stir in tomatoes, beans, green chilies, taco seasoning, salt and pepper, and broth. Bring to a boil, reduce heat, and simmer for 20 minutes.
 3. Add chicken, corn, and lime juice. Cook for another 10 minutes, or until the veggies are tender. Taste and adjust seasonings if desired.

ELOTES MEXICAN STREET CORN

Makes 4-6 Servings

- 4-6 ears fresh corn, shucked
 - ¼ cup mayonnaise
 - ¼ cup sour cream
 - 1 Tbsp fresh lime juice
 - 4 cloves garlic, minced
 - ½ cup queso cotija (or feta), crumbled
 - 2 Tbsp chili powder
 - ¼ cup cilantro, chopped
 - 1 lime, cut into wedges
1. Preheat the grill or broiler to about 400-450°F (medium high-high). Cook corn, turning often until done, about 10 minutes.
 2. In a medium bowl, mix together sour cream, mayo, lime juice, and garlic.
 3. Place corn in a bowl, spooning on mayo mixture to coat all sides. Move to a plate. Sprinkle with cheese, chili powder, and cilantro to taste. Serve with lime wedges.





**Everyday Low Prices
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\$7.29

14 fl oz



**CADIA
UNSWEETENED
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13.5 fl oz



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Black · Garbanzo · Pinto
Kidney · Great Northern

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15 oz



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ICE CREAM**

Many to Choose From!

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48 oz | Save \$3.50



SMART CHICKEN
**ORGANIC BONELESS
SKINLESS BREAST**

\$8.99/lb

Save \$1.50/lb



TANDOORI STYLE CHICKEN

Makes 4 Servings

- 1 lb boneless skinless chicken breast, pounded to ½ inch thick
 - 1 lemon, quartered
 - ¼ cup plain yogurt
 - 1 Tbsp olive oil
 - Pinch of salt and pepper
 - ½ tsp ground turmeric
 - ½ tsp smoked paprika
 - ½ tsp ground ginger
 - ½ tsp ground cumin
 - ½ tsp ground coriander
 - ½ tsp kosher salt
 - ½ tsp cayenne (optional)
 - ½ cup chopped cilantro
1. Cut deep slits into the chicken. Rub with salt and pepper.
 2. In a small bowl, whisk together turmeric, paprika, ginger, cumin, coriander, and ½ tsp salt.
 3. Place chicken in a large bowl with seasoning blend, juice of ½ the lemon, yogurt, and olive oil. Mix well, making sure the chicken is evenly coated. Allow to marinate at least 2 hours.
 4. Broil or grill on high for 4-5 minutes each side, or until cooked through. Allow to rest 5 minutes before serving with fresh cilantro and remaining lemon wedges.

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8 AM - 5 PM

.....
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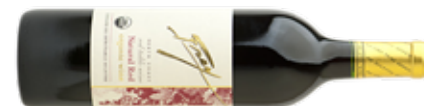


YOMI
**JUNMAI GINJO
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Notes of red fruit, melon,
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300ml | Save \$1



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Caramelized Onion
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PLANT BASED
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Mild or Sharp Cheddar
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32 oz | Save \$6



**CHARCUTNUVO
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Italian Chicken Sausage
Pork Bison Jalapeno Bratwurst
Uncured Beef Franks

\$6.49

8-10 oz | Save \$1.50



BANGERS & MASH

Makes 4 Servings

- 2 lbs potatoes, peeled and cubed
- 2 cloves garlic, smashed and peeled
- 1/4 cup butter
- 1/4 cup cream cheese
- 1 tsp dried mustard
- 4 dinner sausages
- 1 Tbsp butter
- 1 large onion, chopped
- 2 cloves garlic, chopped
- 2 cups beef broth
- 1/2 cup red wine
- Salt and pepper to taste
- 1 Tbsp cornstarch (optional)

1. Preheat the oven to 200°F.
2. Place potatoes and smashed garlic in a medium saucepan and cover with cold water. Add salt to taste. Simmer until potatoes are tender, about 15 minutes. Drain.
3. Add 1/4 cup butter, cream cheese, and dried mustard to hot potatoes. Mash until smooth.
4. Cook sausage in a skillet over medium heat until well browned and cooked through. Remove sausage from skillet and place in the oven to keep warm. Reserve 1 Tbsp drippings.
5. Melt 1 Tbsp butter in reserved sausage drippings. Add onion, sauté over medium heat until well browned and soft, about 20 minutes. Add chopped garlic, cook until fragrant.
6. Add beef broth and red wine to onions, simmer until liquid is reduced by half, about 30 minutes.
7. Season with salt and pepper to taste. If a thicker sauce is desired, mix cornstarch with 1/4 cup water, and add to gravy. Cook and stir until thickened and bubbly.
8. Serve sausage with mashed potatoes, gravy, and peas.

