

LifeSource
natural foods

**EAT WELL
BE MERRY**

HOLIDAY HOURS

TUESDAY, DEC 24 · 8AM - 6PM

WEDNESDAY, DEC 25 · **CLOSED**

TUESDAY, DEC 31 · 8AM - 6PM

WEDNESDAY, JAN 1 · 10AM - 6PM

**ORGANIC
BABY CARROTS**

\$1.99/ea



1 LB
BAG

**ORGANIC
CARA CARA
ORANGES**

\$1.99/lb



**ORGANIC
GREEN ZUCCHINI**

\$1.99/lb



ORGANIC GIRL
**ORGANIC
SALAD MIXES**

\$3.99/ea

5 OZ
PKG



SUPPLEMENT SATURDAY!

15% OFF* SUPPLEMENTS & BODY CARE

ONE DAY ONLY! JANUARY 4

*REGULAR PRICE ITEMS ONLY



Organic Produce · On Sale 12/18 - 12/24

ORANGE SPICE CAKE

- 2 cups unbleached white flour or 1:1 gluten free flour
 - 2 tsp baking powder
 - ½ tsp cinnamon
 - ¼ tsp nutmeg
 - ¼ tsp cardamom
 - ¼ tsp salt
 - 1 cup granulated cane sugar
 - ½ cup butter, softened to room temperature
 - ½ cup orange juice, fresh squeezed (about 1 large orange)
 - ¼ cup milk
 - 2 large eggs
 - 1 tsp vanilla extract
 - Zest of 1 orange
- Toppings**
- ½ cup orange juice, fresh squeezed (about 1 large orange)
 - ½ cup granulated cane sugar
 - ½ cup powdered sugar
 - 2 Tbsp butter, melted
 - 2 Tbsp fresh squeezed orange juice
 - 1 tsp vanilla extract
- Equipment**
- 8x4-inch loaf pan, 6x2-inch round pan, or 2 6-inch mini bundt pans
1. Preheat the oven to 350°F. Spray pan with cooking spray, or grease with melted butter and dust with flour.
 2. In a medium bowl, whisk together flour, baking powder, cinnamon, nutmeg, cardamom, and salt. Set aside.
 3. In a large bowl, cream together ½ cup softened butter and 1 cup granulated cane sugar until light and fluffy, about 3 minutes. Beat in ½ cup orange juice, ¼ cup milk, eggs, vanilla, and orange zest. Stir in flour and spice mixture until moistened.
 4. Scrape batter into the prepared pan and bake for 35-45 minutes, or until a toothpick inserted into the center comes out clean.
 5. Allow the cake to cool in the pan for 15 minutes, and then remove to a plate. Stir together ½ cup orange juice and ½ cup granulated cane sugar. Spoon over warm cake.
 6. To make the glaze, whisk together the powdered sugar with the melted butter, 2 Tbsp orange juice, and vanilla extract. Allow the cake to cool completely before glazing and serving.



ORGANIC DAISY TANGERINES

\$2.49/lb



ORGANIC BABY BOK CHOY

\$2.99/lb



ORGANIC EGGPLANT

\$1.99/lb



ORGANIC GREEN BEANS

\$2.99/lb

Organic Produce · On Sale 12/18 - 12/24

**ORGANIC
BOSC PEARS**

\$2.99/lb



**ORGANIC
GOLD KIWI**

\$4.99/lb



**ORGANIC
BLUEBERRIES**

\$4.99/ea



1 PINT



ROASTED EGGPLANT

Makes 4 Servings

- 1 eggplant, sliced into ½-inch thick planks
 - 2 Tbsp olive oil
 - 1 cup cherry tomatoes, halved
 - 3 ½ oz feta cheese, crumbled
 - 1 small bunch basil, torn
 - Salt and pepper, to taste
1. Preheat the oven to 425°F. Line a baking sheet with parchment or a silicone mat.
 2. Place the eggplant on the prepared baking sheet. Brush it with some of the olive oil, and sprinkle with salt and pepper.
 3. In a bowl, toss together the cherry tomatoes, feta, half of the basil, and the remaining olive oil. Top the eggplant with the mixture.
 4. Bake in the preheated oven for 20 minutes, or until golden. Sprinkle with remaining basil and enjoy with pasta and crusty bread.

