

**LifeSource**  
natural foods

**EAT WELL  
BE HAPPY**

ORGANIC SMALL  
AVOCADOES

**2 for \$3**



ORGANIC  
GREEN ZUCCHINI

**\$1.29/lb**

Recipe  
INSIDE



ORGANIC  
BLOOD ORANGES

**\$2.99/lb**



ORGANIC  
RED GRAPEFRUIT

**\$1.29/lb**



ORGANIC  
CAULIFLOWER

**\$2.99/ea**



ORGANIC  
KENT MANGOES

**2 for \$5**



Organic Produce · On Sale 1/8 - 1/14

# CHOCOLATE CHIP ZUCCHINI BREAD

Makes 12 Servings

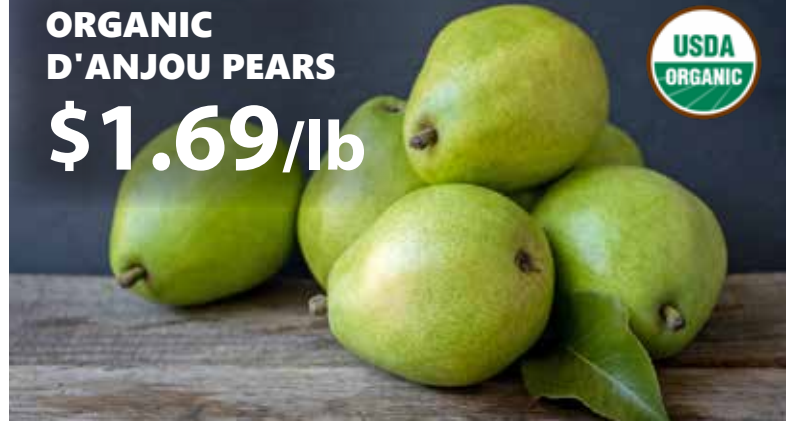
- 1 ½ cups unbleached wheat flour
- ½ tsp salt
- ½ tsp baking soda
- ½ tsp baking powder
- 2 tsp cinnamon
- ½ tsp nutmeg
- ¼ tsp black pepper
- ⅛ tsp ground cloves
- ⅔ cup turbinado sugar
- 2 eggs, beaten
- ½ cup butter, melted and cooled
- 2 tsp vanilla
- 2 cups grated zucchini (about 1 or 2 whole zucchini)
- ¼ cup chocolate chips
- ¼ cup chocolate mini chips

1. Preheat the oven to 350°F. Grease an 8-inch x 4-inch loaf pan with butter or cooking spray.
2. In a medium sized bowl, whisk together flour, salt, baking soda, baking powder, cinnamon, nutmeg, pepper, and cloves.
3. To the dry ingredients, add sugar, eggs, butter, vanilla, zucchini, and chocolate chips. Mix until well combined.
4. Pour into the prepared loaf pan. Bake for about 55 minutes, or until a toothpick inserted into the center comes out clean.
5. Allow to cool on a rack for about 15 minutes, then remove from the pan.



**ORGANIC  
D'ANJOU PEARS**

**\$1.69/lb**



**ORGANIC  
ENVY APPLES**

**\$2.29/lb**



**ORGANIC  
CUCUMBERS**

**\$1.19/ea**



**ORGANIC  
COSMIC CRISP APPLES**

**\$1.69/lb**



*Organic Produce* · On Sale 1/8 - 1/14



## CAULIFLOWER PIZZA

Makes 4 Servings

- 1 head cauliflower, cut into florets
- 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 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 PORTOBELLO MUSHROOMS

\$7.99/lb



## ORGANIC HEIRLOOM TOMATOES

\$4.99/lb



## JUICER BLOODY MARY

Makes 2 Servings

- 3 cups ripe tomatoes, quartered
- 1 stalk celery
- 1 carrot
- ½ lime, peeled
- 2 cherry bomb peppers
- 2 cloves black garlic, smashed to paste
- 1 Tbsp pepperoncini brine or cider vinegar
- 3 tsp Worcestershire sauce
- 2 tsp olive brine
- ½ tsp horseradish
- ½ tsp smoked paprika
- ¼ tsp celery seed, crushed
- ¼ tsp garlic powder
- ¼ tsp black pepper
- ¼ tsp sea salt
- Dash hot sauce
- 4 oz vodka (optional)
- Garnishes (optional): Olives, pepperoncini, celery stalk, pickled green beans or asparagus, bacon

1. Chop veggies small enough to fit in your juicer. Juice tomatoes, reserving a couple tablespoons of pulp to add a little extra body to the drink, if desired.
2. Juice celery, carrot, lime, and peppers
3. Pour juice into a shaker with ice. Add reserved pulp (if desired), and remaining ingredients. Shake gently.
4. Pour into glasses over ice. Garnish if desired.



