

**LifeSource**  
natural foods

**EAT WELL  
BE HAPPY**

**CLOSED THANKSGIVING, NOV 28**

**ORGANIC  
FUJI APPLES**

**\$1.29/lb**



**LADYBUG  
ORGANIC SEEDLESS  
GRAPE TOTES**

Red · Green

**\$3.49/lb**



**ORGANIC BABY  
BROCCOLINI**  
**\$2.99/ea**



**ORGANIC  
NAVEL ORANGES**

**\$2.49/lb**



**ORGANIC  
PINEAPPLES**

**\$5.99/ea**



*Organic Produce · On Sale 11/27 - 12/3*



## ROOT VEGGIE LENTIL STEW

Makes 4-6 Servings

- 2-3 Tbsp olive oil
  - 1 medium yellow onion, chopped
  - 2 carrots, peeled and chopped
  - 1 medium parsnip, chopped
  - 1 medium Chioggia beet, peeled and chopped
  - 1 medium garnet yam, peeled and chopped
  - 5 cloves garlic, smashed and chopped
  - 3 cups vegetable or mushroom broth
  - 1 cup dry red wine, such as pinot noir
  - 1 cup dry green or brown lentils
  - 4 sprigs thyme leaves, minced
  - 1 sprig rosemary leaves, minced
1. In a large dutch oven or other heavy bottomed pot, heat olive oil over medium heat. Saute onions with a pinch of salt until golden and translucent. Add carrots, beets, yams, parsnip, and garlic. Cook and stir for 7 minutes. Season with salt and pepper.
  2. Stir in broth, red wine, and lentils. Bring to a boil, cover, and reduce heat to a simmer. Simmer on medium low for 35 minutes.
  3. Uncover and stir in fresh herbs. Cook for an additional 10 minutes, or until lentils are tender. Taste and adjust seasonings if desired.



**ORGANIC CRANBERRIES**  
**\$3.99/ea**

7.5 oz BAGS



**ORGANIC CUCUMBERS**  
**99¢/ea**



**ORGANIC SWEET POTATOES**  
Garnet · Jewel  
**\$1.99/lb**

Recipe INSIDE



**ORGANIC YELLOW ONIONS**  
**\$1.29/lb**

Organic Produce · On Sale 11/27 - 12/3

ORGANIC ASPARAGUS

\$6.99/lb



ORGANIC SATSUMA  
MANDARINS

\$2.99/lb



ORGANIC  
BLUEBERRIES

\$8.99/ea



18 OZ  
PKG



## PORK AND PINEAPPLE SKEWERS

Makes 4 Servings

### Teriyaki Sauce

- ½ cup mirin
- ½ cup pineapple or orange juice
- ¼ cup tamari
- 3 Tbsp honey
- 1 Tbsp rice vinegar
- 2 cloves garlic, grated
- 1 inch fresh ginger, grated
- 1 tsp red pepper flakes, or to taste
- 1 tsp cornstarch
- 1 Tbsp water
- 1 tsp smoked paprika
- Black pepper, to taste
- 1 small pineapple, skin and core removed
- 1 red bell pepper, stemmed and seeded
- 1 yellow onion
- 4-6 bamboo skewers, soaked in water for at least 30 minutes

### Rice

### Skewers

- 1 lb pork tenderloin
- 1 Tbsp olive oil
- 2 tsp tamari
- 1 cup basmati rice
- 2 green onions
- ½ inch ginger, grated
- 1 clove garlic, grated
- Drizzle olive oil

### Teriyaki Sauce

1. In a small saucepan, whisk together mirin, pineapple juice, tamari, honey, rice vinegar, garlic, ginger, and red pepper flakes. Bring to a low boil and reduce heat to medium. Simmer for about 10 minutes, or until slightly reduced.
2. In a small bowl, whisk together cornstarch and water. Whisk into the teriyaki sauce. Cook and stir until thickened and bubbly.

### Skewers

3. Pat tenderloin dry. Cut into 1 ½-inch cubes. Sprinkle it with salt and pepper, paprika, tamari, and olive oil. Toss to coat and set aside to marinate for 30 minutes.
4. Cut pineapple, bell pepper, and yellow onion into 1½-inch pieces.
5. Once pork has marinated, load onto skewers with pineapple, bell pepper, and onion.
6. Grill or broil on high for 10-15 minutes, brushing with teriyaki sauce and turning every 3-5 minutes.