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

\$9.49/lb

Save \$2.50/lb

Close to Home!



**ORGANIC VALLEY
ORGANIC
RAW MILK CHEESE**

Mild Cheddar · Sharp Cheddar · Jack

\$4.49

8 oz | Save \$3



**CARBONE
PASTA SAUCE**
Mushroom · Arrabbiata
Tomato Basil · Marinara
Delicato · Roasted Garlic

\$6.49

24 oz | Save \$5



**CHICKPEA
CHICKPEA
& LENTIL PASTA**
Elbow · Spaghetti
Penne · Shells · Spirals

\$3.49

8 oz | Save \$2



**FEEL GOOD FOODS
GLUTEN FREE
EGG ROLLS**

Chicken · Vegetable

\$6.49

9 oz | Save \$3.50



**FEEL GOOD FOODS
GLUTEN FREE
BACON, EGG,
& CHEESE POCKETS**

\$4.99

8 oz | Save \$2.50



**NANCY'S
ORGANIC
SOUR CREAM**

Live Probiotics

\$1.99

8 oz | Save \$1



**SMART CHICKEN
BONELESS SKINLESS
CHICKEN BREAST**



\$9.49/lb

Save \$1/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.

LIFESOURCE KITCHEN HOURS

8 AM - 7 PM

GRAB AND GO ANYTIME

BREAKFAST • LUNCH

**SERVED UP
FRESH
EVERY DAY!**



Over 1000 items on Sale! · 12/18 - 12/31

WINE-DERFUL STOCKING STUFFERS!

This season, wonder and delight comes in small, elegant packaging! Our carefully curated selection of small bottles are perfect for gifting or adding a touch of luxury to your holiday festivities. Cheers to thoughtful *sip*-rises!



VIETTI
MOSCATO D'ASTI
Falletto, Italy • \$9.99 / 375 ml

Bring a little sweetness to your holiday gathering with this delightfully bright and fruity Moscato. A lovely bouquet of white peach and wildflowers leads to juicy flavors of apricot and Granny Smith apple. This is a great pairing for that holiday charcuterie board or any dessert.



SHIBATA
PINK CLOUDY SAKE
Japan • \$9.99 / 200 ml

This one is an easy choice for a sake lover. Mellow and full-bodied with a silky mouth-feel, this Junmai Ginjo sake offers up pretty citrus and cherry blossom notes punctuated by a clean, dry finish. Plenty of umami notes means this sake pairs surprisingly well with aged dry cheese.



TOMIO
HANAICHIRIN A FLOWER JUNMAI SAKE
Kyoto, Japan • \$18.99 / 180 ml

One of the freshest, most delightfully aromatic sakes we've brought to LifeSource. Very soft and delicately textured. The pale blue bottle can be re-purposed into a beautiful vase, or an eye-catching vessel for infused oils.



KRISTOF FARMS
BLUSH CIDER
Willamette Valley • \$5.79 / 12 fl oz

A cider for wine lovers? A wine for cider lovers? Get the best of both worlds with this elegant cider. Willamette Valley apples and pinot noir unite to create something truly unique and delicious.



VARNUM VINTERS
PORCH PARTY SPARKLING RED BLEND
Willamette Valley • \$9.99 / 375 ml

Porch Party is a fun, fizzy, fruity, slammable red with unmatched pairing versatility. Elevate holiday leftovers with big red fruit flavors and a juicy finish.



ILLAHE VINEYARDS
CAP FIZZ SPARKLING WINE
Willamette Valley • \$5.99 / 187 ml

Lively acidity and pretty floral aromas frame citrus and stone fruit flavors, rounded out with a delightfully dry finish. Great for mimosas!



FERRARI
BRUT SPARKLING WINE
Trento, Italy • \$17.99 / 375 ml

This Italian bubbly isn't a run-of-the-mill prosecco; it's the Italian equivalent to a blanc-de-blancs. 100% Chardonnay made in a very dry style, Ferrari gives its French rivals plenty of competition, offering all the toasty, creamy notes one would expect from a much pricier Champagne.