**SMART CHICKEN  
BONELESS SKINLESS  
CHICKEN THIGHS**

**\$7.49/lb**

Save \$1/lb



**GRILLED CHICKEN TACOS**

Makes 8 Tacos

- 1 lb boneless chicken thighs (about 4-5 thighs)
- 1 lime, juiced (about 3-4 Tbsp juice)
- ¼ cup fresh pineapple, minced (or pineapple juice)
- 2 Tbsp olive oil
- 3 cloves garlic, minced
- 2 tsp chili powder
- ½ tsp smoked paprika
- ½ tsp onion powder
- ½ tsp sea salt
- ¼ tsp black pepper
- ¼ tsp cayenne (or to taste)
- ¼ tsp red pepper flakes (or to taste)
- ¼ cup cotija cheese
- ¼ cup red or sweet onion, chopped
- ¼ cup cilantro, snipped
- Salsa verde
- Corn tortillas, warmed

1. Pound chicken to an even ½-inch thickness. Place in a bowl or plastic zipper bag.
2. In a small bowl, whisk together lime, pineapple, olive oil, garlic, chili powder, paprika, onion powder, salt, pepper, cayenne, and pepper flakes. Pour over chicken and toss to coat. Refrigerate covered or sealed if using a zipper bag, at least 2 hours or overnight.
3. Heat grill to medium high, or about 400F. If broiling, set to high heat and preheat for at least 10 minutes. Remove chicken from marinade, shake off any excess.
4. Grill or broil chicken about 6-7 minutes per side, or until internal temperature reaches 165F. Allow to rest 10 minutes before chopping.
5. Divide meat between 8 corn tortillas. Serve with cheese, onion, cilantro, and salsa.



**BONAFIDE PROVISIONS  
ORGANIC BROTH**

Vegetable · Chicken  
Salted or Unsalted

**\$3.29**

32 oz | Save \$2.20



**LUNDBERG ORGANIC RICE**

Jasmine · Basmati · Sushi

**\$6.49**

32 oz | Save \$3.50



**TASTY BITE INDIAN ENTRÉES**

Select Varieties

**\$2.79**

10 oz | Save \$1.70



**4TH & HEART GHEE**

California Garlic  
Himalayan Pink Salt  
Original Recipe

**\$8.99**

9 oz | Save \$5.50



**DR. PRAEGER'S VEGGIE BURGERS**

Black Bean · Mushroom  
Southwest · Cauliflower

**\$4.49**

10 oz | Save \$2.50

LONELY LANE FARMS  
GROUND SPICY  
ITALIAN SAUSAGE



**\$9.49**

16 oz | Save \$1



## 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.

# LIFESOURCE KITCHEN HOURS

8 AM - 7 PM

GRAB AND GO ANYTIME

.....

BREAKFAST · LUNCH

# SERVED UP FRESH EVERY DAY!



Over 1000 items on Sale! · 1/1 - 1/14



## BLUEBERRY LEMONADE

Makes 6 Servings

- 1 cup fresh or frozen blueberries
- 1 cup filtered water
- ½ cup granulated sugar
- 1 cup lemon juice (about 5 lemons)
- 4 cups filtered water, sparkling wine, club soda, or sparkling water
- Ice

1. Place blueberries, 1 cup filtered water, and ½ cup granulated sugar in a medium saucepan. Bring to a boil over high heat, reduce heat and simmer for 7-10 minutes, mashing blueberries with the back of a spoon. Strain through a fine mesh strainer if desired. Allow to cool.
2. In a pitcher, stir together blueberry syrup, lemon juice, and 4 cups of water, soda, or wine. Serve over ice.



## BLACKBERRY MIMOSAS

Makes 2 Servings

- 1 (6 oz) pkg blackberries (if using frozen, thaw first)
- 1 tsp turbinado sugar
- 2 Tbsp simple syrup (or more, to taste) divided
- ½ small Meyer lemon
- Champagne, sparkling wine, club soda, or sparkling water

1. In a small bowl, muddle blackberries with turbinado sugar. Strain through cheesecloth, squeezing out the juice. (Wear gloves to protect your hands from staining!) Divide between 2 champagne glasses. Yields about ½ cup of blackberry juice.
2. Add 1 Tbsp simple syrup to each glass.
3. Squeeze the lemon once into each glass (About ½ Tbsp)
4. Top with sparkling wine, soda, or sparkling water.