### Rice

7. In a small saucepan, heat olive oil over medium. Cook green onions, ginger, and garlic for 1 minute, or until fragrant. Stir in rice, 2 cups of water, and a pinch of salt. Bring to a boil, then cover and reduce heat to low. Simmer for 15-18 minutes, or until water is absorbed and rice is tender. Toss with a fork before serving.

**LONELY LANE FARMS  
CRANBERRY SAGE  
PORK LEG ROAST**

**\$9.49/lb**

Save \$2.50/lb

Close to Home!



**SMART CHICKEN  
ORGANIC  
BONELESS SKINLESS  
CHICKEN BREAST**

**\$9.49/lb**

Save \$1/lb



**BAR HARBOR  
CLAM CHOWDER**

**\$2.99**

15 oz | Save \$2



**FEEL GOOD FOODS  
GLUTEN FREE  
APPETIZERS**

Macaroni & Cheese Bites  
Mozzarella Sticks

**\$5.99**

8 oz | Save \$3.50



**BRAZI BITES  
CHEESE BREAD  
OR EMPANADAS**

Gluten Free

**\$4.99**

10-11.5 oz  
Save \$2.50



**IMMACULATE  
BAKING  
CRESCENT ROLLS OR  
FLAKY BISCUITS**

**\$3.99**

8-16 oz | Save \$3.50



**BUBBIES  
SAUERKRAUT**

Original · Spicy

**\$7.49**

25 oz | Save \$2.50

MAKE EASY  
PUFF PASTRY



## MUSHROOM WELLINGTON

Makes 4 Servings (as a side)

- 3 Tbsp butter or olive oil
- 1 large onion, chopped
- 4 large cloves garlic, minced
- 1½ lbs mushrooms, sliced
- ½ cup dry red wine
- 2 Tbsp Worcestershire sauce
- 1 Tbsp balsamic vinegar
- 2 Tbsp fresh herbs, minced (we used sage, rosemary, and thyme)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 cup hazelnuts, chopped and toasted
- Salt and pepper, to taste
- 1 sheet puff pastry, homemade or store bought (We like GeeFree for a gluten free option), thawed overnight in the refrigerator
- 1 egg whisked into 1 Tbsp water (or substitute 2 Tbsp non-dairy milk)

1. In a large pan, heat butter or olive oil over medium heat. Add onion, and cook until golden and softened, about 10 minutes. Add onion and cook until fragrant, about 2 minutes.
2. Add mushrooms with a pinch of salt to help them release their moisture. Let the mushrooms cook for 10 to 15 minutes stirring frequently, until they have released most of their moisture.
3. Stir in wine, Worcestershire sauce, and vinegar. Simmer until almost all of the liquid has cooked off, about 10 minutes. Add fresh herbs, onion powder, garlic powder, hazelnuts, and salt and pepper to taste. Cook until all liquid has cooked off. A soggy filling will cause a soggy Wellington. Allow the filling to cool completely.
4. Preheat the oven to 400°F.
5. Roll out the puff pastry sheet to ⅛-inch thick. Place half of the filling in a mound in the center of the pastry. Press into an even loaf, like forming a meatloaf. Fold over one side of the pastry. Brush with egg wash. Fold over the other half. Fold up the ends and pinch all of the seams. Place on the baking sheet seam side down. Brush all over with remaining egg wash. Score with a sharp knife or bread lame.
6. Bake for 40-50 minutes, or until golden brown and cooked through. Allow to rest 10 minutes before slicing. Serve warm.

# LIFESOURCE KITCHEN HOURS

8 AM - 7 PM

GRAB AND GO ANYTIME

BREAKFAST · LUNCH

SERVED UP

FRESH

EVERY DAY!



Over 1000 items on Sale! · 11/27 - 12/17

# CELLAR CLOSEOUT SALE



**Fine wines at  
unrefined prices.**

**Hundreds of wines on sale while supplies  
last. When they're gone, they're gone.**

## SAVINGS ON BEER & WINE

YOUR  
CHOICE



2 TOWNS CIDERHOUSE

### HARD CIDER

Prickly Pearadise  
Made Marion · Brightcider  
Raspberry Cosmic Crisp  
Original Cosmic Crisp  
Blueberry Cosmic Crisp  
Tropical Cosmic Crisp