LifeSourceNaturalFoods.com



**MILKADAMIA
MACADAMIA MILK**
Vanilla · Unsweetened Vanilla
Original · Unsweetened Barista

\$4.99
32 fl oz | Save \$2.50

VEGAN CHOCOLATE CUPCAKES

Makes 12 Cupcakes

- Cupcakes**
- 1 ½ cups unbleached white flour
 - ½ cup unsweetened baking cocoa
 - ½ tsp baking powder
 - ½ tsp baking soda
 - ¼ tsp salt
 - ½ cup vegan butter, softened to room temperature
 - ½ cup granulated cane sugar
 - ½ cup brown sugar
 - 1 cup plant-based milk mixed with 1 Tbsp apple cider vinegar (to make vegan buttermilk)
- Frosting**
- 2 Tbsp ground chia seeds, mixed with 6 Tbsp water (to make vegan eggs)
 - 2 tsp vanilla extract
 - 1 cup powdered sugar
 - 1 (7.05 oz) pkg Violife Just Like Cream Cheese, softened to room temperature
 - ¼ cup vegan butter, softened to room temperature
 - ¼ cup unsweetened baking cocoa
1. Preheat the oven to 350°F. Line a muffin pan with baking cups.
 2. In a medium bowl, sift together flour, cocoa, baking powder, and salt.
 3. In a larger bowl, cream together vegan butter and sugars until fluffy. Mix in vegan buttermilk, chia eggs, and vanilla extract until well blended.
 4. Stir in flour mixture until just combined, do not over-mix. Batter will be thick.
 5. Fill each baking cup about ¾ of the way full. Bake for about 20 minutes, or until a toothpick inserted into the center comes out clean. Allow to cool completely before frosting.
 6. Beat together powdered sugar, cream cheese, butter, and cocoa powder until fluffy. Frost cupcakes. If the frosting becomes too soft, chill for 10 minutes in the refrigerator.



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BARS**

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JUST ICE TEAS**

Honey Green · Moroccan Mint
Half Lemonade Half Tea · Green
Berry Hibiscus · Peach Oolong

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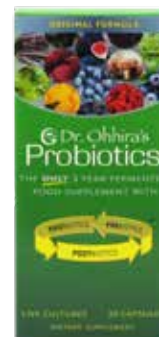


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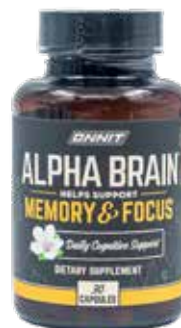


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Peppermint · Clean Mint

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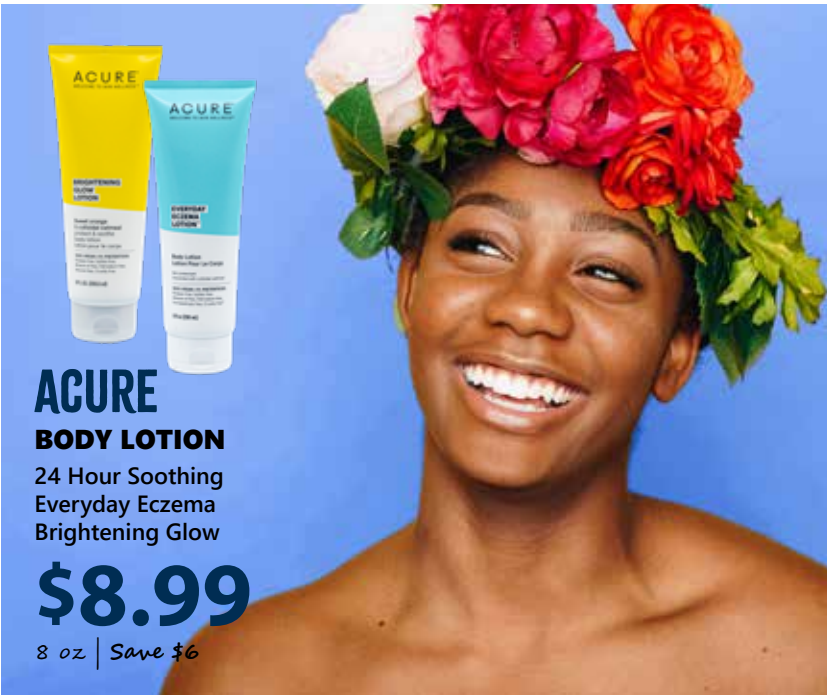


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PRIMAL KITCHEN

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Founder, Mark Sisson started Primal Kitchen with a simple mission: to change the way the world eats.

Our life and our overall wellness are defined by the thousands of choices we make for ourselves and for our families every day, and choosing real food and investing in your health can lead to a more empowered you. Primal Kitchen products are made with high-quality ingredients that make mealtime easy and delicious, so you can get the most out of life.

Primal Kitchen does thorough testing on all of our products for purity, quality and flavor. We're committed to sourcing and selecting high-quality ingredients, reducing single use plastics and supporting local and national organizations that fight food insecurity to create a better future for people and the planet.

We source our Collagen from ranches in South America. The cows are grass fed for most of their lives and traditionally raised on pasture. Each serving of Primal Kitchen Collagen gives you 10 grams of 1 & 3 Collagen, 0 grams of sugar, and is sweetened with Monk Fruit (not Stevia). All are Certified Keto and Paleo Friendly.



PRIMAL KITCHEN
**UNFLAVORED
COLLAGEN
PEPTIDES**

\$25.99

19.2 oz
Save \$12



PALEO FRIENDLY MEATLOAF

- 1 Tbsp olive oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 2 lbs grass fed ground beef, 80% lean
- 1 cup Simple Mills almond flour crackers, crushed into crumbs (or almond flour)
- 2 eggs
- ½ cup Primal Kitchen Ketchup
- 1 Tbsp horseradish
- 2 tsp smoked paprika
- 2 tsp Italian seasoning
- 1 tsp salt
- 1 tsp pepper
- ½ tsp cayenne (optional)

1. Preheat the oven to 350°F.
2. In a medium skillet, heat olive oil over medium heat. Sauté onion until translucent. Add garlic, cook until fragrant.
3. In a large mixing bowl, combine all ingredients with your hands until completely mixed. Form into a loaf, place in a baking dish.
4. Bake meatloaf about 1 hour, or until internal temperature reaches 165°F. Allow to rest at least 10 minutes before slicing.



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