**Simple Syrup:** 1 cup organic cane sugar, 1 cup water. Heat sugar and water in a small saucepan over medium high heat until it reaches a low boil. Reduce heat to medium low, and simmer for 10-12 minutes, or until syrup becomes slightly thickened. Allow to cool, and chill in a covered container until ready to use.

## BEER & WINE DEALS



### CONO SUR RED BLEND

**\$11.99**

750ml | Save \$2



### ARGYLE WILLAMETTE VALLEY PINOT NOIR

**\$22.99**

750ml | Save \$5



### GUINIGI PROSECCO

**\$9.99**

750ml | Save \$5



### GIESEN NON ALCOHOLIC SAUVIGNON BLANC

**\$12.99**

750ml | Save \$2



### FREE SPIRITS NON ALCOHOLIC TEQUILA, MILANO, OR BOURBON

**\$32.99**

750ml | Save \$5

**JUSTIN'S  
PEANUT BUTTER**

Classic · Honey

**\$6.49**

28 oz | Save \$3.50



**CANYON BAKEHOUSE  
GLUTEN FREE  
HERITAGE BREAD**

Honey White · Whole Grain

**\$6.49**

12 oz | Save \$2.50



**RUMIANO  
ORGANIC  
CHEESE SLICES**

Cheddar · Havarti  
Pepper Jack

**\$3.29**

6 oz | Save \$2.20



**POPPI  
PREBIOTIC SODA**

Mix & Match

**2 for \$4**

12 fl oz | Save 99¢/ea



**BITCHIN'  
BITCHIN' SAUCE**

Caramelized Onion · Bombay  
Pesto · Chipotle · Cilantro  
Original · Spinach Artichoke

**\$3.49**

8 oz | Save \$4



**CANYON  
BAKEHOUSE  
GLUTEN FREE  
BAGELS**

Plain · Everything

**\$4.99**

14 oz | Save \$2.30



**CREMINELLI  
FINE MEATS  
CHEESE & CRACKER  
SNACKS**

Sopressata & Monterey Jack  
Prosciutto & Mozzarella

**\$2.99**

2 oz | Save \$2

Over 1000 items on Sale! · 1/1 - 1/14

# CADIA



Our Everyday Value program is designed to help you save money every time you shop with us. From frozen favorites to pantry staples, we're committed to offering you the lowest possible prices on all of your favorite natural foods without sacrificing quality.

We know that eating healthy foods can sometimes feel like a luxury—especially if you're on a budget. But with Everyday Value, you can shop with confidence, knowing that you're getting the best value for your money. We believe that healthy eating should be accessible to everyone, and we're committed to making that a reality.

At LifeSource Natural Foods, we're passionate about natural and organic food, and we're excited to help you make healthy eating a part of your everyday routine.



# LOOK FOR THE SIGNS!

## CADIA ORGANIC FROZEN PIZZAS

Margherita · Four Cheese

# \$7.99

12 oz



## CADIA GLUTEN FREE CHICKEN NUGGETS

Buffalo · Original

# \$8.99

20 oz



## CADIA ORGANIC SOUPS

Mushroom · Harvest Chili  
Hearty Lentil · Carrot Coconut

# \$2.99

14.1 oz



## SEVENTH GENERATION CHLORINE FREE BLEACH

Free & Clear

# \$4.49

64 fl oz | Save \$2.50



## SEVENTH GENERATION LAUNDRY DETERGENT

Lavender · Citrus  
Free & Clear

# \$12.99

90 fl oz | Save \$4

LifeSourceNaturalFoods.com



# BULK DEPARTMENT DEALS

CAFÉ MAM  
ORGANIC FAIR TRADE  
LIGHT ROAST COFFEE

**\$11.99/lb**  
Save \$2/lb



ORGANIC QUICK  
ROLLED OATS

**\$1.99/lb**  
Save 50¢/lb



ORGANIC  
DRIED APRICOTS

**\$5.99/lb**  
Save \$1/lb



ORGANIC  
FLAME RAISINS

**\$3.99/lb**  
Save 50¢/lb



ORGANIC  
WHOLE OAT FLOUR

**\$1.49/lb**  
Save 50¢/lb



GRIND YOUR OWN  
HONEY ROASTED  
PEANUT BUTTER

**\$6.49/lb**  
Save \$1.50/lb

BRING YOUR  
CONTAINER!