**\$12.99**

6 pk | Save \$2-3



KINGS RIDGE

### OREGON WINES

Chardonnay  
Pinot Noir

**\$14.99**

750ml | Save \$3



BARNARD GRIFFIN

### NORTHWEST WINES

Barrel Press Chardonnay  
Barrel Press Red Blend  
Rob's Red Blend

**\$9.99**

750ml | Save \$2-3



PIZZOLATO

### MOSCATO

Sparkling Wine

**\$14.99**

750ml | Save \$4

# CHEESY BAKED ARTICHOKE DIP

- 1 (14.5 oz) can artichoke hearts, drained and chopped
- 1 (8 oz) package cream cheese, softened
- 6 oz cheese, shredded (We used mozzarella and pepper jack)
- 1 (4oz) can green chilies, drained and chopped
- ½ cup mayonnaise
- ½ cup sour cream
- ½ cup Parmesan cheese, shredded
- 1 Tbsp lemon juice
- 2 tsp garlic powder
- 1 tsp black pepper

1. Preheat the oven to 350°F.
2. Mix all ingredients together into a medium bowl. Taste and adjust seasonings if desired.
3. Scrape into an 8x8-inch baking dish and smooth into an even layer. Bake 30-40 minutes or until warmed through. Serve warm with crusty bread, veggies, or potato chips.



MARY'S GONE  
CRACKERS  
**SELECT CRACKERS**  
Seeded · Cheezee  
**2 for \$7**  
4.25-6.5 oz  
Save \$2.49-2.99/ea



KERRYGOLD  
**AGED CHEDDAR CHEESE**  
Irish · Reserve · Dubliner  
**\$4.49**  
7 oz | Save \$3



DIVINA  
**NATURAL SPREADS**  
Fig · Chili Fig · Orange Fig  
Caramelized Onion  
**\$3.49**  
7.6-9 oz | Save \$2.50



DR. BRONNER'S  
**FAIR TRADE CHOCOLATE BARS**  
Your Choice  
**\$2.99**  
2.93-3 oz  
Save \$2.50



HONEY MAMA'S  
**REFRIGERATED TRUFFLE BARS**  
Your Choice  
**\$3.49**  
2.5 oz | Save \$3.50

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# RUSSIAN TEA COOKIES

- 1 cup butter, softened
- 1/2 cup powdered sugar
- 1 cup almond flour
- 1 1/4 cup unbleached wheat flour
- 1/4 tsp salt
- 3/4 cup roasted unsalted almonds, chopped
- More powdered sugar, for rolling

1. Preheat the oven to 450°F. Line a baking sheet with parchment paper.
2. In a bowl, cream together butter and sugar. Mix in vanilla extract, almond flour, wheat flour, salt, and chopped almonds.
3. Scoop about 1 tbsp dough at a time, and roll into 1-inch balls. Place on a prepared baking sheet.
4. Bake cookies for 10-12 minutes. Carefully roll hot cookies in powdered sugar. Allow to cool completely, and roll again. Enjoy!



**HAPPY EGG**  
**FREE RANGE**  
**BROWN EGGS**  
**\$5.49**  
 1 doz | Save \$2



**EARTH BALANCE**  
**BUTTERY**  
**STICKS OR SPREAD**  
 Original · Soy Free  
**\$3.79**  
 15-16 oz  
 Save \$3.70-4



**ENJOY LIFE**  
**ALLERGY FRIENDLY**  
**CHOCOLATE CHIPS**  
 Semi Sweet · Dark  
 Rice Milk  
**\$5.49**  
 9-10 oz | Save \$2.30



**NANCY'S**  
**PROBIOTIC**  
**CREAM CHEESE**  
**\$3.49**  
 8 oz | Save \$1.50



**REPURPOSE**  
**COMPOSTABLE**  
**PLATES OR BOWLS**  
 9-inch Plates  
 Bigger Bowls  
**\$3.49**  
 20 ct | Save \$2.30



# BULK DEPARTMENT DEALS

Café MAM  
ORGANIC FAIR TRADE  
MOCHO BLEND



**\$9.99/lb**

Save \$2.50/lb

ORGANIC FAIR TRADE  
DECAF MOCHO BLEND

**\$10.99/lb**

Save \$3/lb



ORGANIC REGULAR  
ROLLED OATS

**\$1.99/lb**

Save 50¢/lb



ACTIVE  
DRY YEAST

**\$8.49/lb**

Save \$1.50/lb



ORGANIC UNBLEACHED  
ALL PURPOSE FLOUR

**\$2.49/lb**

Save 50¢/lb



ORGANIC  
SEMOLINA FLOUR

**\$3.49/lb**

Save 50¢/lb



ORGANIC EVAPORATED  
CANE SUGAR

**\$1.99/lb**

Save 50¢/lb



BRING YOUR  
CONTAINER!