**CELLAR
CLOSEOUT**

Fine wines at unrefined prices.
Hundreds of wines on sale while supplies last.

SALE





MULLED WINE

Makes 6 Servings

- 1 (750ml) bottle red wine, try Foris Six Stones from Rogue Valley
- 2 oranges, juiced and zested
- 1 cup fresh cranberries
- ¼ cup maple syrup, or to taste
- 2 cinnamon sticks
- 1 Tbsp mulling spices, try Frontier from the bulk department
- 1 tsp vanilla extract

1. Add all ingredients to a large heavy bottomed pot. Heat over medium high heat until just simmering. Reduce heat to low, and cover. Continue simmering at least 30 minutes, or up to several hours.
2. Strain before serving in heat proof mugs.



BRIE STUFFED MUSHROOMS

Makes 15 Mushrooms

- 15 large crimini mushrooms, stems removed
- ¼ cup olive oil, divided
- 1 small wedge of brie cheese
- ¼ cup panko bread crumbs
- ¼ cup shredded parmesan cheese
- 1 clove garlic, minced
- 2 sprigs fresh thyme, minced
- 1 sprig sage leaves, minced
- 1 small sprig rosemary leaves, minced
- ¼ tsp black pepper
- ¼ tsp kosher salt
- 1 lemon, cut into wedges

1. Preheat the oven to 350°F. Line a baking sheet with parchment or a silicone mat.
2. Toss mushroom caps in 2 Tbsp olive oil. Place on the prepared baking sheet cavity side up.
3. Slice the rind off the cheese. Cut into 15 even pieces. Place one small cube of cheese in each mushroom cap.
4. In a small bowl, mix together bread crumbs, Parmesan, garlic, fresh herbs, salt, and pepper. Stir in remaining olive oil until all ingredients are evenly moistened. Place about a tablespoon of the mixture on top of each mushroom.
5. Bake 25 minutes in the preheated oven, or until mushrooms are tender and bread crumbs are browned. Serve hot with a squeeze of lemon.



OLLI SALUMERIA SNACK PACKS

Sopressata & Cheddar
Genoa & Fontina
Calabrese & Asiago

\$2.99

2 oz | Save \$2



BUBBIES KOSHER DILL PICKLES

Original · Spicy

\$7.49

33 oz | Save \$2.50



DR. BRONNER'S FAIR TRADE CHOCOLATE BARS

Your Choice

\$2.99

2.93-3 oz | Save \$2.50



SIETE GRAIN FREE COOKIES

Chocolate Chip
Fresas Con Crema
Mexican Shortbread
Mexican Wedding

\$2.99

4.5 oz | Save \$2



EARTH FRIENDLY SPRAY CLEANERS

Parsley+ All Purpose
Window Cleaner

\$3.49

22 oz | Save \$2

Over 1000 items on Sale! · 12/18 - 12/31

SHORTCUT CHOCOLATE CHERRY COOKIE TARTS

Makes 24 Cookie Tarts

Crust

- 2 pkg Loren's Fudgy Brownie Cookie Dough

Filling

- 1 pkg chocolate pudding mix
- 2 cups milk, dairy or plant-based
- ½ cup cherry preserves
- 24 fresh or frozen cherries

Whipped Topping

- 1 ½ cups heavy cream (or plant-based whip)
- ½ cup mascarpone (optional)
- ¼ cup granulated sugar
- 1 tsp vanilla extract

1. Preheat the oven to 325F, and grease a muffin pan with cooking spray or butter.
2. **Tart Crust:** Place a one ounce cookie dough ball into each prepared muffin cup. Bake for 5 minutes, and using a spoon or shot glass, press dough down and up the sides into a cup shape. Continue baking for another 5 to 7 minutes, or until cookie cups are set. Remove from the oven and let cool completely on a wire rack before removing from the pan.
3. **Filling:** Whisk 2 cups milk into the pudding mix until smooth, (or follow the instructions on the package for preparing pudding). Spoon cherry preserves equally between each cookie cup. Next, spoon in the pudding, filling each cup the rest of the way. Place a cherry on top of the pudding. Top with pre-made whipped topping, or follow the next step to make from scratch.
4. **Whipped Topping:** Beat together mascarpone, sugar, and vanilla until smooth. Add heavy cream and beat until peaks form, about 3 to 5 minutes. Pipe or spoon onto the cookie tarts.