EO  
LIQUID HAND SOAP

Lemon Eucalyptus · Lavender

**\$6.99/lb**  
Save \$1/lb



BRING YOUR  
CONTAINER!

ORGANIC  
BUCKWHEAT GROATS

**\$3.29/lb**  
Save 50¢/lb



ORGANIC KHORASAN  
WHEAT BERRIES

**\$2.99/lb**  
Save 50¢/lb



ORGANIC TRI-COLOR  
PASTA SPIRALS

**\$5.29/lb**  
Save 70¢/lb



ORGANIC  
GREEN LENTILS

**\$2.99/lb**  
Save 50¢/lb



ORGANIC STINGING  
NETTLE LEAF

**\$27.99/lb**  
Save \$5/lb



ONLY  
\$1.75/oz

ORGANIC  
PSYLLIUM HUSK

Whole · Powder

**\$11.49/lb**  
Save \$1.50/lb



Over 1000 items on Sale! · 1/1 - 1/14

## STAHLBUSH

### FROZEN BERRIES

Blueberries · Strawberries  
Cranberries · Marion Blackberries

**\$3.49**

10 oz | Save \$2.30



## ANDES GIFTS

These knitted hats, gloves, and scarves are handmade in Peru and Bolivia by Aymara and Quechua artisans using traditional knitting techniques. Andes gifts is a member of the Fair Trade Federation. Find out more at [AndesGifts.com](http://AndesGifts.com)



**10% OFF  
MARKED PRICES**  
WHILE SUPPLIES LAST!



## JUSTN'S NUT BUTTER

Honey Almond  
Classic Almond  
Chocolate Hazelnut

**\$8.49**

16 oz | Save \$5.50



## PURELY ELIZABETH SUPERFOOD OATMEAL

Cinnamon · Banana Nut  
Blueberry Flax  
Dark Chocolate Chunk

**\$3.49**

9.12 oz | Save \$2.30



## PERFECT BAR REFRIGERATED PROTEIN BARS

Mix & Match!

**2 for \$4**

1.94 oz - 2.5 oz  
Save \$1.79/ea



## NOOSA AUSSIE STYLE YOGHURT

Lemon · Strawberry Rhubarb  
Blueberry · Raspberry

**\$2.29**

8 oz | Save 70¢



## BLUE DIAMOND UNSWEETENED ALMOND MILK

Original · Vanilla  
Chocolate

**2 for \$5**

32 oz | Save \$1.79/ea



## SPOTLIGHT ON PRIMAL KITCHEN

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 are 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. All are Certified Keto and also Paleo Friendly.



### COLLAGEN PEPTIDES

Unflavored

**\$24.99**

19.2 oz | Save \$13

## MANGO LASSI SMOOTHIE BOWL

Makes 1 Serving

- 1 cup frozen mango
- ½ cup frozen banana
- ½ cup vanilla yogurt
- ¼-½ cup milk, or more if desired
- 1 Tbsp raw honey (optional)
- 1 scoop Primal Kitchen Unflavored Collagen Peptides
- ½ tsp ground cinnamon
- ⅛ tsp ground nutmeg
- ⅛ 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, ¼ 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.



# NORDIC NATURALS



**OMEGA FOCUS JUNIOR**  
Attention & Learning Support

**\$29.99**

120 soft gels | Save \$9



**ULTIMATE OMEGA 2X**  
Heart, Brain, Immune Support

**\$38.99**

60 soft gels | Save \$10



**ULTIMATE OMEGA**  
Healthy Heart Support

**\$55.99**

180 soft gels | Save \$14



JARROW FORMULAS  
**MAGMIND FORMULAS**  
Stress Resistance  
Productivity

**\$34.99**

60 veg cap | Save \$7



SMARTY PANTS  
**WOMEN'S MULTI & OMEGAS**  
Gummy Vitamins

**\$23.99**

180 ct | Save \$12



SOLGAR  
**ONCE DAILY MULTI**  
Women's · Men's  
Women's 50+ · Men's 50+

**\$17.99**

60 tabs | Save \$6



VITANICA  
**ADRENAL ASSIST**

**\$25.99**

90 caps | Save \$7

ALL VITANICA ON SALE



MICKELBERRY GARDENS  
**FIRE CIDER HONEY TONIC**

Spicy, invigorating,  
and delicious!