ORGANIC  
RED LENTILS

**\$2.99/lb**

Save 50¢/lb



ORGANIC WHITE  
OR NAVY BEANS

**\$2.99/lb**

Save 50¢/lb



ORGANIC ROASTED  
SALTED PISTACHIOS

**\$10.99/lb**

Save \$2/lb



WHOLE MEAL  
ALMOND FLOUR

**\$10.99/lb**

Save \$2/lb



ORGANIC  
MIXED NUTS

Salted · Unsalted

**\$16.99/lb**

Save \$3/lb



ORGANIC  
BAKING COCOA

**\$15.99/lb**

Save \$2/lb



EQUAL  
EXCHANGE  
ORGANIC HOT  
COCOA MIX

**\$12.99/lb**

Save \$2/lb



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# ANCIENT NUTRITION



## SBO PROBIOTICS

Mental Clarity · Immune  
Men's · Womens · Vaginal

# \$19.99

30 caps | Save \$8



## ONCE DAILY MULTIVITAMINS

Women's Vitality  
Male Performance

# \$23.99

30 caps | Save \$9



## PLANT PROTEIN

Chocolate · Vanilla

# \$29.99

12.5 oz | Save \$15

# OREGON'S WILD HARVEST



## ASHWAGANDHA

# \$18.99

90 caps | Save \$5



## TURMERIC

with Black Pepper

# \$22.99

60 caps | Save \$5



## GARDEN OF LIFE MAGNESIUM GUMMIES

Orange · Raspberry

# \$15.99

60 ct | Save \$6



## KAL CALMING MAGNESIUM POWDER

Cherry · Blueberry

# \$18.99

9 oz | Save \$9

# BOIRON



**ThroatCalm**

**\$9.99**

60 tabs | Save \$3



**SinusCalm**

**\$9.99**

60 tabs | Save \$3



**ColdCalm**

**\$9.99**

60 tabs | Save \$3

# SOLARAY · HER LIFE STAGES



**MENOPAUSE  
PERIMENOPAUSE  
POSTMENOPAUSE**

**\$25.99**

60 vcaps | Save \$11



**LIBIDO**

**\$14.99**

60 vcaps | Save \$7



**PMS &  
MENSTRUAL**

**\$14.99**

24 vcaps | Save \$7

# NEW CHAPTER



**WOMEN'S  
MULTI GUMMY  
\$24.99**

75 ct | Save \$4



**KID'S  
MULTI GUMMY  
\$24.99**

60 ct | Save \$4

Wellness · On Sale 11/27 - 12/17

# NORDIC NATURALS

Nordic Naturals began with a simple goal: To give everyone the nutrients they need to live a healthy life. Since 1995, they've led the omega-3 fish oil industry by pioneering manufacturing methods to produce fresh, pure, and great-tasting omega-3 oils. Importantly, all Nordic Naturals fish oils are Friend of the Sea Certified, which guarantees that every fish used is wild-caught from healthy, sustainable fisheries and sourced in line with strict standards for fishing method, by-catch reduction, and habitat protection.

Nordic Naturals was born out of a pursuit of optimal health by what science makes possible. Today, Nordic Naturals continues their commitment to optimal health with a growing selection of expertly formulated products for every body, including award-winning omega-3s, vegetarian probiotics, nutritious gummies and vitamins, and more. As they pursue new innovations in nutrition, their commitment to supporting optimal health through science is steadfast. Because when your goal is a healthy world, every detail matters.



## OMEGA-3 FISH OIL

Cognition, Heart Health, and Immune Support

# \$33.99

180 *sg* | Save \$8.50



WILEY'S FINEST  
**BOLD VISION**  
Eye Health and Comfort  
**\$37.99**  
60 *sg* | Save \$9



TRACE MINERALS  
RESEARCH  
**ZINC GUMMIES**  
Immune Support  
**\$15.99**  
60 *ct* | Save \$5.50