HAPPY EGG
**FREE RANGE
HERITAGE EGGS**

\$6.49

1 doz | Save \$3



KERRYGOLD
PURE IRISH BUTTER

Salted · Unsalted

\$4.49

8 oz | Save \$1.50



MISS JONES
ORGANIC FROSTING

Vanilla · Chocolate
Cream Cheese

\$5.49

11.29 oz | Save \$3



MISS JONES
**VANILLA CAKE OR
FUDGE BROWNIE
MIXES**

\$5.99

14.67-15.87 oz
Save \$3.50



SWEET LOREN'S
**GLUTEN FREE
COOKIE DOUGH**

Sugar Cookie · Brownie
Oatmeal Cranberry

\$5.49

12 oz | Save \$3

BULK DEPARTMENT DEALS

EQUAL EXCHANGE
ORGANIC FAIR TRADE
COLOMBIAN COFFEE



\$10.49/lb

Save \$2.50/lb

ORGANIC FAIR TRADE
DECAF BREAKFAST BLEND

\$11.29/lb

Save \$2.70/lb



GRANDY ORGANICS
ORGANIC
CLASSIC GRANOLA



\$11.49/lb

Save \$1.50/lb



ORGANIC CRISPY
BROWN RICE PUFFS



\$6.79/lb

Save \$2.20/lb



ORGANIC SUPERFINE
BROWN RICE FLOUR

\$1.99/lb

Save 50¢/lb



GRIND YOUR OWN
CASHEW BUTTER



\$8.49/lb

Save \$1.50/lb

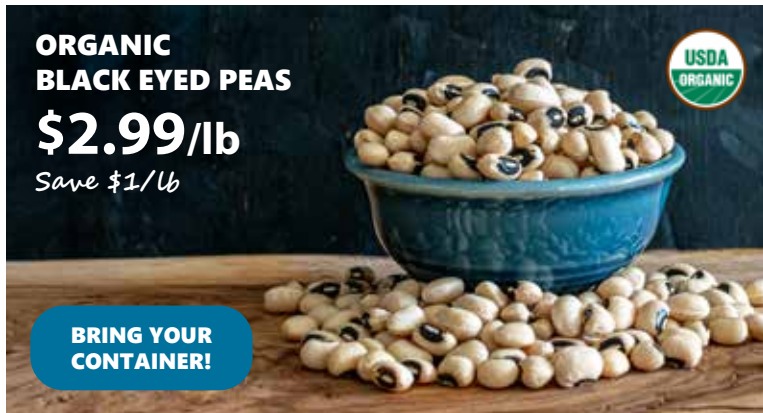


ORGANIC
BLACK EYED PEAS



\$2.99/lb

Save \$1/lb



BRING YOUR
CONTAINER!

ORGANIC BROWN
JASMINE RICE

\$3.99/lb

Save 50¢/lb



TOASTED PEARL
COUSCOUS

\$3.49/lb

Save \$1/lb



ORGANIC WHITE
POPCORN



\$1.99/lb

Save 50¢/lb



ORGANIC
MASA HARINA
CORN FLOUR



\$1.99/lb

Save 80¢/lb



OREGON SOAP CO.
CUT YOUR OWN
BAR SOAP

\$15.99/lb

Save \$6/lb



Close to
Home!

SUNRIDGE FARMS
DARK CHOCOLATE
COCONUT CHEWS

\$14.99/lb

Save \$1/lb



ORGANIC
OOLONG TEA



\$49.99/lb

Save \$10/lb



ONLY
\$3.12/oz

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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

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

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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



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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

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

Wellness · On Sale 12/18 - 12/31



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

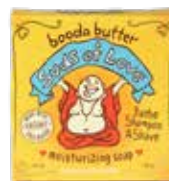


BOODA ORGANICS ECOBALM

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! · 12/18 - 12/31



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

WE'RE CELEBRATING 30 YEARS IN SALEM!