**\$13.99**

8 fl oz | Save \$4

ALL MICKELBERRY GARDENS ON SALE

# NATURAL FACTORS



**VITAMIN D3**  
2000IU

**\$5.99**

120 sg | Save \$2.50



**VITAMIN D3 & K2**  
1000IU D3 & 120mcg K2

**\$16.49**

60 sg | Save \$3.50



**LIPOMICEL BERBERINE**

**\$34.99**

60 sg | Save \$11

## BOIRON OSCILLOCOCCINUM

6 Dose

**\$11.49**

6 ct | Save \$3.50



## FLORA SUPER 8 PROBIOTIC

**\$19.99**

30 caps | Save \$5.50

# GARDEN OF LIFE



## DR. FORMULATED MULTI+ Fermented Liposomal Multivitamins

Beauty Complex · Brain Support  
Energy Support · Heart Health  
Metabolism · Stress & Mood

**\$29.99**

30 vcap | Save \$7



## PROBIOTICS 30 BILLION

Digestive & Immune Support

**\$20.99**

30 vcaps | Save \$7



## PROBIOTICS WOMEN'S PH

50 Billion

**\$29.99**

30 vcaps | Save \$10



# GAIA HERBS TURMERIC SUPREME

Adult Daily Gummies

## \$13.99

40 ct | Save \$7



# BIOSIL BIOSIL COLLAGEN GENERATOR

## \$19.99

30 vcaps | Save \$5



# LIQUID IV ELECTROLYTE DRINK MIX

Açaí Berry · Lemon Lime  
Tropical · Watermelon  
Passion Fruit

## \$14.99

10 ct | Save \$5



# COUNTRY LIFE CALCIUM MAGNESIUM ZINC

with Vitamin D

## \$15.99

180 tabs | Save \$5



# BARLEAN'S

## PLANT-BASED OMEGA-3

From Algae Oil  
Ginger Peach  
Pink Lemonade

## \$32.99

16 oz | Save \$8



# ORGANIC INDIA ORGANIC ASHWAGANDHA

Stress Support

## \$16.99

90 vcap | Save \$9



# HIMALAYA LIVER CARE

## \$24.99

90 vcap | Save \$10





## EVERYONE HAND SOAP

Ruby Grapefruit  
Meyer Lemon Mandarin  
Spearmint Lemongrass

# \$3.79

12.75 fl oz  
Save \$2.20



## DESERT ESSENCE TOOTHPASTE

Mint · Activated Charcoal  
Wintergreen · Fennel

# \$5.99

6.25 oz | Save \$2



## EVERYONE BODY LOTION

Coconut Lemon  
Unscented · Citrus Mint  
Lavender Aloe

# \$9.49

32 fl oz | Save \$4.50



## DR. BRONNER'S LIQUID CASTILE SOAP REFILL

Almond · Citrus  
Peppermint · Unscented  
Eucalyptus

# \$14.99

32 fl oz | Save \$4



## EARTH SCIENCE DEODORANT

Lavender Tea Tree  
Liken Unscented  
Rosemary Mint

# \$6.29

2.45-2.5 oz | Save \$3.70



## SUKIN ORGANICS SHAMPOO OR CONDITIONER

Hydrating · Volumising

# \$6.29

16.9 fl oz | Save \$7.70



## ANDALOU FACIAL CLEANSERS

Age Defy Cleansing Milk  
Brightening Facial Cleanser  
1000 Roses Cleansing Foam

# \$9.99

5.5-6 fl oz | Save \$5.50

Over 1000 items on Sale! · 1/1 - 1/14



## BRAND SUPPLEMENTS BY VITAMER

When selecting a partner for our private label supplements, we knew we needed a manufacturer who met our high standards. That's why we chose Vitamer, a fourth-generation, family-owned company with 100 years of experience in the natural products industry. Their long-standing commitment to quality, safety, and innovation has earned our trust and confidence.

Vitamer operates a state-of-the-art facility that is certified organic by Quality Assurance International (QAI) and adheres to rigorous third-party standards, including non-GMO verification. They've followed cGMPs (current Good Manufacturing Practices) even before they were mandated, ensuring every product meets strict testing for potency, purity, and disintegration.

With a focus on sustainability, Vitamer uses eco-friendly packaging, recyclable materials, and energy-efficient practices. Their team of scientific experts ensures that every formulation is backed by research, delivering high-quality products we are proud to offer our customers.

Partnering with Vitamer means you get premium dietary supplements made with integrity and care—a reflection of our commitment to providing the best at LifeSource.



**LIFESOURCE  
MAGNESIUM  
GLYCINATE**  
**\$16.99**  
90 vcap | Save \$3