SOLGAR  
**VITAMIN C**  
1000 mg  
**\$13.99**  
100 *vcaps* | Save \$3



**QUERCETIN COMPLEX**  
**\$11.49**  
50 *vcaps* | Save \$3



FLORA  
**ADVANCED ADULT PROBIOTIC**  
**\$18.99**  
30 *caps* | Save \$6



HIMALAYA  
**PARTY SMART**  
One Capsule for a Better Morning  
**\$20.99**  
12 *vcaps* | Save \$5.50

# +PLUSCBD BY CV SCIENCES



**CALM OR SLEEP  
CBD GUMMIES**

**\$24.99**

30 ct | Save \$10



## HOST DEFENSE

### SUNWARRIOR ACTIVE PRE-WORKOUT

Blue Raspberry  
Yuzu Mango

**\$36.99**

11.1 oz | Save \$9



### MYCO BOTANICALS STRESS DECOMPRESS

Mood Support

**\$22.99**

60 vcap | Save \$7



### STAMETS 7

7 Species Blend  
Made with organic  
mushroom mycelium

**\$23.99**

60 vcap | Save \$9



### MYCOMMUNITY

Comprehensive  
Immune Support

**\$27.99**

60 vcap | Save \$9

Wellness · On Sale 11/27 - 12/17

# NATURAL FACTORS



**STRESS-RELAX  
MELATONIN 5mg**

Chewable

**\$7.49**

90 tabs | Save \$2.50



**STRESS-RELAX  
PHARMA GABA**

Fast Acting

**\$18.99**

60 vcaps | Save \$4



**regenerLife  
SLEEP BETTER**

**\$22.99**

60 tabs | Save \$7



**INESSCENTS  
ORGANIC  
CASTOR BODY OIL**

**\$7.29**

4 fl oz | Save \$2.70



**EVANHEALY  
BLUE CACTUS  
BEAUTY ELIXIR**

**\$38.99**

.5 fl oz | Save \$11



**NOW  
ESSENTIAL OILS**

Frankincense  
Woodland Walk

**\$10.49**

1 fl oz  
Save \$3.50-4.50



**OREGON SOAP CO.  
FOAMING SOAP**

Clary Sage & Fir · Double Mint  
Ginger Grapefruit · Lavender  
Lemongrass Zinger

**\$5.99**

8.3 fl oz | Save \$2.50



**SHIKAI  
BORAGE SKIN  
THERAPY**

**\$1.79**

1 fl oz | Save \$1



## HERBAN COWBOY

DEODORANT

Forest · Sport

# \$7.49

2.8 oz | Save \$3.50



## HIMALAYA TOOTHPASTE

Many to Choose From!

# \$5.49

5.29 oz | Save \$2.50



EO

## HAND SANITIZER WIPES

Lavender

# \$3.29

10 ct | Save \$1.50



## HAND SANITIZER SPRAY

Lavender

# \$3.29

2 oz | Save \$1.50



## INESSCENTS

CBD BATH SALTS

Unscented · Lavender

# \$6.29

4 oz | Save \$1.70

GIFT  
IDEA



## DESERT ESSENCE BLEMISH TOUCH STICK

# \$7.79

.33 oz | Save \$5.20

GIFT  
IDEA

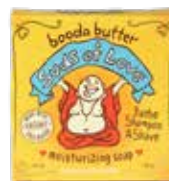


## BOODA ORGANICS ECOBALM

Mint · Cocoa · Naked

# \$4.29

.3 oz | Save \$1.70



SUDS OF LOVE

# \$4.99

3.6 oz | Save \$2

Over 1000 items on Sale! · 11/27 - 12/17



# BRAND SUPPLEMENTS

## WE VALUE YOUR TRUST

We take a close look at every product we carry and especially at the companies we choose to partner with for our 'house brand'. After extensive vetting of these products, we are confident to proudly feature our own name on the labels. They are superior in quality, tested for purity and potency and most come in sustainable and fully recyclable glass bottles.

## AFFORDABLE

All LifeSource branded supplements will be available at Every Day Low Prices each and every day.

## KNOWLEDGEABLE SUPPORT

Our team in the Wellness Department is always here and happy to help with guidance and information to aid your supplement and beauty care selections.



## CBD FORMULAS

Calm · Happy Place  
Stress Adapt · Sleep

# \$28.99

30 vcaps | Save \$6-10



## ACIDOPHILUS & BIFIDUS

Probiotic

# \$9.99

50 caps | Save \$3



## DGL LICORICE EXTRACT

# \$11.99

90 vcaps | Save \$3



## LIVER DETOX COMPLEX

# \$15.99

60 caps | Save \$3